ENGLAND ATHLETICS

In partnership with AMATEUR ATHLETIC ASSOCIATION

PB AWARDS

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The PB Awards have been designed to celebrate and reward every athletes personal bests and help them on their way to reaching new levels of performance.

About the PB Awards

- 9 Levels of progression
- For U13, U15, U17, U20 & Senior*
- For all classifications**
- Across all athletics Track & Field events
- For Male and Female athletes
- Inclusion Awards
- Multi Event Awards

Creating a progressive Awards Pathway, which recognises and rewards every athlete's personal best and provides the stepping stones for future success.

Why not take your first steps on the Awards programme?

* For non-disabled athletes ** For disabled athletes

LEVEL 1 LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7 LEVEL 8 LEVEL 9

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SPRINTS

Male Award Standards

60m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	9.60s	9.40s	9.20s	9.00s	8.80s	8.60s	8.40s	8.20s	8.00s
U15	9.00s	8.80s	8.60s	8.40s	8.20s	8.00s	7.80s	7.65s	7.55s
U17	8.60s	8.40s	8.20s	8.00s	7.80s	7.65s	7.55s	7.45s	7.35s
U20 (Junior)	8.20s	8.00s	7.80s	7.65s	7.55s	7.45s	7.35s	7.25s	7.15s
Senior	7.80s	7.65s	7.55s	7.45s	7.35s	7.25s	7.15s	7.05s	6.95s
75m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U13	12.50s	12.00s	11.60s	11.20s	10.80s	10.50s	10.25s	10.00s	9.75s
100m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U13	16.00s	15.50s	15.00s	14.60s	14.20s	13.80s	13.40s	13.00s	12.70s
U15	14.20s	13.80s	13.40s	13.00s	12.70s	12.50s	12.10s	11.90s	11.70s
U17	13.00s	12.70s	12.50s	12.10s	11.90s	11.70s	11.50s	11.30s	11.20s
U20 (Junior)	12.50s	12.10s	11.90s	11.70s	11.50s	11.30s	11.20s	11.10s	11.00s
Senior	11.70s	11.50s	11.30s	11.20s	11.10s	11.00s	10.90s	10.80s	10.70s
150m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U13	23.50s	23.00s	22.50s	22.00s	21.50s	21.00s	20.50s	20.00s	19.60s
200m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U13	33.00s	32.00s	31.00s	30.00s	29.00	28.00s	27.00s	26.00s	25.50s
U15	29.00s	28.00s	27.00s	26.00s	25.50s	25.00s	24.60s	24.20s	23.80s
U17	26.00s	25.50s	25.00s	24.60s	24.20s	23.80s	23.40s	23.00s	22.80s
U20 (Junior)	24.60s	24.20s	23.80s	23.40s	23.00s	22.80s	22.60s	22.40s	22.20s
Senior	23.80s	23.40s	23.00s	22.80s	22.60s	22.40s	22.20s	22.00s	21.70s
300m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U15	51.00s	49.00s	47.00s	45.00s	43.00	41.50s	40.50s	39.50s	38.70s
U17	45.00s	43.00s	41.50s	40.50s	39.50s	38.70s	38.00s	37.30s	36.70s
U20 (Junior)	41.50s	40.50s	39.50s	38.70s	38.00s	37.30s	36.70s	36.10s	35.50s
Senior	39.50s	38.70s	38.00s	37.30s	36.70s	36.10s	35.50s	35.00s	34.50s
400m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U17	64.00s	62.00s	60.00s	58.50s	57.00s	55.60s	54.20s	53.00s	52.00s
U20 (Junior)	60.00s	58.50s	57.00s	55.60s	54.20s	53.00s	52.00s	51.00s	50.00s
Senior	57.00s	55.60	54.20s	53.00s	52.00s	51.00s	50.00s	49.20s	48.50s

