

CLUB STANDARDS 2019



| MEN (<35) | | | | | | | |
|---------------------|----------|----------|----------|----------|----------|----------|-----------|
| DISTANCE | PLATINUM | GOLD | SILVER | BRONZE | COPPER | ZINC | IRON |
| 5K | 00:18:00 | 00:20:00 | 00:21:30 | 00:23:30 | 00:27:30 | 00:30:00 | >00:30:00 |
| 5 MILES | 00:29:30 | 00:33:00 | 00:35:00 | 00:38:30 | 00:45:00 | 00:50:00 | >00:50:00 |
| 10K | 00:37:00 | 00:41:00 | 00:44:30 | 00:48:30 | 00:56:00 | 01:01:00 | >01:01:00 |
| 10 MILES | 01:00:30 | 01:07:30 | 01:13:30 | 01:20:00 | 01:32:30 | 01:37:00 | >01:37:00 |
| ½MARATHON | 01:20:30 | 01:29:30 | 01:37:30 | 01:46:00 | 02:03:00 | 02:08:00 | >02:08:00 |
| 20 MILES | 02:06:30 | 02:21:30 | 02:33:00 | 02:47:00 | 03:13:30 | 03:25:00 | >03:25:00 |
| MARATHON | 02:49:30 | 03:09:00 | 03:25:00 | 03:43:30 | 04:19:00 | 04:50:00 | >04:50:00 |

| WOMEN (<35) | | | | | | | |
|-----------------------|----------|----------|----------|----------|----------|----------|-----------|
| DISTANCE | PLATINUM | GOLD | SILVER | BRONZE | COPPER | ZINC | IRON |
| 5K | 00:19:00 | 00:21:30 | 00:24:30 | 00:28:30 | 00:31:00 | 00:33:00 | >00:33:00 |
| 5 MILES | 00:31:00 | 00:36:00 | 00:40:00 | 00:46:30 | 00:51:00 | 00:55:00 | >00:55:00 |
| 10K | 00:39:00 | 00:45:00 | 00:50:30 | 00:58:30 | 01:04:00 | 01:09:00 | >01:09:00 |
| 10 MILES | 01:05:00 | 01:13:45 | 01:23:00 | 01:35:30 | 01:44:00 | 01:49:00 | >01:49:00 |
| ½MARATHON | 01:27:00 | 01:38:45 | 01:50:45 | 02:07:45 | 02:17:30 | 02:27:00 | >02:27:00 |
| 20 MILES | 02:19:00 | 02:36:00 | 02:55:00 | 03:20:00 | 03:34:00 | 03:48:00 | >03:48:00 |
| MARATHON | 03:10:00 | 03:30:00 | 03:55:00 | 04:34:30 | 04:45:00 | 04:57:00 | >04:57:00 |

CLUB STANDARDS 2019



| MEN (35-39) | | | | | | | |
|--------------------|----------|----------|----------|----------|----------|----------|-----------|
| DISTANCE | PLATINUM | GOLD | SILVER | BRONZE | COPPER | ZINC | IRON |
| 5K | 00:18:30 | 00:20:30 | 00:22:00 | 00:23:30 | 00:24:00 | 00:30:30 | >00:30:30 |
| 5 MILES | 00:30:00 | 00:33:30 | 00:36:00 | 00:39:00 | 00:45:30 | 00:51:00 | >00:51:00 |
| 10K | 00:37:00 | 00:41:30 | 00:45:00 | 00:49:00 | 00:57:00 | 01:02:00 | >01:02:00 |
| 10 MILES | 01:01:00 | 01:08:00 | 01:14:00 | 01:20:30 | 01:33:00 | 01:38:00 | >01:38:00 |
| ½MARATHON | 01:21:30 | 01:30:30 | 01:38:00 | 01:46:30 | 02:03:30 | 02:09:00 | >02:09:00 |
| 20 MILES | 02:07:30 | 02:22:00 | 02:34:00 | 02:48:00 | 03:14:00 | 03:26:00 | >03:26:00 |
| MARATHON | 02:50:30 | 03:10:00 | 03:26:00 | 03:44:30 | 04:20:00 | 04:51:00 | >04:51:00 |

