

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

UNDER 40	5K	5 Miles	10K	10 Miles	Half-Marathon	Marathon	
						run before 1.3.26	run after 1.3.26
DIAMOND	00:17:47	00:29:09	00:36:32	00:59:37	01:18:46	02:43:10	02:49:14
PLATINUM	00:18:47	00:30:48	00:38:37	01:03:00	01:23:14	02:52:27	02:59:14
GOLD	00:20:04	00:32:54	00:41:14	01:07:17	01:28:54	03:04:11	03:11:57
SILVER	00:21:20	00:34:58	00:43:50	01:11:32	01:34:30	03:15:46	03:24:35
BRONZE	00:23:47	00:38:59	00:48:53	01:19:45	01:45:22	03:38:17	03:49:17
GREEN	00:26:45	00:43:52	00:54:59	01:29:43	01:58:32	04:05:34	04:19:35
40 – 44	5K	5 Miles	10K	10 Miles	Half-Marathon	Marathon	
						run before 1.3.26	run after 1.3.26
DIAMOND	00:18:22	00:30:10	00:37:51	01:01:55	01:21:48	02:49:19	02:55:38
PLATINUM	00:19:25	00:31:53	00:40:00	01:05:26	01:26:27	02:58:57	03:06:00
GOLD	00:20:44	00:34:03	00:42:43	01:09:53	01:32:20	03:11:08	03:19:12
SILVER	00:22:02	00:36:12	00:45:25	01:14:17	01:38:09	03:23:10	03:32:18
BRONZE	00:24:34	00:40:22	00:50:38	01:22:50	01:49:26	03:46:31	03:57:56
GREEN	00:27:38	00:45:24	00:56:58	01:33:11	02:03:07	04:14:50	04:29:23
45 – 49	5K	5 Miles	10K	10 Miles	Half-Marathon	Marathon	
						run before 1.3.26	run after 1.3.26
DIAMOND	00:19:09	00:31:31	00:39:36	01:04:49	01:25:39	02:57:33	03:04:09
PLATINUM	00:20:14	00:33:19	00:41:51	01:08:31	01:30:31	03:07:38	03:15:02
GOLD	00:21:37	00:35:35	00:44:42	01:13:10	01:36:40	03:20:25	03:28:52
SILVER	00:22:58	00:37:49	00:47:31	01:17:47	01:42:46	03:33:02	03:42:37
BRONZE	00:25:37	00:42:10	00:52:58	01:26:43	01:54:34	03:57:31	04:09:30
GREEN	00:28:49	00:47:26	00:59:36	01:37:34	02:08:54	04:27:13	04:42:28
50 – 54	5K	5 Miles	10K	10 Miles	Half-Marathon	Marathon	
						run before 1.3.26	run after 1.3.26
DIAMOND	00:20:12	00:33:23	00:41:59	01:08:46	01:30:51	03:08:51	03:15:53
PLATINUM	00:21:21	00:35:16	00:44:23	01:12:41	01:36:01	03:19:35	03:27:27
GOLD	00:22:48	00:37:40	00:47:24	01:17:37	01:42:33	03:33:10	03:42:10
SILVER	00:24:14	00:40:03	00:50:23	01:22:31	01:49:01	03:46:35	03:56:47
BRONZE	00:27:01	00:44:39	00:56:10	01:32:00	02:01:33	04:12:39	04:25:23
GREEN	00:30:24	00:50:14	01:03:12	01:43:30	02:16:44	04:44:13	05:00:27
55 – 59	5K	5 Miles	10K	10 Miles	Half-Marathon	Marathon	
						run before 1.3.26	run after 1.3.26
DIAMOND	00:21:23	00:35:28	00:44:42	01:13:15	01:36:46	03:21:48	03:29:18
PLATINUM	00:22:36	00:37:29	00:47:15	01:17:25	01:42:16	03:33:16	03:41:40
GOLD	00:24:09	00:40:02	00:50:28	01:22:41	01:49:14	03:47:47	03:57:23
SILVER	00:25:40	00:42:33	00:53:38	01:27:53	01:56:07	04:02:07	04:13:01
BRONZE	00:28:37	00:47:27	00:59:48	01:37:59	02:09:28	04:29:57	04:43:34
GREEN	00:32:11	00:53:23	01:07:17	01:50:14	02:25:39	05:03:42	05:21:02
