

Club Standards

When members notify us of their race results, if these meet the standards shown below a certificate is awarded to recognise the hard work of the individual concerned.

MEN - Age 18-39						
	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:12:59	00:21:19	00:26:43	00:44:00	00:58:23	02:02:57
Platinum (+20%)	00:15:35	00:25:35	00:32:04	00:52:48	01:10:04	02:27:32
Gold (+40%)	00:18:11	00:29:51	00:37:24	01:01:36	01:21:44	02:52:08
Silver (+60%)	00:20:46	00:34:06	00:42:45	01:10:24	01:33:25	03:16:43
Bronze (+80%)	00:23:22	00:38:22	00:48:05	01:19:12	01:45:05	03:41:19
Copper (+100%)	00:25:58	00:42:38	00:53:26	01:28:30	01:56:46	04:05:54

MEN - Age 40-44						
	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:13:43	00:22:15	00:27:43	00:45:23	01:00:02	02:06:26
Platinum (+20%)	00:16:28	00:26:42	00:33:16	00:54:28	01:12:02	02:31:43
Gold (+40%)	00:19:12	00:31:09	00:38:48	01:03:32	01:24:03	02:57:00
Silver (+60%)	00:21:57	00:35:36	00:44:21	01:12:37	01:36:03	03:22:18
Bronze (+80%)	00:24:41	00:40:03	00:49:53	01:21:41	01:48:04	03:47:35
Copper (+100%)	00:27:26	00:44:30	00:55:26	01:30:46	02:00:04	04:12:52

MEN - Age 50-54						
	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:14:45	00:24:04	00:30:03	00:49:15	01:05:09	02:17:12
Platinum (+20%)	00:17:42	00:28:53	00:36:04	00:59:06	01:18:11	02:44:38
Gold (+40%)	00:20:39	00:33:42	00:42:04	01:08:57	01:31:13	03:12:05
Silver (+60%)	00:23:36	00:38:30	00:48:05	01:18:48	01:44:14	03:39:31
Bronze (+80%)	00:26:33	00:43:19	00:54:05	01:28:39	01:57:16	04:06:58
Copper (+100%)	00:29:30	00:48:08	01:00:06	01:38:30	02:10:18	04:34:24

MEN - Age 55-59						
	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:15:20	00:25:05	00:31:22	00:51:27	01:08:07	02:23:26
Platinum (+20%)	00:18:24	00:30:06	00:37:38	01:01:44	01:21:44	02:52:07
Gold (+40%)	00:21:28	00:35:07	00:43:55	01:12:02	01:35:22	03:20:48
Silver (+60%)	00:24:32	00:40:08	00:50:11	01:22:19	01:48:59	03:49:30
Bronze (+80%)	00:27:36	00:45:09	00:56:28	01:32:37	02:02:37	04:18:11
Copper (+100%)	00:30:40	00:50:10	01:02:44	01:42:54	02:16:14	04:46:52

MEN - Age 60-64						
	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:15:58	00:26:12	00:32:48	00:53:52	01:11:21	02:30:15
Platinum (+20%)	00:19:10	00:31:26	00:39:22	01:04:38	01:25:37	03:00:18
Gold (+40%)	00:22:21	00:36:41	00:45:55	01:15:25	01:39:53	03:30:21
Silver (+60%)	00:25:33	00:41:55	00:52:29	01:26:11	01:54:10	04:00:24
Bronze (+80%)	00:28:44	00:47:10	00:59:02	01:36:58	02:08:26	04:30:27
Copper (+100%)	00:31:56	00:52:24	01:05:36	01:47:44	02:22:42	05:00:30

MEN - Age 65-69						
	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:16:39	00:27:25	00:34:23	00:56:31	01:14:54	02:37:45
Platinum (+20%)	00:19:59	00:32:54	00:41:16	01:07:49	01:29:53	03:09:18

Gold (+40%)	00:23:19	00:38:23	00:48:08	01:19:07	01:44:52	03:40:51
Silver (+60%)	00:26:38	00:43:52	00:55:01	01:30:26	01:59:50	04:12:24
Bronze (+80%)	00:29:58	00:49:21	01:01:53	01:41:44	02:14:49	04:43:57
Copper (+100%)	00:33:18	00:54:50	01:08:46	01:53:02	02:29:48	05:15:30

MEN - Age 70+						
	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:17:28	00:28:48	00:36:09	00:59:27	01:18:51	02:46:02
Platinum (+20%)	00:20:58	00:34:34	00:43:23	01:11:20	01:34:37	03:19:14
Gold (+40%)	00:24:27	00:40:19	00:50:37	01:23:14	01:50:23	03:52:27
Silver (+60%)	00:27:57	00:46:05	00:57:50	01:35:07	02:06:10	04:25:39
Bronze (+80%)	00:31:26	00:51:50	01:05:04	01:47:01	02:21:56	04:58:52
Copper (+100%)	00:34:56	00:57:36	01:12:18	01:58:54	02:37:42	05:32:04