| WOMEN (35-39) | | | | | | | |
|----------------------|----------|----------|----------|----------|----------|----------|-----------|
| DISTANCE | PLATINUM | GOLD | SILVER | BRONZE | COPPER | ZINC | IRON |
| 5K | 00:20:30 | 00:22:45 | 00:25:00 | 00:29:00 | 00:31:30 | 00:35:00 | >00:35:00 |
| 5 MILES | 00:34:00 | 00:37:30 | 00:42:00 | 00:48:00 | 00:51:30 | 00:56:00 | >00:56:00 |
| 10K | 00:42:30 | 00:47:00 | 00:52:30 | 01:00:00 | 01:04:30 | 01:15:00 | >01:15:00 |
| 10 MILES | 01:10:00 | 01:17:00 | 01:26:00 | 01:38:00 | 01:45:00 | 01:55:00 | >01:55:00 |
| ½MARATHON | 01:34:15 | 01:44:00 | 01:56:00 | 02:12:00 | 02:18:30 | 02:28:00 | >02:28:00 |
| 20 MILES | 02:27:00 | 02:43:00 | 03:02:00 | 03:24:00 | 03:35:30 | 03:45:00 | >03:45:00 |
| MARATHON | 03:25:00 | 03:40:00 | 04:06:00 | 04:40:00 | 04:50:00 | 05:10:00 | >05:10:00 |

CLUB STANDARDS 2019



| MEN (40-44) | | | | | | | |
|--------------------|----------|----------|----------|----------|----------|----------|-----------|
| DISTANCE | PLATINUM | GOLD | SILVER | BRONZE | COPPER | ZINC | IRON |
| 5K | 00:19:00 | 00:21:00 | 00:23:00 | 00:25:00 | 00:29:00 | 00:35:00 | >00:35:00 |
| 5 MILES | 00:30:30 | 00:34:00 | 00:36:00 | 00:40:30 | 00:47:00 | 00:52:00 | >00:52:00 |
| 10K | 00:38:00 | 00:42:30 | 00:46:00 | 00:50:30 | 00:58:30 | 01:03:30 | >01:03:30 |
| 10 MILES | 01:02:30 | 01:10:00 | 01:15:30 | 01:22:30 | 01:35:30 | 01:40:00 | >01:40:00 |
| ½MARATHON | 01:23:00 | 01:32:30 | 01:40:00 | 01:49:00 | 02:06:30 | 02:12:00 | >02:12:00 |
| 20 MILES | 02:10:30 | 02:25:30 | 02:37:30 | 02:51:30 | 03:19:00 | 03:31:00 | >03:31:00 |
| MARATHON | 02:54:30 | 03:14:30 | 03:31:00 | 03:50:00 | 04:26:00 | 05:00:00 | >05:00:00 |

| WOMEN (40-44) | | | | | | | |
|----------------------|----------|----------|----------|----------|----------|----------|-----------|
| DISTANCE | PLATINUM | GOLD | SILVER | BRONZE | COPPER | ZINC | IRON |
| 5K | 00:21:30 | 00:23:30 | 00:26:30 | 00:30:30 | 00:34:00 | 00:37:00 | >00:37:00 |
| 5 MILES | 00:35:30 | 00:39:00 | 00:44:30 | 00:50:00 | 00:55:30 | 01:00:00 | >01:00:00 |
| 10K | 00:44:30 | 00:49:00 | 00:55:30 | 01:02:45 | 01:11:00 | 01:16:00 | >01:16:00 |
| 10 MILES | 01:12:30 | 01:20:00 | 01:31:00 | 01:42:00 | 02:00:00 | 02:15:00 | >02:15:00 |
| ½MARATHON | 01:37:30 | 01:49:30 | 02:04:00 | 02:16:00 | 02:25:00 | 02:37:00 | >02:37:00 |
| 20 MILES | 02:33:30 | 02:50:00 | 03:12:00 | 03:34:30 | 03:45:30 | 03:55:00 | >03:55:00 |
| MARATHON | 03:32:00 | 03:50:00 | 04:18:00 | 04:50:00 | 05:05:00 | 05:25:00 | >05:25:00 |

