

UKA Club Standard Times

Metric

	85%	80%	73%	65%	60%	55%	48%
	Diamond	Emerald	Platinum	Gold	Silver	Bronze	Copper
MALE							

MALE Senior under 35

		Diamond	Emerald	Platinum	Gold	Silver	Bronze	Copper
5k	30	00:15:19	00:16:17	00:17:58	00:20:02	00:21:42	00:23:41	00:27:25
5m	30	00:25:05	00:26:39	00:29:25	00:32:48	00:35:33	00:38:46	00:44:54
10k	30	00:31:26	00:33:24	00:36:51	00:41:06	00:44:32	00:48:35	00:56:15
10m	30	00:51:46	00:55:00	01:00:41	01:07:42	01:13:20	01:20:00	01:32:38
Half	30	01:08:41	01:12:59	01:20:32	01:29:49	01:37:18	01:46:09	02:02:55
20m	30	01:48:02	01:54:47	02:06:40	02:21:17	02:33:03	02:46:58	03:13:20
Marathon	30	02:24:39	02:33:41	02:49:35	03:09:09	03:24:55	03:43:33	04:18:51

Metric

MALE 35-39

		Diamond	Emerald	Platinum	Gold	Silver	Bronze	Copper
5k	35	00:15:36	00:16:35	00:18:18	00:20:24	00:22:06	00:24:07	00:27:55
5m	35	00:25:24	00:26:59	00:29:46	00:33:13	00:35:59	00:39:15	00:45:27
10k	35	00:31:43	00:33:42	00:37:12	00:41:29	00:44:56	00:49:02	00:56:46
10m	35	00:52:06	00:55:21	01:01:05	01:08:08	01:13:48	01:20:31	01:33:14
Half	35	01:09:02	01:13:21	01:20:56	01:30:16	01:37:48	01:46:41	02:03:32
20m	35	01:48:35	01:55:22	02:07:18	02:22:00	02:33:49	02:47:49	03:14:18
Marathon	35	02:25:22	02:34:28	02:50:26	03:10:06	03:25:57	03:44:40	04:20:09

MALE 40-44

Metric

		Diamond	Emerald	Platinum	Gold	Silver	Bronze	Copper
5k	40	00:16:08	00:17:08	00:18:54	00:21:05	00:22:51	00:24:55	00:28:52
5m	40	00:26:10	00:27:48	00:30:41	00:34:14	00:37:05	00:40:27	00:46:50
10k	40	00:32:36	00:34:39	00:38:14	00:42:38	00:46:11	00:50:23	00:58:21
10m	40	00:53:24	00:56:44	01:02:36	01:09:49	01:15:38	01:22:31	01:35:33
Half	40	01:10:38	01:15:03	01:22:48	01:32:22	01:40:03	01:49:09	02:06:23
20m	40	01:51:06	01:58:02	02:10:15	02:25:17	02:37:23	02:51:41	03:18:48
Marathon	40	02:28:44	02:38:02	02:54:23	03:14:30	03:30:43	03:49:52	04:26:10

MALE 45-49

Metric

		Diamond	Emerald	Platinum	Gold	Silver	Bronze	Copper
5k	45	00:16:43	00:17:46	00:19:36	00:21:52	00:23:41	00:25:50	00:29:55
5m	45	00:27:12	00:28:54	00:31:53	00:35:34	00:38:32	00:42:02	00:48:40
10k	45	00:33:55	00:36:02	00:39:46	00:44:21	00:48:03	00:52:25	01:00:42
10m	45	00:55:33	00:59:01	01:05:07	01:12:38	01:18:42	01:25:51	01:39:24
Half	45	01:13:28	01:18:03	01:26:08	01:36:04	01:44:04	01:53:32	02:11:27
20m	45	01:55:33	02:02:46	02:15:28	02:31:06	02:43:42	02:58:35	03:26:46
Marathon	45	02:34:42	02:44:22	03:01:23	03:22:18	03:39:10	03:59:05	04:36:50

MALE 50-54

	Diamond	Emerald	Platinum	Gold	Silver	Bronze	Copper
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5k	50	00:17:21	00:18:26	00:20:21	00:22:42	00:24:35	00:26:49	00:31:03
5m	50	00:28:19	00:30:05	00:33:11	00:37:01	00:40:06	00:43:45	00:50:39
10k	50	00:35:21	00:37:33	00:41:26	00:46:13	00:50:04	00:54:37	01:03:15
10m	50	00:57:56	01:01:33	01:07:55	01:15:46	01:22:04	01:29:32	01:43:40
Half	50	01:16:39	01:21:26	01:29:52	01:40:14	01:48:35	01:58:28	02:17:10
20m	50	02:00:34	02:08:06	02:21:21	02:37:40	02:50:48	03:06:20	03:35:45
Marathon	50	02:41:25	02:51:30	03:09:15	03:31:05	03:48:41	04:09:28	04:48:51

