

Female Summer Hand'cap Age Standards in H:MM:SS WMA and USATF, 2015

Age	5.1 Mile	Fraserburgh Running Club Standards				
OC sec	1481					
OC	00:24:41	Plat	Gold	Silver	Bronze	Copper
5	00:35:12	00:42:15	00:47:32	00:52:49	00:58:05	01:05:08
6	00:33:59	00:40:47	00:45:53	00:50:58	00:56:04	01:02:52
7	00:32:34	00:39:05	00:43:58	00:48:51	00:53:45	01:00:15
8	00:31:21	00:37:37	00:42:19	00:47:01	00:51:43	00:58:00
9	00:30:17	00:36:20	00:40:52	00:45:25	00:49:57	00:56:01
10	00:29:21	00:35:13	00:39:37	00:44:01	00:48:25	00:54:17
11	00:28:32	00:34:14	00:38:31	00:42:47	00:47:04	00:52:46
12	00:27:49	00:33:22	00:37:33	00:41:43	00:45:53	00:51:27
13	00:27:10	00:32:36	00:36:40	00:40:45	00:44:49	00:50:15
14	00:26:37	00:31:57	00:35:56	00:39:56	00:43:56	00:49:15
15	00:26:09	00:31:23	00:35:18	00:39:13	00:43:08	00:48:22
16	00:25:43	00:30:52	00:34:43	00:38:35	00:42:26	00:47:35
17	00:25:18	00:30:21	00:34:09	00:37:57	00:41:44	00:46:48
18	00:24:57	00:29:57	00:33:41	00:37:26	00:41:11	00:46:10
19	00:24:45	00:29:42	00:33:25	00:37:08	00:40:50	00:45:47
20	00:24:41	00:29:37	00:33:19	00:37:02	00:40:44	00:45:40
21	00:24:41	00:29:37	00:33:19	00:37:02	00:40:44	00:45:40
22	00:24:41	00:29:37	00:33:19	00:37:02	00:40:44	00:45:40
23	00:24:41	00:29:37	00:33:19	00:37:02	00:40:44	00:45:40
24	00:24:41	00:29:37	00:33:19	00:37:02	00:40:44	00:45:40
25	00:24:41	00:29:37	00:33:19	00:37:02	00:40:44	00:45:40
26	00:24:41	00:29:37	00:33:19	00:37:02	00:40:44	00:45:40
27	00:24:41	00:29:37	00:33:19	00:37:02	00:40:44	00:45:40
28	00:24:41	00:29:37	00:33:19	00:37:02	00:40:44	00:45:40
29	00:24:41	00:29:37	00:33:19	00:37:02	00:40:44	00:45:40
30	00:24:41	00:29:37	00:33:19	00:37:02	00:40:44	00:45:40
31	00:24:41	00:29:37	00:33:19	00:37:02	00:40:44	00:45:40
32	00:24:42	00:29:38	00:33:21	00:37:03	00:40:45	00:45:42
33	00:24:44	00:29:41	00:33:24	00:37:06	00:40:49	00:45:46
34	00:24:47	00:29:45	00:33:28	00:37:11	00:40:54	00:45:51
35	00:24:51	00:29:49	00:33:33	00:37:17	00:41:01	00:45:59
36	00:24:56	00:29:56	00:33:40	00:37:25	00:41:09	00:46:08
37	00:25:01	00:30:02	00:33:47	00:37:32	00:41:17	00:46:18
38	00:25:08	00:30:09	00:33:55	00:37:41	00:41:27	00:46:29
39	00:25:16	00:30:19	00:34:06	00:37:54	00:41:41	00:46:44
40	00:25:24	00:30:29	00:34:17	00:38:06	00:41:54	00:46:59
41	00:25:33	00:30:40	00:34:30	00:38:20	00:42:10	00:47:16
42	00:25:43	00:30:52	00:34:43	00:38:35	00:42:26	00:47:35
