



ELY RUNNERS - ANNUAL GENERAL MEETING Wednesday 5th March 2025 at 7:00pm EOSA

MINUTES

Present: Stephen Howard (SH, Chairman), Lauren Thomas (LTh, Secretary, minutes), Ann Thornton (AnT, Treasurer), Ali Driver (AD), Alistair Berry (AIB), Andrew Scarlett (AS), Andrew Thornton (AdT), Andy Barber (AnB), Barry Graves (BG), Ben Morris (BM), Caroline Brown (CB), Darren Murfitt (DM), Debbie Abraham (DA), Debbie Fisher (DF), Goska Leslie (GL), Gwen Graves (GG), James Fisher (JF), Janette Palmer (JaP), Jason Cox (JC), John Turner (JT), Julian Moynihan (JM), Justin Smith (JS), Kath Gerighty (KG), Kayleigh Owen (KO), Laura Todd (LTo), Laura Upstone (LU), Lizz McKiernan (LM), Lizzie Ludlow (LL), Melissa Cox (MC), Michelle Berry (MB), Peter Royle (PR), Richard Hill (RH), Rob Pope (RoP), Ross Wenlock (RW), Ryan Parker (RyP), Sue Bridges (SB), Tom Levinson (TL), Tracey Wymer (TW)

Apologies: Charles Howard (CH), Jon Price (JoP), Alan Rutterford (AR)

The minutes of the 2024 AGM were approved as a true and accurate report of the meeting.

1. Chairman's opening remarks (SH)

The Chairman opened by thanking all of those for attending, EOSA for hosting us, and Peter Royle for organising the event.

He went on to say that 2024 had been another great year for Ely Runners, with members excelling in all areas. He hoped that 2025 would be just as successful.

He reminded members that 2025 would be the club's 40th Anniversary year. He then went on to note that the strength of the club is down to the kindness of its people and the many many volunteers who put in so much work behind the scenes. Thank you all - you know who you are!

However he then made a plea for tolerance and understanding: "Remember people all have their own reasons for running:

- Health (physical and/or mental)
- To be social
- To compete and win
- To aim to be the best runner they can.
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These motivations do not stay fixed over time. They can and do change over days/weeks/months/years. Social runners are at times competitive. Competitive runners are at times social. That is why it makes sense to have a broadly based club encompassing all such reasons. Please be tolerant and respectful of everyone's reason for running: fast/slow, hard/easy, frequent/seldom. You may feel you fit into a particular niche right now. Your neighbour may not have the same reasons for running as you right now but one day you may find you've both swapped over, or both share the same reason. All reasons are valid. Never forget to be kind and thoughtful. Please don't take the club ethos for granted - make an effort to be truly inclusive."

He then went on to give members an update on his personal health situation, and that he would be stepping back as Chairman as and when his health determined that he should. Measures have

been put in place to support him and the work that he does when required, and he thanked the Treasurer and the Secretary for their support.

2. Treasurer's report (AnT)

The full accounts are attached at the bottom of the minutes.

2024 has been a good year. The club is in a very strong financial position. Membership subscriptions are up on 2023. Beginners is continuing strongly. The NYE 10k income is solid and we have a donation pot of over £2,000 to donate to the chosen NYE 10k charity.

Last year, we overestimated the liabilities so I have added the actual amounts in the adjacent column.

Are members happy to continue the tradition of matching the Christmas Raffle takings and donating this to the 2024 Christmas charity (in this case, the Stroke Association)?

Challenges this year have come from using Stripe accounting for the first time to process NYE 10k entries. This, in itself, is not a problem and I know Chris from Chip Timing Solutions was grateful that we were able to manage the payments. The challenge has been how Stripe forwards money into the account. I would like to explore whether it is possible to group payments according to the event (currently income is in lump sums).

Going forward, I have a request to make of members. Please ensure all requests for payment, reimbursement, invoices etc. are made through the treasurer@elyrunners.co.uk email address. I tackle accounts most weekends so your payment should be with you very quickly. I have found some requests, sent through e.g. Messenger, have failed to materialise or get lost.

3. Secretary's report (LTh)

We're still continuing to fulfil our club objectives, and I'll go over them quickly here for anyone who hasn't heard them before:

- Encouraging the practice, promotion, development and participation of amateur athletics in Ely and the wider community
- Providing training for members
- Organising open, league, championship and club running races
- Organising teams to represent the Club in championships and leagues
- Catering for the following athletics disciplines: Road Running, Track Running, Cross-Country Running, Fell Running, and Race Walking

A brief update on UK Athletics Club Standards:

We remain up to date with the documentation required to meet England Athletics' Club standards.

