

Club standards

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# Club Standards Introduction

Each year athletes can aim to meet a club standard and receive an award for their achievement. The LRR Club Standards will see an additional standard for 2021.

Times are calculated using the World Standard Times published in the Age Grading Tables and the relevant age factors for the respective age categories.

All members can still aim for Platinum, Diamond, Gold, Silver, Bronze and now the new Tungsten club standard, the times are set at the following for all distances for the relevant age category and gender.

PLATINUM 82%

DIAMOND 74%

GOLD 67%

SILVER 61%

BRONZE 56%

TUNGSTEN 50%

### Submit your race times for 3 different distances to the club secretary or e-mail lowestoftroadrunners@gmail.com

### If you have already received a club standard then you are not eligible for another one until you either go up a grading (tungsten -> bronze, diamond -> platinum etc.) or go up an age group.

# Men’s Age Categories

Times in - Hours : minutes : seconds (HH:MM:SS)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| MEN - Age 18-39 | | | | | | | |
|  | 5k | 5m | 10k | 10m | 13.1m | 20m | 26.2m |
| Platinum | 00:15:59 | 00:26:10 | 00:32:44 | 00:53:51 | 01:11:25 | 01:53:35 | 02:30.20 |
| Diamond | 00:17:43 | 00:28:59 | 00:36:17 | 00:59:41 | 01:19:08 | 02:05:51 | 02:46:40 |
| Gold | 00:19:34 | 00:32:01 | 00:40:04 | 01:05:55 | 01:27:25 | 02:19:00 | 03:04:05 |
| Silver | 00:21:30 | 00:35:10 | 00:44:01 | 01:12:24 | 01:36:00 | 02:32:41 | 03:22:11 |
| Bronze | 00:23:25 | 00:38:18 | 00:47:56 | 01:18:52 | 01:44:35 | 02:46:19 | 03:40:14 |
| Tungsten | 00:26:13 | 00:42:54 | 00:53:42 | 01:28:19 | 01:57:08 | 03:06:16 | 04:06:40 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| MEN - Age 40-44 | | | | | | | |
|  | 5k | 5m | 10k | 10m | 13.1m | 20m | 26.2m |
| Platinum | 00:16:57 | 00:27:33 | 00:34:20 | 00:56:13 | 01:14:20 | 02:02:00 | 02:36:32 |
| Diamond | 00:18:47 | 00:30:32 | 00:38:03 | 01:02:17 | 01:22:22 | 02:15:11 | 02:53:27 |
| Gold | 00:20:45 | 00:33:43 | 00:42:01 | 01:08:48 | 01:30:58 | 02:29:18 | 03:11:34 |
| Silver | 00:22:48 | 00:37:02 | 00:46:09 | 01:15:34 | 01:39:55 | 02:43:59 | 03:30:25 |
| Bronze | 00:24:50 | 00:40:20 | 00:50:16 | 01:22:19 | 01:48:50 | 02:58:38 | 03:49:12 |
| Tungsten | 00:27:48 | 00:45:11 | 00:56:18 | 01:32:11 | 02:01:54 | 03:20:04 | 04:16:42 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| MEN - Age 45-49 | | | | | | | |
|  | 5k | 5m | 10k | 10m | 13.1m | 20m | 26.2m |
| Platinum | 00:17:35 | 00:28:39 | 00:35:44 | 01:01:33 | 01:17:27 | 02:06:47 | 02:43:05 |
| Diamond | 00:19:29 | 00:31:44 | 00:39:36 | 01:04:53 | 01:25:49 | 02:20:30 | 03:00:43 |
| Gold | 00:21:32 | 00:35:03 | 00:43:44 | 01:11:40 | 01:34:47 | 02:35:10 | 03:19:36 |
| Silver | 00:23:39 | 00:38:30 | 00:48:03 | 01:18:43 | 01:44:07 | 02:50:26 | 03:39:14 |
| Bronze | 00:25:45 | 00:41:56 | 00:52:20 | 01:25:44 | 01:53:24 | 03:05:39 | 03:58:49 |
| Tungsten | 00:28:51 | 00:46:58 | 00:58:37 | 01:36:02 | 02:07:01 | 03:27:56 | 04:27:28 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| MEN - Age 50-54 | | | | | | | |
|  | 5k | 5m | 10k | 10m | 13.1m | 20m | 26.2m |
| Platinum | 00:18:19 | 00:29:50 | 00:37:16 | 01:01:07 | 01:20:52 | 02:11:58 | 02:50:18 |
| Diamond | 00:20:15 | 00:33:04 | 00:41:18 | 01:07:43 | 01:29:37 | 02:26:14 | 03:08:42 |
| Gold | 00:22:22 | 00:36:31 | 00:45:37 | 01:14:47 | 01:38:59 | 02:41:31 | 03:28:25 |
| Silver | 00:24:34 | 00:40:07 | 00:50:06 | 01:22:09 | 01:48:43 | 02:57:24 | 03:48:55 |
