

STOWMARKET STRIDERS MENS' CLUB RUNNING STANDARDS

Men under 40	Tungsten	Bronze	Silver	Gold	Platinum
5 km	0:25:03	0:21:59	0:19:39	0:17:48	0:16:18
5 miles	0:41:26	0:36:08	0:32:25	0:29:26	0:26:57
10 km	0:52:09	0:45:43	0:40:52	0:37:03	0:33:56
10 miles	1:25:54	1:15:43	1:07:41	1:01:12	0:55:50
Half Marathon	1:53:58	1:40:26	1:29:44	1:21:00	1:14:27
15 miles	2:11:30	1:56:00	1:43:30	1:33:30	1:25:45
20 miles	2:58:51	2:37:38	2:20:55	2:07:24	1:56:15
Marathon	4:03:54	3:34:58	3:12:10	2:53:44	2:38:32

Men 40 - 44	Tungsten	Bronze	Silver	Gold	Platinum
5 km	0:25:56	0:22:51	0:20:26	0:18:28	0:16:51
5 miles	0:42:26	0:37:24	0:33:26	0:30:14	0:27:36
10 km	0:53:35	0:47:14	0:42:13	0:38:10	0:34:50
10 miles	1:28:22	1:17:53	1:09:37	1:02:57	0:57:26
Half Marathon	1:56:48	1:43:03	1:32:08	1:23:24	1:15:59
15 miles	2:14:45	1:58:45	1:46:15	1:36:00	1:27:30
20 miles	3:02:42	2:41:01	2:23:56	2:10:08	1:58:45
Marathon	4:08:01	3:38:35	3:15:24	2:56:40	2:41:12

Men 45 - 49	Tungsten	Bronze	Silver	Gold	Platinum
5 km	0:26:53	0:23:42	0:21:11	0:19:09	0:17:29
5 miles	0:44:06	0:38:47	0:34:40	0:31:21	0:28:42
10 km	0:55:35	0:48:59	0:43:47	0:39:35	0:36:08
10 miles	1:31:38	1:20:46	1:12:12	1:05:16	0:59:14
Half Marathon	2:01:24	1:46:59	1:35:38	1:26:28	1:18:36
15 miles	2:20:00	2:03:30	1:50:15	1:39:45	1:30:45
20 miles	3:10:23	2:47:48	2:30:00	2:15:37	2:03:45
Marathon	4:17:07	3:46:37	3:22:35	3:03:09	2:47:08

Men 50 -54	Tungsten	Bronze	Silver	Gold	Platinum
5 km	0:27:57	0:24:38	0:22:01	0:19:55	0:18:10
5 miles	0:45:54	0:40:19	0:36:02	0:32:37	0:29:52
10 km	0:57:47	0:50:54	0:45:30	0:41:08	0:37:35
10 miles	1:35:13	1:23:56	1:15:02	1:07:50	1:01:54
Half Marathon	2:05:59	1:51:08	1:39:21	1:29:44	1:21:53
15 miles	2:25:15	2:08:00	1:54:30	1:43:30	1:34:30
20 miles	3:17:07	2:53:44	2:35:18	2:20:25	2:08:08
Marathon	4:27:09	3:55:27	3:30:29	3:10:18	2:53:39

Men 55 - 59	Tungsten	Bronze	Silver	Gold	Platinum
5 km	0:29:06	0:25:39	0:22:56	0:20:44	0:18:55
5 miles	0:47:52	0:42:00	0:37:33	0:34:00	0:31:08
10 km	1:00:14	0:53:03	0:47:25	0:42:53	0:39:12
10 miles	1:39:14	1:27:27	1:18:11	1:10:41	1:04:30
Half Marathon	2:11:26	1:55:56	1:43:42	1:33:40	1:25:22
15 miles	2:31:30	2:13:45	1:59:30	1:48:00	1:38:30
20 miles	3:25:46	3:01:21	2:42:07	2:26:35	2:13:45
Marathon	4:38:20	4:05:19	3:39:18	3:18:16	3:00:55

Men 60 - 64	Tungsten	Bronze	Silver	Gold	Platinum
5 km	0:30:27	0:26:50	0:23:59	0:21:41	0:19:48
5 miles	0:50:00	0:43:56	0:39:16	0:35:31	0:32:32
10 km	1:02:59	0:55:31	0:49:37	0:44:52	0:40:56
10 miles	1:43:49	1:31:30	1:21:48	1:13:57	1:07:30
Half Marathon	2:17:20	2:00:57	1:48:18	1:37:49	1:29:18
15 miles	2:38:15	2:19:30	2:04:45	1:52:45	1:43:00
20 miles	3:34:25	3:08:59	2:48:56	2:32:44	2:19:23
Marathon	4:51:03	4:16:32	3:49:19	3:27:18	3:09:11