

CLUB STANDARDS 2018



MEN (<35)							
DISTANCE	PLATINUM	GOLD	SILVER	BRONZE	COPPER	ZINC	IRON
5K	00:15:30	00:20:00	00:21:30	00:23:30	00:27:30	00:30:00	>00:30:00
5 MILES	00:25:00	00:33:00	00:35:00	00:38:30	00:45:00	00:50:00	>00:50:00
10K	00:31:30	00:41:00	00:44:30	00:48:30	00:56:00	01:01:00	>01:01:00
10 MILES	00:52:00	01:07:30	01:13:30	01:20:00	01:32:30	01:37:00	>01:37:00
½MARATHON	01:08:30	01:29:30	01:37:30	01:46:00	02:03:00	02:08:00	>02:08:00
20 MILES	01:48:00	02:21:30	02:33:00	02:47:00	03:13:30	03:25:00	>03:25:00
MARATHON	02:24:30	03:09:00	03:25:00	03:43:30	04:19:00	04:50:00	>04:50:00

MEN (35-39)							
DISTANCE	PLATINUM	GOLD	SILVER	BRONZE	COPPER	ZINC	IRON
5K	00:15:40	00:20:30	00:22:00	00:23:30	00:24:00	00:30:30	>00:30:30
5 MILES	00:26:00	00:33:30	00:36:00	00:39:00	00:45:30	00:51:00	>00:51:00
10K	00:32:00	00:41:30	00:45:00	00:49:00	00:57:00	01:02:00	>01:02:00
10 MILES	00:52:30	01:08:00	01:14:00	01:20:30	01:33:00	01:38:00	>01:38:00
½MARATHON	01:09:00	01:30:30	01:38:00	01:46:30	02:03:30	02:09:00	>02:09:00
20 MILES	01:48:30	02:22:00	02:34:00	02:48:00	03:14:00	03:26:00	>03:26:00
MARATHON	02:25:30	03:10:00	03:26:00	03:44:30	04:20:00	04:51:00	>04:51:00

CLUB STANDARDS 2018



MEN (40-44)							
DISTANCE	PLATINUM	GOLD	SILVER	BRONZE	COPPER	ZINC	IRON
5K	00:16:00	00:21:00	00:23:00	00:25:00	00:29:00	00:35:00	>00:35:00
5 MILES	00:26:30	00:34:00	00:36:00	00:40:30	00:47:00	00:52:00	>00:52:00
10K	00:32:30	00:42:30	00:46:00	00:50:30	00:58:30	01:03:30	>01:03:30
10 MILES	00:53:30	01:10:00	01:15:30	01:22:30	01:35:30	01:40:00	>01:40:00
½MARATHON	01:10:30	01:32:30	01:40:00	01:49:00	02:06:30	02:12:00	>02:12:00
20 MILES	01:51:00	02:25:30	02:37:30	02:51:30	03:19:00	03:31:00	>03:31:00
MARATHON	02:29:00	03:14:30	03:31:00	03:50:00	04:26:00	05:00:00	>05:00:00

MEN (45-49)							
DISTANCE	PLATINUM	GOLD	SILVER	BRONZE	COPPER	ZINC	IRON
5K	00:17:00	00:22:00	00:23:30	00:26:00	00:30:00	00:36:00	>00:36:00
5 MILES	00:27:00	00:35:30	00:38:30	00:42:00	00:48:30	00:53:00	>00:53:00
10K	00:34:00	00:44:30	00:48:00	00:52:30	01:00:30	01:05:30	>01:05:30
10 MILES	00:55:30	01:12:30	01:18:30	01:26:00	01:39:30	01:44:00	>01:44:00
½MARATHON	01:13:30	01:36:00	01:44:00	01:53:30	02:11:30	02:17:00	>02:17:00
20 MILES	01:55:30	02:31:00	02:43:30	02:58:30	03:27:00	03:40:00	>03:40:00
MARATHON	02:34:30	03:22:30	03:39:00	03:59:00	04:37:00	05:12:00	>05:12:00

CLUB STANDARDS 2018



MEN (50-54)							
DISTANCE	PLATINUM	GOLD	SILVER	BRONZE	COPPER	ZINC	IRON
5K	00:17:30	00:22:30	00:24:30	00:27:00	00:31:00	00:37:00	>00:37:00
5 MILES	00:28:30	00:37:00	00:40:00	00:43:30	00:50:30	00:55:00	>00:55:00
10K	00:35:30	00:46:00	00:50:00	00:54:30	01:03:30	01:08:00	>01:08:00
10 MILES	00:58:00	01:16:00	01:22:00	01:29:30	01:43:30	01:48:00	>01:48:00
½MARATHON	01:16:30	01:40:00	01:48:30	01:58:30	02:17:00	02:23:00	>02:23:00
20 MILES	02:00:30	02:37:30	02:51:00	03:06:30	03:36:00	03:50:00	>03:50:00
MARATHON	02:41:30	03:31:00	03:48:30	04:09:30	04:49:00	05:25:00	>05:25:00

