



Club Road Running Standards

Womens Age Graded Awards - Each age group is calculated at the oldest age. i.e. 40-44 = 44yrs

	%AG	5 miles	10km	10 miles	1/2 Mara	15 miles	20 miles	Marathon
SW (18-34)								
DIAMOND	80%	00:30:19	00:37:51	01:02:11	01:22:25	01:34:54	02:08:05	02:49:45
GOLD	75%	00:32:20	00:40:22	01:06:20	01:27:55	01:41:14	02:16:37	03:01:05
SILVER	70%	00:34:39	00:43:16	01:11:04	01:34:12	01:48:27	02:26:23	03:14:11
BRONZE	60%	00:40:25	00:50:28	01:22:55	01:49:54	02:06:32	02:50:47	03:46:21
COPPER	50%	00:48:30	01:00:34	01:39:30	02:11:52	02:31:51	03:24:56	04:31:37
W35-39								
DIAMOND	80%	00:30:59	00:38:41	01:03:34	01:24:35	01:37:28	02:11:47	02:54:57
GOLD	75%	00:33:03	00:41:16	01:07:48	01:30:13	01:43:58	02:20:34	03:06:37
SILVER	70%	00:35:25	00:44:13	01:12:38	01:36:40	01:51:24	02:30:36	03:19:56
BRONZE	60%	00:41:19	00:51:35	01:24:45	01:52:46	02:09:58	02:55:43	03:53:16
COPPER	50%	00:49:35	01:01:54	01:41:42	02:15:20	02:35:57	03:30:51	04:39:55
W40-44								
DIAMOND	80%	00:32:10	00:40:10	01:05:59	01:28:26	01:42:05	02:18:25	03:04:14
GOLD	75%	00:34:19	00:42:51	01:10:23	01:34:20	01:48:54	02:27:39	03:16:31
SILVER	70%	00:36:46	00:45:55	01:15:25	01:41:04	01:56:40	02:38:12	03:30:33
BRONZE	60%	00:42:54	00:53:34	01:27:59	01:57:55	02:16:07	03:04:34	04:05:39
COPPER	50%	00:51:29	01:04:17	01:45:35	02:21:30	02:43:21	03:41:29	04:54:47
W45-49								
DIAMOND	80%	00:33:59	00:42:26	01:09:42	01:33:56	01:48:30	02:27:11	03:15:57
GOLD	75%	00:36:15	00:45:16	01:14:21	01:40:12	01:55:44	02:37:00	03:29:00
SILVER	70%	00:38:50	00:48:30	01:19:40	01:47:21	02:04:00	02:48:12	03:43:56
BRONZE	60%	00:45:19	00:56:35	01:32:57	02:05:15	02:24:40	03:16:15	04:21:16
COPPER	50%	00:54:23	01:07:54	01:51:32	02:30:18	02:53:36	03:55:30	05:13:31
W50-54								
DIAMOND	80%	00:36:13	00:45:13	01:14:17	01:40:12	01:55:47	02:37:07	03:29:14
GOLD	75%	00:38:38	00:48:14	01:19:14	01:46:53	02:03:30	02:47:35	03:43:11
SILVER	70%	00:41:23	00:51:41	01:24:53	01:54:31	02:12:19	02:59:33	03:59:08
BRONZE	60%	00:48:17	01:00:17	01:39:02	02:13:37	02:34:22	03:29:29	04:38:59
COPPER	50%	00:57:57	01:12:21	01:58:51	02:40:20	03:05:15	04:11:23	05:34:47
W55-59								
DIAMOND	80%	00:38:45	00:48:23	01:19:29	01:47:23	02:04:06	02:48:29	03:44:28
GOLD	75%	00:41:20	00:51:37	01:24:47	01:54:33	02:12:23	02:59:43	03:59:26
SILVER	70%	00:44:18	00:55:18	01:30:51	02:02:44	02:21:50	03:12:33	04:16:32
BRONZE	60%	00:51:41	01:04:31	01:45:59	02:23:11	02:45:28	03:44:39	04:59:17
COPPER	50%	01:02:01	01:17:16	02:07:11	02:51:49	03:18:34	04:29:34	05:59:09
W60-64								
DIAMOND	80%	00:41:41	00:52:03	01:25:29	01:55:40	02:13:43	03:01:40	04:03:02
GOLD	75%	00:44:28	00:55:01	01:31:11	02:03:23	02:22:38	03:13:47	04:19:14
SILVER	70%	00:47:38	00:59:29	01:37:42	02:12:12	02:32:49	03:27:38	04:37:45
BRONZE	60%	00:55:35	01:09:24	01:53:59	02:34:14	02:58:18	04:02:14	05:24:02
COPPER	50%	01:06:42	01:23:16	02:16:47	03:05:04	03:33:57	04:50:41	06:28:51
W65-69								
DIAMOND	80%	00:45:05	00:56:18	01:32:28	02:05:20	02:24:56	03:17:47	04:27:11
GOLD	75%	00:48:05	01:00:03	01:38:38	02:13:42	02:34:36	03:30:59	04:45:00
SILVER	70%	00:51:32	01:04:20	01:45:41	02:23:15	02:45:39	03:46:03	05:05:21
BRONZE	60%	01:00:07	01:15:04	02:03:18	02:47:07	03:13:15	04:23:43	05:56:15
COPPER	50%	01:12:08	01:30:04	02:27:57	03:20:33	03:51:54	05:16:28	07:07:30
W70-74								
DIAMOND	80%	00:49:06	01:01:18	01:40:41	02:16:47	02:38:58	03:40:21	04:59:43
GOLD	75%	00:52:22	01:05:23	01:47:24	02:25:54	02:49:34	03:55:02	05:19:42
SILVER	70%	00:56:06	01:10:03	01:55:04	02:36:20	03:01:40	04:11:49	05:42:32
BRONZE	60%	01:05:28	01:21:44	02:14:15	03:02:23	03:31:57	04:53:48	06:39:37
COPPER	50%	01:18:33	01:38:05	02:41:06	03:38:52	04:14:21	05:52:33	07:59:33



