

Male Club Standards

Males Open (to 39)	5km	5m	10km	10m	HM	M
Platinum	00:15:23	00:25:17	00:31:41	00:52:53	01:09:01	02:24:42
Gold	00:17:57	00:29:30	00:36:58	01:01:42	01:20:31	02:48:49
Silver	00:20:30	00:33:42	00:42:14	01:10:30	01:32:02	03:12:56
Bronze	00:23:04	00:37:55	00:47:31	01:19:19	01:43:32	03:37:03
Copper	00:25:38	00:42:08	00:52:48	01:28:08	01:55:02	04:01:10

Males 40-44	5km	5m	10km	10m	HM	M
Platinum	00:16:22	00:26:22	00:33:22	00:54:52	01:13:23	02:29:06
Gold	00:19:05	00:30:45	00:38:55	01:04:00	01:25:37	02:53:57
Silver	00:21:49	00:35:09	00:44:29	01:13:09	01:37:50	03:18:48
Bronze	00:24:32	00:39:32	00:50:02	01:22:17	01:50:04	03:43:39
Copper	00:27:16	00:43:56	00:55:36	01:31:26	02:02:18	04:08:30

Males 45-49	5km	5m	10km	10m	HM	M
Platinum	00:17:23	00:27:24	00:34:43	00:57:07	01:18:01	02:35:02
Gold	00:20:17	00:31:58	00:40:30	01:06:38	01:31:01	03:00:53
Silver	00:23:10	00:36:32	00:46:18	01:16:10	01:44:02	03:26:43
Bronze	00:26:04	00:41:06	00:52:05	01:25:41	01:57:02	03:52:34
Copper	00:28:58	00:45:40	00:57:52	01:35:12	02:10:02	04:18:24

Males 50-54	5km	5m	10km	10m	HM	M
Platinum	00:18:00	00:28:32	00:36:05	00:59:35	01:19:40	02:47:23
Gold	00:21:00	00:33:18	00:42:06	01:09:31	01:32:56	03:15:17
Silver	00:24:00	00:38:03	00:48:06	01:19:26	01:46:13	03:43:10
Bronze	00:27:00	00:42:49	00:54:07	01:29:22	01:59:29	04:11:04
Copper	00:30:00	00:47:34	01:00:08	01:39:18	02:12:46	04:38:58

Males 55-59	5km	5m	10km	10m	HM	M
Platinum	00:18:37	00:29:47	00:38:00	01:02:16	01:24:28	02:55:07
Gold	00:21:43	00:34:45	00:44:20	01:12:38	01:38:32	03:24:18
Silver	00:24:50	00:39:42	00:50:40	01:23:01	01:52:37	03:53:30
Bronze	00:27:56	00:44:40	00:57:00	01:33:23	02:06:41	04:22:41
Copper	00:31:02	00:49:38	01:03:20	01:43:46	02:20:46	04:51:52

Males 60-64	5km	5m	10km	10m	HM	M
Platinum	00:19:19	00:31:07	00:39:22	01:05:12	01:25:49	03:00:02
Gold	00:22:32	00:36:18	00:45:55	01:16:04	01:40:07	03:30:03
Silver	00:25:46	00:41:30	00:52:29	01:26:56	01:54:26	04:00:03
Bronze	00:28:59	00:46:41	00:59:02	01:37:48	02:08:44	04:30:04
Copper	00:32:12	00:51:52	01:05:36	01:48:40	02:23:02	05:00:04

Males 65-69	5km	5m	10km	10m	HM	M
Platinum	00:20:52	00:32:36	00:41:26	01:08:25	01:31:42	03:14:20
Gold	00:24:20	00:38:02	00:48:21	01:19:49	01:46:59	03:46:44
Silver	00:27:49	00:43:28	00:55:15	01:31:14	02:02:16	04:19:07
Bronze	00:31:17	00:48:54	01:02:10	01:42:38	02:17:33	04:51:31
Copper	00:34:46	00:54:20	01:09:04	01:54:02	02:32:50	05:23:54

Males 70-74	5km	5m	10km	10m	HM	M
Platinum	00:22:01	00:36:53	00:44:38	01:11:59	01:37:41	03:29:11
Gold	00:25:41	00:43:02	00:52:05	01:23:59	01:53:58	04:04:03
Silver	00:29:22	00:49:10	00:59:31	01:35:58	02:10:14	04:38:54
Bronze	00:33:02	00:55:19	01:06:58	01:47:58	02:26:31	05:13:46
Copper	00:36:42	01:01:28	01:14:24	01:59:58	02:42:48	05:48:38