

Year	Event		
	Sub	Sub	Sub
	14 mins	15:30	16:45
2006	1	22	44
2007	1	21	41
2008	0	34	50
2009	2	28	65
2010	2	25	63
2011	0	33	75
2012	1	35	73
2013	0	28	68

Year	Event		
	Sub	Sub	Sub
	14 mins	15:30	16:45
2006	0	11	74
2007	0	15	91
2008	0	14	89
2009	0	11	69
2010	0	24	90
2011	0	22	99
2012	0	29	100
2013	0	22	84

Year	Event		
	Sub	Sub	Sub
	30 mins	32 mins	34 mins
2006	1	3	6
2007	1	5	8
2008	0	7	13
2009	2	5	9
2010	0	11	15
2011	1	7	18
2012	1	10	18
2013	2	12	21

Year	Event		
	Sub	Sub	Sub
	30 mins	32 mins	34 mins
2006	1	20	105
2007	2	20	101
2008	3	25	100
2009	1	25	97
2010	5	34	100
2011	3	39	95
2012	4	33	98
2013	5	34	92

Year	Event		
	Sub	Sub	Sub
	66 mins	70 mins	74 mins
2006	0	8	41
2007	0	12	40
2008	1	11	41
2009	2	14	34
2010	2	17	45
2011	4	18	40
2012	4	20	46
2013	2	20	45

Year	Event		
	Sub	Sub	Sub
	2:20 hrs	2:30 hrs	2:40 hrs
2006	0	4	20
2007	0	2	17
2008	0	4	17
2009	1	4	23
2010	3	10	25
2011	1	6	16
2012	1	10	22
2013	2	8	25

Year	Event		
	Sub	Sub	Sub
	16 mins	17:30	19:45
2006	0	4	15
2007	0	3	19
2008	1	4	16
2009	2	4	16
2010	3	6	17
2011	2	8	15
2012	2	11	24
2013	5	11	24

Year	Event		
	Sub	Sub	Sub
	16 mins	17:30	19:45
2006	0	8	52
2007	0	4	62
2008	0	5	61
2009	1	6	64
2010	1	7	68
2011	0	11	76
2012	0	10	84
2013	0	12	67

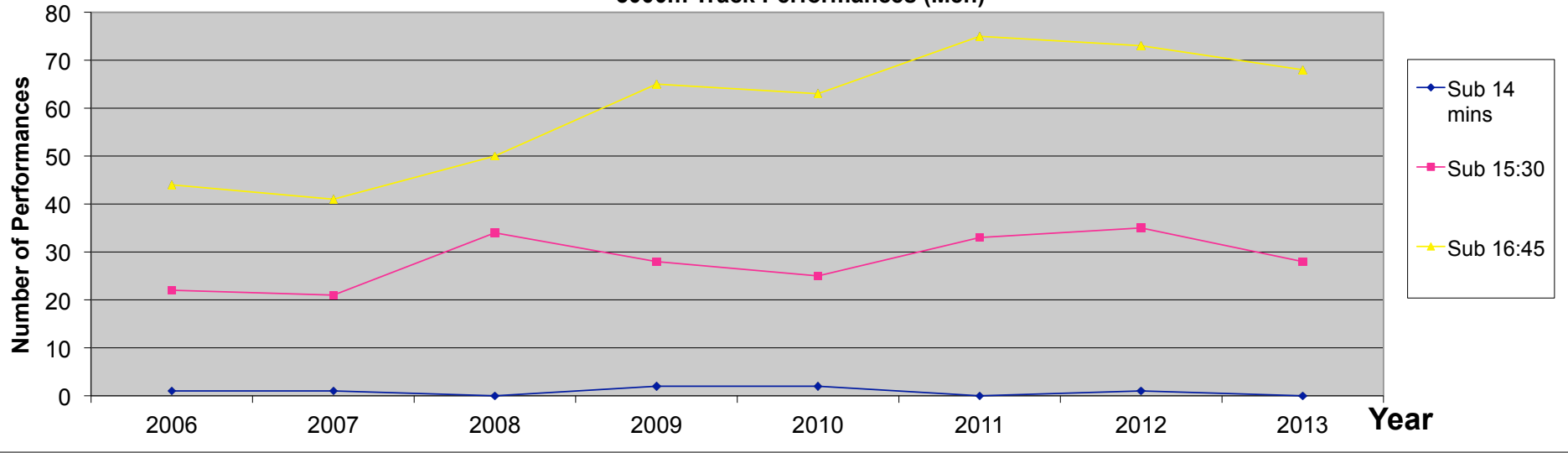
Year	Event		
	Sub	Sub	Sub
	34 mins	36 mins	38 mins
2006	1	2	3
2007	1	1	5
2008	1	1	3
2009	1	1	3
2010	1	2	2
2011	0	1	2
2012	1	4	6
2013	0	2	5

