MALE WAVA CLUB STANDARDS(2025)

BRONZE **55% WAVA**

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

SILVER **60% WAVA**

	SENIOR	V35-39	V40-44	V45-49	V50-54	V55-59	V60-64	V65-69	V70-74	V75-79	V80+
5 Km	00:21:37	00:22:23	00:23:14	00:24:09	00:25:09	00:26:14	00:27:24	00:28:44	00:30:41	00:33:43	00:38:26
5 Mile	00:35:23	00:36:22	00:37:47	00:39:20	00:41:02	00:42:52	00:44:53	00:47:07	00:50:05	00:54:48	01:02:14
10 Km	00:44:15	00:45:20	00:47:08	00:49:06	00:51:15	00:53:35	00:56:09	00:58:58	01:02:34	01:08:19	01:17:28
10 Mile	01:12:25	01:14:14	01:17:16	01:20:35	01:24:11	01:28:09	01:32:28	01:37:16	01:43:23	01:53:11	02:08:50
1/2 Marathon	01:36:10	01:38:37	01:42:42	01:47:10	01:52:03	01:57:23	02:03:16	02:09:45	02:18:04	02:31:22	02:52:41
Marathon	03:20:49	03:23:34	03:32:24	03:42:01	03:52:34	04:04:09	04:16:58	04:31:12	04:48:24	05:15:42	05:59:42

GOLD **65% WAVA**

	SENIOR	V35-39	V40-44	V45-49	V50-54	V55-59	V60-64	V65-69	V70-74	V75-79	V80+
5 Km	00:19:57	00:20:39	00:21:27	00:22:18	00:23:13	00:24:13	00:25:18	00:26:31	00:28:20	00:31:08	00:35:29
5 Mile	00:32:40	00:33:34	00:34:53	00:36:19	00:37:53	00:39:34	00:41:26	00:43:29	00:46:14	00:50:35	00:57:27
10 Km	00:40:51	00:41:51	00:43:30	00:45:19	00:47:18	00:49:28	00:51:50	00:54:26	00:57:45	01:03:04	01:11:30
10 Mile	01:06:51	01:08:31	01:11:19	01:14:23	01:17:43	01:21:22	01:25:22	01:29:47	01:35:26	01:44:28	01:58:55
1/2 Marathon	01:28:47	01:31:01	01:34:48	01:38:56	01:43:26	01:48:21	01:53:47	01:59:47	02:07:26	02:19:44	02:39:24
Marathon	03:05:22	03:07:55	03:16:03	03:24:57	03:34:41	03:45:23	03:57:12	04:10:20	04:26:13	04:51:25	05:32:02

PLATINUM **70% WAVA**

	SENIOR	V35-39	V40-44	V45-49	V50-54	V55-59	V60-64	V65-69	V70-74	V75-79	V80+
5 Km	00:18:32	00:19:11	00:19:55	00:20:42	00:21:33	00:22:29	00:23:29	00:24:37	00:26:18	00:28:54	00:32:57
5 Mile	00:30:20	00:31:10	00:32:23	00:33:43	00:35:10	00:36:45	00:38:28	00:40:23	00:42:56	00:46:58	00:53:20
10 Km	00:37:56	00:38:52	00:40:24	00:42:05	00:43:56	00:45:56	00:48:08	00:50:33	00:53:37	00:58:34	01:06:24
10 Mile	01:02:05	01:03:37	01:06:13	01:09:04	01:12:10	01:15:33	01:19:16	01:23:22	01:28:37	01:37:01	01:50:26
1/2 Marathon	01:22:26	01:24:31	01:28:02	01:31:52	01:36:02	01:40:37	01:45:39	01:51:13	01:58:20	02:09:45	02:28:01
Marathon	02:52:08	02:54:29	03:02:03	03:10:18	03:19:20	03:29:17	03:40:15	03:52:27	04:07:12	04:30:36	05:08:19

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.