CLUB STANDARDS 2019



| MEN (45-49) | | | | | | | |
|--------------------|----------|----------|----------|----------|----------|----------|-----------|
| DISTANCE | PLATINUM | GOLD | SILVER | BRONZE | COPPER | ZINC | IRON |
| 5K | 00:19:30 | 00:22:00 | 00:23:30 | 00:26:00 | 00:30:00 | 00:36:00 | >00:36:00 |
| 5 MILES | 00:32:00 | 00:35:30 | 00:38:30 | 00:42:00 | 00:48:30 | 00:53:00 | >00:53:00 |
| 10K | 00:40:00 | 00:44:30 | 00:48:00 | 00:52:30 | 01:00:30 | 01:05:30 | >01:05:30 |
| 10 MILES | 01:05:00 | 01:12:30 | 01:18:30 | 01:26:00 | 01:39:30 | 01:44:00 | >01:44:00 |
| ½MARATHON | 01:26:00 | 01:36:00 | 01:44:00 | 01:53:30 | 02:11:30 | 02:17:00 | >02:17:00 |
| 20 MILES | 02:15:30 | 02:31:00 | 02:43:30 | 02:58:30 | 03:27:00 | 03:40:00 | >03:40:00 |
| MARATHON | 03:01:30 | 03:22:30 | 03:39:00 | 03:59:00 | 04:37:00 | 05:12:00 | >05:12:00 |

| WOMEN (45-49) | | | | | | | |
|----------------------|----------|----------|----------|----------|----------|----------|-----------|
| DISTANCE | PLATINUM | GOLD | SILVER | BRONZE | COPPER | ZINC | IRON |
| 5K | 00:22:00 | 00:24:30 | 00:28:00 | 00:32:00 | 00:35:00 | 00:38:00 | >00:38:00 |
| 5 MILES | 00:36:30 | 00:40:30 | 00:46:00 | 00:52:00 | 00:57:30 | 01:03:00 | >01:03:00 |
| 10K | 00:46:00 | 00:51:00 | 00:57:30 | 01:06:15 | 01:13:00 | 01:19:00 | >01:19:00 |
| 10 MILES | 01:15:00 | 01:23:00 | 01:36:00 | 01:48:00 | 02:06:00 | 02:22:00 | >02:22:00 |
| ½MARATHON | 01:42:00 | 01:55:00 | 02:12:00 | 02:25:15 | 02:34:00 | 02:43:00 | >02:43:00 |
| 20 MILES | 02:40:00 | 02:57:00 | 03:22:00 | 03:45:00 | 03:56:30 | 04:06:00 | >04:06:00 |
| MARATHON | 03:40:00 | 04:00:00 | 04:30:00 | 05:00:00 | 05:20:00 | 05:45:00 | >05:45:00 |

CLUB STANDARDS 2019



| MEN (50-54) | | | | | | | |
|--------------------|----------|----------|----------|----------|----------|----------|-----------|
| DISTANCE | PLATINUM | GOLD | SILVER | BRONZE | COPPER | ZINC | IRON |
| 5K | 00:20:30 | 00:22:30 | 00:24:30 | 00:27:00 | 00:31:00 | 00:37:00 | >00:37:00 |
| 5 MILES | 00:33:00 | 00:37:00 | 00:40:00 | 00:43:30 | 00:50:30 | 00:55:00 | >00:55:00 |
| 10K | 00:41:30 | 00:46:00 | 00:50:00 | 00:54:30 | 01:03:30 | 01:08:00 | >01:08:00 |
| 10 MILES | 01:08:00 | 01:16:00 | 01:22:00 | 01:29:30 | 01:43:30 | 01:48:00 | >01:48:00 |
| ½MARATHON | 01:30:00 | 01:40:00 | 01:48:30 | 01:58:30 | 02:17:00 | 02:23:00 | >02:23:00 |
| 20 MILES | 02:21:30 | 02:37:30 | 02:51:00 | 03:06:30 | 03:36:00 | 03:50:00 | >03:50:00 |
| MARATHON | 03:09:30 | 03:31:00 | 03:48:30 | 04:09:30 | 04:49:00 | 05:25:00 | >05:25:00 |

