

## CA Aberystwyth AC Men's Badge Scheme qualifying times

<b>MEN</b>									
<i>DIAMOND</i>	<i>SM</i>	<i>V40</i>	<i>V45</i>	<i>V50</i>	<i>V55</i>	<i>V60</i>	<i>V65</i>	<i>V70</i>	<i>V75</i>
Marathon	2.49.07	2.54.25	3.01.00	3.08.15	3.16.25	3.25.47	3.36.47	3.50.00	4.06.25
Half Marathon	1.19.32	1.22.44	1.25.52	1.29.20	1.33.13	1.37.40	1.42.55	1.49.13	1.57.05
10 Miles	59.33	1.02.09	1.04.31	1.07.07	1.10.03	1.13.24	1.17.21	1.22.07	1.28.03
10 Km	35.58	37.42	39.08	40.43	42.29	44.32	46.56	49.5	53.27
5 Miles	28.36	30.02	31.10	32.26	33.51	35.29	37.24	39.42	42.35
5 Km	17.18	18.14	18.55	19.41	20.33	21.32	22.41	24.05	25.50
1 Mile	4.59	5.20	5.32	5.46	6.01	6.18	6.39	7.04	7.35
<i>GOLD</i>	<i>SM</i>	<i>V40</i>	<i>V45</i>	<i>V50</i>	<i>V55</i>	<i>V60</i>	<i>V65</i>	<i>V70</i>	<i>V75</i>
Marathon	3.01.11	3.06.53	3.13.56	3.21.41	3.30.27	3.40.29	3.52.16	4.06.26	4.24.01
Half Marathon	1.25.13	1.28.39	1.32.00	1.35.43	1.39.53	1.44.39	1.50.16	1.57.01	2.05.27
10 Miles	1.03.49	1.06.36	1.09.07	1.11.54	1.15.03	1.18.39	1.22.53	1.27.59	1.34.20
10 Km	38.32	40.23	41.55	43.37	45.32	47.43	50.18	53.24	57.16
5 Miles	30.39	32.11	33.24	34.45	36.16	38.01	40.04	42.32	45.37
5 Km	18.32	19.32	20.16	21.06	22.01	23.04	24.19	25.49	27.41
1 Mile	5.21	5.43	5.51	6.10	6.27	6.46	7.08	7.34	8.08
<i>SILVER</i>	<i>SM</i>	<i>V40</i>	<i>V45</i>	<i>V50</i>	<i>V55</i>	<i>V60</i>	<i>V65</i>	<i>V70</i>	<i>V75</i>
Marathon	3.22.56	3.29.18	3.37.42	3.45.54	3.55.42	4.06.56	4.20.08	4.36.00	4.55.42
Half Marathon	1.35.26	1.39.17	1.43.02	1.47.12	1.51.52	1.57.12	2.03.30	2.11.04	2.20.30
10 Miles	1.11.28	1.14.35	1.17.25	1.20.32	1.24.03	1.28.05	1.32.50	1.38.32	1.45.39
10 Km	43.09	45.14	46.57	48.51	50.59	53.27	56.20	59.48	1.04.08
5 Miles	34.19	36.02	37.24	38.55	40.37	42.35	44.52	47.39	51.05
5 Km	20.45	21.53	22.42	23.37	24.39	25.50	27.14	28.55	31.00
1 Mile	5.59	6.24	6.38	6.55	7.13	7.34	7.59	8.29	9.06
<i>BRONZE</i>	<i>SM</i>	<i>V40</i>	<i>V45</i>	<i>V50</i>	<i>V55</i>	<i>V60</i>	<i>V65</i>	<i>V70</i>	<i>V75</i>
Marathon	4.13.40	4.21.38	4.31.30	4.42.22	4.54.38	5.08.40	5.25.10	5.45.00	6.09.38
Half Marathon	1.59.18	2.04.06	2.08.48	2.14.00	2.19.50	2.26.30	2.34.22	2.43.50	2.55.38
10 Miles	1.29.20	1.33.14	1.36.46	1.40.40	1.45.04	1.50.06	1.56.02	2.03.10	2.12.04
10 Km	53.57	56.33	58.41	1.01.04	1.03.44	1.06.48	1.10.25	1.14.46	1.20.10
5 Miles	42.54	45.03	46.46	48.39	50.47	53.13	56.05	59.33	1.03.52
5 Km	25.57	27.21	28.23	29.32	30.49	32.18	34.02	36.08	38.45
1 Mile	7.29	8.00	8.18	8.38	9.01	9.28	9.59	10.36	11.23