60 – 64	5K	5 Miles	10K	10 Miles	Half-Marathon	Marathon	
						run before 1.3.26	run after 1.3.26
DIAMOND	00:22:43	00:37:51	00:47:48	01:18:21	01:43:31	03:36:38	03:44:42
PLATINUM	00:24:01	00:40:00	00:50:31	01:22:48	01:49:24	03:48:57	03:57:59
GOLD	00:25:39	00:42:43	00:53:57	01:28:26	01:56:51	04:04:32	04:14:51
SILVER	00:27:16	00:45:25	00:57:21	01:34:01	02:04:12	04:19:56	04:31:37
BRONZE	00:30:24	00:50:38	01:03:57	01:44:49	02:18:29	04:49:49	05:04:26
GREEN	00:34:12	00:56:58	01:11:56	01:57:55	02:35:48	05:26:03	05:44:39
65 – 69	5K	5 Miles	10K	10 Miles	Half-Marathon	Marathon	
						run before 1.3.26	run after 1.3.26
DIAMOND	00:24:14	00:40:34	00:51:21	01:24:13	01:51:16	03:53:50	04:02:33
PLATINUM	00:25:37	00:42:53	00:54:16	01:29:01	01:57:36	04:07:08	04:16:53
GOLD	00:27:22	00:45:48	00:57:58	01:35:04	02:05:36	04:23:57	04:35:06
SILVER	00:29:05	00:48:41	01:01:37	01:41:03	02:13:30	04:40:34	04:53:12
BRONZE	00:32:26	00:54:17	01:08:42	01:52:40	02:28:52	05:12:50	05:28:36
GREEN	00:36:29	01:01:04	01:17:17	02:06:45	02:47:28	05:51:56	06:12:01
70 – 74	5K	5 Miles	10K	10 Miles	Half-Marathon	Marathon	
						run before 1.3.26	run after 1.3.26
DIAMOND	00:25:58	00:43:42	00:55:28	01:31:03	02:00:17	04:14:01	04:23:28
PLATINUM	00:27:27	00:46:12	00:58:38	01:36:13	02:07:07	04:28:27	04:39:02
GOLD	00:29:19	00:49:20	01:02:37	01:42:46	02:15:46	04:46:43	04:58:49
SILVER	00:31:09	00:52:27	01:06:33	01:49:14	02:24:19	05:04:46	05:18:29
BRONZE	00:34:44	00:58:28	01:14:13	02:01:48	02:40:55	05:39:49	05:56:57
GREEN	00:39:05	01:05:47	01:23:29	02:17:01	03:01:02	06:22:18	06:44:07
75 – 79	5K	5 Miles	10K	10 Miles	Half-Marathon	Marathon	
						run before 1.3.26	run after 1.3.26
DIAMOND	00:27:58	00:47:23	01:00:19	01:39:08	02:11:14	04:39:43	04:50:08
PLATINUM	00:29:33	00:50:04	01:03:45	01:44:46	02:18:42	04:55:37	05:07:17
GOLD	00:31:34	00:53:29	01:08:05	01:51:54	02:28:08	05:15:44	05:29:04
SILVER	00:33:33	00:56:51	01:12:22	01:58:56	02:37:28	05:35:37	05:50:43
BRONZE	00:37:25	01:03:23	01:20:41	02:12:37	02:55:34	06:14:13	06:33:05
GREEN	00:42:05	01:11:18	01:30:46	02:29:12	03:17:31	07:00:59	07:25:01
80 – 84	5K	5 Miles	10K	10 Miles	Half-Marathon	Marathon	
						run before 1.3.26	run after 1.3.26
DIAMOND	00:30:36	00:52:22	01:07:00	01:51:37	02:28:39	05:22:38	05:34:38
PLATINUM	00:32:20	00:55:21	01:10:48	01:57:58	02:37:06	05:40:58	05:54:25
GOLD	00:34:32	00:59:07	01:15:37	02:05:59	02:47:47	06:04:10	06:19:32
SILVER	00:36:43	01:02:50	01:20:23	02:13:55	02:58:21	06:27:06	06:44:31
BRONZE	00:40:56	01:10:03	01:29:38	02:29:19	03:18:51	07:11:36	07:33:22
GREEN	00:46:03	01:18:49	01:40:50	02:47:59	03:43:43	08:05:33	08:33:16