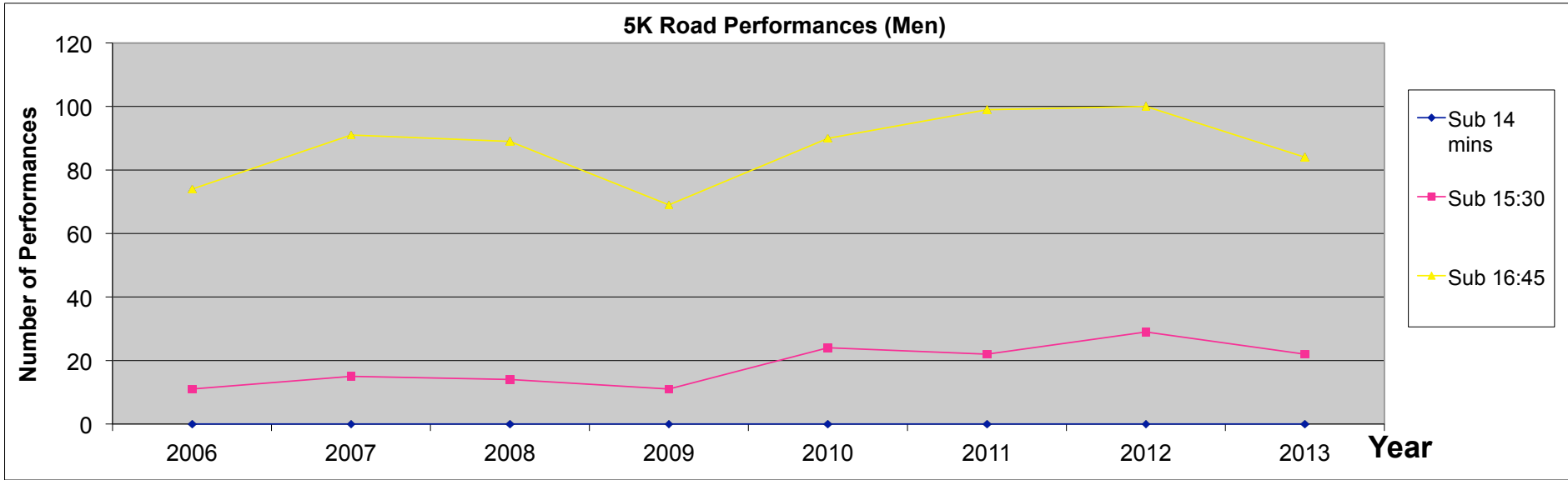
Year	Event		
	Sub	Sub	Sub
	34 mins	36 mins	38 mins
2006	4	8	29
2007	2	8	34
2008	3	8	28
2009	2	12	27
2010	4	17	42
2011	2	13	42
2012	4	20	46
2013	3	19	53

Year	Event		
	Sub	Sub	Sub
	76 mins	80 mins	84 mins
2006	4	10	24
2007	3	8	21
2008	2	7	20
2009	1	5	19
2010	2	6	20
2011	2	11	24
2012	4	13	25
2013	5	17	27

