

# RETFORD ATHLETICS CLUB

## CLUB STANDARDS

### MEN

### LADIES

10K	GOLD	SILVER	BRONZE	10K	GOLD	SILVER	BRONZE
<40	00:34:00	00:36:30	00:41:00	<35	00:41:00	00:44:15	00:49:15
>40	00:36:15	00:39:00	00:43:30	>35	00:42:30	00:45:45	00:51:00
>45	00:37:45	00:40:45	00:45:30	>40	00:44:00	00:47:30	00:53:00
>50	00:39:00	00:42:00	00:47:00	>45	00:44:45	00:48:15	00:53:45
>55	00:41:30	00:44:45	00:49:45	>50	00:48:00	00:51:45	00:57:45
>60	00:45:30	00:49:00	00:54:45	>55	00:51:45	00:55:45	01:02:15
>65	00:48:45	00:52:30	00:58:30	>60	00:55:00	00:59:15	01:06:00

10ML				10ML			
<40	00:56:30	01:01:00	01:08:00	<35	01:08:00	01:13:15	01:22:00
>40	01:00:00	01:04:45	01:12:00	>35	01:10:30	01:16:00	01:24:45
>45	01:02:45	01:07:30	01:15:30	>40	01:13:00	01:18:45	01:27:45
>50	01:04:45	01:09:45	01:17:45	>45	01:14:15	01:20:00	01:29:15
>55	01:08:45	01:14:00	01:22:30	>50	01:19:30	01:25:45	01:35:30
>60	01:15:15	01:21:00	01:30:30	>55	01:25:30	01:32:15	01:42:30
>65	01:21:00	01:27:15	01:37:15	>60	01:31:30	01:38:45	01:50:00

1/2 MAR				1/2 MAR			
<40	01:16:00	01:22:00	01:31:15	<35	01:31:15	01:38:30	01:49:45
>40	01:20:45	01:27:00	01:37:00	>35	01:34:30	01:42:00	01:53:30
>45	01:24:30	01:31:00	01:41:15	>40	01:38:00	01:45:45	01:57:30
>50	01:27:00	01:33:45	01:44:30	>45	01:39:30	01:47:15	01:59:30
>55	01:32:30	01:39:30	01:50:45	>50	01:46:45	01:55:15	02:08:15
>60	01:41:15	01:49:15	02:01:30	>55	01:55:00	02:04:00	02:18:00
>65	01:49:00	01:57:30	02:10:45	>60	02:02:30	02:12:15	02:27:00

MARATHON				MARATHON			
<40	02:45:00	03:00:00	03:30:00	<35	04:00:00	04:30:00	05:00:00
>40	03:00:00	03:15:00	03:45:00	>35	04:15:00	04:45:00	05:15:00
>45	03:15:00	03:30:00	04:00:00	>40	04:30:00	05:00:00	05:30:00
>50	03:30:00	03:45:00	04:15:00	>45	04:45:00	05:15:00	05:45:00
>55	03:45:00	04:00:00	04:45:00	>50	05:00:00	05:30:00	06:00:00
>60	04:15:00	04:30:00	05:30:00	>55	05:30:00	06:00:00	06:30:00
>65	05:00:00	05:30:00	06:30:00	>60	06:00:00	06:30:00	07:00:00