

TAVISTOCK Athletic Club

www.tavistockathletics.com

CLUB AWARD SCHEME STANDARDS

MALE (SHEET 1 OF 2)

STANDARD	1 MILE	5K	10K	10 MILE	HALF MARATHON	FULL MARATHON
SENIOR MALE						
BRONZE	00:07:00	00:24:15	00:50:30	01:22:40	01:49:30	03:47:45
SILVER	00:06:25	00:22:15	00:46:20	01:15:45	01:40:25	03:28:45
GOLD	00:06:00	00:20:30	00:42:45	01:10:00	01:32:40	03:12:45
PLATINUM	00:05:30	00:19:05	00:39:40	01:05:00	01:26:00	02:59:00
RUBY	00:05:10	00:17:50	00:37:05	01:00:40	01:20:20	02:47:00
DIAMOND	00:04:50	00:16:40	00:34:45	00:56:50	01:15:20	02:36:35
MV40						
BRONZE	00:07:15	00:25:10	00:52:25	01:25:55	01:53:50	03:56:20
SILVER	00:06:40	00:23:05	00:48:05	01:18:45	01:44:20	03:36:40
GOLD	00:06:10	00:21:20	00:44:20	01:12:40	01:36:20	03:20:00
PLATINUM	00:05:45	00:19:50	00:41:10	01:07:30	01:29:25	03:05:40
RUBY	00:05:20	00:18:30	00:38:25	01:03:00	01:23:30	02:53:20
DIAMOND	00:05:00	00:17:20	00:36:05	00:59:05	01:18:15	02:42:30
MV45						
BRONZE	00:07:30	00:26:10	00:54:30	01:29:25	01:58:35	04:06:40
SILVER	00:06:55	00:24:00	00:50:00	01:22:00	01:48:40	03:46:05
GOLD	00:06:20	00:22:10	00:46:05	01:15:40	01:40:20	03:28:45
PLATINUM	00:05:55	00:20:35	00:42:50	01:10:15	01:33:10	03:13:50
RUBY	00:05:30	00:19:10	00:40:00	01:05:35	01:26:55	03:00:55
DIAMOND	00:05:10	00:18:00	00:37:30	01:01:30	01:21:30	02:49:35
MV50						
BRONZE	00:07:50	00:27:15	00:56:45	01:33:10	02:03:45	04:17:55
SILVER	00:07:10	00:25:00	00:52:00	01:25:25	01:53:25	03:56:25
GOLD	00:06:40	00:23:05	00:48:00	01:18:50	01:44:40	03:38:15
PLATINUM	00:06:10	00:21:25	00:44:35	01:13:15	01:37:15	03:22:40
RUBY	00:05:45	00:20:00	00:41:35	01:08:20	01:30:45	03:09:10
DIAMOND	00:05:25	00:18:45	00:39:00	01:04:05	01:25:05	02:57:20

<u>Award</u>	<u>Standard</u>	<u>Age Grade %</u>
BRONZE		55%
SILVER	Local / Club	60%
GOLD		65%
PLATINUM	County	70%
RUBY		75%
DIAMOND	National	80%

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CLUB AWARD SCHEME STANDARDS

MALE (SHEET 2 OF 2)

STANDARD	1 MILE	5K	10K	10 MILE	HALF MARATHON	FULL MARATHON
MV55						
BRONZE	00:08:10	00:28:25	00:59:10	01:37:20	02:09:20	04:30:15
SILVER	00:07:30	00:26:05	00:54:15	01:29:15	01:58:35	04:07:45
GOLD	00:06:55	00:24:05	00:50:05	01:22:20	01:49:25	03:48:40
PLATINUM	00:06:25	00:22:20	00:46:30	01:16:30	01:41:35	03:32:20
RUBY	00:06:00	00:20:50	00:43:20	01:11:25	01:34:50	03:18:10
DIAMOND	00:05:40	00:19:30	00:40:40	01:06:55	01:28:55	03:05:45
MV60						
BRONZE	00:08:30	00:29:40	01:01:45	01:41:50	02:15:30	04:43:45
SILVER	00:07:50	00:27:15	00:56:40	01:33:20	02:04:10	04:20:10
GOLD	00:07:10	00:25:05	00:52:15	01:26:10	01:54:40	04:00:05
PLATINUM	00:06:45	00:23:20	00:48:30	01:20:00	01:46:25	03:43:00
RUBY	00:06:15	00:21:45	00:45:20	01:14:40	01:39:20	03:28:05
DIAMOND	00:05:55	00:20:25	00:42:30	01:10:00	01:33:10	03:15:05
MV65						
BRONZE	00:08:55	00:31:05	01:04:40	01:46:50	02:22:15	04:58:45
SILVER	00:08:10	00:28:30	00:59:15	01:37:55	02:10:25	04:33:50
GOLD	00:07:35	00:26:15	00:54:45	01:30:25	02:00:20	04:12:45
PLATINUM	00:07:00	00:24:25	00:50:50	01:23:55	01:51:45	03:54:45
RUBY	00:06:35	00:22:45	00:47:25	01:18:20	01:44:20	03:39:05
DIAMOND	00:06:10	00:21:20	00:44:25	01:13:25	01:37:45	03:25:25
MV70+						
BRONZE	00:09:55	00:34:25	01:11:45	01:58:00	02:36:45	05:29:40
SILVER	00:09:05	00:31:35	01:05:45	01:48:10	02:23:45	05:02:10
GOLD	00:08:25	00:29:10	01:00:40	01:39:50	02:12:40	04:38:55
PLATINUM	00:07:50	00:27:05	00:56:20	01:32:40	02:03:10	04:19:00
RUBY	00:07:15	00:25:15	00:52:35	01:26:30	01:55:00	04:01:45
DIAMOND	00:06:50	00:23:40	00:49:20	01:21:05	01:47:45	03:46:40

