

## DUNDEE ROAD RUNNERS CLUB STANDARDS

Club standards are a set of goal times with an aim to challenge and incentivise the individual runner, no matter what their age. There are now 7 standards, DIAMOND, PLATINUM, GOLD, SILVER, BRONZE, COPPER & PEWTER. 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 the United Kingdom.

Whilst the committee will endeavour to track members times with the frequent publishing of the Best Times, if a time has been missed it's the responsibility of the runner to forward that time to the appropriate persons or to email [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: 1 January 2023

## MENS CLUB STANDARDS

<b>Men Aged Under 35</b>						
	<b>5K</b>	<b>5M</b>	<b>10K</b>	<b>10 Mile</b>	<b>Half Marathon</b>	<b>Full Marathon</b>
Diamond	16:00	26:20	33:00	54:00	01:12:00	02:35:00
Platinum	16:40	27:25	34:20	56:30	01:15:00	02:46:00
Gold	17:30	28:45	36:00	01:00:00	01:20:00	03:00:00
Silver	18:30	30:30	38:00	01:03:00	01:23:00	03:10:00
Bronze	20:00	33:00	41:00	01:08:00	01:30:00	03:30:00
Copper	23:00	36:15	45:00	01:15:45	01:39:00	03:51:00
Pewter	24:45	40:30	49:15	01:22:30	01:48:00	04:12:00

<b>Men Aged 35 - 39</b>						
	<b>5K</b>	<b>5M</b>	<b>10K</b>	<b>10 Mile</b>	<b>Half Marathon</b>	<b>Full Marathon</b>
Diamond	16:15	26:50	33:30	55:00	01:13:30	02:37:30
Platinum	17:00	27:50	35:00	57:30	01:17:00	02:49:00
Gold	17:55	29:25	36:45	01:01:00	01:22:00	03:02:30
Silver	19:00	31:15	39:00	01:04:30	01:25:30	03:20:00
Bronze	20:35	34:00	42:15	01:10:00	01:33:00	03:37:30
Copper	23:10	36:15	47:00	01:17:30	01:42:45	04:00:00
Pewter	25:10	41:45	50:45	01:24:30	01:51:45	04:21:00

<b>Men Aged 40 - 44</b>						
	<b>5K</b>	<b>5 Mile</b>	<b>10K</b>	<b>10 Mile</b>	<b>Half Marathon</b>	<b>Full Marathon</b>
Diamond	16:30	27:10	34:00	56:00	01:15:00	02:40:00
Platinum	17:15	28:20	35:45	58:30	01:19:00	02:52:00
Gold	18:15	30:00	37:30	01:02:00	01:24:00	03:05:00
Silver	19:30	32:00	40:00	01:06:00	01:28:00	03:30:00
Bronze	21:10	35:00	43:30	01:12:00	01:36:00	03:45:00
Copper	23:15	37:50	48:45	01:19:15	01:46:30	04:08:00
Pewter	25:30	42:00	52:15	01:26:30	01:55:15	04:30:00

<b>Men Aged 45 - 49</b>						
	<b>5K</b>	<b>5 Mile</b>	<b>10K</b>	<b>10 Mile</b>	<b>Half Marathon</b>	<b>Full Marathon</b>
Diamond	17:10	28:00	35:15	58:00	01:18:00	02:45:00
Platinum	18:00	29:30	37:15	01:01:30	01:22:00	02:58:00
Gold	19:10	31:30	39:30	01:05:00	01:28:00	03:12:00
Silver	20:20	33:30	42:00	01:09:00	01:33:00	03:30:00
Bronze	22:45	37:15	46:30	01:16:00	01:42:00	04:00:00
Copper	25:00	42:00	51:15	01:24:30	01:52:15	04:24:00
Pewter	27:15	45:45	56:45	01:31:15	02:02:30	04:48:00

<b>Men Aged 50 – 54</b>						
	<b>5K</b>	<b>5 Mile</b>	<b>10K</b>	<b>10 Mile</b>	<b>Half Marathon</b>	<b>Full Marathon</b>
Diamond	17:30	28:50	36:15	59:40	01:20:00	02:50:00
Platinum	19:00	30:50	39:15	01:03:30	01:25:00	03:04:00
Gold	20:15	33:15	41:40	01:08:00	01:32:00	03:20:00
Silver	21:30	35:15	44:00	01:12:00	01:38:00	03:40:00
Bronze	24:10	39:30	49:30	01:20:00	01:48:00	04:15:00
Copper	27:30	43:30	54:30	01:28:00	01:59:45	04:41:30
Pewter	29:00	47:30	59:30	01:36:00	02:10:30	05:06:00

