

Deeside Club Road Standards

| 5k | Gold | Silver | Bronze | Achievement |
|----------|----------|----------|----------|-------------|
| M17 | 00:17:45 | 00:18:45 | 00:20:45 | 00:23:00 |
| M18 | 00:17:15 | 00:18:15 | 00:20:15 | 00:22:30 |
| M5 | 00:16:45 | 00:17:45 | 00:20:00 | 00:22:00 |
| M35 | 00:17:15 | 00:18:15 | 00:20:15 | 00:22:30 |
| M40 | 00:17:45 | 00:18:45 | 00:20:45 | 00:23:00 |
| M45 | 00:18:00 | 00:19:15 | 00:21:15 | 00:23:30 |
| M50 | 00:18:30 | 00:19:30 | 00:21:45 | 00:24:00 |
| M55 | 00:19:00 | 00:20:00 | 00:22:15 | 00:24:30 |
| M60 | 00:19:15 | 00:20:30 | 00:22:45 | 00:25:15 |
| M65 | 00:19:45 | 00:21:00 | 00:23:15 | 00:25:45 |
| M70 | 00:20:15 | 00:21:30 | 00:24:00 | 00:26:15 |
| F17 | 00:20:00 | 00:21:00 | 00:23:30 | 00:25:45 |
| F18 | 00:19:15 | 00:20:15 | 00:22:30 | 00:25:00 |
| FS | 00:18:30 | 00:19:30 | 00:21:45 | 00:24:00 |
| F35 | 00:19:15 | 00:20:15 | 00:22:30 | 00:25:00 |
| F40 | 00:20:00 | 00:21:00 | 00:23:30 | 00:25:45 |
| F45 | 00:20:45 | 00:22:00 | 00:24:15 | 00:26:45 |
| F50 | 00:21:30 | 00:22:45 | 00:25:15 | 00:27:45 |
| F55 | 00:22:15 | 00:23:30 | 00:26:15 | 00:29:00 |
| F60 | 00:23:00 | 00:24:30 | 00:27:15 | 00:30:00 |
| F65 | 00:24:00 | 00:25:15 | 00:28:15 | 00:31:00 |
| F70 | 00:24:45 | 00:26:15 | 00:29:15 | 00:32:15 |
| 10k | Gold | Silver | Bronze | Achievement |
| M17 | 00:36:45 | 00:39:00 | 00:43:15 | 00:47:45 |
| M18 | 00:36:00 | 00:38:00 | 00:42:15 | 00:46:45 |
| M5 | 00:35:00 | 00:37:15 | 00:41:30 | 00:45:30 |
| M35 | 00:36:00 | 00:38:00 | 00:42:15 | 00:46:45 |
| M40 | 00:36:45 | 00:39:00 | 00:43:15 | 00:47:45 |
| M45 | 00:37:30 | 00:39:45 | 00:44:15 | 00:49:00 |
| M50 | 00:38:30 | 00:40:45 | 00:45:30 | 00:50:00 |
| M55 | 00:39:15 | 00:41:45 | 00:46:30 | 00:51:15 |
| M60 | 00:40:15 | 00:42:45 | 00:47:30 | 00:52:15 |
| M65 | 00:41:15 | 00:43:45 | 00:48:45 | 00:53:30 |
| M70 | 00:42:15 | 00:44:45 | 00:49:45 | 00:54:45 |
| F17 | 00:41:30 | 00:44:00 | 00:49:00 | 00:54:00 |
| F18 | 00:40:00 | 00:42:15 | 00:47:00 | 00:52:00 |
| FS | 00:38:30 | 00:40:45 | 00:45:30 | 00:50:00 |
| F35 | 00:40:00 | 00:42:15 | 00:47:00 | 00:52:00 |
| F40 | 00:41:30 | 00:44:00 | 00:49:00 | 00:54:00 |
| F45 | 00:43:00 | 00:45:30 | 00:50:45 | 00:56:00 |
| F50 | 00:44:45 | 00:47:15 | 00:52:45 | 00:58:00 |
| F55 | 00:46:15 | 00:49:00 | 00:54:45 | 01:00:00 |
| F60 | 00:48:00 | 00:51:00 | 00:56:45 | 01:02:30 |
| F65 | 00:49:45 | 00:52:45 | 00:58:45 | 01:04:30 |
| F70 | 00:51:45 | 00:54:45 | 01:01:00 | 01:07:00 |
| 10 Miles | Gold | Silver | Bronze | Achievement |
| M17 | 01:00:30 | 01:04:30 | 01:11:30 | 01:19:00 |
| M18 | 00:59:15 | 01:03:00 | 01:10:00 | 01:17:00 |
| M5 | 00:58:00 | 01:01:30 | 01:08:30 | 01:15:30 |
| M35 | 00:59:15 | 01:03:00 | 01:10:00 | 01:17:00 |
| M40 | 01:00:30 | 01:04:30 | 01:11:30 | 01:19:00 |
| M45 | 01:02:00 | 01:06:00 | 01:13:30 | 01:21:00 |
| M50 | 01:03:30 | 01:07:30 | 01:15:00 | 01:22:30 |
| M55 | 01:05:00 | 01:09:00 | 01:17:00 | 01:24:30 |
| M60 | 01:06:30 | 01:10:30 | 01:18:30 | 01:26:30 |
| M65 | 01:08:00 | 01:12:00 | 01:20:30 | 01:28:30 |
| M70 | 01:09:30 | 01:14:00 | 01:22:30 | 01:30:30 |
| F17 | 01:08:30 | 01:12:30 | 01:21:00 | 01:29:00 |
| F18 | 01:06:00 | 01:10:00 | 01:18:00 | 01:26:00 |
| FS | 01:03:30 | 01:07:30 | 01:15:00 | 01:22:30 |
| F35 | 01:06:00 | 01:10:00 | 01:18:00 | 01:26:00 |
| F40 | 01:08:30 | 01:12:30 | 01:21:00 | 01:29:00 |
| F45 | 01:11:00 | 01:15:30 | 01:24:00 | 01:32:30 |
| F50 | 01:14:00 | 01:18:00 | 01:27:00 | 01:36:00 |
| F55 | 01:16:30 | 01:21:00 | 01:30:30 | 01:39:30 |
| F60 | 01:19:30 | 01:24:00 | 01:33:30 | 01:43:00 |
| F65 | 01:22:30 | 01:27:00 | 01:37:00 | 01:47:00 |
| F70 | 01:25:30 | 01:30:30 | 01:40:30 | 01:51:00 |

