

## Club Standards

5k	Men	M(40-44)	M(45-49)	M(50-54)	M(55-59)	M(60-64)	M(65-69)	M(70-74)	M(75-79)	M(80-84)	M(85-89)	M(90-94)
			Lady	L(35-39)	L(40-44)	L(45-49)	L(50-54)	L(55-59)	L(60-64)	L(65-69)	L(70-74)	L(75-79)
Platinum	16:00	16:30	17:00	18:00	19:00	20:00	21:30	23:00	25:00	27:30	30:00	32:30
Diamond	16:30	17:00	18:00	19:00	20:00	21:30	23:00	25:00	27:30	30:00	32:30	35:00
Gold	17:00	18:00	19:00	20:00	21:30	23:00	25:00	27:30	30:00	32:30	35:00	37:30
Silver	18:00	19:00	20:00	21:30	23:00	25:00	27:30	30:00	32:30	35:00	37:30	40:00
Bronze	19:00	20:00	21:30	23:00	25:00	27:30	30:00	32:30	35:00	37:30	40:00	42:30
Jubilee	20:00	21:30	23:00	25:00	27:30	30:00	32:30	35:00	37:30	40:00	42:30	45:00
3 star	21:30	23:30	25:00	27:30	30:00	32:30	35:00	37:30	40:00	42:30	45:00	47:30
2 star	23:00	25:00	27:30	30:00	32:30	35:00	37:30	40:00	42:30	45:00	47:30	50:00
1 star	25:00	27:30	30:00	32:30	35:00	37:30	40:00	42:30	45:00	47:30	50:00	52:30

10k	Men	M(40-44)	M(45-49)	M(50-54)	M(55-59)	M(60-64)	M(65-69)	M(70-74)	M(75-79)	M(80-84)	M(85-89)	M(90-94)
			Lady	L(35-39)	L(40-44)	L(45-49)	L(50-54)	L(55-59)	L(60-64)	L(65-69)	L(70-74)	L(75-79)
Platinum	33:00	34:00	35:50	37:30	39:30	42:00	45:00	48:30	52:30	57:30	1:02:30	1:07:30
Diamond	34:00	35:50	37:30	39:30	42:00	45:00	48:30	52:30	57:30	1:02:30	1:07:30	1:12:30
Gold	35:50	37:30	39:30	42:00	45:00	48:30	52:30	57:30	1:02:30	1:07:30	1:12:30	1:17:30
Silver	37:30	39:30	42:00	45:00	48:30	52:30	57:30	1:02:30	1:07:30	1:12:30	1:17:30	1:22:30
Bronze	39:30	42:00	45:00	48:30	52:30	57:30	1:02:30	1:07:30	1:12:30	1:17:30	1:22:30	1:27:30
Jubilee	42:00	45:00	48:30	52:30	57:30	1:02:30	1:07:30	1:12:30	1:17:30	1:22:30	1:27:30	1:32:30
3 star	45:00	48:30	52:30	57:30	1:02:30	1:07:30	1:12:30	1:17:30	1:22:30	1:27:30	1:32:30	1:37:30
2 star	48:30	52:30	57:30	1:02:30	1:07:30	1:12:30	1:17:30	1:22:30	1:27:30	1:32:30	1:37:30	1:42:30
1 star	52:30	57:30	1:02:30	1:07:30	1:12:30	1:17:30	1:22:30	1:27:30	1:32:30	1:37:30	1:42:30	1:47:30

10m	Men	M(40-44)	M(45-49)	M(50-54)	M(55-59)	M(60-64)	M(65-69)	M(70-74)	M(75-79)	M(80-84)	M(85-89)	M(90-94)
			Lady	L(35-39)	L(40-44)	L(45-49)	L(50-54)	L(55-59)	L(60-64)	L(65-69)	L(70-74)	L(75-79)
Platinum	59:00	1:01:00	1:03:00	1:06:00	1:09:00	1:12:00	1:16:00	1:20:00	1:25:00	1:30:00	1:35:00	1:41:00
Diamond	1:01:00	1:03:00	1:06:00	1:09:00	1:12:00	1:16:00	1:20:00	1:25:00	1:30:00	1:35:00	1:41:00	1:47:00
Gold	1:03:00	1:06:00	1:09:00	1:12:00	1:16:00	1:20:00	1:25:00	1:30:00	1:35:00	1:41:00	1:47:00	1:53:00
Silver	1:06:00	1:09:00	1:12:00	1:16:00	1:20:00	1:25:00	1:30:00	1:35:00	1:41:00	1:47:00	1:53:00	2:00:00
Bronze	1:09:00	1:12:00	1:16:00	1:20:00	1:25:00	1:30:00	1:35:00	1:41:00	1:47:00	1:53:00	2:00:00	2:10:00
Jubilee	1:12:00	1:16:00	1:20:00	1:25:00	1:30:00	1:35:00	1:41:00	1:47:00	1:53:00	2:00:00	2:10:00	2:20:00
3 star	1:16:00	1:20:00	1:25:00	1:30:00	1:35:00	1:41:00	1:47:00	1:53:00	2:00:00	2:10:00	2:20:00	2:30:00
2 star	1:20:00	1:25:00	1:30:00	1:35:00	1:41:00	1:47:00	1:53:00	2:00:00	2:10:00	2:20:00	2:30:00	2:40:00
1 star	1:25:00	1:30:00	1:35:00	1:41:00	1:47:00	1:53:00	2:00:00	2:10:00	2:20:00	2:30:00	2:40:00	2:50:00

