

Club Standards Men

Gold Plus		Open	40+	45+	50+	55+	60+	65+	70+
1	5K	15.45	16.30	17.15	18.00	19.00	20.00	21.00	22.00
2	5 Miles	26.00	27.00	28.00	29.30	31.00	33.00	34.30	36.00
3	10K	32.30	34.00	35.30	37.00	39.00	41.00	43.00	45.00
4	10 Miles	53.00	55.30	57.30	61.00	63.30	67.00	70.00	73.15
5	1/2 Marat	71.00	74.00	77.00	81.00	85.00	89.00	93.00	97.15
6	Marathon	2.35.00	2.39.00	2.45.00	2.52.00	3.00.00	3.09.00	3.18.00	3.27.00
7	50K	3.11.00	3.17.00	3.25.00	3.35.00	3.45.00	3.57.00	4.08.00	4.20.00
8	100K	7.41.00	7.58.00	8.21.00	8.46.00	9.11.00	9.37.00	10.03.00	10.30.00

Gold		Open	40+	45+	50+	55+	60+	65+	70+
1	5K	16.45	17.45	18.15	19.00	20.00	21.00	22.00	23.00
2	5Miles	27.30	29.00	30.00	31.30	33.00	35.00	36.30	38.00
3	10K	34.30	36.00	37.30	39.30	41.30	43.00	45.30	47.30
4	10 Miles	57.00	59.00	61.30	65.30	68.00	72.00	75.00	78.30
5	1/2 Marat	77.00	80.00	83.00	87.00	91.00	95.00	99.15	104.00
6	Marathon	2.50.00	2.55.00	3.01.00	3.08.00	3.17.00	3.27.00	3.37.00	3.47.00
7	50K	3.29.00	3.35.00	3.45.00	3.55.00	4.07.00	4.20.00	4.32.00	4.45.00
8	100K	8.14.00	8.32.00	8.57.00	9.23.00	9.50.00	10.18.00	10.46.00	11.16.00

Silver		Open	40+	45+	50+	55+	60+	65+	70+
1	5K	18.00	18.30	19.30	20.15	21.30	23.00	24.00	25.00
2	5 Miles	29.30	30.00	31.30	33.00	35.00	37.30	38.45	40.30
3	10K	37.00	38.00	40.00	41.30	44.00	47.00	49.00	51.15
4	10 Miles	61.00	63.00	66.30	70.00	73.00	77.00	80.30	84.00
5	1/2 marat	83.00	86.00	90.00	1.34.00	1.38.00	1.43.00	1.48.00	1.53.00
6	Marathon	3.05.00	3.10.00	3.17.00	3.25.00	3.35.00	3.45.00	3.55.00	4.06.00
7	50K	3.47.00	3.54.00	4.04.00	4.15.00	4.29.00	4.42.00	4.55.00	5.09.00
8	100K	8.48.00	9.07.00	9.34.00	10.02.00	10.31.00	11.01.00	11.31.00	12.03.00

Bronze		Open	40+	45+	50+	55+	60+	65+	70+
1	5K	19.30	20.15	21.15	22.15	23.30	24.45	26.00	27.15
2	5 Miles	31.30	33.00	34.30	36.00	38.00	40.00	42.00	44.00
3	10K	40.00	41.30	43.30	45.30	48.00	50.30	53.00	55.30
4	10 Miles	66.00	68.30	71.30	75.30	79.00	83.30	87.30	91.30
5	1/2 Marat	90.00	1.34.00	1.38.00	1.42.00	1.47.00	1.52.00	1.57.00	2.02.30
6	Marathon	3.17.00	3.23.00	3.30.00	3.39.00	3.49.00	4.00.00	4.11.00	4.23.00
7	50K	4.04.00	4.12.00	4.22.00	4.34.00	4.50.00	5.03.00	5.17.00	5.32.00
8	100K	9.34.00	9.55.00	10.24.00	10.54.00	11.26.00	11.59.00	12.32.00	13.06.00