

Reepham Runners Club Standards 2024

WOMEN (<35)						
DISTANCE	5K	5 MILES	10K	10 MILES	½MARATHON	MARATHON
PLATINUM	00:20:24	00:33:43	00:42:47	01:11:11	01:34:58	03:17:03
GOLD	00:22:46	00:37:36	00:47:43	01:19:24	01:45:56	03:40:17
SILVER	00:25:44	00:42:30	00:53:57	01:29:45	01:59:45	04:09:01
BRONZE	00:29:18	00:48:53	01:02:02	01:43:13	02:17:43	04:46:22
COPPER	00:32:52	00:54:19	01:08:56	01:54:41	02:33:01	05:18:11
ZINC	00:37:00	01:01:06	01:17:33	02:09:01	02:52:08	05:57:58
IRON	>00:37:00	>01:01:06	>01:17:33	>02:09:01	>02:52:08	>05:57:58

MEN (<35)						
DISTANCE	5K	5 MILES	10K	10 MILES	½MARATHON	MARATHON
PLATINUM	00:18:08	00:29:51	00:37:52	01:02:56	01:23:54	02:54:13
GOLD	00:20:11	00:33:18	00:42:14	01:10:12	01:33:35	03:14:19
SILVER	00:22:49	00:37:39	00:47:45	01:19:21	01:45:47	03:39:40
BRONZE	00:26:15	00:43:17	00:54:55	01:31:15	02:01:39	04:12:37
COPPER	00:29:10	00:48:06	01:01:01	01:41:23	02:15:10	04:40:41
ZINC	00:32:49	00:54:07	01:08:39	01:54:04	02:32:04	05:15:47
IRON	>00:32:49	>00:54:07	>01:08:39	>01:54:04	>02:32:04	>05:15:47

WOMEN (35-39)						
DISTANCE	5K	5 MILES	10K	10 MILES	½MARATHON	MARATHON
PLATINUM	00:21:08	00:34:55	00:44:20	01:13:45	01:38:24	03:23:46
GOLD	00:23:35	00:38:57	00:49:26	01:22:15	01:49:45	03:47:16
SILVER	00:26:39	00:44:02	00:55:53	01:33:00	02:04:04	04:16:55
BRONZE	00:30:39	00:50:08	01:04:16	01:46:56	02:22:40	04:55:27
COPPER	00:34:04	00:56:16	01:11:25	01:58:49	02:38:31	05:28:17
ZINC	00:38:19	01:03:18	01:20:20	02:13:40	02:58:20	06:09:19
IRON	>00:38:19	>01:03:18	>01:20:20	>02:13:40	>02:58:20	>06:09:19

MEN (35-39)						
DISTANCE	5K	5 MILES	10K	10 MILES	½MARATHON	MARATHON
PLATINUM	00:18:39	00:30:46	00:39:01	01:04:51	01:26:27	02:59:02
GOLD	00:20:48	00:34:19	00:43:32	01:12:20	01:36:26	03:19:42
SILVER	00:23:31	00:38:47	00:49:12	01:21:46	01:49:01	03:45:45
BRONZE	00:27:03	00:44:37	00:56:03	01:34:02	02:05:22	04:19:36
COPPER	00:30:03	00:49:01	01:02:52	01:44:29	02:19:17	04:48:27
ZINC	00:33:48	00:55:46	01:10:44	01:57:32	02:36:42	05:24:30
IRON	>00:33:48	>00:55:46	>01:10:44	>01:57:32	>02:36:42	>05:24:30