43	00:25:55	00:31:07	00:35:00	00:38:53	00:42:47	00:47:58
44	00:26:08	00:31:21	00:35:16	00:39:12	00:43:07	00:48:20
45	00:26:22	00:31:38	00:35:36	00:39:33	00:43:30	00:48:47
46	00:26:36	00:31:56	00:35:55	00:39:54	00:43:54	00:49:13
47	00:26:53	00:32:15	00:36:17	00:40:19	00:44:21	00:49:43
48	00:27:11	00:32:37	00:36:42	00:40:46	00:44:51	00:50:17
49	00:27:29	00:32:59	00:37:07	00:41:14	00:45:21	00:50:51
50	00:27:49	00:33:22	00:37:33	00:41:43	00:45:53	00:51:27
51	00:28:08	00:33:46	00:37:59	00:42:12	00:46:25	00:52:03
52	00:28:27	00:34:09	00:38:25	00:42:41	00:46:57	00:52:39
53	00:28:48	00:34:33	00:38:53	00:43:12	00:47:31	00:53:17
54	00:29:09	00:34:59	00:39:22	00:43:44	00:48:06	00:53:56
55	00:29:31	00:35:25	00:39:50	00:44:16	00:48:42	00:54:36

Female Summer Hand'cap Age Standards in H:MM:SS WMA and USATF, 2015

Age	5.1 Mile 1481 OC sec 00:24:41	Fraserburgh Running Club Standards				
		Plat	Gold	Silver	Bronze	Copper
		56	00:29:52	00:35:51	00:40:19	00:44:48
57	00:30:15	00:36:17	00:40:50	00:45:22	00:49:54	00:55:57
58	00:30:38	00:36:46	00:41:21	00:45:57	00:50:33	00:56:40
59	00:31:02	00:37:14	00:41:53	00:46:32	00:51:11	00:57:24
60	00:31:26	00:37:43	00:42:26	00:47:09	00:51:52	00:58:09
61	00:31:51	00:38:14	00:43:00	00:47:47	00:52:34	00:58:56
62	00:32:17	00:38:44	00:43:35	00:48:25	00:53:16	00:59:43
63	00:32:42	00:39:15	00:44:09	00:49:04	00:53:58	01:00:31
64	00:33:10	00:39:48	00:44:47	00:49:45	00:54:44	01:01:22
65	00:33:38	00:40:21	00:45:24	00:50:26	00:55:29	01:02:12
66	00:34:06	00:40:55	00:46:02	00:51:09	00:56:16	01:03:05
67	00:34:36	00:41:31	00:46:42	00:51:54	00:57:05	01:04:00
68	00:35:06	00:42:08	00:47:24	00:52:39	00:57:55	01:04:57
69	00:35:38	00:42:46	00:48:06	00:53:27	00:58:48	01:05:55
70	00:36:10	00:43:23	00:48:49	00:54:14	00:59:40	01:06:54
71	00:36:42	00:44:03	00:49:33	00:55:03	01:00:34	01:07:54
72	00:37:17	00:44:44	00:50:20	00:55:55	01:01:31	01:08:58
73	00:37:52	00:45:26	00:51:07	00:56:47	01:02:28	01:10:02
74	00:38:28	00:46:10	00:51:56	00:57:42	01:03:29	01:11:10
75	00:39:06	00:46:55	00:52:47	00:58:39	01:04:31	01:12:20
76	00:39:44	00:47:40	00:53:38	00:59:36	01:05:33	01:13:30
77	00:40:25	00:48:29	00:54:33	01:00:37	01:06:40	01:14:45
78	00:41:05	00:49:18	00:55:28	01:01:38	01:07:48	01:16:01
79	00:41:50	00:50:12	00:56:29	01:02:45	01:09:02	01:17:24
80	00:42:40	00:51:12	00:57:36	01:04:00	01:10:24	01:18:56
