

## WMA Age Graded Standards

### MEN

Age	Club Standard - 5 Mile				
	Copper	Bronze	Silver	Gold	Diamond
18	0:42:40	0:35:33	0:32:49	0:30:28	0:26:40
19	0:42:38	0:35:32	0:32:48	0:30:27	0:26:39
20	0:42:38	0:35:32	0:32:48	0:30:27	0:26:39
21	0:42:38	0:35:32	0:32:48	0:30:27	0:26:39
22	0:42:38	0:35:32	0:32:48	0:30:27	0:26:39
23	0:42:38	0:35:32	0:32:48	0:30:27	0:26:39
24	0:42:38	0:35:32	0:32:48	0:30:27	0:26:39
25	0:42:38	0:35:32	0:32:48	0:30:27	0:26:39
26	0:42:38	0:35:32	0:32:48	0:30:27	0:26:39
27	0:42:38	0:35:32	0:32:48	0:30:27	0:26:39
28	0:42:38	0:35:32	0:32:48	0:30:27	0:26:39
29	0:42:38	0:35:32	0:32:48	0:30:27	0:26:39
30	0:42:39	0:35:33	0:32:48	0:30:28	0:26:39
31	0:42:42	0:35:35	0:32:50	0:30:30	0:26:41
32	0:42:46	0:35:38	0:32:54	0:30:33	0:26:44
33	0:42:52	0:35:44	0:32:59	0:30:37	0:26:48
34	0:43:00	0:35:50	0:33:05	0:30:43	0:26:53
35	0:43:10	0:35:59	0:33:13	0:30:50	0:26:59
36	0:43:22	0:36:09	0:33:22	0:30:59	0:27:06
37	0:43:36	0:36:20	0:33:32	0:31:09	0:27:15
38	0:43:52	0:36:33	0:33:44	0:31:20	0:27:25
39	0:44:10	0:36:48	0:33:58	0:31:33	0:27:36
40	0:44:30	0:37:05	0:34:14	0:31:47	0:27:48
41	0:44:50	0:37:22	0:34:29	0:32:01	0:28:01
42	0:45:10	0:37:39	0:34:45	0:32:16	0:28:14
43	0:45:31	0:37:56	0:35:01	0:32:31	0:28:27
44	0:45:53	0:38:14	0:35:17	0:32:46	0:28:40
45	0:46:14	0:38:32	0:35:34	0:33:02	0:28:54
46	0:46:36	0:38:50	0:35:51	0:33:17	0:29:08
47	0:46:58	0:39:09	0:36:08	0:33:33	0:29:22
48	0:47:21	0:39:27	0:36:25	0:33:49	0:29:36
49	0:47:44	0:39:47	0:36:43	0:34:06	0:29:50
50	0:48:07	0:40:06	0:37:01	0:34:22	0:30:05
51	0:48:31	0:40:26	0:37:19	0:34:39	0:30:19
52	0:48:56	0:40:46	0:37:38	0:34:57	0:30:35
53	0:49:20	0:41:07	0:37:57	0:35:14	0:30:50
54	0:49:45	0:41:28	0:38:16	0:35:32	0:31:06
55	0:50:10	0:41:49	0:38:36	0:35:50	0:31:22
56	0:50:36	0:42:10	0:38:56	0:36:09	0:31:38
57	0:51:03	0:42:32	0:39:16	0:36:28	0:31:54
58	0:51:29	0:42:54	0:39:36	0:36:47	0:32:11
59	0:51:56	0:43:17	0:39:57	0:37:06	0:32:28
60	0:52:24	0:43:40	0:40:19	0:37:26	0:32:45
61	0:52:53	0:44:04	0:40:40	0:37:46	0:33:03

## WMA Age Graded Standards

### MEN

Age	Club Standard - 5 Mile				
	Copper	Bronze	Silver	Gold	Diamond
62	0:53:21	0:44:28	0:41:02	0:38:07	0:33:21
63	0:53:51	0:44:52	0:41:25	0:38:28	0:33:39
64	0:54:20	0:45:17	0:41:48	0:38:49	0:33:58
65	0:54:50	0:45:42	0:42:11	0:39:10	0:34:17
66	0:55:22	0:46:08	0:42:35	0:39:33	0:34:36
67	0:55:53	0:46:34	0:42:59	0:39:55	0:34:56
68	0:56:25	0:47:01	0:43:24	0:40:18	0:35:16
69	0:56:59	0:47:29	0:43:50	0:40:42	0:35:37
70	0:57:36	0:48:00	0:44:19	0:41:09	0:36:00
71	0:58:17	0:48:35	0:44:50	0:41:38	0:36:26
72	0:59:03	0:49:12	0:45:25	0:42:11	0:36:54
73	0:59:53	0:49:54	0:46:04	0:42:47	0:37:26
74	1:00:48	0:50:40	0:46:46	0:43:26	0:38:00
75	1:01:48	0:51:30	0:47:32	0:44:08	0:38:37
76	1:02:53	0:52:25	0:48:23	0:44:55	0:39:18
77	1:04:05	0:53:24	0:49:18	0:45:46	0:40:03
78	1:05:23	0:54:29	0:50:18	0:46:42	0:40:52
79	1:06:49	0:55:41	0:51:24	0:47:44	0:41:46
80	1:08:23	0:56:59	0:52:36	0:48:50	0:42:44