Metric

MALE 55-59

		Diamond	Emerald	Platinum	Gold	Silver	Bronze	Copper
5k	55	00:18:03	00:19:10	00:21:09	00:23:36	00:25:34	00:27:53	00:32:17
5m	55	00:29:31	00:31:22	00:34:36	00:38:36	00:41:49	00:45:37	00:52:49
10k	55	00:36:54	00:39:12	00:43:15	00:48:15	00:52:16	00:57:01	01:06:01
10m	55	01:00:32	01:04:19	01:10:58	01:19:09	01:25:45	01:33:33	01:48:19
Half	55	01:20:08	01:25:08	01:33:57	01:44:47	01:53:31	02:03:50	02:23:23
20m	55	02:06:02	02:13:55	02:27:46	02:44:49	02:58:33	03:14:47	03:45:32
Marathon	55	02:48:45	02:59:17	03:17:50	03:40:40	03:59:03	04:20:47	05:01:58

MALE 60-64

		Diamond	Emerald	Platinum	Gold	Silver	Bronze	Copper
5k	60	00:18:47	00:19:58	00:22:01	00:24:34	00:26:37	00:29:02	00:33:37
5m	60	00:30:50	00:32:45	00:36:09	00:40:19	00:43:40	00:47:39	00:55:10
10k	60	00:38:35	00:41:00	00:45:15	00:50:28	00:54:40	00:59:38	01:09:03
10m	60	01:03:23	01:07:20	01:14:18	01:22:53	01:29:47	01:37:57	01:53:24
Half	60	01:23:56	01:29:11	01:38:25	01:49:46	01:58:55	02:09:43	02:30:12
20m	60	02:12:02	02:20:17	02:34:48	02:52:39	03:07:02	03:24:03	03:56:16
Marathon	60	02:56:46	03:07:49	03:27:15	03:51:09	04:10:25	04:33:11	05:16:19

Metric

MALE 65-69

		Diamond	Emerald	Platinum	Gold	Silver	Bronze	Copper
5k	65	00:19:36	00:20:49	00:22:58	00:25:37	00:27:45	00:30:17	00:35:04
5m	65	00:32:16	00:34:17	00:37:49	00:42:11	00:45:42	00:49:51	00:57:44
10k		00:40:27	00:42:58	00:47:25	00:52:54	00:57:18	01:02:31	01:12:23
10m	65	01:06:30	01:10:39	01:17:57	01:26:57	01:34:12	01:42:46	01:58:59
Half	65	01:28:08	01:33:38	01:43:19	01:55:15	02:04:51	02:16:12	02:37:42
20m	65	02:18:37	02:27:17	02:42:31	03:01:16	03:16:23	03:34:14	04:08:03
Marathon	65	03:05:35	03:17:11	03:37:35	04:02:41	04:22:55	04:46:49	05:32:06

Metric

MALE 70-74

		Diamond	Emerald	Platinum	Gold	Silver	Bronze	Copper
5k	70	00:20:33	00:21:50	00:24:06	00:26:52	00:29:07	00:31:46	00:36:46
5m	70	00:33:53	00:36:00	00:39:44	00:44:19	00:48:00	00:52:22	01:00:38
10k	70	00:42:32	00:45:11	00:49:52	00:55:37	01:00:15	01:05:43	01:16:06
10m	70	01:09:57	01:14:19	01:22:00	01:31:28	01:39:05	01:48:06	02:05:10
Half	70	01:32:45	01:38:33	01:48:45	02:01:18	02:11:24	02:23:21	02:45:59
20m	70	02:25:54	02:35:01	02:51:03	03:10:48	03:26:42	03:45:29	04:21:05
Marathon	70	03:15:20	03:27:33	03:49:01	04:15:26	04:36:44	05:01:53	05:49:33

Metric

MALE over 75

		Diamond	Emerald	Platinum	Gold	Silver	Bronze	Copper
5k	75	00:22:03	00:23:26	00:25:51	00:28:50	00:31:15	00:34:05	00:39:28
5m	75	00:36:21	00:38:37	00:42:37	00:47:32	00:51:30	00:56:11	01:05:03
10k	75	00:45:36	00:48:27	00:53:28	00:59:38	01:04:36	01:10:29	01:21:37
10m	75	01:14:52	01:19:32	01:27:46	01:37:54	01:46:03	01:55:41	02:13:57
Half	75	01:39:08	01:45:19	01:56:13	02:09:38	02:20:26	02:33:12	02:57:23
20m	75	02:35:55	02:45:40	03:02:48	03:23:54	03:40:53	04:00:58	04:39:01
Marathon	75	03:28:45	03:41:48	04:04:45	04:32:59	04:55:44	05:22:37	06:13:34