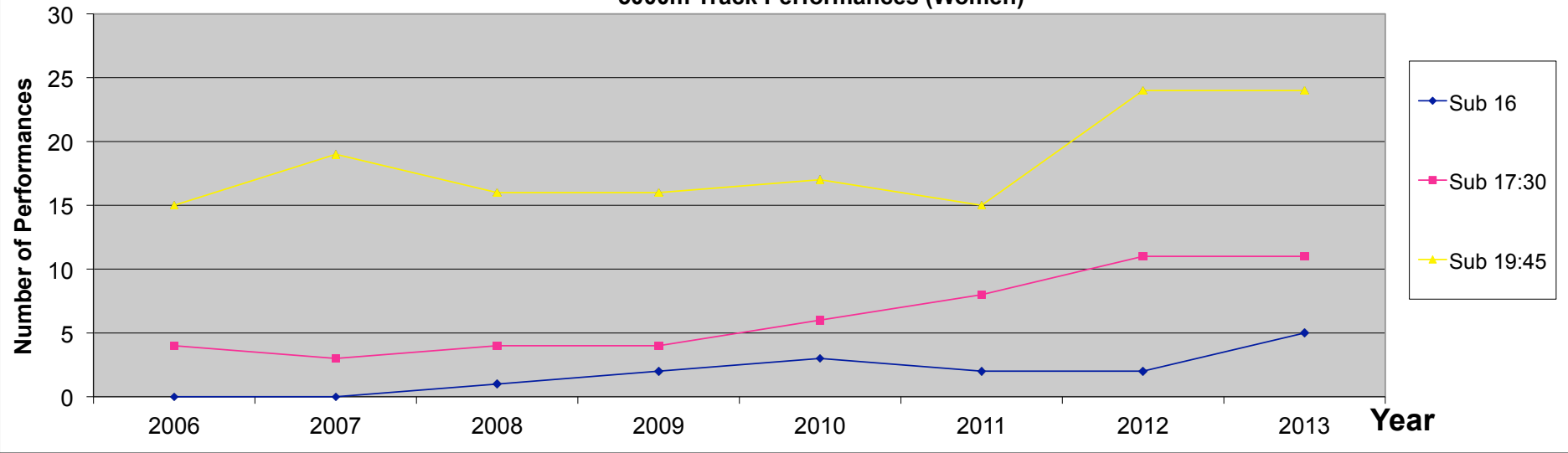
Year	Event		
	Sub	Sub	Sub
	2:50 hrs	3:00 hrs	3:10 hrs
2006	4	12	14
2007	4	12	17
2008	3	7	18
2009	3	8	20
2010	5	11	22
2011	6	9	17
2012	6	10	32
2013	8	19	36

5000m Track Performances (Men)

