

Men's Standards from 2006 onwards Issue:- 1 19/03/2007

Age Category	Award	Race Distance					
		5k	10k	10Miles	Half Mara	20 Miles	Mara
	GOLD	15.55	33.20	54.40	1.13.10	1.56.40	2.39.00
18 - 39	SILVER	18.00	37.30	1.01.30	1.22.20	2.11.20	2.59.00
	BRONZE	20.05	41.40	1.08.20	1.31.30	2.26.00	3.19.00
	GOLD	17.30	36.30	59.50	1.19.55	2.07.40	2.54.00
40 - 44	SILVER	19.35	40.40	1.06.40	1.29.20	2.22.20	3.14.00
	BRONZE	21.40	44.50	1.13.30	1.38.15	2.36.40	3.34.00
	GOLD	18.15	38.00	1.02.25	1.23.20	2.13.10	3.01.30
45 - 49	SILVER	20.20	42.00	1.09.10	1.32.35	2.27.50	3.21.30
	BRONZE	22.25	46.20	1.16.05	1.41.45	2.42.30	3.41.30
	GOLD	19.00	39.35	1.05.00	1.27.00	2.18.00	3.09.00
50 - 54	SILVER	21.10	43.45	1.11.45	1.36.05	2.33.00	3.29.00
	BRONZE	23.10	47.55	1.18.40	1.45.15	2.48.00	3.49.00
	GOLD	20.35	42.45	1.10.00	1.33.40	2.29.40	3.24.00
55 - 59	SILVER	22.40	46.55	1.17.00	1.42.50	2.44.20	3.44.00
	BRONZE	24.45	51.05	1.23.40	1.52.00	2.58.40	4.04.00
	GOLD	22.10	45.50	1.15.10	1.40.40	2.40.40	3.39.00
60 - 64	SILVER	24.15	50.00	1.22.00	1.49.50	2.55.00	3.59.00
	BRONZE	26.20	54.10	1.28.50	1.59.00	3.10.00	4.19.00
	GOLD	23.45	49.00	1.20.20	1.47.25	2.51.40	3.54.00
65 - 69	SILVER	25.50	53.10	1.27.10	1.56.35	3.06.00	4.14.00
	BRONZE	27.55	57.20	1.34.00	2.05.45	3.20.40	4.34.00
	GOLD	25.20	52.05	1.25.30	1.54.40	3.02.20	4.09.00
70 +	SILVER	27.20	56.15	1.32.20	2.03.20	3.17.00	4.29.00
	BRONZE	29.30	1.00.25	1.39.10	2.12.30	3.32.00	4.49.00

Revision Date - 4/2/25 Peter Fendley
 800m,1500m & 3km standards removed from this table as they are now covered
 by the PB Awards standards for Track & Field

Ladies Standards from 2006 onwards

Issue:- 1 19/03/2007

Age Category	Award	Race Distance					
		5k	10k	10Miles	Half Mara	20 Miles	Mara
	GOLD	17.30	36.30	59.50	1.19.55	2.07.40	2.54.40
18 - 34	SILVER	20.05	41.40	1.08.20	1.31.30	2.26.00	3.19.00
	BRONZE	22.10	45.50	1.15.10	1.40.40	2.40.40	3.39.00
	GOLD	19.35	40.40	1.06.40	1.29.20	2.22.20	3.14.00
35 - 39	SILVER	22.10	45.50	1.15.10	1.40.40	2.40.40	3.39.00
	BRONZE	24.15	50.00	1.22.00	1.49.50	2.55.00	3.59.00
	GOLD	20.20	42.15	1.09.10	1.32.35	2.27.50	3.21.30
40 - 44	SILVER	22.40	46.55	1.17.00	1.42.50	2.44.20	3.44.00
	BRONZE	24.45	51.05	1.23.40	1.52.00	2.58.40	4.04.00
	GOLD	21.10	43.45	1.11.45	1.36.00	2.33.00	3.29.00
45 - 49	SILVER	23.10	47.55	1.18.40	1.45.15	2.48.00	3.49.00
	BRONZE	25.20	52.05	1.25.30	1.54.40	3.02.20	4.09.00
	GOLD	22.40	46.55	1.17.00	1.42.50	2.44.20	3.44.00
50 - 54	SILVER	24.45	51.05	1.23.40	1.52.00	2.58.40	4.04.00
	BRONZE	26.50	55.10	1.30.40	2.01.10	3.13.20	4.24.00
	GOLD	24.15	50.00	1.22.00	1.49.50	2.55.00	3.59.00
55 - 59	SILVER	26.20	54.10	1.28.50	1.59.00	3.10.00	4.19.00
	BRONZE	28.25	58.20	1.35.40	2.07.55	3.24.20	4.39.00
	GOLD	25.50	53.10	1.27.10	1.56.35	3.06.00	4.14.00
60 - 64	SILVER	27.55	57.20	1.34.00	2.05.45	3.20.40	4.34.00
	BRONZE	30.00	1.01.25	1.40.50	2.14.55	3.35.20	4.54.00
	GOLD	27.20	56.15	1.32.20	2.03.20	3.17.00	4.29.00
65 +	SILVER	29.30	1.00.25	1.39.10	2.12.30	3.32.00	4.49.00
	BRONZE	31.35	1.04.35	1.46.00	2.21.40	3.46.00	5.09.00

Revision Date - 4/2/25

Peter Fendley

800m,1500m & 3km standards removed from this table as they are now covered by the PB Awards standards for Track & Field