	85%	80%	73%	65%	60%	55%	48%
	Diamond	Emerald	Platinum	Gold	Silver	Bronze	Copper
FEMALE							

FEMALE Senior under 35

		Diamond	Emerald	Platinum	Gold	Silver	Bronze	Copper
5k	30	00:17:22	00:18:27	00:20:22	00:22:43	00:24:37	00:26:51	00:31:05
5m	30	00:28:28	00:30:15	00:33:23	00:37:14	00:40:20	00:44:00	00:50:57
10k	30	00:35:41	00:37:55	00:41:50	00:46:40	00:50:33	00:55:09	01:03:52
10m	30	00:58:05	01:01:42	01:08:05	01:15:57	01:22:16	01:29:45	01:43:56
Half	30	01:16:44	01:21:31	01:29:57	01:40:20	01:48:42	01:58:35	02:17:18
20m	30	01:59:35	02:07:04	02:20:12	02:36:23	02:49:25	03:04:49	03:34:00
Marathon	30	02:39:19	02:49:16	03:06:47	03:28:20	03:45:42	04:06:13	04:45:05

FEMALE 35-39

		Diamond	Emerald	Platinum	Gold	Silver	Bronze	Copper
5k	35	00:17:29	00:18:35	00:20:30	00:22:52	00:24:46	00:27:01	00:31:17
5m	35	00:28:40	00:30:28	00:33:37	00:37:29	00:40:37	00:44:18	00:51:18
10k	35	00:35:56	00:38:11	00:42:08	00:47:00	00:50:55	00:55:32	01:04:19
10m	35	00:58:38	01:02:18	01:08:45	01:16:41	01:23:04	01:30:37	01:44:56
Half	35	01:17:28	01:22:19	01:30:50	01:41:19	01:59:07	01:59:44	02:18:38
20m	35	02:00:27	02:07:59	02:21:13	02:37:31	02:50:39	03:06:10	03:35:33
Marathon	35	02:40:30	02:50:32	03:08:10	03:29:53	03:47:23	04:08:03	04:47:13

FEMALE 40-44

		Diamond	Emerald	Platinum	Gold	Silver	Bronze	Copper
5k	40	00:17:51	00:18:58	00:20:55	00:23:20	00:25:17	00:27:35	00:31:56
5m	40	00:29:18	00:31:07	00:34:21	00:38:18	00:41:30	00:45:16	00:52:25
10k	40	00:36:44	00:39:02	00:43:05	00:48:03	00:52:03	00:56:47	01:05:45
10m	40	01:00:04	01:03:49	01:10:25	01:18:33	01:25:06	01:32:50	01:47:29
Half	40	01:19:21	01:24:19	01:33:02	01:43:46	01:52:25	02:02:39	02:22:00
20m	40	02:03:13	02:10:55	02:24:27	02:41:07	02:54:33	03:10:25	03:40:29
Marathon	40	02:44:15	02:54:31	03:12:35	03:34:48	03:52:42	04:13:51	04:53:56

FEMALE 45-49

		Diamond	Emerald	Platinum	Gold	Silver	Bronze	Copper
5k	45	00:18:29	00:19:38	00:21:40	00:24:10	00:26:11	00:28:34	00:33:05
5m	45	00:30:24	00:32:18	00:35:39	00:39:46	00:43:04	00:46:59	00:54:24
10k	45	00:38:10	00:40:33	00:44:45	00:49:55	00:54:05	00:59:00	01:08:18
10m	45	01:02:29	01:06:23	01:13:15	01:21:42	01:28:30	01:36:33	01:51:48
Half	45	01:22:32	01:27:42	01:36:46	01:47:56	01:56:56	02:07:34	02:27:42
20m	45	02:08:08	02:16:09	02:30:14	02:47:34	03:01:31	03:18:02	03:49:18
Marathon	45	02:50:58	03:01:40	03:20:27	03:43:35	04:02:13	04:24:14	05:05:57

FEMALE 50-54

	Diamond	Emerald	Platinum	Gold	Silver	Bronze	Copper
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5k	50	00:19:26	00:20:39	00:22:47	00:25:25	00:27:32	00:30:03	00:34:47
5m	50	00:32:04	00:34:05	00:37:36	00:41:56	00:46:09	00:49:34	00:57:24
10k	50	00:40:19	00:42:51	00:47:17	00:52:44	00:57:07	01:02:19	01:12:09
10m	50	01:06:02	01:10:09	01:17:25	01:26:21	01:33:32	01:42:03	01:58:09
Half	50	01:27:14	01:32:41	01:42:17	01:54:05	01:59:13	02:14:49	02:36:06
20m	50	02:15:33	02:24:02	02:38:56	02:57:16	03:12:02	03:29:30	04:02:35
Marathon	50	03:01:07	03:12:26	03:32:21	03:56:51	04:16:35	04:39:55	05:24:07