81	00:43:36	00:52:20	00:58:52	01:05:24	01:11:57	01:20:40
82	00:44:40	00:53:35	01:00:17	01:06:59	01:13:41	01:22:37
83	00:45:51	00:55:01	01:01:54	01:08:46	01:15:39	01:24:49
84	00:47:12	00:56:38	01:03:43	01:10:47	01:17:52	01:27:18
85	00:48:41	00:58:26	01:05:44	01:13:02	01:20:20	01:30:04
86	00:50:24	01:00:29	01:08:03	01:15:36	01:23:10	01:33:15
87	00:52:21	01:02:49	01:10:40	01:18:31	01:26:22	01:36:50
88	00:54:32	01:05:27	01:13:37	01:21:48	01:29:59	01:40:53
89	00:57:03	01:08:28	01:17:01	01:25:35	01:34:08	01:45:33
90	00:59:58	01:11:57	01:20:57	01:29:56	01:38:56	01:50:55
91	01:03:18	01:15:58	01:25:28	01:34:58	01:44:27	01:57:07
92	01:07:14	01:20:41	01:30:46	01:40:51	01:50:56	02:04:23
93	01:11:55	01:26:18	01:37:05	01:47:52	01:58:39	02:13:02
94	01:17:27	01:32:57	01:44:34	01:56:11	02:07:48	02:23:17
95	01:24:15	01:41:06	01:53:44	02:06:23	02:19:01	02:35:52
96	01:32:37	01:51:08	02:05:02	02:18:55	02:32:49	02:51:20
97	01:43:16	02:03:56	02:19:25	02:34:55	02:50:24	03:11:04
98	01:57:13	02:20:39	02:38:14	02:55:49	03:13:24	03:36:51
99	02:16:13	02:43:28	03:03:54	03:24:20	03:44:46	04:12:01
100	02:43:34	03:16:17	03:40:49	04:05:22	04:29:54	05:02:37

Male Summer Hand'cap Age Standards in H:MM:SS WMA and USATF, 2015

Age	5.1 Mile 1279	Fraserburgh Running Club Standards					
		00:21:45	Plat	Gold	Silver	Bronze	Copper
5	00:35:54	00:43:05	00:48:28	00:53:51	00:59:14	01:06:25	
6	00:32:58	00:39:33	00:44:30	00:49:27	00:54:23	01:00:59	
7	00:30:38	00:36:46	00:41:21	00:45:57	00:50:33	00:56:40	
8	00:28:47	00:34:32	00:38:51	00:43:10	00:47:29	00:53:15	
9	00:27:16	00:32:43	00:36:49	00:40:54	00:45:00	00:50:27	
10	00:26:02	00:31:14	00:35:08	00:39:02	00:42:57	00:48:09	
11	00:25:00	00:30:01	00:33:46	00:37:31	00:41:16	00:46:16	
12	00:24:10	00:29:01	00:32:38	00:36:16	00:39:53	00:44:43	
13	00:23:30	00:28:12	00:31:43	00:35:14	00:38:46	00:43:28	
14	00:22:57	00:27:32	00:30:59	00:34:26	00:37:52	00:42:27	
15	00:22:31	00:27:02	00:30:25	00:33:47	00:37:10	00:41:40	
16	00:22:12	00:26:39	00:29:58	00:33:18	00:36:38	00:41:04	
17	00:21:56	00:26:19	00:29:36	00:32:54	00:36:11	00:40:34	
18	00:21:46	00:26:07	00:29:23	00:32:38	00:35:54	00:40:15	
19	00:21:45	00:26:05	00:29:21	00:32:37	00:35:53	00:40:13	
20	00:21:45	00:26:05	00:29:21	00:32:37	00:35:53	00:40:13	
21	00:21:45	00:26:05	00:29:21	00:32:37	00:35:53	00:40:13	
22	00:21:45	00:26:05	00:29:21	00:32:37	00:35:53	00:40:13	
