

MENS CLUB STANDARDS

| UNDER 40 | 5K | 5 Miles | 10K | 10 Miles | Half Marathon | Marathon |
|----------|----------|----------|----------|----------|---------------|----------|
| DIAMOND | 00:15:52 | 00:25:49 | 00:32:15 | 00:52:58 | 01:11:21 | 02:27:47 |
| PLATINUM | 00:16:46 | 00:27:17 | 00:34:05 | 00:55:58 | 01:15:25 | 02:36:11 |
| GOLD | 00:17:54 | 00:29:09 | 00:36:24 | 00:59:47 | 01:20:33 | 02:46:49 |
| SILVER | 00:19:02 | 00:30:59 | 00:38:42 | 01:03:33 | 01:25:37 | 02:57:19 |
| BRONZE | 00:21:13 | 00:34:32 | 00:43:09 | 01:10:51 | 01:35:28 | 03:17:43 |
| GREEN | 00:23:52 | 00:38:51 | 00:48:32 | 01:19:43 | 01:47:24 | 03:42:25 |
| 40 - 44 | 5K | 5 Miles | 10K | 10 Miles | Half Marathon | Marathon |
| DIAMOND | 00:16:38 | 00:27:01 | 00:33:40 | 00:55:07 | 01:14:58 | 02:33:26 |
| PLATINUM | 00:17:35 | 00:28:33 | 00:35:35 | 00:58:15 | 01:19:13 | 02:42:09 |
| GOLD | 00:18:46 | 00:30:29 | 00:38:00 | 01:02:12 | 01:24:37 | 02:53:11 |
| SILVER | 00:19:57 | 00:32:25 | 00:40:24 | 01:06:07 | 01:29:56 | 03:04:05 |
| BRONZE | 00:22:15 | 00:36:08 | 00:45:02 | 01:13:43 | 01:40:17 | 03:25:16 |
| GREEN | 00:25:02 | 00:40:39 | 00:50:40 | 01:22:56 | 01:52:49 | 03:50:55 |
| 45 - 49 | 5K | 5 Miles | 10K | 10 Miles | Half Marathon | Marathon |
| DIAMOND | 00:17:15 | 00:28:05 | 00:35:03 | 00:57:25 | 01:18:05 | 02:39:55 |
| PLATINUM | 00:18:14 | 00:29:41 | 00:37:02 | 01:00:41 | 01:22:31 | 02:49:01 |
| GOLD | 00:19:28 | 00:31:42 | 00:39:34 | 01:04:48 | 01:28:08 | 03:00:31 |
| SILVER | 00:20:42 | 00:33:42 | 00:42:03 | 01:08:53 | 01:33:41 | 03:11:53 |
| BRONZE | 00:23:05 | 00:37:35 | 00:46:53 | 01:16:48 | 01:44:27 | 03:33:57 |
| GREEN | 00:25:58 | 00:42:17 | 00:52:45 | 01:26:24 | 01:57:30 | 04:00:41 |
| 50 - 54 | 5K | 5 Miles | 10K | 10 Miles | Half Marathon | Marathon |
| DIAMOND | 00:17:55 | 00:29:15 | 00:36:33 | 00:59:55 | 01:21:28 | 02:46:59 |
| PLATINUM | 00:18:56 | 00:30:55 | 00:38:38 | 01:03:20 | 01:26:06 | 02:56:29 |
| GOLD | 00:20:13 | 00:33:01 | 00:41:15 | 01:07:38 | 01:31:58 | 03:08:29 |
| SILVER | 00:21:30 | 00:35:06 | 00:43:51 | 01:11:54 | 01:37:45 | 03:20:21 |
| BRONZE | 00:23:58 | 00:39:08 | 00:48:54 | 01:20:10 | 01:49:00 | 03:43:24 |
| GREEN | 00:26:58 | 00:44:02 | 00:55:00 | 01:30:11 | 02:02:37 | 04:11:19 |
| 55 - 59 | 5K | 5 Miles | 10K | 10 Miles | Half Marathon | Marathon |
| DIAMOND | 00:18:38 | 00:30:32 | 00:38:11 | 01:02:39 | 01:25:10 | 02:54:42 |
| PLATINUM | 00:19:42 | 00:32:16 | 00:40:21 | 01:06:13 | 01:30:00 | 03:04:38 |
| GOLD | 00:21:02 | 00:34:27 | 00:43:06 | 01:10:43 | 01:36:08 | 03:17:12 |
| SILVER | 00:22:22 | 00:36:38 | 00:45:49 | 01:15:11 | 01:42:11 | 03:29:37 |
| BRONZE | 00:24:56 | 00:40:50 | 00:51:05 | 01:23:49 | 01:53:56 | 03:53:43 |
