

Run The Blue		
BOYS	KS4	KS3
8 - Gold	< 4:00	< 4:00
7 - Gold	4:01 - 4:30	4:01 - 4:30
6 - Silver	4:31 - 5:00	4:31 - 5:00
5 - Silver	5:01 - 5:30	5:01 - 6:00
4 - Silver	5:31 - 6:30	6:01 - 7:00
3 - Bronze	6:31 - 7:30	7:01 - 8:00
2 - Bronze	7:31 - 8:30	8:01 - 9:00
1 - Bronze	> 8:31	> 9:00
 		
GIRLS	KS4	KS3
8 - Gold	< 4:40	< 4:30
7 - Gold	4:41 - 5:30	4:31 - 5:30
6 - Silver	5:31 - 6:30	5:31 - 6:30
5 - Silver	6:31 - 7:00	6:31 - 7:00
4 - Silver	7:01 - 8:00	7:01 - 7:30
3 - Bronze	8:01 - 9:00	7:31 - 8:30
2 - Bronze	9:01 - 10:00	8:31 - 9:29
1 - Bronze	> 10:00	> 9:00