

STOWMARKET STRIDERS LADIES' CLUB RUNNING STANDARDS

Women under 35	Tungsten	Bronze	Silver	Gold	Platinum
5 km	0:27:48	0:24:24	0:21:49	0:19:45	0:18:05
5 miles	0:45:29	0:40:05	0:35:50	0:32:24	0:29:34
10 km	0:57:32	0:50:42	0:45:20	0:40:59	0:37:24
10 miles	1:34:58	1:23:42	1:14:49	1:07:39	1:01:44
Half Marathon	2:06:25	1:51:21	1:39:34	1:30:08	1:22:06
15 miles	2:26:15	2:08:45	1:55:15	1:44:15	1:35:55
20 miles	3:20:00	2:56:30	2:37:47	2:22:39	2:10:10
Marathon	4:27:00	3:55:20	3:30:23	3:10:12	2:53:34

Women 35 - 39	Tungsten	Bronze	Silver	Gold	Platinum
5 km	0:27:57	0:24:36	0:22:00	0:19:53	0:18:11
5 miles	0:45:42	0:40:17	0:36:01	0:32:33	0:29:42
10 km	0:57:42	0:50:51	0:45:27	0:41:06	0:37:30
10 miles	1:34:58	1:23:42	1:14:49	1:07:39	1:01:44
Half Marathon	2:06:25	1:51:21	1:39:34	1:30:08	1:22:06
15 miles	2:26:15	2:08:45	1:55:15	1:44:15	1:35:00
20 miles	3:20:00	2:56:30	2:37:47	2:22:39	2:10:10
Marathon	4:27:00	3:55:20	3:30:23	3:10:12	2:53:34

Women 40 - 44	Tungsten	Bronze	Silver	Gold	Platinum
5 km	0:29:04	0:25:37	0:22:54	0:20:42	0:18:54
5 miles	0:47:34	0:41:55	0:37:28	0:33:53	0:30:55
10 km	1:00:02	0:52:55	0:47:18	0:42:46	0:39:01
10 miles	1:38:37	1:26:55	1:17:42	1:10:15	1:04:06
Half Marathon	2:11:39	1:55:56	1:43:42	1:33:40	1:25:35
15 miles	2:32:30	2:14:30	2:00:15	1:48:45	1:39:15
20 miles	3:29:45	3:04:52	2:45:15	2:29:34	2:16:20
Marathon	4:37:51	4:04:53	3:38:55	3:17:55	3:00:36

Women 45 - 49	Tungsten	Bronze	Silver	Gold	Platinum
5 km	0:30:19	0:26:43	0:23:53	0:21:36	0:19:42
5 miles	0:49:35	0:43:42	0:39:04	0:35:19	0:32:14
10 km	1:02:36	0:55:10	0:49:19	0:44:35	0:40:41
10 miles	1:42:49	1:30:37	1:21:01	1:13:15	1:06:50
Half Marathon	2:16:54	2:00:31	1:47:38	1:37:18	1:28:58
15 miles	2:38:15	2:19:30	2:04:30	1:52:45	1:42:45
20 miles	3:36:17	3:10:37	2:50:24	2:34:04	2:20:35
Marathon	4:45:33	4:11:40	3:44:58	3:23:24	3:05:36

Women 50 - 54	Tungsten	Bronze	Silver	Gold	Platinum
5 km	0:32:08	0:27:59	0:25:09	0:22:50	0:20:54
5 miles	0:52:33	0:45:46	0:41:07	0:37:20	0:34:11
10 km	1:05:52	0:57:41	0:51:34	0:46:48	0:42:51
10 miles	1:47:52	1:34:43	1:24:40	1:16:39	1:10:11
Half Marathon	2:24:06	2:06:25	1:53:06	1:42:37	1:33:40
15 miles	2:47:15	2:26:30	2:11:00	1:59:00	1:48:45
20 miles	3:50:23	3:20:40	3:00:00	2:44:07	2:29:45
Marathon	5:03:56	4:24:43	3:57:51	3:35:57	3:17:44

Women 55 - 59	Tungsten	Bronze	Silver	Gold	Platinum
5 km	0:34:20	0:29:54	0:26:52	0:24:23	0:22:20
5 miles	0:56:08	0:48:53	0:43:56	0:39:53	0:36:31
10 km	1:10:21	1:01:17	0:55:04	0:49:59	0:45:46
10 miles	1:55:41	1:40:22	1:30:11	1:21:53	1:14:58
Half Marathon	2:33:16	2:13:37	1:59:52	1:48:31	1:39:21
15 miles	2:56:45	2:34:30	2:18:29	2:05:12	1:54:30
20 miles	3:59:37	3:31:11	3:08:47	2:50:41	2:35:45
Marathon	5:25:25	4:43:26	4:14:41	3:51:13	3:31:43

Women 60 - 64	Tungsten	Bronze	Silver	Gold	Platinum
5 km	0:36:51	0:32:05	0:28:50	0:26:11	0:23:58
5 miles	1:00:25	0:52:28	0:47:09	0:42:48	0:39:12
10 km	1:15:31	1:05:46	0:59:06	0:53:39	0:49:08
10 miles	2:03:41	1:47:43	1:36:48	1:27:58	1:20:28
Half Marathon	2:43:58	2:23:27	2:08:36	1:56:48	1:46:46
15 miles	3:09:25	2:46:00	2:28:45	2:14:45	2:03:15
20 miles	4:17:34	3:47:00	3:22:56	3:03:28	2:47:25
Marathon	5:50:56	5:05:39	4:34:38	4:09:21	3:48:19