LADIES - Age 18-34						
	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:14:46	00:24:12	00:30:20	00:49:21	01:05:42	02:15:25
Platinum (+20%)	00:17:43	00:29:02	00:36:24	00:59:13	01:18:50	02:42:30
Gold (+40%)	00:20:40	00:33:53	00:42:28	01:09:05	01:31:59	03:09:35
Silver (+60%)	00:23:38	00:38:43	00:48:32	01:18:58	01:45:07	03:36:40
Bronze (+80%)	00:26:35	00:43:34	00:54:36	01:28:50	01:58:16	04:03:45
Copper (+100%)	00:29:32	00:48:24	01:00:40	01:38:42	02:11:24	04:30:50

LADIES - Age 35-39						
	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:14:52	00:24:22	00:30:33	00:49:51	01:05:51	02:16:26
Platinum (+20%)	00:17:50	00:29:14	00:36:40	00:59:49	01:19:01	02:43:43
Gold (+40%)	00:20:49	00:34:07	00:42:46	01:09:47	01:32:11	03:11:00
Silver (+60%)	00:23:47	00:38:59	00:48:53	01:19:46	01:45:22	03:38:18
Bronze (+80%)	00:26:46	00:43:52	00:54:59	01:29:44	01:58:32	04:05:35
Copper (+100%)	00:29:44	00:48:44	01:01:06	01:39:42	02:11:42	04:32:52

LADIES - Age 40-44						
	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:15:10	00:24:54	00:31:14	00:51:03	01:07:27	02:19:37
Platinum (+20%)	00:18:12	00:29:53	00:37:29	01:01:16	01:20:56	02:47:32
Gold (+40%)	00:21:14	00:34:52	00:43:44	01:11:28	01:34:26	03:15:28
Silver (+60%)	00:24:16	00:39:50	00:49:58	01:21:41	01:47:55	03:43:23
Bronze (+80%)	00:27:18	00:44:49	00:56:13	01:31:53	02:01:25	04:11:19
Copper (+100%)	00:30:20	00:49:48	01:02:28	01:42:06	02:14:54	04:39:14

LADIES - Age 45-49						
	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:15:43	00:25:51	00:32:27	00:53:06	01:10:10	02:25:20
Platinum (+20%)	00:18:52	00:31:01	00:38:56	01:03:43	01:24:12	02:54:24
Gold (+40%)	00:22:00	00:36:11	00:45:26	01:14:20	01:38:14	03:23:28
Silver (+60%)	00:25:09	00:41:22	00:51:55	01:24:58	01:52:16	03:52:32
Bronze (+80%)	00:28:17	00:46:32	00:58:25	01:35:35	02:06:18	04:21:36
Copper (+100%)	00:31:26	00:51:42	01:04:54	01:46:12	02:20:20	04:50:40

LADIES - Age 50-54						

	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:16:31	00:27:16	00:34:16	00:56:07	01:14:09	02:33:57
Platinum (+20%)	00:19:49	00:32:43	00:41:07	01:07:20	01:28:59	03:04:44
Gold (+40%)	00:23:07	00:38:10	00:47:58	01:18:34	01:43:49	03:35:32
Silver (+60%)	00:26:26	00:43:38	00:54:50	01:29:47	01:58:38	04:06:19
Bronze (+80%)	00:29:44	00:49:05	01:01:41	01:41:01	02:13:28	04:37:07
Copper (+100%)	00:33:02	00:54:32	01:08:32	01:52:14	02:28:18	05:07:54

LADIES - Age 55-59						
	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:17:28	00:28:56	00:36:26	00:59:41	01:18:51	02:44:13
Platinum (+20%)	00:20:58	00:34:43	00:43:43	01:11:37	01:34:37	03:17:04
Gold (+40%)	00:24:27	00:40:30	00:51:00	01:23:33	01:50:23	03:49:54
Silver (+60%)	00:27:57	00:46:18	00:58:18	01:35:30	02:06:10	04:22:45
Bronze (+80%)	00:31:26	00:52:05	01:05:35	01:47:26	02:21:56	04:55:35
Copper (+100%)	00:34:56	00:57:52	01:12:52	01:59:22	02:37:42	05:28:26

LADIES - Age 60-64						
	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:18:32	00:30:49	00:38:53	01:03:44	01:24:12	02:55:57
Platinum (+20%)	00:22:14	00:36:59	00:46:40	01:16:29	01:41:02	03:31:08
Gold (+40%)	00:25:57	00:43:09	00:54:26	01:29:14	01:57:53	04:06:20
Silver (+60%)	00:29:39	00:49:18	01:02:13	01:41:58	02:14:43	04:41:31
Bronze (+80%)	00:33:22	00:55:28	01:09:59	01:54:43	02:31:34	05:16:43
Copper (+100%)	00:37:04	01:01:38	01:17:46	02:07:28	02:48:24	05:51:54

LADIES - Age 65+						
	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:19:44	00:32:58	00:41:42	01:08:22	01:30:20	03:09:30
Platinum (+20%)	00:23:41	00:39:34	00:50:02	01:22:02	01:48:24	03:47:24
Gold (+40%)	00:27:38	00:46:09	00:58:23	01:35:43	02:06:28	04:25:18
Silver (+60%)	00:31:34	00:52:45	01:06:43	01:49:23	02:24:32	05:03:12
Bronze (+80%)	00:35:31	00:59:20	01:15:04	02:03:04	02:42:36	05:41:06
Copper (+100%)	00:39:28	01:05:56	01:23:24	02:16:44	03:00:40	06:19:00