

Victory Athletic Club Standards

Club Standards provide a means of measuring members' performances and improvements over prescribed distances relative to age category.

1. The onus is on the member to claim when achieving a standard.
2. The qualifying period is the calendar year.
3. For a Club Standard, the member must achieve at least 4 classes in different distance races.
4. The races must be UKA sanctioned races or a Victory Handicap race.
5. Members must run in Victory AC colours, unless a Victory Handicap race (or special permission authorised by the Committee – see rule 12 of club rules).
6. All times must be verified from the official results.
7. Moving into the next age group during a year will not affect an award, even if the classes are achieved in two different age groups.

Details of the the standard categories for men and women are shown below

		Men					Women						
		1	2	3	4	5			1	2	3	4	5
5k standards													
Senior		17.00	18.15	20.15	22.15	24.00			18.45	20.15	22.30	24.30	26.45
35-39		17.45	19.00	21.00	23.00	25.00			19.45	21.15	23.30	25.45	28.00
40-44		18.15	19.45	21.45	24.00	26.00			20.30	22.15	24.30	27.00	29.15
45-49		19.00	20.30	22.45	24.45	27.00			21.30	23.15	25.45	28.15	30.30
50-54		19.45	21.15	23.30	25.45	28.00			22.30	24.15	27.00	29.30	32.00
55-59		20.45	22.15	24.45	27.00	29.30			23.45	25.45	28.15	31.00	33.45
60-64		21.45	23.30	26.00	28.30	31.00			25.15	27.15	30.00	33.00	35.45
65-70		23.00	24.45	27.30	30.00	32.45			27.00	29.00	32.00	35.15	38.15
Over 70		24.30	26.30	29.15	32.00	35.00			29.00	31.15	34.45	38.00	41.15
Short Handicap 3.65 miles standards													
Senior		20.00	21.45	24.00	26.15	28.30			22.15	24.00	26.30	29.15	31.45
35-39		20.45	22.30	24.45	27.15	29.45			23.30	25.15	28.00	30.30	33.15
40-44		21.45	23.15	25.45	28.15	30.45			24.30	26.15	29.00	32.00	34.45
45-49		22.30	24.15	26.45	29.15	32.00			25.30	27.30	30.30	33.15	36.15
50-54		23.30	25.15	28.00	30.30	33.15			26.45	28.45	32.00	35.00	38.00
55-59		24.30	26.15	29.15	32.00	34.45			28.15	30.15	33.30	36.45	40.00
60-64		25.45	27.45	30.45	33.45	36.30			30.00	32.15	35.30	39.00	42.30
65-70		27.15	29.15	32.30	35.30	38.45			32.00	34.30	38.00	41.45	45.30
Over 70		29.00	31.15	34.45	38.00	41.15			34.30	37.00	41.00	45.00	49.00
5 miles standards													
Senior		27.45	30.00	33.15	36.15	39.30			30.45	33.15	36.45	40.15	43.45
35-39		28.45	31.00	34.15	37.30	41.00			32.15	34.45	38.30	42.15	45.45
40-44		29.45	32.15	35.30	39.00	42.30			33.45	36.15	40.00	44.00	47.45
45-49		31.00	33.30	37.00	40.30	44.00			35.15	37.45	42.00	46.00	50.00

50-54		32.15	34.45	38.30	42.15	46.00		37.00	39.45	44.00	48.15	52.30
55-59		33.45	36.30	40.15	44.15	48.00		38.45	41.45	46.15	50.45	55.15
60-64		35.30	38.15	42.15	46.30	50.30		41.15	44.15	49.00	53.45	58.30
65-70		37.30	40.30	44.45	49.15	53.30		44.00	47.15	52.30	57.30	62.30
Over 70		40.15	43.15	47.45	52.30	57.00		47.30	51.00	56.30	62.00	67.30

10k standards

Senior		35.15	38.00	42.00	46.00	50.00		39.00	42.00	46.30	51.00	55.30
35-39		36.15	39.15	43.15	47.30	51.45		40.45	43.45	48.30	53.15	57.45
40-44		37.45	40.30	45.00	49.15	53.30		42.30	45.45	50.30	55.30	60.15
45-49		39.15	42.15	46.45	51.15	55.45		44.15	47.45	52.45	58.00	63.00
50-54		40.45	44.00	48.45	53.15	58.00		46.30	50.00	55.30	60.45	66.15
55-59		42.45	46.00	51.00	55.45	60.45		49.00	52.45	58.30	64.00	69.45
60-64		45.00	48.15	53.30	58.45	63.45		52.00	56.00	62.00	68.00	73.45
65-70		47.30	51.15	56.30	62.00	67.30		55.30	59.45	66.00	72.30	79.00
Over 70		50.45	54.30	60.30	66.15	72.00		59.45	64.30	71.15	78.15	85.00

