

WMA Age Graded Standards

WOMEN

Age	Club Standard - 5 Mile				
	Copper	Bronze	Silver	Gold	Diamond
18	0:48:56	0:40:47	0:37:38	0:34:57	0:30:35
19	0:48:32	0:40:27	0:37:20	0:34:40	0:30:20
20	0:48:24	0:40:20	0:37:14	0:34:34	0:30:15
21	0:48:24	0:40:20	0:37:14	0:34:34	0:30:15
22	0:48:24	0:40:20	0:37:14	0:34:34	0:30:15
23	0:48:24	0:40:20	0:37:14	0:34:34	0:30:15
24	0:48:24	0:40:20	0:37:14	0:34:34	0:30:15
25	0:48:24	0:40:20	0:37:14	0:34:34	0:30:15
26	0:48:24	0:40:20	0:37:14	0:34:34	0:30:15
27	0:48:24	0:40:20	0:37:14	0:34:34	0:30:15
28	0:48:24	0:40:20	0:37:14	0:34:34	0:30:15
29	0:48:24	0:40:20	0:37:14	0:34:34	0:30:15
30	0:48:24	0:40:20	0:37:14	0:34:34	0:30:15
31	0:48:24	0:40:20	0:37:14	0:34:34	0:30:15
32	0:48:26	0:40:22	0:37:15	0:34:36	0:30:16
33	0:48:30	0:40:25	0:37:18	0:34:39	0:30:19
34	0:48:36	0:40:30	0:37:23	0:34:43	0:30:22
35	0:48:44	0:40:37	0:37:29	0:34:49	0:30:28
36	0:48:54	0:40:45	0:37:37	0:34:56	0:30:34
37	0:49:04	0:40:53	0:37:45	0:35:03	0:30:40
38	0:49:16	0:41:03	0:37:54	0:35:11	0:30:47
39	0:49:32	0:41:17	0:38:06	0:35:23	0:30:57
40	0:49:48	0:41:30	0:38:18	0:35:34	0:31:07
41	0:50:06	0:41:45	0:38:32	0:35:47	0:31:19
42	0:50:26	0:42:02	0:38:48	0:36:01	0:31:31
43	0:50:50	0:42:22	0:39:06	0:36:19	0:31:46
44	0:51:14	0:42:42	0:39:25	0:36:36	0:32:01
45	0:51:42	0:43:05	0:39:46	0:36:56	0:32:19
46	0:52:10	0:43:28	0:40:08	0:37:16	0:32:36
47	0:52:42	0:43:55	0:40:32	0:37:39	0:32:56
48	0:53:18	0:44:25	0:41:00	0:38:04	0:33:19
49	0:53:54	0:44:55	0:41:28	0:38:30	0:33:41
50	0:54:32	0:45:27	0:41:57	0:38:57	0:34:05
51	0:55:10	0:45:58	0:42:26	0:39:24	0:34:29
52	0:55:48	0:46:30	0:42:55	0:39:51	0:34:53
53	0:56:28	0:47:03	0:43:26	0:40:20	0:35:17
54	0:57:10	0:47:38	0:43:58	0:40:50	0:35:44
55	0:57:52	0:48:13	0:44:31	0:41:20	0:36:10
56	0:58:34	0:48:48	0:45:03	0:41:50	0:36:36
57	0:59:18	0:49:25	0:45:37	0:42:21	0:37:04
58	1:00:04	0:50:03	0:46:12	0:42:54	0:37:33
59	1:00:50	0:50:42	0:46:48	0:43:27	0:38:01
60	1:01:38	0:51:22	0:47:25	0:44:01	0:38:31
61	1:02:28	0:52:03	0:48:03	0:44:37	0:39:03