| WOMEN (50-54) | | | | | | | |
|----------------------|----------|----------|----------|----------|----------|----------|-----------|
| DISTANCE | PLATINUM | GOLD | SILVER | BRONZE | COPPER | ZINC | IRON |
| 5K | 00:22:30 | 00:26:00 | 00:29:00 | 00:30:30 | 00:37:00 | 00:40:00 | >00:40:00 |
| 5 MILES | 00:37:30 | 00:42:00 | 00:48:30 | 00:54:00 | 00:59:30 | 01:08:00 | >01:08:00 |
| 10K | 00:47:30 | 00:53:30 | 01:01:45 | 01:10:00 | 01:17:00 | 01:23:00 | >01:23:00 |
| 10 MILES | 01:17:30 | 01:28:00 | 01:41:00 | 01:54:00 | 02:14:00 | 02:30:00 | >02:30:00 |
| ½MARATHON | 01:46:30 | 01:58:00 | 02:16:00 | 02:30:00 | 02:39:00 | 02:48:00 | >02:48:00 |
| 20 MILES | 02:46:30 | 03:04:00 | 03:32:00 | 03:55:30 | 04:06:30 | 04:16:00 | >04:16:00 |
| MARATHON | 03:47:30 | 04:12:30 | 04:45:00 | 05:15:00 | 05:35:00 | 06:00:00 | >06:00:00 |

CLUB STANDARDS 2019



| MEN (55-59) | | | | | | | |
|--------------------|----------|----------|----------|----------|----------|----------|-----------|
| DISTANCE | PLATINUM | GOLD | SILVER | BRONZE | COPPER | ZINC | IRON |
| 5K | 00:21:00 | 00:23:30 | 00:25:30 | 00:28:00 | 00:32:30 | 00:39:00 | >00:39:00 |
| 5 MILES | 00:34:30 | 00:38:30 | 00:42:00 | 00:45:30 | 00:53:00 | 00:58:00 | >00:58:00 |
| 10K | 00:43:30 | 00:48:00 | 00:52:30 | 00:57:00 | 01:06:00 | 01:11:00 | >01:11:00 |
| 10 MILES | 01:11:00 | 01:19:00 | 01:26:00 | 01:33:30 | 01:48:30 | 01:54:00 | >01:54:00 |
| ½MARATHON | 01:34:00 | 01:45:00 | 01:53:30 | 02:04:00 | 02:23:30 | 02:31:00 | >02:31:00 |
| 20 MILES | 02:28:00 | 02:45:00 | 02:58:30 | 03:15:00 | 03:45:30 | 04:00:00 | >04:00:00 |
| MARATHON | 03:18:00 | 03:40:30 | 03:59:00 | 04:21:00 | 05:02:00 | 05:40:00 | >05:40:00 |

| WOMEN (55-59) | | | | | | | |
|----------------------|----------|----------|----------|----------|----------|----------|-----------|
| DISTANCE | PLATINUM | GOLD | SILVER | BRONZE | COPPER | ZINC | IRON |
| 5K | 00:23:30 | 00:26:00 | 00:30:30 | 00:35:00 | 00:42:00 | 00:45:00 | >00:45:00 |
| 5 MILES | 00:39:00 | 00:44:00 | 00:51:00 | 00:56:00 | 01:04:00 | 01:13:00 | >01:13:00 |
| 10K | 00:49:00 | 00:52:30 | 01:04:45 | 01:13:30 | 01:20:00 | 01:26:00 | >01:26:00 |
| 10 MILES | 01:20:00 | 01:30:00 | 01:46:00 | 02:00:30 | 02:20:00 | 02:40:00 | >02:40:00 |
| ½MARATHON | 01:51:00 | 02:02:00 | 02:23:00 | 02:40:00 | 02:49:00 | 02:58:00 | >02:58:00 |
| 20 MILES | 02:53:00 | 03:11:00 | 03:42:00 | 04:06:00 | 04:17:30 | 04:27:00 | >04:27:00 |
| MARATHON | 03:55:00 | 04:25:00 | 05:00:00 | 05:30:00 | 05:50:00 | 06:15:00 | >06:15:00 |

