## **CLUB STANDARD AWARDS FEMALE**

BRONZE	55% WAVA										
	SENIOR	V35	V40	V45	V50	V55	V60	V65	V70	V75	V80
5 Km	00:26:47	00:26:58	00:27:31	00:28:30	00:29:58	00:31:42	00:33:38	00:35:49	00:38:18	00:41:09	00:44:33
5 Mile	00:43:23	00:43:51	00:44:52	00:46:31	00:48:55	00:51:48	00:55:03	00:58:44	01:02:56	01:07:48	01:14:15
10 Km	00:54:08	00:54:49	00:56:09	00:58:14	01:01:15	01:04:54	01:09:01	01:13:42	01:19:04	01:25:16	01:34:03
10 Mile	01:29:09	01:30:06	01:32:15	01:35:45	01:40:54	01:47:06	01:54:08	02:02:08	02:11:21	02:22:04	02:36:46
1/2 Marathon	01:57:16	01:58:22	02:01:07	02:05:46	02:12:41	02:20:59	02:30:23	02:41:08	02:53:32	03:08:01	03:27:33
Marathon	04:03:35	04:04:32	04:09:31	04:19:16	04:34:33	04:52:48	05:13:39	05:37:41	06:05:43	06:39:06	07:30:13
SILVER	60% WAVA										
	SENIOR	V35	V40	V45	V50	V55	V60	V65	V70	V75	V80
5 Km	00:24:33	00:24:43	00:25:14	00:26:08	00:27:29	00:29:03	00:30:50	00:32:50	00:35:06	00:37:44	00:40:50
5 Mile	00:39:46	00:40:11	00:41:07	00:42:38	00:44:51	00:47:29	00:50:28	00:53:50	00:57:42	01:02:09	01:08:04
10 Km	00:49:38	00:50:15	00:51:28	00:53:23	00:56:08	00:59:30	01:03:16	01:07:34	01:12:28	01:18:09	01:26:13
10 Mile	01:21:43	01:22:36	01:24:34	01:27:47	01:32:29	01:38:11	01:44:37	01:51:57	02:00:24	02:10:14	02:23:42
1/2 Marathon	01:47:29	01:48:30	01:51:01	01:55:17	02:01:38	02:09:14	02:17:51	02:27:43	02:39:05	02:52:21	03:10:15
Marathon	03:43:17	03:44:09	03:48:43	03:57:40	04:11:40	04:28:24	04:47:30	05:09:33	05:35:15	06:05:50	06:52:41
GOLD	65% WAVA										
GOLD	05 /0 WAVA										
GOLD	SENIOR	V35	V40	V45	V50	V55	V60	V65	V70	V75	V80
5 Km		V35 00:22:49	V40 00:23:17	V45 00:24:07	V50 00:25:22	V55 00:26:49	V60 00:28:27	V65 00:30:18	V70 00:32:24	V75 00:34:49	V80 00:37:42
5 Km 5 Mile	SENIOR		00:23:17 00:37:58								
5 Km	SENIOR 00:22:40	00:22:49	00:23:17	00:24:07	00:25:22	00:26:49	00:28:27	00:30:18	00:32:24	00:34:49	00:37:42
5 Km 5 Mile	SENIOR 00:22:40 00:36:42	00:22:49 00:37:06	00:23:17 00:37:58 00:47:31 01:18:03	00:24:07 00:39:22	00:25:22 00:41:24	00:26:49 00:43:50	00:28:27 00:46:35	00:30:18 00:49:42	00:32:24 00:53:15	00:34:49 00:57:22	00:37:42 01:02:50 01:19:35 02:12:39
5 Km 5 Mile 10 Km	SENIOR 00:22:40 00:36:42 00:45:49	00:22:49 00:37:06 00:46:23	00:23:17 00:37:58 00:47:31	00:24:07 00:39:22 00:49:17	00:25:22 00:41:24 00:51:49	00:26:49 00:43:50 00:54:55	00:28:27 00:46:35 00:58:24	00:30:18 00:49:42 01:02:22	00:32:24 00:53:15 01:06:54	00:34:49 00:57:22 01:12:09	00:37:42 01:02:50 01:19:35
