

## Senior Men Club Standards

Event	Club Standard	National Ranking	National Grade 3	National Grade 2	National Grade 1
<b>60m</b>	7.85	7.3	7.40	7.20	7.05
<b>100m</b>	12.36	11.5	11.1	11.0	10.8
<b>200m</b>	25.16	23.4	22.4	22.1	21.7
<b>400m</b>	56.98	53.0	50.5	49.3	48.4
<b>800m</b>	02:13.3	02:04.0	01:56.4	01:54.1	01:52.2
<b>1000m</b>	02:47.7	02:36.0			
<b>1500m</b>	04:39.5	04:20.0	04:00.7	03:54.2	03:49.4
<b>3000m</b>	10:12.7	09:30.0	08:45.0	08:31.5	08:20.5
<b>5000m</b>	18:00.4	16:45.0	15:15.5	14:45.0	14:28.0
<b>10000m</b>	38:42.0	36:00.0	31:55.5	30:44.5	30:10.5
<b>60mH</b>	10.00	9.3	8.3	8.0	7.8
<b>110mH</b>	19.35	18.0	15.3	14.7	14.3
<b>200H</b>	29.03	27.0			
<b>400mH</b>	67.73	63.0	56.5	54.3	52.5
<b>2000m SC</b>	07:42.3	07:10.0			
<b>3000m SC</b>	11:49.5	11:00.0	09:52.0	09:28.5	09:07.0
<b>HJ</b>	1.61	1.73	1.90	1.95	2.02
<b>PV</b>	2.79	3.00	4.00	4.40	4.70
<b>LJ</b>	5.40	5.80	6.40	6.75	7.05
<b>TJ</b>	10.98	11.80	13.05	13.45	14.50
<b>SP</b>	9.30	10.00	12.45	13.45	14.30
<b>DT</b>	26.05	28.00	37.50	41.50	45.40
<b>HT</b>	24.19	26.00	47.30	52.25	57.90
<b>JT</b>	34.42	37.00	43.15	50.45	57.10
<b>Pen</b>	2,047	2,200			
<b>PenI</b>	1,860	2,000			
<b>Hepl</b>	2,326	2,500			
<b>Dec</b>	2,791	3,000	6,595	7,285	7,515
<b>parkrun</b>	19:21.0	18:00.0			

## U20 Men Club Standards

Event	Club Standard	National Ranking	National Grade 3	National Grade 2	National Grade 1
<b>60m</b>	8.06	7.5	7.2	7.1	7.0
<b>100m</b>	12.58	11.7	11.2	11.0	10.9
<b>200m</b>	25.59	23.8	22.7	22.3	22.0
<b>400m</b>	58.05	54.0	51.0	50.1	49.3
<b>800m</b>	02:15.4	02:06.0	01:57.5	01:55.0	01:53.4
<b>1500m</b>	04:44.9	04:25.0	04:04.8	03:57.5	03:54.5
<b>Mile</b>	04:55.6	04:35.0			
<b>3000m</b>	10:23.5	09:40.0			
<b>5000m</b>	18:16.5	17:00.0	15:41.5	15:08.5	14:44.5
<b>10000m</b>	38:42.0	36:00.0			
<b>60mH</b>	10.00	9.3	8.4	8.15	8.0
<b>110mH</b>	19.89	18.5	15.3	14.9	14.5
<b>200H</b>	30.00				
<b>400mH</b>	68.8	64.0	57.5	55.8	54.7
<b>1500m SC</b>	05:11.7	04:50.0			
<b>2000m SC</b>	08:03.7	07:30.0	06:36.0	06:17.0	06:06.0
<b>3000m SC</b>	11:49.5	11:00.0	10:02.0	09:30.0	09:19.0
<b>HJ</b>	1.58	1.70	1.88	1.95	2.00
<b>PV</b>	2.60	2.80	4.00	4.35	4.70
<b>LJ</b>	5.30	5.70	6.35	6.65	6.95
<b>TJ</b>	10.70	11.50	13.60	14.15	14.45
<b>SP</b>	9.30	10.00	12.25	13.60	14.35
<b>DT</b>	23.26	25.00	36.80	41.05	45.60
<b>HT</b>	23.26	25.00	46.85	54.80	62.55
<b>JT</b>	32.56	35.00	45.75	50.30	54.60
<b>Pen</b>	1,860	2,000			
<b>Hepl</b>	2,326	2,500			
<b>Dec</b>	2,791	3,000			
<b>Parkrun</b>	20:25.5	19:00.0			