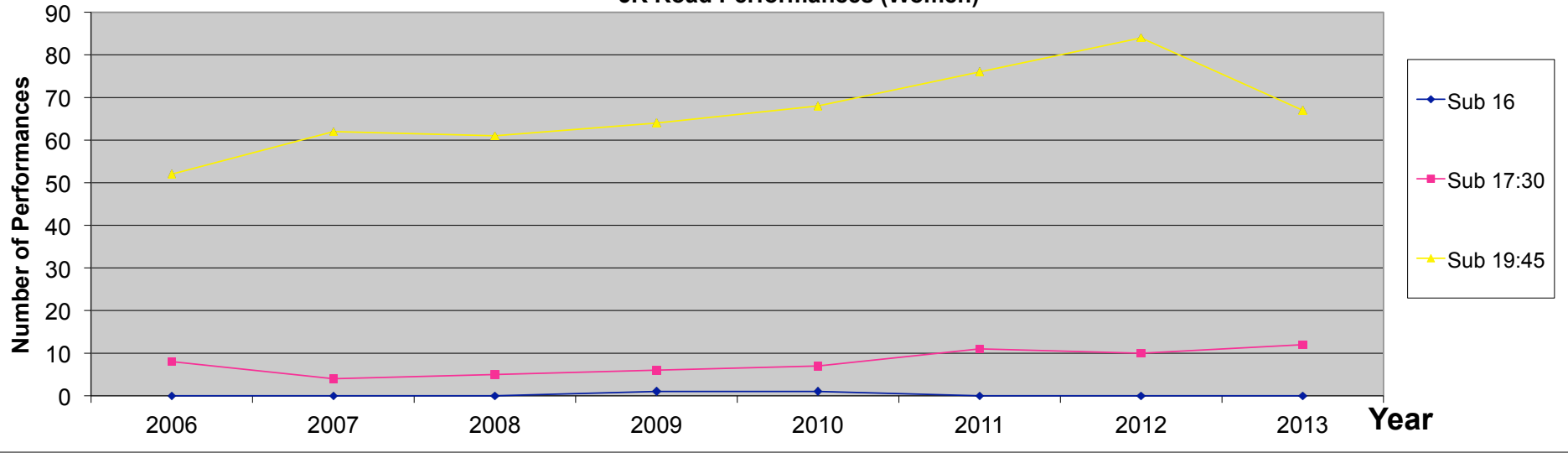




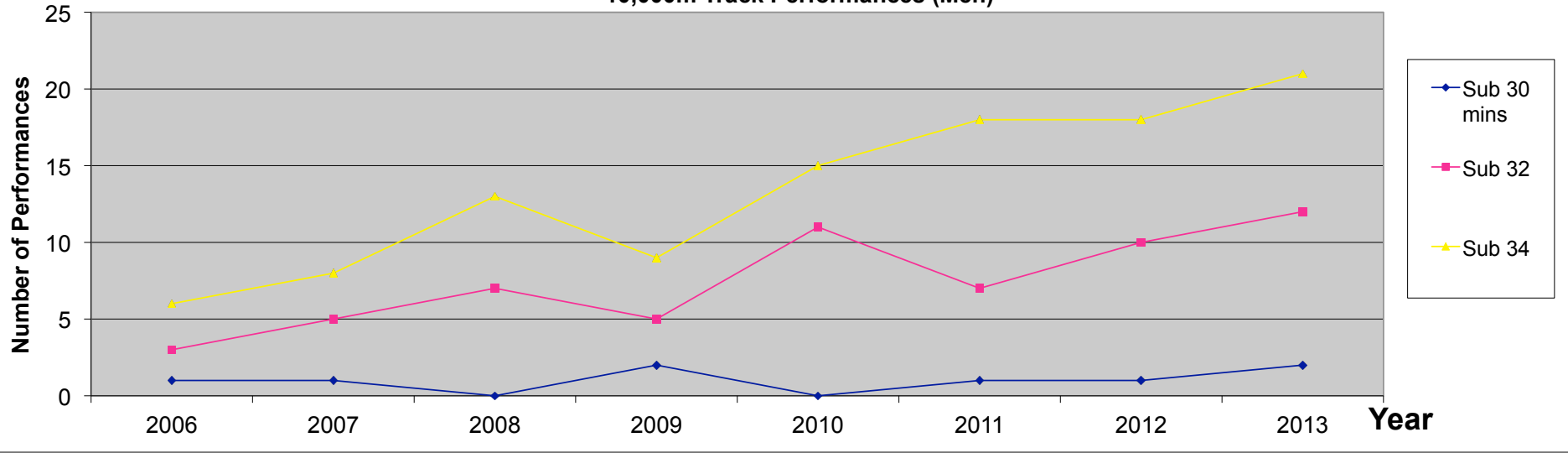
5000m Track Performances (Women)



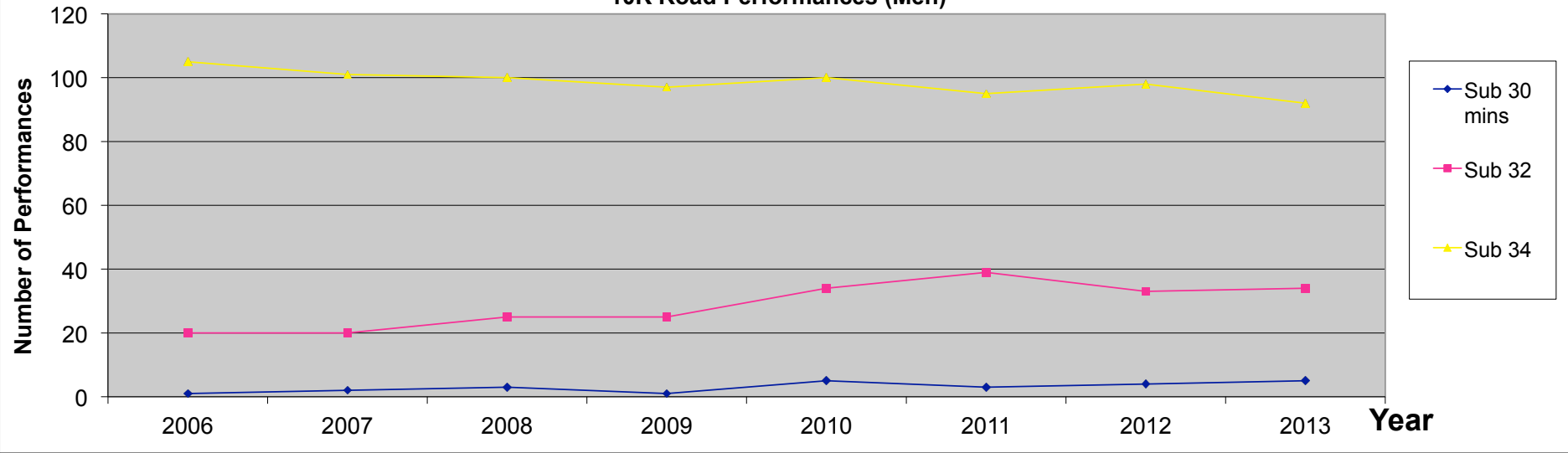
5K Road Performances (Women)



