



# CLUB STANDARDS

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# TABLE OF CONTENTS

## Contents

Club Standards Introduction	1
Mens Age Categories	2
Ladies Age Categories	5

# CLUB STANDARDS INTRODUCTION

## 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](mailto: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

## 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'S AGE CATEGORIES

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'S AGE CATEGORIES

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

## 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 CATEGORIES

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 CATEGORIES

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