

## Women's Club Standards 5K

Standard and Age Grade % required

AGE	Iron 40%		Copper 45%		Tungsten 50%		Bronze 55%		Silver 60%		Gold 65%		Platinum 70%		Diamond 75%		Sapphire 80%	
	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi
5	0:52:40	16:56	0:46:49	15:03	0:42:08	13:33	0:38:18	12:19	0:35:07	11:17	0:32:25	10:25	0:30:06	09:41	0:28:05	09:02	0:26:20	08:28
10	0:43:28	13:59	0:38:38	12:25	0:34:46	11:11	0:31:36	10:10	0:28:58	09:19	0:22:43	07:18	0:24:50	07:59	0:23:11	07:27	0:21:44	06:59
15	0:38:48	12:29	0:34:29	11:05	0:31:02	09:59	0:28:13	09:04	0:25:52	08:19	0:23:52	07:40	0:22:10	07:08	0:20:41	06:39	0:19:24	06:14
20	0:36:55	11:52	0:32:49	10:33	0:29:32	09:30	0:26:51	08:38	0:24:37	07:55	0:22:43	07:18	0:21:06	06:47	0:19:41	06:20	0:18:28	05:56
25	0:36:55	11:52	0:32:49	10:33	0:29:32	09:30	0:26:51	08:38	0:24:37	07:55	0:22:43	07:18	0:21:06	06:47	0:19:41	06:20	0:18:28	05:56
30	0:36:55	11:52	0:32:49	10:33	0:29:32	09:30	0:26:51	08:38	0:24:37	07:55	0:22:43	07:18	0:21:06	06:47	0:19:41	06:20	0:18:28	05:56
35	0:37:10	11:57	0:33:02	10:37	0:29:44	09:34	0:27:02	08:42	0:24:47	07:58	0:22:52	07:21	0:21:14	06:50	0:19:49	06:22	0:18:35	05:59
40	0:37:55	12:12	0:33:42	10:50	0:30:20	09:45	0:27:35	08:52	0:25:17	08:08	0:23:20	07:30	0:21:40	06:58	0:20:13	06:30	0:18:58	06:06
45	0:39:18	12:38	0:34:56	11:14	0:31:26	10:06	0:28:35	09:11	0:26:12	08:25	0:24:11	07:47	0:22:27	07:13	0:20:37	06:38	0:19:39	06:19
50	0:41:18	13:17	0:36:42	11:48	0:33:02	10:37	0:30:02	09:39	0:27:37	08:53	0:25:25	08:10	0:23:36	07:35	0:22:01	07:05	0:20:39	06:38
55	0:43:40	14:02	0:38:49	12:29	0:34:56	11:14	0:31:45	10:13	0:29:07	09:22	0:26:52	08:38	0:24:57	08:01	0:23:17	07:29	0:21:50	07:01
60	0:46:20	14:54	0:41:11	13:15	0:37:04	11:55	0:33:42	10:50	0:30:53	09:56	0:28:31	09:10	0:26:29	08:31	0:24:43	07:57	0:23:10	07:27
65	0:49:20	15:52	0:43:51	14:06	0:39:28	12:41	0:35:53	11:32	0:32:53	10:34	0:30:22	09:46	0:28:11	09:04	0:26:19	08:28	0:24:40	07:56
70	0:52:48	16:59	0:46:56	15:05	0:42:14	13:35	0:38:24	12:21	0:35:12	11:19	0:32:29	10:27	0:30:10	09:42	0:28:09	09:03	0:26:24	08:29
75	0:56:43	18:14	0:50:24	16:12	0:45:22	14:35	0:41:15	13:16	0:37:48	12:09	0:34:54	11:13	0:32:24	10:25	0:30:15	09:44	0:28:21	09:07
80	1:01:23	19:44	0:54:33	17:32	0:49:06	15:47	0:44:38	14:21	0:40:55	13:09	0:37:46	12:09	0:35:04	11:17	0:32:44	10:32	0:30:41	09:52
85	1:09:08	22:14	1:01:27	19:46	0:55:18	17:47	0:50:16	16:10	0:46:05	14:49	0:42:32	13:41	0:39:30	12:42	0:36:52	11:51	0:34:34	11:07

