

# Dunstable Road Runners

## Award Scheme Qualifying times - Mens

### Platinum Award (85% WMA)

Age	5 km	5 Mile	10 km	10 Mile	H Mara	Mara
20	15:20	25:22	31:55	52:47	1:10:29	2:28:49
25	15:11	25:06	31:35	52:13	1:09:40	2:26:58
30	15:13	25:09	31:40	52:13	1:09:40	2:26:58
35	15:31	25:39	32:16	52:52	1:10:12	2:26:58
40	16:04	26:33	33:26	54:44	1:12:34	2:30:35
45	16:41	27:35	34:44	56:55	1:15:33	2:37:02
50	17:21	28:41	36:07	59:18	1:18:46	2:44:05
55	18:05	29:54	37:38	1:01:53	1:22:16	2:51:46
60	18:52	31:12	39:16	1:04:42	1:26:07	3:00:13
65	19:44	32:38	41:05	1:07:48	1:30:20	3:09:32
70	20:45	34:18	43:09	1:11:15	1:35:00	3:19:52
75	22:18	36:52	46:24	1:16:20	1:41:33	3:33:33
80	24:44	40:53	51:28	1:24:27	1:52:09	3:55:40

### Diamond Award (80% WMA)

Age	5 km	5 Mile	10 km	10 Mile	H Mara	Mara
20	16:18	26:57	33:55	56:05	1:14:54	2:38:07
25	16:08	26:40	33:34	55:29	1:14:01	2:36:09
30	16:10	26:44	33:39	55:29	1:14:01	2:36:09
35	16:29	27:15	34:17	56:10	1:14:35	2:36:09
40	17:04	28:13	35:31	58:09	1:17:06	2:40:00
45	17:44	29:19	36:54	1:00:29	1:20:16	2:46:51
50	18:26	30:29	38:22	1:03:00	1:23:41	2:54:20
55	19:12	31:46	39:59	1:05:45	1:27:25	3:02:30
60	20:03	33:09	41:44	1:08:45	1:31:30	3:11:29
65	20:58	34:40	43:39	1:12:03	1:35:59	3:21:22
70	22:03	36:26	45:51	1:15:43	1:40:56	3:32:21
75	23:41	39:10	49:18	1:21:06	1:47:54	3:46:54
80	26:16	43:26	54:41	1:29:44	1:59:10	4:10:24

### Sapphire Award (75% WMA)

Age	5 km	5 Mile	10 km	10 Mile	H Mara	Mara
20	17:23	28:45	36:11	59:49	1:19:53	2:48:40
25	17:12	28:27	35:48	59:11	1:18:57	2:46:33
30	17:15	28:31	35:53	59:11	1:18:57	2:46:33
35	17:35	29:04	36:35	59:55	1:19:33	2:46:33
40	18:12	30:05	37:53	1:02:01	1:22:15	2:50:40
45	18:55	31:16	39:21	1:04:31	1:25:37	2:57:59
50	19:40	32:31	40:56	1:07:12	1:29:16	3:05:57
55	20:29	33:53	42:39	1:10:08	1:33:15	3:14:40
60	21:23	35:21	44:31	1:13:20	1:37:36	3:24:15
65	22:21	36:59	46:33	1:16:51	1:42:23	3:34:48
70	23:31	38:52	48:55	1:20:45	1:47:40	3:46:31
75	25:16	41:47	52:35	1:26:31	1:55:05	4:02:01
80	28:01	46:20	58:20	1:35:43	2:07:07	4:27:05

### Ruby Award (70% WMA)

Age	5 km	5 Mile	10 km	10 Mile	H Mara	Mara
20	18:37	30:49	38:46	1:04:06	1:25:36	3:00:43
25	18:26	30:29	38:21	1:03:24	1:24:36	2:58:27
30	18:29	30:33	38:27	1:03:24	1:24:36	2:58:27
35	18:50	31:09	39:11	1:04:11	1:25:14	2:58:27
40	19:30	32:14	40:36	1:06:27	1:28:07	3:02:51
45	20:16	33:30	42:10	1:09:07	1:31:44	3:10:41
50	21:04	34:50	43:51	1:12:00	1:35:39	3:19:14
55	21:57	36:19	45:41	1:15:09	1:39:54	3:28:34
60	22:54	37:53	47:41	1:18:34	1:44:34	3:38:50
65	23:57	39:37	49:53	1:22:20	1:49:41	3:50:09
70	25:11	41:39	52:24	1:26:31	1:55:21	4:02:41
75	27:04	44:46	56:20	1:32:41	2:03:19	4:19:19
80	30:01	49:39	1:02:30	1:42:33	2:16:11	4:46:10

