



CLUB STANDARDS - WOMEN

Distance	Standard	Open		V40		V45		V50		V55		V60		V65		V70		V75		V80		V85	
		Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
Marathon	Diamond	02:51:25	06:33	02:56:44	06:45	03:03:58	07:01	03:14:53	07:26	03:27:52	07:56	03:42:44	08:30	03:59:52	09:09	04:18:19	09:52	04:38:11	10:37	04:59:35	11:26	05:22:38	12:19
	Gold	03:10:44	07:17	03:16:39	07:30	03:24:41	07:49	03:36:50	08:17	03:51:18	08:50	04:07:50	09:28	04:26:54	10:11	04:47:26	10:58	05:09:33	11:49	05:33:22	12:43	05:59:00	13:42
	Silver	03:34:57	08:12	03:41:37	08:28	03:50:41	08:48	04:04:22	09:20	04:20:40	09:57	04:39:18	10:40	05:00:48	11:29	05:23:57	12:22	05:48:54	13:19	06:15:45	14:20	06:44:40	15:27
	Bronze	04:06:13	09:24	04:13:51	09:41	04:24:14	10:05	04:39:55	10:41	04:58:35	11:24	05:19:55	12:13	05:44:33	13:09	06:11:05	14:10	06:39:39	15:15	07:10:26	16:26	07:43:34	17:42
1/2 Marathon	Diamond	01:22:41	06:19	01:25:23	06:31	01:28:49	06:47	01:33:52	07:10	01:39:49	07:37	01:46:35	08:08	01:54:20	08:44	02:02:39	09:22	02:11:34	10:03	02:21:08	10:46	02:31:24	11:33
	Gold	01:32:00	07:01	01:35:00	07:15	01:38:49	07:33	01:44:26	07:58	01:51:04	08:29	01:58:36	09:03	02:07:13	09:43	02:16:28	10:25	02:26:22	11:10	02:37:00	11:59	02:48:25	12:51
	Silver	01:43:41	07:55	01:47:04	08:10	01:51:22	08:30	01:57:42	08:59	02:05:10	09:33	02:13:40	10:12	02:23:23	10:57	02:33:48	11:44	02:44:59	12:36	02:56:59	13:31	03:09:51	14:30
	Bronze	01:58:46	09:04	02:02:39	09:22	02:07:34	09:44	02:14:49	10:17	02:23:23	10:57	02:33:06	11:41	02:44:14	12:32	02:56:11	13:27	03:08:59	14:26	03:22:44	15:29	03:37:28	16:36
10 Miles	Diamond	01:02:28	06:15	01:04:38	06:28	01:07:13	06:43	01:11:03	07:06	01:15:33	07:33	01:20:41	08:04	01:26:33	08:39	01:32:51	09:17	01:39:36	09:58	01:46:50	10:41	01:54:36	11:28
	Gold	01:09:30	06:57	01:11:55	07:11	01:14:48	07:29	01:19:03	07:54	01:24:04	08:24	01:29:46	08:59	01:36:18	09:38	01:43:19	10:20	01:50:50	11:05	01:58:54	11:53	02:07:33	12:45
	Silver	01:18:20	07:50	01:21:02	08:06	01:24:18	08:26	01:29:05	08:54	01:34:45	09:29	01:41:10	10:07	01:48:31	10:51	01:56:24	11:38	02:04:51	12:29	02:13:56	13:24	02:23:40	14:22
	Bronze	01:29:44	08:58	01:32:50	09:17	01:36:33	09:39	01:42:03	10:12	01:48:31	10:51	01:55:53	11:35	02:04:19	12:26	02:13:22	13:20	02:23:04	14:18	02:33:29	15:21	02:44:39	16:28
10 KM	Diamond	00:38:24	06:12	00:39:32	06:23	00:41:04	06:37	00:43:23	07:00	00:46:07	07:26	00:49:14	07:56	00:52:47	08:31	00:56:35	09:08	01:00:40	09:47	01:05:03	10:29	01:09:44	11:15
	Gold	00:42:43	06:53	00:43:59	07:06	00:45:42	07:22	00:48:16	07:47	00:51:19	08:17	00:54:46	08:50	00:58:44	09:28	01:02:59	10:10	01:07:33	10:54	01:12:27	11:41	01:17:41	12:32
	Silver	00:48:09	07:46	00:49:34	08:00	00:51:30	08:18	00:54:24	08:46	00:57:50	09:20	01:01:44	09:57	01:06:11	10:40	01:10:57	11:27	01:16:04	12:16	01:21:33	13:09	01:27:26	14:06
	Bronze	00:55:09	08:54	00:56:47	09:10	00:59:00	09:31	01:02:19	10:03	01:06:15	10:41	01:10:42	11:24	01:15:49	12:14	01:21:18	13:07	01:27:11	14:04	01:33:30	15:05	01:40:16	16:10
5 Miles	Diamond	00:30:38	06:08	00:31:31	06:18	00:32:43	06:33	00:34:30	06:54	00:36:37	07:19	00:39:01	07:48	00:41:44	08:21	00:44:38	08:56	00:47:45	09:33	00:51:04	10:13	00:54:38	10:56
	Gold	00:34:05	06:49	00:35:04	07:01	00:36:24	07:17	00:38:24	07:41	00:40:45	08:09	00:42:25	08:29	00:46:26	09:17	00:50:09	10:02	00:54:10	10:50	00:58:30	11:42	01:03:10	12:38
	Silver	00:38:25	07:41	00:39:31	07:54	00:41:01	08:12	00:43:16	08:39	00:45:55	09:11	00:48:55	09:47	00:52:20	10:28	00:56:31	11:18	01:01:02	12:12	01:05:55	13:11	01:11:12	14:14
	Bronze	00:44:00	08:48	00:45:16	09:03	00:46:59	09:24	00:49:34	09:55	00:52:36	10:31	00:56:02	11:12	00:59:57	11:59	01:04:45	12:57	01:09:56	13:59	01:15:31	15:06	01:21:34	16:19
5 KM	Diamond	00:18:42	06:02	00:19:12	06:12	00:19:53	06:25	00:20:55	06:45	00:22:07	07:08	00:23:28	07:34	00:24:59	08:04	00:26:36	08:35	00:28:19	09:08	00:30:09	09:43	00:32:06	10:21
	Gold	00:20:48	06:43	00:21:22	06:54	00:22:08	07:08	00:23:16	07:30	00:24:37	07:56	00:26:07	08:25	00:27:48	08:58	00:29:36	09:33	00:31:30	10:10	00:33:32	10:49	00:35:41	11:31
	Silver	00:23:26	07:34	00:24:05	07:46	00:24:56	08:03	00:26:14	08:28	00:27:44	08:57	00:29:25	09:29	00:31:20	10:06	00:33:22	10:46	00:35:33	11:28	00:37:52	12:13	00:40:20	13:01
	Bronze	00:26:51	08:40	00:27:35	08:54	00:28:34	09:13	00:30:03	09:42	00:31:46	10:15	00:33:42	10:52	00:35:54	11:35	00:38:15	12:20	00:40:44	13:09	00:43:24	14:00	00:46:14	14:55