1/2 Mara.	Men	M(40-44)	M(45-49)	M(50-54)	M(55-59)	M(60-64)	M(65-69)	M(70-74)	M(75-79)	M(80-84)	M(85-89)	M(90-94)
			Lady	L(35-39)	L(40-44)	L(45-49)	L(50-54)	L(55-59)	L(60-64)	L(65-69)	L(70-74)	L(75-79)
Platinum	1:20:00	1:23:00	1:27:00	1:32:00	1:37:00	1:42:00	1:48:00	1:54:00	2:00:00	2:07:00	2:14:00	2:21:00
Diamond	1:23:00	1:27:00	1:32:00	1:37:00	1:42:00	1:48:00	1:54:00	2:00:00	2:07:00	2:14:00	2:21:00	2:28:00
Gold	1:27:00	1:32:00	1:37:00	1:42:00	1:48:00	1:54:00	2:00:00	2:07:00	2:14:00	2:21:00	2:28:00	2:35:00
Silver	1:32:00	1:37:00	1:42:00	1:48:00	1:54:00	2:00:00	2:07:00	2:14:00	2:21:00	2:28:00	2:35:00	2:45:00
Bronze	1:37:00	1:42:00	1:48:00	1:54:00	2:00:00	2:07:00	2:14:00	2:21:00	2:28:00	2:35:00	2:45:00	2:55:00
Jubilee	1:42:00	1:48:00	1:54:00	2:00:00	2:07:00	2:14:00	2:21:00	2:28:00	2:35:00	2:45:00	2:55:00	3:05:00
3 star	1:48:00	1:54:00	2:00:00	2:07:00	2:14:00	2:21:00	2:28:00	2:35:00	2:45:00	2:55:00	3:05:00	3:15:00
2 star	1:54:00	2:00:00	2:07:00	2:14:00	2:21:00	2:28:00	2:35:00	2:45:00	2:55:00	3:05:00	3:15:00	3:30:00
1 star	2:00:00	2:07:00	2:14:00	2:21:00	2:28:00	2:35:00	2:45:00	2:55:00	3:05:00	3:15:00	3:30:00	3:45:00

Marathon	Men	M(40-44)	M(45-49)	M(50-54)	M(55-59)	M(60-64)	M(65-69)	M(70-74)	M(75-79)	M(80-84)	M(85-89)	M(90-94)
		Lady	L(35-39)	L(40-44)	L(45-49)	L(50-54)	L(55-59)	L(60-64)	L(65-69)	L(70-74)	L(75-79)	
Platinum	2:50:00	3:00:00	3:10:00	3:20:00	3:32:00	3:44:00	3:56:00	4:08:00	4:22:00	4:36:00	4:50:00	5:06:00
Diamond	3:00:00	3:10:00	3:20:00	3:32:00	3:44:00	3:56:00	4:08:00	4:22:00	4:36:00	4:50:00	5:06:00	5:22:00
Gold	3:10:00	3:20:00	3:32:00	3:44:00	3:56:00	4:08:00	4:22:00	4:36:00	4:50:00	5:06:00	5:22:00	5:38:00
Silver	3:20:00	3:32:00	3:44:00	3:56:00	4:08:00	4:22:00	4:36:00	4:50:00	5:06:00	5:22:00	5:38:00	5:56:00
Bronze	3:32:00	3:44:00	3:56:00	4:08:00	4:22:00	4:36:00	4:50:00	5:06:00	5:22:00	5:38:00	5:56:00	6:14:00
Jubilee	3:44:00	3:56:00	4:08:00	4:22:00	4:36:00	4:50:00	5:06:00	5:22:00	5:38:00	5:56:00	6:14:00	6:32:00
3 star	3:56:00	4:08:00	4:22:00	4:36:00	4:50:00	5:06:00	5:22:00	5:38:00	5:56:00	6:14:00	6:32:00	6:50:00
2 star	4:08:00	4:22:00	4:36:00	4:50:00	5:06:00	5:22:00	5:38:00	5:56:00	6:14:00	6:32:00	6:50:00	7:10:00
1 star	4:22:00	4:36:00	4:50:00	5:06:00	5:22:00	5:38:00	5:56:00	6:14:00	6:32:00	6:50:00	7:10:00	7:30:00