

# Arunners benchmarks (revised Jan 2017)

based on Road Running Club standards but extended to provide a more useful framework for Arunners

black figures - times to meet RRC standards (as revised Dec 2016)

purple figures - times to achieve Arunners benchmarks (revised in line with RRC)

## five kilometres

### men

age	under 40	40+	45+	50+	55+	60+	65+	70+	75+
level 1	0:15:45	0:16:30	0:17:15	0:18:00	0:19:00	0:20:00	0:21:03	0:22:39	0:24:18
level 2	0:16:45	0:17:45	0:18:15	0:19:00	0:20:00	0:21:00	0:22:23	0:24:06	0:25:51
level 3	0:18:00	0:18:30	0:19:30	0:20:15	0:21:30	0:23:00	0:24:04	0:25:54	0:27:46
level 4	0:19:30	0:20:15	0:21:15	0:22:15	0:23:30	0:24:45	0:26:04	0:28:03	0:30:05
level 5	0:21:30	0:22:15	0:23:15	0:24:15	0:25:30	0:26:45	0:28:00	0:30:00	0:32:00
level 6	0:23:30	0:24:15	0:25:15	0:26:15	0:27:30	0:28:45	0:30:00	0:32:00	0:34:00
level 7	0:26:00	0:26:45	0:27:45	0:28:45	0:30:00	0:31:15	0:32:30	0:34:30	0:36:30
level 8	0:28:30	0:29:15	0:30:15	0:31:15	0:32:30	0:33:45	0:35:00	0:37:00	0:39:00

### women

age	under 40	40+	45+	50+	55+	60+	65+	70+	75+
level 1	0:18:15	0:18:45	0:19:30	0:20:45	0:22:00	0:23:00	0:24:24	0:26:15	0:28:15
level 2	0:19:15	0:19:45	0:20:45	0:22:00	0:23:15	0:24:30	0:25:44	0:27:30	0:29:30
level 3	0:20:45	0:21:15	0:22:15	0:23:00	0:25:00	0:26:30	0:27:44	0:29:30	0:31:30
level 4	0:22:15	0:22:45	0:23:45	0:25:00	0:26:15	0:28:15	0:29:44	0:31:30	0:33:30
level 5	0:24:30	0:25:15	0:26:00	0:27:00	0:28:15	0:30:15	0:31:45	0:33:30	0:35:30
level 6	0:26:30	0:27:15	0:28:00	0:29:00	0:30:15	0:32:15	0:33:45	0:35:30	0:37:30
level 7	0:29:00	0:29:45	0:30:30	0:31:30	0:32:45	0:34:45	0:36:15	0:38:00	0:40:00
level 8	0:32:00	0:32:45	0:33:30	0:34:30	0:35:45	0:37:45	0:39:15	0:41:00	0:43:00

## ten kilometres

### men

age	under 40	40+	45+	50+	55+	60+	65+	70+	75+
level 1	0:32:30	0:34:00	0:35:30	0:37:00	0:39:00	0:41:00	0:43:00	0:45:30	0:49:00
level 2	0:34:30	0:36:00	0:37:30	0:39:00	0:41:00	0:43:00	0:45:30	0:48:30	0:52:00
level 3	0:37:00	0:38:00	0:40:00	0:41:30	0:44:00	0:47:00	0:49:30	0:52:00	0:55:30
level 4	0:40:00	0:41:30	0:43:30	0:45:30	0:48:00	0:50:30	0:53:00	0:56:00	1:00:00