WOMEN (40-44)						
DISTANCE	5K	5 MILES	10K	10 MILES	½MARATHON	MARATHON
PLATINUM	00:21:55	00:36:12	00:45:57	01:16:27	01:42:00	03:31:13
GOLD	00:24:26	00:40:23	00:51:15	01:25:16	01:53:46	03:55:35
SILVER	00:27:38	00:45:39	00:57:56	01:36:23	02:08:36	04:26:19
BRONZE	00:31:46	00:52:30	01:06:37	01:50:51	02:27:53	05:06:15
COPPER	00:35:18	00:58:20	01:14:02	02:03:10	02:44:19	05:40:17
ZINC	00:39:43	01:05:37	01:23:17	02:18:33	03:04:52	06:22:49
IRON	>00:39:43	>01:05:37	>01:23:17	>02:18:33	>03:04:52	>06:22:49

MEN (40-44)						
DISTANCE	5K	5 MILES	10K	10 MILES	½MARATHON	MARATHON
PLATINUM	00:19:16	00:31:47	00:40:19	01:07:00	01:29:18	03:04:56
GOLD	00:21:29	00:35:27	00:44:58	01:14:43	01:39:37	03:26:17
SILVER	00:24:18	00:40:04	00:50:50	01:24:28	01:52:36	03:53:11
BRONZE	00:27:56	00:46:05	00:58:27	01:36:10	02:09:30	04:28:10
COPPER	00:31:03	00:51:12	01:04:57	01:47:55	02:23:53	04:57:58
ZINC	00:34:55	00:57:36	01:13:04	02:01:25	02:41:52	05:35:12
IRON	>00:34:55	>00:57:36	>01:13:04	>02:01:25	>02:41:52	>05:35:12

WOMEN (45-49)						
DISTANCE	5K	5 MILES	10K	10 MILES	½MARATHON	MARATHON
PLATINUM	00:22:47	00:37:38	00:47:46	01:19:28	01:46:02	03:39:33
GOLD	00:25:25	00:41:59	00:53:17	01:28:38	01:58:16	04:04:53
SILVER	00:28:43	00:47:27	01:00:14	01:40:12	02:13:42	04:36:49
BRONZE	00:33:02	00:54:34	01:09:16	01:55:14	02:33:45	05:18:21
COPPER	00:36:42	01:00:38	01:16:57	02:08:02	02:50:50	05:53:43
ZINC	00:41:17	01:08:13	01:26:35	02:24:03	03:12:11	06:37:56
IRON	>00:41:17	>01:08:13	>01:26:35	>02:24:03	>03:12:11	>06:37:56

MEN (45-49)						
DISTANCE	5K	5 MILES	10K	10 MILES	½MARATHON	MARATHON
PLATINUM	00:19:57	00:32:54	00:41:45	01:09:22	01:32:29	03:11:30
GOLD	00:22:15	00:36:42	00:46:34	01:17:22	01:43:09	03:33:36
SILVER	00:25:09	00:41:30	00:52:38	01:27:28	01:56:36	04:01:27
BRONZE	00:28:56	00:47:43	01:00:32	01:40:35	02:14:06	04:37:40
COPPER	00:32:09	00:53:01	01:07:15	01:51:45	02:29:00	05:08:32
ZINC	00:36:10	00:59:39	01:15:40	02:05:43	02:47:37	05:47:05
IRON	>00:36:10	>00:59:39	>01:15:40	>02:05:43	>02:47:37	>05:47:05

WOMEN (50-54)						
DISTANCE	5K	5 MILES	10K	10 MILES	½MARATHON	MARATHON
PLATINUM	00:23:51	00:39:23	00:50:00	01:23:11	01:50:58	03:49:45
GOLD	00:26:36	00:43:56	00:55:46	01:32:46	02:03:47	04:16:16
SILVER	00:30:04	00:49:40	01:03:02	01:44:52	02:19:55	04:49:41
BRONZE	00:34:34	00:57:07	01:12:29	02:00:36	02:40:55	05:33:08
COPPER	00:38:25	01:03:28	01:20:33	02:14:00	02:58:47	06:10:09
ZINC	00:43:13	01:11:24	01:30:37	02:30:45	03:21:08	06:56:25
IRON	>00:43:13	>01:11:24	>01:30:37	>02:30:45	>03:21:08	>06:56:25