MEN (55-59)							
DISTANCE	PLATINUM	GOLD	SILVER	BRONZE	COPPER	ZINC	IRON
5K	00:18:00	00:23:30	00:25:30	00:28:00	00:32:30	00:39:00	>00:39:00
5 MILES	00:29:30	00:38:30	00:42:00	00:45:30	00:53:00	00:58:00	>00:58:00
10K	00:37:00	00:48:00	00:52:30	00:57:00	01:06:00	01:11:00	>01:11:00
10 MILES	01:00:00	01:19:00	01:26:00	01:33:30	01:48:30	01:54:00	>01:54:00
½MARATHON	01:20:00	01:45:00	01:53:30	02:04:00	02:23:30	02:31:00	>02:31:00
20 MILES	02:06:00	02:45:00	02:58:30	03:15:00	03:45:30	04:00:00	>04:00:00
MARATHON	02:49:00	03:40:30	03:59:00	04:21:00	05:02:00	05:40:00	>05:40:00

CLUB STANDARDS 2018



MEN (60-64)							
DISTANCE	PLATINUM	GOLD	SILVER	BRONZE	COPPER	ZINC	IRON
5K	00:19:00	00:24:30	00:26:30	00:29:00	00:33:30	00:41:00	>00:41:00
5 MILES	00:31:00	00:40:30	00:43:30	00:47:30	00:55:00	01:00:00	>01:00:00
10K	00:38:30	00:50:30	00:54:30	00:59:30	01:09:00	01:14:00	>01:14:00
10 MILES	01:03:30	01:23:00	01:30:00	01:38:00	01:53:30	02:00:00	>02:00:00
½MARATHON	01:24:00	01:50:00	01:59:00	02:10:00	02:30:00	02:39:00	>02:39:00
20 MILES	02:12:00	02:52:30	03:07:00	03:24:00	03:56:30	04:12:00	>04:12:00
MARATHON	02:57:00	03:51:00	04:10:30	04:33:00	05:16:30	05:55:00	>05:55:00

MEN (65-69)							
DISTANCE	PLATINUM	GOLD	SILVER	BRONZE	COPPER	ZINC	IRON
5K	00:19:30	00:25:30	00:27:30	00:30:30	00:35:00	00:43:00	>00:43:00
5 MILES	00:32:00	00:42:00	00:45:30	00:50:00	00:57:30	01:03:00	>01:03:00
10K	00:40:30	00:53:00	00:57:30	01:02:30	01:12:30	01:17:00	>01:17:00
10 MILES	01:06:30	01:27:00	01:34:00	01:43:00	01:59:30	02:06:00	>02:06:00
½MARATHON	01:28:00	01:55:00	02:05:00	02:16:00	02:38:00	02:47:00	>02:47:00
20 MILES	02:18:30	03:01:30	03:16:30	03:34:00	04:08:00	04:20:00	>04:20:00
MARATHON	03:05:30	04:02:30	04:23:00	04:47:00	05:32:00	06:10:00	>06:10:00

CLUB STANDARDS 2018



MEN (70-74)							
DISTANCE	PLATINUM	GOLD	SILVER	BRONZE	COPPER	ZINC	IRON
5K	00:20:30	00:27:00	00:29:00	00:32:00	00:37:00	00:45:00	>00:45:00
5 MILES	00:34:00	00:44:30	00:48:00	00:52:30	01:00:30	01:06:00	>01:06:00
10K	00:42:30	00:55:30	01:00:30	01:06:00	01:16:00	01:21:00	>01:21:00
10 MILES	01:10:00	01:31:30	01:39:00	01:48:00	02:05:00	02:11:00	>02:11:00
½MARATHON	01:32:30	02:01:30	02:11:30	02:23:00	02:46:00	02:55:00	>02:55:00
20 MILES	02:26:00	03:11:00	03:26:30	03:45:30	04:21:00	04:32:00	>04:32:00
MARATHON	03:15:30	04:15:30	04:36:30	05:02:00	05:49:30	06:30:00	>06:30:00

MEN (75+)							
DISTANCE	PLATINUM	GOLD	SILVER	BRONZE	COPPER	ZINC	IRON
5K	00:22:00	00:29:00	00:31:30	00:34:00	00:39:30	00:47:00	>00:47:00
5 MILES	00:36:30	00:47:30	00:51:30	00:56:00	01:05:00	01:11:00	>01:11:00
10K	00:45:30	00:59:30	01:04:30	01:10:30	01:21:30	01:26:00	>01:26:00
10 MILES	01:15:00	01:38:00	01:46:00	01:55:30	02:14:00	02:20:00	>02:20:00
½MARATHON	01:39:00	02:09:30	02:20:30	02:33:00	02:57:30	03:06:00	>03:06:00
20 MILES	02:34:00	03:24:00	03:41:00	04:01:00	04:39:00	04:52:00	>04:52:00
MARATHON	03:28:30	04:33:00	04:55:30	05:22:30	06:13:30	06:55:00	>06:55:00

CLUB STANDARDS 2018



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

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 2018



VET 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

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 2018



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

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 2018



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

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 2018



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