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

UNDER 40	5K	5 Miles	10K	10 Miles	Half-Marathon	Marathon	
						run before 1.3.26	run after 1.3.26
DIAMOND	00:15:52	00:25:49	00:32:15	00:52:58	01:11:21	02:27:47	02:33:17
PLATINUM	00:16:46	00:27:17	00:34:05	00:55:58	01:15:25	02:36:11	02:42:21
GOLD	00:17:54	00:29:09	00:36:24	00:59:47	01:20:33	02:46:49	02:53:51
SILVER	00:19:02	00:30:59	00:38:42	01:03:33	01:25:37	02:57:19	03:05:18
BRONZE	00:21:13	00:34:32	00:43:09	01:10:51	01:35:28	03:17:43	03:27:41
GREEN	00:23:52	00:38:51	00:48:32	01:19:43	01:47:24	03:42:25	03:55:07
40 – 44	5K	5 Miles	10K	10 Miles	Half-Marathon	Marathon	
						run before 1.3.26	run after 1.3.26
DIAMOND	00:16:38	00:27:01	00:33:40	00:55:07	01:14:58	02:33:26	02:39:08
PLATINUM	00:17:35	00:28:33	00:35:35	00:58:15	01:19:13	02:42:09	02:48:33
GOLD	00:18:46	00:30:29	00:38:00	01:02:12	01:24:37	02:53:11	03:00:30
SILVER	00:19:57	00:32:25	00:40:24	01:06:07	01:29:56	03:04:05	03:12:22
BRONZE	00:22:15	00:36:08	00:45:02	01:13:43	01:40:17	03:25:16	03:35:36
GREEN	00:25:02	00:40:39	00:50:40	01:22:56	01:52:49	03:50:55	04:04:06
45 – 49	5K	5 Miles	10K	10 Miles	Half-Marathon	Marathon	
						run before 1.3.26	run after 1.3.26
DIAMOND	00:17:15	00:28:05	00:35:03	00:57:25	01:18:05	02:39:55	02:45:52
PLATINUM	00:18:14	00:29:41	00:37:02	01:00:41	01:22:31	02:49:01	02:55:41
GOLD	00:19:28	00:31:42	00:39:34	01:04:48	01:28:08	03:00:31	03:08:08
SILVER	00:20:42	00:33:42	00:42:03	01:08:53	01:33:41	03:11:53	03:20:31
BRONZE	00:23:05	00:37:35	00:46:53	01:16:48	01:44:27	03:33:57	03:44:44
GREEN	00:25:58	00:42:17	00:52:45	01:26:24	01:57:30	04:00:41	04:14:25
50 – 54	5K	5 Miles	10K	10 Miles	Half-Marathon	Marathon	
						run before 1.3.26	run after 1.3.26
DIAMOND	00:17:55	00:29:15	00:36:33	00:59:55	01:21:28	02:46:59	02:53:12
PLATINUM	00:18:56	00:30:55	00:38:38	01:03:20	01:26:06	02:56:29	03:03:26
GOLD	00:20:13	00:33:01	00:41:15	01:07:38	01:31:58	03:08:29	03:16:27
SILVER	00:21:30	00:35:06	00:43:51	01:11:54	01:37:45	03:20:21	03:29:22
BRONZE	00:23:58	00:39:08	00:48:54	01:20:10	01:49:00	03:43:24	03:54:39
GREEN	00:26:58	00:44:02	00:55:00	01:30:11	02:02:37	04:11:19	04:25:40
55 – 59	5K	5 Miles	10K	10 Miles	Half-Marathon	Marathon	
						run before 1.3.26	run after 1.3.26
DIAMOND	00:18:38	00:30:32	00:38:11	01:02:39	01:25:10	02:54:42	03:01:12
PLATINUM	00:19:42	00:32:16	00:40:21	01:06:13	01:30:00	03:04:38	03:11:55
GOLD	00:21:02	00:34:27	00:43:06	01:10:43	01:36:08	03:17:12	03:25:31
SILVER	00:22:22	00:36:38	00:45:49	01:15:11	01:42:11	03:29:37	03:39:03
BRONZE	00:24:56	00:40:50	00:51:05	01:23:49	01:53:56	03:53:43	04:05:30
GREEN	00:28:03	00:45:56	00:57:28	01:34:18	02:08:10	04:22:56	04:37:56