<b>Men Aged 55 – 59</b>						
	<b>5K</b>	<b>5 Mile</b>	<b>10K</b>	<b>10 Mile</b>	<b>Half Marathon</b>	<b>Full Marathon</b>
Diamond	18:40	30:30	38:30	01:03:30	01:25:00	03:00:00
Platinum	19:40	32:30	40:30	01:07:00	01:29:30	03:14:00
Gold	21:10	34:45	43:30	01:11:00	01:36:00	03:30:00
Silver	22:30	37:30	47:00	01:16:00	01:43:00	03:50:00
Bronze	26:00	42:30	53:00	01:25:30	01:55:00	04:33:00
Copper	29:30	47:45	58:15	01:34:00	02:07:30	05:00:00
Pewter	31:15	51:00	01:04:30	01:43:30	02:18:00	05:28:30

<b>Men Aged 60 – 64</b>						
	<b>5K</b>	<b>5 Mile</b>	<b>10K</b>	<b>10 Mile</b>	<b>Half Marathon</b>	<b>Full Marathon</b>
Diamond	20:10	33:00	41:15	01:07:30	01:30:00	03:15:00
Platinum	21:15	34:45	43:15	01:11:00	01:35:00	03:27:00
Gold	22:30	36:45	46:00	01:15:00	01:41:00	03:40:00
Silver	24:30	40:00	50:00	01:21:40	01:48:00	04:05:00
Bronze	27:45	45:15	56:30	01:32:00	02:02:00	04:55:00
Copper	31:30	50:45	01:02:15	01:41:15	02:14:15	05:25:30
Pewter	33:15	54:15	01:08:45	01:50:30	02:26:30	05:54:00

<b>Men Aged 65 – 69</b>						
	<b>5K</b>	<b>5 Mile</b>	<b>10K</b>	<b>10 Mile</b>	<b>Half Marathon</b>	<b>Full Marathon</b>
Diamond	21:45	35:30	44:30	01:13:30	01:37:00	03:30:00
Platinum	22:50	37:10	46:00	01:16:00	01:39:30	03:42:00
Gold	24:00	39:15	49:00	01:20:00	01:50:00	03:55:00
Silver	26:00	42:30	53:00	01:26:00	01:59:00	04:23:00
Bronze	29:30	48:00	01:00:00	01:38:45	02:13:00	05:17:00
Copper	32:30	53:45	01:06:00	01:49:30	02:26:15	05:50:00
Pewter	35:30	58:30	01:12:00	01:59:30	02:40:30	06:20:00

<b>Men Aged 70 – 74</b>						
	<b>5K</b>	<b>5 Mile</b>	<b>10K</b>	<b>10 Mile</b>	<b>Half Marathon</b>	<b>Full Marathon</b>
Diamond	22:52	38:10	47:45	01:18:30	01:45:00	03:45:00
Platinum	24:00	39:40	50:45	01:22:00	01:51:30	03:57:00
Gold	25:08	41:45	52:15	01:25:30	01:58:00	04:10:00
Silver	27:08	45:00	56:15	01:32:00	02:08:00	04:45:00
Bronze	30:45	50:45	01:03:30	01:44:00	02:23:00	05:40:00
Copper	34:45	56:45	01:10:45	01:54:30	02:37:15	06:14:00
Pewter	38:00	01:01:45	01:16:15	02:05:30	02:52:30	06:48:00

<b>Men Aged 75 – 79</b>						
	<b>5K</b>	<b>5 Mile</b>	<b>10K</b>	<b>10 Mile</b>	<b>Half Marathon</b>	<b>Full Marathon</b>
Diamond	24:28	40:30	50:55	01:24:00	01:52:00	04:00:00
Platinum	25:35	42:25	53:45	01:27:50	01:56:30	04:12:30
Gold	27:00	44:30	56:00	01:32:15	02:03:00	04:25:00
Silver	29:00	48:00	01:00:00	01:39:30	02:14:30	05:00:00
Bronze	32:38	53:30	01:07:15	01:51:00	02:30:00	06:00:00
Copper	36:00	57:30				
Pewter	39:00	01:02:30				

<b>Men Aged 80 – 84</b>						
	<b>5K</b>	<b>5M</b>	<b>10K</b>	<b>10 Mile</b>	<b>Half Marathon</b>	<b>Full Marathon</b>
Diamond	26:30	43:30	55:00	01:27:30	02:00:00	04:15:00
Platinum	27:45	45:30	57:35	01:31:40	02:06:00	04:17:30
Gold	29:00	47:30	01:00:15	01:35:45	02:12:00	04:40:00
Silver	31:00	51:15	01:04:15	01:43:00	02:25:00	05:20:00
Bronze	34:45	57:15	01:11:45	01:55:15	02:41:00	06:20:00
Copper	38:45	01:03:30				
Pewter	42:00	01:07:00				

