

## Warrington Triathlon Club Standards 2009

	Club Standard Times	World	Platinum	Gold	Silver	Bronze	Club
<b>Male Open</b>	Pool Sprint	0:56:00	1:00:29	1:04:58	1:10:00	1:18:24	1:21:53
	Open water Sprint	1:00:00	1:04:48	1:09:36	1:15:00	1:24:00	1:27:00
	Standard	1:56:30	2:05:49	2:15:08	2:25:38	2:43:06	2:48:45
	Half Distance	4:00:00	4:19:12	4:38:24	5:00:00	5:36:00	6:00:00
	Long Distance	9:35:00	10:21:00	11:07:00	11:58:45	13:25:00	14:22:30
	Aquathlon 750/5	0:27:38	0:29:51	0:32:03	0:34:33	0:38:41	0:41:27
	Duathlon 5/20/5	1:04:37	1:09:47	1:15:57	1:20:46	1:30:28	1:36:55
	Cycling 10M TT	0:22:00	0:23:46	0:25:31	0:27:30	0:30:48	0:33:00
	Cycling 25M TT	0:55:47	1:00:15	1:04:43	1:09:44	1:18:06	1:23:41
	5 Km Road Race	0:15:40	0:16:58	0:18:02	0:20:15	0:22:03	0:25:23
	10 Km Road Race	0:30:16	0:35:56	0:37:52	0:42:05	0:46:18	0:53:55
1/2 Marathon	1:09:03	1:15:29	1:24:42	1:33:06	1:42:24	1:58:53	
<b>Male Vet (40+)</b>	Pool Sprint	0:56:00	1:03:30	1:08:12	1:14:12	1:23:06	1:28:26
	Open water Sprint	1:00:00	1:08:02	1:13:05	1:19:30	1:29:02	1:33:58
	Standard	1:56:30	2:12:07	2:21:54	2:34:22	2:52:53	3:02:15
	Half Distance	4:00:00	4:32:10	4:52:19	5:18:00	5:56:10	6:28:48
	Long Distance	9:35:00	10:52:03	11:40:21	12:41:52	14:13:18	15:31:30
	Aquathlon 750/5	0:27:38	0:31:20	0:33:39	0:36:37	0:41:00	0:44:46
	Duathlon 5/20/5	1:04:37	1:13:17	1:18:42	1:25:37	1:35:53	1:44:41
	Cycling 10M TT	0:22:00	0:24:57	0:26:48	0:29:09	0:32:39	0:35:38
	Cycling 25M TT	0:55:47	1:03:15	1:07:57	1:13:55	1:22:47	1:30:22
	5 Km Road Race	0:15:40	0:17:43	0:18:56	0:21:14	0:23:22	0:27:25
	10 Km Road Race	0:30:16	0:37:27	0:39:46	0:44:37	0:49:05	0:57:09
1/2 Marathon	1:09:03	1:18:12	1:27:59	1:38:41	1:48:32	2:08:23	
<b>Male S Vet (50+)</b>	Pool Sprint	0:56:00	1:06:41	1:11:37	1:17:55	1:27:16	1:32:51
	Open water Sprint	1:00:00	1:11:27	1:16:44	1:23:29	1:33:30	1:38:39
	Standard	1:56:30	2:18:43	2:29:00	2:42:05	3:01:32	3:11:22
	Half Distance	4:00:00	4:45:46	5:06:56	5:33:54	6:13:58	6:48:14
	Long Distance	9:35:00	11:24:39	12:15:22	13:19:58	14:55:58	16:18:04
	Aquathlon 750/5	0:27:38	0:32:54	0:35:20	0:38:27	0:43:03	0:47:00
	Duathlon 5/20/5	1:04:37	1:16:56	1:22:38	1:29:54	1:40:41	1:49:55
	Cycling 10M TT	0:22:00	0:26:27	0:28:24	0:30:54	0:34:36	0:37:47
	Cycling 25M TT	0:55:47	1:07:03	1:12:01	1:18:21	1:27:45	1:35:47
	5 Km Road Race	0:15:40	0:18:46	0:20:04	0:22:31	0:24:46	0:29:04
	10 Km Road Race	0:30:16	0:39:42	0:42:09	0:47:17	0:52:01	1:00:35
1/2 Marathon	1:09:03	1:22:53	1:33:15	1:44:36	1:55:03	2:16:06	

To qualify for a standard award you must achieve the times in a *minimum of 3* different events, in a single season. Also 1 must be multisport e.g. Triathlon, Duathlon or Aquathlon.

