RRR CLUB CHAMPIONSHIP GROUP THRESHOLDS

Threshold times were first introduced in 2015 to determine which Club Championship Group each member of Royton Road Runners competes in. The aim is for everyone to be competing against others of a similar standard. The current thresholds below are being used from the start of the 2024 season.

Existing members will, in most cases, be assigned to a group based on their best race performance(s) in the previous year. However the RRR Committee reserves the right to apply discretion where someone is clearly performing at a level above where this would place them.

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

Group	5K	10K	10M	HM
Premiership	<20:00	<41:41	<1:09:02	<1:31:55
Championship	20:00 - 21:30	41:42 - 44:50	01:09:03 - 01:14:14	01:31:56 - 01:38:50
Group 1	21:31 - 23:00	44:51 - 47:57	01:14:15 - 01:19:25	01:38:51 - 01:45:43
Group 2	23:01 - 24:30	47:58 - 51:05	01:19:26 - 01:24:35	01:45:44 - 01:52:37
Group 3	24:31 - 26:00	51:06 - 54:12	01:24:36 - 01:29:46	01:52:38 - 01:59:31
Group 4	26:01 - 28:00	54:13 - 58:23	01:29:47 - 01:36:40	01:59:32 - 02:08:42
Group 5	28:01 - 30:00	58:24 - 01:02:33	01:36:41 - 01:43:35	02:08:43 - 02:17:54
Group 6	30:01 - 34:00	01:02:34 - 01:10:53	01:43:36 - 01:57:23	02:17:55 - 02:36:17
Group 7	>34:00	>01:10:54	>01:57:24	>02:36:18