



1985 - 2025

Perth Road Runners

Established 1985

Affiliated to Scottish Athletics 1986

AGM Proposal Form

Club member proposing – PRR Committee

Outline of proposal (for 2025 AGM)

Proposal: to adjust the Club Standards levels for the marathon distance to those that once more make them a realistic target for PRR runners.

The Club Standards are a set of goal times that are set out to challenge the individual runner, irrespective of age. There are 6 standards; Green, Bronze, Silver, Gold, Platinum and Diamond, which are set over 6 race distances; 5k, 5 miles, 10k, 10 miles, half marathon and marathon. The aim is to achieve 4 of the times at a standard while in the particular 5 year age category.

The concept was introduced to the Club by former member John Rudd, and has provided an individual challenge for those that have chosen to engage, and has since been adopted by a number of other Scottish clubs.

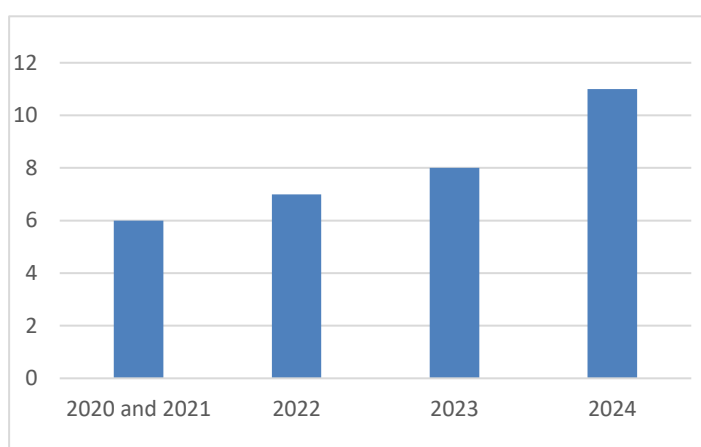
In 2018/9 a review of the times was undertaken, it having been pointed out that there were a number of discrepancies in some of the times, notably required paces being slower on some shorter distances for some standards, and a general variation of age gradings across the times. A new set of times was produced and presented to the AGM, with the Green Standard being a new addition at this time.

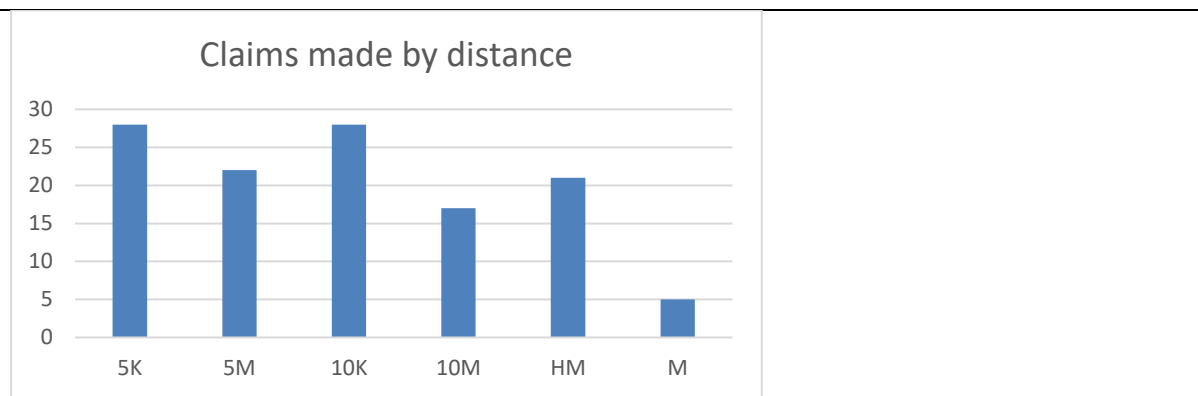
The age graded times were based on standards set by World Masters Athletics WMA (formerly World Association of Veteran Athletes). Each Standard level (Diamond, Platinum,

Gold, etc) was set – **for all distances** – at a certain percentage of the WAVA/WMA bests (eg Diamond = 83.6%, Platinum = 79.1%, Gold = 74.1% etc).

Importantly: It was pointed out – at that 2019 AGM - that the levelling of Standards across the distances would/did involve a major tightening of the marathon in particular, which was likely to make the times very tough to achieve. This was much highlighted and the option/sub-proposal to leave the marathon Standards closer to the old times – having been polled in a Facebook poll prior to the meeting - was put to the AGM ... but was rejected.

Since the new Standards have been in place, 32 Standards certificates have been awarded. Of these **only 5 have used/claime for a marathon time** (two of these to the same person), and while not all claimants run the marathon, this is still a significant statistic. For example, one runner achieving a Platinum Standard overall by running 20 seconds inside the half marathon time and beating the 10k by a full minute, could not get within 7 minutes of the marathon standard despite multiple Good For Age performances at the distance.





Why are the marathon times so tough? Some of the standard times on which the calculations are based were achieved by professional or semi-professional athletes. It is likely that the time and resources available to them have an even greater impact at the marathon distance than in shorter races. The training demands on amateur athletes to compete at marathon are considerable and this gap may account for the difficulty in achieving the calculated standard times.

This proposal aims to address the issue and make the marathon standard times more attainable for a larger cohort of runners so that all 6 distances come into play. The requirements would remain challenging but the marathon times **ONLY** would be adjusted by a small percentage, softening the age grade requirements slightly.

