

ENGLAND ATHLETICS MASTERS AND NATIONAL CLASS STANDARDS(2025)

EA MASTERS	75% WAVA	Male										
		SENIOR	V35-39	V40-44	V45-49	V50-54	V55-59	V60-64	V65-69	V70-74	V75-79	V80+
5 Km	00:17:17	00:17:54	00:18:35	00:19:19	00:20:07	00:20:59	00:21:55	00:22:59	00:24:33	00:26:59	00:30:45	
5 Mile	00:28:18	00:29:06	00:30:14	00:31:28	00:32:50	00:34:18	00:35:54	00:37:41	00:40:04	00:43:50	00:49:47	
10 Km	00:35:24	00:36:16	00:37:42	00:39:17	00:41:00	00:42:52	00:44:55	00:47:11	00:50:03	00:54:40	01:01:58	
10 Mile	00:57:56	00:59:23	01:01:48	01:04:28	01:07:21	01:10:31	01:13:59	01:17:49	01:22:43	01:30:33	01:43:04	
1/2 Marathon	01:16:56	01:18:53	01:22:10	01:25:44	01:29:38	01:33:55	01:38:37	01:43:48	01:50:27	02:01:06	02:18:09	
Marathon	02:40:39	02:42:51	02:49:55	02:57:37	03:06:03	03:15:20	03:25:34	03:36:57	03:50:44	04:12:34	04:47:45	

NATIONAL CLASS	80% WAVA	Male										
		SENIOR	V35-39	V40-44	V45-49	V50-54	V55-59	V60-64	V65-69	V70-74	V75-79	V80+
5 Km	00:16:13	00:16:47	00:17:25	00:18:07	00:18:52	00:19:40	00:20:33	00:21:33	00:23:01	00:25:18	00:28:49	
5 Mile	00:26:32	00:27:16	00:28:20	00:29:30	00:30:46	00:32:09	00:33:40	00:35:20	00:37:34	00:41:06	00:46:40	
10 Km	00:33:12	00:34:00	00:35:21	00:36:50	00:38:26	00:40:11	00:42:07	00:44:14	00:46:55	00:51:15	00:58:06	
10 Mile	00:54:19	00:55:40	00:57:57	01:00:26	01:03:09	01:06:06	01:09:21	01:12:57	01:17:33	01:24:53	01:36:38	
1/2 Marathon	01:12:08	01:13:57	01:17:01	01:20:23	01:24:02	01:28:02	01:32:27	01:37:19	01:43:33	01:53:32	02:09:31	
Marathon	02:30:37	02:32:41	02:39:18	02:46:31	02:54:25	03:03:07	03:12:43	03:23:24	03:36:18	03:56:47	04:29:46	

EA MASTERS	75% WAVA	Female										
		SENIOR	V35-39	V40-44	V45-49	V50-54	V55-59	V60-64	V65-69	V70-74	V75-79	V80+
5 Km	00:18:51	00:19:22	00:20:12	00:21:20	00:22:35	00:24:01	00:25:37	00:27:28	00:29:36	00:32:11	00:36:23	
5 Mile	00:30:57	00:31:41	00:32:52	00:34:32	00:36:34	00:38:52	00:41:28	00:44:27	00:47:53	00:52:19	00:59:39	
10 Km	00:38:47	00:39:38	00:41:00	00:43:00	00:45:32	00:48:23	00:51:37	00:55:19	00:59:35	01:05:14	01:14:42	
10 Mile	01:03:39	01:05:06	01:07:27	01:10:52	01:15:11	01:20:04	01:25:37	01:32:00	01:39:25	01:49:16	02:05:54	
1/2 Marathon	01:24:44	01:26:42	01:29:54	01:34:35	01:40:26	01:47:05	01:54:40	02:03:25	02:13:36	02:27:09	02:50:12	
Marathon	02:54:44	02:57:59	03:03:08	03:10:36	03:20:52	03:34:22	03:50:07	04:08:23	04:29:57	05:02:39	05:58:38	

NATIONAL CLASS	80% WAVA	Female										
		SENIOR	V35-39	V40-44	V45-49	V50-54	V55-59	V60-64	V65-69	V70-74	V75-79	V80+
5 Km	00:17:40	00:18:10	00:18:57	00:20:00	00:21:11	00:22:31	00:24:01	00:25:45	00:27:45	00:30:11	00:34:07	
5 Mile	00:29:01	00:29:42	00:30:49	00:32:23	00:34:17	00:36:26	00:38:52	00:41:40	00:44:53	00:49:03	00:55:56	
10 Km	00:36:21	00:37:09	00:38:26	00:40:18	00:42:41	00:45:21	00:48:23	00:51:51	00:55:52	01:01:10	01:10:02	
10 Mile	00:59:40	01:01:02	01:03:14	01:06:26	01:10:29	01:15:04	01:20:16	01:26:15	01:33:12	01:42:26	01:58:01	
1/2 Marathon	01:19:27	01:21:17	01:24:17	01:28:40	01:34:10	01:40:24	01:47:30	01:55:43	02:05:15	02:17:57	02:39:33	
Marathon	02:43:49	02:46:51	02:51:41	02:58:41	03:08:18	03:20:58	03:35:44	03:52:51	04:13:05	04:43:44	05:36:13	

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.