This includes having:

- A club constitution and legal structure
- A committee that has a president or chair, club secretary, treasurer, membership secretary, welfare officer and DBS verifier (with at least three people on the committee in these key roles that are unrelated or not cohabiting)
- A grievance and disciplinary policy
- A privacy notice
- An Inclusion Policy
- A code of conduct
- One lead welfare officer and at least one additional welfare officer

5k League

It will now be known as the Summer 5k Series with the name of the sponsor added.

After the success of the 2024 event, our race will once again be held at Ben's Yard on a new course.

Rob will circulate the proposed dates in due course.

Some Membership statistics:

Current membership:

355 members (67 juniors, 288 seniors). This is an increase of 11.3%, with 33 more seniors and 3 more juniors. This is a fantastic increase compared to previous years. Our previous year's percentage increase was 2.9%.

111 members had EA affiliation in 2024-25 (again, an increase on 2023-24) when we had 94 members with EA affiliation.

94 members joined during 2023-24. 11 of them were graduates of the beginners' course which is more than double of last year's when we had 5, but not as many as the previous year when we had 20. It is always worth bearing in mind that some may not have used the discount code when they signed up which can make this difficult to track.

Just for clarification, our figures don't always match those of the junior coaches, as myClubhouse keeps them in the system as juniors until renewal on April 1st, rather than moving them into seniors as soon as they turn 17.

Remains to say: thanks to all the members of the Committee and the Events Working Group for their time and expertise in 2024, and also everyone who has been part of this amazing club, whether that's through volunteering, training or competing, or a combination of all three.

4. Training report (JT)

As we approach the club's 40th anniversary, it is important to reflect that training for racing, fitness, friendship, and enjoyment is the most active, involved, and supported component of our running club. It needs and receives the commitment of many members, run leaders, and coaches several times a week and, as such, is the heartbeat of the club. At training, we meet each other as equals who enjoy running and therefore leave the stresses and concerns of our busy lives behind whilst we share our time and effort with other members of the club. This is as valuable as the training itself.

As for 2024/25, we have had another full and busy training year with strong and enthusiastic turnouts for senior and junior groups on Tuesday and Thursday evenings and for Ann's Chatty Run on Sunday mornings which have included away training such as the recent session around Grafham Water. Thank you to all members who have turned out for training (sometimes in unpleasant weather conditions) and to the club's group run leaders.

Other training events have included the 10-week beginners courses which have been strongly supported under the inspirational leadership of Justin Smith and his regular coaches. These are also a valuable source of new members.

Despite, the lateness and travelling distance, the St Ives monthly Monday track sessions have been loyally supported and enjoyed by members under the enthusiastic guidance of several of our experienced coaches. This is the only training session for which there is a small fee, to cover the hire of the track. All our many other training sessions are free of charge to members.

During the spring and summer months of 2024, we again enjoyed the considerable training privilege of using the King's School sports field areas and grass track. We are obliged to be most grateful to the school for this. Additionally, members are reminded that they may use the King's School sports fields for individual training at any time, provided there are no school activities taking place.

Additionally, we continue to meet at the Paradise Centre for training and using the changing facilities by way of a block membership. We have always made this training use free of charge to members and have done so since the formation of the club. It is mentioned to enable members to appreciate this convenient training facility and is one of the benefits of being an Ely Runner.

The 4th Peak District Training Weekend last August was again organised by Peter Royle and strongly supported and enjoyed by members over the hills and dales of Derbyshire, including a

challenging fell race and park run. The 5th event planned for 26-28th September 2025, has already reached its capacity of 30, with more on Peter's waiting list.

Despite a clash with a re-scheduled Frostbite League race, the club's longstanding Pre-Christmas Trail Training Runs from Woodditton and Reach on 15th December were enjoyed by many members and were followed by the usual club lunch at the High Flyer.

The club's Training and Coaching Forum met several times during the year to discuss training issues and training plans, including options to improve access to running tracks.

During the latter part of 2024, some of our members organised an easy paced social run on Friday mornings for those available. In due course, depending on support, these could become a more formal club training option. Any training initiative to enhance the enjoyment and efficacy of training will always be welcome and considered by the Training and Coaching Forum.

On myClubhouse, the Events Calendar has continued to be produced and maintained by Stephen Howard. This has included all the options for booking into club training and events. It has become a vital facility of huge use and value for the club. Hence my thanks go to Caroline Brown who researched and initiated myClubhouse and to Stephen Howard for his colossal subsequent input.