MEN (50-54)						
DISTANCE	5K	5 MILES	10K	10 MILES	½MARATHON	MARATHON
PLATINUM	00:20:47	00:34:17	00:43:29	01:12:15	01:36:20	03:19:29
GOLD	00:23:11	00:38:14	00:48:30	01:20:36	01:47:27	03:42:30
SILVER	00:26:12	00:43:13	00:54:50	01:31:06	02:01:28	04:11:31
BRONZE	00:30:08	00:49:42	01:03:03	01:44:46	02:19:41	04:49:15
COPPER	00:33:29	00:55:14	01:10:03	01:56:25	02:35:12	05:21:23
ZINC	00:37:40	01:02:08	01:18:49	02:10:58	02:54:36	06:01:34
IRON	>00:37:40	>01:02:08	>01:18:49	>02:10:58	>02:54:36	>06:01:34

WOMEN (55-59)						
DISTANCE	5K	5 MILES	10K	10 MILES	½MARATHON	MARATHON
PLATINUM	00:25:09	00:41:34	00:52:45	01:27:45	01:57:05	04:02:23
GOLD	00:28:04	00:46:21	00:58:50	01:37:53	02:10:36	04:30:21
SILVER	00:31:43	00:52:24	01:06:30	01:50:39	02:27:38	05:05:37
BRONZE	00:36:29	01:00:16	01:16:29	02:07:15	02:49:47	05:51:27
COPPER	00:40:32	01:06:57	01:24:59	02:21:23	03:08:38	06:30:30
ZINC	00:45:36	01:15:20	01:35:36	02:39:04	03:32:13	07:19:19
IRON	>00:45:36	>01:15:20	>01:35:36	>02:39:04	>03:32:13	>07:19:19

MEN (55-59)						
DISTANCE	5K	5 MILES	10K	10 MILES	½MARATHON	MARATHON
PLATINUM	00:21:48	00:35:57	00:45:37	01:15:47	01:41:03	03:29:13
GOLD	00:24:19	00:40:06	00:50:52	01:24:32	01:52:42	03:53:22
SILVER	00:27:29	00:45:20	00:57:30	01:35:34	02:07:24	04:23:48
BRONZE	00:31:37	00:52:08	01:06:08	01:49:54	02:26:31	05:03:22
COPPER	00:35:07	00:57:56	01:13:29	02:02:06	02:42:47	05:37:05
ZINC	00:39:31	01:05:10	01:22:40	02:17:22	03:00:53	06:19:13
IRON	>00:39:31	>01:05:10	>01:22:40	>02:17:22	>03:00:53	>06:19:13

WOMEN (60-64)						
DISTANCE	5K	5 MILES	10K	10 MILES	½MARATHON	MARATHON
PLATINUM	00:26:41	00:44:05	00:55:57	01:33:06	02:04:13	04:17:06
GOLD	00:29:46	00:49:11	01:02:25	01:43:50	02:18:33	04:46:46
SILVER	00:33:39	00:55:35	01:10:33	01:57:23	02:36:37	05:24:10
BRONZE	00:38:42	01:03:56	01:21:08	02:15:00	03:00:06	06:12:47
COPPER	00:43:00	01:11:02	01:30:09	02:30:00	03:20:07	06:54:13
ZINC	00:48:22	01:19:55	01:41:25	02:48:44	03:45:08	07:46:00
IRON	>00:48:22	>01:19:55	>01:41:25	>02:48:44	>03:45:08	>07:46:00