Choose the race standard classification you aspire to and achieve 4 out of 6 of the race times for your age group to achieve that award. For full details see the club website or Facebook page.



CLUB STANDARDS - MEN

Distance	Standard	Open		V40		V45		V50		V55		V60		V65		V70		V75		V80		V85	
		Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
Marathon	Diamond	02:35:38	05:56	02:40:03	06:07	02:46:27	06:21	02:53:40	06:38	03:01:34	06:56	03:10:11	07:16	03:19:41	07:37	03:30:10	08:01	03:45:56	08:37	04:02:52	09:16	04:21:05	09:58
	Gold	02:53:10	06:37	02:58:05	06:48	03:05:13	07:04	03:13:14	07:23	03:22:01	07:43	03:31:37	08:05	03:42:11	08:29	03:53:51	08:56	04:11:23	09:36	04:30:15	10:19	04:50:31	11:05
	Silver	03:15:10	07:27	03:20:41	07:40	03:28:44	07:58	03:37:47	08:19	03:47:40	08:41	03:58:30	09:06	04:10:24	09:33	04:23:33	10:04	04:43:19	10:49	05:04:34	11:37	05:27:24	12:30
	Bronze	03:43:33	08:32	03:49:53	08:46	03:59:05	09:08	04:09:27	09:31	04:20:47	09:57	04:33:11	10:26	04:46:49	10:57	05:01:53	11:31	05:24:31	12:23	05:48:52	13:19	06:15:02	14:19
1/2 Marathon	Diamond	01:13:54	05:38	01:15:59	05:48	01:19:03	06:02	01:22:28	06:18	01:26:13	06:35	01:30:19	06:54	01:34:49	07:14	01:39:49	07:37	01:47:18	08:11	01:55:21	08:48	02:04:00	09:28
	Gold	01:22:14	06:17	01:24:33	06:27	01:27:57	06:43	01:31:46	07:00	01:35:56	07:19	01:40:30	07:40	01:45:30	08:03	01:51:03	08:29	01:59:23	09:07	02:08:20	09:48	02:17:57	10:32
	Silver	01:32:40	07:04	01:35:17	07:16	01:39:08	07:34	01:43:25	07:54	01:48:07	08:15	01:53:15	08:39	01:58:53	09:05	02:05:10	09:33	02:14:33	10:16	02:24:39	11:02	02:35:30	11:52
	Bronze	01:46:09	08:06	01:49:09	08:20	01:53:33	08:40	01:58:27	09:03	02:03:51	09:27	02:09:44	09:54	02:16:11	10:24	02:23:22	10:57	02:34:07	11:46	02:45:41	12:39	02:58:06	13:36
10 Miles	Diamond	00:55:42	05:34	00:57:27	05:45	00:59:46	05:59	01:02:21	06:14	01:05:08	06:31	01:08:11	06:49	01:11:32	07:09	01:15:15	07:31	01:20:54	08:05	01:26:58	08:42	01:33:29	09:21
	Gold	01:01:58	06:12	01:03:55	06:23	01:06:30	06:39	01:09:22	06:56	01:12:28	07:15	01:15:52	07:35	01:19:36	07:58	01:23:44	08:22	01:30:01	09:00	01:36:46	09:41	01:44:01	10:24
	Silver	01:09:50	06:59	01:12:02	07:12	01:14:57	07:30	01:18:10	07:49	01:21:40	08:10	01:25:30	08:33	01:29:43	08:58	01:34:22	09:26	01:41:27	10:09	01:49:03	10:54	01:57:14	11:43