CLUB STANDARDS 2019



| MEN (60-64) | | | | | | | |
|--------------------|----------|----------|----------|----------|----------|----------|-----------|
| DISTANCE | PLATINUM | GOLD | SILVER | BRONZE | COPPER | ZINC | IRON |
| 5K | 00:22:00 | 00:24:30 | 00:26:30 | 00:29:00 | 00:33:30 | 00:41:00 | >00:41:00 |
| 5 MILES | 00:36:00 | 00:40:30 | 00:43:30 | 00:47:30 | 00:55:00 | 01:00:00 | >01:00:00 |
| 10K | 00:45:30 | 00:50:30 | 00:54:30 | 00:59:30 | 01:09:00 | 01:14:00 | >01:14:00 |
| 10 MILES | 01:14:30 | 01:23:00 | 01:30:00 | 01:38:00 | 01:53:30 | 02:00:00 | >02:00:00 |
| ½MARATHON | 01:38:30 | 01:50:00 | 01:59:00 | 02:10:00 | 02:30:00 | 02:39:00 | >02:39:00 |
| 20 MILES | 02:35:00 | 02:52:30 | 03:07:00 | 03:24:00 | 03:56:30 | 04:12:00 | >04:12:00 |
| MARATHON | 03:27:30 | 03:51:00 | 04:10:30 | 04:33:00 | 05:16:30 | 05:55:00 | >05:55:00 |

| WOMEN (60-64) | | | | | | | |
|----------------------|----------|----------|----------|----------|----------|----------|-----------|
| DISTANCE | PLATINUM | GOLD | SILVER | BRONZE | COPPER | ZINC | IRON |
| 5K | 00:24:00 | 00:27:00 | 00:31:30 | 00:36:30 | 00:44:00 | 00:47:00 | >00:47:00 |
| 5 MILES | 00:41:00 | 00:46:30 | 00:54:30 | 00:59:30 | 01:07:00 | 01:16:00 | >01:16:00 |
| 10K | 00:51:00 | 00:58:00 | 01:08:00 | 01:18:00 | 01:25:00 | 01:31:00 | >01:31:00 |
| 10 MILES | 01:28:00 | 01:36:00 | 01:50:00 | 02:02:00 | 02:22:00 | 02:42:00 | >02:42:00 |
| ½MARATHON | 01:59:00 | 02:10:00 | 02:30:00 | 02:45:00 | 02:54:00 | 03:03:00 | >03:03:00 |
| 20 MILES | 03:05:00 | 03:20:00 | 03:51:00 | 04:12:00 | 04:23:30 | 04:34:00 | >04:34:00 |
| MARATHON | 04:12:00 | 04:45:00 | 05:20:00 | 05:50:00 | 06:12:00 | 06:35:00 | >06:35:00 |

CLUB STANDARDS 2019



| MEN (65-69) | | | | | | | |
|--------------------|----------|----------|----------|----------|----------|----------|-----------|
| DISTANCE | PLATINUM | GOLD | SILVER | BRONZE | COPPER | ZINC | IRON |
| 5K | 00:23:00 | 00:25:30 | 00:27:30 | 00:30:30 | 00:35:00 | 00:43:00 | >00:43:00 |
| 5 MILES | 00:38:00 | 00:42:00 | 00:45:30 | 00:50:00 | 00:57:30 | 01:03:00 | >01:03:00 |
| 10K | 00:47:30 | 00:53:00 | 00:57:30 | 01:02:30 | 01:12:30 | 01:17:00 | >01:17:00 |
| 10 MILES | 01:18:00 | 01:27:00 | 01:34:00 | 01:43:00 | 01:59:30 | 02:06:00 | >02:06:00 |
| ½MARATHON | 01:43:30 | 01:55:00 | 02:05:00 | 02:16:00 | 02:38:00 | 02:47:00 | >02:47:00 |
| 20 MILES | 02:42:30 | 03:01:30 | 03:16:30 | 03:34:00 | 04:08:00 | 04:20:00 | >04:20:00 |
| MARATHON | 03:37:30 | 04:02:30 | 04:23:00 | 04:47:00 | 05:32:00 | 06:10:00 | >06:10:00 |