## LADIES CLUB STANDARDS

<b>Ladies Aged Under 35</b>						
	<b>5K</b>	<b>5 Mile</b>	<b>10K</b>	<b>10 Mile</b>	<b>Half Marathon</b>	<b>Full Marathon</b>
Diamond	18:15	30:00	37:30	01:02:00	01:24:00	03:05:00
Platinum	18:40	30:50	38:40	01:03:45	01:25:30	03:12:00
Gold	19:30	32:00	40:00	01:06:00	01:28:00	03:20:00
Silver	21:10	35:00	43:30	01:12:00	01:36:00	03:45:00
Bronze	22:45	37:15	46:30	01:16:00	01:42:00	04:00:00
Copper	25:00	42:00	51:00	01:24:30	01:52:00	04:24:00
Pewter	27:00	45:00	57:00	01:31:00	02:02:30	04:48:00

<b>Ladies Aged 35 – 39</b>						
	<b>5K</b>	<b>5 Mile</b>	<b>10K</b>	<b>10 Mile</b>	<b>Half Marathon</b>	<b>Full Marathon</b>
Diamond	19:10	31:30	39:30	01:05:00	01:28:00	03:12:00
Platinum	19:40	32:20	40:40	01:06:45	01:30:00	03:18:00
Gold	20:30	33:30	42:00	01:09:00	01:33:00	03:30:00
Silver	22:45	37:15	46:30	01:16:00	01:42:00	04:00:00
Bronze	24:10	39:30	52:00	01:20:00	01:48:00	04:15:00
Copper	27:30	43:30	54:30	01:28:00	02:00:00	04:41:00
Pewter	29:00	47:30	59:30	01:36:00	02:10:00	05:06:00

<b>Ladies Aged 40 – 44</b>						
	<b>5K</b>	<b>5 Mile</b>	<b>10K</b>	<b>10 Mile</b>	<b>Half Marathon</b>	<b>Full Marathon</b>
Diamond	20:00	33:15	41:30	01:08:00	01:32:00	03:20:00
Platinum	20:40	34:10	42:40	01:10:45	01:34:30	03:30:00
Gold	21:30	35:15	44:00	01:12:00	01:38:00	03:40:00
Silver	24:10	39:30	49:30	01:20:00	01:48:00	04:15:00
Bronze	25:30	41:45	52:00	01:25:00	01:53:00	04:30:00
Copper	28:00	46:00	57:15	01:34:30	02:04:30	04:57:00
Pewter	31:30	50:00	01:02:30	01:42:00	02:16:30	05:24:00

<b>Ladies Aged 45 – 49</b>						
	<b>5K</b>	<b>5 Mile</b>	<b>10K</b>	<b>10 Mile</b>	<b>Half Marathon</b>	<b>Full Marathon</b>
Diamond	21:10	34:45	43:30	01:11:00	01:36:00	03:30:00
Platinum	22:00	36:00	45:10	01:13:30	01:39:30	03:40:00
Gold	23:00	37:30	47:00	01:16:00	01:43:00	03:50:00
Silver	26:00	42:30	53:00	01:25:30	01:55:00	04:30:00
Bronze	27:30	44:30	56:00	01:31:30	02:02:00	04:45:00
Copper	30:15	50:00	01:02:30	01:41:45	02:14:00	05:25:30
Pewter	33:00	53:30	01:07:15	01:51:00	02:26:30	05:54:00

<b>Ladies Aged 50 – 54</b>						
	<b>5K</b>	<b>5 Mile</b>	<b>10K</b>	<b>10 Mile</b>	<b>Half Marathon</b>	<b>Full Marathon</b>
Diamond	22:30	36:45	46:00	01:15:00	01:41:00	03:40:00
Platinum	23:40	38:20	48:00	01:18:00	01:44:30	03:52:00
Gold	24:20	40:00	50:00	01:21:00	01:48:00	04:05:00
Silver	27:40	45:15	56:30	01:32:00	02:02:00	04:50:00
Bronze	30:00	48:15	01:00:00	01:38:00	02:11:00	05:10:00
Copper	33:00	53:00	01:06:00	01:49:00	02:24:00	05:41:00
Pewter	36:00	59:00	01:12:00	01:58:30	02:37:00	06:12:00