5 Km 5 Mile 10 Km 10 Mile	SENIOR 00:22:40 00:36:42 00:45:49 01:15:26	00:22:49 00:37:06 00:46:23 01:16:14	00:23:17 00:37:58 00:47:31 01:18:03	00:24:07 00:39:22 00:49:17 01:21:01	00:25:22 00:41:24 00:51:49 01:25:22	00:26:49 00:43:50 00:54:55 01:30:38	00:28:27 00:46:35 00:58:24 01:36:34	00:30:18 00:49:42 01:02:22 01:43:20	00:32:24 00:53:15 01:06:54 01:51:08	00:34:49 00:57:22 01:12:09 02:00:13	00:37:42 01:02:50 01:19:35 02:12:39
5 Km 5 Mile 10 Km 10 Mile 1/2 Marathon	SENIOR 00:22:40 00:36:42 00:45:49 01:15:26 01:39:13 03:26:06 <b>70% WAVA</b>	00:22:49 00:37:06 00:46:23 01:16:14 01:40:09 03:26:55	00:23:17 00:37:58 00:47:31 01:18:03 01:42:29 03:31:08	00:24:07 00:39:22 00:49:17 01:21:01 01:46:25 03:39:23	00:25:22 00:41:24 00:51:49 01:25:22 01:52:16 03:52:19	00:26:49 00:43:50 00:54:55 01:30:38 01:59:18 04:07:45	00:28:27 00:46:35 00:58:24 01:36:34 02:07:15 04:25:23	00:30:18 00:49:42 01:02:22 01:43:20 02:16:21 04:45:44	00:32:24 00:53:15 01:06:54 01:51:08 02:26:50 05:09:28	00:34:49 00:57:22 01:12:09 02:00:13 02:39:05 05:25:00	00:37:42 01:02:50 01:19:35 02:12:39 02:55:37 06:20:57
5 Km 5 Mile 10 Km 10 Mile 1/2 Marathon Marathon	SENIOR 00:22:40 00:36:42 00:45:49 01:15:26 01:39:13 03:26:06	00:22:49 00:37:06 00:46:23 01:16:14 01:40:09	00:23:17 00:37:58 00:47:31 01:18:03 01:42:29	00:24:07 00:39:22 00:49:17 01:21:01 01:46:25	00:25:22 00:41:24 00:51:49 01:25:22 01:52:16	00:26:49 00:43:50 00:54:55 01:30:38 01:59:18	00:28:27 00:46:35 00:58:24 01:36:34 02:07:15 04:25:23 V60	00:30:18 00:49:42 01:02:22 01:43:20 02:16:21 04:45:44 V65	00:32:24 00:53:15 01:06:54 01:51:08 02:26:50	00:34:49 00:57:22 01:12:09 02:00:13 02:39:05 05:25:00 V75	00:37:42 01:02:50 01:19:35 02:12:39 02:55:37 06:20:57 V80
5 Km 5 Mile 10 Km 10 Mile 1/2 Marathon Marathon <b>PLATINUM</b> 5 Km	SENIOR 00:22:40 00:36:42 00:45:49 01:15:26 01:39:13 03:26:06 <b>70% WAVA</b>	00:22:49 00:37:06 00:46:23 01:16:14 01:40:09 03:26:55	00:23:17 00:37:58 00:47:31 01:18:03 01:42:29 03:31:08	00:24:07 00:39:22 00:49:17 01:21:01 01:46:25 03:39:23	00:25:22 00:41:24 00:51:49 01:25:22 01:52:16 03:52:19	00:26:49 00:43:50 00:54:55 01:30:38 01:59:18 04:07:45	00:28:27 00:46:35 00:58:24 01:36:34 02:07:15 04:25:23	00:30:18 00:49:42 01:02:22 01:43:20 02:16:21 04:45:44	00:32:24 00:53:15 01:06:54 01:51:08 02:26:50 05:09:28	00:34:49 00:57:22 01:12:09 02:00:13 02:39:05 05:25:00	00:37:42 01:02:50 01:19:35 02:12:39 02:55:37 06:20:57