## WMA Age Graded Standards

### MEN

Age	Club Standard - 10Km				
	Copper	Bronze	Silver	Gold	Diamond
18	0:53:28	0:44:34	0:41:08	0:38:12	0:33:25
19	0:53:26	0:44:32	0:41:06	0:38:10	0:33:24
20	0:53:26	0:44:32	0:41:06	0:38:10	0:33:24
21	0:53:26	0:44:32	0:41:06	0:38:10	0:33:24
22	0:53:26	0:44:32	0:41:06	0:38:10	0:33:24
23	0:53:26	0:44:32	0:41:06	0:38:10	0:33:24
24	0:53:26	0:44:32	0:41:06	0:38:10	0:33:24
25	0:53:26	0:44:32	0:41:06	0:38:10	0:33:24
26	0:53:26	0:44:32	0:41:06	0:38:10	0:33:24
27	0:53:26	0:44:32	0:41:06	0:38:10	0:33:24
28	0:53:26	0:44:32	0:41:06	0:38:10	0:33:24
29	0:53:26	0:44:32	0:41:06	0:38:10	0:33:24
30	0:53:26	0:44:32	0:41:06	0:38:10	0:33:24
31	0:53:27	0:44:33	0:41:07	0:38:11	0:33:25
32	0:53:31	0:44:36	0:41:10	0:38:14	0:33:27
33	0:53:37	0:44:41	0:41:15	0:38:18	0:33:31
34	0:53:45	0:44:48	0:41:21	0:38:24	0:33:36
35	0:53:56	0:44:56	0:41:29	0:38:31	0:33:42
36	0:54:09	0:45:07	0:41:39	0:38:40	0:33:50
37	0:54:24	0:45:20	0:41:51	0:38:52	0:34:00
38	0:54:42	0:45:35	0:42:04	0:39:04	0:34:11
39	0:55:02	0:45:52	0:42:20	0:39:19	0:34:24
40	0:55:26	0:46:11	0:42:38	0:39:36	0:34:39
41	0:55:51	0:46:33	0:42:58	0:39:54	0:34:55
42	0:56:18	0:46:55	0:43:18	0:40:13	0:35:11
43	0:56:44	0:47:17	0:43:39	0:40:32	0:35:28
44	0:57:12	0:47:40	0:44:00	0:40:51	0:35:45
45	0:57:40	0:48:03	0:44:21	0:41:11	0:36:02
46	0:58:08	0:48:27	0:44:43	0:41:31	0:36:20
47	0:58:37	0:48:50	0:45:05	0:41:52	0:36:38
48	0:59:05	0:49:14	0:45:27	0:42:12	0:36:56
49	0:59:35	0:49:39	0:45:50	0:42:34	0:37:14
50	1:00:05	0:50:04	0:46:13	0:42:55	0:37:33
51	1:00:36	0:50:30	0:46:37	0:43:17	0:37:52
52	1:01:07	0:50:56	0:47:01	0:43:39	0:38:12
53	1:01:38	0:51:22	0:47:25	0:44:02	0:38:31
54	1:02:11	0:51:49	0:47:50	0:44:25	0:38:52
55	1:02:43	0:52:16	0:48:15	0:44:48	0:39:12
56	1:03:17	0:52:44	0:48:41	0:45:12	0:39:33
57	1:03:51	0:53:12	0:49:07	0:45:36	0:39:54
58	1:04:25	0:53:41	0:49:33	0:46:01	0:40:16
59	1:05:00	0:54:10	0:50:00	0:46:26	0:40:38
60	1:05:36	0:54:40	0:50:28	0:46:52	0:41:00
61	1:06:13	0:55:11	0:50:56	0:47:18	0:41:23

## WMA Age Graded Standards

### MEN

Age	Club Standard - 10Km				
	Copper	Bronze	Silver	Gold	Diamond
62	1:06:50	0:55:42	0:51:25	0:47:44	0:41:46
63	1:07:27	0:56:13	0:51:53	0:48:11	0:42:10
64	1:08:06	0:56:45	0:52:23	0:48:39	0:42:34
65	1:08:46	0:57:18	0:52:54	0:49:07	0:42:58
66	1:09:26	0:57:52	0:53:24	0:49:36	0:43:24
67	1:10:07	0:58:26	0:53:56	0:50:05	0:43:49
68	1:10:48	0:59:00	0:54:28	0:50:34	0:44:15
69	1:11:31	0:59:36	0:55:01	0:51:05	0:44:42
70	1:12:18	1:00:15	0:55:37	0:51:38	0:45:11
71	1:13:09	1:00:57	0:56:16	0:52:15	0:45:43
72	1:14:06	1:01:45	0:57:00	0:52:56	0:46:19
73	1:15:08	1:02:37	0:57:48	0:53:40	0:46:57
74	1:16:17	1:03:34	0:58:41	0:54:29	0:47:40
75	1:17:32	1:04:36	0:59:38	0:55:23	0:48:27
76	1:18:54	1:05:45	1:00:42	0:56:22	0:49:19
77	1:20:24	1:07:00	1:01:51	0:57:26	0:50:15
78	1:22:02	1:08:22	1:03:07	0:58:36	0:51:17
79	1:23:50	1:09:52	1:04:29	0:59:53	0:52:24
80	1:25:48	1:11:30	1:06:00	1:01:17	0:53:37

