



Sutton in Ashfield Harriers & Athletic Club



Club Standards Rules

Membership year runs from April 1st to March 31st. The attached standards will apply from 1st April 2024. Qualifying standard distances are 5k, 5M, 10k, 10M, Half Marathon and Marathon. Races must be correctly measured and certified*.

1. Athletes need to complete 3 of the required times in the membership year**.
2. Age category will be taken as of 1st April of membership year however the member has the option to try to obtain a different age category time after their birthday in a membership year, but all times in new age group must fall within a membership year.
3. Athlete must complete all 3 times in the standard category to qualify for a medal, but higher qualification times can be used with other(s) for the award of the lesser medal. i.e., if you complete 2 bronze times and one silver then a bronze medal will be awarded.
4. Members will only be allowed to win one medal in each age group category unless they improve the standard category. If the previous award was a bronze medal, then they are allowed to try for a silver or higher medal in the next years but if Gold has been achieved then no medal will be presented for further achievements of silver or bronze.
5. Club standard times will be published and posted on the club website and are based upon comparative performance of world record times considering age being -
DIAMOND 85% | GOLD 78% | SILVER 71% | BRONZE 65% | COPPER 60%. Standard times will be reviewed for update periodically subject to committee approval.
6. It is the responsibility for the athlete to inform the club's allocated person with their times and evidence to enable verification so the award can be ordered in plenty of time for the presentation (1 month ahead of club presentation evening). Currently this is Paul Hillman – paulhillman1974@hotmail.com
7. It is our intention to present the medals at our club presentation usually now held in April.

*The Clubs Coaches Summer and Christmas 5k and the Portland Handicap 5M will also be considered for times. parkrun times will not be accepted due to discrepancy with course measurements.

** The qualifying period can be extended with prior request for runners running a Marathon in April of the following year if other qualifying times are in the previous year.

Example - An athlete achieves qualifying time in summer 5k 2024 summer 5k and Portland handicap 5M time in September 2024, then if they inform us they intend to run London marathon in April 2025, then the time can be accepted if achieved.

Note - In the case of the 2023/2024 season the qualifying times will be held to the previous standards.

<http://www.sutton-in-ashfield-harriers.com>



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MEN	5K	5M	10K	10M	1/2 Marathon	Marathon
SENIOR						
Diamond	15.19	25.05	31.26	51.46	1.08.41	2.24.39
Gold	16.41	27.20	34.15	56.24	1.14.51	2.37.38
Silver	18.20	30.02	37.37	1.01.58	1.22.14	2.53.10
Bronze	20.02	32.49	41.06	1.07.42	1.29.49	3.09.09
Copper	21.42	35.33	44.32	1.13.20	1.37.18	3.24.55
MV40						
Diamond	16.22	26.34	33.07	54.13	1.11.40	2.30.55
Gold	17.50	28.57	36.05	59.05	1.18.06	2.44.28
Silver	19.35	31.49	39.39	1.04.54	1.25.48	3.00.41
Bronze	21.24	34.45	43.19	1.10.53	1.33.43	3.17.22
Copper	23.11	37.39	46.55	1.16.48	1.41.32	3.33.55
MV45						
Diamond	16.58	27.38	34.29	56.29	1.14.42	2.37.19
Gold	18.30	30.07	37.34	1.01.33	1.21.25	2.51.26
Silver	20.19	33.04	41.17	1.07.37	1.29.26	3.08.20
Bronze	22.11	36.08	45.05	1.13.51	1.37.42	3.25.43
Copper	24.02	39.09	48.51	1.20.00	1.45.50	3.42.52
MV50						
Diamond	17.37	28.47	35.57	58.57	1.18.00	2.44.15
Gold	19.12	31.22	39.11	1.04.14	1.25.00	2.59.00
Silver	21.06	34.27	43.02	1.10.34	1.33.23	3.16.39
Bronze	23.03	37.38	47.01	1.17.05	1.42.00	3.34.48
Copper	24.58	40.46	50.56	1.23.30	1.50.30	3.52.42
MV55						
Diamond	18.20	30.02	37.33	1.01.38	1.21.36	2.51.51
Gold	19.57	32.43	40.56	1.07.10	1.28.56	3.07.16
Silver	21.57	35.57	44.58	1.13.47	1.37.42	3.25.44
Bronze	23.58	39.16	49.07	1.20.36	1.46.43	3.44.43
Copper	25.58	42.32	53.12	1.27.19	1.55.37	4.03.27
MV60						
Diamond	19.06	31.23	39.19	1.04.35	1.25.33	3.00.11
Gold	20.49	34.12	42.51	1.10.23	1.33.14	3.16.21
Silver	22.52	37.34	47.04	1.17.19	1.42.25	3.35.42
Bronze	24.59	41.03	51.25	1.24.27	1.51.52	3.55.37
Copper	27.04	44.28	55.42	1.31.30	2.01.12	4.15.15
MV65						
Diamond	19.56	32.52	41.15	1.07.50	1.29.55	3.09.21
Gold	21.44	35.49	44.57	1.13.55	1.37.59	3.26.21
Silver	23.52	39.21	49.23	1.21.13	1.47.39	3.46.41
Bronze	26.04	42.59	53.56	1.28.42	1.57.35	4.07.37
Copper	28.16	46.34	58.26	1.36.06	2.07.23	4.28.15
MV70						
Diamond	21.04	34.44	43.35	1.11.38	1.34.55	3.19.54
Gold	22.58	37.51	47.30	1.18.03	1.43.26	3.37.51
Silver	25.14	41.35	52.11	1.25.45	1.53.38	3.59.19
Bronze	27.33	45.25	57.00	1.33.40	2.04.08	4.21.25
Copper	29.51	49.13	1.01.45	1.41.28	2.14.28	4.43.12
MV75+						
Diamond	22.52	37.42	47.18	1.17.34	1.42.41	3.36.15
Gold	24.55	41.05	51.32	1.24.32	1.51.54	3.55.40
Silver	27.23	45.08	56.37	1.32.52	2.02.56	4.18.54
Bronze	29.54	49.18	1.01.51	1.41.26	2.14.17	4.42.48
Copper	32.24	53.24	1.07.00	1.49.53	2.25.28	5.06.22

