Perth Road Runners - LADIES CLUB STANDARDS (in force from 2019)

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	03:43:43	08:05:33

Perth Road Runners - MENS CLUB STANDARDS (in force from 2019)

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