## WMA Age Graded Standards

### MEN

Age	Club Standard - 7 Mile				
	Copper	Bronze	Silver	Gold	Diamond
18	1:00:38	0:50:32	0:46:38	0:43:19	0:37:54
19	1:00:34	0:50:28	0:46:35	0:43:16	0:37:51
20	1:00:34	0:50:28	0:46:35	0:43:16	0:37:51
21	1:00:34	0:50:28	0:46:35	0:43:16	0:37:51
22	1:00:34	0:50:28	0:46:35	0:43:16	0:37:51
23	1:00:34	0:50:28	0:46:35	0:43:16	0:37:51
24	1:00:34	0:50:28	0:46:35	0:43:16	0:37:51
25	1:00:34	0:50:28	0:46:35	0:43:16	0:37:51
26	1:00:34	0:50:28	0:46:35	0:43:16	0:37:51
27	1:00:34	0:50:28	0:46:35	0:43:16	0:37:51
28	1:00:34	0:50:28	0:46:35	0:43:16	0:37:51
29	1:00:34	0:50:28	0:46:35	0:43:16	0:37:51
30	1:00:34	0:50:28	0:46:35	0:43:16	0:37:51
31	1:00:36	0:50:30	0:46:37	0:43:17	0:37:52
32	1:00:40	0:50:33	0:46:40	0:43:20	0:37:55
33	1:00:46	0:50:38	0:46:45	0:43:24	0:37:59
34	1:00:54	0:50:45	0:46:51	0:43:30	0:38:04
35	1:01:06	0:50:55	0:47:00	0:43:39	0:38:11
36	1:01:20	0:51:07	0:47:11	0:43:49	0:38:20
37	1:01:38	0:51:22	0:47:25	0:44:01	0:38:31
38	1:01:56	0:51:37	0:47:38	0:44:14	0:38:42
39	1:02:20	0:51:57	0:47:57	0:44:31	0:38:58
40	1:02:46	0:52:18	0:48:17	0:44:50	0:39:14
41	1:03:14	0:52:42	0:48:38	0:45:10	0:39:31
42	1:03:44	0:53:07	0:49:02	0:45:31	0:39:50
43	1:04:14	0:53:32	0:49:25	0:45:53	0:40:09
44	1:04:46	0:53:58	0:49:49	0:46:16	0:40:29
45	1:05:18	0:54:25	0:50:14	0:46:39	0:40:49
46	1:05:50	0:54:52	0:50:38	0:47:01	0:41:09
47	1:06:22	0:55:18	0:51:03	0:47:24	0:41:29
48	1:06:54	0:55:45	0:51:28	0:47:47	0:41:49
49	1:07:28	0:56:13	0:51:54	0:48:11	0:42:10
50	1:08:02	0:56:42	0:52:20	0:48:36	0:42:31
51	1:08:38	0:57:12	0:52:48	0:49:01	0:42:54
52	1:09:14	0:57:42	0:53:15	0:49:27	0:43:16
53	1:09:50	0:58:12	0:53:43	0:49:53	0:43:39
54	1:10:26	0:58:42	0:54:11	0:50:19	0:44:01
55	1:11:04	0:59:13	0:54:40	0:50:46	0:44:25
56	1:11:40	0:59:43	0:55:08	0:51:11	0:44:48
57	1:12:20	1:00:17	0:55:38	0:51:40	0:45:13
58	1:12:58	1:00:48	0:56:08	0:52:07	0:45:36
59	1:13:40	1:01:23	0:56:40	0:52:37	0:46:03
60	1:14:20	1:01:57	0:57:11	0:53:06	0:46:27
61	1:15:02	1:02:32	0:57:43	0:53:36	0:46:54

## WMA Age Graded Standards

### MEN

Age	Club Standard - 7 Mile				
	Copper	Bronze	Silver	Gold	Diamond
62	1:15:44	1:03:07	0:58:15	0:54:06	0:47:20
63	1:16:26	1:03:42	0:58:48	0:54:36	0:47:46
64	1:17:10	1:04:18	0:59:22	0:55:07	0:48:14
65	1:17:56	1:04:57	0:59:57	0:55:40	0:48:43
66	1:18:42	1:05:35	1:00:32	0:56:13	0:49:11
67	1:19:28	1:06:13	1:01:08	0:56:46	0:49:40
68	1:20:16	1:06:53	1:01:45	0:57:20	0:50:10
69	1:21:04	1:07:33	1:02:22	0:57:54	0:50:40
70	1:21:56	1:08:17	1:03:02	0:58:31	0:51:13
71	1:22:54	1:09:05	1:03:46	0:59:13	0:51:49
72	1:23:58	1:09:58	1:04:35	0:59:59	0:52:29
73	1:25:08	1:10:57	1:05:29	1:00:49	0:53:13
74	1:26:26	1:12:02	1:06:29	1:01:44	0:54:01
75	1:27:50	1:13:12	1:07:34	1:02:44	0:54:54
76	1:29:22	1:14:28	1:08:45	1:03:50	0:55:51
77	1:31:04	1:15:53	1:10:03	1:05:03	0:56:55
78	1:32:56	1:17:27	1:11:29	1:06:23	0:58:05
79	1:34:56	1:19:07	1:13:02	1:07:49	0:59:20
80	1:37:10	1:20:58	1:14:45	1:09:24	1:00:44