## CA Aberystwyth AC Women's Badge Scheme qualifying times

WOMEN									
<i>DIAMOND</i>	<i>SF</i>	<i>V40</i>	<i>V45</i>	<i>V50</i>	<i>V55</i>	<i>V60</i>	<i>V65</i>	<i>V70</i>	<i>V75</i>
Marathon	3.05.08	3.13.07	3.21.27	3.30.44	3.41.16	3.53.28	4.07.53	4.25.27	4.47.31
Half Marathon	1.27.44	1.32.21	1.36.23	1.40.52	1.45.59	1.51.52	1.58.52	2.07.24	2.18.08
10 Miles	1.05.51	1.09.31	1.12.32	1.15.56	1.19.45	1.24.12	1.29.28	1.35.53	1.44.00
10 Km	39.53	42.19	44.10	46.14	48.35	51.19	54.32	58.29	1.03.27
5 Miles	31.44	33.44	35.13	36.52	38.45	40.56	43.31	46.40	50.39
5 Km	19.12	20.29	21.23	22.24	23.32	24.52	26.26	28.22	30.47
1 Mile	5.32	5.59	6.15	6.33	6.57	7.29	7.45	8.20	9.03
<i>GOLD</i>	<i>SF</i>	<i>V40</i>	<i>V45</i>	<i>V50</i>	<i>V55</i>	<i>V60</i>	<i>V65</i>	<i>V70</i>	<i>V75</i>
Marathon	3.18.21	3.26.54	3.35.50	3.45.47	3.57.04	4.10.09	4.25.36	4.44.24	5.08.03
Half Marathon	1.34.00	1.38.57	1.43.16	1.48.04	1.53.33	1.59.51	2.07.21	2.16.30	2.28.00
10 Miles	1.10.33	1.14.49	1.17.43	1.21.21	1.25.27	1.30.13	1.35.51	1.42.44	1.51.26
10 Km	42.44	45.20	47.19	49.32	52.03	54.58	58.26	1.02.39	1.07.59
5 Miles	34.00	36.09	37.44	39.30	41.31	43.51	46.37	50.00	54.16
5 Km	20.34	21.57	22.55	24.00	25.13	26.38	28.20	30.23	32.59
1 Mile	5.56	6.25	6.42	7.01	7.23	7.49	8.19	8.56	9.42
<i>SILVER</i>	<i>SF</i>	<i>V40</i>	<i>V45</i>	<i>V50</i>	<i>V55</i>	<i>V60</i>	<i>V65</i>	<i>V70</i>	<i>V75</i>
Marathon	3.42.10	3.51.44	4.01.44	4.12.53	4.25.31	4.40.30	4.57.28	5.18.32	5.45.01
Half Marathon	1.45.17	1.50.50	1.55.39	2.01.02	2.07.10	2.14.14	2.22.38	2.32.53	2.45.46
10 Miles	1.19.01	1.23.25	1.27.02	1.31.07	1.35.42	1.41.02	1.47.22	1.55.04	2.04.48
10 Km	47.52	50.46	53.00	55.29	58.18	1.01.34	1.05.27	1.10.11	1.16.08
5 Miles	38.05	40.29	42.16	44.15	46.30	49.07	52.13	56.00	1.00.46
5 Km	23.02	24.35	25.40	26.52	28.15	29.50	31.44	34.02	36.57
1 Mile	6.34	7.11	7.30	7.52	8.16	8.45	9.19	10.00	10.52
<i>BRONZE</i>	<i>SF</i>	<i>V40</i>	<i>V45</i>	<i>V50</i>	<i>V55</i>	<i>V60</i>	<i>V65</i>	<i>V70</i>	<i>V75</i>
Marathon	4.37.42	4.49.40	5.02.10	5.16.06	5.31.54	5.50.12	6.11.50	6.38.10	7.11.16
Half Marathon	2.11.36	2.18.32	2.24.34	2.31.18	2.38.58	2.47.48	2.58.18	3.11.06	3.27.12
10 Miles	1.38.46	1.44.16	1.48.48	1.53.54	1.59.38	2.06.18	2.14.12	2.23.50	2.36.00
10 Km	59.50	1.03.28	1.06.15	1.09.21	1.12.53	1.16.58	1.21.49	1.27.43	1.35.10
5 Miles	47.36	50.36	52.49	55.18	58.08	1.01.23	1.05.16	1.10.00	1.15.58
5 Km	28.47	30.44	32.05	33.36	35.19	37.18	39.40	42.33	46.11
1 Mile	8.18	8.59	9.23	9.50	10.20	10.56	11.38	12.30	13.35