| Bronze | 00:26:45 | 00:43:42 | 00:54:34 | 01:29:29 | 01:58:25 | 03:13:15 | 04:09:22 |
| Tungsten | 00:29:58 | 00:48:56 | 01:01:07 | 01:40:13 | 02:12:38 | 03:36:26 | 04:39:17 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| MEN - Age 55-59 | | | | | | | |
|  | 5k | 5m | 10k | 10m | 13.1m | 20m | 26.2m |
| Platinum | 00:19:00 | 00:31:08 | 00:38:56 | 01:03:54 | 01:24:37 | 02:17:36 | 02:58:10 |
| Diamond | 00:21:04 | 00:34:29 | 00:43:08 | 01:10:48 | 01:33:45 | 02:32:29 | 03:17:26 |
| Gold | 00:23:16 | 00:38:06 | 00:47:39 | 01:18:12 | 01:43:33 | 02:48:24 | 03:38:04 |
| Silver | 00:25:33 | 00:41:50 | 00:52:20 | 01:25:54 | 01:53:44 | 03:04:58 | 03:59:30 |
| Bronze | 00:27:50 | 00:45:35 | 00:57:00 | 01:33:34 | 02:03:54 | 03:21:29 | 04:20:54 |
| Tungsten | 00:31:10 | 00:51:03 | 01:03:51 | 01:44:48 | 02:18:46 | 03:45:40 | 04:52:12 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| MEN - Age 60-64 | | | | | | | |
|  | 5k | 5m | 10k | 10m | 13.1m | 20m | 26.2m |
| Platinum | 00:19:48 | 00:32:32 | 00:40:45 | 01:06:58 | 01:28:42 | 02:23:44 | 03:06:49 |
| Diamond | 00:21:56 | 00:36:03 | 00:45:10 | 01:14:12 | 01:38:18 | 02:39:17 | 03:27:00 |
| Gold | 00:24:14 | 00:39:49 | 00:49:53 | 01:21:57 | 01:48:34 | 02:55:55 | 03:48:38 |
| Silver | 00:26:37 | 00:43:44 | 00:54:47 | 01:30:01 | 01:59:14 | 03:13:13 | 04:11:07 |
| Bronze | 00:29:00 | 00:47:39 | 00:59:41 | 01:38:03 | 02:09:53 | 03:30:29 | 04:33:33 |
| Tungsten | 00:32:28 | 00:53:22 | 01:06:50 | 01:49:49 | 02:25:28 | 03:55:44 | 05:06:22 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| MEN - Age 65-69 | | | | | | | |
|  | 5k | 5m | 10k | 10m | 13.1m | 20m | 26.2m |
| Platinum | 00:20:41 | 00:34:05 | 00:42:46 | 01:10:20 | 01:33:13 | 02:30:26 | 03:16:20 |
| Diamond | 00:22:55 | 00:37:46 | 00:47:23 | 01:17:56 | 01:43:18 | 02:46:41 | 03:37:33 |
| Gold | 00:25:19 | 00:41:42 | 00:52:20 | 01:26:04 | 01:54:06 | 03:04:06 | 04:00:17 |
| Silver | 00:27:48 | 00:45:49 | 00:57:29 | 01:34:32 | 02:05:19 | 03:22:13 | 04:23:55 |
| Bronze | 00:30:17 | 00:49:54 | 01:02:37 | 01:42:59 | 02:16:30 | 03:40:16 | 04:47:29 |
| Tungsten | 00:33:55 | 00:55:53 | 01:10:08 | 01:55:20 | 02:32:53 | 04:06:42 | 05:21:58 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| MEN - Age 70-74 | | | | | | | |
|  | 5k | 5m | 10k | 10m | 13.1m | 20m | 26.2m |
| Platinum | 00:21:52 | 00:36:03 | 00:45:14 | 01:14:20 | 01:38:32 | 02:39:12 | 03:27:30 |
| Diamond | 00:24:14 | 00:39:57 | 00:50:08 | 01:22:23 | 01:49:11 | 02:56:25 | 03:49:55 |
| Gold | 00:26:46 | 00:44:07 | 00:55:22 | 01:30:59 | 02:00:35 | 03:14:51 | 04:13:57 |
| Silver | 00:29:24 | 00:48:28 | 01:00:49 | 01:39:56 | 02:12:27 | 03:34:01 | 04:38:55 |
| Bronze | 00:32:02 | 00:52:47 | 01:06:14 | 01:48:51 | 02:24:16 | 03:53:07 | 05:03:50 |
| Tungsten | 00:35:52 | 00:59:08 | 01:14:11 | 02:01:55 | 02:41:35 | 04:21:06 | 05:40:17 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| MEN - Age 75-79 | | | | | | | |
|  | 5k | 5m | 10k | 10m | 13.1m | 20m | 26.2m |
| Platinum | 00:23:45 | 00:39:09 | 00:49:07 | 01:20:33 | 01:46:38 | 02:53:10 | 03:44:33 |
| Diamond | 00:26:19 | 00:43:23 | 00:54:25 | 01:29:16 | 01:58:09 | 03:11:54 | 04:08:49 |
| Gold | 00:29:04 | 00:47:55 | 01:00:06 | 01:38:35 | 02:10:30 | 03:31:56 | 04:34:49 |
| Silver | 00:31:55 | 00:52:37 | 01:06:01 | 01:48:17 | 02:23:20 | 03:52:47 | 05:01:51 |
| Bronze | 00:34:46 | 00:57:19 | 01:11:55 | 01:57:57 | 02:36:08 | 04:13:34 | 05:28:48 |
| Tungsten | 00:38:57 | 01:04:12 | 01:20:32 | 02:12:06 | 02:54:52 | 04:44:00 | 06:08:15 |