level 5	0:43:30	0:45:00	0:47:00	0:49:00	0:51:30	0:54:00	0:56:30	0:59:30	1:03:30
level 6	0:47:30	0:49:00	0:51:00	0:53:00	0:55:30	0:58:00	1:00:30	1:03:30	1:07:30
level 7	0:52:00	0:53:30	0:55:30	0:57:30	1:00:00	1:02:30	1:05:00	1:08:00	1:12:00
level 8	0:57:00	0:58:30	1:00:30	1:02:30	1:05:00	1:07:30	1:10:00	1:13:00	1:17:00
<b>women</b>									
age	under 40	40+	45+	50+	55+	60+	65+	70+	75+
level 1	0:37:30	0:38:30	0:40:00	0:42:30	0:45:00	0:47:00	0:50:30	0:54:00	0:57:30
level 2	0:39:30	0:40:30	0:42:30	0:45:00	0:47:30	0:50:00	0:53:30	0:57:00	1:00:30
level 3	0:42:30	0:43:30	0:45:30	0:48:00	0:51:00	0:54:00	0:58:00	1:02:00	1:06:00
level 4	0:45:30	0:46:30	0:48:30	0:51:00	0:53:30	0:57:30	1:02:00	1:06:30	1:11:00
level 5	0:49:00	0:50:00	0:52:00	0:54:30	0:57:00	1:01:00	1:05:30	1:10:00	1:14:30
level 6	0:53:00	0:54:00	0:56:00	0:58:30	1:01:00	1:05:00	1:09:30	1:14:00	1:18:30
level 7	0:57:30	0:58:30	1:00:30	1:03:00	1:05:30	1:09:30	1:14:00	1:18:30	1:23:00
level 8	1:02:30	1:03:30	1:05:30	1:08:00	1:10:30	1:14:30	1:19:00	1:23:30	1:28:00

<b>ten miles</b>									
<b>men</b>									
age	under 40	40+	45+	50+	55+	60+	65+	70+	75+
level 1	0:53:00	0:55:30	0:57:30	1:01:00	1:03:30	1:07:00	1:10:30	1:14:30	1:20:00
level 2	0:57:00	0:59:00	1:01:30	1:05:30	1:08:00	1:12:00	1:15:30	1:20:00	1:25:30
level 3	1:01:00	1:03:00	1:06:30	1:10:00	1:13:00	1:17:00	1:21:00	1:26:00	1:32:00
level 4	1:06:00	1:08:30	1:11:30	1:15:30	1:19:00	1:23:30	1:27:30	1:33:00	1:39:30
level 5	1:12:00	1:15:00	1:18:00	1:23:00	1:27:00	1:32:00	1:36:00	1:42:00	1:49:00
level 6	1:20:00	1:23:30	1:26:30	1:32:30	1:37:00	1:42:30	1:46:30	1:53:00	2:01:00
level 7	1:30:00	1:34:00	1:37:00	1:44:00	1:49:00	1:55:00	1:59:00	2:06:00	2:15:00
level 8	1:42:00	1:46:30	1:50:30	1:57:30	2:03:00	2:09:00	2:14:00	2:21:00	2:30:00
<b>women</b>									
age	under 40	40+	45+	50+	55+	60+	65+	70+	75+
level 1	1:01:00	1:03:00	1:06:30	1:10:00	1:13:30	1:17:00	1:22:30	1:28:00	1:33:30
level 2	1:05:30	1:08:00	1:11:00	1:15:00	1:18:30	1:23:00	1:28:30	1:34:00	1:40:30
level 3	1:11:00	1:13:00	1:17:00	1:20:30	1:24:00	1:28:30	1:34:30	1:41:00	1:48:00
level 4	1:16:00	1:18:30	1:22:30	1:27:00	1:31:00	1:36:00	1:42:00	1:49:00	1:57:00
level 5	1:22:00	1:25:00	1:29:00	1:34:30	1:39:00	1:44:30	1:51:00	1:58:30	2:07:00
level 6	1:30:00	1:33:30	1:37:30	1:44:00	1:49:00	1:55:00	2:02:00	2:10:00	2:19:00

level 7	1:40:00	1:44:00	1:48:00	1:55:30	2:01:00	2:07:30	2:15:00	2:23:30	2:33:00
level 8	1:52:00	1:56:30	2:00:30	2:09:00	2:15:00	2:22:00	2:30:00	2:39:00	2:49:00

### half marathon

#### men

age	under 40	40+	45+	50+	55+	60+	65+	70+	75+
level 1	1:11:00	1:14:00	1:17:00	1:21:00	1:25:00	1:29:00	1:33:00	1:39:00	1:46:00
level 2	1:17:00	1:20:00	1:23:00	1:27:00	1:31:00	1:35:00	1:40:00	1:47:00	1:54:00
level 3	1:23:00	1:26:00	1:30:00	1:34:00	1:38:00	1:43:00	1:48:00	1:55:00	2:03:00
level 4	1:30:00	1:34:00	1:38:00	1:42:00	1:47:00	1:52:00	1:58:00	2:05:00	2:13:00
level 5	1:38:00	1:42:30	1:47:00	1:51:00	1:56:30	2:02:00	2:08:30	2:16:00	2:24:30
level 6	1:48:00	1:53:00	1:58:00	2:02:00	2:08:00	2:14:00	2:21:00	2:29:00	2:38:00
level 7	2:00:00	2:05:30	2:11:00	2:15:00	2:21:30	2:28:00	2:35:30	2:44:00	2:53:30
level 8	2:14:00	2:20:00	2:26:00	2:30:00	2:37:00	2:44:00	2:52:00	3:01:00	3:11:00