Female Award Standards

60m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	11.20s	10.70s	10.20s	9.80s	9.40s	9.10s	8.90s	8.70s	8.50s
U15	10.20s	9.80s	9.40s	9.10s	8.90s	8.70s	8.50s	8.30s	8.15s
U17	9.40s	9.10s	8.90s	8.70s	8.50s	8.30s	8.15s	8.05s	7.95s
U20 (Junior)	8.90s	8.70s	8.50s	8.30s	8.15s	8.05s	7.95s	7.90s	7.85s
Senior	8.50s	8.30s	8.15s	8.05s	7.95s	7.90s	7.85s	7.80s	7.75s
75m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U13	13.00s	12.50s	12.10s	11.70s	11.30s	11.00s	10.75s	10.50s	10.25s
100m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U13	17.00s	16.50s	16.00s	15.60s	15.20s	14.80s	14.40s	14.00s	13.70s
U15	14.80s	14.40s	14.00s	13.70s	13.50s	13.30s	13.10s	12.90s	12.70s
U17	14.00s	13.70s	13.50s	13.30s	13.10s	12.90s	12.70s	12.60s	12.50s
U20 (Junior)	13.50s	13.30s	13.10s	12.90s	12.70s	12.60s	12.50s	12.40s	12.30s
Senior	13.10s	12.90s	12.70s	12.60s	12.50s	12.40s	12.30s	12.20s	12.10s
150m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U13	25.00s	24.40s	23.80s	23.20s	22.60s	22.00s	21.50s	21.00s	20.50s
200m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U13	36.00s	34.00s	32.70s	31.70s	30.80s	30.50s	29.70s	29.20s	28.50s
U15	32.70s	31.70s	30.80s	30.50s	29.70s	29.20s	28.50s	27.80s	27.20s
U17	30.80s	30.50s	29.70s	29.20s	28.50s	27.80s	27.20s	26.70s	26.30s
U20 (Junior)	29.70s	29.20s	28.50s	27.80s	27.20s	26.70s	26.30s	25.90s	25.50s
Senior	28.50s	27.80s	27.20s	26.70s	26.30s	25.90s	25.50s	25.10s	24.70s
300m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U15	55.00s	53.00s	51.00s	49.00s	47.00s	45.20s	44.00s	43.00s	42.40s
U17	51.00s	49.00s	47.00s	45.20s	44.00s	43.00s	42.40s	41.80s	40.90s
U20 (Junior)	49.00s	47.00s	45.20s	44.00s	43.00s	42.40s	41.80s	40.90s	40.20s
Senior	47.00s	45.20s	44.00s	43.00s	42.40s	41.80s	40.90s	40.20s	39.70s
400m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U20 (Junior)	72.00s	69.50s	67.00s	65.00s	63.00s	61.00s	59.50s	58.00s	57.00s
Senior	69.50s	67.00s	65.00s	63.00s	61.00s	59.50s	58.00s	57.00s	55.60s

HURDLES

Male Award Standards

60m HURDLES	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	11.60s	11.30s	11.00s	10.75s	10.50s	10.25s	10.00s	9.80s	9.60s
U15	10.50s	10.25s	10.00s	9.80s	9.60s	9.40s	9.20s	9.00s	8.80s
U17	10.00s	9.80s	9.60s	9.40s	9.20s	9.00s	8.80s	8.60s	8.45s
U20 (Junior)	9.80s	9.60s	9.40s	9.20s	9.00s	8.80s	8.60s	8.45s	8.30s
Senior	9.60s	9.40s	9.20s	9.00s	8.80s	8.60s	8.45s	8.30s	8.20s
SPRINT HURDLES	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U13 (75m)	16.50s	15.50s	15.00s	14.50s	14.10s	13.80s	13.50s	13.20s	12.90s
U15 (80m)	14.80s	14.40s	14.00s	13.60s	13.20s	12.80s	12.50s	12.20s	11.90s
U17 (100m)	17.50s	17.00s	16.50s	16.00s	15.50s	15.00s	14.50s	14.10s	13.80s
U20 (Junior) (110m)	18.50s	18.00s	17.50s	17.00s	16.50s	16.00s	15.50s	15.10s	14.80s
Senior (110m)	18.00s	17.50s	17.00s	16.50s	16.00s	15.50s	15.10s	14.80s	14.50s
LONG HURDLES	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U17 (400m)	70.00s	68.50s	67.00s	65.50s	64.00s	62.50s	61.00s	59.50s	58.00s
U20 (Junior) (400m)	67.00s	65.50s	64.00s	62.50s	61.00s	59.50s	58.00s	57.00s	56.00s
Senior (400m)	64.00s	62.50s	61.00s	59.50s	58.00s	57.00s	56.00s	55.00s	54.00s

Female Award Standards

60m HURDLES	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	12.60s	12.20s	11.85s	11.50s	11.20s	10.90s	10.60s	10.30s	10.00s
U15	11.85s	11.50s	11.20s	10.90s	10.60s	10.30s	10.00s	9.75s	9.50s
U17	11.20s	10.90s	10.60s	10.30s	10.00s	9.75s	9.50s	9.25s	9.05s
U20 (Junior)	10.90s	10.60s	10.30s	10.00s	9.75s	9.50s	9.25s	9.05s	8.90s
Senior	10.30s	10.00s	9.75s	9.50s	9.25s	9.05s	8.90s	8.80s	8.70s
SPRINT HURDLES	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U13 (70m)	14.10s	13.70s	13.30s	13.00s	12.70s	12.40s	12.10s	11.90s	11.70s
U15 (75m)	14.10s	13.70s	13.30s	13.00s	12.70s	12.40s	12.10s	11.90s	11.70s
U17 (80m)	14.50s	14.00s	13.60s	13.30s	13.00s	12.70s	12.40s	12.20s	12.00s
U20 (Junior) (100m)	18.80s	18.30s	17.80s	17.30s	16.80s	16.30s	15.80s	15.40s	15.00s
Senior (100m)	17.80s	17.30s	16.80s	16.30s	15.80s	15.40s	15.00s	14.60s	14.30s
LONG HURDLES	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U17 (300m)	55.00s	53.50s	52.00s	51.00s	50.00s	49.00s	48.00s	47.00s	46.00s
U20 (Junior) (400m)	82.50s	80.00s	77.50s	75.00s	73.00s	71.00s	69.00s	67.00s	65.00s
Senior (400m)	77.50s	75.00s	73.00s	71.00s	69.00s	67.00s	65.00s	63.50s	62.00s