## Women's Club Standards 5M

Standard and Age Grade % required

AGE	Iron 40%		Copper 45%		Tungsten 50%		Bronze 55%		Silver 60%		Gold 65%		Platinum 70%		Diamond 75%		Sapphire 80%	
	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi
5	1:27:18	17:28	1:17:36	15:31	1:09:50	13:58	1:03:29	12:42	0:58:12	11:38	0:53:42	10:44	0:49:53	09:59	0:46:33	09:19	0:43:39	08:44
10	1:11:55	14:23	1:03:56	12:47	0:57:32	11:30	0:52:18	10:28	0:47:57	09:35	0:44:15	08:51	0:41:06	08:13	0:38:21	07:40	0:35:58	07:12
15	1:04:05	12:49	0:56:58	11:24	0:51:16	10:15	0:46:36	09:19	0:42:43	08:33	0:39:26	07:53	0:36:37	07:19	0:34:11	06:50	0:32:03	06:25
20	1:00:30	12:06	0:53:47	10:45	0:48:24	09:41	0:44:00	08:48	0:40:20	08:04	0:37:14	07:27	0:34:34	06:55	0:32:16	06:27	0:30:15	06:03
25	1:00:30	12:06	0:53:47	10:45	0:48:24	09:41	0:44:00	08:48	0:40:20	08:04	0:37:14	07:27	0:34:34	06:55	0:32:16	06:27	0:30:15	06:03
30	1:00:30	12:06	0:53:47	10:45	0:48:24	09:41	0:44:00	08:48	0:40:20	08:04	0:37:14	07:27	0:34:34	06:55	0:32:16	06:27	0:30:15	06:03
35	1:00:55	12:11	0:54:09	10:50	0:48:44	09:45	0:44:18	08:52	0:40:37	08:07	0:37:29	07:30	0:34:49	06:58	0:32:29	06:30	0:30:28	06:06
40	1:02:15	12:27	0:55:20	11:04	0:49:48	09:58	0:45:16	09:03	0:41:30	08:18	0:38:18	07:40	0:35:34	07:07	0:33:12	06:38	0:31:08	06:14
45	1:04:38	12:56	0:57:27	11:29	0:51:42	10:20	0:47:00	09:24	0:43:05	08:37	0:39:46	07:57	0:36:56	07:23	0:34:28	06:54	0:32:19	06:28
50	1:08:10	13:38	1:00:36	12:07	0:54:32	10:54	0:49:35	09:55	0:45:27	09:05	0:41:57	08:23	0:38:57	07:47	0:36:21	07:16	0:34:05	06:49
55	1:12:20	14:28	1:04:18	12:52	0:57:52	11:34	0:52:36	10:31	0:48:13	09:39	0:44:31	08:54	0:41:20	08:16	0:38:35	07:43	0:36:10	07:14
60	1:17:03	15:25	1:08:29	13:42	1:01:38	12:20	0:56:02	11:12	0:51:22	10:16	0:47:25	09:29	0:44:01	08:48	0:41:05	08:13	0:38:31	07:42
65	1:22:25	16:29	1:13:16	14:39	1:05:56	13:11	0:59:56	11:59	0:54:57	10:59	0:50:43	10:09	0:47:06	09:25	0:43:57	08:47	0:41:13	08:15
70	1:28:38	17:44	1:18:47	15:45	1:10:54	14:11	1:04:27	12:53	0:59:05	11:49	0:54:32	10:54	0:50:39	10:08	0:47:16	09:27	0:44:19	08:52
75	1:35:50	19:10	1:25:11	17:02	1:16:40	15:20	1:09:42	13:56	1:03:53	12:47	1:07:49	13:34	0:54:46	10:57	0:51:07	10:13	0:47:55	09:35
80	1:44:35	20:55	1:32:58	18:36	1:23:40	16:44	1:16:04	15:13	1:09:43	13:57	1:04:22	12:52	0:59:46	11:57	0:55:47	11:09	0:52:18	10:28
85	1:59:20	23:52	1:46:04	21:13	1:35:28	19:06	1:26:47	17:21	1:19:33	15:55	1:13:26	14:41	1:08:11	13:38	1:03:39	12:44	0:59:40	11:56