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FEMALE (SHEET 1 OF 2)

STANDARD	1 MILE	5K	10K	10 MILE	HALF MARATHON	FULL MARATHON
SENIOR FEMALE						
BRONZE	00:07:40	00:27:00	00:55:15	01:30:30	01:59:50	04:06:55
SILVER	00:07:00	00:24:45	00:50:40	01:23:00	01:49:55	03:46:20
GOLD	00:06:30	00:22:50	00:46:45	01:16:35	01:41:25	03:28:55
PLATINUM	00:06:00	00:21:10	00:43:25	01:11:10	01:34:10	03:14:00
RUBY	00:05:35	00:19:45	00:40:30	01:06:25	01:27:55	03:01:05
DIAMOND	00:05:15	00:18:35	00:38:00	01:02:15	01:22:25	02:49:45
FV35						
BRONZE	00:07:50	00:27:20	00:56:05	01:31:55	02:01:40	04:12:45
SILVER	00:07:10	00:25:05	00:51:25	01:24:15	01:51:30	03:51:40
GOLD	00:06:40	00:23:10	00:47:30	01:17:45	01:42:55	03:33:50
PLATINUM	00:06:10	00:21:30	00:44:05	01:12:10	01:35:35	03:18:35
RUBY	00:05:45	00:20:05	00:41:10	01:07:25	01:29:15	03:05:20
DIAMOND	00:05:25	00:18:50	00:38:35	01:03:10	01:23:40	02:53:45
FV40						
BRONZE	00:08:15	00:28:10	00:57:45	01:34:35	02:05:15	04:24:45
SILVER	00:07:30	00:25:50	00:52:55	01:26:40	01:54:45	04:02:40
GOLD	00:07:00	00:23:50	00:48:50	01:20:00	01:45:55	03:44:00
PLATINUM	00:06:30	00:22:10	00:45:20	01:14:20	01:38:25	03:28:00
RUBY	00:06:00	00:20:40	00:42:20	01:09:20	01:31:50	03:14:05
DIAMOND	00:05:40	00:19:20	00:39:40	01:05:00	01:26:05	03:02:00
FV45						
BRONZE	00:08:45	00:29:25	01:00:20	01:38:50	02:10:50	04:41:10
SILVER	00:08:00	00:27:00	00:55:20	01:30:35	01:59:55	04:17:45
GOLD	00:07:25	00:24:55	00:51:05	01:23:35	01:50:45	03:57:55
PLATINUM	00:06:50	00:23:10	00:47:25	01:17:40	01:42:50	03:41:00
RUBY	00:06:25	00:21:35	00:44:15	01:12:30	01:36:00	03:26:10
DIAMOND	00:06:00	00:20:15	00:41:30	01:07:55	01:30:00	03:13:20

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FEMALE (SHEET 2 OF 2)

STANDARD	1 MILE	5K	10K	10 MILE	HALF MARATHON	FULL MARATHON
FV50						
BRONZE	00:09:20	00:31:15	01:04:05	01:44:55	02:18:55	04:59:55
SILVER	00:08:30	00:28:40	00:58:45	01:36:10	02:07:20	04:34:55
GOLD	00:07:50	00:26:25	00:54:10	01:28:45	01:57:30	04:13:45
PLATINUM	00:07:20	00:24:35	00:50:20	01:22:25	01:49:10	03:55:35
RUBY	00:06:50	00:22:55	00:47:00	01:16:55	01:41:50	03:39:55
DIAMOND	00:06:25	00:21:30	00:44:00	01:12:05	01:35:30	03:26:10
FV55						
BRONZE	00:09:55	00:33:20	01:08:25	01:52:00	02:28:15	05:21:15
SILVER	00:09:05	00:30:35	01:02:40	01:42:40	02:15:55	04:54:30
GOLD	00:08:25	00:28:15	00:57:50	01:34:45	02:05:30	04:31:45
PLATINUM	00:07:50	00:26:15	00:53:45	01:28:00	01:56:30	04:12:20
RUBY	00:07:20	00:24:30	00:50:10	01:22:05	01:48:45	03:55:35
DIAMOND	00:06:50	00:22:55	00:47:00	01:17:00	01:41:55	03:40:50
FV60						
BRONZE	00:10:40	00:35:45	01:13:20	02:00:05	02:39:00	05:45:50
SILVER	00:09:50	00:32:50	01:07:15	01:50:05	02:25:45	05:17:00
GOLD	00:09:05	00:30:15	01:02:05	01:41:35	02:14:35	04:52:40
PLATINUM	00:08:25	00:28:05	00:57:40	01:34:20	02:04:55	04:31:45
RUBY	00:07:50	00:26:15	00:53:45	01:28:05	01:56:35	04:13:35
DIAMOND	00:07:20	00:24:35	00:50:25	01:22:35	01:49:20	03:57:45
FV65+						
BRONZE	00:12:10	00:40:30	01:23:00	02:15:50	02:59:50	06:34:10
SILVER	00:11:10	00:37:05	01:16:05	02:04:30	02:44:55	06:01:20
GOLD	00:10:15	00:34:15	01:10:10	01:54:55	02:32:15	05:33:30
PLATINUM	00:09:35	00:31:50	01:05:10	01:46:45	02:21:20	05:09:45
RUBY	00:08:55	00:29:40	01:00:50	01:39:40	02:11:55	04:49:00
DIAMOND	00:08:20	00:27:50	00:57:00	01:33:25	02:03:40	04:31:00

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