5. Beginners' Representative Report (JS)

Last year's summer course ended on 5th August; it attracted good numbers, lost around the usual percentage throughout the course, and had the usual successes: those being graduates who stuck with the ten weeks and saw their 5K times tumble. Many of them surprised themselves with PBs at the untimed 5K at week 9 and the final timed 5K at week 10.

Similar things happened at the graduates' parkrun at Soham, on 14th August last year, where a small handful achieved 5K PBs.

All graduates deserves our admiration: a few are worthy of comments here for sticking with the course and going on amazing 5K times compared to when they started: Tracy Wymer, Louise Ivy and Alison Wallace, all of them joined the club.

Laura Upstone, LiRF joined the course. Thank you, Laura.

Current course

The current course has just passed week 5, and so far we have retained decent numbers. There's probably a couple of people on this course who slipped through the net and could have just joined the club, but, they will still benefit from week 1 form session, and the coaching that happens each week.

You can of course keep track of the current course via the weekly post on the FB page.

I would be really grateful if you would make a note of the date 12th April, when the current course will graduate at Soham Village College parkrun; I was grateful to see a few members at the last graduation, but there were few. Being there in the club vest shows support to the graduates and appreciation of the coaches, who give up their time, resulting in people falling in love with running, and in some cases increasing the size of the club.

What plans are there for the course?

Nothing major other than a bit of a rethink about the order of the different sessions depending on the time of year, and perhaps the introduction of a few new sessions/ venues.

General

Having had access to a list of current paid up members, I can tell you that there are 32 graduates in our numbers. I have no idea how many graduates have been through the club since Lionel initiated the course back in 2012, but it will be an impressive number, and somehow, in a small City like Ely, we have yet to reach the point where we run out of people to take up our friendly and welcoming twice a year course.

A huge thank you to Charlotte, Lauren, Emily, Jon, David, Kayleigh, Ryan, Lee, Ann and Laura for their patience in working with me on the course, but mostly for giving up their time and being so

dedicated in supporting people to welcome running into their lives. Please show your appreciation to them.

6. Junior Section report (DA)

It is with great pleasure that we present the annual report for the Ely Runners Junior Section. This year has been one of significant growth, achievement, and enthusiasm, reflecting the dedication of our young athletes, their families, and our dedicated coaching team.

Membership

We are delighted to report a thriving junior section with a current registration of 67 young runners. This robust membership demonstrates the growing popularity of running amongst young people in our community and the positive impact of Ely Runners.

Key Achievements

- Peterborough Pentathlon
 - A fantastic contingent of 10 junior athletes, alongside 3 dedicated adults, participated in the Peterborough Pentathlon.
 - Their commitment and performance were commendable, showcasing the talent and determination within our junior ranks.
 - Many Cambridgeshire medals were won at the event.
- Sports Hall Event
 - This year's sports hall event was a resounding success.
 - The event was extremely well attended and thoroughly enjoyed by all participants, providing a fun and engaging platform for our juniors to develop their skills.
 - U15 Cambridgeshire boys won the regional heats and one of our Juniors will be competing at the nationals.
- Frostbite League
 - For the third consecutive year, our junior team achieved an impressive 2nd place in the Frostbite League.
 - This consistent high performance is a testament to the hard work and dedication of our young runners and their coaches, and their team spirit.
- General overview
 - The Juniors have shown great improvements in their running ability, and their commitment to training is excellent.
 - The juniors are a credit to the club, and are always well behaved at any event they attend.
 - Joined East Anglia track and field league.

Looking Forward

We are committed to building on this year's successes and providing our juniors with even more opportunities to develop their running skills and enjoy the sport. Our goals for the coming year include:

- Continuing to foster a positive and supportive environment for all junior runners.
- Expanding our coaching resources and training programs.
- Increasing participation in local and regional competitions.
- Encourage more adults to take part in more field training.

Acknowledgements

We would like to express our sincere gratitude to:

- Our dedicated coaching team for their invaluable time and expertise.
- The parents and guardians for their unwavering support.
- All the junior runners for their enthusiasm and commitment.

Conclusion

The Ely Runners Junior Section is a vibrant and integral part of our club. We are incredibly proud of our young athletes and look forward to another successful year.

Thank you.

7. Special Achievement Awards 2024 & Honorary Memberships (SH/LTh/AnT)

- Special Achievement: **Allistair Berry** (Services to the club)
- Special Achievement: **Janette Palmer** (Services to the club)
- Special Achievement: **Peter Royle** (Services to the club)
- Special Achievement: **John Turner** (Services to the club)

7a. Break for Refreshments (food)

Having reflected on the past year, the assembled adjourned for a refreshment break including food.