## Women's Club Standards 10K

Standard and Age Grade % required

AGE	Iron 40%		Copper 45%		Tungsten 50%		Bronze 55%		Silver 60%		Gold 65%		Platinum 70%		Diamond 75%		Sapphire 80%	
	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi
5	1:49:25	17:37	1:37:16	15:40	1:27:32	14:06	1:19:35	12:49	1:12:57	11:45	1:07:20	10:51	1:02:31	10:04	0:58:21	09:24	0:54:43	08:49
10	1:30:08	14:31	1:20:07	12:54	1:12:06	11:37	1:05:33	10:33	1:00:05	09:41	0:55:28	08:56	0:51:30	08:18	0:48:04	07:44	0:45:04	07:15
15	1:20:20	12:56	1:11:24	11:30	1:04:16	10:21	0:58:25	09:24	0:53:33	08:37	0:49:26	07:58	0:45:54	07:23	0:42:51	06:54	0:40:10	06:28
20	1:15:50	12:13	1:07:24	10:51	1:00:40	09:46	0:55:09	08:53	0:50:33	08:08	0:46:40	07:31	0:43:20	06:59	0:40:27	06:31	0:37:55	06:06
25	1:15:50	12:13	1:07:24	10:51	1:00:40	09:46	0:55:09	08:53	0:50:33	08:08	0:46:40	07:31	0:43:20	06:59	0:40:27	06:31	0:37:55	06:06
30	1:15:50	12:13	1:07:24	10:51	1:00:40	09:46	0:55:09	08:53	0:50:33	08:08	0:46:40	07:31	0:43:20	06:59	0:40:27	06:31	0:37:55	06:06
35	1:16:23	12:18	1:07:53	10:56	1:01:06	09:50	0:55:33	08:57	0:50:55	08:12	0:47:00	07:34	0:43:39	07:02	0:40:44	06:34	0:38:11	06:09
40	1:18:05	12:34	1:09:24	11:11	1:02:28	10:04	0:56:47	09:09	0:52:03	08:23	0:48:03	07:44	0:44:37	07:11	0:41:39	06:42	0:39:03	06:17
45	1:21:08	13:04	1:12:07	11:37	1:04:54	10:27	0:59:00	09:30	0:54:05	08:43	0:49:55	08:02	0:46:21	07:28	0:43:16	06:58	0:40:34	06:32
50	1:25:40	13:48	1:16:09	12:16	1:08:32	11:02	1:02:18	10:02	0:57:07	09:12	0:52:43	08:29	0:48:57	07:53	0:45:41	07:21	0:42:50	06:54
55	1:31:05	14:40	1:20:58	13:02	1:12:52	11:44	1:06:15	10:40	1:00:43	09:47	0:56:03	09:02	0:52:03	08:23	0:48:35	07:49	0:45:33	07:20
60	1:37:13	15:39	1:26:24	13:55	1:17:46	12:31	1:10:42	11:23	1:04:48	10:26	0:59:49	09:38	0:55:33	08:57	0:51:51	08:21	0:48:36	07:50
65	1:44:15	16:47	1:32:40	14:55	1:23:24	13:26	1:15:49	12:13	1:09:30	11:11	1:04:09	10:20	0:59:34	09:36	0:55:36	08:57	0:52:08	08:24
70	1:52:20	18:05	1:39:51	16:05	1:29:52	14:28	1:21:42	13:09	1:14:53	12:04	1:09:08	11:08	1:04:11	10:20	0:59:55	09:39	0:56:10	09:03
75	2:01:50	19:37	1:48:18	17:26	1:37:28	15:42	1:28:36	14:16	1:21:13	13:05	1:14:58	12:04	1:09:37	11:13	1:04:59	10:28	1:00:55	09:49
80	2:13:30	21:30	1:58:40	19:07	1:46:48	17:12	1:37:05	15:38	1:29:00	14:20	1:22:09	13:14	1:16:17	12:17	1:11:12	11:28	1:06:45	10:45
85	2:33:20	24:41	2:16:18	21:57	2:02:40	19:45	1:51:31	17:57	1:42:13	16:28	1:34:22	15:12	1:27:37	14:07	1:21:47	13:10	1:16:40	12:21