5 Km 5 Mile 10 Km 10 Mile 1/2 Marathon Marathon <b>PLATINUM</b> 5 Km 5 Mile	SENIOR 00:22:40 00:36:42 00:45:49 01:15:26 01:39:13 03:26:06 <b>70% WAVA</b> SENIOR 00:21:03 00:34:05	00:22:49 00:37:06 00:46:23 01:16:14 01:40:09 03:26:55 V35 00:21:11 00:34:27	00:23:17 00:37:58 00:47:31 01:18:03 01:42:29 03:31:08 V40 00:21:37 00:35:15	00:24:07 00:39:22 00:49:17 01:21:01 01:46:25 03:39:23 V45 00:22:24 00:36:33	00:25:22 00:41:24 00:51:49 01:25:22 01:52:16 03:52:19 V50 00:23:33 00:38:26	00:26:49 00:43:50 00:54:55 01:30:38 01:59:18 04:07:45 V55 00:24:54 00:40:42	00:28:27 00:46:35 00:58:24 01:36:34 02:07:15 04:25:23 V60 00:26:25 00:43:15	00:30:18 00:49:42 01:02:22 01:43:20 02:16:21 04:45:44 V65 00:28:08 00:46:09	00:32:24 00:53:15 01:06:54 01:51:08 02:26:50 05:09:28 V70 00:30:05 00:49:27	00:34:49 00:57:22 01:12:09 02:00:13 02:39:05 05:25:00 V75 00:32:20 00:53:16	00:37:42 01:02:50 01:19:35 02:12:39 02:55:37 06:20:57 V80 00:35:00 00:58:20
5 Km 5 Mile 10 Km 10 Mile 1/2 Marathon Marathon <b>PLATINUM</b> 5 Km 5 Mile 10 Km	SENIOR 00:22:40 00:36:42 00:45:49 01:15:26 01:39:13 03:26:06 <b>70% WAVA</b> SENIOR 00:21:03 00:34:05 00:42:32	00:22:49 00:37:06 00:46:23 01:16:14 01:40:09 03:26:55 V35 00:21:11 00:34:27 00:43:04	00:23:17 00:37:58 00:47:31 01:18:03 01:42:29 03:31:08 V40 00:21:37 00:35:15 00:44:07	00:24:07 00:39:22 00:49:17 01:21:01 01:46:25 03:39:23 V45 00:22:24 00:36:33 00:45:45	00:25:22 00:41:24 00:51:49 01:25:22 01:52:16 03:52:19 V50 00:23:33 00:38:26 00:48:07	00:26:49 00:43:50 01:30:38 01:59:18 04:07:45 V55 00:24:54 00:40:42 00:51:00	00:28:27 00:46:35 00:58:24 01:36:34 02:07:15 04:25:23 V60 00:26:25 00:43:15 00:54:14	00:30:18 00:49:42 01:02:22 01:43:20 02:16:21 04:45:44 V65 00:28:08 00:46:09 00:57:54	00:32:24 00:53:15 01:06:54 01:51:08 02:26:50 05:09:28 V70 00:30:05 00:49:27 01:02:07	00:34:49 00:57:22 01:12:09 02:00:13 02:39:05 05:25:00 V75 00:32:20 00:53:16 01:06:59	00:37:42 01:02:50 01:19:35 02:12:39 02:55:37 06:20:57 V80 00:35:00 00:58:20 01:13:54
