

ENGLAND ATHLETICS MASTERS AND NATIONAL CLASS STANDARD

EA MASTERS 75% WAVA Male

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

National Class 80% WAVA Male

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

EA MASTERS 75% WAVA Female

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

National Class 80% Female

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