Long Handicap 7.6 miles standards

Senior		43.45	47.15	52.15	57.15	62.15		48.30	52.15	57.45	63.30	69.00
35-39		45.15	48.45	53.45	59.00	64.15		50.30	54.30	60.15	66.00	71.45
40-44		46.45	50.30	55.45	61.15	66.30		52.45	56.45	62.45	68.45	75.00
45-49		48.45	52.30	58.00	63.30	69.15		55.00	59.15	65.45	72.00	78.15
50-54		50.45	54.30	60.30	66.15	72.00		57.45	62.15	68.45	75.30	82.15
55-59		53.00	57.00	63.15	69.15	75.30		60.45	65.30	72.30	79.30	86.30
60-64		55.45	60.00	66.30	72.45	79.15		64.30	69.30	76.45	84.15	91.45
65-70		59.00	63.30	70.15	77.00	84.00		68.45	74.00	82.00	90.00	98.00
Over 70		63.00	67.45	75.00	82.15	89.30		74.15	80.00	88.30	97.00	105.30

10 miles standards

Senior		58.15	62.45	69.15	76.00	82.45		64.15	69.15	76.45	84.00	91.30
35-39		59.45	64.30	71.15	78.15	85.00		66.45	72.00	79.30	87.15	95.00
40-44		62.00	66.45	74.00	81.00	88.15		69.30	75.00	83.00	91.00	99.00
45-49		64.30	69.30	76.45	84.15	91.45		72.45	78.15	86.45	95.00	103.30
50-54		67.15	72.15	80.00	87.45	95.30		76.15	82.15	91.00	99.45	108.30
55-59		70.15	75.45	83.45	92.00	100.00		80.15	86.30	95.45	105.00	114.15
60-64		74.00	79.30	88.00	96.30	105.00		85.15	91.45	101.30	111.15	121.00
65-70		78.15	84.15	93.15	102.15	111.15		91.00	98.00	108.15	118.45	129.15
Over 70		83.30	89.45	99.30	109.00	118.45		98.00	105.30	116.45	128.15	139.30

Half Marathon standards

Senior		77.45	83.45	92.30	101.30	110.30		85.45	92.15	102.00	112.00	121.45
35-39		79.45	85.45	95.00	104.00	113.15		88.45	95.30	105.45	116.00	126.15
40-44		82.30	89.00	98.30	108.00	117.30		92.30	99.30	110.15	121.00	131.30
45-49		85.45	92.30	102.15	112.15	122.00		96.45	104.00	115.15	126.15	137.30
50-54		89.30	96.15	106.30	117.00	127.15		101.15	109.15	120.45	132.30	144.15
55-59		93.30	100.45	111.30	122.15	133.00		106.45	115.00	127.15	139.30	151.45
60-64		98.15	105.45	117.15	128.30	139.45		113.00	121.45	134.45	147.45	161.00

65-70		104.00	112.00	124.00	136.00	147.45		120.45	130.00	144.00	157.45	171.45
Over 70		111.00	119.30	132.15	145.00	157.45		130.15	140.15	155.15	170.15	185.15

20 miles standards

Senior		122.15	131.45	145.45	160.00	174.00		134.15	144.45	160.15	175.45	191.15
35-39		125.00	134.30	149.00	163.15	177.45		138.30	149.15	165.15	181.15	197.00
40-44		129.30	139.30	154.30	169.15	184.15		144.30	155.30	172.15	188.45	205.30
45-49		134.30	145.00	160.30	176.00	191.30		151.00	162.30	180.00	197.15	214.45
50-54		140.15	151.00	167.15	183.15	199.30		158.15	170.30	188.45	206.45	225.00
55-59		146.45	158.00	174.45	191.45	208.30		166.30	179.30	198.45	217.45	237.00
60-64		154.00	166.00	183.45	201.30	219.15		176.30	190.00	210.15	230.45	251.00
65-70		163.00	175.30	194.15	213.00	232.00		188.15	202.45	224.30	246.15	268.00
Over 70		173.45	187.15	207.15	227.15	247.15		203.00	218.30	242.00	265.30	288.45

Marathon standards

Senior		165.00	177.45	196.45	215.45	234.45		180.30	194.30	215.15	236.15	257.00
35-39		167.45	180.45	200.00	219.15	238.45		185.15	199.30	221.00	242.15	263.45
40-44		174.00	187.15	207.15	227.30	247.30		193.15	208.00	230.15	252.30	274.45
45-49		180.45	194.30	215.30	236.15	257.00		201.45	217.15	240.30	263.45	287.15
50-54		188.15	202.45	224.30	246.15	268.00		211.30	227.45	252.15	276.30	301.00
55-59		196.45	212.00	234.45	257.30	280.00		222.45	239.45	265.30	291.15	316.45
60-64		206.45	222.45	246.45	270.30	294.15		235.45	254.00	281.00	308.15	335.30
65-70		218.45	235.30	260.45	286.00	311.15		251.30	270.45	299.45	328.45	357.45
Over 70		233.15	251.15	278.15	305.00	332.00		271.00	291.45	323.00	354.15	385.30

Popular local races will be automatically included when producing a member's standard. However, if you want other races included, please send the results to the club statistician – statistician@victoryac.org.uk . These days, I think all results are published online, so a link to the results will suffice.