

| Category | Juveniles | | Junior | | Individual | | Tricycle | | Tandem | | | Tandem tricycle | | |
|-----------|-------------------|---------|---------|---------|------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------------|-----------|-----------|
| | Boys | Girls | Boys | Girls | Men | Ladies | Men | Ladies | Men | Ladies | Mixed | Men | Ladies | Mixed |
| Distance | MILESTONES | | | | | | | | | | | | | |
| 10 miles | 0:18:30 | 0:20:00 | 0:18:00 | 0:19:30 | 0:16:00 | 0:18:00 | 0:19:00 | 0:23:00 | 0:16:00 | 0:19:00 | 0:16:30 | 0:17:00 | 0:22:00 | 0:19:00 |
| 15 miles | 0:30:00 | 0:32:00 | 0:28:00 | 0:30:00 | 0:26:00 | 0:28:00 | 0:31:00 | 0:36:00 | 0:25:00 | 0:30:00 | 0:27:00 | 0:26:00 | 0:34:00 | 0:29:00 |
| 25 miles | 0:48:00 | 0:55:00 | 0:47:00 | 0:52:00 | 0:42:00 | 0:48:30 | 0:52:00 | 1:02:00 | 0:42:00 | 0:50:00 | 0:47:00 | 0:47:00 | 1:00:00 | 0:50:00 |
| 30 miles | | | 0:59:00 | 1:05:00 | 0:54:00 | 1:00:00 | 1:03:00 | 1:15:00 | 0:50:00 | 1:02:00 | 0:56:00 | 0:58:00 | 1:20:00 | 1:01:00 |
| 50 miles | | | | | 1:30:00 | 1:41:00 | 1:48:00 | 2:15:00 | 1:26:00 | 1:44:00 | 1:36:00 | 1:42:00 | 2:20:00 | 1:44:00 |
| 100 miles | | | | | 3:12:00 | 3:40:00 | 3:55:00 | 4:45:00 | 3:15:00 | 4:00:00 | 3:27:00 | 3:27:00 | 4:45:00 | 4:00:00 |
| 12 hour | | | | | 330 miles | 294 miles | 276 miles | 228 miles | 312 miles | 276 miles | 288 miles | 288 miles | 216 miles | 276 miles |
| 24 hour | | | | | 552 miles | 480 miles | 480 miles | 408 miles | 528 miles | 480 miles | 480 miles | 480 miles | 384 miles | 460 miles |