MEN (60-64)						
DISTANCE	5K	5 MILES	10K	10 MILES	½MARATHON	MARATHON
PLATINUM	00:22:58	00:37:53	00:48:04	01:19:52	01:46:28	03:40:26
GOLD	00:25:37	00:42:15	00:53:26	01:29:04	01:58:45	04:05:53
SILVER	00:28:58	00:47:46	01:00:36	01:40:42	02:14:15	04:37:57
BRONZE	00:33:18	00:54:56	01:09:41	01:55:48	02:34:23	05:19:38
COPPER	00:37:00	01:01:02	01:17:26	02:08:40	02:51:32	05:55:09
ZINC	00:41:38	01:08:40	01:27:06	02:24:45	03:12:59	06:39:33
IRON	>00:41:38	>01:08:40	>01:27:06	>02:24:45	>03:12:59	>06:39:33

WOMEN (65-69)						
DISTANCE	5K	5 MILES	10K	10 MILES	½MARATHON	MARATHON
PLATINUM	00:28:29	00:47:03	00:59:43	01:39:21	02:12:34	04:34:19
GOLD	00:31:46	00:52:29	01:06:37	01:50:49	02:27:52	05:05:59
SILVER	00:35:55	00:59:20	01:15:18	02:05:17	02:47:09	05:45:53
BRONZE	00:41:18	01:08:14	01:26:36	02:24:04	03:12:13	06:37:46
COPPER	00:45:53	01:15:48	01:36:13	02:40:04	03:33:34	07:21:58
ZINC	00:51:37	01:25:17	01:48:14	03:00:05	04:00:16	08:17:13
IRON	>00:51:37	>01:25:17	>01:48:14	>03:00:05	>04:00:16	>08:17:13

MEN (65-69)						
DISTANCE	5K	5 MILES	10K	10 MILES	½MARATHON	MARATHON
PLATINUM	00:24:19	00:40:07	00:50:53	01:24:33	01:52:43	03:53:24
GOLD	00:27:07	00:44:44	00:56:45	01:34:18	02:05:43	04:20:20
SILVER	00:30:40	00:50:34	01:04:09	01:46:36	02:22:07	04:54:18
BRONZE	00:34:55	00:58:09	01:13:46	02:02:35	02:43:26	05:38:26
COPPER	00:39:11	01:04:37	01:21:58	02:16:13	03:01:36	06:16:02
ZINC	00:44:05	01:12:42	01:32:13	02:33:14	03:24:18	07:03:03
IRON	>00:44:05	>01:12:42	>01:32:13	>02:33:14	>03:24:18	>07:03:03

WOMEN (70+)						
DISTANCE	5K	5 MILES	10K	10 MILES	½MARATHON	MARATHON
PLATINUM	00:28:52	00:47:42	01:00:32	01:43:54	02:14:23	04:38:07
GOLD	00:32:12	00:53:12	01:07:32	01:55:53	02:29:53	05:10:12
SILVER	00:36:24	01:00:09	01:16:20	02:11:00	02:49:27	05:50:40
BRONZE	00:41:52	01:09:10	01:27:47	02:30:38	03:14:52	06:43:16
COPPER	00:46:31	01:16:51	01:37:32	02:50:00	03:36:31	07:28:04
ZINC	00:52:20	01:26:27	01:49:44	03:15:00	04:03:34	08:24:05
IRON	>00:52:20	>01:26:27	>01:49:44	>03:15:00	>04:03:34	>08:24:05

MEN (70+)						
DISTANCE	5K	5 MILES	10K	10 MILES	½MARATHON	MARATHON
PLATINUM	00:24:37	00:40:36	00:51:30	01:28:23	01:54:05	03:56:13
GOLD	00:27:27	00:45:17	00:57:26	01:38:34	02:07:15	04:23:29
SILVER	00:31:02	00:51:11	01:04:56	01:51:26	02:23:50	04:57:51
BRONZE	00:35:41	00:58:52	01:14:40	02:08:08	02:45:25	05:42:31
COPPER	00:39:39	01:05:24	01:22:58	02:20:03	03:03:48	06:20:35
ZINC	00:44:37	01:13:35	01:33:20	02:40:00	03:26:46	07:08:09
IRON	>00:44:37	>01:13:35	>01:33:20	>02:40:00	>03:26:46	>07:08:09