

Year	10			50			100					
	Event		Male 5,000m		Event		Male 5k Road		Event		Male 10,000m	
	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	
2006	1	22	44	0	11	74	1	3	6	1	20	105
2007	1	21	41	0	15	91	2	5	8	2	25	101
2008	0	34	50	0	14	89	3	7	13	3	25	100
2009	2	28	65	0	11	69	2	5	9	1	25	97
2010	2	25	63	0	24	90	0	11	15	5	34	100
2011	0	33	75	0	22	99	1	7	18	3	39	95
2012	1	35	73	0	29	100	1	10	18	4	33	98
2013	0	28	68	0	22	84	2	12	21	5	34	92
2014	2	30	59	0	20	79	4	15	24	3	39	113
2015	2	33	77	0	32	112	3	10	17	7	31	118
2016	1	33	80	0	41	136	2	16	28	6	29	110
2017	3	27	87	1	38	123	4	11	24	4	34	123

Year	10			50			100					
	Event		Male 5k Road		Event		Male 10,000m		Event		Male 10k Road	
	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	
2006	0	4	15	0	8	52	1	2	3	4	8	29
2007	0	3	19	0	4	62	1	1	5	2	8	34
2008	1	4	16	0	5	61	1	1	3	3	8	28
2009	2	4	16	1	6	64	1	1	3	2	12	27
2010	3	6	17	1	7	68	1	2	2	4	17	42
2011	2	8	15	0	11	76	0	1	2	2	13	42
2012	2	11	24	0	10	84	1	4	6	4	20	46
2013	5	11	24	0	12	67	0	2	5	3	19	53
2014	4	12	29	1	13	84	2	2	7	5	21	52
2015	5	14	29	0	14	78	1	4	7	2	24	57
2016	5	14	35	1	17	88	1	4	7	4	18	50
2017	4	20	35	0	13	85	4	7	14	5	16	44

Year	10			50			100					
	Event		Male 5k Road		Event		Male 10,000m		Event		Male 10k Road	
	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	
2006	0	4	15	0	8	52	1	2	3	4	8	29
2007	0	3	19	0	4	62	1	1	5	2	8	34
2008	1	4	16	0	5	61	1	1	3	3	8	28
2009	2	4	16	1	6	64	1	1	3	2	12	27
2010	3	6	17	1	7	68	1	2	2	4	17	42
2011	2	8	15	0	11	76	0	1	2	2	13	42
2012	2	11	24	0	10	84	1	4	6	4	20	46
2013	5	11	24	0	12	67	0	2	5	3	19	53
2014	4	12	29	1	13	84	2	2	7	5	21	52
2015	5	14	29	0	14	78	1	4	7	2	24	57
2016	5	14	35	1	17	88	1	4	7	4	18	50
2017	4	20	35	0	13	85	4	7	14	5	16	44

Year	10			50			100					
	Event		Male 5k Road		Event		Male 10,000m		Event		Male 10k Road	
	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	
2006	0	4	15	0	8	52	1	2	3	4	8	29
2007	0	3	19	0	4	62	1	1	5	2	8	34
2008	1	4	16	0	5	61	1	1	3	3	8	28
2009	2	4	16	1	6	64	1	1	3	2	12	27
2010	3	6	17	1	7	68	1	2	2	4	17	42
2011	2	8	15	0	11	76	0	1	2	2	13	42
2012	2	11	24	0	10	84	1	4	6	4	20	46
2013	5	11	24	0	12	67	0	2	5	3	19	53
2014	4	12	29	1	13	84	2	2	7	5	21	52
2015	5	14	29	0	14	78	1	4	7	2	24	57
2016	5	14	35	1	17	88	1	4	7	4	18	50
2017	4	20	35	0	13	85	4	7	14	5	16	44

Year	10			50			100					
	Event		Male HM		Event		Male HM		Event		Male HM	
	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	
2006	0	8	41	0	12	40	0	11	41	0	4	20
2007	0	12	40	1	11	41	0	12	40	0	2	17
2008	1	11	41	2	14	34	2	17	45	0	4	17
2009	2	14	34	2	17	45	1	14	32	1	4	23
2010	2	17	45	2	20	45	3	10	25	2	9	25
2011	4	18	40	4	20	46	1	6	16	2	9	33
2012	4	20	46	2	20	45	1	10	22	4	10	32
2013	2	20	45	2	23	62	2	8	25	3	9	47
2014	3	23	62	3	23	62	2	9	25	4	14	61
2015	4	14	61	4	14	61	2	9	33	9	20	65
2016	9	20	65	4	21	58	4	10	32	4	21	58
2017	4	21	58	4	21	58	3	9	47	4	21	58

Year	10			50			100					
	Event		Male MARA		Event		Male MARA		Event		Male MARA	
	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	
2006	0	4	20	0	4	20	0	4	20	0	4	20
2007	0	2	17	0	2	17	0	2	17	0	2	17
2008	0	4	17	0	4	17	0	4	17	0	4	17
2009	1	4	23	1	4	23	1	4	23	1	4	23
2010	3	10	25	3	10	25	3	10	25	3	10	25
2011	1	6	16	1	6	16	1	6	16	1	6	16
2012	1	10	22	1	10	22	1	10	22	1	10	22
2013	2	8	25	2	8	25	2	8	25	2	8	25
2014	2	9	25	2	9	25	2	9	25	2	9	25
2015	2	9	33	2	9	33	2	9	33	2	9	33
2016	4	10	32	4	10	32	4	10	32	4	10	32
2017	3	9	47	3	9	47	3	9	47	3	9	47

Year	10			50			100					
	Event		Female 5,000m		Event		Female 5k Road		Event		Female 10,000m	
	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	
2006	0	4	15	0	8	52	1	2	3	4	8	29
2007	0	3	19	0	4	62	1	1	5	2	8	34
2008	1	4	16	0	5	61	1	1	3	3	8	28
2009	2	4	16	1	6	64	1	1	3	2	12	27
2010	3	6	17	1	7	68	1	2	2	4	17	42
2011	2	8	15	0	11	76	0	1	2	2	13	42
2012	2	11	24	0	10	84	1	4	6	4	20	46
2013	5	11	24	0	12	67	0	2	5	3	19	53
2014	4	12	29	1	13	84	2	2	7	5	21	52
2015	5	14	29	0	14	78	1	4	7	2	24	57
2016	5	14	35	1	17	88	1	4	7	4	18	50
2017	4	20	35	0	13	85	4	7	14	5	16	44

Year	10			50			100					
	Event		Female 5k Road		Event		Female 10,000m		Event		Female 10k Road	
	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	Sub	
2006	0	4	15	0	8	52	1	2	3	4	8	29
2007	0	3	19	0	4	62	1	1	5	2	8	34
2008	1	4	16	0	5	61	1	1	3	3	8	28
2009	2	4	16	1	6	64	1	1	3	2	12	27
2010	3	6	17	1	7	68	1	2	2	4	17	42
2011	2	8	15	0	11	76	0	1	2	2	13	42
2012	2	11	24	0	10	84	1	4	6	4	20	46
2013	5	11	24	0	12	67	0	2	5	3	19	53
2014	4	12	29	1	13	84	2	2	7	5	21	52
2015	5	14	29	0	14	78	1	4	7	2	24	57
2016	5	14	35	1	17	88	1	4	7	4	18	50
2017	4	20	35	0	13	85	4	7	14	5	16	44