## Women's Club Standards 10M

Standard and Age Grade % required

AGE	Iron 40%		Copper 45%		Tungsten 50%		Bronze 55%		Silver 60%		Gold 65%		Platinum 70%		Diamond 75%		Sapphire 80%	
	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi
5	3:09:05	18:54	2:48:04	16:48	2:31:16	15:08	2:17:31	13:45	2:06:03	12:36	1:56:22	11:38	01:48:03	10:48	1:40:51	10:05	1:34:33	09:27
10	2:28:38	14:52	2:12:07	13:13	1:58:44	11:52	1:48:05	10:48	1:39:05	09:55	1:31:28	09:09	1:24:56	08:30	1:19:16	07:56	1:14:19	07:26
15	2:09:33	12:57	1:55:09	11:31	1:43:38	10:22	1:34:13	09:25	1:26:22	08:38	1:19:43	07:58	1:14:01	07:24	1:09:05	06:55	1:04:46	06:29
20	2:03:23	12:20	1:49:40	10:58	1:38:42	09:52	1:29:44	08:58	1:22:15	08:13	1:15:55	07:35	1:10:30	07:03	1:05:48	06:35	1:01:41	06:10
25	2:03:23	12:20	1:49:40	10:58	1:38:42	09:52	1:29:44	08:58	1:22:15	08:13	1:15:55	07:35	1:10:30	07:03	1:05:48	06:35	1:01:41	06:10
30	2:03:25	12:20	1:49:42	10:58	1:38:44	09:52	1:29:45	08:59	1:22:17	08:14	1:15:57	07:36	1:10:31	07:03	1:05:49	06:35	1:01:43	06:10
35	2:04:38	12:28	1:50:47	11:05	1:39:42	09:58	1:30:38	09:04	1:23:05	08:19	1:16:42	07:40	1:11:13	07:07	1:06:28	06:39	1:02:19	06:14
40	2:07:38	12:46	1:53:27	11:21	1:42:06	10:13	1:32:49	09:17	1:25:05	08:31	1:18:32	07:51	1:12:56	07:18	1:08:04	06:48	1:03:49	06:23
45	2:12:45	13:16	1:58:00	11:48	1:46:12	10:37	1:36:33	09:39	1:28:30	08:51	1:21:42	08:10	1:15:51	07:35	1:10:48	07:05	1:06:23	06:38
50	2:20:18	14:02	2:04:42	12:28	1:52:14	11:13	1:42:02	10:12	1:33:32	09:21	1:26:20	08:38	1:20:10	08:01	1:14:49	07:29	1:10:09	07:01
55	2:29:13	14:55	2:12:38	13:16	1:59:22	11:56	1:48:31	10:51	1:39:28	09:57	1:31:49	09:11	1:25:16	08:32	1:19:35	07:58	1:14:36	07:28
60	2:39:20	15:56	2:21:38	14:10	2:07:28	12:45	1:55:53	11:35	1:46:13	10:37	1:38:03	09:48	1:31:03	09:06	1:24:59	08:30	1:19:40	07:58
65	2:50:55	17:05	2:31:56	15:12	2:16:44	13:40	2:04:18	12:26	1:53:57	11:24	1:45:11	10:31	1:37:40	09:46	1:31:09	09:07	1:25:28	08:33
70	3:04:20	18:26	2:43:51	16:23	2:27:28	14:45	2:14:04	13:24	2:02:53	12:17	1:53:26	11:21	1:45:20	10:32	1:38:19	09:50	1:32:10	09:13
75	3:20:03	20:00	2:57:49	17:47	2:40:02	16:00	2:25:29	14:33	2:13:22	13:20	2:03:03	12:18	1:54:19	11:26	1:46:41	10:40	1:40:01	10:00
80	3:41:08	22:07	3:16:33	19:39	2:56:54	17:41	2:40:49	16:05	2:27:25	14:44	2:16:05	13:37	2:06:21	12:38	1:57:56	11:48	1:50:34	11:03
85	4:17:35	25:45	3:48:58	22:54	3:26:04	20:36	3:07:20	18:44	2:51:43	17:10	2:38:31	15:51	2:27:11	14:43	2:17:23	13:44	2:08:48	12:53