60 – 64	5K	5 Miles	10K	10 Miles	Half-Marathon	Marathon	
						run before 1.3.26	run after 1.3.26
DIAMOND	00:19:25	00:31:54	00:39:58	01:05:39	01:29:13	03:03:10	03:09:59
PLATINUM	00:20:31	00:33:43	00:42:14	01:09:23	01:34:17	03:13:35	03:21:13
GOLD	00:21:55	00:36:01	00:45:07	01:14:07	01:40:42	03:26:45	03:35:29
SILVER	00:23:18	00:38:17	00:47:57	01:18:47	01:47:02	03:39:46	03:49:40
BRONZE	00:25:59	00:42:41	00:53:28	01:27:50	01:59:21	04:05:03	04:17:24
GREEN	00:29:13	00:48:01	01:00:09	01:38:49	02:14:16	04:35:40	04:51:25
65 – 69	5K	5 Miles	10K	10 Miles	Half-Marathon	Marathon	
						run before 1.3.26	run after 1.3.26
DIAMOND	00:20:16	00:33:25	00:41:56	01:08:58	01:33:40	03:12:30	03:19:40
PLATINUM	00:21:25	00:35:19	00:44:19	01:12:53	01:39:00	03:23:26	03:31:28
GOLD	00:22:53	00:37:43	00:47:20	01:17:50	01:45:44	03:37:17	03:46:27
SILVER	00:24:19	00:40:06	00:50:18	01:22:44	01:52:23	03:50:58	04:01:21
BRONZE	00:27:07	00:44:42	00:56:05	01:32:15	02:05:19	04:17:31	04:30:30
GREEN	00:30:30	00:50:18	01:03:06	01:43:47	02:20:58	04:49:43	05:06:15
70 – 74	5K	5 Miles	10K	10 Miles	Half-Marathon	Marathon	
						run before 1.3.26	run after 1.3.26
DIAMOND	00:21:25	00:35:19	00:44:19	01:12:49	01:38:50	03:23:13	03:30:47
PLATINUM	00:22:38	00:37:19	00:46:50	01:16:57	01:44:27	03:34:46	03:43:14
GOLD	00:24:11	00:39:51	00:50:01	01:22:12	01:51:33	03:49:23	03:59:04
SILVER	00:25:42	00:42:22	00:53:10	01:27:22	01:58:35	04:03:50	04:14:48
BRONZE	00:28:39	00:47:14	00:59:17	01:37:25	02:12:13	04:31:52	04:45:34
GREEN	00:32:14	00:53:09	01:06:41	01:49:35	02:28:45	05:05:51	05:23:18
75 – 79	5K	5 Miles	10K	10 Miles	Half-Marathon	Marathon	
						run before 1.3.26	run after 1.3.26
DIAMOND	00:23:15	00:38:19	00:48:05	01:18:52	01:46:57	03:39:50	03:48:01
PLATINUM	00:24:34	00:40:30	00:50:49	01:23:21	01:53:02	03:52:20	04:01:30
GOLD	00:26:14	00:43:15	00:54:16	01:29:01	02:00:43	04:08:09	04:18:37
SILVER	00:27:53	00:45:59	00:57:41	01:34:37	02:08:19	04:23:46	04:35:38
BRONZE	00:31:06	00:51:16	01:04:19	01:45:30	02:23:05	04:54:06	05:08:55
GREEN	00:34:59	00:57:40	01:12:22	01:58:41	02:40:58	05:30:51	05:49:45
80 – 84	5K	5 Miles	10K	10 Miles	Half-Marathon	Marathon	
						run before 1.3.26	run after 1.3.26
DIAMOND	00:26:05	00:43:02	00:54:01	01:28:29	01:59:56	04:06:24	04:15:34
PLATINUM	00:27:33	00:45:29	00:57:05	01:33:31	02:06:45	04:20:24	04:30:40
GOLD	00:29:26	00:48:35	01:00:58	01:39:53	02:15:23	04:38:07	04:49:52
SILVER	00:31:17	00:51:38	01:04:48	01:46:10	02:23:54	04:55:38	05:08:56
BRONZE	00:34:53	00:57:34	01:12:15	01:58:23	02:40:27	05:29:37	05:46:15
GREEN	00:39:15	01:04:46	01:21:17	02:13:11	03:00:30	06:10:50	06:32:00