<b>Ladies Aged 55 – 59</b>						
	<b>5K</b>	<b>5 Mile</b>	<b>10K</b>	<b>10 Mile</b>	<b>Half Marathon</b>	<b>Full Marathon</b>
Diamond	24:00	39:00	49:00	01:20:00	01:47:00	03:55:00
Platinum	25:00	40:15	51:20	01:23:00	01:51:00	04:07:00
Gold	26:00	41:30	54:00	01:26:00	01:55:00	04:20:00
Silver	30:00	48:00	01:00:00	01:38:00	02:11:00	05:15:00
Bronze	32:00	51:00	01:03:30	01:44:00	02:20:00	05:35:00
Copper	35:15	56:00	01:10:45	01:54:30	02:34:00	06:09:30
Pewter	38:30	01:01:15	01:16:15	02:05:00	02:48:00	06:42:00

<b>Ladies Aged 60 – 64</b>						
	<b>5K</b>	<b>5 Mile</b>	<b>10K</b>	<b>10 Mile</b>	<b>Half Marathon</b>	<b>Full Marathon</b>
Diamond	25:40	41:30	52:00	01:25:00	01:54:00	04:10:00
Platinum	26:40	42:40	54:00	01:27:40	01:58:00	04:23:00
Gold	27:50	44:00	56:00	01:31:30	02:02:00	04:37:00
Silver	32:10	51:00	01:04:00	01:44:00	02:20:00	05:30:00
Bronze	34:15	58:00	01:12:00	01:56:30	02:38:00	05:55:00
Copper	38:45	01:05:00	01:19:15	02:08:00	02:54:55	06:31:30
Pewter	41:00	01:10:30	01:26:30	02:20:45	03:10:00	07:06:00

<b>Ladies Aged 65 – 69</b>						
	<b>5K</b>	<b>5 Mile</b>	<b>10K</b>	<b>10 Mile</b>	<b>Half Marathon</b>	<b>Full Marathon</b>
Diamond	27:30	44:50	56:00	01:33:00	02:03:00	04:27:00
Platinum	28:35	45:20	58:30	01:36:30	02:07:30	02:41:30
Gold	29:45	48:00	01:01:00	01:40:00	02:12:00	04:55:00
Silver	34:30	54:30	01:09:00	01:53:00	02:30:00	05:55:30
Bronze	36:40	01:00:30	01:16:00	02:00:00	02:39:00	06:25:30
Copper	40:20	01:07:30	01:24:30	02:12:00	02:56:00	07:04:00
Pewter	44:00	01:13:30	01:31:15	02:24:00	03:12:00	07:43:30

<b>Ladies Aged 70 – 74</b>						
	<b>5K</b>	<b>5 Mile</b>	<b>10K</b>	<b>10 Mile</b>	<b>Half Marathon</b>	<b>Full Marathon</b>
Diamond	29:45	48:00	01:02:30	01:40:00	02:12:00	04:44:00
Platinum	31:10	50:10	01:04:15	01:44:00	02:17:00	04:58:30
Gold	32:30	52:15	01:06:00	01:48:00	02:22:00	05:13:00
Silver	37:30	58:45	01:14:30	02:02:00	02:41:00	06:17:00
Bronze	40:00	01:06:00	01:23:30	02:10:00	02:50:00	06:50:30
Copper	44:00	01:14:00	01:32:00	02:22:30	03:08:00	07:32:00
Pewter	48:00	01:21:00	01:40:00	02:35:00	03:25:00	08:15:00

<b>Ladies Aged 75 – 79</b>						
	<b>5K</b>	<b>5 Mile</b>	<b>10K</b>	<b>10 Mile</b>	<b>Half Marathon</b>	<b>Full Marathon</b>
Diamond	31:50	51:25	01:06:20	01:47:00	02:21:15	05:04:00
Platinum	33:30	54:00	01:09:40	01:52:30	02:28:20	05:19:00
Gold	35:08	56:40	01:13:00	01:57:45	02:35:20	05:34:00
Silver	40:30	01:03:00	01:21:00	02:06:00	02:45:00	06:50:00
Bronze	43:00	01:11:00	01:30:00	02:15:00	02:56:00	07:20:00
Copper	47:00	01:20:00				
Pewter	51:00	01:28:00				

<b>Ladies Aged 80 – 84</b>						
	<b>5K</b>	<b>5 Mile</b>	<b>10K</b>	<b>10 Mile</b>	<b>Half Marathon</b>	<b>Full Marathon</b>
Diamond	34:20	55:30	01:11:40	01:55:50	02:32:00	05:28:00
Platinum	36:05	58:15	01:15:20	02:01:30	02:39:30	05:45:00
Gold	37:50	01:01:00	01:18:50	02:07:00	02:47:00	06:00:00
Silver	43:30	01:07:30	01:27:00	02:17:00	02:58:30	07:30:00
Bronze	48:00	01:14:00	01:37:00	02:28:00	03:10:00	08:00:00
Copper	52:30	01:24:00				
Pewter	57:00	01:34:00				