# Ladies Age Categories

Times in - Hours : minutes : seconds (HH:MM:SS)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| LADIES - Age 18-34 | | | | | | | |
|  | 5k | 5m | 10k | 10m | 13.1m | 20m | 26.2m |
| Platinum | 00:18:01 | 00:29:33 | 00:37:02 | 01:00:14 | 01:19:51 | 02:05:52 | 02:45:21 |
| Diamond | 00:19:58 | 00:32:45 | 00:41:03 | 01:06:45 | 01:28:29 | 02:19:29 | 03:03:14 |
| Gold | 00:22:03 | 00:36:10 | 00:45:20 | 01:13:43 | 01:37:44 | 02:34:03 | 03:22:23 |
| Silver | 00:24:14 | 00:39:43 | 00:49:47 | 01:20:58 | 01:47:21 | 02:49:12 | 03:42:17 |
| Bronze | 00:26:23 | 00:43:16 | 00:54:14 | 01:28:12 | 01:56:56 | 03:04:19 | 04:02:08 |
| Tungsten | 00:29:33 | 00:48:28 | 01:00:45 | 01:38:47 | 02:10:58 | 03:26:26 | 04:31:11 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| LADIES - Age 35-39 | | | | | | | |
|  | 5k | 5m | 10k | 10m | 13.1m | 20m | 26.2m |
| Platinum | 00:18:15 | 00:29:56 | 00:37:32 | 01:01:18 | 01:21:00 | 02:09:43 | 02:47:42 |
| Diamond | 00:20:14 | 00:33:11 | 00:41:36 | 01:07:56 | 01:29:45 | 02:23:44 | 03:05:50 |
| Gold | 00:22:20 | 00:36:39 | 00:45:57 | 01:15:02 | 01:39:07 | 02:38:45 | 03:25:15 |
| Silver | 00:24:32 | 00:40:15 | 00:50:28 | 01:22:25 | 01:48:52 | 02:54:22 | 03:45:26 |
| Bronze | 00:26:44 | 00:43:50 | 00:54:58 | 01:29:46 | 01:58:36 | 03:09:56 | 04:05:34 |
| Tungsten | 00:29:56 | 00:49:06 | 01:01:34 | 01:40:32 | 02:12:50 | 03:32:44 | 04:35:02 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| LADIES - Age 40-44 | | | | | | | |
|  | 5k | 5m | 10k | 10m | 13.1m | 20m | 26.2m |
| Platinum | 00:18:44 | 00:30:47 | 00:38:37 | 01:03:10 | 01:23:28 | 02:16:36 | 02:52:47 |
| Diamond | 00:20:46 | 00:34:06 | 00:42:48 | 01:10:00 | 01:32:29 | 02:31:22 | 03:11:28 |
| Gold | 00:22:56 | 00:37:40 | 00:47:16 | 01:17:19 | 01:42:09 | 02:47:11 | 03:31:28 |
| Silver | 00:25:11 | 00:41:23 | 00:51:55 | 01:24:55 | 01:52:12 | 03:03:38 | 03:52:16 |
| Bronze | 00:27:26 | 00:45:04 | 00:56:33 | 01:32:30 | 02:02:13 | 03:20:02 | 04:13:01 |
| Tungsten | 00:30:44 | 00:50:29 | 01:03:20 | 01:43:36 | 02:16:53 | 03:44:02 | 04:43:22 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| LADIES - Age 45-49 | | | | | | | |
|  | 5k | 5m | 10k | 10m | 13.1m | 20m | 26.2m |