Club Road Running Standards

Mens Age Graded Awards - Each age group is calculated at the oldest age. i.e. 40-44 = 44yrs

	%AG	5 miles	10km	10 miles	1/2 Mara	15 miles	20 miles	Marathon
SM (18-39)								
DIAMOND	80%	00:26:55	00:34:06	00:55:35	01:13:48	01:25:08	01:55:41	02:35:01
GOLD	75%	00:28:43	00:36:22	00:59:17	01:18:43	01:30:48	02:03:24	02:45:21
SILVER	70%	00:30:46	00:38:58	01:03:31	01:24:20	01:37:17	02:12:13	02:57:10
BRONZE	60%	00:35:54	00:45:28	01:14:07	01:38:24	01:53:30	02:34:15	03:26:42
COPPER	50%	00:43:05	00:54:34	01:28:56	01:58:05	02:16:12	03:05:07	04:08:02
M40-44								
DIAMOND	80%	00:28:54	00:36:36	00:59:38	01:19:04	01:31:06	02:03:20	02:44:16
GOLD	75%	00:30:49	00:39:02	01:03:36	01:24:20	01:37:10	02:11:33	02:55:13
SILVER	70%	00:33:01	00:41:50	01:08:09	01:30:21	01:44:07	02:20:57	03:07:44
BRONZE	60%	00:38:32	00:48:48	01:19:30	01:45:25	02:01:28	02:44:26	03:39:01
COPPER	50%	00:46:14	00:58:34	01:35:24	02:06:30	02:25:45	03:17:20	04:22:49
M45-49								
DIAMOND	80%	00:30:03	00:38:03	01:02:06	01:22:24	01:34:59	02:08:42	02:51:33
GOLD	75%	00:32:03	00:40:36	01:06:14	01:27:54	01:41:19	02:17:17	03:02:59
SILVER	70%	00:34:20	00:43:30	01:10:58	01:34:11	01:48:33	02:27:05	03:16:03
BRONZE	60%	00:40:04	00:50:45	01:22:48	01:49:52	02:06:39	02:51:36	03:48:44
COPPER	50%	00:48:04	01:00:54	01:39:22	02:11:51	02:31:59	03:25:55	04:34:29
M50-54								
DIAMOND	80%	00:31:18	00:39:38	01:04:47	01:26:03	01:39:14	02:14:33	02:59:30
GOLD	75%	00:33:23	00:42:17	01:09:06	01:31:47	01:45:51	02:23:31	03:11:28
SILVER	70%	00:35:46	00:45:18	01:14:03	01:38:20	01:53:24	02:33:46	03:25:09
BRONZE	60%	00:41:44	00:52:51	01:26:23	01:54:44	02:12:19	02:59:24	03:59:21
COPPER	50%	00:50:05	01:03:26	01:43:40	02:17:41	02:38:46	03:35:17	04:47:13
M55-59								
DIAMOND	80%	00:32:39	00:41:22	01:07:43	01:30:01	01:43:52	02:20:59	03:08:14
GOLD	75%	00:34:50	00:44:07	01:12:14	01:36:01	01:50:47	02:30:23	03:20:47
SILVER	70%	00:37:19	00:47:16	01:17:23	01:42:53	01:58:42	02:41:07	03:35:08
BRONZE	60%	00:43:33	00:55:09	01:30:17	02:00:02	02:18:29	03:07:59	04:10:59
COPPER	50%	00:52:15	01:06:11	01:48:21	02:24:02	02:46:11	03:45:34	05:01:11
M60-64								
DIAMOND	80%	00:34:08	00:43:14	01:10:55	01:34:22	01:48:57	02:28:02	03:17:52
GOLD	75%	00:36:25	00:46:07	01:15:39	01:40:40	01:56:12	02:37:54	03:31:04
SILVER	70%	00:39:01	00:49:25	01:21:03	01:47:51	02:04:30	02:49:11	03:46:08
BRONZE	60%	00:45:31	00:57:39	01:34:34	02:05:50	02:25:16	03:17:23	04:23:50
COPPER	50%	00:54:37	01:09:11	01:53:29	02:31:00	02:54:19	03:56:52	05:16:36
M65-69								
DIAMOND	80%	00:35:48	00:45:20	01:14:26	01:39:11	01:54:33	02:35:52	03:28:32
GOLD	75%	00:38:11	00:48:21	01:19:24	01:45:48	02:02:12	02:46:16	03:42:27
SILVER	70%	00:40:54	00:51:49	01:25:05	01:53:21	02:10:55	02:58:08	03:58:20
BRONZE	60%	00:47:44	01:00:27	01:39:15	02:12:15	02:32:45	03:27:50	04:38:03
COPPER	50%	00:57:16	01:12:32	01:59:07	02:38:42	03:03:18	04:09:24	05:33:40
M70-74								
DIAMOND	80%	00:38:16	00:48:28	01:19:20	01:45:28	02:01:47	02:45:37	03:41:47
GOLD	75%	00:40:49	00:51:42	01:24:37	01:52:30	02:09:54	02:56:40	03:56:34
SILVER	70%	00:43:44	00:55:24	01:30:40	02:00:32	02:19:10	03:09:17	04:13:28
BRONZE	60%	00:51:02	01:04:38	01:45:47	02:20:37	02:42:22	03:40:50	04:55:42
COPPER	50%	01:01:14	01:17:34	02:06:56	02:48:45	03:14:51	04:25:00	05:54:51