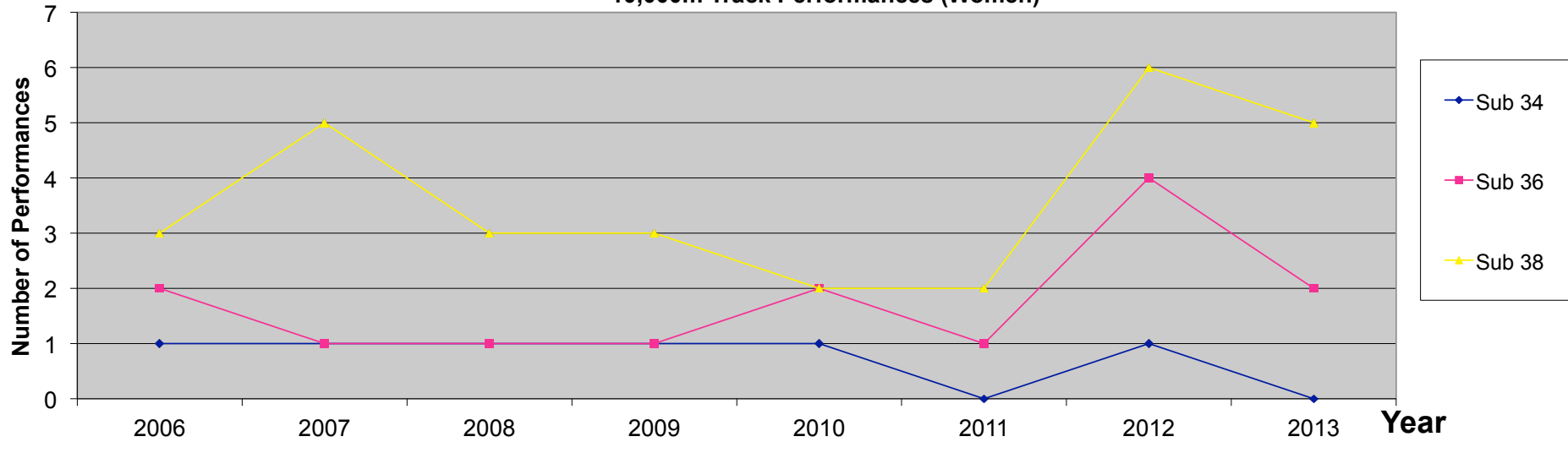
10,000m Track Performances (Men)



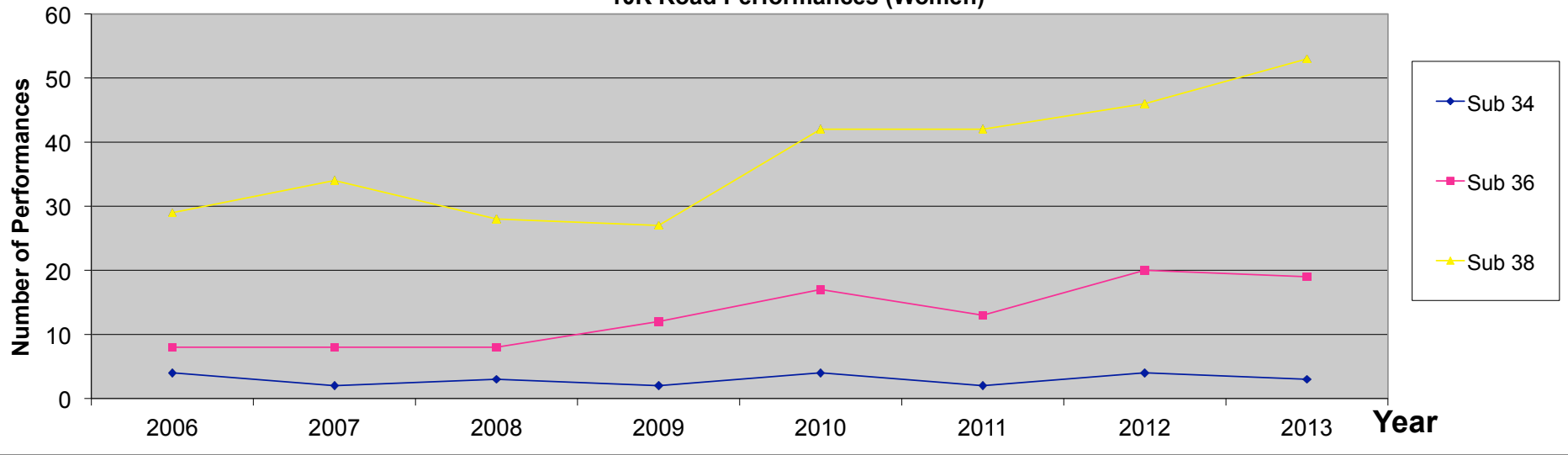
10K Road Performances (Men)



