

DUNDEE ROAD RUNNERS – CLUB STANDARDS

Club Standards explained

Club standards are a set of goal times that are set out to challenge the individual runner, no matter what their age. There are 5 standards, BRONZE, SILVER, GOLD, PLATINUM and DIAMOND.

These in turn are set for 6 race distances 5K, 5 Miles, 10K, 10Miles, Half Marathon & Marathon.

The idea is that each runner will look at the standards for their particular age group and gender. They then work out which standard they wish to aim for, and have to complete 4 of the 6 goal times within that age category in any given calendar year. If your age category changes through the course of the year, then the relevant age category on the day of the race will apply.

So, for example if a member turns 50 on 1 July, he or she will be a V45-49 up to 30 June and then be a V50-54 for the remainder of the year.

The times allocated are the same as are used by many other clubs throughout Scotland.

Tracking the times of members is now a huge task given the size of the club. It is therefore the responsibility of each member to forward all times when achieved so they can be verified before any award is given. Times should be sent along with a note of the race and date. In addition, a member should notify the committee if they change age category during a year. All of this information should be sent to the dedicated email address drstandards@gmail.com.

Certificates will be awarded annually when the 4 distances have been achieved, and are normally presented at the AGM.

The committee's decision on whether a course is deemed to be accurately measured is final.

Good luck with your running.

Last updated: June 2019

MENS CLUB STANDARDS

Under 40	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
DIAMOND	16.00	26.20	33.00	54.00	1.12.00	2.35.00
PLATINUM	16.40	27.25	34.20	56.30	1.15.00	2.46.00
GOLD	17.30	28.45	36.00	1.00.00	1.20.00	3.00.00
SILVER	18.30	30.30	38.00	1.03.00	1.23.00	3.10.00
BRONZE	20.00	33.00	41.00	1.08.00	1.30.00	3.30.00

40 - 44	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
DIAMOND	16.30	27.10	34.00	56.00	1.15.00	2.40.00
PLATINUM	17.15	28.20	35.45	58.30	1.19.00	2.52.00
GOLD	18.15	30.00	37.30	1.02.00	1.24.00	3.05.00
SILVER	19.30	32.00	40.00	1.06.00	1.28.00	3.20.00
BRONZE	21.10	35.00	43.30	1.12.00	1.36.00	3.45.00

MENS CLUB STANDARDS

45 - 49	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
DIAMOND	17.10	28.00	35.15	58.00	1.18.00	2.45.00
PLATINUM	18.00	29.30	37.15	1.01.30	1.22.00	2.58.00
GOLD	19.10	31.30	39.30	1.05.00	1.28.00	3.12.00
SILVER	20.20	33.30	42.00	1.09.00	1.33.00	3.30.00
BRONZE	22.45	37.15	46.30	1.16.00	1.42.00	4.00.00

50 - 54	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
DIAMOND	17.30	28.50	36.15	59.40	1.20.00	2.50.00
PLATINUM	19.00	30.50	38.00	1.03.30	1.25.00	3.04.00
GOLD	20.15	33.15	41.30	1.08.00	1.32.00	3.20.00
SILVER	21.30	35.15	44.00	1.12.00	1.38.00	3.40.00
BRONZE	24.10	39.30	49.30	1.20.00	1.48.00	4.15.00

MENS CLUB STANDARDS

55 - 59	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
DIAMOND	18.40	30.30	38.30	1.03.30	1.25.00	3.00.00
PLATINUM	21.40	32.30	40.30	1.07.00	1.29.30	3.14.00
GOLD	21.10	34.45	43.30	1.11.00	1.36.00	3.30.00
SILVER	22.30	37.30	47.00	1.16.00	1.43.00	3.50.00
BRONZE	26.00	42.30	53.00	1.25.30	1.55.00	4.33.00

60 - 64	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
DIAMOND	20.10	33.00	41.15	1.07.30	1.30.00	3.15.00
PLATINUM	21.15	34.45	43.15	1.11.00	1.35.00	3.27.00
GOLD	22.30	36.45	46.00	1.15.00	1.41.00	3.40.00
SILVER	24.30	40.00	50.00	1.21.40	1.48.00	4.05.00
BRONZE	27.45	45.15	56.30	1.32.00	2.02.00	4.55.00

MENS CLUB STANDARDS

65 - 69	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
DIAMOND	21.45	35.30	44.30	1.13.00	1.37.00	3.30.00
PLATINUM	22.50	37.10	46.00	1.16.00	1.39.30	3.42.00
GOLD	24.00	39.15	49.00	1.20.00	1.50.00	3.55.00
SILVER	26.00	42.30	53.00	1.26.00	1.59.00	4.23.00
BRONZE	29.30	48.00	60.00	1.38.45	2.13.00	5.17.00

70 - 74	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
DIAMOND	22.52	38.10	47.45	1.18.30	1.45.00	3.45.00
PLATINUM	24.00	39.40	50.45	1.22.00	1.51.30	3.57.00
GOLD	25.08	41.45	52.15	1.25.30	1.58.00	4.10.00
SILVER	27.08	45.00	56.15	1.32.00	2.08.00	4.45.00
BRONZE	30.45	50.45	63.30	1.44.00	2.23.00	5.40.00