## WMA Age Graded Standards

### MEN

Age	Club Standard - 10 Mile				
	Copper	Bronze	Silver	Gold	Diamond
18	1:28:04	1:13:23	1:07:44	1:02:54	0:55:02
19	1:28:00	1:13:20	1:07:42	1:02:51	0:55:00
20	1:28:00	1:13:20	1:07:42	1:02:51	0:55:00
21	1:28:00	1:13:20	1:07:42	1:02:51	0:55:00
22	1:28:00	1:13:20	1:07:42	1:02:51	0:55:00
23	1:28:00	1:13:20	1:07:42	1:02:51	0:55:00
24	1:28:00	1:13:20	1:07:42	1:02:51	0:55:00
25	1:28:00	1:13:20	1:07:42	1:02:51	0:55:00
26	1:28:00	1:13:20	1:07:42	1:02:51	0:55:00
27	1:28:00	1:13:20	1:07:42	1:02:51	0:55:00
28	1:28:00	1:13:20	1:07:42	1:02:51	0:55:00
29	1:28:00	1:13:20	1:07:42	1:02:51	0:55:00
30	1:28:00	1:13:20	1:07:42	1:02:51	0:55:00
31	1:28:00	1:13:20	1:07:42	1:02:51	0:55:00
32	1:28:03	1:13:22	1:07:44	1:02:53	0:55:02
33	1:28:10	1:13:28	1:07:49	1:02:58	0:55:06
34	1:28:20	1:13:36	1:07:57	1:03:05	0:55:12
35	1:28:34	1:13:48	1:08:08	1:03:16	0:55:21
36	1:28:52	1:14:04	1:08:22	1:03:29	0:55:33
37	1:29:14	1:14:22	1:08:39	1:03:45	0:55:47
38	1:29:41	1:14:44	1:08:59	1:04:03	0:56:03
39	1:30:11	1:15:09	1:09:22	1:04:25	0:56:22
40	1:30:46	1:15:38	1:09:49	1:04:50	0:56:44
41	1:31:26	1:16:11	1:10:20	1:05:18	0:57:09
42	1:32:09	1:16:48	1:10:53	1:05:50	0:57:36
43	1:32:54	1:17:25	1:11:28	1:06:22	0:58:04
44	1:33:39	1:18:03	1:12:03	1:06:54	0:58:32
45	1:34:26	1:18:42	1:12:38	1:07:27	0:59:01
46	1:35:13	1:19:21	1:13:15	1:08:01	0:59:31
47	1:36:00	1:20:00	1:13:51	1:08:35	1:00:00
48	1:36:49	1:20:41	1:14:29	1:09:09	1:00:31
49	1:37:39	1:21:22	1:15:07	1:09:45	1:01:02
50	1:38:29	1:22:04	1:15:46	1:10:21	1:01:33
51	1:39:20	1:22:47	1:16:25	1:10:57	1:02:05
52	1:40:12	1:23:30	1:17:05	1:11:34	1:02:38
53	1:41:05	1:24:15	1:17:46	1:12:12	1:03:11
54	1:41:59	1:24:59	1:18:27	1:12:51	1:03:44
55	1:42:54	1:25:45	1:19:09	1:13:30	1:04:19
56	1:43:50	1:26:32	1:19:52	1:14:10	1:04:54
57	1:44:46	1:27:19	1:20:36	1:14:50	1:05:29
58	1:45:45	1:28:07	1:21:20	1:15:32	1:06:05
59	1:46:44	1:28:57	1:22:06	1:16:14	1:06:42
60	1:47:44	1:29:47	1:22:53	1:16:57	1:07:20
61	1:48:45	1:30:37	1:23:39	1:17:41	1:07:58

## WMA Age Graded Standards

### MEN

Age	Club Standard - 10 Mile				
	Copper	Bronze	Silver	Gold	Diamond
62	1:49:48	1:31:30	1:24:27	1:18:25	1:08:37
63	1:50:52	1:32:23	1:25:17	1:19:11	1:09:17
64	1:51:56	1:33:17	1:26:06	1:19:57	1:09:57
65	1:53:02	1:34:12	1:26:57	1:20:44	1:10:39
66	1:54:10	1:35:08	1:27:49	1:21:33	1:11:21
67	1:55:19	1:36:06	1:28:42	1:22:22	1:12:04
68	1:56:29	1:37:04	1:29:36	1:23:12	1:12:48
69	1:57:41	1:38:04	1:30:31	1:24:03	1:13:33
70	1:58:54	1:39:05	1:31:28	1:24:56	1:14:19
71	2:00:16	1:40:13	1:32:31	1:25:54	1:15:10
72	2:01:46	1:41:28	1:33:40	1:26:59	1:16:06
73	2:03:25	1:42:51	1:34:56	1:28:10	1:17:08
74	2:05:15	1:44:22	1:36:21	1:29:28	1:18:17
75	2:07:16	1:46:03	1:37:54	1:30:54	1:19:32
76	2:09:28	1:47:53	1:39:35	1:32:29	1:20:55
77	2:11:52	1:49:54	1:41:27	1:34:12	1:22:25
78	2:14:31	1:52:06	1:43:28	1:36:05	1:24:04
79	2:17:26	1:54:32	1:45:43	1:38:10	1:25:54
80	2:20:37	1:57:11	1:48:10	1:40:27	1:27:53



