

## DUNDEE ROAD RUNNERS - CLUB STANDARDS

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, 5Miles, 10K, 10Miles, Half Marathon & Marathon.

The idea is that each runner will look at the standards for their particular age group and gender, then work out which standard they wish to aim for. They then 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 at the time of the race will apply. So, for example a member turns 50 on the 1st July, he or she will be a V45-49 up to June 30th and then be a V50-54 for the remainder of the year.

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

Whilst the committee will endeavour to track members' times, it's the responsibility of the runner to forward all times when achieved, where and when to [drstandards@gmail.com](mailto:drstandards@gmail.com), so they can be verified before any award is given.

Certificates will be awarded annually at the club AGM.

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

Good luck with your running.

Last updated: February 2020

## Mens Club Standards

<b>Under 40</b>	Diamond	Platinum	Gold	Silver	Bronze
5K	00:16:00	00:16:40	00:17:30	00:18:30	00:20:00
5 Miles	00:26:20	00:27:25	00:28:45	00:30:30	00:33:00
10K	00:33:00	00:34:20	00:36:00	00:38:00	00:41:00
10 Miles	00:54:00	00:56:30	01:00:00	01:03:00	01:08:00
Half Marathon	01:12:00	01:15:00	01:20:00	01:23:00	01:30:00
Marathon	02:35:00	02:46:00	03:00:00	03:10:00	03:30:00

<b>40-44</b>	Diamond	Platinum	Gold	Silver	Bronze
5K	00:16:30	00:17:15	00:18:15	00:19:30	00:21:10
5 Miles	00:27:10	00:28:20	00:30:00	00:32:00	00:35:00
10K	00:34:00	00:35:45	00:37:30	00:40:00	00:43:30
10 Miles	00:56:00	00:58:30	01:02:00	01:06:00	01:12:00
Half Marathon	01:15:00	01:19:00	01:24:00	01:28:00	01:36:00
Marathon	02:40:00	02:52:00	03:05:00	03:20:00	03:45:00

<b>45-49</b>	Diamond	Platinum	Gold	Silver	Bronze
5K	00:17:10	00:18:00	00:19:10	00:20:20	00:22:45
5 Miles	00:28:00	00:29:30	00:31:30	00:33:30	00:37:15
10K	00:35:15	00:37:15	00:39:30	00:42:00	00:46:30
10 Miles	00:58:00	01:01:30	01:05:00	01:09:00	01:16:00
Half Marathon	01:18:00	01:22:00	01:28:00	01:33:00	01:42:00
Marathon	02:45:00	02:58:00	03:12:00	03:30:00	04:00:00

<b>50-54</b>	Diamond	Platinum	Gold	Silver	Bronze
5K	00:17:30	00:19:00	00:20:15	00:21:30	00:24:10
5 Miles	00:28:50	00:30:50	00:33:15	00:35:15	00:39:30
10K	00:36:15	00:38:00	00:41:30	00:44:00	00:49:30
10 Miles	00:59:40	01:03:30	01:08:00	01:12:00	01:20:00
Half Marathon	01:20:00	01:25:00	01:32:00	01:38:00	01:48:00
Marathon	02:50:00	03:04:00	03:20:00	03:40:00	04:15:00

<b>55-59</b>	Diamond	Platinum	Gold	Silver	Bronze
5K	00:18:40	00:19:40	00:21:10	00:22:30	00:26:00
5 Miles	00:30:30	00:32:30	00:34:45	00:37:30	00:42:30
10K	00:38:30	00:40:30	00:43:30	00:47:00	00:53:00
10 Miles	01:03:30	01:07:00	01:11:00	01:16:00	01:25:30
Half Marathon	01:25:00	01:29:30	01:36:00	01:43:00	01:55:00
Marathon	03:00:00	03:14:00	03:30:00	03:50:00	04:33:00

