

Lancing Eagles Running Club Womens' Standards

Bronze Standard	5K	4 Miles	5 Miles	10K	10 Miles	Half Marathon	20 Miles	Marathon
Under 35	27mins	35m 00s	44m.	55 mins	1hr 30m.	2hrs.	3 hr 05m	4hr 05 m
35 - 39	27m 30s	35m 30s	44m. 45s	56 mins	1hr 32m.	2hr 02m.	3hr 09m	4hr 12m.
40 - 44	28m. 15s	36m 45s	46m. 15s	58 mins	1hr 35m.	2hr 07m.	3hr 17m	4hr 23m
45 - 49	29m. 30s	38m 30s	48m. 30s	1hr 1m.	1hr 40m.	2hr 14m.	3hr 29m	4hr 40m.
50 - 54	31m. 30s	41m 00s	51m. 30s	1hr 5m.	1hr 46m.	2hr 23m.	3hr 42m	4hr 58m.
55 - 59	33m. 45s	43m 45s	55 mins	1hr 9m.	1hr 53m.	2hr 33m.	3hr 58m	5hr 20m.
60 - 64	36m. 15s	47m 00s	59 mlns	1hr 14m.	2hr 02m.	2hr 44m.	4hr 16m	5hr 45m.
65 - 69	39mins	50m 45s	1hr. 4m.	1hr 20m.	2hr 11m.	2hr 58m.	4hr 37m	6hr 15m.
70 -74	42m. 30s	55m 00s	1hr. 10m	1hr 28m	2hr 22m	3hr 14m.	5hr 05m	7 hours

Silver standard	5K	4 Miles	5 Miles	10K	10 Miles	Half Marathon	20 Miles	Marathon
Under 35	22m 30s	29m 30s	37 mins,	46m 45s	1hr 16m	1hr 42m	2hr 36m	3hr 29m
35 -39	23m 15s	30m 00s	38 mins.	47m 30s	1hr 18m	1hr 43m	2hr 40m	3hr 34m
40 -44	24mins	31m 00s	39 mins.	49 mins.	1hr 20m	1hr 47m	2hr 47m	3hr 43m
45 -49	25mins.	32m 30s	41 mins.	51m 30s	1hr 24m	1hr 54m	2hr 57m	3hr 57m
50 -54	26m 45s	34m 45s	43m 45s	54m 45s	1hr 30m	2hr 01m	3hr 09m	4hr 12m
55 - 59	28m 30s	37m 15s	46m 30s	58m 30s	1hr 36m	2hr 10m	3hr 22m	4hr 30m
60 - 64	30m 30s	39m 45s	50 mins.	1hr 03m	1hr 43m	2hr 20m	3hr 37m	4hr 50m
65 -69	33mins.	43m 00s	54 mins.	1hr 08m	1hr 51m	2hr 31m.	3hr 54m	5hr 20m
70 -74	36 mins.	46m 30s	58m 30s	1hr 13m	2 hours	2hr 45m	4hr 18m	5hr 55m.

Gold Standard	5K	4 Miles	5 Miles	10K	10 Miles	Half Marathon	20 Miles	Marathon
Under 35	19m 45s	25m 30s	32m 15s	40m 30s	1h 6m	1hr 28m	2hr 15m	3hrs
35 -39	20mins.	26m 00s	33mins	41m 15s	1h 7m 30	1hr 30m	2hr 19m	3hr 05m
40 -44	20m 45s	27m 00s	34mins	42m 30s	1h 9m 30	1hr 33m	2hr 25m	3hr 15m
45 -49	21m 45s	28m 15s	35m 30s	44m 30s	1hr 13m	1hr 39m	2hr 33m	3hr 30m
50 -54	23m 15s	30m 00s	37m 45s	47m 30s	1hr 18m	1hr 45m	2hr 43m	3hr 40m
55 -59	24m 45s	32m 15s	40m 30s	50m 45s	1hr 23m	1hr 53m	2hr 54m	3hr 55m
60 -64	26m 30s	34m 30s	43m 30s	54m 30s	1hr 29m	2hr 01m	3hr 08m	4hr 15m
65- 69	28m 30s	37m 15 s	46m 45s	58mins	1hr 36m	2hr 11m	3hr 22m	4hr 40m
70- 74	31 mins	40m 30s	50m 45s	1hr 04m.	1hr 45m	2hr 22m	3hr 47m	5hr 10m