	Bronze	01:20:00	08:00	01:22:31	08:15	01:25:51	08:35	01:29:33	08:57	01:33:33	09:21	01:37:56	09:48	01:42:45	10:16	01:48:05	10:48	01:56:11	11:37	02:04:54	12:29	02:14:16	13:26
10 KM	Diamond	00:33:49	05:27	00:35:05	05:40	00:36:30	05:53	00:38:02	06:08	00:39:42	06:24	00:41:31	06:42	00:43:31	07:01	00:45:46	07:23	00:49:12	07:56	00:52:53	08:32	00:56:51	09:10
	Gold	00:37:38	06:04	00:39:02	06:18	00:40:37	06:33	00:42:19	06:50	00:44:11	07:08	00:46:12	07:27	00:48:26	07:49	00:50:55	08:13	00:54:44	08:50	00:58:50	09:29	01:03:15	10:12
	Silver	00:42:24	06:50	00:44:00	07:06	00:45:46	07:23	00:47:42	07:42	00:49:47	08:02	00:52:04	08:24	00:54:35	08:48	00:57:23	09:15	01:01:41	09:57	01:06:19	10:42	01:11:17	11:30
	Bronze	00:48:35	07:50	00:50:24	08:08	00:52:25	08:27	00:54:38	08:49	00:57:02	09:12	00:59:38	09:37	01:02:31	10:05	01:05:44	10:36	01:10:40	11:24	01:15:58	12:15	01:21:40	13:10
5 Miles	Diamond	00:26:59	05:24	00:28:10	05:38	00:29:16	05:51	00:30:28	06:06	00:31:45	06:21	00:33:10	06:38	00:34:42	06:56	00:36:27	07:17	00:39:11	07:50	00:42:07	08:25	00:45:17	09:03
	Gold	00:30:01	06:00	00:31:19	06:16	00:32:34	06:31	00:33:54	06:47	00:35:20	07:04	00:36:54	07:23	00:38:37	07:43	00:40:34	08:07	00:43:37	08:43	00:46:53	09:23	00:50:24	10:05
	Silver	00:33:50	06:46	00:35:19	07:04	00:36:42	07:20	00:38:12	07:38	00:39:49	07:58	00:41:35	08:19	00:43:31	08:42	00:45:43	09:09	00:49:09	09:50	00:52:50	10:34	00:56:48	11:22
	Bronze	00:38:45	07:45	00:40:27	08:05	00:42:02	08:24	00:43:45	08:45	00:45:36	09:07	00:47:38	09:32	00:49:51	09:58	00:52:22	10:28	00:56:18	11:16	01:00:31	12:06	01:05:03	13:01
5 KM	Diamond	00:16:26	05:18	00:17:22	05:36	00:18:00	05:48	00:18:40	06:01	00:19:25	06:16	00:20:13	06:31	00:21:05	06:48	00:22:07	07:08	00:23:47	07:40	00:25:34	08:15	00:27:29	08:52
	Gold	00:18:17	05:54	00:19:19	06:14	00:20:01	06:27	00:20:46	06:42	00:21:36	06:58	00:22:29	07:15	00:23:27	07:34	00:24:36	07:56	00:26:27	08:32	00:28:26	09:10	00:30:34	09:51
	Silver	00:20:37	06:39	00:21:46	07:01	00:22:34	07:17	00:23:25	07:33	00:24:20	07:51	00:25:21	08:11	00:26:26	08:32	00:27:43	08:56	00:29:48	09:37	00:32:02	10:20	00:34:26	11:06
	Bronze	00:23:36	07:37	00:24:56	08:03	00:25:51	08:20	00:26:49	08:39	00:27:53	09:00	00:29:02	09:22	00:30:16	09:46	00:31:45	10:15	00:34:08	11:01	00:36:41	11:50	00:39:27	12:43

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