

Club Standards Ladies

Gold Plus		Open	40+	45+	50+	55+	60+	65+	70+
1	5k	18.15	18.45	19.30	20.45	22.00	23.00	24.00	25.00
2	5 mile	30.00	31.00	32.00	34.00	36.00	37.30	39.15	41.00
3	10k	37.30	39.00	40.00	42.30	45.00	47.00	49.00	51.15
4	10 mile	61.00	63.00	66.30	70.00	73.30	77.00	80.30	84.00
5	1/2 Mar	82.00	85.00	89.00	93.00	97.00	102.00	107.00	112.00
6	Marathon	2.58.00	3.03.00	3.10.00	3.17.00	3.27.00	3.36.00	3.46.00	3.56.00
7	50k	03.40.00	03.47.00	03.57.00	04.07.00	04.21.00	04.38.00	04.51.00	05.04.00
8	100k	08.50.00	09.09.00	09.38.00	10.04.00	10.34.00	11.08.00	11.39.00	12.11.00

Gold		Open	40+	45+	50+	55+	60+	65+	70+
1	5k	19.15	19.45	20.45	22.00	23.15	24.30	25.40	26.50
2	5 mile	31.30	32.30	34.00	35.30	37.30	40.00	41.45	43.45
3	10k	39.30	40.30	42.30	45.00	47.30	50.00	52.15	54.40
4	10 mile	65.30	68.00	71.00	75.00	78.30	83.00	87.00	91.00
5	1/2 Mar	89.00	1.33.00	1.37.00	1.41.00	1.46.00	1.51.00	1.58.00	2.03.30
6	Marathon	3.16.00	3.22.00	3.29.00	3.37.00	3.47.00	3.58.00	4.09.00	4.20.30
7	50k	04.00.00	04.07.00	04.18.00	04.29.00	04.45.00	05.03.00	05.21.00	05.38.00
8	100k	09.28.00	09.49.00	10.18.00	10.48.0	11.19.00	11.56.00	12.38.00	13.25.00

Silver		Open	40+	45+	50+	55+	60+	65+	70+
1	5k	20.45	21.15	22.15	23.30	25.00	26.30	27.45	28.45
2	5 mile	33.30	34.30	36.00	38.00	40.30	43.00	45.00	47.00
3	10k	42.30	43.30	45.30	48.00	51.00	54.00	56.30	59.00
4	10 miles	71.00	73.00	77.00	80.30	84.00	88.30	92.30	96.45
5	1/2 Mar	1.35.00	1.39.00	1.44.00	1.48.00	1.53.00	1.58.00	2.03.30	2.09.00
6	Marathon	3.33.00	3.39.00	3.47.00	3.56.00	4.07.00	4.19.00	4.31.30	4.45.00
7	50K	04.21.00	04.29.00	04.41.00	04.53.00	05.10.00	05.30.00	05.53.00	06.20.00
8	100K	10.07.00	10.29.00	11.00.00	11.32.00	12.06.00	12.45.00	13.30.00	14.15.00

Bronze		Open	40+	45+	50+	55+	60+	65+	70+
1	5k	22.15	22.45	23.45	25	26.15	28.15	29.30	30.50
2	5 mile	36	37	39	41	43	46.00	48.00	50.00
3	10k	45.30	46.30	49.00	51.30	54.00	57.30	60.00	62.45
4	10 mile	76.00	78.30	82.30	87.00	91.00	96.00	100.25	105.00
5	1/2 Mar	1.44.00	1.49.00	1.54.00	1.59.00	2.04.00	2.10.00	2.16.00	2.22.00
6	Marathon	3.47.00	3.54.00	4.02.00	4.12.00	4.24.00	4.36.00	4.48.00	5.01.00
7	50k	04.41.00	04.50.00	05.03.00	05.15.00	05.34.00	05.55.00	06.17.00	06.40.00
8	100k	11.00.00	11.24.00	11.58.00	12.32.00	13.09.00	13.52.00	14.40.00	15.30.00