WMA Age Graded Standards

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Age	Club Standard - 5 Mile				
	Copper	Bronze	Silver	Gold	Diamond
62	1:03:18	0:52:45	0:48:42	0:45:13	0:39:34
63	1:04:08	0:53:27	0:49:20	0:45:49	0:40:05
64	1:05:02	0:54:12	0:50:02	0:46:27	0:40:39
65	1:05:56	0:54:57	0:50:43	0:47:06	0:41:13
66	1:06:52	0:55:43	0:51:26	0:47:46	0:41:47
67	1:07:50	0:56:32	0:52:11	0:48:27	0:42:24
68	1:08:50	0:57:22	0:52:57	0:49:10	0:43:01
69	1:09:52	0:58:13	0:53:45	0:49:54	0:43:40
70	1:10:54	0:59:05	0:54:32	0:50:39	0:44:19
71	1:11:58	0:59:58	0:55:22	0:51:24	0:44:59
72	1:13:06	1:00:55	0:56:14	0:52:13	0:45:41
73	1:14:14	1:01:52	0:57:06	0:53:01	0:46:24
74	1:15:26	1:02:52	0:58:02	0:53:53	0:47:09
75	1:16:40	1:03:53	0:58:58	0:54:46	0:47:55
76	1:17:54	1:04:55	0:59:55	0:55:39	0:48:41
77	1:19:14	1:06:02	1:00:57	0:56:36	0:49:31
78	1:20:34	1:07:08	1:01:58	0:57:33	0:50:21
79	1:22:02	1:08:22	1:03:06	0:58:36	0:51:16
80	1:23:40	1:09:43	1:04:22	0:59:46	0:52:18

WMA Age Graded Standards

WOMEN

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

WMA Age Graded Standards

WOMEN

Age	Club Standard - 10Km				
	Copper	Bronze	Silver	Gold	Diamond
62	1:19:56	1:06:36	1:01:29	0:57:06	0:49:57
63	1:21:03	1:07:33	1:02:21	0:57:54	0:50:39
64	1:22:12	1:08:30	1:03:14	0:58:43	0:51:23
65	1:23:23	1:09:30	1:04:09	0:59:34	0:52:07
66	1:24:37	1:10:31	1:05:05	1:00:26	0:52:53
67	1:25:52	1:11:33	1:06:03	1:01:20	0:53:40
68	1:27:10	1:12:38	1:07:03	1:02:16	0:54:29
69	1:28:30	1:13:45	1:08:05	1:03:13	0:55:19
70	1:29:53	1:14:54	1:09:08	1:04:12	0:56:10
71	1:31:18	1:16:05	1:10:14	1:05:13	0:57:04
72	1:32:46	1:17:18	1:11:21	1:06:16	0:57:59
73	1:34:17	1:18:34	1:12:31	1:07:20	0:58:55
74	1:35:50	1:19:52	1:13:43	1:08:27	0:59:54
75	1:37:27	1:21:13	1:14:58	1:09:37	1:00:55
76	1:39:08	1:22:36	1:16:15	1:10:48	1:01:57
77	1:40:52	1:24:03	1:17:35	1:12:03	1:03:02
78	1:42:39	1:25:33	1:18:58	1:13:19	1:04:09
79	1:44:35	1:27:09	1:20:27	1:14:42	1:05:22
80	1:46:47	1:28:59	1:22:09	1:16:17	1:06:45

WMA Age Graded Standards

WOMEN

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

WMA Age Graded Standards

WOMEN

Age	Club Standard - 7 Mile				
	Copper	Bronze	Silver	Gold	Diamond
62	1:30:20	1:15:17	1:09:29	1:04:31	0:56:28
63	1:31:36	1:16:20	1:10:28	1:05:26	0:57:15
64	1:32:54	1:17:25	1:11:28	1:06:21	0:58:04
65	1:34:14	1:18:32	1:12:29	1:07:19	0:58:54
66	1:35:36	1:19:40	1:13:32	1:08:17	0:59:45
67	1:37:02	1:20:52	1:14:38	1:09:19	1:00:39
68	1:38:30	1:22:05	1:15:46	1:10:21	1:01:34
69	1:40:00	1:23:20	1:16:55	1:11:26	1:02:30
70	1:41:34	1:24:38	1:18:08	1:12:33	1:03:29
71	1:43:10	1:25:58	1:19:22	1:13:41	1:04:29
72	1:44:50	1:27:22	1:20:38	1:14:53	1:05:31
73	1:46:32	1:28:47	1:21:57	1:16:06	1:06:35
74	1:48:18	1:30:15	1:23:18	1:17:21	1:07:41
75	1:50:08	1:31:47	1:24:43	1:18:40	1:08:50
76	1:52:02	1:33:22	1:26:11	1:20:01	1:10:01
77	1:53:58	1:34:58	1:27:40	1:21:24	1:11:14
78	1:56:02	1:36:42	1:29:15	1:22:53	1:12:31
79	1:58:18	1:38:35	1:31:00	1:24:30	1:13:56
80	2:00:52	1:40:43	1:32:58	1:26:20	1:15:33