## WMA Age Graded Standards

### MEN

Age	Club Standard - Half Marathon				
	Copper	Bronze	Silver	Gold	Diamond
18	1:56:51	1:37:22	1:29:53	1:23:28	1:13:02
19	1:56:46	1:37:18	1:29:49	1:23:24	1:12:59
20	1:56:46	1:37:18	1:29:49	1:23:24	1:12:59
21	1:56:46	1:37:18	1:29:49	1:23:24	1:12:59
22	1:56:46	1:37:18	1:29:49	1:23:24	1:12:59
23	1:56:46	1:37:18	1:29:49	1:23:24	1:12:59
24	1:56:46	1:37:18	1:29:49	1:23:24	1:12:59
25	1:56:46	1:37:18	1:29:49	1:23:24	1:12:59
26	1:56:46	1:37:18	1:29:49	1:23:24	1:12:59
27	1:56:46	1:37:18	1:29:49	1:23:24	1:12:59
28	1:56:46	1:37:18	1:29:49	1:23:24	1:12:59
29	1:56:46	1:37:18	1:29:49	1:23:24	1:12:59
30	1:56:46	1:37:18	1:29:49	1:23:24	1:12:59
31	1:56:46	1:37:18	1:29:49	1:23:24	1:12:59
32	1:56:47	1:37:20	1:29:50	1:23:25	1:13:00
33	1:56:54	1:37:25	1:29:55	1:23:30	1:13:04
34	1:57:05	1:37:34	1:30:04	1:23:38	1:13:11
35	1:57:21	1:37:48	1:30:16	1:23:49	1:13:21
36	1:57:42	1:38:05	1:30:33	1:24:05	1:13:34
37	1:58:10	1:38:28	1:30:54	1:24:24	1:13:51
38	1:58:42	1:38:55	1:31:19	1:24:47	1:14:11
39	1:59:21	1:39:27	1:31:48	1:25:15	1:14:35
40	2:00:04	1:40:03	1:32:22	1:25:46	1:15:03
41	2:00:54	1:40:45	1:33:00	1:26:21	1:15:34
42	2:01:50	1:41:32	1:33:43	1:27:02	1:16:09
43	2:02:50	1:42:22	1:34:29	1:27:44	1:16:46
44	2:03:51	1:43:13	1:35:16	1:28:28	1:17:24
45	2:04:53	1:44:04	1:36:04	1:29:12	1:18:03
46	2:05:55	1:44:56	1:36:52	1:29:57	1:18:42
47	2:06:59	1:45:49	1:37:41	1:30:42	1:19:22
48	2:08:05	1:46:44	1:38:31	1:31:29	1:20:03
49	2:09:11	1:47:39	1:39:22	1:32:16	1:20:44
50	2:10:18	1:48:35	1:40:14	1:33:05	1:21:26
51	2:11:26	1:49:32	1:41:06	1:33:53	1:22:09
52	2:12:36	1:50:30	1:42:00	1:34:43	1:22:52
53	2:13:47	1:51:29	1:42:55	1:35:34	1:23:37
54	2:14:59	1:52:30	1:43:50	1:36:25	1:24:22
55	2:16:13	1:53:31	1:44:47	1:37:18	1:25:08
56	2:17:27	1:54:33	1:45:44	1:38:11	1:25:55
57	2:18:44	1:55:36	1:46:43	1:39:05	1:26:42
58	2:20:01	1:56:41	1:47:43	1:40:01	1:27:31
59	2:21:21	1:57:47	1:48:44	1:40:58	1:28:21
60	2:22:42	1:58:55	1:49:46	1:41:55	1:29:11
61	2:24:03	2:00:02	1:50:48	1:42:54	1:30:02

## WMA Age Graded Standards

### MEN

Age	Club Standard - Half Marathon				
	Copper	Bronze	Silver	Gold	Diamond
62	2:25:27	2:01:12	1:51:53	1:43:54	1:30:54
63	2:26:53	2:02:24	1:52:59	1:44:55	1:31:48
64	2:28:20	2:03:37	1:54:06	1:45:57	1:32:42
65	2:29:49	2:04:51	1:55:15	1:47:01	1:33:38
66	2:31:19	2:06:06	1:56:24	1:48:05	1:34:34
67	2:32:51	2:07:23	1:57:35	1:49:11	1:35:32
68	2:34:26	2:08:42	1:58:48	1:50:19	1:36:31
69	2:36:03	2:10:02	2:00:02	1:51:28	1:37:32
70	2:37:41	2:11:24	2:01:18	1:52:38	1:38:33
71	2:39:26	2:12:52	2:02:38	1:53:53	1:39:39
72	2:41:22	2:14:28	2:04:08	1:55:16	1:40:51
73	2:43:32	2:16:17	2:05:48	1:56:49	1:42:13
74	2:45:55	2:18:15	2:07:37	1:58:30	1:43:42
75	2:48:31	2:20:26	2:09:38	2:00:22	1:45:19
76	2:51:23	2:22:49	2:11:50	2:02:25	1:47:07
77	2:54:34	2:25:28	2:14:17	2:04:41	1:49:06
78	2:58:02	2:28:21	2:16:57	2:07:10	1:51:16
79	3:01:49	2:31:31	2:19:52	2:09:52	1:53:38
80	3:06:01	2:35:01	2:23:06	2:12:52	1:56:16