## Senior Women Club Standards

Event	Club Standard	National Ranking	National Grade 3	National Grade 2	National Grade 1
<b>60m</b>	9.13	8.5	8.05	7.9	7.75
<b>100m</b>	14.19	13.2	12.7	12.4	12.2
<b>150m</b>	21.5	20.0	19.2	18.4	17.4
<b>200m</b>	29.02	27.0	25.8	25.2	24.8
<b>300m</b>	47.3	44.0	42.3	41.5	40.8
<b>400m</b>	68.8	64.0	59.0	57.3	55.8
<b>600m</b>	01:49.7	01:42.0			
<b>800m</b>	02:38.0	02:27.0	02:17.8	02:13.7	02:09.9
<b>1500m</b>	05:27.9	05:05.0	04:44.4	04:34.2	04:25.2
<b>3000m</b>	12:21.8	11:30.0	10:21.5	10:00.7	09:39.8
<b>5000m</b>	21:30.0	20:00.0	17:14.9	16:31.1	16:03.9
<b>10000m</b>	46:13.5	43:00.0	35:05.1	34:34.8	32:56.1
<b>60mH</b>	11.07	10.3	9.0	8.75	8.45
<b>100mH</b>	19.35	18.0	15.2	14.6	14.1
<b>300mH</b>	53.75	50.0			
<b>400mH</b>	79.55	74.0	66.3	63.1	60.8
<b>2000m SC</b>	09:40.5	09:00.0	07:39.5	07:23.5	07:00.0
<b>3000m SC</b>	15:03.0	14:00.0	10:43.0	10:16.2	10:00.0
<b>HJ</b>	1.40	1.50	1.60	1.65	1.70
<b>PV</b>	2.14	2.30	3.10	3.50	3.80
<b>LJ</b>	4.42	4.75	5.25	5.40	5.65
<b>TJ</b>	8.84	9.50	10.65	11.10	11.50
<b>SP</b>	7.73	8.30	10.20	11.10	11.90
<b>DT</b>	23.26	25.00	32.55	36.60	40.50
<b>HT</b>	23.26	25.00	39.30	44.65	51.05
<b>JT</b>	23.26	25.00	32.75	37.00	40.80
<b>Pen</b>	2,047	2,200			
<b>Hep</b>	2,326	2,500			
<b>parkrun</b>	23:39.0	22:00.0			

## U20 Women Club Standards

Event	Club Standard	National Ranking	National Grade 3	National Grade 2	National Grade 1
<b>60m</b>	9.13	8.5	8.0	7.85	7.7
<b>100m</b>	14.29	13.3	12.6	12.4	12.2
<b>200m</b>	29.24	27.2	25.8	25.3	25
<b>400m</b>	69.87	65.0	60.1	58.1	56.8
<b>800m</b>	02:38.0	02:27.0	02:17.0	02:13.3	02:09.5
<b>1500m</b>	05:30.0	05:07.0	04:42.0	04:34.1	04:29.3
<b>3000m</b>	12:37.9	11:45.0	10:31.0	10:03.5	09:38.6
<b>5000m</b>	21:30.0	20:00.0			
<b>10000m</b>	46:13.5	43:00.0			
<b>60mH</b>	11.07	10.3	9.2	8.85	8.7
<b>100mH</b>	19.35	18.0	15.2	14.8	14.4
<b>300mH</b>	53.75	50.0			
<b>400mH</b>	80.625	75.0	66.9	64.7	61.4
<b>1500m SC</b>	07:31.5	07:00.0	05:38.5	05:18.6	05:07.5
<b>2000m SC</b>	09:40.5	09:00.0	07:29.0	07:13.5	07:04.5
<b>3000m SC</b>	15:03.0	14:00.0			
<b>HJ</b>	1.40	1.50	1.63	1.66	1.72
<b>PV</b>	2.14	2.30	3.50	3.70	3.80
<b>LJ</b>	4.33	4.65	5.20	5.40	5.60
<b>TJ</b>	8.61	9.25	10.75	11.10	11.45
<b>SP</b>	7.07	7.60	9.70	10.40	10.85
<b>DT</b>	21.40	23.00	32.55	36.15	41.20
<b>HT</b>	21.40	23.00	39.20	43.50	47.85
<b>JT</b>	23.26	25.00	32.40	35.85	40.70
<b>Pen</b>	2,047	2,200			
<b>PenI</b>	2,047	2,200			
<b>Hep</b>	2,233	2,400	4,230	4,560	4,850
<b>parkrun</b>	23:39.0	22:00.0			