As people returned to their seats the Chairman outlined some governance and process changes as well as highlighting a few changes of role within the committee/EWG.

The Chairman suggested some changes to the governance and processes of the committee, including moving meetings to quarterly in person meetings, rather than online meetings every 8 weeks. He also suggested a WhatsApp group for all committee members, which was set up shortly after the meeting. The committee will work to find a suitable time and format for their meetings that will hopefully work for all members, whilst considering limitations such as location, parental/caring responsibilities and more. It was also mentioned that the Comms Officer will be responsible for sharing the outcome of these meetings with members.

8. Election of Committee (max twelve) plus three officers (Chairman, Secretary, Treasurer)

- Chairman - Stephen Howard** pJT sBG
- Secretary - Lauren Thomas** pSH sPR
- Treasurer - Ann Thornton** pDA sLTh
- Membership Secretary - Caroline Brown** pDA sJP
- Junior Section Secretary - Debbie Abraham** pLTh sJT
- Junior Lead - Alan Rutterford** pDA sAnT
- Beginners' Secretary - Justin Smith** pRyP, sDA
- Social Secretary - Peter Royle** pJF, sTL
- Welfare Officer - Jon Price** pAnT sRoP
- Club Captain - Tom Levinson** pJP sDA
- Club Development Officer - Lizz McKiernan** pLL sAnT
- Communications Officer - Alex Levantis** pPR sAnB
- Kits and Stores Officer - Ryan Parker** pLTh sJS
- Club Events Race Director - Kath Gerighty** pGL sDA

9. Election of Working Group (WG)

- Social Media Officer - Rob Pope** pDA sGL
- Chief Marshal - Kath Gerighty** pAnT, sLL
- Race Director NYE 10k - Debbie Abraham** pAnT sKG
- Co-Race Director NYE 10k - Rop Pope** pRyP sDA
- Race Director 5k League - Rob Pope** pTL sRyP
- Chief Time Keeper/ Watches & Place Keeping - Ann Thornton** pLTh sKG
- Assistant Time Keeper - Debbie Fisher** pAnT sGL
- Sustainability Champion - Ben Morris** pLL sAnT
- Frostbite Manager - Alan Rutterford** pDA sTL
- RNR First Team Manager - Debbie Abraham*** pLTh sAnT
- RNR Second Team Manager - Lizz McKiernan*** pDA sTh
- Trophies - Andy Barber** pJS sAS

* Several members (including RoP and JoP remotely via WhatsApp) offered to assist new first-time RNR captains DA and LM.

The website working group will be updated to include the Social Media Officer and Communications Officer.

The Chairman suggested that we look into the option of a Statistics Officer role and the introduction of a club standards initiative that they would then run. A lengthy discussion was had, looking at the pros and cons of such an initiative. Members saw the benefits of the competitive element it would give some members, whilst bearing in mind that being seen to achieve a certain standard of running could be off-putting to others. It was determined that such standard already exist in the form of Power of 10 and Run Britain, and that the website working group could look into having a statistics page on the website that could signpost members to this data.

9a. RNR 2024 Post-Mortem and 2025 Scoping

As part of the election of the working group, an enthusiastic and passionate conversation was had around the roles of RNR captains (after both 2024 captains stood down for their own reasons) and the RNR more broadly.

A discussion was had around the need for transparency in how the teams were made up, leading to conversations around member eligibility to be part of either team. JC suggested that perhaps we could look at making the teams up of members who had been part of the club from a certain date, similar to the eligibility rules in place for the London Marathon ballot. A majority of those present then voted in favour of RNR team members being made up of runners who had been ER members from a certain date (after the AGM the team captains decided that those in the team would need to have joined before 1 April 2025). It was decided that second claim members were fine, as the RNR organisers have their own rules about this.

Those present voted that we would have an Open Team aiming to win the silverware, and one other team (mixed or ladies) that would be decided based on the interest amongst members. A survey registering interest was sent out shortly after the AGM.

Due to the caveat regarding length of membership for those on the team, RH withdrew his candidacy to be the A Team Captain. DA put herself forward, with LM putting herself forward for the other team captain, whatever category that ends up being in. Both will receive plentiful support from those more experienced in organising teams for the event.

10. Consideration of donations

It was agreed by those present that the next charity we select for our money raised from the NYE10k and any other events will be a breast cancer charity, potentially Breast Cancer Now.

