

## Stowmarket Striders Women's Club Standards

Women under 35	Tungsten	Bronze	Silver	Gold	Platinum
5 km	00:27:48	00:24:24	00:21:49	00:19:45	00:18:05
5 miles	00:45:29	00:40:05	00:35:50	00:32:24	00:29:34
10 km	00:57:32	00:50:42	00:45:20	00:40:59	00:37:24
10 miles	01:34:58	01:23:42	01:14:49	01:07:39	01:01:44
Half Marathon	02:06:25	01:51:21	01:39:34	01:30:08	01:22:06
15 miles	02:26:15	02:08:45	01:55:15	01:44:15	01:35:55
20 miles	03:20:00	02:56:30	02:37:47	02:22:39	02:10:10
Marathon	04:27:00	03:55:20	03:30:23	03:10:12	02:53:34

Women 35-39	Tungsten	Bronze	Silver	Gold	Platinum
5 km	00:27:57	00:24:36	00:22:00	00:19:53	00:18:11
5 miles	00:45:42	00:40:17	00:36:01	00:32:33	00:29:42
10 km	00:57:42	00:50:51	00:45:27	00:41:06	00:37:30
10 miles	01:34:58	01:23:42	01:14:49	01:07:39	01:01:44
Half Marathon	02:06:25	01:51:21	01:39:34	01:30:08	01:22:06
15 miles	02:26:15	02:08:45	01:55:15	01:44:15	01:35:55
20 miles	03:20:00	02:56:30	02:37:47	02:22:39	02:10:10
Marathon	04:27:00	03:55:20	03:30:23	03:10:12	02:53:34

Women 40-44	Tungsten	Bronze	Silver	Gold	Platinum
5 km	00:29:04	00:25:37	00:22:54	00:20:42	00:18:54
5 miles	00:47:34	00:41:55	00:37:28	00:33:53	00:30:55
10 km	01:00:02	00:52:55	00:47:18	00:42:46	00:39:01
10 miles	01:38:37	01:26:55	01:17:42	01:10:15	01:04:06
Half Marathon	02:11:39	01:55:56	01:43:42	01:33:40	01:25:35
15 miles	02:32:30	02:14:30	02:00:15	01:48:45	01:39:15
20 miles	03:29:45	03:04:52	02:45:15	02:29:34	02:16:20
Marathon	04:37:51	04:04:53	03:38:55	03:17:55	03:00:36

Women 45-49	Tungsten	Bronze	Silver	Gold	Platinum
5 km	00:30:19	00:26:43	00:23:53	00:21:36	00:19:42
5 miles	00:49:35	00:43:42	00:39:04	00:35:19	00:32:14
10 km	01:02:36	00:55:10	00:49:19	00:44:35	00:40:41
10 miles	01:42:49	01:30:37	01:21:01	01:13:15	01:06:50
Half Marathon	02:16:54	02:00:31	01:47:38	01:37:18	01:28:58
15 miles	02:38:15	02:19:30	02:04:30	01:52:45	01:42:45
20 miles	03:36:17	03:10:37	02:50:24	02:34:04	02:20:35
Marathon	04:45:33	04:11:40	03:44:58	03:23:24	03:05:36

Women 50-54	Tungsten	Bronze	Silver	Gold	Platinum
5 km	00:32:08	00:27:59	00:25:09	00:22:50	00:20:54
5 miles	00:52:33	00:45:46	00:41:07	00:37:20	00:34:11
10 km	01:05:52	00:57:41	00:51:34	00:46:48	00:42:51
10 miles	01:47:52	01:34:43	01:24:40	01:16:39	01:10:11
Half Marathon	02:24:06	02:06:25	01:53:06	01:42:37	01:33:40
15 miles	02:47:15	02:26:30	02:11:00	01:59:00	01:48:45
20 miles	03:50:23	03:20:40	03:00:00	02:44:07	02:29:45
Marathon	05:03:56	04:24:43	03:57:51	03:35:57	03:17:44

Women 55-59	Tungsten	Bronze	Silver	Gold	Platinum
5 km	00:34:20	00:29:54	00:26:52	00:24:23	00:22:20
5 miles	00:56:08	00:48:53	00:43:56	00:39:53	00:36:31
10 km	01:10:21	01:01:17	00:55:04	00:49:59	00:45:46
10 miles	01:55:41	01:40:22	01:30:11	01:21:53	01:14:58
Half Marathon	02:33:16	02:13:37	01:59:52	01:48:31	01:39:21
15 miles	02:56:45	02:34:30	02:18:29	02:05:12	01:54:30
20 miles	03:59:37	03:31:11	03:08:47	02:50:41	02:35:45
Marathon	05:25:25	04:43:26	04:14:41	03:51:13	03:31:43

Women 60-64	Tungsten	Bronze	Silver	Gold	Platinum
5 km	00:36:51	00:32:05	00:28:50	00:26:11	00:23:58
5 miles	01:00:25	00:52:28	00:47:09	00:42:48	00:39:12
10 km	01:15:31	01:05:46	00:59:06	00:53:39	00:49:00
10 miles	02:03:41	01:47:43	01:36:48	01:27:58	01:20:28
Half Marathon	02:43:58	02:23:27	02:08:36	01:56:48	01:46:06
15 miles	03:09:25	02:46:00	02:28:45	02:14:45	02:03:15
20 miles	04:17:34	03:47:00	03:22:56	03:03:28	02:03:15
Marathon	05:50:56	05:05:39	04:34:38	04:09:21	03:48:19

Women 65-69	Tungsten	Bronze	Silver	Gold	Platinum
5km	39.16	34.41	31.04	28.07	25.41
5 Miles	1.04.12	56.43	50.47	45.59	42.01
10km	1.20.28	1.11.05	1.03.39	57.38	52.39
10 Miles	2.11.49	1.56.26	1.44.16	1.34.24	1.26.15
Half Marathon	2.58.39	2.37.48	2.21.19	2.07.57	1.56.54
15 Miles	3.15.26	3.01.28	2.42.31	2.29.03	2.14.26
20 Miles	4.37.14	4.04.52	3.39.17	3.18.33	3.01.23
Marathon	6.16.04	5.32.12	4.57.29	4.29.21	4.06.04

Women 70+	Tungsten	Bronze	Silver	Gold	Platinum
5km	42.31	37.34	33.38	30.27	27.49
5 Miles	1.09.32	1.01.25	55	49.48	45.3
10km	1.27.09	1.16.59	1.08.56	1.02.25	57.02
10 Miles	2.22.45	2.06.06	1.52.55	1.42.14	1.33.24
Half Marathon	3.13.51	2.51.14	2.33.20	2.18.50	2.06.50
15 Miles	3.43.00	3.16.59	2.56.24	2.39.43	2.27.44
20 Miles	5.02.19	4.27.02	3.59.09	3.36.31	3.20.17
Marathon	6.55.07	6.06.41	5.28.22	4.57.19	4.31.37