

DENMEAD STRIDERS CLUB STANDARDS

	PLATINUM	GOLD	SILVER	BRONZE		PLATINUM	GOLD	SILVER	BRONZE
LADIES 5M					MENS 5M				
Senior	00:31:30	00:33:30	00:37:30	00:45:00	Senior	00:25:30	00:27:30	00:30:30	00:35:00
35-39	00:32:00	00:34:00	00:39:00	00:46:30	40-44	00:26:30	00:28:30	00:31:30	00:36:00
40-44	00:32:30	00:34:40	00:41:00	00:48:30	45-49	00:28:30	00:30:00	00:33:00	00:38:00
45-49	00:33:00	00:35:00	00:42:30	00:50:00	50-54	00:30:00	00:31:00	00:34:00	00:40:30
50-54	00:34:00	00:36:00	00:43:30	00:53:00	55-59	00:31:00	00:32:00	00:35:00	00:43:00
55-59	00:36:00	00:38:30	00:46:00	00:58:00	60-69	00:32:30	00:33:30	00:39:00	00:46:00
60-69	00:38:30	00:41:00	00:50:00	01:04:00	70+	00:36:00	00:39:30	00:45:00	00:54:00
70+	00:40:00	00:45:00	00:58:00	01:12:00					
	PLATINUM	GOLD	SILVER	BRONZE		PLATINUM	GOLD	SILVER	BRONZE
LADIES 10K					MENS 10K				
Senior	00:39:30	00:42:00	00:47:00	00:56:30	Senior	00:32:30	00:35:00	00:39:00	00:44:00
35-39	00:40:30	00:43:00	00:49:00	00:58:30	40-44	00:33:30	00:36:00	00:40:30	00:45:30
40-44	00:41:00	00:43:30	00:51:30	01:01:00	45-49	00:36:00	00:38:00	00:41:30	00:48:00
45-49	00:41:30	00:45:30	00:53:30	01:02:30	50-54	00:38:30	00:39:30	00:43:00	00:51:00
50-54	00:43:30	00:47:00	00:54:30	01:06:30	55-59	00:39:30	00:41:00	00:44:00	00:54:00
55-59	00:46:00	00:51:30	00:57:30	01:12:30	60-69	00:42:00	00:43:30	00:49:00	00:58:00
60-69	00:49:00	00:55:30	01:02:30	01:20:00	70+	00:46:30	00:49:30	00:56:30	01:07:00
70+	00:51:30	00:56:30	01:12:30	01:30:00					
	PLATINUM	GOLD	SILVER	BRONZE		PLATINUM	GOLD	SILVER	BRONZE
LADIES 10M					MENS 10M				
Senior	01:05:30	01:09:00	01:16:30	01:31:30	Senior	00:55:00	00:58:00	01:05:00	01:15:00
35-39	01:06:00	01:10:30	01:20:00	01:36:00	40-44	00:56:30	01:00:00	01:07:00	01:17:00
40-44	01:08:00	01:13:00	01:24:00	01:40:00	45-49	00:59:00	01:02:00	01:09:00	01:19:00
45-49	01:10:00	01:17:00	01:27:30	01:44:00	50-54	01:03:00	01:05:00	01:10:00	01:24:00
50-54	01:14:00	01:22:00	01:30:00	01:50:00	55-59	01:05:00	01:07:00	01:13:00	01:30:00
55-59	01:18:00	01:28:00	01:35:00	01:00:00	60-69	01:09:00	01:12:00	01:21:00	01:35:00
60-69	01:22:30	01:35:00	01:45:00	02:15:00	70+	01:17:00	01:22:00	01:33:00	01:51:00
70+	01:28:00	01:37:30	02:00:00	02:30:00					
	PLATINUM	GOLD	SILVER	BRONZE		PLATINUM	GOLD	SILVER	BRONZE
LADIES HALF MARATHON					MENS HALF MARATHON				
Senior	01:27:00	01:32:00	01:43:00	02:03:00	Senior	01:14:30	01:18:00	01:28:00	01:40:00
35-39	01:28:00	01:34:00	01:47:00	02:08:00	40-44	01:17:30	01:21:00	01:30:30	01:45:00
40-44	01:32:00	01:38:00	01:53:00	02:14:00	45-49	01:20:00	01:24:00	01:33:00	01:50:00
45-49	01:38:00	01:43:00	01:57:00	02:20:00	50-54	01:25:00	01:28:00	01:35:00	02:00:00
50-54	01:48:00	01:50:00	02:01:00	02:30:00	55-59	01:27:30	01:32:00	01:41:00	02:15:00
55-59	01:58:00	02:00:00	02:15:00	03:00:00	60-69	01:33:00	01:40:00	01:50:00	02:30:00
60-69	02:07:00	02:15:00	02:30:00	03:20:00	70+	01:44:00	01:50:00	02:04:30	02:50:00
70+	02:16:00	02:35:00	02:46:00	03:30:00					
	PLATINUM	GOLD	SILVER	BRONZE		PLATINUM	GOLD	SILVER	BRONZE
LADIES 20M					MENS 20M				
Senior	02:22:00	02:30:00	02:48:00	03:21:00	Senior	02:01:30	02:07:30	02:24:00	02:43:00
35-39	02:24:00	02:33:30	02:55:00	03:29:00	40-44	02:06:30	02:12:30	02:28:00	02:51:30
40-44	02:30:00	02:40:00	03:05:00	03:39:00	45-49	02:11:00	02:17:00	02:32:00	03:00:00
45-49	02:40:00	02:48:00	03:11:00	03:49:00	50-54	02:19:00	02:24:00	02:35:00	03:16:00
50-54	02:56:30	03:00:00	03:18:00	04:05:00	55-59	02:23:00	02:30:00	02:45:00	03:40:00
55-59	03:13:00	03:16:00	03:40:00	04:54:00	60-69	02:32:00	02:43:30	02:59:30	04:05:00
60-69	03:27:30	03:40:30	04:05:00	05:27:00	70+	02:50:00	03:00:00	03:23:30	04:36:00
70+	03:42:00	04:13:00	04:31:00	05:43:00					
	PLATINUM	GOLD	SILVER	BRONZE		PLATINUM	GOLD	SILVER	BRONZE
LADIES MARATHON					MENS MARATHON				
Senior	03:05:00	03:15:00	03:45:00	05:00:00	Senior	02:40:00	03:00:00	03:30:00	04:30:00
35-39	03:13:00	03:27:00	03:55:00	05:20:00	40-49	02:55:00	03:15:00	03:45:00	04:45:00
40-49	03:24:00	03:35:00	04:10:00	05:30:00	50-59	03:20:00	03:30:00	04:00:00	05:00:00
50-59	04:05:00	04:10:00	04:40:00	06:10:00	60-69	03:40:00	03:45:00	04:30:00	05:30:00
60-69	04:24:00	04:40:00	05:10:00	07:00:00	70+	04:10:00	04:15:00	05:15:00	06:00:00
70+	04:50:00	05:20:00	06:00:00	08:00:00					