11. Annual review and re-approval of the savings set aside for the Track Fund

Vote: carried and approved

12. Renewal of Affiliations/Joining

- ARC - and continue with open event ARC permits
- UKA - individual EA club registrations (£20 payable for individuals 2025-26)
- SEAA Competitions Ltd - provides championships in the SE region
- CAA - provides championships for Cambridgeshire
- GCAN - Greater Cambridge Network of Clubs, especially to support Juniors
- Friends of the Roman Road & Fleam Dyke

Vote: carried and approved

13. Consideration to authorise Committee & EWG to organise the following events:

- Turing Trail Relay (3rd Sunday in March) - Private Club Event with other teams by invitation only
- Club 10k Handicap on a Thursday in June when Little Downham Pavilion is available
- Club One Mile Handicap on a Thursday in July

- New Year's Eve 10k on 31st December
- Club Cross-Country Championships on a Sunday morning in January/ February 2026

Vote: carried and approved

14. Authorise the Committee to enter the club for relay, team and league events, including:

- Round Norfolk Relay – Teams composition TBC depending on team captains volunteering
- National, Regional, Area and County Championships including relays E.G. SEAA Road Relays
- Frostbite Friendly League
- Hereward Relay (including helping March AC with marshalling at ERFC)
- (Previously Hockeys) 5k League
- Green Wheel Relay
- Essex Road Relay Championships

Vote: carried and approved

15. Proposal (pSH) for the club's Officers or Committee (subject to the Treasurer's advice on the threshold reserve of funds) to authorise reasonable expenditure, to the benefit of the club and its members, including:

- Club membership (due 1st October) of the Paradise Centre for members to change/shower FOC after training or events
- Running/training/stretching/injury books for members to borrow
- Food after the 10k Handicap, One Mile Handicap and for the Christmas Drinks
- Club team entries for relays, league membership, and championships
- Fund appropriate coaching and support courses (subject to commitment) for members
- Supplies for events, equipment for club use, race kit, and bibs for night training
- Mileage at 45p/m for official duties on behalf of the club and/or carrying stores from/to Ely or HQ for the club's open races, selected teams in events, and training events
- Electronic race processing and recording equipment
- Trophies & engraving
- Support of new, local area races attended by and for the benefit of members
- Charities
- Kit store
- Athletics equipment and hall hire for Junior Section
- Access to training facilities e.g. track, safe winter venue for juniors

Vote: carried and approved

16. AOB from Members

- Do we think our current committee election process is still fit for purpose? Do we need to consider limited tenures for some roles to ensure that other club members get the opportunity to be involved? This may not work as some roles are notoriously hard to fill, but may be worth a club-wide discussion.

Those present agreed that a survey could be sent to all members to look into potential changes to the way that committee members are elected and whether or not time limited tenures could be introduced. The secretary will look into this.

17. Chairman's Closing Remarks

The chairman thanked the assembled members for their engagement in a long, passionate and at times difficult meeting. His closing words were to express the hope that now difficult decisions had been made the club can come together as one and concentrate on the club's bright future and not dwell on the past.

The meeting was closed at 10pm. Members kindly gave the EOSA staff a warm round of applause and support for their hospitality then helped pack up the venue.

Ely Runners Governance Calendar

Date (Approx)	Type	Event		Meeting: regular known goals
Jan				
Feb	Course	Beginners	Governance of course and supporters under Beginners	
Feb	Run	Club XC	Some prep for permissions ahead of time. Recruitment of helpers/marshals/course set-up over race weekend etc	n/a
Feb	Meeting	Committee Meeting	in person committee + 5k EWG role	Prepare agenda for AGM. Identify roles relinquished and who to fill going forward. Review issues collected/arising since last
March	Meeting	AGM	Notice requirements around agenda items (not details) and Constitutional changes (if any)	Report to members about club activities since last year. Elect new committee and vote on proposals to set direction for next year. Answer any questions from members
March	Run	Turing Trail Relay	Requires little input as mostly self-timed/travelled. Club	n/a
April	Meeting	Coaches Forum	in person: CiRF, LiRF, group RL's & interested committee	Review progress of new summer schedule. Prepare report for
May	Run	5k League Race	Some prep for permissions ahead of time. Recruitment of helpers/marshals/course set-up for race day. 5k EWG role is race director	n/a
May	Meeting	Committee Meeting	in person committee + RNR captains	Prepare for club handicap events. RNR Plans. Review Coaches
June	Course	Beginners	Governance of course and supporters under Beginners	
June	Run	Club Handicap	Some prep for permissions ahead of time. Recruitment of helpers/marshals/course set-up for race day. Club Events role is race director. Club captain to assign handicaps	n/a
July	Run	Club Handicap	Some prep for permissions ahead of time. Recruitment of helpers/marshals/course set-up for race day. Club Events EWG role is race director. Club Captain to assign	n/a
Sep	Meeting	Coaches Forum	in person: CiRF, LiRF, group RL's & interested committee	Review progress of new winter schedule. Prepare report for
Sep	Meeting	Committee Meeting	in person committee + NYE 10k EWG roles	Prepare for 10k entries kick-off. Review coaches forum output. Identify Hereward Relays plans and co-ordinator
Sep	Run	RNR	Transport & helpers on the day. RNR Team captains responsible for team personnel and crew logistics.	n/a
Nov	Run	Hereward Relay	Self-organised logistics by a participant. Club captain to	n/a
Dec	Meeting	Committee Meeting	in person committee + trophies & NYE 10k EWG roles	Decide on annual awards. 10k progress, Woodditton, beginners
Dec	Meeting	Awards		
Dec	Run	Woodditton	Transport/logistics	
Dec	Run	NYE 10k open race	Significant permissions/resources need to be actioned	n/a