## Women's Club Standards HM

Standard and Age Grade % required

AGE	Iron 40%		Copper 45%		Tungsten 50%		Bronze 55%		Silver 60%		Gold 65%		Platinum 70%		Diamond 75%		Sapphire 80%	
	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi
5	4:34:10	20:56	4:03:42	18:36	3:39:20	16:45	3:19:24	15:13	3:02:47	13:57	2:48:42	12:53	2:36:40	11:58	2:26:13	11:10	2:17:05	10:28
10	3:27:08	15:49	3:04:07	14:03	2:45:42	12:39	2:30:38	11:30	2:18:05	10:32	2:07:28	09:44	1:58:21	09:02	1:50:28	08:26	1:43:34	07:54
15	2:58:15	13:36	2:38:27	12:06	2:22:36	10:53	2:09:38	09:54	1:58:50	09:04	1:49:42	08:22	1:41:51	07:46	1:35:04	07:15	1:29:08	06:48
20	2:44:15	12:32	2:26:00	11:09	2:11:24	10:02	1:59:27	09:07	1:49:30	08:22	1:41:05	07:43	1:33:51	07:10	1:27:36	06:41	1:22:08	06:16
25	2:43:00	12:27	2:24:53	11:04	2:10:24	09:57	1:58:33	09:03	1:48:40	08:18	1:40:18	07:39	1:33:09	07:07	1:26:56	06:38	1:21:30	06:13
30	2:43:03	12:27	2:24:56	11:04	2:10:26	09:57	1:58:35	09:03	1:48:42	08:18	1:40:20	07:40	1:33:10	07:07	1:26:57	06:38	1:21:31	06:13
35	2:44:38	12:34	2:26:20	11:10	2:11:42	10:03	1:59:34	09:08	1:49:45	08:23	1:41:18	07:44	1:34:04	07:11	1:27:48	06:42	1:22:19	06:17
40	2:48:38	12:52	2:29:53	11:26	2:14:54	10:18	2:02:38	09:22	1:52:25	08:35	1:42:46	07:51	1:36:21	07:21	1:29:56	06:52	1:24:19	06:26
45	2:55:25	13:23	2:35:56	11:54	2:20:20	10:43	2:07:35	09:44	1:56:57	08:56	1:47:57	08:14	1:40:14	07:39	1:33:33	07:08	1:27:43	06:42
50	3:05:23	14:09	2:44:47	12:35	2:28:18	11:19	2:14:49	10:17	2:03:35	09:26	1:54:05	08:43	1:45:56	08:05	1:38:52	07:33	1:32:41	07:05
55	3:17:08	15:03	2:55:13	13:23	2:37:42	12:02	2:23:22	10:57	2:11:25	10:02	2:01:18	09:16	1:52:39	08:36	1:45:08	08:02	1:38:34	07:31
60	3:30:30	16:04	3:07:07	14:17	2:48:24	12:51	2:33:05	11:41	2:20:20	10:43	2:09:32	09:53	2:00:17	09:11	1:52:16	08:34	1:45:15	08:02
65	3:45:50	17:14	3:20:44	15:19	3:00:40	13:47	2:44:15	12:32	2:30:33	11:30	2:18:58	10:36	2:09:03	09:51	2:00:27	09:12	1:52:55	08:37
70	4:03:33	18:35	3:36:29	16:32	3:14:50	14:52	2:57:07	13:31	2:42:22	12:24	2:29:52	11:26	2:19:10	10:37	2:09:53	09:55	2:01:46	09:18
75	4:24:15	20:10	3:54:53	17:56	3:31:24	16:08	3:12:11	14:40	2:56:10	13:27	2:42:37	12:25	2:31:00	11:32	2:20:56	10:45	2:12:08	10:05
80	4:53:48	22:26	4:21:09	19:56	3:55:02	17:56	3:33:40	16:19	3:15:52	14:57	3:00:48	13:48	2:47:53	12:49	2:36:41	11:58	2:26:54	11:13
85	5:44:03	26:16	5:05:49	23:21	4:35:14	21:01	4:10:13	19:06	3:49:22	17:31	3:31:43	16:10	3:16:36	15:00	3:03:29	14:00	2:52:01	13:08
80	7:46:03	23:18	6:54:16	20:43	6:12:50	18:38	5:38:56	16:57	5:10:42	15:32	4:46:48	14:20	4:26:19	13:19	4:08:33	12:26	3:53:01	11:39
85	9:12:55	27:39	8:11:29	24:34	7:22:20	22:07	6:42:07	20:06	6:08:37	18:26	5:40:15	17:01	5:15:57	15:48	4:54:53	14:45	4:36:28	13:49