<b>60-64</b>	Diamond	Platinum	Gold	Silver	Bronze
5K	00:20:10	00:21:15	00:22:30	00:24:30	00:27:45
5 Miles	00:33:00	00:34:45	00:36:45	00:40:00	00:45:15
10K	00:41:15	00:43:15	00:46:00	00:50:00	00:56:30
10 Miles	01:07:30	01:11:00	01:15:00	01:21:40	01:32:00
Half Marathon	01:30:00	01:35:00	01:41:00	01:48:00	02:02:00
Marathon	03:15:00	03:27:00	03:40:00	04:05:00	04:55:00

**65-69**

	Diamond	Platinum	Gold	Silver	Bronze
5K	00:21:45	00:22:50	00:24:00	00:26:00	00:29:30
5 Miles	00:35:30	00:37:10	00:39:15	00:42:30	00:48:00
10K	00:44:30	00:46:00	00:49:00	00:53:00	01:00:00
10 Miles	01:13:00	01:16:00	01:20:00	01:26:00	01:38:45
Half Marathon	01:37:00	01:39:30	01:50:00	01:59:00	02:13:00
Marathon	03:30:00	03:42:00	03:55:00	04:23:00	05:17:00

**70-74**

	Diamond	Platinum	Gold	Silver	Bronze
5K	00:22:52	00:24:00	00:25:08	00:27:08	00:30:45
5 Miles	00:38:10	00:39:40	00:41:45	00:45:00	00:50:45
10K	00:47:45	00:50:45	00:52:15	00:56:15	01:03:30
10 Miles	01:18:30	01:22:00	01:25:30	01:32:00	01:44:00
Half Marathon	01:45:00	01:51:30	01:58:00	02:08:00	02:23:00
Marathon	03:45:00	03:57:00	04:10:00	04:45:00	05:40:00

**75-79**

	Diamond	Platinum	Gold	Silver	Bronze
5K	00:24:28	00:25:35	00:27:00	00:29:00	00:32:38
5 Miles	00:40:30	00:42:25	00:44:30	00:48:00	00:53:30
10K	00:50:55	00:53:45	00:56:00	01:00:00	01:07:15
10 Miles	01:24:00	01:27:50	01:32:15	01:39:30	01:51:00
Half Marathon	01:52:00	01:56:30	02:03:00	02:14:30	02:30:00
Marathon	04:00:00	04:12:30	04:25:00	05:00:00	06:00:00

**80-84**

	Diamond	Platinum	Gold	Silver	Bronze
5K	00:26:30	00:27:45	00:29:00	00:31:00	00:34:45
5 Miles	00:43:30	00:45:30	00:47:30	00:51:15	00:57:15
10K	00:55:00	00:57:35	01:00:15	01:04:15	01:11:45
10 Miles	01:27:30	01:31:40	01:35:45	01:43:00	01:55:15
Half Marathon	02:00:00	02:06:00	02:12:00	02:25:00	02:41:00
Marathon	04:15:00	04:17:30	04:40:00	05:20:00	06:20:00

**Ladies Club Standards****Under 35**

	Diamond	Platinum	Gold	Silver	Bronze
5K	00:18:15	00:18:40	00:19:30	00:21:10	00:22:45
5 Miles	00:30:00	00:30:50	00:32:00	00:35:00	00:37:15
10K	00:37:30	00:38:40	00:40:00	00:43:30	00:46:30
10 Miles	01:02:00	01:03:45	01:06:00	01:12:00	01:16:00
Half Marathon	01:24:00	01:25:30	01:28:00	01:36:00	01:42:00
Marathon	03:05:00	03:12:00	03:20:00	03:45:00	04:00:00

**35-39**

	Diamond	Platinum	Gold	Silver	Bronze
5K	00:19:10	00:19:40	00:20:30	00:22:45	00:24:10
5 Miles	00:31:30	00:32:20	00:33:30	00:37:15	00:39:30
10K	00:39:30	00:40:40	00:42:00	00:46:30	00:49:30
10 Miles	01:05:00	01:06:45	01:09:00	01:16:00	01:20:00
Half Marathon	01:28:00	01:30:00	01:33:00	01:42:00	01:48:00
Marathon	03:12:00	03:18:00	03:30:00	04:00:00	04:15:00