## U17 Women Club Standards

Event	Club Standard	National Ranking	National Grade 4	National Grade 3	National Grade 2	National Grade 1
<b>60m</b>	9.13	8.5	8.25	8.15	8.0	7.9
<b>100m</b>	14.29	13.3	13.1	12.8	12.6	12.3
<b>200m</b>	29.56	27.5	27.0	26.3	25.7	25.4
<b>300m</b>	48.91	45.5	44.5	43.0	42.1	41.4
<b>400m</b>	69.87	65.0	63.2	61.0	59.8	58.5
<b>800m</b>	02:41.3	02:30.0	02:26.0	02:20.5	02:17.5	02:15.5
<b>1500m</b>	05:38.6	05:15.0	05:04.3	04:53.9	04:45.4	04:39.3
<b>3000m</b>	12:54.0	12:00.0	11:23.8	10:50.0	10:23.0	10:07.0
<b>5000m</b>	21:30.0	20:00.0				
<b>60mH</b>	11.07	10.3	9.75	9.4	9.2	8.95
<b>80mH</b>	14.72	13.7	13.1	12.5	12.1	11.8
<b>300mH</b>	55.90	52.0	50.2	47.7	45.9	44.9
<b>400mH</b>	80.62	75.0				
<b>1500m SC</b>	07:31.5	07:00.0	06:18.5	05:44.5	05:30.0	05:16.0
<b>2000m SC</b>	09:40.5	09:00.0				
<b>3000m SC</b>	15:03.0	14:00.0				
<b>HJ</b>	1.35	1.45	1.50	1.55	1.60	1.65
<b>PV</b>	2.14	2.30	2.55	3.00	3.30	3.50
<b>LJ</b>	4.28	4.60	4.80	5.05	5.25	5.35
<b>TJ</b>	8.37	9.00	9.45	10.15	10.55	10.85
<b>SP</b>	7.91	8.50	9.15	10.15	10.95	11.60
<b>DT</b>	19.53	21.00	23.40	27.75	31.70	35.80
<b>HT</b>	20.47	22.00	28.30	40.15	45.60	50.70
<b>JT</b>	23.26	25.00	27.80	31.45	34.70	38.20
<b>Pen</b>	1,860	2,000	??	2,825	3,045	3,250
<b>Penl</b>	1,860	2,000				
<b>Hep</b>	2,140	2,300	3,265	3,785	4,240	4,450
<b>parkrun</b>	23:39.0	22:00.0				

## U17 Men Club Standards

Event	Club Standard	National Ranking	National Grade 4	National Grade 3	National Grade 2	National Grade 1
<b>60m</b>	8.27	7.7	7.55	7.4	7.3	7.2
<b>100m</b>	12.9	12.0	11.8	11.5	11.3	11.2
<b>200m</b>	26.33	24.5	24.0	23.4	23.0	22.6
<b>400m</b>	59.66	55.5	54.3	52.9	51.8	51.2
<b>600m</b>	01:36.7	01:30.0				
<b>800m</b>	02:19.8	02:10.0	02:06.5	02:02.5	01:59.5	01:57.0
<b>1500m</b>	04:55.6	04:35.0	04:27.5	04:17.5	04:11.5	04:06.0
<b>3000m</b>	10:45.0	10:00.0	09:42.0	09:21.0	09:06.0	08:51.0
<b>60mH</b>	10.0	9.3	9.0	8.7	8.45	8.3
<b>100mH</b>	17.2	16.0	15.4	14.6	14.0	13.7
<b>400mH</b>	69.87	65	62.5	59.5	57.5	55.9
<b>1500m SC</b>	05:33.2	05:10.0	05:02.5	04:47.5	04:40.5	04:32.0
<b>HJ</b>	1.54	1.65	1.70	1.78	1.85	1.90
<b>PV</b>	2.47	2.65	3.00	3.60	4.00	4.30
<b>LJ</b>	5.03	5.40	5.60	5.90	6.10	6.30
<b>TJ</b>	10.24	11.00	11.40	12.05	12.50	13.00
<b>SP</b>	9.31	10.00	10.65	11.70	12.75	13.6
<b>DT</b>	23.26	25.00	28.25	33.45	37.75	41.00
<b>HT</b>	22.33	24.00	29.65	41.85	50.35	55.05
<b>JT</b>	32.56	35.00	38.80	44.15	48.10	52.95
<b>Pen</b>	1,861	2,000				
<b>PenI</b>	1,861	2,000				
<b>Oct</b>	3,117	3,350	3,760	4,265	4,550	4,900
<b>parkrun</b>	20:57.7	19:30.0				