WMA Age Graded Standards

WOMEN

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

WMA Age Graded Standards

WOMEN

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

WMA Age Graded Standards

WOMEN

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

WMA Age Graded Standards

WOMEN

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

WMA Age Graded Standards

WOMEN

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

WMA Age Graded Standards

WOMEN

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

WMA Age Graded Standards

WOMEN

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

WMA Age Graded Standards

WOMEN

Age	Club Standard - 20 Miles				
	Copper	Bronze	Silver	Gold	Diamond
62	4:30:24	3:45:20	3:28:00	3:13:09	2:49:00
63	4:34:22	3:48:38	3:31:03	3:15:59	2:51:29
64	4:38:24	3:52:00	3:34:09	3:18:51	2:54:00
65	4:42:36	3:55:30	3:37:23	3:21:51	2:56:37
66	4:46:52	3:59:03	3:40:40	3:24:54	2:59:17
67	4:51:20	4:02:47	3:44:06	3:28:06	3:02:05
68	4:55:54	4:06:35	3:47:37	3:31:21	3:04:56
69	5:00:38	4:10:32	3:51:15	3:34:44	3:07:54
70	5:05:28	4:14:33	3:54:58	3:38:11	3:10:55
71	5:10:32	4:18:47	3:58:52	3:41:49	3:14:05
72	5:15:44	4:23:07	4:02:52	3:45:31	3:17:20
73	5:21:08	4:27:37	4:07:02	3:49:23	3:20:43
74	5:26:42	4:32:15	4:11:18	3:53:21	3:24:11
75	5:32:32	4:37:07	4:15:48	3:57:31	3:27:50
76	5:38:58	4:42:28	4:20:45	4:02:07	3:31:51
77	5:46:12	4:48:30	4:26:18	4:07:17	3:36:22
78	5:54:10	4:55:08	4:32:26	4:12:59	3:41:21
79	6:02:58	5:02:28	4:39:12	4:19:16	3:46:51
80	6:12:50	5:10:42	4:46:48	4:26:19	3:53:01

WMA Age Graded Standards

WOMEN

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

WMA Age Graded Standards

WOMEN

Age	Club Standard - Marathon				
	Copper	Bronze	Silver	Gold	Diamond
62	6:02:16	5:01:54	4:38:40	4:18:46	3:46:25
63	6:07:41	5:06:24	4:42:50	4:22:38	3:49:48
64	6:13:15	5:11:03	4:47:07	4:26:37	3:53:17
65	6:19:00	5:15:50	4:51:32	4:30:43	3:56:52
66	6:24:56	5:20:46	4:56:06	4:34:57	4:00:35
67	6:31:02	5:25:52	5:00:48	4:39:19	4:04:24
68	6:37:21	5:31:07	5:05:39	4:43:49	4:08:21
69	6:43:52	5:36:33	5:10:40	4:48:29	4:12:25
70	6:50:36	5:42:10	5:15:51	4:53:17	4:16:38
71	6:57:34	5:47:58	5:21:12	4:58:16	4:20:59
72	7:04:46	5:53:58	5:26:45	5:03:24	4:25:29
73	7:12:14	6:00:11	5:32:29	5:08:44	4:30:09
74	7:19:57	6:06:38	5:38:25	5:14:15	4:34:58
75	7:28:15	6:13:33	5:44:49	5:20:11	4:40:09
76	7:37:29	6:21:14	5:51:55	5:26:47	4:45:56
77	7:47:46	6:29:48	5:59:49	5:34:07	4:52:21
78	7:59:11	6:39:19	6:08:36	5:42:16	4:59:29
79	8:11:53	6:49:54	6:18:23	5:51:21	5:07:26
80	8:26:02	7:01:42	6:29:16	6:01:27	5:16:17