

Dunstable Road Runners

Award Scheme Qualifying times - Ladies

Platinum Award (85% WMA)

Age	5 km	5 Mile	10 km	10 Mile	H Mara	Mara
20	17:25	28:29	35:42	58:28	1:17:29	2:39:26
25	17:25	28:28	35:41	58:27	1:17:27	2:39:19
30	17:25	28:28	35:42	58:28	1:17:28	2:39:22
35	17:35	28:45	36:02	59:01	1:18:12	2:41:46
40	18:00	29:25	36:53	1:00:24	1:20:01	2:47:49
45	18:41	30:33	38:18	1:02:44	1:23:07	2:57:42
50	19:44	32:15	40:26	1:06:13	1:27:44	3:09:13
55	21:01	34:22	43:05	1:10:34	1:33:31	3:22:18
60	22:31	36:47	46:07	1:15:32	1:40:06	3:37:21
65	24:13	39:35	49:36	1:21:15	1:47:40	3:54:48
70	26:12	42:49	53:41	1:27:55	1:56:31	4:15:19
75	28:32	46:39	58:28	1:35:46	2:06:54	4:40:11
80	31:21	51:16	1:04:16	1:45:16	2:19:31	5:19:35

Diamond Award (80% WMA)

Age	5 km	5 Mile	10 km	10 Mile	H Mara	Mara
20	18:30	30:16	37:56	1:02:08	1:22:20	2:49:24
25	18:30	30:15	37:55	1:02:06	1:22:18	2:49:16
30	18:30	30:15	37:56	1:02:08	1:22:19	2:49:20
35	18:41	30:33	38:18	1:02:43	1:23:05	2:51:53
40	19:07	31:15	39:11	1:04:10	1:25:01	2:58:19
45	19:51	32:28	40:41	1:06:39	1:28:19	3:08:49
50	20:58	34:16	42:58	1:10:21	1:33:12	3:21:03
55	22:20	36:31	45:46	1:14:59	1:39:21	3:34:56
60	23:55	39:05	49:00	1:20:15	1:46:21	3:50:56
65	25:44	42:04	52:43	1:26:20	1:54:24	4:09:29
70	27:50	45:30	57:03	1:33:25	2:03:48	4:31:16
75	30:19	49:34	1:02:08	1:41:45	2:14:50	4:57:41
80	33:19	54:29	1:08:18	1:51:51	2:28:14	5:39:34

Sapphire Award (75% WMA)

Age	5 km	5 Mile	10 km	10 Mile	H Mara	Mara
20	19:44	32:17	40:28	1:06:16	1:27:49	3:00:41
25	19:44	32:16	40:27	1:06:15	1:27:47	3:00:33
30	19:44	32:16	40:28	1:06:16	1:27:48	3:00:37
35	19:56	32:35	40:51	1:06:53	1:28:37	3:03:20
40	20:24	33:20	41:48	1:08:27	1:30:41	3:10:12
45	21:11	34:37	43:24	1:11:05	1:34:12	3:21:24
50	22:21	36:33	45:49	1:15:03	1:39:25	3:34:27
55	23:49	38:57	48:49	1:19:59	1:45:59	3:49:16
60	25:31	41:41	52:16	1:25:36	1:53:27	4:06:20
65	27:27	44:52	56:13	1:32:05	2:02:01	4:26:07
70	29:41	48:32	1:00:51	1:39:39	2:12:03	4:49:21
75	32:20	52:52	1:06:16	1:48:32	2:23:49	5:17:32
80	35:32	58:07	1:12:51	1:59:19	2:38:07	6:02:12

Ruby Award (70% WMA)

Age	5 km	5 Mile	10 km	10 Mile	H Mara	Mara
20	21:09	34:36	43:21	1:11:00	1:34:06	3:13:36
25	21:09	34:34	43:20	1:10:59	1:34:03	3:13:27
30	21:09	34:34	43:21	1:11:00	1:34:04	3:13:31
35	21:21	34:54	43:46	1:11:40	1:34:57	3:16:26
40	21:51	35:43	44:47	1:13:20	1:37:10	3:23:47
45	22:41	37:06	46:30	1:16:10	1:40:56	3:35:47
50	23:57	39:10	49:06	1:20:24	1:46:31	3:49:46
55	25:31	41:44	52:19	1:25:41	1:53:33	4:05:39
60	27:20	44:40	56:00	1:31:43	2:01:33	4:23:56
65	29:24	48:04	1:00:14	1:38:40	2:10:44	4:45:07
70	31:49	52:00	1:05:11	1:46:46	2:21:29	5:10:01
75	34:39	56:39	1:11:00	1:56:17	2:34:06	5:40:13
80	38:04	1:02:16	1:18:03	2:07:50	2:49:24	6:28:04

Emerald Award (65% WMA)