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WOMEN	5K	5M	10K	10M	^{1/2} Marathon	Marathon
SENIOR						
Diamond	17.22	28.28	35.41	58.05	1.16.44	2.39.19
Gold	18.56	31.02	38.53	1.03.17	1.23.37	2.53.37
Silver	20.48	34.05	42.43	1.09.32	1.31.51	3.10.44
Bronze	22.43	37.14	46.40	1.15.57	1.40.20	3.28.20
Copper	24.37	40.20	50.33	1.22.17	1.48.42	3.45.42
MV40						
Diamond	18.04	29.41	37.14	1.00.54	1.20.28	2.46.34
Gold	19.41	32.20	40.34	1.06.22	1.27.42	3.01.31
Silver	21.38	35.32	44.34	1.12.55	1.36.20	3.19.25
Bronze	23.38	38.48	48.41	1.19.39	1.45.14	3.37.49
Copper	25.36	42.02	52.45	1.26.17	1.54.00	3.55.58
MV45						
Diamond	18.50	31.01	38.57	1.03.46	1.24.15	2.54.39
Gold	20.31	33.47	42.27	1.09.29	1.31.49	3.10.19
Silver	22.33	37.07	46.38	1.16.20	1.40.52	3.29.05
Bronze	24.38	40.33	50.56	1.23.23	1.50.11	3.48.23
Copper	26.41	43.56	55.11	1.30.20	1.59.22	4.07.25
MV50						
Diamond	19.52	32.50	41.18	1.07.39	1.29.22	3.05.46
Gold	21.39	35.47	45.01	1.13.43	1.37.24	3.22.26
Silver	23.47	39.18	49.27	1.20.59	1.47.00	3.42.24
Bronze	25.59	42.56	54.01	1.28.27	1.56.52	4.02.55
Copper	28.09	46.31	58.31	1.35.50	2.06.37	4.23.10
MV55						
Diamond	21.02	34.53	43.59	1.12.04	1.35.12	3.18.29
Gold	22.56	38.01	47.55	1.18.32	1.43.44	3.36.18
Silver	25.11	41.46	52.39	1.26.16	1.53.58	3.57.38
Bronze	27.31	45.38	57.31	1.34.14	2.04.29	4.19.34
Copper	29.48	49.26	1.02.18	1.42.05	2.14.52	4.41.12
MV60						
Diamond	22.21	37.14	47.01	1.17.05	1.41.49	3.33.06
Gold	24.22	40.34	51.14	1.24.00	1.50.58	3.52.13
Silver	26.46	44.34	56.17	1.32.17	2.01.54	4.15.07
Bronze	29.14	48.41	1.01.29	1.40.48	2.13.09	4.38.40
Copper	31.40	52.45	1.06.37	1.49.12	2.24.15	5.01.53
MV65						
Diamond	23.51	39.55	50.31	1.22.51	1.49.27	3.50.01
Gold	25.59	43.29	55.03	1.30.17	1.59.16	4.10.40
Silver	28.33	47.47	1.00.28	1.39.11	2.11.02	4.35.23
Bronze	31.11	52.11	1.06.03	1.48.20	2.23.08	5.00.48
Copper	33.47	56.32	1.11.34	1.57.22	2.35.03	5.25.52
MV70						
Diamond	25.33	43.00	54.34	1.29.33	1.58.19	4.09.52
Gold	27.50	46.51	59.28	1.37.35	2.08.56	4.32.17
Silver	30.35	51.28	1.05.20	1.47.12	2.21.39	4.59.08
Bronze	33.24	56.13	1.11.21	1.57.06	2.34.43	5.26.45
Copper	36.11	1.00.55	1.17.18	2.06.52	2.47.37	5.53.58
MV75+						
Diamond	27.31	46.36	59.20	1.37.31	2.09.06	4.35.09
Gold	29.59	50.47	1.04.39	1.46.16	2.20.41	4.59.51
Silver	32.56	55.48	1.11.02	1.56.44	2.34.33	5.29.25
Bronze	35.59	1.00.57	1.17.35	2.07.31	2.48.49	5.59.49
Copper	38.58	1.06.01	1.24.03	2.18.08	3.02.53	6.29.48

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