#### women

age	under 40	40+	45+	50+	55+	60+	65+	70+	75+
level 1	1:22:00	1:25:00	1:29:00	1:33:00	1:37:00	1:42:00	1:49:00	1:57:00	2:06:00
level 2	1:29:00	1:33:00	1:37:00	1:41:00	1:46:00	1:51:00	1:59:00	2:07:00	2:16:00
level 3	1:35:00	1:39:00	1:44:00	1:48:00	1:53:00	1:58:00	2:06:00	2:15:00	2:24:00
level 4	1:44:00	1:49:00	1:54:00	1:59:00	2:04:00	2:10:00	2:18:00	2:27:00	2:36:00
level 5	1:54:00	1:59:30	2:05:00	2:11:00	2:16:30	2:23:00	2:31:00	2:41:00	2:51:00
level 6	2:06:00	2:12:00	2:18:00	2:25:00	2:31:00	2:38:00	2:47:00	2:57:00	3:08:00
level 7	2:20:00	2:26:30	2:33:00	2:41:00	2:47:30	2:55:00	3:05:00	3:16:00	3:28:00
level 8	2:36:00	2:43:00	2:50:00	2:59:00	3:06:00	3:14:00	3:25:00	3:37:00	3:50:00

### twenty miles

#### men

age	under 40	40+	45+	50+	55+	60+	65+	70+	75+
level 1	1:54:00	1:57:00	2:02:00	2:06:00	2:12:00	2:18:00	2:25:00	2:35:00	2:46:00
level 2	2:05:00	2:09:00	2:13:00	2:18:00	2:24:00	2:32:00	2:40:00	2:50:00	3:02:00
level 3	2:16:00	2:20:00	2:25:00	2:30:00	2:37:00	2:45:00	2:53:00	3:05:00	3:17:00
level 4	2:25:00	2:30:00	2:35:00	2:41:00	2:48:00	2:56:00	3:05:00	3:17:00	3:30:00
level 5	2:37:00	2:43:00	2:49:00	2:56:00	3:04:00	3:13:00	3:23:00	3:36:00	3:51:00
level 6	2:52:00	2:59:00	3:06:00	3:14:00	3:23:00	3:33:00	3:44:00	3:58:00	4:14:00

level 7	3:10:00	3:18:00	3:26:00	3:35:00	3:45:00	3:56:00	4:08:00	4:23:00	4:40:00
level 8	3:31:00	3:40:00	3:49:00	3:59:00	4:10:00	4:22:00	4:35:00	4:51:00	5:09:00
<b>women</b>									
age	under 40	40+	45+	50+	55+	60+	65+	70+	75+
level 1	2:11:00	2:15:00	2:20:00	2:25:00	2:32:00	2:39:00	2:50:00	3:01:00	3:12:00
level 2	2:24:00	2:29:00	2:34:00	2:40:00	2:47:00	2:55:00	3:06:00	3:17:00	3:28:00
level 3	2:36:00	2:41:00	2:47:00	2:53:00	3:01:00	3:10:00	3:22:00	3:34:00	3:46:00
level 4	2:47:00	2:53:00	2:59:00	3:06:00	3:14:00	3:23:00	3:36:00	3:49:00	4:02:00
level 5	3:01:00	3:08:00	3:15:00	3:23:00	3:32:00	3:42:00	3:54:00	4:08:00	4:24:00
level 6	3:18:00	3:26:00	3:34:00	3:43:00	3:53:00	4:04:00	4:17:00	4:32:00	4:49:00
level 7	3:38:00	3:47:00	3:56:00	4:06:00	4:17:00	4:29:00	4:43:00	4:59:00	5:17:00
level 8	4:01:00	4:11:00	4:21:00	4:32:00	4:44:00	4:57:00	5:12:00	5:29:00	5:48:00