## Women's Club Standards 20M

Standard and Age Grade % required

AGE	Iron 40%		Copper 45%		Tungsten 50%		Bronze 55%		Silver 60%		Gold 65%		Platinum 70%		Diamond 75%		Sapphire 80%	
	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi
5	6:25:23	19:16	5:42:33	17:08	5:08:18	15:25	4:40:16	14:01	4:16:55	12:51	3:57:09	11:51	3:40:13	11:01	3:25:32	10:17	3:12:41	09:38
10	5:05:35	15:17	4:31:38	13:35	4:04:28	12:13	3:42:15	11:07	3:23:43	10:11	3:08:03	09:24	2:54:37	08:44	2:42:59	08:09	2:32:48	07:38
15	4:27:23	13:22	3:57:40	11:53	3:33:54	10:42	3:14:27	09:43	2:58:15	08:55	2:44:32	08:14	2:32:47	07:38	2:22:36	07:08	2:13:41	06:41
20	4:14:15	12:43	3:46:00	11:18	3:23:24	10:10	3:04:55	09:15	2:49:30	08:29	2:36:28	07:49	2:25:17	07:16	2:15:36	06:47	2:07:08	06:21
25	4:14:15	12:43	3:46:00	11:18	3:23:24	10:10	3:04:55	09:15	2:49:30	08:29	2:36:28	07:49	2:25:17	07:16	2:15:36	06:47	2:07:08	06:21
30	4:14:15	12:43	3:46:00	11:18	3:23:24	10:10	3:04:55	09:15	2:49:30	08:29	2:36:28	07:49	2:25:17	07:16	2:15:36	06:47	2:07:08	06:21
35	4:16:08	12:48	3:47:40	11:23	3:24:54	10:15	3:06:16	09:19	2:50:45	08:32	2:37:37	07:53	2:26:21	07:19	2:16:36	06:50	2:08:04	06:24
40	4:22:00	13:06	3:52:53	11:39	3:29:36	10:29	3:10:33	09:32	2:54:40	08:44	2:41:14	08:04	2:29:43	07:29	2:19:44	06:59	2:11:00	06:33
45	4:32:30	13:38	4:02:13	12:07	3:38:00	10:54	3:18:11	09:55	3:01:40	09:05	2:47:42	08:23	2:35:43	07:47	2:25:20	07:16	2:16:15	06:49
50	4:48:23	14:25	4:16:20	12:49	3:50:42	11:32	3:29:44	10:29	3:12:15	09:37	2:57:28	08:52	2:44:47	08:14	2:33:48	07:41	2:24:11	07:13
55	5:07:08	15:21	4:33:00	13:39	4:05:42	12:17	3:43:22	11:10	3:24:45	10:14	3:09:00	09:27	2:55:30	08:47	2:43:48	08:11	2:33:34	07:41
60	5:28:35	16:26	4:52:04	14:36	4:22:52	13:09	3:58:58	11:57	3:39:03	10:57	3:22:12	10:07	3:07:46	09:23	2:55:15	08:46	2:44:18	08:13
65	5:53:15	17:40	5:14:00	15:42	4:42:36	14:08	4:16:55	12:51	3:55:30	11:46	3:37:23	10:52	3:21:51	10:06	3:08:24	09:25	2:56:38	08:50
70	6:21:50	19:06	5:39:24	16:58	5:05:28	15:16	4:37:42	13:53	4:14:33	12:44	3:54:58	11:45	3:38:11	10:55	3:23:39	10:11	3:10:55	09:33
75	6:55:40	20:47	6:09:29	18:28	5:32:32	16:38	5:02:18	15:07	4:37:07	13:51	4:15:48	12:47	3:57:31	11:53	3:41:41	11:05	3:27:50	10:24
80	7:46:03	23:18	6:54:16	20:43	6:12:50	18:38	5:38:56	16:57	5:10:42	15:32	4:46:48	14:20	4:26:19	13:19	4:08:33	12:26	3:53:01	11:39
85	9:12:55	27:39	8:11:29	24:34	7:22:20	22:07	6:42:07	20:06	6:08:37	18:26	5:40:15	17:01	5:15:57	15:48	4:54:53	14:45	4:36:28	13:49