## U15 Boys Club Standards

Event	Club Standard	National Ranking	National Grade 4	National Grade 3	National Grade 2	National Grade 1
<b>60m</b>	8.6	8.0	8.2	7.85	7.65	7.5
<b>100m</b>	13.65	12.7	12.4	12.1	11.9	11.7
<b>200m</b>	28.21	26.25	25.6	24.8	24.3	23.9
<b>300m</b>	47.3	44.0	42.1	40.5	39.5	38.7
<b>400m</b>	65.57	61.0	59.0	56.9	55.2	53.8
<b>600m</b>	01:42.1	01:35.0				
<b>800m</b>	02:32.6	02:22.0	02:18.5	02:13.2	02:10.0	02:06.5
<b>1500m</b>	05:17.1	04:55.0	04:46.5	04:34.5	04:27.5	04:22.0
<b>3000m</b>	11:17.2	10:30.0	10:09.0	09:47.0	09:35.5	09:21.5
<b>60mH</b>	10.32	9.6				
<b>80mH</b>	15.05	14.0	13.4	12.7	12.3	12.0
<b>HJ</b>	1.40	1.50	1.53	1.60	1.65	1.70
<b>PV</b>	2.05	2.20	2.40	2.80	3.10	3.40
<b>LJ</b>	4.47	4.80	5.00	5.30	5.50	5.70
<b>TJ</b>	9.31	10.00	10.5	11.05	11.50	11.90
<b>SP</b>	8.84	9.50	10.05	10.95	11.70	12.45
<b>DT</b>	21.40	23.00	25.60	29.70	32.55	35.95
<b>HT</b>	21.40	23.00	26.70	34.20	39.80	46.00
<b>JT</b>	27.91	30.00	32.50	36.65	40.00	43.00
<b>Pen</b>	1,489	1,600	1,865	2,170	2,390	2,600
<b>Penl</b>	1,489	1,600				
<b>parkrun</b>	21:30.0	20:00.0				

## U15 Girls Club Standards

Event	Club Standard	National Ranking	National Grade 4	National Grade 3	National Grade 2	National Grade 1
<b>60m</b>	9.68	9	8.75	8.45	8.3	8.15
<b>100m</b>	14.73	13.7	13.5	13.2	12.9	12.7
<b>200m</b>	30.64	28.5	28	27.3	26.6	26.2
<b>300m</b>	50.53	47	45.9	44.4	43.5	42.6
<b>600m</b>	01:52.9	01:45.0				
<b>800m</b>	02:46.6	02:35.0	02:31.2	02:25.6	02:22.3	02:19.4
<b>1500m</b>	05:49.4	05:25.0	05:15.5	05:02.0	04:53.9	04:48.7
<b>3000m</b>	13:26.3	12:30.0	11:36.0	11:02.5	10:41.5	10:22.0
<b>60mH</b>	11.29	10.5	10.15	9.75	9.5	9.4
<b>75mH</b>	15.16	14.1	13.4	12.7	12.3	11.9
<b>HJ</b>	1.27	1.36	1.40	1.47	1.53	1.57
<b>PV</b>	1.87	2.00	2.15	2.50	2.80	2.95
<b>LJ</b>	4.00	4.30	4.45	4.70	4.90	5.05
<b>TJ</b>	7.91	8.50				
<b>SP</b>	6.89	7.40	8.30	9.10	9.85	10.60
<b>DT</b>	16.75	18.00	19.50	23.00	25.65	28.30
<b>HT</b>	19.54	21.00	24.50	31.10	37.80	42.60
<b>JT</b>	18.61	20.00	22.70	26.90	30.65	33.10
<b>Pen</b>	1,628	1,750	2,075	2,360	2,600	2,770
<b>Penl</b>	1,628	1,750				
<b>parkrun</b>	24:11.2	22:30.0				



