

PERTH ROAD RUNNERS

CLUB STANDARDS

Club standards explained

Club standards are a set of goal times that are set out to challenge the individual runner, no matter what their age. There are 4 standards, **BRONZE, SILVER, GOLD & DIAMOND**. These in turn are set for 6 race distances **5K, 5 Miles, 10K, 10Miles, Half Marathon & Marathon**.

The idea is that each runner will look at the standards for their particular age group and gender. Then work out to which standard they wish to aim for, they then have to complete 4 of the 6 goal times within that age category (i.e. a vet 40 runner, aiming for Bronze standard, has until his 45 birthday to complete 4 of the 6).

If the runner finds they improve greatly within a short time of the age bracket, they would then set their sights higher at the next level, for this to continue being a challenge.

It's the responsibility of the runner to forward all times when achieved, where and when to John Rudd, so they can be verified before any award is given. Awards will be given when the 4 distances have been achieved.

John Rudd e-mail excowyed@googlemail.com

MENS CLUB STANDARDS

UNDER 40	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
DIAMOND	16.00	26.20	33.00	54.00	1.12.00	2.35.00
GOLD	17.30	28.45	36.00	1.00.00	1.20.00	3.00.00
SILVER	18.30	30.30	38.00	1.03.00	1.23.00	3.10.00
BRONZE	20.00	33.00	41.00	1.08.00	1.30.00	3.30.00

<u>40 - 44</u>	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
<u>DIAMOND</u>	16.30	27.10	34.00	56.00	1.15.00	2.40.00
<u>GOLD</u>	18.15	30.00	37.30	1.02.00	1.24.00	3.05.00
<u>SILVER</u>	19.30	32.00	40.00	1.06.00	1.28.00	3.20.00
<u>BRONZE</u>	21.10	35.00	43.30	1.12.00	1.36.00	3.45.00

<u>45 - 49</u>	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
<u>DIAMOND</u>	17.10	28.00	35.15	58.00	1.18.00	2.45.00
<u>GOLD</u>	19.10	31.30	39.30	1.05.00	1.28.00	3.12.00
<u>SILVER</u>	20.20	33.30	42.00	1.09.00	1.33.00	3.30.00
<u>BRONZE</u>	22.45	37.15	46.30	1.16.00	1.42.00	4.00.00

<u>50 - 54</u>	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
<u>DIAMOND</u>	17.30	28.50	36.15	59.40	1.20.00	2.50.00
<u>GOLD</u>	20.15	33.15	41.30	1.08.00	1.32.00	3.20.00
<u>SILVER</u>	21.30	35.15	44.00	1.12.00	1.38.00	3.40.00
<u>BRONZE</u>	24.10	39.30	49.30	1.20.00	1.48.00	4.15.00

<u>55 - 59</u>	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
<u>DIAMOND</u>	18.40	30.30	38.30	1.03.30	1.25.00	3.00.00
<u>GOLD</u>	21.10	34.45	43.30	1.11.00	1.36.00	3.30.00
<u>SILVER</u>	22.30	37.30	47.00	1.16.00	1.43.00	3.50.00
<u>BRONZE</u>	26.00	42.30	53.00	1.25.30	1.55.00	4.33.00

<u>60 - 64</u>	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
<u>DIAMOND</u>	20.10	33.00	41.15	1.07.30	1.30.00	3.15.00
<u>GOLD</u>	22.30	36.45	46.00	1.15.00	1.41.00	3.40.00
<u>SILVER</u>	24.30	40.00	50.00	1.21.40	1.48.00	4.05.00
<u>BRONZE</u>	27.45	45.15	56.30	1.32.00	2.02.00	4.55.00

<u>65 - 69</u>	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
<u>DIAMOND</u>	21.45	35.30	44.30	1.13.00	1.37.00	3.30.00
<u>GOLD</u>	24.00	39.15	49.00	1.20.00	1.50.00	3.55.00
<u>SILVER</u>	26.00	42.30	53.00	1.26.00	1.59.00	4.23.00
<u>BRONZE</u>	29.30	48.00	60.00	1.38.45	2.13.00	5.17.00

<u>70 - 74</u>	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
<u>DIAMOND</u>	22.52	38.10	47.45	1.18.30	1.45.00	3.45.00
<u>GOLD</u>	25.08	41.45	52.15	1.25.30	1.58.00	4.10.00
<u>SILVER</u>	27.08	45.00	56.15	1.32.00	2.08.00	4.45.00
<u>BRONZE</u>	30.45	50.45	63.30	1.44.00	2.23.00	5.40.00