Ely Runners Governance Approach

WhatsApp

3 separate groups to support Club Officers, Committee, & Coaches ongoing pre/post meeting discussions. Used for decisions that cannot wait. Club business conducted via WhatsApp with periodic scheduled catch ups in person.

Physical Meeting Frequency

AGM Annual
 Committee Quarterly
 Coaches Forum Semiannually

Zoom, watercooler chats, email thread etc

Ad-hoc as needed. Any relevant conclusions to be communicated to the group via WhatsApp

Physical Meeting

Physical meeting dates decided well in advance

Physical Meeting Agendas evolved from WhatsApp discussions, published/republished starting a week before the physical meetings

Non-attendee apologies required. Delegates to be appointed if important attendant not present in person.

Post-meeting minutes to be published, with decisions subject to revision should subsequent ongoing WhatsApp discussions merit it.



Club Road Running Standards

Womens Age Graded Awards - Each age group is calculated at the oldest age. i.e. 40-44 = 44yrs

	%AG	5 miles	10km	10 miles	1/2 Mara	15 miles	20 miles	Marathon
SW (18-34)								
DIAMOND	80%	00:30:19	00:37:51	01:02:11	01:22:25	01:34:54	02:08:05	02:49:45
GOLD	75%	00:32:20	00:40:22	01:06:20	01:27:55	01:41:14	02:16:37	03:01:05
SILVER	70%	00:34:39	00:43:16	01:11:04	01:34:12	01:48:27	02:26:23	03:14:11
BRONZE	60%	00:40:25	00:50:28	01:22:55	01:49:54	02:06:32	02:50:47	03:46:21
COPPER	50%	00:48:30	01:00:34	01:39:30	02:11:52	02:31:51	03:24:56	04:31:37
W35-39								
DIAMOND	80%	00:30:59	00:38:41	01:03:34	01:24:35	01:37:28	02:11:47	02:54:57
GOLD	75%	00:33:03	00:41:16	01:07:48	01:30:13	01:43:58	02:20:34	03:06:37
SILVER	70%	00:35:25	00:44:13	01:12:38	01:36:40	01:51:24	02:30:36	03:19:56
BRONZE	60%	00:41:19	00:51:35	01:24:45	01:52:46	02:09:58	02:55:43	03:53:16
COPPER	50%	00:49:35	01:01:54	01:41:42	02:15:20	02:35:57	03:30:51	04:39:55
W40-44								
DIAMOND	80%	00:32:10	00:40:10	01:05:59	01:28:26	01:42:05	02:18:25	03:04:14
GOLD	75%	00:34:19	00:42:51	01:10:23	01:34:20	01:48:54	02:27:39	03:16:31
SILVER	70%	00:36:46	00:45:55	01:15:25	01:41:04	01:56:40	02:38:12	03:30:33
BRONZE	60%	00:42:54	00:53:34	01:27:59	01:57:55	02:16:07	03:04:34	04:05:39
COPPER	50%	00:51:29	01:04:17	01:45:35	02:21:30	02:43:21	03:41:29	04:54:47
W45-49								
DIAMOND	80%	00:33:59	00:42:26	01:09:42	01:33:56	01:48:30	02:27:11	03:15:57