## U13 Girls Club Standards

Event	Club Standard	National Ranking	National Grade 4	National Grade 3	National Grade 2	National Grade 1
<b>60m</b>	9.99	9.3	9.1	8.9	8.7	8.55
<b>75m</b>	12.36	11.5	11.3	10.9	10.6	10.5
<b>100m</b>	15.91	14.8	14.5	14.1	13.8	13.6
<b>150m</b>	24.72	23.0	22.3	21.5	21	20.5
<b>200m</b>	33.86	31.5	30.7	29.6	28.9	28.4
<b>600m</b>	02:03.6	01:55.0	01:52.9	01:50.3	01:47.9	01:46.5
<b>800m</b>	02:57.4	02:45.0	02:40.8	02:35.5	02:31.8	02:29.0
<b>1200m</b>	04:39.5	04:20.0	04:13.4	04:05.6	04:00.8	03:57.6
<b>1500m</b>	06:16.2	05:50.0	05:37.9	05:23.6	05:15.2	05:08.2
<b>60mH</b>	11.82	11.0	10.75	10.3	10.1	10.0
<b>70mH</b>	15.05	14.0	13.4	12.6	12.2	11.9
<b>HJ</b>	1.12	1.20	1.25	1.30	1.36	1.41
<b>PV</b>	1.87	2.00				
<b>LJ</b>	3.54	3.80	3.95	4.20	4.35	4.50
<b>SP</b>	5.59	6.00	6.45	7.20	7.80	8.45
<b>DT</b>	12.10	13.00	14.90	17.80	20.40	23.00
<b>HT</b>	12.10	13.00				
<b>JT</b>	12.10	13.00	15.4	19.2	23.05	25.60
<b>Pen</b>	1,396	1,500	1,720	1,970	2,230	2,450
<b>Penl</b>	1,396	1,500				
<b>parkrun</b>	24:43.5	23:00.0				

## U13 Boys Club Standards

Event	Club Standard	National Ranking	National Grade 4	National Grade 3	National Grade 2	National Grade 1
<b>60m</b>	9.35	8.7	8.6	8.4	8.25	8.15
<b>75m</b>			11.0	10.5	10.2	10.0
<b>100m</b>	15.26	14.2	14.0	13.5	13.2	12.9
<b>150m</b>			21.5	20.6	19.6	19.4
<b>200m</b>	31.98	29.75	29.1	28.1	27.3	26.8
<b>600m</b>	01:51.8	01:44.0				
<b>800m</b>	02:49.8	02:38.0	02:34.5	02:29.0	02:25.5	02:21.5
<b>1200m</b>	04:34.1	04:15.0				
<b>1500m</b>	05:49.4	05:25.0	05:15.5	05:07.0	04:55.5	04:50.5
<b>60mH</b>	11.82	11.0				
<b>75mH</b>	17.2	16.0	15.3	14.2	13.5	12.9
<b>HJ</b>	1.17	1.25	1.30	1.35	1.40	1.45
<b>PV</b>	1.87	2.00				
<b>LJ</b>	3.73	4.00	4.15	4.40	4.55	4.7
<b>SP</b>	6.05	6.50	7.15	8.10	8.90	9.45
<b>DT</b>	13.03	14.00	16.60	19.75	22.00	24.70
<b>HT</b>	18.61	20.00				
<b>JT</b>	16.75	18.00	21.25	25.45	28.75	31.75
<b>Pen</b>	1,117	1,200				
<b>Penl</b>	1,117	1,200				
<b>parkrun</b>	22:34.5	21:00.0				