FEMALE 55-59

		Diamond	Emerald	Platinum	Gold	Silver	Bronze	Copper
5k	55	00:20:33	00:21:50	00:24:06	00:26:53	00:29:07	00:31:46	00:36:47
5m	55	00:34:02	00:36:10	00:39:54	00:44:30	00:48:13	00:52:36	01:00:54
10k	55	00:42:52	00:45:33	00:50:15	00:56:03	01:00:44	01:06:15	01:16:42
10m	55	01:10:13	01:14:37	01:22:20	01:31:50	01:39:29	01:48:31	02:05:40
Half	55	01:32:46	01:38:34	01:48:46	02:01:19	02:11:26	02:23:23	02:46:01
20m	55	02:24:21	02:33:22	02:49:14	03:08:45	03:24:29	03:43:05	04:18:18
Marathon	55	03:13:12	03:25:17	03:46:31	04:12:39	04:33:42	04:58:35	05:45:44

FEMALE 60-64

		Diamond	Emerald	Platinum	Gold	Silver	Bronze	Copper
5k	60	00:21:49	00:23:10	00:25:34	00:28:31	00:30:54	00:33:42	00:39:02
5m	60	00:36:16	00:38:32	00:42:31	00:47:25	00:51:22	00:56:02	01:04:53
10k	60	00:45:45	00:48:37	00:53:38	00:59:50	01:04:49	01:10:42	01:21:52
10m	60	01:14:59	01:19:40	01:27:55	01:38:03	01:46:13	01:55:53	02:14:11
Half	60	01:39:04	01:45:15	01:56:09	02:09:33	02:20:21	02:33:06	02:57:16
20m	60	02:34:22	02:44:01	03:00:59	03:21:52	03:38:41	03:58:34	04:36:14
Marathon	60	03:27:01	03:39:57	04:02:42	04:30:42	04:53:16	05:19:55	06:10:26

FEMALE 65-69

		Diamond	Emerald	Platinum	Gold	Silver	Bronze	Copper
5k	65	00:23:14	00:24:41	00:27:14	00:30:22	00:32:54	00:35:54	00:41:34
5m	65	00:38:47	00:41:13	00:45:29	00:50:43	00:54:57	00:59:57	01:09:25
10k	65	00:49:03	00:52:07	00:57:31	01:04:09	01:09:30	17.3.19	Thetford trail
10m	65	01:20:26	01:25:28	01:34:18	01:45:11	01:53:57	02:04:19	02:23:56
Half	65	01:46:16	01:52:55	02:04:36	02:18:58	02:30:33	02:44:14	03:10:10
20m	65	02:45:53	02:56:15	03:14:29	03:36:56	03:55:00	04:16:22	04:56:51
Marathon	65	03:42:56	03:56:52	04:21:23	04:51:32	05:15:50	05:44:33	06:38:57

FEMALE 70-74

		Diamond	Emerald	Platinum	Gold	Silver	Bronze	Copper
5k	70	00:24:50	00:26:23	00:29:07	00:32:29	00:35:11	00:38:23	00:44:27
5m	70	00:41:42	00:44:19	00:48:54	00:54:32	00:59:05	01:04:27	01:14:38
10k	70	00:52:52	00:56:10	01:01:59	01:09:08	01:14:54	01:21:42	01:34:36
10m	70	01:26:45	01:32:10	01:41:42	01:53:26	02:02:53	02:14:04	02:35:14
Half	70	01:54:36	02:01:46	02:14:22	02:29:52	02:42:22	02:57:07	03:25:05
20m	70	02:59:14	03:10:26	03:30:09	03:54:23	04:13:55	04:37:00	05:20:45
Marathon	70	04:01:32	04:16:38	04:43:10	05:15:51	05:42:10	06:13:16	07:12:13

FEMALE over 75

		Diamond	Emerald	Platinum	Gold	Silver	Bronze	Copper
5k	75	00:26:41	00:28:21	00:31:18	00:34:54	00:37:49	00:41:15	00:47:46
5m	75	00:45:05	00:47:55	00:52:52	00:58:58	01:03:53	01:09:41	01:20:41
10k	75	00:57:20	01:00:55	01:07:13	01:14:58	01:21:13	01:28:36	01:42:35
10m	75	01:34:08	01:40:01	01:50:21	02:03:06	02:13:21	02:25:28	02:48:26
Half	75	02:04:22	02:12:08	02:25:48	02:42:38	02:56:11	03:12:12	03:42:32
20m	75	03:14:59	03:27:11	03:48:37	04:14:59	04:36:14	05:01:21	05:48:56
Marathon	75	04:23:41	04:40:09	05:09:08	05:44:49	06:13:33	06:47:30	07:51:51

Metric

Metric

Metric

Metric

Metric

Metric

Metric

Metric

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