<b>marathon</b>									
<b>men</b>									
age	under 40	40+	45+	50+	55+	60+	65+	70+	75+
level 1	2:35:00	2:39:00	2:45:00	2:52:00	3:00:00	3:09:00	3:18:00	3:29:00	3:43:00
level 2	2:50:00	2:55:00	3:01:00	3:08:00	3:17:00	3:27:00	3:37:00	3:50:00	4:05:00
level 3	3:05:00	3:10:00	3:17:00	3:25:00	3:35:00	3:45:00	3:56:00	4:10:00	4:26:00
level 4	3:17:00	3:23:00	3:30:00	3:39:00	3:49:00	4:00:00	4:12:00	4:26:00	4:42:00
level 5	3:33:00	3:40:00	3:47:00	3:57:00	4:08:00	4:20:00	4:33:00	4:48:00	5:05:00
level 6	3:53:00	4:01:00	4:08:00	4:19:00	4:31:00	4:44:00	4:58:00	5:14:00	5:32:00
level 7	4:17:00	4:26:00	4:33:00	4:45:00	4:58:00	5:12:00	5:27:00	5:44:00	6:03:00
level 8	4:45:00	4:55:00	5:03:00	5:15:00	5:29:00	5:44:00	6:00:00	6:18:00	6:38:00
<b>women</b>									
age	under 40	40+	45+	50+	55+	60+	65+	70+	75+
level 1	2:58:00	3:03:00	3:10:00	3:17:00	3:27:00	3:36:00	3:51:00	4:06:00	4:21:00
level 2	3:16:00	3:22:00	3:29:00	3:37:00	3:47:00	3:58:00	4:14:00	4:30:00	4:46:00
level 3	3:33:00	3:39:00	3:47:00	3:56:00	4:07:00	4:19:00	4:35:00	4:52:00	5:09:00
level 4	3:47:00	3:54:00	4:02:00	4:12:00	4:24:00	4:36:00	4:53:00	5:11:00	5:29:00
level 5	4:06:00	4:14:00	4:23:00	4:34:00	4:47:00	5:00:00	5:18:00	5:37:00	5:56:00
level 6	4:29:00	4:38:00	4:48:00	5:00:00	5:14:00	5:28:00	5:47:00	6:07:00	6:27:00
level 7	4:56:00	5:06:00	5:17:00	5:30:00	5:45:00	6:00:00	6:20:00	6:41:00	7:02:00
level 8	5:27:00	5:38:00	5:50:00	6:04:00	6:20:00	6:36:00	6:57:00	7:19:00	7:41:00

6 hours (distances in miles)									
men									
age	under 40	40+	45+	50+	55+	60+	65+	70+	75+
level 1	49.0	47.5	46.0	44.5	43.0	41.5	40.0	38.5	36.5
level 2	46.0	44.5	43.0	41.5	40.0	38.5	37.0	35.5	33.5
level 3	43.0	41.5	40.0	38.5	37.0	35.5	34.0	32.5	30.5
level 4	40.0	38.5	37.0	35.5	34.0	32.5	31.0	29.5	27.5
level 5	37.0	35.5	34.0	32.5	31.0	29.5	28.0	26.5	24.5
level 6	34.0	32.5	31.0	29.5	28.0	26.5	25.0	23.5	21.5
level 7	31.0	29.5	28.0	26.5	25.0	23.5	22.0	20.5	18.5
women									
age	under 40	40+	45+	50+	55+	60+	65+	70+	75+
level 1	43.0	41.5	40.0	38.5	37.0	35.5	33.5	31.5	29.5
level 2	40.0	38.5	37.0	35.5	34.0	32.5	30.5	28.5	26.5
level 3	37.0	35.5	34.0	32.5	31.0	29.5	27.5	25.5	23.5
level 4	34.0	32.5	31.0	29.5	28.0	26.5	25.0	23.0	21.0
level 5	31.0	29.5	28.0	26.5	25.0	23.5	22.0	20.0	18.0
level 6	28.0	26.5	25.0	23.5	22.0	20.5	19.0	17.0	15.0
level 7	25.0	23.5	22.0	20.5	19.0	17.5	16.0	14.0	12.0