The Standards Awards Scheme Club standards are a set of goal times that are set out to challenge our athletes, no matter what their age.

There are 5 standards available, DIAMOND, GOLD, SILVER, BRONZE and COPPER. These in turn are set for 6 race distances –3K, 5K, 10K, 10 Miles, Half Marathon & Marathon.

Standard Categories

DIAMOND(80% age grading) –Top performer. May be of national standard and expect to finish in the top three of their class.

GOLD(70% age grading) –Excellent standard. May well be the highest the average club runner could obtain.

SILVER(60% age grading) –Very good standard that many of our club members will be capable of achieving.

BRONZE (55% age grading) –The average runner who is making good progress past the beginner stage.

COPPER (50% age grading) –The first step on the ladder. The standard for beginners to be aiming for.

The timings in the tables for each of the above standards categories are based on the WMA age grading calculation tables. This allows athletes performances to be roughly compared against one another even though they might be of a different age or gender.AwardsThe idea is that each runner will look at the standards for their particular age group and gender.

To obtain the relevant standard (award) you wish to aim for, you will have to complete THREE out of the six distances at or below the times stated for your age category within the qualifying period. You can of course complete up to all six distances, if you so wish, within the qualifying period. To obtain your standard, simply submit your three best runs out of however many distances you have completed. The lowest category for your three distances will be awarded. For example, if you have 1 time at Bronze and 2at Silver, you are eligible for a Bronze award. In other words, you must achieve 3standards in the higher category to gain that award. The qualifying period for awards will run from 1st October to 30th September the following year.

Your age category is simply the age you are on race day. This is not based like the track & field athletics age categories are. So, for example if a member turns 40 on 1stJune, they will be a V35-39 up to 31stMay and then be a V40-44 for the remainder of the year. Only one standard category (e.g. Silver) can be achieved by an athlete during the 5 year age bands. An athlete can achieve different award categories during the 5 year age bands or indeed during the same year. The exception to this rule is for senior athletes who have a 15 year age band, and in this case, it will be split into three 5 year bands so therefore a senior athlete could for example achieve 3 gold standard awards during their 15 years as a senior athlete. Please keep track of your own results and once you have completed the three qualifying standard times, send an e-mail to Calum Sinclair ([calumsinclair1988@hotmail.co.uk](mailto:calumsinclair1988@hotmail.co.uk)) stating the following information: distance, time, date, event and age at time of event run. These will then be checked and verified for approval.

The club standards trophies, medals and certificates will then be awarded to athletes to recognize their achieveMalet at our yearly prize giving event which is usually held at the end of November.

Diamond & Gold –trophy and certificate

Silver, Bronze & Copper –medal and certificate.

GOOD LUCK EVERYONE!

Club Standard Times

Under 19

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Male19 & under | 3k | 5k | 10k | 10 mile | Half marathon | Marathon |
| Diamond | 9:27 | 16:11 | 33:16 | 55:09 | 1:13:08 | 2:33:21 |
| Gold | 10:48 | 18:30 | 38:01 | 1:03:01 | 1:23:34 | 2:55:16 |
| Silver | 12:36 | 21:35 | 44:22 | 1:13:32 | 1:37:30 | 3:24:28 |
| Bronze | 13:45 | 23:33 | 48:24 | 1:20:13 | 1:46:22 | 3:43:04 |
| Copper | 15:07 | 25:54 | 53:14 | 1:28:14 | 1:57:00 | 4:05:22 |

Age 20-34

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Male  20-34 | 3k | 5k | 10k | 10 mile | Half marathon | Marathon |
| Diamond | 9:22 | 16:04 | 33:00 | 54:41 | 1:12:31 | 2:32:04 |
| Gold | 10:43 | 18:21 | 37:43 | 1:02:30 | 1:22:53 | 2:53:47 |
| Silver | 12:30 | 21:25 | 44:00 | 1:12:55 | 1:36:42 | 3:22:45 |
| Bronze | 13:38 | 23:22 | 48:00 | 1:19:33 | 1:45:29 | 3:41:11 |
| Copper | 15:00 | 25:42 | 52:48 | 1:27:30 | 1:56:02 | 4:03:18 |

Age35 –39

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Male  35-39 | 3k | 5k | 10k | 10 mile | Half marathon | Marathon |
| Diamond | 9:32 | 16:19 | 33:19 | 55:04 | 1:12:55 | 2:32:54 |
| Gold | 10:54 | 18:39 | 38:04 | 1:02:56 | 1:23:20 | 2:54:44 |
| Silver | 12:43 | 21:45 | 44:25 | 1:13:25 | 1:37:13 | 3:23:52 |
| Bronze | 13:52 | 23:44 | 48:27 | 1:20:05 | 1:46:04 | 3:42:24 |
| Copper | 15:15 | 26:06 | 53:18 | 1:28:06 | 1:56:40 | 4:04:38 |

Age40 –44

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Male  40-44 | 3k | 5k | 10k | 10 mile | Half marathon | Marathon |
| Diamond | 9:52 | 16:55 | 34:15 | 56:31 | 1:14:48 | 2:36:50 |
| Gold | 11:17 | 19:20 | 39:09 | 1:04:36 | 1:25:29 | 2:59:14 |
| Silver | 13:10 | 22:33 | 45:40 | 1:15:22 | 1:39:43 | 3:29:07 |
| Bronze | 14:21 | 24:36 | 49:49 | 1:22:13 | 1:48:47 | 3:48:07 |
| Copper | 15:48 | 27:04 | 54:48 | 1:30:26 | 1:59:40 | 4:10:56 |