| WOMEN (65-69) | | | | | | | |
|----------------------|----------|----------|----------|----------|----------|----------|-----------|
| DISTANCE | PLATINUM | GOLD | SILVER | BRONZE | COPPER | ZINC | IRON |
| 5K | 00:25:00 | 00:30:30 | 00:34:30 | 00:38:00 | 00:45:30 | 00:49:00 | >00:49:00 |
| 5 MILES | 00:42:30 | 00:49:00 | 00:55:30 | 01:02:30 | 01:10:00 | 01:20:00 | >01:20:00 |
| 10K | 00:53:00 | 01:02:00 | 01:09:30 | 01:20:00 | 01:27:00 | 01:34:00 | >01:34:00 |
| 10 MILES | 01:31:00 | 01:41:00 | 01:53:30 | 02:05:30 | 02:25:00 | 02:45:00 | >02:45:00 |
| ½MARATHON | 02:05:00 | 02:16:30 | 02:33:00 | 02:48:00 | 02:57:00 | 03:06:00 | >03:06:00 |
| 20 MILES | 03:12:00 | 03:40:00 | 04:19:00 | 04:41:00 | 05:20:30 | 05:40:00 | >05:40:00 |
| MARATHON | 04:18:00 | 04:51:00 | 05:36:00 | 05:58:00 | 06:30:00 | 07:10:00 | >07:10:00 |

CLUB STANDARDS 2019



| MEN (70+) | | | | | | | |
|------------------|----------|----------|----------|----------|----------|----------|-----------|
| DISTANCE | PLATINUM | GOLD | SILVER | BRONZE | COPPER | ZINC | IRON |
| 5K | 00:24:00 | 00:27:00 | 00:29:00 | 00:32:00 | 00:37:00 | 00:45:00 | >00:45:00 |
| 5 MILES | 00:40:00 | 00:44:30 | 00:48:00 | 00:52:30 | 01:00:30 | 01:06:00 | >01:06:00 |
| 10K | 00:50:00 | 00:55:30 | 01:00:30 | 01:06:00 | 01:16:00 | 01:21:00 | >01:21:00 |
| 10 MILES | 01:22:00 | 01:31:30 | 01:39:00 | 01:48:00 | 02:05:00 | 02:11:00 | >02:11:00 |
| ½MARATHON | 01:49:00 | 02:01:30 | 02:11:30 | 02:23:00 | 02:46:00 | 02:55:00 | >02:55:00 |
| 20 MILES | 02:51:00 | 03:11:00 | 03:26:30 | 03:45:30 | 04:21:00 | 04:32:00 | >04:32:00 |
| MARATHON | 03:49:00 | 04:15:30 | 04:36:30 | 05:02:00 | 05:49:30 | 06:30:00 | >06:30:00 |

| WOMEN (70+) | | | | | | | |
|--------------------|----------|----------|----------|----------|----------|----------|-----------|
| DISTANCE | PLATINUM | GOLD | SILVER | BRONZE | COPPER | ZINC | IRON |
| 5K | 00:28:00 | 00:32:30 | 00:36:30 | 00:40:30 | 00:47:30 | 00:52:00 | >00:52:00 |
| 5 MILES | 00:45:30 | 00:54:00 | 01:00:10 | 01:05:00 | 01:14:00 | 01:25:00 | >01:25:00 |
| 10K | 00:57:30 | 01:05:30 | 01:14:40 | 01:25:00 | 01:32:00 | 01:40:00 | >01:40:00 |
| 10 MILES | 01:35:30 | 01:47:30 | 01:59:30 | 02:11:30 | 02:31:00 | 02:52:00 | >02:52:00 |
| ½MARATHON | 02:10:30 | 02:26:45 | 02:40:30 | 02:55:30 | 03:05:00 | 03:16:00 | >03:16:00 |
| 20 MILES | 03:26:00 | 04:01:00 | 04:30:00 | 04:52:00 | 05:32:30 | 05:55:00 | >05:55:00 |
| MARATHON | 04:34:00 | 05:18:30 | 05:41:00 | 06:05:00 | 06:40:00 | 07:25:00 | >07:25:00 |