<b>40-44</b>	Diamond	Platinum	Gold	Silver	Bronze
5K	00:20:00	00:20:40	00:21:30	00:24:10	00:25:30
5 Miles	00:33:15	00:34:10	00:35:15	00:39:30	00:41:45
10K	00:41:30	00:42:40	00:44:00	00:49:30	00:52:00
10 Miles	01:08:00	01:10:45	01:12:00	01:20:00	01:25:00
Half Marathon	01:32:00	01:34:30	01:38:00	01:48:00	01:53:30
Marathon	03:20:00	03:30:00	03:40:00	04:15:00	04:30:00

<b>45-49</b>	Diamond	Platinum	Gold	Silver	Bronze
5K	00:21:10	00:22:00	00:23:00	00:26:00	00:27:30
5 Miles	00:34:45	00:36:00	00:37:30	00:42:30	00:44:30
10K	00:43:30	00:45:10	00:47:00	00:53:00	00:56:00
10 Miles	01:11:00	01:13:30	01:16:00	01:25:30	01:31:30
Half Marathon	01:36:00	01:39:30	01:43:00	01:55:00	02:02:00
Marathon	03:30:00	03:40:00	03:50:00	04:30:00	04:45:00

<b>50-54</b>	Diamond	Platinum	Gold	Silver	Bronze
5K	00:22:30	00:23:40	00:24:20	00:27:40	00:30:00
5 Miles	00:36:45	00:38:20	00:40:00	00:45:15	00:48:15
10K	00:46:00	00:48:00	00:50:00	00:56:30	01:00:00
10 Miles	01:15:00	01:18:00	01:21:00	01:32:00	01:38:00
Half Marathon	01:41:00	01:44:30	01:48:00	02:02:00	02:11:00
Marathon	03:40:00	03:52:00	04:05:00	04:50:00	05:10:00

<b>55-59</b>	Diamond	Platinum	Gold	Silver	Bronze
5K	00:24:00	00:25:00	00:26:00	00:30:00	00:32:00
5 Miles	00:39:00	00:40:15	00:41:30	00:48:00	00:51:00
10K	00:49:00	00:51:20	00:54:00	01:00:00	01:03:30
10 Miles	01:20:00	01:23:00	01:26:00	01:38:00	01:44:00
Half Marathon	01:47:00	01:51:00	01:55:00	02:11:00	02:20:00
Marathon	03:55:00	04:07:00	04:20:00	05:10:00	05:35:00

<b>60-64</b>	Diamond	Platinum	Gold	Silver	Bronze
5K	00:25:40	00:26:40	00:27:50	00:32:10	00:34:15
5 Miles	00:41:30	00:42:40	00:44:00	00:51:00	00:58:00
10K	00:52:00	00:54:00	00:56:00	01:04:00	01:12:00
10 Miles	01:25:00	01:27:40	01:31:30	01:44:00	01:56:30
Half Marathon	01:54:00	01:58:00	02:02:00	02:20:00	02:38:00
Marathon	04:10:00	04:23:00	04:37:00	05:30:00	05:55:00

<b>65-69</b>	Diamond	Platinum	Gold	Silver	Bronze
5K	00:27:30	00:28:35	00:29:45	00:34:30	00:36:40
5 Miles	00:44:50	00:45:20	00:48:00	00:54:30	01:00:30
10K	00:56:00	00:58:30	01:01:00	01:09:00	01:16:00
10 Miles	01:33:00	01:36:30	01:40:00	01:53:00	02:00:00
Half Marathon	02:03:00	02:07:30	02:12:00	02:30:00	02:39:00
Marathon	04:27:00	04:41:30	04:55:30	05:55:30	06:25:30