

Medal Target Times.

100 Mile Route. (101.5 miles)		Gold		Silver		Bronze	
		Time	Ave. speed*	Time	Ave. speed*	Time	Ave. speed*
Men							
Seniors	aged 18 to 39	06:02	18 mph	06:45	16 mph	07:39	14 mph
Juniors	aged up to 17	06:12	17.5 mph	06:55	15.6 mph	07:49	13.7 mph
Vets 40	aged 40 to 49	06:12	17.5 mph	06:55	15.6 mph	07:49	13.7 mph
Vets 50	aged 50 to 59	06:22	17 mph	07:05	15.2 mph	07:59	13.4 mph
Vets 60	aged 60 +	06:33	16.5 mph	07:15	14.8 mph	08:09	13.1 mph
Ladies							
Seniors	aged 18 to 39	06:12	17.5 mph	06:57	15.5 mph	07:55	13.5 mph
Juniors	aged up to 17	06:22	17 mph	07:07	15.1 mph	08:05	13.2 mph
Vets 40	aged 40 to 49	06:22	17 mph	07:07	15.1 mph	08:05	13.2 mph
Vets 50	aged 50 to 59	06:32	16.5 mph	07:17	14.7 mph	08:15	12.9 mph
Vets 60	aged 60 +	06:42	16.1 mph	07:27	14.4 mph	08:25	12.7 mph

60 Mile Route. (61.3 miles)		Gold		Silver		Bronze	
		Time	Ave. speed*	Time	Ave. speed*	Time	Ave. speed*
Men							
Seniors	aged 18 to 39	03:52	17 mph	04:39	14 mph	05:22	12 mph
Juniors	aged up to 17	03:58	16.6 mph	04:45	13.7 mph	05:28	11.8 mph
Vets 40	aged 40 to 49	03:58	16.6 mph	04:45	13.7 mph	05:28	11.8 mph
Vets 50	aged 50 to 59	04:04	16.1 mph	04:51	13.4 mph	05:34	11.6 mph
Vets 60	aged 60 +	04:10	15.7 mph	04:57	13.1 mph	05:40	11.4 mph
Ladies							
Seniors	aged 18 to 39	03:59	16.5 mph	04:48	13.5 mph	05:36	11.5 mph
Juniors	aged up to 17	04:05	16.1 mph	04:54	13.2 mph	05:42	11.3 mph
Vets 40	aged 40 to 49	04:05	16.1 mph	04:54	13.2 mph	05:42	11.3 mph
Vets 50	aged 50 to 59	04:11	15.7 mph	05:00	13.0 mph	05:48	11.1 mph
Vets 60	aged 60 +	04:17	15.3 mph	05:06	12.7 mph	05:56	10.8 mph

30 Mile Route. (26.4 miles)		Gold		Silver		Bronze	
		Time	Ave. speed*	Time	Ave. speed*	Time	Ave. speed*
Men							
Seniors	aged 18 to 39	01:54	15 mph	02:20	12 mph	02:46	10 mph
Juniors	aged up to 17	01:57	14.5 mph	02:23	11.7 mph	02:49	9.8 mph
Vets 40	aged 40 to 49	01:57	14.5 mph	02:23	11.7 mph	02:49	9.8 mph
Vets 50	aged 50 to 59	02:00	14.1 mph	02:26	11.5 mph	02:52	9.7 mph
Vets 60	aged 60 +	02:03	13.8 mph	02:29	11.2 mph	02:55	9.5 mph
Ladies							
Seniors	aged 18 to 39	01:57	14.5 mph	02:26	11.5 mph	02:55	9.5 mph
Juniors	aged up to 17	02:00	14.1 mph	02:29	11.2 mph	02:58	9.3 mph
Vets 40	aged 40 to 49	02:00	14.1 mph	02:29	11.2 mph	02:58	9.3 mph
Vets 50	aged 50 to 59	02:03	13.8 mph	02:32	11.0 mph	03:01	9.2 mph
Vets 60	aged 60 +	02:06	13.4 mph	02:35	10.8 mph	03:04	9.0 mph

Understanding Medal Times.

Medal times are calculated for the "Senior" (18 to 39) age category at the average riding speed as shown plus 8 mins for each feed station (1 for the 30 mile ride, 2 for the 60 mile ride and 3 for the 100 mile ride). Age allowance is then added to each category at the rate of approx. 1 minute per 10 miles.

*The average speeds shown are approximately the slowest average speed to achieve each medal and are for guidance only.