



## DTC Elite Qualifying Standards

Members must have hit a standard within the past 365 days of joining.

Male Standards 2025								
DISTANCE	OPEN	40-44	45-49	50-54	55-59	60-64	65-69	70+
5K	17:30	18:40	19:20	20:00	20:55	21:45	22:45	23:25
10K	35:45	37:45	39:20	41:00	42:50	44:50	47:00	48:30
HALF	1:20	1:23:20	1:26:55	1:30:45	1:35:00	1:39:30	1:44:40	1:47:55
FULL	2:48	2:55:30	3:03:00	3:11:00	3:20:00	3:30:00	3:40:20	3:47:20

Women Standards 2025								
DISTANCE	OPEN	40-44	45-49	50-54	55-59	60-64	65-69	70+
5K	19:45	20:30	21:30	22:40	24:00	25:30	27:10	28:20
10K	40:30	42:30	44:30	47:00	50:10	53:40	57:30	1:00:00
HALF	1:30:00	1:33:30	1:38:00	1:44:00	1:50:45	1:58:30	2:07:20	2:13:20
FULL	3:06:00	3:13:45	3:23:00	3:36:00	3:51:00	4:08:00	4:27:30	4:41:00

\*For any Athletics events not listed (including field events), hitting a national standard constitutes a qualifying time.