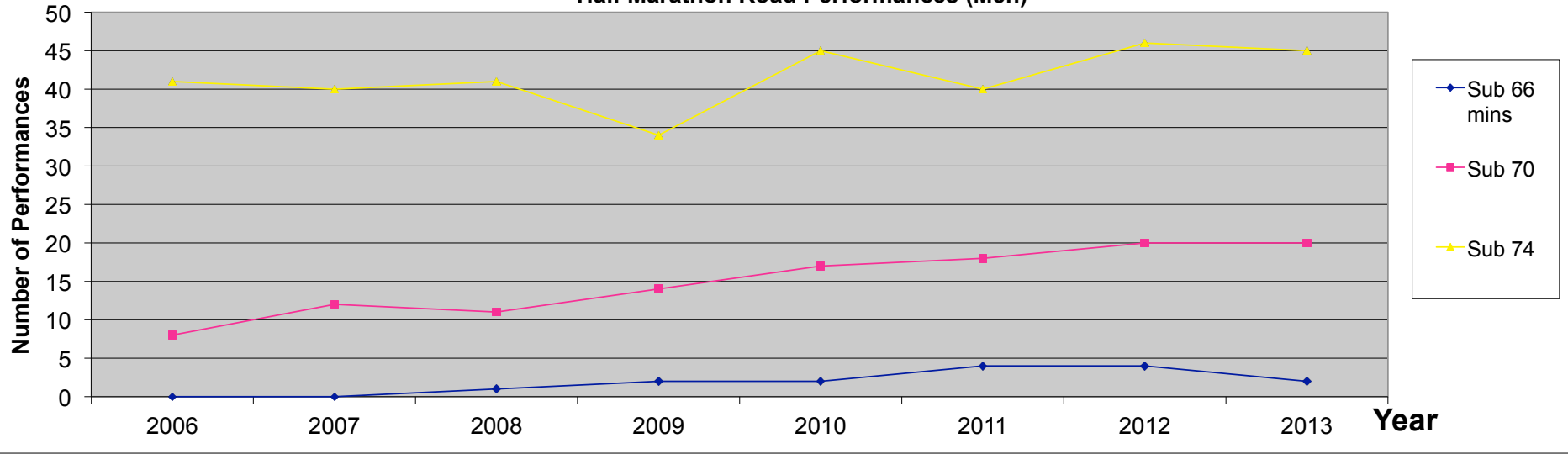
10,000m Track Performances (Women)