5 Km 5 Mile 10 Km 10 Mile 1/2 Marathon Marathon <b>PLATINUM</b> 5 Km 5 Mile 10 Km 10 Mile	SENIOR 00:22:40 00:36:42 00:45:49 01:15:26 01:39:13 03:26:06 <b>70% WAVA</b> SENIOR 00:21:03 00:34:05 00:42:32 01:10:03	00:22:49 00:37:06 00:46:23 01:16:14 01:40:09 03:26:55 V35 00:21:11 00:34:27 00:43:04 01:10:48	00:23:17 00:37:58 00:47:31 01:18:03 01:42:29 03:31:08 V40 00:21:37 00:35:15 00:44:07 01:12:29	00:24:07 00:39:22 00:49:17 01:21:01 01:46:25 03:39:23 V45 00:22:24 00:36:33 00:45:45 01:15:14	00:25:22 00:41:24 00:51:49 01:25:22 01:52:16 03:52:19 V50 00:23:33 00:38:26 00:48:07 01:19:17	00:26:49 00:43:50 01:30:38 01:59:18 04:07:45 V55 00:24:54 00:40:42 00:51:00 01:24:09	00:28:27 00:46:35 00:58:24 01:36:34 02:07:15 04:25:23 V60 00:26:25 00:43:15 00:54:14 01:29:40	00:30:18 00:49:42 01:02:22 01:43:20 02:16:21 04:45:44 V65 00:28:08 00:46:09 00:57:54 01:35:57	00:32:24 00:53:15 01:06:54 01:51:08 02:26:50 05:09:28 V70 00:30:05 00:49:27 01:02:07 01:43:12	00:34:49 00:57:22 01:12:09 02:00:13 02:39:05 05:25:00 V75 00:32:20 00:53:16 01:06:59 01:51:37	00:37:42 01:02:50 01:19:35 02:12:39 02:55:37 06:20:57 V80 00:35:00 00:58:20 01:13:54 02:03:10
5 Km 5 Mile 10 Km 10 Mile 1/2 Marathon Marathon <b>PLATINUM</b> 5 Km 5 Mile 10 Km	SENIOR 00:22:40 00:36:42 00:45:49 01:15:26 01:39:13 03:26:06 <b>70% WAVA</b> SENIOR 00:21:03 00:34:05 00:42:32	00:22:49 00:37:06 00:46:23 01:16:14 01:40:09 03:26:55 V35 00:21:11 00:34:27 00:43:04	00:23:17 00:37:58 00:47:31 01:18:03 01:42:29 03:31:08 V40 00:21:37 00:35:15 00:44:07	00:24:07 00:39:22 00:49:17 01:21:01 01:46:25 03:39:23 V45 00:22:24 00:36:33 00:45:45	00:25:22 00:41:24 00:51:49 01:25:22 01:52:16 03:52:19 V50 00:23:33 00:38:26 00:48:07	00:26:49 00:43:50 01:30:38 01:59:18 04:07:45 V55 00:24:54 00:40:42 00:51:00	00:28:27 00:46:35 00:58:24 01:36:34 02:07:15 04:25:23 V60 00:26:25 00:43:15 00:54:14	00:30:18 00:49:42 01:02:22 01:43:20 02:16:21 04:45:44 V65 00:28:08 00:46:09 00:57:54	00:32:24 00:53:15 01:06:54 01:51:08 02:26:50 05:09:28 V70 00:30:05 00:49:27 01:02:07	00:34:49 00:57:22 01:12:09 02:00:13 02:39:05 05:25:00 V75 00:32:20 00:53:16 01:06:59	00:37:42 01:02:50 01:19:35 02:12:39 02:55:37 06:20:57 V80 00:35:00 00:58:20 01:13:54

Age Grading (aka *WAVA*) uses male and female world record information set by people of all ages. When rating your race time, it takes your age and gender into account. Olympians and world class athletes tend to score close to (or even above) 100. The rest of us won't be so high, but it's a good way to compare performances by different people.