Age	5 km	5 Mile	10 km	10 Mile	H Mara	Mara
20	22:46	37:15	46:42	1:16:28	1:41:20	3:28:29
25	22:46	37:14	46:40	1:16:26	1:41:17	3:28:20
30	22:46	37:14	46:42	1:16:28	1:41:18	3:28:25
35	23:00	37:35	47:08	1:17:11	1:42:15	3:31:32
40	23:32	38:28	48:14	1:18:58	1:44:38	3:39:28
45	24:26	39:57	50:05	1:22:02	1:48:42	3:52:23
50	25:48	42:11	52:52	1:26:35	1:54:43	4:07:26
55	27:29	44:57	56:20	1:32:17	2:02:17	4:24:32
60	29:26	48:06	1:00:18	1:38:46	2:10:54	4:44:14
65	31:40	51:46	1:04:52	1:46:15	2:20:48	5:07:03
70	34:15	56:00	1:10:12	1:54:58	2:32:22	5:33:52
75	37:18	1:01:00	1:16:28	2:05:14	2:45:57	6:06:23
80	41:00	1:07:03	1:24:03	2:17:40	3:02:26	6:57:55

Amber Award (60% WMA)

Age	5 km	5 Mile	10 km	10 Mile	H Mara	Mara
20	24:40	40:22	50:35	1:22:50	1:49:47	3:45:52
25	24:40	40:20	50:33	1:22:48	1:49:43	3:45:42
30	24:40	40:20	50:35	1:22:50	1:49:45	3:45:47
35	24:55	40:43	51:03	1:23:37	1:50:47	3:49:10
40	25:30	41:40	52:15	1:25:33	1:53:22	3:57:45
45	26:28	43:17	54:15	1:28:52	1:57:45	4:11:45
50	27:57	45:42	57:17	1:33:48	2:04:17	4:28:03
55	29:47	48:42	1:01:02	1:39:58	2:12:28	4:46:35
60	31:53	52:07	1:05:20	1:47:00	2:21:48	5:07:55
65	34:18	56:05	1:10:17	1:55:07	2:32:32	5:32:38
70	37:07	1:00:40	1:16:03	2:04:33	2:45:03	6:01:42
75	40:25	1:06:05	1:22:50	2:15:40	2:59:47	6:36:55
80	44:25	1:12:38	1:31:03	2:29:08	3:17:38	7:32:45

Opal Award (55% WMA)

Age	5 km	5 Mile	10 km	10 Mile	H Mara	Mara
20	26:55	44:02	55:11	1:30:22	1:59:45	4:06:24
25	26:55	44:00	55:09	1:30:20	1:59:42	4:06:13
30	26:55	44:00	55:11	1:30:22	1:59:44	4:06:18
35	27:11	44:25	55:42	1:31:13	2:00:51	4:10:00
40	27:49	45:27	57:00	1:33:20	2:03:40	4:19:22
45	28:53	47:13	59:11	1:36:56	2:08:27	4:34:38
50	30:29	49:51	1:02:29	1:42:20	2:15:35	4:52:25
55	32:29	53:07	1:06:35	1:49:04	2:24:31	5:12:38
60	34:47	56:51	1:11:16	1:56:44	2:34:42	5:35:55
65	37:25	1:01:11	1:16:40	2:05:35	2:46:24	6:02:53
70	40:29	1:06:11	1:22:58	2:15:53	3:00:04	6:34:35
75	44:05	1:12:05	1:30:22	2:28:00	3:16:07	7:13:00
80	48:27	1:19:15	1:39:20	2:42:42	3:35:36	8:13:55

Pearl Award (50% WMA)

Age	5 km	5 Mile	10 km	10 Mile	H Mara	Mara
20	29:36	48:26	1:00:42	1:39:24	2:11:44	4:31:02
25	29:36	48:24	1:00:40	1:39:22	2:11:40	4:30:50
30	29:36	48:24	1:00:42	1:39:24	2:11:42	4:30:56
35	29:54	48:52	1:01:16	1:40:20	2:12:56	4:35:00
40	30:36	50:00	1:02:42	1:42:40	2:16:02	4:45:18
45	31:46	51:56	1:05:06	1:46:38	2:21:18	5:02:06
50	33:32	54:50	1:08:44	1:52:34	2:29:08	5:21:40
55	35:44	58:26	1:13:14	1:59:58	2:38:58	5:43:54
60	38:16	1:02:32	1:18:24	2:08:24	2:50:10	6:09:30
65	41:10	1:07:18	1:24:20	2:18:08	3:03:02	6:39:10
70	44:32	1:12:48	1:31:16	2:29:28	3:18:04	7:14:02
75	48:30	1:19:18	1:39:24	2:42:48	3:35:44	7:56:18
80	53:18	1:27:10	1:49:16	2:58:58	3:57:10	9:03:18