<u>75 - 79</u>	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
<u>DIAMOND</u>	24.28	40.30	50.55	1.24.00	1.52.00	4.00.00
<u>GOLD</u>	27.00	44.30	56.00	1.32.15	2.03.00	4.25.00
<u>SILVER</u>	29.00	48.00	1.00.00	1.39.30	2.14.30	5.00.00
<u>BRONZE</u>	32.38	53.30	67.15	1.51.00	2.30.00	6.00.00

<u>80 - 84</u>	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
<u>DIAMOND</u>	26.30	43.30	55.00	1.27.30	2.00.00	4.15.00
<u>GOLD</u>	29.00	47.30	60.15	1.35.45	2.12.00	4.40.00
<u>SILVER</u>	31.00	51.15	64.15	1.43.00	2.25.00	5.20.00
<u>BRONZE</u>	34.45	57.15	71.45	1.55.15	2.41.00	6.20.00

To obtain your relevant standard you only have to complete **FOUR** out of the six distances.

If anyone has any queries or questions, please could they contact **John Rudd**.

LADIES CLUB STANDARDS

<u>UNDER 35</u>	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
<u>DIAMOND</u>	18.15	30.00	37.30	1.02.00	1.24.00	3.05.00
<u>GOLD</u>	19.30	32.00	40.00	1.06.00	1.28.00	3.20.00
<u>SILVER</u>	21.10	35.00	43.30	1.12.00	1.36.00	3.45.00
<u>BRONZE</u>	22.45	37.15	46.30	1.16.00	1.42.00	4.00.00

<u>35 - 39</u>	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
<u>DIAMOND</u>	19.10	31.30	39.30	1.05.00	1.28.00	3.12.00
<u>GOLD</u>	20.30	33.30	42.00	1.09.00	1.33.00	3.30.00
<u>SILVER</u>	22.45	37.15	46.30	1.16.00	1.42.00	4.00.00
<u>BRONZE</u>	24.10	39.30	49.30	1.20.00	1.48.00	4.15.00

<u>40 - 44</u>	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
<u>DIAMOND</u>	20.00	33.15	41.30	1.08.00	1.32.00	3.20.00
<u>GOLD</u>	21.30	35.15	44.00	1.12.00	1.38.00	3.40.00
<u>SILVER</u>	24.10	39.30	49.30	1.20.00	1.48.00	4.15.00
<u>BRONZE</u>	25.30	41.45	52.00	1.25.00	1.53.30	4.30.00

<u>45 - 49</u>	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
<u>DIAMOND</u>	21.10	34.45	43.30	1.11.00	1.36.00	3.30.00
<u>GOLD</u>	23.00	37.30	47.00	1.16.00	1.43.00	3.50.00
<u>SILVER</u>	26.00	42.30	53.00	1.25.30	1.55.00	4.30.00
<u>BRONZE</u>	27.30	44.30	56.00	1.31.30	2.02.00	4.45.00

<u>50 - 54</u>	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
<u>DIAMOND</u>	22.30	36.45	46.00	1.15.00	1.41.00	3.40.00
<u>GOLD</u>	24.20	40.00	50.00	1.21.00	1.48.00	4.05.00
<u>SILVER</u>	27.40	45.15	56.30	1.32.00	2.02.00	4.50.00
<u>BRONZE</u>	30.00	48.15	1.00.00	1.38.00	2.11.00	5.10.00

<u>55 - 59</u>	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
<u>DIAMOND</u>	24.00	39.00	49.00	1.20.00	1.47.00	3.55.00
<u>GOLD</u>	26.00	41.30	54.00	1.26.00	1.55.00	4.20.00
<u>SILVER</u>	30.00	48.00	60.00	1.38.00	2.11.00	5.10.00
<u>BRONZE</u>	32.00	51.00	1.03.30	1.44.00	2.20.00	5.35.00

<u>60 - 64</u>	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
<u>DIAMOND</u>	25.40	41.30	52.00	1.25.00	1.54.00	4.10.00
<u>GOLD</u>	27.50	44.00	56.00	1.31.30	2.02.00	4.37.00
<u>SILVER</u>	32.10	51.00	1.04.00	1.44.00	2.20.00	5.30.00
<u>BRONZE</u>	34.15	58.00	1.12.00	1.56.30	2.38.00	5.55.00

<u>65 - 69</u>	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
<u>DIAMOND</u>	27.30	44.50	56.00	1.33.00	2.03.00	4.27.00
<u>GOLD</u>	29.45	48.00	1.01.00	1.40.00	2.12.00	4.55.30
<u>SILVER</u>	34.30	54.30	1.09.00	1.53.00	2.30.00	5.55.30
<u>BRONZE</u>	36.40	1.00.30	1.16.00	2.00.00	2.39.00	6.25.30

To obtain your relevant standard you only have to complete **FOUR** out of the six distances.

If anyone has any queries or questions, please could they contact **John Rudd**.