

**ST EDMUND PACERS CLUB STANDARDS  
WOMEN**

<b>SENIOR WOMEN</b>	<b>DIAMOND</b>	<b>GOLD</b>	<b>SILVER</b>	<b>BRONZE</b>
5 Km	00:18:00	00:20:35	00:21:50	00:24:20
5 Miles	00:29:55	00:34:15	00:36:30	00:40:36
10 Km	00:37:30	00:42:45	00:45:35	00:50:45
10 Miles	01:01:45	01:10:00	01:15:00	01:23:35
1/2 Marathon	01:22:35	01:34:30	01:40:45	01:52:00
15 Miles	01:35:55	01:49:15	01:56:50	02:10:10
20 Miles	02:10:10	02:28:15	02:38:30	02:56:45
Marathon	02:54:50	03:19:20	03:33:45	03:57:30

<b>V35</b>	<b>DIAMOND</b>	<b>GOLD</b>	<b>SILVER</b>	<b>BRONZE</b>
5 Km	00:18:55	00:21:20	00:22:50	00:25:35
5 Miles	00:31:30	00:33:35	00:38:00	00:42:15
10 Km	00:39:25	00:44:35	00:47:30	00:53:10
10 Miles	01:05:00	01:14:30	01:19:15	01:27:30
1/2 Marathon	01:26:30	01:38:50	01:45:30	01:57:50
15 Miles	01:12:10	01:54:00	02:02:30	02:14:00
20 Miles	02:16:20	02:34:50	02:46:15	03:05:15
Marathon	03:03:20	03:29:00	03:44:10	04:09:00

<b>V40</b>	<b>DIAMOND</b>	<b>GOLD</b>	<b>SILVER</b>	<b>BRONZE</b>
5 Km	00:19:30	00:22:30	00:23:45	00:26:25
5 Miles	00:32:15	00:37:15	00:39:30	00:43:45
10 Km	00:40:30	00:46:30	00:49:25	00:54:50
10 Miles	01:07:00	01:15:15	01:21:00	01:30:15
1/2 Marathon	01:29:15	01:41:20	01:48:45	02:01:00
15 Miles	01:43:45	01:58:00	02:06:30	02:20:25
20 Miles	02:20:35	02:40:00	02:52:10	03:11:30
Marathon	03:08:45	03:35:45	03:51:30	04:16:45

<b>V45</b>	<b>DIAMOND</b>	<b>GOLD</b>	<b>SILVER</b>	<b>BRONZE</b>
5 Km	00:20:45	00:23:45	00:25:00	00:28:20
5 Miles	00:34:30	00:39:30	00:41:50	00:46:30
10 Km	00:43:15	00:49:15	00:52:30	00:59:00
10 Miles	01:11:10	01:20:55	01:26:30	01:35:30
1/2 Marathon	01:34:45	01:47:50	01:55:15	02:08:15
15 Miles	01:50:35	02:05:30	02:14:00	02:29:45
20 Miles	02:29:45	02:50:10	03:02:15	03:22:45
Marathon	03:20:50	03:49:45	04:05:30	04:33:30

<b>V50</b>	<b>DIAMOND</b>	<b>GOLD</b>	<b>SILVER</b>	<b>BRONZE</b>
5 Km	00:21:35	00:24:15	00:26:50	00:29:00
5 Miles	00:35:46	00:40:30	00:43:35	00:48:35

10 Km	00:44:45	00:50:50	00:54:00	01:00:15
10 Miles	01:19:10	01:23:45	01:29:10	01:39:00
1/2 Marathon	01:39:00	01:51:35	01:59:45	02:13:10
15 Miles	01:54:15	02:19:30	02:19:30	02:34:50
20 Miles	02:35:45	02:56:25	03:09:00	03:30:35
Marathon	03:28:50	03:58:30	04:14:45	04:43:30

<b>V55</b>	<b>DIAMOND</b>	<b>GOLD</b>	<b>SILVER</b>	<b>BRONZE</b>
5 Km	00:23:20	00:26:20	00:28:00	00:31:10
5 Miles	00:38:30	00:44:10	00:46:50	00:52:15
10 Km	00:48:10	00:54:55	00:58:30	01:04:45
10 Miles	01:19:15	01:30:00	01:36:15	01:47:10
1/2 Marathon	01:46:15	02:00:35	02:09:35	02:24:00
15 Miles	02:03:15	02:20:35	02:30:20	02:47:25
20 Miles	02:47:25	03:10:50	03:23:25	03:46:50
Marathon	03:45:00	04:16:30	04:34:30	05:05:10

<b>V60</b>	<b>DIAMOND</b>	<b>GOLD</b>	<b>SILVER</b>	<b>BRONZE</b>
5 Km	00:25:15	00:28:25	00:30:00	00:33:25
5 Miles	00:41:35	00:47:20	00:50:42	00:56:05
10 Km	00:51:37	00:59:25	01:02:55	01:09:45
10 Miles	01:27:55	01:39:10	01:45:18	01:57:45
1/2 Marathon	01:56:48	02:14:50	02:24:25	02:39:00
15 Miles	02:17:30	02:36:05	02:45:25	03:14:30
20 Miles	03:14:45	03:32:30	03:46:05	04:11:05
Marathon	04:19:10	04:45:50	05:14:50	05:40:30