| GREEN | 00:28:03 | 00:45:56 | 00:57:28 | 01:34:18 | 02:08:10 | 04:22:56 |
| 60 - 64 | 5K | 5 Miles | 10K | 10 Miles | Half Marathon | Marathon |
| DIAMOND | 00:19:25 | 00:31:54 | 00:39:58 | 01:05:39 | 01:29:13 | 03:03:10 |
| PLATINUM | 00:20:31 | 00:33:43 | 00:42:14 | 01:09:23 | 01:34:17 | 03:13:35 |
| GOLD | 00:21:55 | 00:36:01 | 00:45:07 | 01:14:07 | 01:40:42 | 03:26:45 |
| SILVER | 00:23:18 | 00:38:17 | 00:47:57 | 01:18:47 | 01:47:02 | 03:39:46 |
| BRONZE | 00:25:59 | 00:42:41 | 00:53:28 | 01:27:50 | 01:59:21 | 04:05:03 |
| GREEN | 00:29:13 | 00:48:01 | 01:00:09 | 01:38:49 | 02:14:16 | 04:35:40 |
| 65 - 69 | 5K | 5 Miles | 10K | 10 Miles | Half Marathon | Marathon |
| DIAMOND | 00:20:16 | 00:33:25 | 00:41:56 | 01:08:58 | 01:33:40 | 03:12:30 |
| PLATINUM | 00:21:25 | 00:35:19 | 00:44:19 | 01:12:53 | 01:39:00 | 03:23:26 |
| GOLD | 00:22:53 | 00:37:43 | 00:47:20 | 01:17:50 | 01:45:44 | 03:37:17 |
| SILVER | 00:24:19 | 00:40:06 | 00:50:18 | 01:22:44 | 01:52:23 | 03:50:58 |
| BRONZE | 00:27:07 | 00:44:42 | 00:56:05 | 01:32:15 | 02:05:19 | 04:17:31 |
| GREEN | 00:30:30 | 00:50:18 | 01:03:06 | 01:43:47 | 02:20:58 | 04:49:43 |
| 70 - 74 | 5K | 5 Miles | 10K | 10 Miles | Half Marathon | Marathon |
| DIAMOND | 00:21:25 | 00:35:19 | 00:44:19 | 01:12:49 | 01:38:50 | 03:23:13 |
| PLATINUM | 00:22:38 | 00:37:19 | 00:46:50 | 01:16:57 | 01:44:27 | 03:34:46 |
| GOLD | 00:24:11 | 00:39:51 | 00:50:01 | 01:22:12 | 01:51:33 | 03:49:23 |
| SILVER | 00:25:42 | 00:42:22 | 00:53:10 | 01:27:22 | 01:58:35 | 04:03:50 |
| BRONZE | 00:28:39 | 00:47:14 | 00:59:17 | 01:37:25 | 02:12:13 | 04:31:52 |
| GREEN | 00:32:14 | 00:53:09 | 01:06:41 | 01:49:35 | 02:28:45 | 05:05:51 |
| 75 - 79 | 5K | 5 Miles | 10K | 10 Miles | Half Marathon | Marathon |
| DIAMOND | 00:23:15 | 00:38:19 | 00:48:05 | 01:18:52 | 01:46:57 | 03:39:50 |
| PLATINUM | 00:24:34 | 00:40:30 | 00:50:49 | 01:23:21 | 01:53:02 | 03:52:20 |
| GOLD | 00:26:14 | 00:43:15 | 00:54:16 | 01:29:01 | 02:00:43 | 04:08:09 |
| SILVER | 00:27:53 | 00:45:59 | 00:57:41 | 01:34:37 | 02:08:19 | 04:23:46 |
| BRONZE | 00:31:06 | 00:51:16 | 01:04:19 | 01:45:30 | 02:23:05 | 04:54:06 |
| GREEN | 00:34:59 | 00:57:40 | 01:12:22 | 01:58:41 | 02:40:58 | 05:30:51 |
| 80 - 84 | 5K | 5 Miles | 10K | 10 Miles | Half Marathon | Marathon |
| DIAMOND | 00:26:05 | 00:43:02 | 00:54:01 | 01:28:29 | 01:59:56 | 04:06:24 |
| PLATINUM | 00:27:33 | 00:45:29 | 00:57:05 | 01:33:31 | 02:06:45 | 04:20:24 |
| GOLD | 00:29:26 | 00:48:35 | 01:00:58 | 01:39:53 | 02:15:23 | 04:38:07 |
| SILVER | 00:31:17 | 00:51:38 | 01:04:48 | 01:46:10 | 02:23:54 | 04:55:38 |
| BRONZE | 00:34:53 | 00:57:34 | 01:12:15 | 01:58:23 | 02:40:27 | 05:29:37 |
| GREEN | 00:39:15 | 01:04:46 | 01:21:17 | 02:13:11 | 03:00:30 | 06:10:50 |