## WMA Age Graded Standards

### MEN

Age	Club Standard - Metric Marathon				
	Copper	Bronze	Silver	Gold	Diamond
18	2:35:16	2:09:23	1:59:26	1:50:54	1:37:03
19	2:33:08	2:07:37	1:57:48	1:49:23	1:35:43
20	2:31:20	2:06:07	1:56:25	1:48:06	1:34:35
21	2:30:08	2:05:07	1:55:29	1:47:14	1:33:50
22	2:29:34	2:04:38	1:55:03	1:46:50	1:33:29
23	2:29:30	2:04:35	1:55:00	1:46:47	1:33:26
24	2:29:30	2:04:35	1:55:00	1:46:47	1:33:26
25	2:29:30	2:04:35	1:55:00	1:46:47	1:33:26
26	2:29:30	2:04:35	1:55:00	1:46:47	1:33:26
27	2:29:30	2:04:35	1:55:00	1:46:47	1:33:26
28	2:29:30	2:04:35	1:55:00	1:46:47	1:33:26
29	2:29:30	2:04:35	1:55:00	1:46:47	1:33:26
30	2:29:30	2:04:35	1:55:00	1:46:47	1:33:26
31	2:29:30	2:04:35	1:55:00	1:46:47	1:33:26
32	2:29:30	2:04:35	1:55:00	1:46:47	1:33:26
33	2:29:32	2:04:37	1:55:02	1:46:49	1:33:27
34	2:29:44	2:04:47	1:55:11	1:46:57	1:33:35
35	2:30:08	2:05:07	1:55:29	1:47:14	1:33:50
36	2:30:44	2:05:37	1:55:57	1:47:40	1:34:13
37	2:31:32	2:06:17	1:56:34	1:48:14	1:34:42
38	2:32:32	2:07:07	1:57:20	1:48:57	1:35:20
39	2:33:44	2:08:07	1:58:15	1:49:49	1:36:05
40	2:34:58	2:09:08	1:59:12	1:50:41	1:36:51
41	2:36:12	2:10:10	2:00:09	1:51:34	1:37:38
42	2:37:28	2:11:13	2:01:08	1:52:29	1:38:25
43	2:38:46	2:12:18	2:02:08	1:53:24	1:39:14
44	2:40:04	2:13:23	2:03:08	1:54:20	1:40:03
45	2:41:24	2:14:30	2:04:09	1:55:17	1:40:52
46	2:42:44	2:15:37	2:05:11	1:56:14	1:41:42
47	2:44:08	2:16:47	2:06:15	1:57:14	1:42:35
48	2:45:32	2:17:57	2:07:20	1:58:14	1:43:28
49	2:46:56	2:19:07	2:08:25	1:59:14	1:44:20
50	2:48:24	2:20:20	2:09:32	2:00:17	1:45:15
51	2:49:52	2:21:33	2:10:40	2:01:20	1:46:10
52	2:51:22	2:22:48	2:11:49	2:02:24	1:47:06
53	2:52:54	2:24:05	2:13:00	2:03:30	1:48:04
54	2:54:28	2:25:23	2:14:12	2:04:37	1:49:02
55	2:56:02	2:26:42	2:15:25	2:05:44	1:50:01
56	2:57:38	2:28:02	2:16:38	2:06:53	1:51:01
57	2:59:18	2:29:25	2:17:55	2:08:04	1:52:04
58	3:00:56	2:30:47	2:19:11	2:09:14	1:53:05
59	3:02:40	2:32:13	2:20:31	2:10:29	1:54:10
60	3:04:22	2:33:38	2:21:49	2:11:41	1:55:14
61	3:06:08	2:35:07	2:23:11	2:12:57	1:56:20

## WMA Age Graded Standards

### MEN

Age	Club Standard - Metric Marathon				
	Copper	Bronze	Silver	Gold	Diamond
62	3:07:58	2:36:38	2:24:35	2:14:16	1:57:29
63	3:09:46	2:38:08	2:25:58	2:15:33	1:58:36
64	3:11:40	2:39:43	2:27:26	2:16:54	1:59:47
65	3:13:34	2:41:18	2:28:54	2:18:16	2:00:59
66	3:15:30	2:42:55	2:30:23	2:19:39	2:02:11
67	3:17:30	2:44:35	2:31:55	2:21:04	2:03:26
68	3:19:32	2:46:17	2:33:29	2:22:31	2:04:43
69	3:21:36	2:48:00	2:35:05	2:24:00	2:06:00
70	3:23:42	2:49:45	2:36:42	2:25:30	2:07:19
71	3:25:58	2:51:38	2:38:26	2:27:07	2:08:44
72	3:28:28	2:53:43	2:40:22	2:28:54	2:10:18
73	3:31:14	2:56:02	2:42:29	2:30:53	2:12:01
74	3:34:16	2:58:33	2:44:49	2:33:03	2:13:55
75	3:37:38	3:01:22	2:47:25	2:35:27	2:16:01
76	3:41:22	3:04:28	2:50:17	2:38:07	2:18:21
77	3:45:26	3:07:52	2:53:25	2:41:01	2:20:54
78	3:49:54	3:11:35	2:56:51	2:44:13	2:23:41
79	3:54:48	3:15:40	3:00:37	2:47:43	2:26:45
80	4:00:12	3:20:10	3:04:46	2:51:34	2:30:07