| Platinum | 00:19:32 | 00:32:10 | 00:40:24 | 01:06:09 | 01:27:24 | 02:25:18 | 03:01:11 |
| Diamond | 00:21:39 | 00:35:39 | 00:44:46 | 01:13:18 | 01:36:51 | 02:41:01 | 03:20:46 |
| Gold | 00:23:54 | 00:39:22 | 00:49:27 | 01:20:58 | 01:46:58 | 02:57:50 | 03:41:45 |
| Silver | 00:26:15 | 00:43:14 | 00:54:19 | 01:28:55 | 01:57:27 | 03:15:20 | 04:03:33 |
| Bronze | 00:28:36 | 00:47:06 | 00:59:10 | 01:36:52 | 02:07:59 | 03:32:46 | 04:25:18 |
| Tungsten | 00:32:02 | 00:52:45 | 01:06:16 | 01:48:29 | 02:23:20 | 03:58:18 | 04:57:08 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| LADIES - Age 50-54 | | | | | | | |
|  | 5k | 5m | 10k | 10m | 13.1m | 20m | 26.2m |
| Platinum | 00:20:36 | 00:34:02 | 00:42:49 | 01:10:08 | 01:32:40 | 02:35:10 | 03:12:38 |
| Diamond | 00:22:49 | 00:37:43 | 00:47:27 | 01:17:43 | 01:42:41 | 02:51:56 | 03:33:27 |
| Gold | 00:25:13 | 00:41:40 | 00:52:24 | 01:25:50 | 01:53:25 | 03:09:54 | 03:55:45 |
| Silver | 00:27:41 | 00:45:46 | 00:57:34 | 01:34:17 | 02:04:34 | 03:28:35 | 04:18:56 |
| Bronze | 00:30:10 | 00:49:51 | 01:02:42 | 01:42:42 | 02:15:41 | 03:47:12 | 04:42:04 |
| Tungsten | 00:33:47 | 00:55:50 | 01:10:14 | 01:55:02 | 02:31:58 | 04:14:28 | 05:15:54 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| LADIES - Age 55-59 | | | | | | | |
|  | 5k | 5m | 10k | 10m | 13.1m | 20m | 26.2m |
| Platinum | 00:21:49 | 00:36:10 | 00:45:36 | 01:14:43 | 01:38:42 | 02:46:27 | 03:25:50 |
| Diamond | 00:24:11 | 00:40:05 | 00:50:32 | 01:22:47 | 01:49:23 | 03:04:26 | 03:48:05 |
| Gold | 00:26:42 | 00:44:16 | 00:55:48 | 01:31:26 | 02:00:48 | 03:23:42 | 04:11:55 |
| Silver | 00:29:20 | 00:48:38 | 01:01:18 | 01:40:26 | 02:12:41 | 03:43:45 | 04:36:42 |
| Bronze | 00:31:57 | 00:52:58 | 01:06:46 | 01:49:24 | 02:24:32 | 04:03:43 | 05:01:24 |
| Tungsten | 00:35:47 | 00:59:20 | 01:14:47 | 02:02:32 | 02:41:53 | 04:32:58 | 05:37:34 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| LADIES - Age 60-64 | | | | | | | |
|  | 5k | 5m | 10k | 10m | 13.1m | 20m | 26.2m |
| Platinum | 00:23:11 | 00:38:36 | 00:48:45 | 01:19:55 | 01:45:36 | 03:00:15 | 03:41:00 |
| Diamond | 00:25:41 | 00:42:47 | 00:54:02 | 01:28:34 | 01:57:01 | 03:19:44 | 04:04:53 |
| Gold | 00:28:22 | 00:47:15 | 00:59:40 | 01:37:49 | 02:09:14 | 03:40:36 | 04:30:28 |