Age45 –49

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Male  45-49 | 3k | 5k | 10k | 10 mile | Half marathon | Marathon |
| Diamond | 10:15 | 17:34 | 35:38 | 58:51 | 1:17:54 | 2:43:19 |
| Gold | 11:43 | 20:04 | 40:43 | 1:07:16 | 1:29:01 | 3:06:39 |
| Silver | 13:40 | 23:25 | 47:30 | 1:18:28 | 1:43:52 | 3:37:45 |
| Bronze | 14:54 | 25:33 | 51:49 | 1:25:36 | 1:53:18 | 3:57:33 |
| Copper | 16:24 | 28:06 | 57:00 | 1:34:10 | 2:04:38 | 4:21:18 |

Age50 –54

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Male  50-54 | 3k | 5k | 10k | 10 mile | Half marathon | Marathon |
| Diamond | 10:39 | 18:16 | 37:09 | 1:01:23 | 1:21:18 | 2:50:26 |
| Gold | 12:10 | 20:53 | 42:27 | 1:10:09 | 1:32:54 | 3:14:47 |
| Silver | 14:12 | 24:22 | 49:32 | 1:21:50 | 1:48:23 | 3:47:15 |
| Bronze | 15:29 | 26:35 | 54:02 | 1:29:16 | 1:58:15 | 4:07:55 |
| Copper | 17:02 | 29:14 | 59:26 | 1:38:12 | 2:10:04 | 4:32:42 |

Age55–59

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Male  55-59 | 3k | 5k | 10k | 10 mile | Half marathon | Marathon |
| Diamond | 11:05 | 19:01 | 38:46 | 1:04:09 | 1:24:59 | 2:58:13 |
| Gold | 12:40 | 21:44 | 44:19 | 1:13:19 | 1:37:07 | 3:23:40 |
| Silver | 14:47 | 25:22 | 51:42 | 1:25:32 | 1:53:18 | 3:57:37 |
| Bronze | 16:07 | 27:40 | 56:24 | 1:33:18 | 2:03:36 | 4:19:13 |
| Copper | 17:44 | 30:26 | 1:02:02 | 1:42:38 | 2:15:58 | 4:45:08 |

Age60 –64

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Male  60-64 | 3k | 5k | 10k | 10 mile | Half marathon | Marathon |
| Diamond | 11:34 | 19:50 | 40:34 | 1:07:10 | 1:29:03 | 3:06:43 |
| Gold | 13:13 | 22:40 | 46:21 | 1:16:46 | 1:41:46 | 3:33:23 |
| Silver | 15:25 | 26:27 | 54:05 | 1:29:33 | 1:58:43 | 4:08:57 |
| Bronze | 16:49 | 28:51 | 59:00 | 1:37:42 | 2:09:31 | 4:31:35 |
| Copper | 18:30 | 31:44 | 1:04:54 | 1:47:28 | 2:22:28 | 4:58:44 |

Age65 –69

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Male  65-69 | 3k | 5k | 10k | 10 mile | Half marathon | Marathon |
| Diamond | 12:05 | 20:44 | 42:31 | 1:10:30 | 1:33:31 | 3:16:05 |
| Gold | 13:48 | 23:41 | 48:36 | 1:20:34 | 1:46:53 | 3:44:06 |
| Silver | 16:06 | 27:38 | 56:42 | 1:34:00 | 2:04:42 | 4:21:27 |
| Bronze | 17:34 | 30:09 | 1:01:51 | 1:42:33 | 2:16:02 | 4:45:13 |
| Copper | 19:19 | 33:10 | 1:08:02 | 1:52:48 | 2:29:38 | 5:13:44 |

Age70 –74

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Male  70-74 | 3k | 5k | 10k | 10 mile | Half marathon | Marathon |
| Diamond | 12:41 | 21:48 | 44:41 | 1:14:10 | 1:38:28 | 3:26:26 |
| Gold | 14:30 | 24:54 | 51:04 | 1:24:46 | 1:52:31 | 3:55:56 |
| Silver | 16:55 | 29:03 | 59:35 | 1:38:53 | 2:11:17 | 4:35:15 |
| Bronze | 18:27 | 31:42 | 1:05:00 | 1:47:53 | 2:23:13 | 5:00:16 |
| Copper | 20:18 | 34:52 | 1:11:30 | 1:58:40 | 2:37:32 | 5:30:18 |

Age75 –79

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Male  75-79 | 3k | 5k | 10k | 10 mile | Half marathon | Marathon |
| Diamond | 13:38 | 23:26 | 47:38 | 1:19:13 | 1:45:14 | 3:40:36 |
| Gold | 15:34 | 26:47 | 54:26 | 1:30:31 | 2:00:16 | 4:12:07 |
| Silver | 18:10 | 31:15 | 1:03:30 | 1:45:37 | 2:20:18 | 4:54:08 |
| Bronze | 19:49 | 34:05 | 1:09:16 | 1:55:13 | 2:33:04 | 5:20:53 |
| Copper | 21:48 | 37:30 | 1:16:12 | 2:06:44 | 2:48:22 | 5:52:58 |

Age80 –84

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Male  80-84 | 3k | 5k | 10k | 10 mile | Half marathon | Marathon |
| Diamond | 15:05 | 25:56 | 52:23 | 1:27:16 | 1:56:05 | 4:03:30 |
| Gold | 17:14 | 29:39 | 59:51 | 1:39:44 | 2:12:40 | 4:38:17 |
| Silver | 20:07 | 34:35 | 1:09:50 | 1:56:22 | 2:34:47 | 5:24:40 |
| Bronze | 21:56 | 37:44 | 1:16:11 | 2:06:56 | 2:48:51 | 5:54:11 |
| Copper | 24:08 | 41:30 | 1:23:48 | 2:19:38 | 3:05:44 | 6:29:36 |