It is proposed to lower the age graded requirement for the marathon by 3 WAVA/WMA percentage points across all age groups for both men and ladies from February 28th 2026 (that is: at, or just beyond, the end of the claiming year for Club Standards). This level of adjustment is aimed to ease the marathon times enough to make them still challenging but attainable for a larger number of runners, without becoming a “soft option”.

A table of the proposed Standards times is attached to this proposal.

Benefit to the club?

This will make the Club Standards more realistically achievable to more PRRs without an undue dilution of the challenge of the Standards. It will keep the marathon at the heart of PRR achievement.

Other things to consider?

It is likely that a more wide-ranging update of all Standards and all distances will be required in the coming year or two as WMA/WAVA standards improve, in part accelerated by shoe technology.

Rationale for 2026 adjustment

It is proposed to lower the age graded requirement for the marathon by 3 percentage points across all age groups for both males and females from 2026. This level of adjustment is aimed to ease the marathon times enough to make them still challenging but attainable for a larger number of runners, without becoming a “soft option”.

The times have been compared with the records of a cross section of runners and hopefully this aim has been achieved. As stated earlier a thorough review of the Standards against the latest World Masters Athletics gradings will be undertaken in due course.

MEN

<i>UNDER 40</i>	pre-2019	current	proposal
DIAMOND	02:35:00	02:27:47	02:33:17
PLATINUM	02:46:00	02:36:11	02:42:21
GOLD	03:00:00	02:46:49	02:53:51
SILVER	03:10:00	02:57:19	03:05:18
BRONZE	03:30:00	03:17:43	03:27:41
GREEN	-	03:42:25	03:55:07
<i>40 – 44</i>	pre-2019	current	proposal
DIAMOND	02:40:00	02:33:26	02:39:08
PLATINUM	02:52:00	02:42:09	02:48:33
GOLD	03:05:00	02:53:11	03:00:30
SILVER	03:20:00	03:04:05	03:12:22
BRONZE	03:45:00	03:25:16	03:35:36
GREEN	-	03:50:55	04:04:06
<i>45 – 49</i>	pre-2019	current	proposal
DIAMOND	02:45:00	02:39:55	02:45:52
PLATINUM	02:58:00	02:49:01	02:55:41
GOLD	03:12:00	03:00:31	03:08:08
SILVER	03:30:00	03:11:53	03:20:31
BRONZE	04:00:00	03:33:57	03:44:44
GREEN	-	04:00:41	04:14:25
<i>50 – 54</i>	pre-2019	current	proposal
DIAMOND	02:50:00	02:46:59	02:53:12
PLATINUM	03:04:00	02:56:29	03:03:26
GOLD	03:20:00	03:08:29	03:16:27
SILVER	03:40:00	03:20:21	03:29:22
BRONZE	04:15:00	03:43:24	03:54:39
GREEN	-	04:11:19	04:25:40
<i>55 – 59</i>	pre-2019	current	proposal
DIAMOND	03:00:00	02:54:42	03:01:12
PLATINUM	03:14:00	03:04:38	03:11:55
GOLD	03:30:00	03:17:12	03:25:31
SILVER	03:50:00	03:29:37	03:39:03
BRONZE	04:33:00	03:53:43	04:05:30
GREEN	-	04:22:56	04:37:56
<i>60 – 64</i>	pre-2019	current	proposal
DIAMOND	03:15:00	03:03:10	03:09:59
PLATINUM	03:27:00	03:13:35	03:21:13
GOLD	03:40:00	03:26:45	03:35:29
SILVER	04:05:00	03:39:46	03:49:40
BRONZE	04:55:00	04:05:03	04:17:24
GREEN	-	04:35:40	04:51:25
<i>65 – 69</i>	pre-2019	current	proposal
DIAMOND	03:30:00	03:12:30	03:19:40
PLATINUM	03:42:00	03:23:26	03:31:28
GOLD	03:55:00	03:37:17	03:46:27
SILVER	04:23:00	03:50:58	04:01:21
BRONZE	05:17:00	04:17:31	04:30:30
GREEN	-	04:49:43	05:06:15
<i>70-74</i>	pre-2019	current	proposal
DIAMOND	03:45:00	03:23:13	03:30:47
PLATINUM	03:57:00	03:34:46	03:43:14
GOLD	04:10:00	03:49:23	03:59:04
SILVER	04:45:00	04:03:50	04:14:48
BRONZE	05:40:00	04:31:52	04:45:34
GREEN	-	05:05:51	05:23:18
<i>75 – 79</i>	pre-2019	current	proposal
DIAMOND	04:00:00	03:39:50	03:48:01
PLATINUM	04:12:30	03:52:20	04:01:30
GOLD	04:25:00	04:08:09	04:18:37
SILVER	05:00:00	04:23:46	04:35:38
BRONZE	06:00:00	04:54:06	05:08:55
GREEN	-	05:30:51	05:49:45
<i>80-84</i>	pre-2019	current	proposal
DIAMOND	04:15:00	04:06:24	04:15:34
PLATINUM	04:17:30	04:20:24	04:30:40
GOLD	04:40:00	04:38:07	04:49:52
SILVER	05:20:00	04:55:38	05:08:56
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