GOLD	75%	00:36:15	00:45:16	01:14:21	01:40:12	01:55:44	02:37:00	03:29:00
SILVER	70%	00:38:50	00:48:30	01:19:40	01:47:21	02:04:00	02:48:12	03:43:56
BRONZE	60%	00:45:19	00:56:35	01:32:57	02:05:15	02:24:40	03:16:15	04:21:16
COPPER	50%	00:54:23	01:07:54	01:51:32	02:30:18	02:53:36	03:55:30	05:13:31
W50-54								
DIAMOND	80%	00:36:13	00:45:13	01:14:17	01:40:12	01:55:47	02:37:07	03:29:14
GOLD	75%	00:38:38	00:48:14	01:19:14	01:46:53	02:03:30	02:47:35	03:43:11
SILVER	70%	00:41:23	00:51:41	01:24:53	01:54:31	02:12:19	02:59:33	03:59:08
BRONZE	60%	00:48:17	01:00:17	01:39:02	02:13:37	02:34:22	03:29:29	04:38:59
COPPER	50%	00:57:57	01:12:21	01:58:51	02:40:20	03:05:15	04:11:23	05:34:47
W55-59								
DIAMOND	80%	00:38:45	00:48:23	01:19:29	01:47:23	02:04:06	02:48:29	03:44:28
GOLD	75%	00:41:20	00:51:37	01:24:47	01:54:33	02:12:23	02:59:43	03:59:26
SILVER	70%	00:44:18	00:55:18	01:30:51	02:02:44	02:21:50	03:12:33	04:16:32
BRONZE	60%	00:51:41	01:04:31	01:45:59	02:23:11	02:45:28	03:44:39	04:59:17
COPPER	50%	01:02:01	01:17:16	02:07:11	02:51:49	03:18:34	04:29:34	05:59:09
W60-64								
DIAMOND	80%	00:41:41	00:52:03	01:25:29	01:55:40	02:13:43	03:01:40	04:03:02
GOLD	75%	00:44:28	00:55:01	01:31:11	02:03:23	02:22:38	03:13:47	04:19:14
SILVER	70%	00:47:38	00:59:29	01:37:42	02:12:12	02:32:49	03:27:38	04:37:45
BRONZE	60%	00:55:35	01:09:24	01:53:59	02:34:14	02:58:18	04:02:14	05:24:02
COPPER	50%	01:06:42	01:23:16	02:16:47	03:05:04	03:33:57	04:50:41	06:28:51
W65-69								
DIAMOND	80%	00:45:05	00:56:18	01:32:28	02:05:20	02:24:56	03:17:47	04:27:11
GOLD	75%	00:48:05	01:00:03	01:38:38	02:13:42	02:34:36	03:30:59	04:45:00
SILVER	70%	00:51:32	01:04:20	01:45:41	02:23:15	02:45:39	03:46:03	05:05:21
BRONZE	60%	01:00:07	01:15:04	02:03:18	02:47:07	03:13:15	04:23:43	05:56:15
COPPER	50%	01:12:08	01:30:04	02:27:57	03:20:33	03:51:54	05:16:28	07:07:30
W70-74								
DIAMOND	80%	00:49:06	01:01:18	01:40:41	02:16:47	02:38:58	03:40:21	04:59:43
GOLD	75%	00:52:22	01:05:23	01:47:24	02:25:54	02:49:34	03:55:02	05:19:42
SILVER	70%	00:56:06	01:10:03	01:55:04	02:36:20	03:01:40	04:11:49	05:42:32
BRONZE	60%	01:05:28	01:21:44	02:14:15	03:02:23	03:31:57	04:53:48	06:39:37
COPPER	50%	01:18:33	01:38:05	02:41:06	03:38:52	04:14:21	05:52:33	07:59:33



Club Road Running Standards

Mens Age Graded Awards - Each age group is calculated at the oldest age. i.e. 40-44 = 44yrs

