

Club Standard Awards

Members who achieve times set out in our tables can claim via our time trials secretary for “gold”, “silver” and “bronze” standard awards. But rides must be done in events organised under CTT regulations and, for a non-KVRC event, must be substantiated by a result sheet or signed confirmation by a CTT approved timekeeper.

Only one medal at each standard will be awarded to successful members in a season, so if someone rides a bronze standard time for say 10 miles, and then improves to a silver, they will only be awarded the silver standard medal.

Category	Event	“Gold”		“Silver”		“Bronze”	
		Time/ Distance	Average Speed (mph)	Time/ Distance	Average Speed (mph)	Time/ Distance	Average Speed (mph)
Male	10 miles	0:22:00	27.27	0:23:30	25.53	0:25:00	24.00
	25 miles	0:57:00	26.32	1:00:00	25.00	1:04:30	23.26
	30 miles	1:09:00	26.09	1:13:00	24.66	1:18:00	23.08
	50 miles	1:58:00	25.42	2:06:00	23.81	2:16:00	22.06
	100 miles	4:14:00	23.62	4:30:00	22.22	4:50:00	20.69
	12 hours	250 miles	20.83	235 miles	19.58	210 miles	17.50
	24 hours	440 miles	18.33	415 miles	17.29	380 miles	15.83
Female	10 miles	0:25:00	24.00	0:26:30	22.64	0:27:30	21.82
	25 miles	1:04:00	23.44	1:08:00	22.06	1:12:00	20.83
	30 miles	1:17:30	23.23	1:22:00	21.95	1:28:00	20.45
	50 miles	2:15:00	22.22	2:25:00	20.69	2:35:00	19.35
	100 miles	4:40:00	21.43	5:00:00	20.00	5:20:00	18.75
	12 hours	225 miles	18.75	210 miles	17.50	195 miles	16.25
	24 hours	350 miles	14.58	325 miles	13.54	310 miles	12.92
Tandem	10 miles	0:21:00	28.57	0:22:30	26.67	0:24:00	25.00
	25 miles	0:53:00	28.30	0:57:00	26.32	1:01:00	24.59
	30 miles	1:04:00	28.13	1:09:00	26.09	1:14:00	24.32
	50 miles	1:49:00	27.52	1:55:00	26.09	2:04:00	24.19
	100 miles	3:48:00	26.32	4:05:00	24.49	4:25:00	22.64

Juniors	Age	Event	Gold		Silver		Bronze	
			Time/ Distance	Average Speed (mph)	Time/ Distance	Average Speed (mph)	Time/ Distance	Average Speed (mph)
Juvenile Boys	13	10 miles	0:28:00	21.43	0:29:30	20.34	0:31:00	19.35
	14	10 miles	0:26:00	23.08	0:27:30	21.82	0:29:00	20.69
	15	10 miles	0:25:00	24.00	0:26:30	22.64	0:28:00	21.43
Junior Men	16	10 miles	0:24:00	25.00	0:25:30	23.53	0:27:00	22.22
	17	10 miles	0:23:00	26.09	0:24:30	24.49	0:26:00	23.08
Juv boys	15	25 miles	1:04:00	23.44	1:07:30	22.22	1:11:00	21.13

Junior Men	16	25 miles	1:01:30	24.39	1:04:30	23.26	1:08:00	22.06
	17	25 miles	0:59:00	25.42	1:02:00	24.19	1:05:30	22.90
Girls	13	10 miles	0:32:00	18.75	0:33:30	17.91	0:35:00	17.14
	14	10 miles	0:30:00	20.00	0:31:30	19.05	0:33:00	18.18
	15	10 miles	0:28:30	21.05	0:30:00	20.00	0:31:30	19.05
Junior Ladies	16	10 miles	0:27:30	21.82	0:29:00	20.69	0:30:30	19.67
	17	10 miles	0:26:30	22.64	0:28:00	21.43	0:29:30	20.34
Girls	15	25 miles	1:10:00	21.43	1:14:00	20.27	1:18:00	19.23
Junior Ladies	16	25 miles	1:08:00	22.06	1:12:30	20.69	1:16:30	19.61
	17	25 miles	1:06:00	22.73	1:10:00	21.43	1:14:00	20.27

STANDARD TIMES FOR VETERANS - 10 MILES

Category	Age	Gold	Silver	Bronze
Male	40-44	23:00	24:30	26:00
	45-49	23:30	25:00	26:30
	50-54	24:00	25:30	27:00
	55-59	24:30	26:00	27:30
	60-64	25:00	26:30	28:00
	65-69	25:30	27:00	28:30
	70-74	26:00	27:30	29:00
	75-79	28:00	29:00	30:00
	80+	29:00	30:00	31:00
Female	40 - 44	25:00	26:30	28:00
	45-49	25:30	27:00	28:30
	50-54	26:00	27:30	29:00
	55-59	26:30	28:00	29:30
	60-64	27:00	28:30	30:00
	65-69	27:30	29:00	30:30
	70-74	28:00	29:30	31:00
	75-79	29:00	30:30	32:00
	80+	30:30	32:00	33:30