Deeside Club Marathon Standards

| Half Marathon | Gold | Silver | Bronze | Achievement |
|---------------|----------|----------|----------|-------------|
| M17 | 01:20:30 | 01:25:30 | 01:35:00 | 01:45:00 |
| M18 | 01:19:00 | 01:23:30 | 01:33:00 | 01:42:30 |
| M5 | 01:17:00 | 01:21:30 | 01:31:00 | 01:40:00 |
| M35 | 01:19:00 | 01:23:30 | 01:33:00 | 01:42:30 |
| M40 | 01:20:30 | 01:25:30 | 01:35:00 | 01:45:00 |
| M45 | 01:22:30 | 01:27:30 | 01:37:30 | 01:47:00 |
| M50 | 01:24:30 | 01:29:30 | 01:39:30 | 01:49:30 |
| M55 | 01:26:30 | 01:31:30 | 01:42:00 | 01:52:30 |
| M60 | 01:28:30 | 01:33:30 | 01:44:30 | 01:55:00 |
| M65 | 01:30:30 | 01:36:00 | 01:46:30 | 01:57:30 |
| M70 | 01:32:30 | 01:38:00 | 01:49:00 | 02:00:30 |
| F17 | 01:31:00 | 01:36:30 | 01:47:30 | 01:58:00 |
| F18 | 01:27:30 | 01:33:00 | 01:43:30 | 01:54:00 |
| FS | 01:24:30 | 01:29:30 | 01:39:30 | 01:49:30 |
| F35 | 01:27:30 | 01:33:00 | 01:43:30 | 01:54:00 |
| F40 | 01:31:00 | 01:36:30 | 01:47:30 | 01:58:00 |
| F45 | 01:34:30 | 01:40:00 | 01:51:30 | 02:03:00 |
| F50 | 01:38:00 | 01:44:00 | 01:55:30 | 02:07:00 |
| F55 | 01:41:30 | 01:47:30 | 02:00:00 | 02:12:00 |
| F60 | 01:45:30 | 01:51:30 | 02:04:00 | 02:17:00 |
| F65 | 01:49:30 | 01:56:00 | 02:09:00 | 02:22:00 |
| F70 | 01:53:30 | 02:00:00 | 02:14:00 | 02:27:00 |
| Marathon | Gold | Silver | Bronze | Achievement |
| M17 | 02:51:00 | 03:02:00 | 03:22:00 | 03:43:00 |
| M18 | 02:47:00 | 02:57:00 | 03:18:00 | 03:38:00 |
| M5 | 02:44:00 | 02:53:00 | 03:13:00 | 03:33:00 |
| M35 | 02:47:00 | 02:57:00 | 03:18:00 | 03:38:00 |
| M40 | 02:51:00 | 03:02:00 | 03:22:00 | 03:43:00 |
| M45 | 02:55:00 | 03:06:00 | 03:27:00 | 03:48:00 |
| M50 | 02:59:00 | 03:10:00 | 03:32:00 | 03:53:00 |
| M55 | 03:04:00 | 03:15:00 | 03:37:00 | 03:59:00 |
| M60 | 03:08:00 | 03:19:00 | 03:42:00 | 04:04:00 |
| M65 | 03:12:00 | 03:24:00 | 03:47:00 | 04:10:00 |
| M70 | 03:17:00 | 03:28:00 | 03:52:00 | 04:16:00 |
| F17 | 03:13:00 | 03:25:00 | 03:48:00 | 04:11:00 |
| F18 | 03:06:00 | 03:17:00 | 03:40:00 | 04:02:00 |
| FS | 02:59:00 | 03:10:00 | 03:32:00 | 03:53:00 |
| F35 | 03:06:00 | 03:17:00 | 03:40:00 | 04:02:00 |
| F40 | 03:13:00 | 03:25:00 | 03:48:00 | 04:11:00 |
| F45 | 03:20:00 | 03:33:00 | 03:57:00 | 04:21:00 |
| F50 | 03:28:00 | 03:41:00 | 04:05:00 | 04:30:00 |
| F55 | 03:36:00 | 03:49:00 | 04:15:00 | 04:41:00 |
| F60 | 03:44:00 | 03:57:00 | 04:24:00 | 04:51:00 |
| F65 | 03:52:00 | 04:06:00 | 04:34:00 | 05:02:00 |
| F70 | 04:01:00 | 04:15:00 | 04:44:00 | 05:13:00 |