



## **GOOD FOR AGE STANDARD TIMES PROCESS FOR AAI NATIONAL MARATHON IN CONJUNCTION WITH KBC DUBLIN MARATHON 2020**

**The Dublin Marathon Good for Age Standard for AAI and ANI members will open for entries on the 1<sup>st</sup> of April to 26<sup>th</sup> April. Entry is through the Dublin Marathon website and verification of times will be required. The standard must be met within the last 3 years.**

- If you are using your race number from the KBC Dublin Marathon to qualify this is available on the Dublin Marathon Results Page.
- If you are using any other Marathon, use a direct link to your own result.

**To ensure entry will also be included in the AAI National Marathon, members should enter the marathon with the same name and details as per their AAI or ANI membership.**

- Please ensure these details are correct as it will not be possible to edit details on The Dublin Marathon Website.
- Do not use any abbreviations for names, for example, if you are registered with AAI or ANI as Joseph Ryan, you must enter the Dublin Marathon as Joseph Ryan, Joe Ryan will not be accepted.
- Please ensure your AAI or ANI Registration number is correct as it cannot be edited on the Dublin Marathon website afterwards.

Good for Age Standard Times are available to view on the page below.

Please contact [competition@athleticsireland.ie](mailto:competition@athleticsireland.ie) for any queries.

**GOOD FOR AGE STANDARD TIMES FOR MEN & WOMEN**

| <b>Men</b> | <b>Qualifying standard</b> |
|------------|----------------------------|
| Age 18-34  | sub 3:00                   |
| Age 35-39  | sub 3:02                   |
| Age 40-44  | sub 3:13                   |
| Age 45-49  | sub 3:18                   |
| Age 50-54  | sub 3:25                   |
| Age 55-59  | sub 3:40                   |
| Age 60-64  | sub 4:05                   |
| Age 65-69  | sub 4:45                   |
| Age 70-74  | sub 5:30                   |
| Age 75-79  | sub 6:00                   |
| Age 80+    | sub 6:30                   |

| <b>Women</b> | <b>Qualifying standard</b> |
|--------------|----------------------------|
| Age 18-34    | sub 3:45                   |
| Age 35-39    | sub 3:47                   |
| Age 40-44    | sub 3:50                   |
| Age 45-49    | sub 3:57                   |
| Age 50-54    | sub 4:15                   |
| Age 55-59    | sub 4:50                   |
| Age 60-64    | sub 5:30                   |
| Age 65-69    | sub 6:00                   |
| Age 70-74    | sub 6:30                   |
| Age 75-79    | sub 6:40                   |
| Age 80+      | sub 6:50                   |