

Clty of Norwich AC – Road Running Standards

Men Under 40	Copper	Bronze	Silver	Gold	Platinum
5 km	00:25:03	00:21:59	00:19:39	00:17:48	00:16:18
5 miles	00:41:26	00:36:08	00:32:25	00:29:26	00:26:57
10 km	00:52:09	00:45:43	00:40:52	00:37:03	00:33:56
10 miles	01:25:54	01:15:43	01:07:41	01:01:12	00:55:50
Half Marathon	01:53:58	01:40:26	01:29:44	01:21:00	01:14:27
15 miles	02:11:30	01:56:00	01:43:30	01:33:30	01:25:45
20 miles	02:58:51	02:37:38	02:20:55	02:07:24	01:56:15
Marathon	04:03:54	03:34:58	03:12:10	02:53:44	02:38:32

Men 40-44	Copper	Bronze	Silver	Gold	Platinum
5 km	00:25:56	00:22:51	00:20:26	00:18:28	00:16:51
5 miles	00:42:26	00:37:24	00:33:26	00:30:14	00:27:36
10 km	00:53:35	00:47:14	00:42:13	00:38:10	00:34:50
10 miles	01:28:22	01:17:53	01:09:37	01:02:57	00:57:26
Half Marathon	01:56:48	01:43:03	01:32:08	01:23:24	01:15:59
15 miles	02:14:45	01:58:45	01:46:15	01:36:00	01:27:30
20 miles	03:02:42	02:41:01	02:23:56	02:10:08	01:58:45
Marathon	04:08:01	03:38:35	03:15:24	02:56:40	02:41:12

Men 45-49	Copper	Bronze	Silver	Gold	Platinum
5 km	00:26:53	00:23:42	00:21:11	00:19:09	00:17:29
5 miles	00:44:06	00:38:47	00:34:40	00:31:21	00:28:42
10 km	00:55:35	00:48:59	00:43:47	00:39:35	00:36:08
10 miles	01:31:38	01:20:46	01:12:12	01:05:16	00:59:14
Half Marathon	02:01:24	01:46:59	01:35:38	01:26:28	01:18:36
15 miles	02:20:00	02:03:30	01:50:15	01:39:45	01:30:45
20 miles	03:10:23	02:47:48	02:30:00	02:15:37	02:03:45
Marathon	04:17:07	03:46:37	03:22:35	03:03:09	02:47:08

Men 50-54	Copper	Bronze	Silver	Gold	Platinum
5 km	00:27:57	00:24:38	00:22:01	00:19:55	00:18:10
5 miles	00:45:54	00:40:19	00:36:02	00:32:37	00:29:52
10 km	00:57:47	00:50:54	00:45:30	00:41:08	00:37:35
10 miles	01:35:13	01:23:56	01:15:02	01:07:50	01:01:54
Half Marathon	02:05:59	01:51:08	01:39:21	01:29:44	01:21:53
15 miles	02:25:15	02:08:00	01:54:30	01:43:30	01:34:30
20 miles	03:17:07	02:53:44	02:35:18	02:20:25	02:08:08
Marathon	04:27:09	03:55:27	03:30:29	03:10:18	02:53:39

Men 55-59	Copper	Bronze	Silver	Gold	Platinum
5 km	00:29:06	00:25:39	00:22:56	00:20:44	00:18:55
5 miles	00:47:52	00:42:00	00:37:33	00:34:00	00:31:08
10 km	01:00:14	00:53:03	00:47:25	00:42:53	00:39:12
10 miles	01:39:14	01:27:27	01:18:11	01:10:41	01:04:30
Half Marathon	02:11:26	01:55:56	01:43:42	01:33:40	01:25:22
15 miles	02:31:30	02:13:45	01:59:30	01:48:00	01:38:30
20 miles	03:25:46	03:01:21	02:42:07	02:26:35	02:13:45
Marathon	04:38:20	04:05:09	03:39:18	03:18:16	03:00:55

Men 60-64	Copper	Bronze	Silver	Gold	Platinum
5 km	00:30:27	00:26:50	00:23:59	00:21:41	00:19:48
5 miles	00:50:00	00:43:56	00:39:16	00:35:31	00:32:32
10 km	01:02:59	00:55:31	00:49:37	00:44:52	00:40:56
10 miles	01:43:49	01:31:30	01:21:48	01:13:57	01:07:30
Half Marathon	02:17:20	02:00:56	01:48:18	01:37:49	01:29:18
15 miles	02:38:15	02:19:30	02:04:45	01:52:45	01:43:00
20 miles	03:34:25	03:08:59	02:48:56	02:32:44	02:19:23
Marathon	04:51:03	04:16:32	03:49:19	03:27:18	03:09:11