	%AG	5 miles	10km	10 miles	1/2 Mara	15 miles	20 miles	Marathon
SM (18-39)								
DIAMOND	80%	00:26:55	00:34:06	00:55:35	01:13:48	01:25:08	01:55:41	02:35:01
GOLD	75%	00:28:43	00:36:22	00:59:17	01:18:43	01:30:48	02:03:24	02:45:21
SILVER	70%	00:30:46	00:38:58	01:03:31	01:24:20	01:37:17	02:12:13	02:57:10
BRONZE	60%	00:35:54	00:45:28	01:14:07	01:38:24	01:53:30	02:34:15	03:26:42
COPPER	50%	00:43:05	00:54:34	01:28:56	01:58:05	02:16:12	03:05:07	04:08:02
M40-44								
DIAMOND	80%	00:28:54	00:36:36	00:59:38	01:19:04	01:31:06	02:03:20	02:44:16
GOLD	75%	00:30:49	00:39:02	01:03:36	01:24:20	01:37:10	02:11:33	02:55:13
SILVER	70%	00:33:01	00:41:50	01:08:09	01:30:21	01:44:07	02:20:57	03:07:44
BRONZE	60%	00:38:32	00:48:48	01:19:30	01:45:25	02:01:28	02:44:26	03:39:01
COPPER	50%	00:46:14	00:58:34	01:35:24	02:06:30	02:25:45	03:17:20	04:22:49
M45-49								
DIAMOND	80%	00:30:03	00:38:03	01:02:06	01:22:24	01:34:59	02:08:42	02:51:33
GOLD	75%	00:32:03	00:40:36	01:06:14	01:27:54	01:41:19	02:17:17	03:02:59
SILVER	70%	00:34:20	00:43:30	01:10:58	01:34:11	01:48:33	02:27:05	03:16:03
BRONZE	60%	00:40:04	00:50:45	01:22:48	01:49:52	02:06:39	02:51:36	03:48:44
COPPER	50%	00:48:04	01:00:54	01:39:22	02:11:51	02:31:59	03:25:55	04:34:29
M50-54								
DIAMOND	80%	00:31:18	00:39:38	01:04:47	01:26:03	01:39:14	02:14:33	02:59:30
GOLD	75%	00:33:23	00:42:17	01:09:06	01:31:47	01:45:51	02:23:31	03:11:28
SILVER	70%	00:35:46	00:45:18	01:14:03	01:38:20	01:53:24	02:33:46	03:25:09
BRONZE	60%	00:41:44	00:52:51	01:26:23	01:54:44	02:12:19	02:59:24	03:59:21
COPPER	50%	00:50:05	01:03:26	01:43:40	02:17:41	02:38:46	03:35:17	04:47:13
M55-59								
DIAMOND	80%	00:32:39	00:41:22	01:07:43	01:30:01	01:43:52	02:20:59	03:08:14
GOLD	75%	00:34:50	00:44:07	01:12:14	01:36:01	01:50:47	02:30:23	03:20:47
SILVER	70%	00:37:19	00:47:16	01:17:23	01:42:53	01:58:42	02:41:07	03:35:08
BRONZE	60%	00:43:33	00:55:09	01:30:17	02:00:02	02:18:29	03:07:59	04:10:59
COPPER	50%	00:52:15	01:06:11	01:48:21	02:24:02	02:46:11	03:45:34	05:01:11
M60-64								
DIAMOND	80%	00:34:08	00:43:14	01:10:55	01:34:22	01:48:57	02:28:02	03:17:52
GOLD	75%	00:36:25	00:46:07	01:15:39	01:40:40	01:56:12	02:37:54	03:31:04
SILVER	70%	00:39:01	00:49:25	01:21:03	01:47:51	02:04:30	02:49:11	03:46:08
BRONZE	60%	00:45:31	00:57:39	01:34:34	02:05:50	02:25:16	03:17:23	04:23:50
COPPER	50%	00:54:37	01:09:11	01:53:29	02:31:00	02:54:19	03:56:52	05:16:36
M65-69								
DIAMOND	80%	00:35:48	00:45:20	01:14:26	01:39:11	01:54:33	02:35:52	03:28:32
GOLD	75%	00:38:11	00:48:21	01:19:24	01:45:48	02:02:12	02:46:16	03:42:27
SILVER	70%	00:40:54	00:51:49	01:25:05	01:53:21	02:10:55	02:58:08	03:58:20
BRONZE	60%	00:47:44	01:00:27	01:39:15	02:12:15	02:32:45	03:27:50	04:38:03
COPPER	50%	00:57:16	01:12:32	01:59:07	02:38:42	03:03:18	04:09:24	05:33:40
M70-74								
DIAMOND	80%	00:38:16	00:48:28	01:19:20	01:45:28	02:01:47	02:45:37	03:41:47
GOLD	75%	00:40:49	00:51:42	01:24:37	01:52:30	02:09:54	02:56:40	03:56:34
SILVER	70%	00:43:44	00:55:24	01:30:40	02:00:32	02:19:10	03:09:17	04:13:28
BRONZE	60%	00:51:02	01:04:38	01:45:47	02:20:37	02:42:22	03:40:50	04:55:42
COPPER	50%	01:01:14	01:17:34	02:06:56	02:48:45	03:14:51	04:25:00	05:54:51