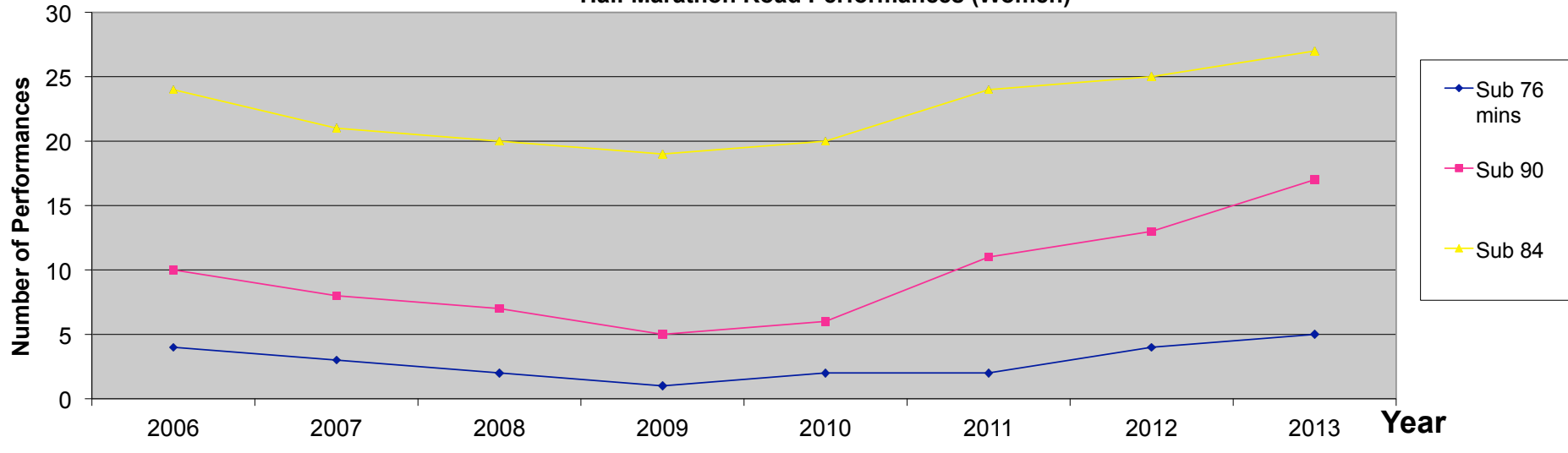
10K Road Performances (Women)



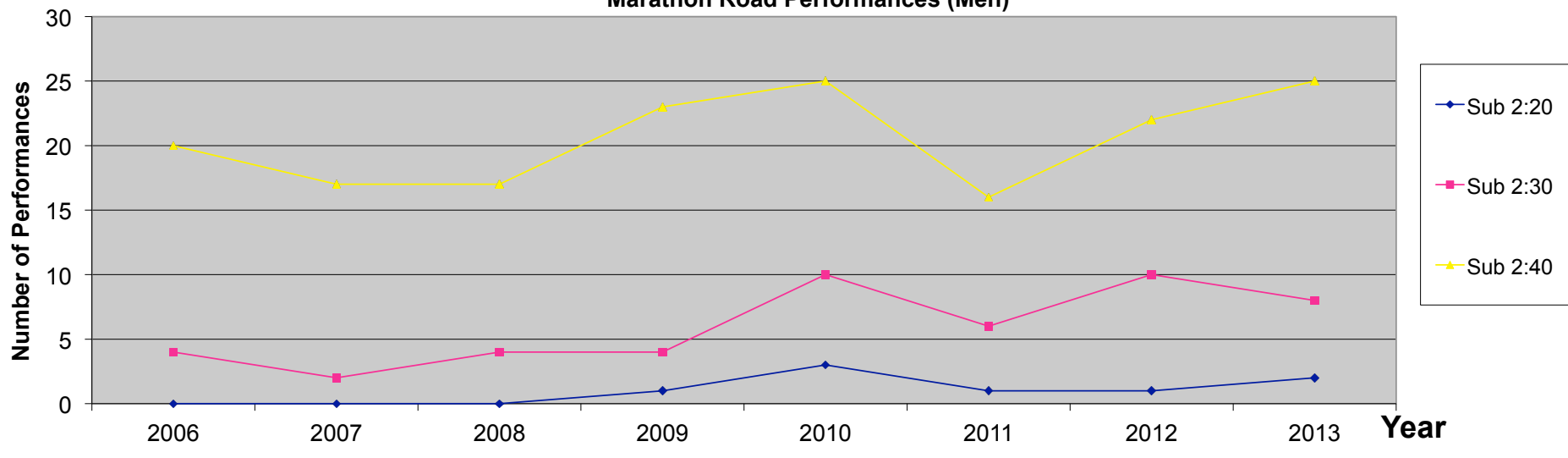
Half Marathon Road Performances (Men)



Half Marathon Road Performances (Women)



Marathon Road Performances (Men)



Marathon Road Performances (Women)