23	00:21:45	00:26:05	00:29:21	00:32:37	00:35:53	00:40:13	
24	00:21:45	00:26:05	00:29:21	00:32:37	00:35:53	00:40:13	
25	00:21:45	00:26:05	00:29:21	00:32:37	00:35:53	00:40:13	
26	00:21:45	00:26:05	00:29:21	00:32:37	00:35:53	00:40:13	
27	00:21:45	00:26:05	00:29:21	00:32:37	00:35:53	00:40:13	
28	00:21:45	00:26:05	00:29:21	00:32:37	00:35:53	00:40:13	
29	00:21:45	00:26:05	00:29:21	00:32:37	00:35:53	00:40:13	
30	00:21:46	00:26:07	00:29:23	00:32:38	00:35:54	00:40:15	
31	00:21:47	00:26:08	00:29:24	00:32:40	00:35:56	00:40:17	
32	00:21:49	00:26:10	00:29:27	00:32:43	00:35:59	00:40:21	
33	00:21:52	00:26:14	00:29:31	00:32:48	00:36:04	00:40:27	
34	00:21:56	00:26:19	00:29:36	00:32:54	00:36:11	00:40:34	
35	00:22:01	00:26:25	00:29:43	00:33:01	00:36:19	00:40:44	
36	00:22:07	00:26:32	00:29:51	00:33:11	00:36:30	00:40:55	
37	00:22:14	00:26:41	00:30:01	00:33:21	00:36:41	00:41:08	
38	00:22:22	00:26:51	00:30:12	00:33:33	00:36:55	00:41:23	
39	00:22:31	00:27:02	00:30:25	00:33:47	00:37:10	00:41:40	
40	00:22:42	00:27:14	00:30:38	00:34:03	00:37:27	00:41:59	
41	00:22:52	00:27:26	00:30:52	00:34:18	00:37:44	00:42:18	
42	00:23:02	00:27:39	00:31:06	00:34:33	00:38:00	00:42:37	
43	00:23:13	00:27:52	00:31:21	00:34:50	00:38:19	00:42:58	
44	00:23:24	00:28:04	00:31:35	00:35:05	00:38:36	00:43:17	
45	00:23:35	00:28:18	00:31:50	00:35:22	00:38:54	00:43:37	
46	00:23:46	00:28:31	00:32:05	00:35:39	00:39:13	00:43:58	
47	00:23:57	00:28:45	00:32:20	00:35:56	00:39:31	00:44:19	
48	00:24:08	00:28:58	00:32:35	00:36:13	00:39:50	00:44:40	
49	00:24:21	00:29:13	00:32:52	00:36:31	00:40:10	00:45:02	
50	00:24:33	00:29:27	00:33:08	00:36:49	00:40:30	00:45:25	
51	00:24:45	00:29:42	00:33:25	00:37:08	00:40:50	00:45:47	
52	00:24:57	00:29:57	00:33:41	00:37:26	00:41:11	00:46:10	
53	00:25:10	00:30:12	00:33:58	00:37:44	00:41:31	00:46:33	
54	00:25:23	00:30:27	00:34:16	00:38:04	00:41:53	00:46:57	
55	00:25:35	00:30:42	00:34:32	00:38:23	00:42:13	00:47:20	

Male Summer Hand'cap Age Standards in H:MM:SS WMA and USATF, 2015

Age	5.1 Mile 1279 OC sec OC	Fraserburgh Running Club Standards				
		Plat	Gold	Silver	Bronze	Copper
		00:21:45				
56	00:25:48	00:30:58	00:34:50	00:38:43	00:42:35	00:47:44
57	00:26:02	00:31:14	00:35:08	00:39:02	00:42:57	00:48:09
58	00:26:16	00:31:31	00:35:27	00:39:24	00:43:20	00:48:35
59	00:26:29	00:31:47	00:35:45	00:39:44	00:43:42	00:49:00