| Silver | 00:31:10 | 00:51:54 | 01:05:32 | 01:47:26 | 02:21:57 | 04:02:18 | 04:57:04 |
| Bronze | 00:33:56 | 00:56:32 | 01:11:24 | 01:57:02 | 02:34:37 | 04:23:56 | 05:23:36 |
| Tungsten | 00:38:01 | 01:03:19 | 01:19:58 | 02:11:04 | 02:53:10 | 04:55:36 | 06:02:26 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| LADIES - Age 65-69 | | | | | | | |
|  | 5k | 5m | 10k | 10m | 13.1m | 20m | 26.2m |
| Platinum | 00:24:43 | 00:41:23 | 00:52:23 | 01:25:55 | 01:53:31 | 03:18:13 | 03:58:33 |
| Diamond | 00:27:24 | 00:45:51 | 00:58:03 | 01:35:12 | 02:05:47 | 03:39:38 | 04:24:21 |
| Gold | 00:30:15 | 00:50:39 | 01:04:07 | 01:45:09 | 02:18:56 | 04:02:35 | 04:51:58 |
| Silver | 00:33:14 | 00:55:38 | 01:10:25 | 01:55:30 | 02:32:35 | 04:26:27 | 05:20:41 |
| Bronze | 00:36:12 | 01:00:36 | 01:16:42 | 02:05:48 | 02:46:13 | 04:50:14 | 05:49:19 |
| Tungsten | 00:40:32 | 01:07:52 | 01:25:54 | 02:20:54 | 03:06:10 | 05:25:04 | 06:31:14 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| LADIES - Age 70-74 | | | | | | | |
|  | 5k | 5m | 10k | 10m | 13.1m | 20m | 26.2m |
| Platinum | 00:26:30 | 00:44:35 | 00:56:35 | 01:32:53 | 02:02:43 | 03:42:21 | 04:19:10 |
| Diamond | 00:29:21 | 00:49:25 | 01:02:42 | 01:42:55 | 02:15:59 | 04:06:24 | 04:47:11 |
| Gold | 00:32:25 | 00:54:34 | 01:09:16 | 01:53:41 | 02:30:11 | 04:32:08 | 05:17:11 |
| Silver | 00:35:37 | 00:59:56 | 01:16:04 | 02:04:51 | 02:24:57 | 04:58:54 | 05:48:23 |
| Bronze | 00:38:47 | 01:05:17 | 01:22:52 | 02:16:00 | 02:59:41 | 05:25:36 | 06:19:29 |
| Tungsten | 00:43:27 | 01:13:08 | 01:32:48 | 02:32:20 | 03:21:15 | 06:04:40 | 07:05:02 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| LADIES - Age 75-79 | | | | | | | |
|  | 5k | 5m | 10k | 10m | 13.1m | 20m | 26.2m |
| Platinum | 00:28:32 | 00:48:20 | 01:01:33 | 01:41:17 | 02:14:05 | 04:03:54 | 04:45:56 |
| Diamond | 00:31:37 | 00:53:34 | 01:08:12 | 01:52:14 | 02:28:35 | 04:30:16 | 05:16:50 |
| Gold | 00:34:55 | 00:59:10 | 01:15:20 | 02:03:57 | 02:44:07 | 04:58:30 | 05:49:56 |
| Silver | 00:38:21 | 01:04:59 | 01:22:44 | 02:16:09 | 03:00:15 | 05:27:52 | 06:24:22 |
| Bronze | 00:41:47 | 01:10:47 | 01:30:07 | 02:28:18 | 03:16:21 | 05:57:09 | 06:58:41 |
| Tungsten | 00:46:48 | 01:19:17 | 01:40:56 | 02:46:06 | 03:39:54 | 06:40:00 | 07:48:55 |