MENS CLUB STANDARDS

75 - 79	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
DIAMOND	24.28	40.30	50.55	1.24.00	1.52.00	4.00.00
PLATINUM	25.35	42.25	53.45	1.27.50	1.56.30	4.12.30
GOLD	27.00	44.30	56.00	1.32.15	2.03.00	4.25.00
SILVER	29.00	48.00	1.00.00	1.39.30	2.14.30	5.00.00
BRONZE	32.38	53.30	67.15	1.51.00	2.30.00	6.00.00

80 - 84	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
DIAMOND	26.30	43.30	55.00	1.27.30	2.00.00	4.15.00
PLATINUM	27.45	45.30	57.35	1.31.40	2.06.00	4.17.30
GOLD	29.00	47.30	60.15	1.35.45	2.12.00	4.40.00
SILVER	31.00	51.15	64.15	1.43.00	2.25.00	5.20.00
BRONZE	34.45	57.15	71.45	1.55.15	2.41.00	6.20.00

LADIES CLUB STANDARDS

Under 35	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
DIAMOND	18.15	30.00	37.30	1.02.00	1.24.00	3.05.00
PLATINUM	18.40	30.50	38.40	1.03.45	1.25.30	3.12.00
GOLD	19.30	32.00	40.00	1.06.00	1.28.00	3.20.00
SILVER	21.10	35.00	43.30	1.12.00	1.36.00	3.45.00
BRONZE	22.45	37.15	46.30	1.16.00	1.42.00	4.00.00

35 - 39	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
DIAMOND	19.10	31.30	39.30	1.05.00	1.28.00	3.12.00
PLATINUM	19.40	32.20	40.40	1.06.45	1.30.00	3.18.00
GOLD	20.30	33.30	42.00	1.09.00	1.33.00	3.30.00
SILVER	22.45	37.15	46.30	1.16.00	1.42.00	4.00.00
BRONZE	24.10	39.30	49.30	1.20.00	1.48.00	4.15.00

LADIES CLUB STANDARDS

40 - 44	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
DIAMOND	20.00	33.15	41.30	1.08.00	1.32.00	3.20.00
PLATINUM	20.40	34.10	42.40	1.10.45	1.34.30	3.30.00
GOLD	21.30	35.15	44.00	1.12.00	1.38.00	3.40.00
SILVER	24.10	39.30	49.30	1.20.00	1.48.00	4.15.00
BRONZE	25.30	41.45	52.00	1.25.00	1.53.30	4.30.00

45 - 49	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
DIAMOND	21.10	34.45	43.30	1.11.00	1.36.00	3.30.00
PLATINUM	22.00	36.00	45.10	1.13.30	1.39.30	3.40.00
GOLD	23.00	37.30	47.00	1.16.00	1.43.00	3.50.00
SILVER	26.00	42.30	53.00	1.25.30	1.55.00	4.30.00
BRONZE	27.30	44.30	56.00	1.31.30	2.02.00	4.45.00

LADIES CLUB STANDARDS

50 - 54	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
DIAMOND	22.30	36.45	46.00	1.15.00	1.41.00	3.40.00
PLATINUM	23.40	38.20	48.00	1.18.00	1.44.30	3.52.00
GOLD	24.20	40.00	50.00	1.21.00	1.48.00	4.05.00
SILVER	27.40	45.15	56.30	1.32.00	2.02.00	4.50.00
BRONZE	30.00	48.15	1.00.00	1.38.00	2.11.00	5.10.00

55 - 59	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
DIAMOND	24.00	39.00	49.00	1.20.00	1.47.00	3.55.00
PLATINUM	25.00	40.15	51.20	1.23.00	1.51.00	4.07.00
GOLD	26.00	41.30	54.00	1.26.00	1.55.00	4.20.00
SILVER	30.00	48.00	60.00	1.38.00	2.11.00	5.10.00
BRONZE	32.00	51.00	1.03.30	1.44.00	2.20.00	5.35.00

LADIES CLUB STANDARDS

60 - 64	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
DIAMOND	25.40	41.30	52.00	1.25.00	1.54.00	4.10.00
PLATINUM	26.40	42.40	54.00	1.27.40	1.58.00	4.23.00
GOLD	27.50	44.00	56.00	1.31.30	2.02.00	4.37.00
SILVER	32.10	51.00	1.04.00	1.44.00	2.20.00	5.30.00
BRONZE	34.15	58.00	1.12.00	1.56.30	2.38.00	5.55.00

65 - 69	5K	5 Miles	10K	10 Miles	Half Marathon	Marathon
DIAMOND	27.30	44.50	56.00	1.33.00	2.03.00	4.27.00
PLATINUM	28.35	45.20	58.30	1.36.30	2.07.30	4.41.30
GOLD	29.45	48.00	1.01.00	1.40.00	2.12.00	4.55.30
SILVER	34.30	54.30	1.09.00	1.53.00	2.30.00	5.55.30
BRONZE	36.40	1.00.30	1.16.00	2.00.00	2.39.00	6.25.30