## WMA Age Graded Standards

### MEN

Age	Club Standard - 20 Miles				
	Copper	Bronze	Silver	Gold	Diamond
18	3:13:48	2:41:30	2:29:05	2:18:26	2:01:07
19	3:11:02	2:39:12	2:26:57	2:16:27	1:59:24
20	3:08:46	2:37:18	2:25:12	2:14:50	1:57:59
21	3:07:16	2:36:03	2:24:03	2:13:46	1:57:02
22	3:06:32	2:35:27	2:23:29	2:13:14	1:56:35
23	3:06:26	2:35:22	2:23:25	2:13:10	1:56:31
24	3:06:26	2:35:22	2:23:25	2:13:10	1:56:31
25	3:06:26	2:35:22	2:23:25	2:13:10	1:56:31
26	3:06:26	2:35:22	2:23:25	2:13:10	1:56:31
27	3:06:26	2:35:22	2:23:25	2:13:10	1:56:31
28	3:06:26	2:35:22	2:23:25	2:13:10	1:56:31
29	3:06:26	2:35:22	2:23:25	2:13:10	1:56:31
30	3:06:26	2:35:22	2:23:25	2:13:10	1:56:31
31	3:06:26	2:35:22	2:23:25	2:13:10	1:56:31
32	3:06:26	2:35:22	2:23:25	2:13:10	1:56:31
33	3:06:26	2:35:22	2:23:25	2:13:10	1:56:31
34	3:06:30	2:35:25	2:23:28	2:13:13	1:56:34
35	3:06:48	2:35:40	2:23:42	2:13:26	1:56:45
36	3:07:20	2:36:07	2:24:06	2:13:49	1:57:05
37	3:08:12	2:36:50	2:24:46	2:14:26	1:57:38
38	3:09:20	2:37:47	2:25:38	2:15:14	1:58:20
39	3:10:48	2:39:00	2:26:46	2:16:17	1:59:15
40	3:12:20	2:40:17	2:27:57	2:17:23	2:00:13
41	3:13:54	2:41:35	2:29:09	2:18:30	2:01:11
42	3:15:30	2:42:55	2:30:23	2:19:39	2:02:11
43	3:17:08	2:44:17	2:31:38	2:20:49	2:03:12
44	3:18:46	2:45:38	2:32:54	2:21:59	2:04:14
45	3:20:26	2:47:02	2:34:11	2:23:10	2:05:16
46	3:22:08	2:48:27	2:35:29	2:24:23	2:06:20
47	3:23:52	2:49:53	2:36:49	2:25:37	2:07:25
48	3:25:38	2:51:22	2:38:11	2:26:53	2:08:31
49	3:27:26	2:52:52	2:39:34	2:28:10	2:09:39
50	3:29:14	2:54:22	2:40:57	2:29:27	2:10:46
51	3:31:06	2:55:55	2:42:23	2:30:47	2:11:56
52	3:33:00	2:57:30	2:43:51	2:32:09	2:13:08
53	3:34:54	2:59:05	2:45:18	2:33:30	2:14:19
54	3:36:52	3:00:43	2:46:49	2:34:54	2:15:32
55	3:38:52	3:02:23	2:48:22	2:36:20	2:16:47
56	3:40:54	3:04:05	2:49:55	2:37:47	2:18:04
57	3:42:58	3:05:48	2:51:31	2:39:16	2:19:21
58	3:45:04	3:07:33	2:53:08	2:40:46	2:20:40
59	3:47:14	3:09:22	2:54:48	2:42:19	2:22:01
60	3:49:24	3:11:10	2:56:28	2:43:51	2:23:22
61	3:51:38	3:13:02	2:58:11	2:45:27	2:24:46

## WMA Age Graded Standards

### MEN

Age	Club Standard - 20 Miles				
	Copper	Bronze	Silver	Gold	Diamond
62	3:53:54	3:14:55	2:59:55	2:47:04	2:26:11
63	3:56:14	3:16:52	3:01:43	2:48:44	2:27:39
64	3:58:36	3:18:50	3:03:32	2:50:26	2:29:07
65	4:01:00	3:20:50	3:05:23	2:52:09	2:30:37
66	4:03:28	3:22:53	3:07:17	2:53:54	2:32:10
67	4:06:00	3:25:00	3:09:14	2:55:43	2:33:45
68	4:08:34	3:27:08	3:11:12	2:57:33	2:35:21
69	4:11:12	3:29:20	3:13:14	2:59:26	2:37:00
70	4:13:52	3:31:33	3:15:17	3:01:20	2:38:40
71	4:16:40	3:33:53	3:17:26	3:03:20	2:40:25
72	4:19:44	3:36:27	3:19:48	3:05:31	2:42:20
73	4:23:10	3:39:18	3:22:26	3:07:59	2:44:29
74	4:26:58	3:42:28	3:25:22	3:10:41	2:46:51
75	4:31:10	3:45:58	3:28:35	3:13:41	2:49:29
76	4:35:44	3:49:47	3:32:06	3:16:57	2:52:20
77	4:40:48	3:54:00	3:36:00	3:20:34	2:55:30
78	4:46:20	3:58:37	3:40:15	3:24:31	2:58:58
79	4:52:26	4:03:42	3:44:57	3:28:53	3:02:46
80	4:59:10	4:09:18	3:50:08	3:33:41	3:06:59

