

RRR CHAMPIONSHIP GROUP THRESHOLDS

From the start of the 2015 season, the threshold times below are being used to determine which group each Royton Road Runner competes in. Existing members will, in most cases, be assigned to a group based on their single best race performance in the previous year. However the RRR Committee reserves the right to move a member after the start of the season if they are clearly running at a level above the group in which they have been placed.

New members - plus existing members who did not race in the previous year - will be added to an appropriate group after their first few club races of the year, based on their performance against these thresholds.

PREMIERSHIP

5K <= 19:00

10K <= 39:32

10M <= 1:05:10

HM <= 1:26:57

GROUP ONE

5K 20:01-21:00

10K 41:39-43:42

10M 1:08:40-1:12:03

HM 1:31:37-1:36:08

GROUP THREE

5K 22:01-23:00

10K 45:48-47:51

10M 1:15:30-1:18:54

HM 1:40:44-1:45:16

GROUP FIVE

5K 25:01-27:00

10K 52:02-56:12

10M 1:25:47-1:32:39

HM 1:54:27-2:03:38

CHAMPIONSHIP

5K 19:01-20:00

10K 39:33-41:38

10M 1:05:11-1:08:39

HM 1:26:58-1:31:36

GROUP TWO

5K 21:01-22:00

10K 43:43-45:47

10M 1:12:04-1:15:29

HM 1:36:09-1:40:43

GROUP FOUR

5K 23:01-25:00

10K 47:52-52:01

10M 1:18:55-1:25:46

HM 1:45:17-1:54:26

GROUP SIX

5K > 27:00

10K > 56:12

10M > 1:32:39

HM > 2:03:38