60	00:26:43	00:32:04	00:36:05	00:40:05	00:44:06	00:49:26
61	00:26:58	00:32:21	00:36:24	00:40:27	00:44:29	00:49:53
62	00:27:13	00:32:40	00:36:45	00:40:50	00:44:54	00:50:21
63	00:27:27	00:32:57	00:37:04	00:41:11	00:45:18	00:50:48
64	00:27:43	00:33:15	00:37:25	00:41:34	00:45:43	00:51:16
65	00:27:58	00:33:33	00:37:45	00:41:57	00:46:09	00:51:44
66	00:28:14	00:33:53	00:38:07	00:42:21	00:46:35	00:52:14
67	00:28:30	00:34:11	00:38:28	00:42:44	00:47:01	00:52:43
68	00:28:46	00:34:31	00:38:50	00:43:09	00:47:28	00:53:13
69	00:29:03	00:34:52	00:39:13	00:43:35	00:47:56	00:53:45
70	00:29:23	00:35:15	00:39:39	00:44:04	00:48:28	00:54:21
71	00:29:44	00:35:41	00:40:08	00:44:36	00:49:04	00:55:00
72	00:30:06	00:36:08	00:40:39	00:45:10	00:49:41	00:55:42
73	00:30:33	00:36:40	00:41:14	00:45:49	00:50:24	00:56:31
74	00:31:00	00:37:13	00:41:52	00:46:31	00:51:10	00:57:22
75	00:31:31	00:37:49	00:42:33	00:47:17	00:52:00	00:58:18
76	00:32:05	00:38:30	00:43:18	00:48:07	00:52:56	00:59:21
77	00:32:40	00:39:13	00:44:07	00:49:01	00:53:55	01:00:27
78	00:33:21	00:40:01	00:45:02	00:50:02	00:55:02	01:01:42
79	00:34:05	00:40:54	00:46:01	00:51:08	00:56:14	01:03:03
80	00:34:52	00:41:50	00:47:04	00:52:18	00:57:32	01:04:30
81	00:35:45	00:42:54	00:48:16	00:53:38	00:58:59	01:06:08
82	00:36:42	00:44:03	00:49:33	00:55:03	01:00:34	01:07:54
83	00:37:45	00:45:19	00:50:58	00:56:38	01:02:18	01:09:51
84	00:38:55	00:46:42	00:52:32	00:58:22	01:04:12	01:11:59
85	00:40:12	00:48:15	00:54:17	01:00:18	01:06:20	01:14:23
86	00:41:37	00:49:56	00:56:11	01:02:25	01:08:40	01:16:59
87	00:43:12	00:51:50	00:58:19	01:04:48	01:11:17	01:19:55
88	00:44:58	00:53:57	01:00:42	01:07:27	01:14:12	01:23:11
89	00:46:57	00:56:21	01:03:23	01:10:26	01:17:28	01:26:52
90	00:49:12	00:59:02	01:06:25	01:13:48	01:21:11	01:31:01
91	00:51:44	01:02:05	01:09:50	01:17:36	01:25:21	01:35:42
92	00:54:38	01:05:34	01:13:46	01:21:57	01:30:09	01:41:05
93	00:57:59	01:09:35	01:18:17	01:26:59	01:35:41	01:47:17
94	01:01:54	01:14:17	01:23:34	01:32:51	01:42:08	01:54:31
95	01:06:29	01:19:47	01:29:45	01:39:44	01:49:42	02:03:00
96	01:11:59	01:26:22	01:37:10	01:47:58	01:58:46	02:13:10
97	01:18:39	01:34:22	01:46:10	01:57:58	02:09:46	02:25:29
98	01:26:54	01:44:17	01:57:19	02:10:21	02:23:23	02:40:46
99	01:37:19	01:56:47	02:11:23	02:25:59	02:40:35	03:00:03
100	01:51:03	02:13:15	02:29:55	02:46:34	03:03:13	03:25:26