It is no longer possible to qualify for an award using only single discipline events. e.g. running or cycling only

## Warrington Triathlon Club Standards 2009

	Club Standard Times	World	Platinum	Gold	Silver	Bronze	Club
<b>Female Open</b>	Pool Sprint	0:56:50	1:02:31	1:05:56	1:11:03	1:19:34	1:25:15
	Open water Sprint	1:03:00	1:07:06	1:13:05	1:18:45	1:28:12	1:31:30
	Standard	2:00:30	2:12:33	2:19:47	2:30:37	2:48:42	3:00:45
	Half Distance	4:20:00	4:32:42	5:01:36	5:25:00	6:04:00	7:30:00
	Long Distance	10:30:00	11:33:00	12:10:48	13:07:30	14:42:00	15:45:00
	Aquathlon 750/5	0:28:50	0:31:08	0:33:27	0:36:02	0:40:22	0:43:15
	Duathlon 5/20/5	1:07:37	1:13:02	1:18:26	1:24:31	1:34:40	1:41:26
	Cycling 10M TT	0:24:00	0:25:55	0:27:50	0:30:00	0:33:36	0:36:00
	Cycling 25M TT	0:59:00	1:03:43	1:08:26	1:13:45	1:22:36	1:28:30
	5 Km Road Race	0:16:24	0:17:38	0:19:49	0:22:02	0:24:15	0:27:10
	10 Km Road Race	0:33:55	0:36:37	0:41:11	0:45:46	0:50:21	0:56:27
1/2 Marathon	1:10:48	1:20:33	1:30:37	1:40:40	1:50:44	2:06:10	
<b>Female Vet (35+)</b>	Pool Sprint	0:56:55	1:05:39	1:09:13	1:15:18	1:24:20	1:32:04
	Open water Sprint	1:03:00	1:10:27	1:16:44	1:23:29	1:33:30	1:38:49
	Standard	2:00:30	2:19:11	2:26:46	2:39:40	2:58:49	3:15:13
	Half Distance	4:20:00	4:46:20	5:16:41	5:44:30	6:25:50	8:06:00
	Long Distance	10:30:00	12:07:39	12:47:20	13:54:45	15:34:55	17:00:36
	Aquathlon 750/5	0:28:50	0:32:42	0:35:07	0:38:12	0:42:47	0:46:43
	Duathlon 5/20/5	1:07:37	1:16:41	1:22:21	1:29:36	1:40:21	1:49:32
	Cycling 10M TT	0:24:00	0:27:13	0:29:14	0:31:48	0:35:37	0:38:53
	Cycling 25M TT	0:59:00	1:06:54	1:11:52	1:18:11	1:27:33	1:35:35
	5 Km Road Race	0:16:24	0:18:31	0:20:49	0:23:21	0:25:42	0:29:20
	10 Km Road Race	0:33:55	0:38:27	0:43:15	0:48:31	0:53:23	1:00:58
1/2 Marathon	1:10:48	1:24:34	1:35:08	1:46:43	1:57:23	2:14:06	
<b>Female S Vet (45+)</b>	Pool Sprint	0:56:55	1:08:55	1:12:41	1:19:04	1:28:33	1:36:40
	Open water Sprint	1:03:00	1:13:59	1:20:34	1:27:39	1:38:10	1:43:46
	Standard	2:00:30	2:26:08	2:34:06	2:47:39	3:07:46	3:24:58
	Half Distance	4:20:00	5:00:39	5:32:31	6:01:43	6:45:08	8:30:18
	Long Distance	10:30:00	12:44:02	13:25:42	14:36:29	16:21:40	17:51:38
	Aquathlon 750/5	0:28:50	0:34:20	0:36:52	0:40:07	0:44:56	0:49:03
	Duathlon 5/20/5	1:07:37	1:20:31	1:26:28	1:34:04	1:45:22	1:55:01
	Cycling 10M TT	0:24:00	0:28:51	0:30:59	0:33:42	0:37:45	0:41:13
	Cycling 25M TT	0:59:00	1:10:55	1:16:10	1:22:52	1:32:49	1:41:19
	5 Km Road Race	0:16:24	0:19:37	0:22:04	0:24:45	0:27:14	0:31:06
	10 Km Road Race	0:33:55	0:40:45	0:45:51	0:51:25	0:56:35	1:04:38
1/2 Marathon	1:10:48	1:29:39	1:40:51	1:53:07	2:04:26	2:22:09	

To qualify for a standard award you must achieve the times in a *minimum of 3* different events, in a single season. Also 1 must be multisport e.g. Triathlon, Duathlon or Aquathlon.

It is no longer possible to qualify for an award using only single discipline events. e.g. running or cycling only