LADIES CLUB STANDARDS

| UNDER 40 | 5K | 5 Miles | 10K | 10 Miles | Half Marathon | Marathon |
|----------|----------|----------|----------|----------|---------------|----------|
| DIAMOND | 00:17:47 | 00:29:09 | 00:36:32 | 00:59:37 | 01:18:46 | 02:43:10 |
| PLATINUM | 00:18:47 | 00:30:48 | 00:38:37 | 01:03:00 | 01:23:14 | 02:52:27 |
| GOLD | 00:20:04 | 00:32:54 | 00:41:14 | 01:07:17 | 01:28:54 | 03:04:11 |
| SILVER | 00:21:20 | 00:34:58 | 00:43:50 | 01:11:32 | 01:34:30 | 03:15:46 |
| BRONZE | 00:23:47 | 00:38:59 | 00:48:53 | 01:19:45 | 01:45:22 | 03:38:17 |
| GREEN | 00:26:45 | 00:43:52 | 00:54:59 | 01:29:43 | 01:58:32 | 04:05:34 |
| 40 - 44 | 5K | 5 Miles | 10K | 10 Miles | Half Marathon | Marathon |
| DIAMOND | 00:18:22 | 00:30:10 | 00:37:51 | 01:01:55 | 01:21:48 | 02:49:19 |
| PLATINUM | 00:19:25 | 00:31:53 | 00:40:00 | 01:05:26 | 01:26:27 | 02:58:57 |
| GOLD | 00:20:44 | 00:34:03 | 00:42:43 | 01:09:53 | 01:32:20 | 03:11:08 |
| SILVER | 00:22:02 | 00:36:12 | 00:45:25 | 01:14:17 | 01:38:09 | 03:23:10 |
| BRONZE | 00:24:34 | 00:40:22 | 00:50:38 | 01:22:50 | 01:49:26 | 03:46:31 |
| GREEN | 00:27:38 | 00:45:24 | 00:56:58 | 01:33:11 | 02:03:07 | 04:14:50 |
| 45 - 49 | 5K | 5 Miles | 10K | 10 Miles | Half Marathon | Marathon |
| DIAMOND | 00:19:09 | 00:31:31 | 00:39:36 | 01:04:49 | 01:25:39 | 02:57:33 |
| PLATINUM | 00:20:14 | 00:33:19 | 00:41:51 | 01:08:31 | 01:30:31 | 03:07:38 |
| GOLD | 00:21:37 | 00:35:35 | 00:44:42 | 01:13:10 | 01:36:40 | 03:20:25 |
| SILVER | 00:22:58 | 00:37:49 | 00:47:31 | 01:17:47 | 01:42:46 | 03:33:02 |
| BRONZE | 00:25:37 | 00:42:10 | 00:52:58 | 01:26:43 | 01:54:34 | 03:57:31 |
| GREEN | 00:28:49 | 00:47:26 | 00:59:36 | 01:37:34 | 02:08:54 | 04:27:13 |
| 50 - 54 | 5K | 5 Miles | 10K | 10 Miles | Half Marathon | Marathon |
| DIAMOND | 00:20:12 | 00:33:23 | 00:41:59 | 01:08:46 | 01:30:51 | 03:08:51 |
| PLATINUM | 00:21:21 | 00:35:16 | 00:44:23 | 01:12:41 | 01:36:01 | 03:19:35 |
| GOLD | 00:22:48 | 00:37:40 | 00:47:24 | 01:17:37 | 01:42:33 | 03:33:10 |
| SILVER | 00:24:14 | 00:40:03 | 00:50:23 | 01:22:31 | 01:49:01 | 03:46:35 |
| BRONZE | 00:27:01 | 00:44:39 | 00:56:10 | 01:32:00 | 02:01:33 | 04:12:39 |
| GREEN | 00:30:24 | 00:50:14 | 01:03:12 | 01:43:30 | 02:16:44 | 04:44:13 |
| 55 - 59 | 5K | 5 Miles | 10K | 10 Miles | Half Marathon | Marathon |
| DIAMOND | 00:21:23 | 00:35:28 | 00:44:42 | 01:13:15 | 01:36:46 | 03:21:48 |
| PLATINUM | 00:22:36 | 00:37:29 | 00:47:15 | 01:17:25 | 01:42:16 | 03:33:16 |
| GOLD | 00:24:09 | 00:40:02 | 00:50:28 | 01:22:41 | 01:49:14 | 03:47:47 |
| SILVER | 00:25:40 | 00:42:33 | 00:53:38 | 01:27:53 | 01:56:07 | 04:02:07 |
| BRONZE | 00:28:37 | 00:47:27 | 00:59:48 | 01:37:59 | 02:09:28 | 04:29:57 |
