NIMAA

International Road Race Minimum Qualifying Standards

All times must have been achieved within the previous twelve months on a certified measured course and verified via Power of 10, Open Track, Athletics Northern Ireland, Athletics Ireland or parkrun.

5km

Age Group	Female	Male
V35	21.15	17.30
V40	21.45	18.00
V45	22.30	18.30
V50	23.30	19.30
V55	24.45	20.30
V60	26.30	21.30
V65	29.30	23.00
V70+	No Standards	No Standards

10km

Age Group	Female	Male
V35	42.30	35.45
V40	43.15	36.45
V45	46.30	37.45
V50	47.30	39.30
V55	50.15	41.00
V60	53.45	43.30
V65	59.30	47.30
V70+	No Standards	No Standards

Half Marathon

Age Group	Female	Male
V35	1.34.00	1.21.00
V40	1.36.30	1.22.30
V45	1.39.30	1.25.30
V50	1.45.00	1.29.00
V55	1.50.30	1.34.30
V60	1.59.00	1.40.00
V65	2.15.00	1.48.00
V70+	No Standards	No Standards

Marathon

Age Group	Female	Male
V35	3.30.00	2.58.00
V40	3.40.00	3.05.00
V45	3.49.00	3.15.00
V50	3.59.00	3.26.00
V55	4.10.00	3.40.00
V60	4.25.00	3.50.00
V65	4.40.00	4.00.00
V70+	No Standards	No Standards