

CLUB STANDARD AWARDS MALE

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

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.