## WMA Age Graded Standards

### MEN

Age	Club Standard - Marathon				
	Copper	Bronze	Silver	Gold	Diamond
18	4:06:04	3:25:04	3:09:17	2:55:46	2:33:48
19	4:05:54	3:24:55	3:09:09	2:55:39	2:33:41
20	4:05:54	3:24:55	3:09:09	2:55:39	2:33:41
21	4:05:54	3:24:55	3:09:09	2:55:39	2:33:41
22	4:05:54	3:24:55	3:09:09	2:55:39	2:33:41
23	4:05:54	3:24:55	3:09:09	2:55:39	2:33:41
24	4:05:54	3:24:55	3:09:09	2:55:39	2:33:41
25	4:05:54	3:24:55	3:09:09	2:55:39	2:33:41
26	4:05:54	3:24:55	3:09:09	2:55:39	2:33:41
27	4:05:54	3:24:55	3:09:09	2:55:39	2:33:41
28	4:05:54	3:24:55	3:09:09	2:55:39	2:33:41
29	4:05:54	3:24:55	3:09:09	2:55:39	2:33:41
30	4:05:54	3:24:55	3:09:09	2:55:39	2:33:41
31	4:05:54	3:24:55	3:09:09	2:55:39	2:33:41
32	4:05:57	3:24:57	3:09:12	2:55:41	2:33:43
33	4:06:10	3:25:09	3:09:22	2:55:50	2:33:51
34	4:06:34	3:25:28	3:09:40	2:56:07	2:34:06
35	4:07:08	3:25:57	3:10:06	2:56:32	2:34:28
36	4:07:53	3:26:34	3:10:41	2:57:04	2:34:56
37	4:08:50	3:27:22	3:11:25	2:57:44	2:35:31
38	4:09:58	3:28:19	3:12:17	2:58:33	2:36:14
39	4:11:20	3:29:26	3:13:20	2:59:31	2:37:05
40	4:12:51	3:30:43	3:14:30	3:00:37	2:38:02
41	4:14:36	3:32:10	3:15:51	3:01:52	2:39:08
42	4:16:34	3:33:49	3:17:22	3:03:16	2:40:22
43	4:18:41	3:35:34	3:18:59	3:04:46	2:41:40
44	4:20:49	3:37:21	3:20:38	3:06:18	2:43:01
45	4:23:00	3:39:10	3:22:18	3:07:51	2:44:22
46	4:25:11	3:40:59	3:23:59	3:09:25	2:45:44
47	4:27:26	3:42:51	3:25:43	3:11:01	2:47:09
48	4:29:43	3:44:46	3:27:28	3:12:39	2:48:34
49	4:32:03	3:46:42	3:29:16	3:14:19	2:50:02
50	4:34:25	3:48:41	3:31:05	3:16:00	2:51:30
51	4:36:47	3:50:39	3:32:55	3:17:42	2:53:00
52	4:39:14	3:52:42	3:34:48	3:19:27	2:54:32
53	4:41:44	3:54:47	3:36:43	3:21:14	2:56:05
54	4:44:17	3:56:54	3:38:40	3:23:03	2:57:40
55	4:46:52	3:59:03	3:40:40	3:24:54	2:59:17
56	4:49:28	4:01:13	3:42:40	3:26:46	3:00:55
57	4:52:09	4:03:27	3:44:44	3:28:41	3:02:36
58	4:54:53	4:05:44	3:46:50	3:30:38	3:04:18
59	4:57:40	4:08:03	3:48:58	3:32:37	3:06:02
60	5:00:30	4:10:25	3:51:09	3:34:39	3:07:49
61	5:03:21	4:12:48	3:53:21	3:36:41	3:09:36

## WMA Age Graded Standards

### MEN

Age	Club Standard - Marathon				
	Copper	Bronze	Silver	Gold	Diamond
62	5:06:18	4:15:15	3:55:37	3:38:47	3:11:26
63	5:09:18	4:17:45	3:57:56	3:40:56	3:13:19
64	5:12:22	4:20:19	4:00:17	3:43:07	3:15:14
65	5:15:30	4:22:55	4:02:41	3:45:21	3:17:11
66	5:18:39	4:25:32	4:05:07	3:47:36	3:19:09
67	5:21:54	4:28:15	4:07:37	3:49:56	3:21:11
68	5:25:13	4:31:01	4:10:10	3:52:18	3:23:16
69	5:28:37	4:33:51	4:12:47	3:54:43	3:25:23
70	5:32:04	4:36:44	4:15:26	3:57:12	3:27:33
71	5:35:45	4:39:47	4:18:16	3:59:49	3:29:50
72	5:39:50	4:43:11	4:21:24	4:02:44	3:32:24
73	5:44:24	4:47:00	4:24:55	4:06:00	3:35:15
74	5:49:23	4:51:09	4:28:46	4:09:34	3:38:22
75	5:54:53	4:55:44	4:32:59	4:13:29	3:41:48
76	6:00:56	5:00:46	4:37:38	4:17:48	3:45:35
77	6:07:37	5:06:21	4:42:47	4:22:35	3:49:46
78	6:14:54	5:12:25	4:48:23	4:27:47	3:54:19
79	6:22:54	5:19:05	4:54:32	4:33:30	3:59:19
80	6:31:45	5:26:27	5:01:21	4:39:49	4:04:51