



# **Melkbos Athletic Club**

## **Club Standards**

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Version 1.09

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## Guidelines

**Club standards are a set of goal times based on World and ASA guidelines that are set out to challenge MAC runners, no matter what their age.**

There are 3 standards, BRONZE, SILVER, and GOLD. These in turn are set for 4 race distances 10k, 15km, 21.1km, Marathon, Oceans and Comrades.

A runner needs to achieve a standard 3 times within a calendar year for any of the distances.

For the Marathon the standard must be achieved 2 times, or 1 x 42.2km and 1 x Comrades/Oceans

If someone changes age group in the year, they target the times in the age group they are in and carry any achievements over to the new age group – you do not forfeit what you achieved in the lower age group.

## Men's standards

Age	Medal	10km	15km	21.1km	42.2km	56km	Comrades
SENIOR	GOLD	00:35:00.0	00:54:00	01:17:00	02:45:00	03:50:00	06:57:00
	SILVER	00:38:00.0	00:58:00	01:24:00	03:00:00	04:15:00	07:39:00
	BRONZE	00:42:00.0	01:04:00	01:32:00	03:18:00	04:45:00	08:20:30
Sub Vet	GOLD	00:35:30.0	00:55:00	01:18:30	02:50:00	03:55:00	07:10:00
	SILVER	00:38:30.0	00:59:00	01:25:00	03:05:00	04:20:00	07:53:00
	BRONZE	00:42:30.0	01:05:30	01:34:00	03:24:00	04:50:00	08:36:00
Vet & Jnr	GOLD	00:37:00.0	00:57:00	01:21:00	02:55:00	04:00:00	07:35:00
	SILVER	00:40:00.0	01:01:00	01:27:00	03:10:00	04:30:00	08:20:30
	BRONZE	00:44:00.0	01:08:00	01:37:00	03:29:00	04:58:00	09:06:00
Master	GOLD	00:39:00.0	01:00:00	01:27:00	03:10:00	04:30:00	08:07:30
	SILVER	00:43:00.0	01:06:00	01:35:00	03:25:00	04:55:00	08:56:30
	BRONZE	00:47:30.0	01:13:00	01:45:00	03:50:00	05:30:00	09:45:00
GM 60+	GOLD	00:42:00.0	01:05:00	01:33:00	03:20:00	04:50:00	08:56:30
	SILVER	00:47:00.0	01:11:30	01:45:00	03:45:00	05:20:00	09:49:30
	BRONZE	00:52:00.0	01:20:00	01:56:00	04:10:00	06:00:00	10:43:00
GM 70+	GOLD	00:50:00.0	01:17:00	01:50:00	03:53:00	05:10:00	09:51:30
	SILVER	00:55:00.0	01:24:00	02:00:00	04:12:00	05:35:00	10:50:30
	BRONZE	01:01:00.0	01:33:00	02:13:00	04:40:00	06:15:00	11:50:00

## Ladies' standards

Age	Medal	10km	15km	21.1km	42.2km	56km	Comrades
SENIOR	GOLD	00:40:00.0	01:01:00	01:28:00	03:05:00	04:25:00	07:54:00
	SILVER	00:44:00.0	01:07:00	01:36:00	03:25:00	05:00:00	08:41:00
	BRONZE	00:50:00.0	01:16:00	01:47:00	03:50:00	05:30:00	09:29:00
Sub Vet	GOLD	00:40:30.0	01:02:00	01:28:00	03:12:00	04:27:00	08:02:00
	SILVER	00:44:30.0	01:08:00	01:37:00	03:30:00	05:00:00	08:50:00
	BRONZE	00:50:15.0	01:17:00	01:48:00	03:52:00	05:30:00	09:38:00
Vet & Jnr	GOLD	00:41:00.0	01:03:00	01:31:00	03:20:00	04:30:00	08:46:00
	SILVER	00:45:00.0	01:10:00	01:40:00	03:40:00	05:10:00	09:38:00
	BRONZE	00:50:30.0	01:18:00	01:52:00	04:02:00	05:45:00	10:31:00
Master	GOLD	00:45:00.0	01:08:00	01:39:00	03:30:00	04:50:00	09:21:00
	SILVER	00:49:00.0	01:15:00	01:48:00	03:50:00	05:30:00	10:17:00
	BRONZE	00:54:00.0	01:25:00	02:00:00	04:12:00	06:05:00	11:13:30
GM 60+	GOLD	00:48:30.0	01:14:00	01:45:00	03:45:00	05:00:00	10:27:00
	SILVER	00:53:00.0	01:21:00	01:56:00	04:05:00	05:50:00	11:30:00
	BRONZE	00:59:00.0	01:31:00	02:08:00	04:30:00	06:30:00	12:00:00
GM 70+	GOLD	01:00:00.0	01:31:00	02:10:00	04:30:00	06:00:00	12:00:00
	SILVER	01:04:00.0	01:40:00	02:20:00	04:50:00	06:25:00	
	BRONZE	01:12:00.0	01:50:00	02:36:00	05:25:00	07:00:00	