### *Emerald Award (65% WMA)*

Age	5 km	5 Mile	10 km	10 Mile	H Mara	Mara
20	20:03	33:11	41:45	1:09:02	1:32:11	3:14:37
25	19:51	32:49	41:18	1:08:17	1:31:06	3:12:11
30	19:54	32:54	41:25	1:08:17	1:31:06	3:12:11
35	20:17	33:32	42:12	1:09:08	1:31:48	3:12:11
40	21:00	34:43	43:43	1:11:34	1:34:54	3:16:55
45	21:49	36:05	45:25	1:14:26	1:38:48	3:25:22
50	22:42	37:31	47:14	1:17:32	1:43:00	3:34:34
55	23:38	39:06	49:12	1:20:55	1:47:35	3:44:37
60	24:40	40:48	51:22	1:24:37	1:52:37	3:55:40
65	25:48	42:40	53:43	1:28:40	1:58:08	4:07:51
70	27:08	44:51	56:26	1:33:11	2:04:14	4:21:22
75	29:09	48:12	1:00:40	1:39:49	2:12:48	4:39:15
80	32:20	53:28	1:07:18	1:50:26	2:26:40	5:08:11

### *Amber Award (60% WMA)*

Age	5 km	5 Mile	10 km	10 Mile	H Mara	Mara
20	21:43	35:57	45:13	1:14:47	1:39:52	3:30:50
25	21:30	35:33	44:45	1:13:58	1:38:42	3:28:12
30	21:33	35:38	44:52	1:13:58	1:38:42	3:28:12
35	21:58	36:20	45:43	1:14:53	1:39:27	3:28:12
40	22:45	37:37	47:22	1:17:32	1:42:48	3:33:20
45	23:38	39:05	49:12	1:20:38	1:47:02	3:42:28
50	24:35	40:38	51:10	1:24:00	1:51:35	3:52:27
55	25:37	42:22	53:18	1:27:40	1:56:33	4:03:20
60	26:43	44:12	55:38	1:31:40	2:02:00	4:15:18
65	27:57	46:13	58:12	1:36:03	2:07:58	4:28:30
70	29:23	48:35	1:01:08	1:40:57	2:14:35	4:43:08
75	31:35	52:13	1:05:43	1:48:08	2:23:52	5:02:32
80	35:02	57:55	1:12:55	1:59:38	2:38:53	5:33:52

### *Opal Award (55% WMA)*

Age	5 km	5 Mile	10 km	10 Mile	H Mara	Mara
20	23:42	39:13	49:20	1:21:35	1:48:56	3:50:00
25	23:27	38:47	48:49	1:20:42	1:47:40	3:47:07
30	23:31	38:53	48:56	1:20:42	1:47:40	3:47:07
35	23:58	39:38	49:53	1:21:42	1:48:29	3:47:07
40	24:49	41:02	51:40	1:24:35	1:52:09	3:52:44
45	25:47	42:38	53:40	1:27:58	1:56:45	4:02:42
50	26:49	44:20	55:49	1:31:38	2:01:44	4:13:35
55	27:56	46:13	58:09	1:35:38	2:07:09	4:25:27
60	29:09	48:13	1:00:42	1:40:00	2:13:05	4:38:31
65	30:29	50:25	1:03:29	1:44:47	2:19:36	4:52:55
70	32:04	53:00	1:06:42	1:50:07	2:26:49	5:08:53
75	34:27	56:58	1:11:42	1:57:58	2:36:56	5:30:02
80	38:13	1:03:11	1:19:33	2:10:31	2:53:20	6:04:13

### *Pearl Award (50% WMA)*

Age	5 km	5 Mile	10 km	10 Mile	H Mara	Mara
20	26:04	43:08	54:16	1:29:44	1:59:50	4:13:00
25	25:48	42:40	53:42	1:28:46	1:58:26	4:09:50
30	25:52	42:46	53:50	1:28:46	1:58:26	4:09:50
35	26:22	43:36	54:52	1:29:52	1:59:20	4:09:50
40	27:18	45:08	56:50	1:33:02	2:03:22	4:16:00
45	28:22	46:54	59:02	1:36:46	2:08:26	4:26:58
50	29:30	48:46	1:01:24	1:40:48	2:13:54	4:38:56
55	30:44	50:50	1:03:58	1:45:12	2:19:52	4:52:00
60	32:04	53:02	1:06:46	1:50:00	2:26:24	5:06:22
65	33:32	55:28	1:09:50	1:55:16	2:33:34	5:22:12
70	35:16	58:18	1:13:22	2:01:08	2:41:30	5:39:46
75	37:54	1:02:40	1:18:52	2:09:46	2:52:38	6:03:02
80	42:02	1:09:30	1:27:30	2:23:34	3:10:40	6:40:38