Women under 35	Copper	Bronze	Silver	Gold	Platinum
5 km	00:27:48	00:24:24	00:21:49	00:19:45	00:18:05
5 miles	00:45:29	00:40:05	00:35:50	00:32:24	00:29:34
10 km	00:57:32	00:50:42	00:45:20	00:40:59	00:37:24
10 miles	01:34:58	01:23:42	01:14:49	01:07:39	01:01:44
Half Marathon	02:06:25	01:51:21	01:39:34	01:30:08	01:22:06
15 miles	02:26:15	02:08:45	01:55:15	01:44:15	01:35:55
20 miles	03:20:00	02:56:30	02:37:47	02:22:39	02:10:10
Marathon	04:27:00	03:55:20	03:30:23	03:10:12	02:53:34

Women 35-39	Copper	Bronze	Silver	Gold	Platinum
5 km	00:27:57	00:24:36	00:22:00	00:19:53	00:18:11
5 miles	00:45:42	00:40:17	00:36:01	00:32:33	00:29:42
10 km	00:57:42	00:50:51	00:45:27	00:41:06	00:37:30
10 miles	01:34:58	01:23:42	01:14:49	01:07:39	01:01:44
Half Marathon	02:06:25	01:51:21	01:39:34	01:30:08	01:22:06
15 miles	02:26:15	02:08:45	01:55:15	01:44:15	01:35:55
20 miles	03:20:00	02:56:30	02:37:47	02:22:39	02:10:10
Marathon	04:27:00	03:55:20	03:30:23	03:10:12	02:53:34

Women 40-44	Copper	Bronze	Silver	Gold	Platinum
5 km	00:29:04	00:25:37	00:22:54	00:20:42	00:18:54
5 miles	00:47:34	00:41:55	00:37:28	00:33:53	00:30:55
10 km	01:00:02	00:52:55	00:47:18	00:42:46	00:39:01
10 miles	01:38:37	01:26:55	01:17:42	01:10:15	01:04:06
Half Marathon	02:11:39	01:55:56	01:43:42	01:33:40	01:25:35
15 miles	02:32:30	02:14:30	02:00:15	01:48:45	01:39:15
20 miles	03:29:45	03:04:52	02:45:15	02:29:34	02:16:20
Marathon	04:37:51	04:04:53	03:38:55	03:17:55	03:00:36

Women 45-49	Copper	Bronze	Silver	Gold	Platinum
5 km	00:30:19	00:26:43	00:23:53	00:21:36	00:19:42
5 miles	00:49:35	00:43:42	00:39:04	00:35:19	00:32:14
10 km	01:02:36	00:55:10	00:49:19	00:44:35	00:40:41
10 miles	01:42:49	01:30:37	01:21:01	01:13:15	01:06:50
Half Marathon	02:16:54	02:00:31	01:47:38	01:37:18	01:28:58
15 miles	02:38:15	02:19:30	02:04:30	01:52:45	01:42:45
20 miles	03:36:17	03:10:37	02:50:24	02:34:04	02:20:35
Marathon	04:45:33	04:11:40	03:44:58	03:23:24	03:05:36

Women 50-54	Copper	Bronze	Silver	Gold	Platinum
5 km	00:32:08	00:27:59	00:25:09	00:22:50	00:20:54
5 miles	00:52:33	00:45:46	00:41:07	00:37:20	00:34:11
10 km	01:05:52	00:57:41	00:51:34	00:46:48	00:42:51
10 miles	01:47:52	01:34:43	01:24:40	01:16:39	01:10:11
Half Marathon	02:24:06	02:06:25	01:53:06	01:42:37	01:33:40
15 miles	02:47:15	02:26:30	02:11:00	01:59:00	01:48:45
20 miles	03:50:23	03:20:40	03:00:00	02:44:07	02:29:45
Marathon	05:03:56	04:24:43	03:57:51	03:35:57	03:17:44

Women 55-59	Copper	Bronze	Silver	Gold	Platinum
5 km	00:34:20	00:29:54	00:26:52	00:24:23	00:22:20
5 miles	00:56:08	00:48:53	00:43:56	00:39:53	00:36:31
10 km	01:10:21	01:01:17	00:55:04	00:49:59	00:45:46
10 miles	01:55:41	01:40:22	01:30:11	01:21:53	01:14:58
Half Marathon	02:33:16	02:13:37	01:59:52	01:48:31	01:39:21
15 miles	02:56:45	02:34:30	02:18:29	02:05:12	01:54:30
20 miles	03:59:37	03:31:11	03:08:47	02:50:41	02:35:45
Marathon	05:25:25	04:43:26	04:14:41	03:51:13	03:31:43

Women 60-64	Copper	Bronze	Silver	Gold	Platinum
5 km	00:36:51	00:32:05	00:28:50	00:26:11	00:23:58
5 miles	01:00:25	00:52:28	00:47:09	00:42:48	00:39:12
10 km 01:15:31	01:05:46	00:59:06	00:53:39	00:49:00	
10 miles 02:03:41	01:47:43	01:36:48	01:27:58	01:20:28	
Half Marathon	02:43:58	02:23:27	02:08:36	01:56:48	01:46:06
15 miles 03:09:25	02:46:00	02:28:45	02:14:45	02:03:15	
20 miles	04:17:34	03:47:00	03:22:56	03:03:28	02:03:15
Marathon	05:50:56	05:05:39	04:34:38	04:09:21	03:48:19