| GREEN | 00:32:11 | 00:53:23 | 01:07:17 | 01:50:14 | 02:25:39 | 05:03:42 |
| 60 - 64 | 5K | 5 Miles | 10K | 10 Miles | Half Marathon | Marathon |
| DIAMOND | 00:22:43 | 00:37:51 | 00:47:48 | 01:18:21 | 01:43:31 | 03:36:38 |
| PLATINUM | 00:24:01 | 00:40:00 | 00:50:31 | 01:22:48 | 01:49:24 | 03:48:57 |
| GOLD | 00:25:39 | 00:42:43 | 00:53:57 | 01:28:26 | 01:56:51 | 04:04:32 |
| SILVER | 00:27:16 | 00:45:25 | 00:57:21 | 01:34:01 | 02:04:12 | 04:19:56 |
| BRONZE | 00:30:24 | 00:50:38 | 01:03:57 | 01:44:49 | 02:18:29 | 04:49:49 |
| GREEN | 00:34:12 | 00:56:58 | 01:11:56 | 01:57:55 | 02:35:48 | 05:26:03 |
| 65 - 69 | 5K | 5 Miles | 10K | 10 Miles | Half Marathon | Marathon |
| DIAMOND | 00:24:14 | 00:40:34 | 00:51:21 | 01:24:13 | 01:51:16 | 03:53:50 |
| PLATINUM | 00:25:37 | 00:42:53 | 00:54:16 | 01:29:01 | 01:57:36 | 04:07:08 |
| GOLD | 00:27:22 | 00:45:48 | 00:57:58 | 01:35:04 | 02:05:36 | 04:23:57 |
| SILVER | 00:29:05 | 00:48:41 | 01:01:37 | 01:41:03 | 02:13:30 | 04:40:34 |
| BRONZE | 00:32:26 | 00:54:17 | 01:08:42 | 01:52:40 | 02:28:52 | 05:12:50 |
| GREEN | 00:36:29 | 01:01:04 | 01:17:17 | 02:06:45 | 02:47:28 | 05:51:56 |
| 70 - 74 | 5K | 5 Miles | 10K | 10 Miles | Half Marathon | Marathon |
| DIAMOND | 00:25:58 | 00:43:42 | 00:55:28 | 01:31:03 | 02:00:17 | 04:14:01 |
| PLATINUM | 00:27:27 | 00:46:12 | 00:58:38 | 01:36:13 | 02:07:07 | 04:28:27 |
| GOLD | 00:29:19 | 00:49:20 | 01:02:37 | 01:42:46 | 02:15:46 | 04:46:43 |
| SILVER | 00:31:09 | 00:52:27 | 01:06:33 | 01:49:14 | 02:24:19 | 05:04:46 |
| BRONZE | 00:34:44 | 00:58:28 | 01:14:13 | 02:01:48 | 02:40:55 | 05:39:49 |
| GREEN | 00:39:05 | 01:05:47 | 01:23:29 | 02:17:01 | 03:01:02 | 06:22:18 |
| 75 - 79 | 5K | 5 Miles | 10K | 10 Miles | Half Marathon | Marathon |
| DIAMOND | 00:27:58 | 00:47:23 | 01:00:19 | 01:39:08 | 02:11:14 | 04:39:43 |
| PLATINUM | 00:29:33 | 00:50:04 | 01:03:45 | 01:44:46 | 02:18:42 | 04:55:37 |
| GOLD | 00:31:34 | 00:53:29 | 01:08:05 | 01:51:54 | 02:28:08 | 05:15:44 |
| SILVER | 00:33:33 | 00:56:51 | 01:12:22 | 01:58:56 | 02:37:28 | 05:35:37 |
| BRONZE | 00:37:25 | 01:03:23 | 01:20:41 | 02:12:37 | 02:55:34 | 06:14:13 |
| GREEN | 00:42:05 | 01:11:18 | 01:30:46 | 02:29:12 | 03:17:31 | 07:00:59 |
| 80 - 84 | 5K | 5 Miles | 10K | 10 Miles | Half Marathon | Marathon |
| DIAMOND | 00:30:36 | 00:52:22 | 01:07:00 | 01:51:37 | 02:28:39 | 05:22:38 |
| PLATINUM | 00:32:20 | 00:55:21 | 01:10:48 | 01:57:58 | 02:37:06 | 05:40:58 |
| GOLD | 00:34:32 | 00:59:07 | 01:15:37 | 02:05:59 | 02:47:47 | 06:04:10 |
| SILVER | 00:36:43 | 01:02:50 | 01:20:23 | 02:13:55 | 02:58:21 | 06:27:06 |
| BRONZE | 00:40:56 | 01:10:03 | 01:29:38 | 02:29:19 | 03:18:51 | 07:11:36 |
| GREEN | 00:46:03 | 01:18:49 | 01:40:50 | 02:47:59 | 03:43: | |