## Women's Club Standards Marathon

Standard and Age Grade % required

AGE	Iron 40%		Copper 45%		Tungsten 50%		Bronze 55%		Silver 60%		Gold 65%		Platinum 70%		Diamond 75%		Sapphire 80%	
	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi
5	08:08:30	18:39	07:14:13	16:34	06:30:48	14:55	05:55:16	13:34	05:25:40	12:26	05:00:37	11:28	04:39:09	10:39	04:20:32	09:57	04:04:15	09:19
10	06:42:25	15:22	05:57:42	13:39	05:21:56	12:17	04:52:40	11:10	04:28:17	10:14	04:07:38	09:27	03:49:57	08:47	03:34:37	08:11	03:21:13	07:41
15	05:58:38	13:41	05:18:47	12:10	04:46:54	10:57	04:20:49	09:57	03:59:05	09:08	03:40:42	08:25	03:24:56	07:49	03:11:16	07:18	02:59:19	06:51
20	05:38:33	12:55	05:00:56	11:29	04:30:50	10:20	04:06:13	09:24	03:45:42	08:37	03:28:20	07:57	03:13:27	07:23	03:00:33	06:53	02:49:16	06:28
25	05:38:33	12:55	05:00:56	11:29	04:30:50	10:20	04:06:13	09:24	03:45:42	08:37	03:28:20	07:57	03:13:27	07:23	03:00:33	06:53	02:49:16	06:28
30	05:38:33	12:55	05:00:56	11:29	04:30:50	10:20	04:06:13	09:24	03:45:42	08:37	03:28:20	07:57	03:13:27	07:23	03:00:33	06:53	02:49:16	06:28
35	05:41:05	13:01	05:03:11	11:34	04:32:52	10:25	04:08:04	09:28	03:47:23	08:41	03:29:54	08:01	03:14:54	07:26	03:01:55	06:57	02:50:33	06:31
40	05:49:03	13:19	05:10:16	11:51	04:39:14	10:39	04:13:51	09:41	03:52:42	08:53	03:34:48	08:12	03:19:27	07:37	03:06:09	07:06	02:54:31	06:40
45	06:03:20	13:52	05:22:58	12:20	04:50:40	11:06	04:24:15	10:05	04:02:13	09:15	03:43:35	08:32	03:27:37	07:55	03:13:47	07:24	03:01:40	06:56
50	06:24:53	14:41	05:42:07	13:03	05:07:54	11:45	04:39:55	10:41	04:16:35	09:48	03:56:51	09:02	03:39:56	08:24	03:25:16	07:50	03:12:26	07:21
55	06:50:33	15:40	06:04:56	13:56	05:28:26	12:32	04:58:35	11:24	04:33:42	10:27	04:12:38	09:39	03:54:36	08:57	03:38:57	08:21	03:25:16	07:50
60	07:19:53	16:47	06:31:00	14:55	05:51:54	13:26	05:19:55	12:13	04:53:15	11:12	04:30:42	10:20	04:11:21	09:36	03:54:36	08:57	03:39:56	08:24
65	07:53:45	18:05	07:01:07	16:04	06:19:00	14:28	05:44:33	13:09	05:15:50	12:03	04:51:32	11:08	04:30:43	10:20	04:12:40	09:39	03:56:53	09:02
70	08:33:15	19:35	07:36:13	17:25	06:50:36	15:40	06:13:16	14:15	05:42:10	13:04	05:15:51	12:03	04:53:17	11:12	04:33:44	10:27	04:16:38	09:48
75	09:20:20	21:23	08:18:04	19:01	07:28:16	17:07	06:47:31	15:33	06:13:33	14:15	05:44:49	13:10	05:20:11	12:13	04:58:51	11:24	04:40:10	10:42
80	10:32:33	24:09	09:22:16	21:28	08:26:02	19:19	07:40:02	17:34	07:01:42	16:06	06:29:15	14:51	06:01:27	13:48	05:37:21	12:53	05:16:16	12:04
85	12:38:43	28:58	11:14:24	25:44	10:06:58	23:10	09:11:47	21:04	08:25:48	19:18	07:46:54	17:49	07:13:33	16:33	06:44:39	00:15:27	06:19:21	14:29