ENDURANCE

Male Award Standards

600m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	02:10.00	02:05.00	02:00.00	01:55.00	01:52.00	01:49.00	01:46.00	01:43.00	01:40.00
800m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U13	02:50.00	02:45.00	02:40.00	02:35.00	02:30.00	02:25.00	02:21.00	02:18.00	02:15.00
U15	02:30.00	02:25.00	02:21.00	02:18.00	02:15.00	02:12.00	02:09.00	02:07.00	02:05.00
U17	02:18.00	02:15.00	02:12.00	02:09.00	02:07.00	02:05.00	02:03.00	02:01.00	01:59.00
U20 (Junior)	02:12.00	02:09.00	02:07.00	02:05.00	02:03.00	02:01.00	01:59.00	01:57.00	01:55.00
Senior	02:07.00	02:05.00	02:03.00	02:01.00	01:59.00	01:57.0	01:55.00	01:53.50	01:52.00
1200m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U13	04:50.00	04:40.00	04:30.00	04:20.00	04:10.00	04:03.00	03:56.00	03:51.00	03:47.00
1500m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U13	06:00.00	05:40.00	05:30.00	05:20.00	05:10.00	05:00.00	04:50.00	04:40.00	04:30.00
U15	05:30.00	05:20.00	05:10.00	05:00.00	04:50.00	04:40.00	04:30.00	04:25.00	04:20.00
U17	05:00.00	04:50.00	04:40.00	04:30.00	04:25.00	04:20.00	04:15.00	04:10.00	04:05.00
U20 (Junior)	04:40.00	04:30.00	04:25.00	04:20.00	04:15.00	04:10.00	04:05.00	04:00.00	03:57.50
Senior	04:20.00	04:15.00	04:10.00	04:05.00	04:00.00	03:57.50	03:55.00	03:52.50	03:50.00
3000m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U15	11:30.00	11:00.00	10:45.00	10:30.00	10:15.00	10:00.00	09:45.00	09:30.00	09:15.00
U17	10:30.00	10:15.00	10:00.00	09:45.00	09:30.00	09:15.00	09:05.00	08:57.00	08:50.00
U20 (Junior)	09:30.00	09:15.00	09:05.00	08:57.00	08:50.00	08:45.00	08:40.00	08:35.00	08:30.00
Senior	08:57.00	08:50.00	08:45.00	08:40.00	08:35.00	08:30.00	08:25.00	08:20.00	08:15.00
5000m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U20 (Junior)	20:00.00	19:00.00	18:00.00	17:30.00	17:00.00	16:30.00	16:10.00	15:50.00	15:33.00
Senior	16:10.00	15:50.00	15:33.00	15:19.00	15:05.00	14:52.00	14:40.00	14:30.00	14:20.00
10,000m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
Senior	33:40.00	33:00.00	32:30.00	32:00.00	31:30.00	31:00.00	30:30.00	30:00.00	29:45.00

Female Award Standards

600m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	02:25.00	02:20.00	02:15.00	02:10.00	02:00.00	01:55.00	01:50.00	01:47.00	01:44.00
800m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U13	03:10.00	03:00.00	02:55.00	02:50.00	02:45.00	02:40.00	02:35.00	02:31.00	02:28.00
U15	02:45.00	02:40.00	02:35.00	02:31.00	02:28.00	02:26.00	02:24.00	02:22.00	02:20.00
U17	02:40.00	02:35.00	02:31.00	02:28.00	02:26.00	02:24.00	02:22.00	02:20.00	02:18.00
U20 (Junior)	02:35.00	02:31.00	02:28.00	02:26.00	02:24.00	02:22.00	02:20.00	02:18.00	02:16.00
Senior	02:26.00	02:24.00	02:22.00	02:20.00	02:18.00	02:16.00	02:14.00	02:12.00	02:10.00
1200m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U13	05:00.00	04:50.00	04:40.00	04:30.00	04:20.00	04:13.00	04:06.00	04:01.00	03:57.00
1500m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U13	06:20.00	06:10.00	06:00.00	05:50.00	05:40.00	05:30.00	05:20.00	05:12.00	05:06.00
U15	05:50.00	05:40.00	05:30.00	05:20.00	05:12.00	05:06.00	05:00.00	04:55.00	04:50.00
U17	05:40.00	05:30.00	05:20.00	05:12.00	05:06.00	05:00.00	04:55.00	04:50.00	04:45.00
U20 (Junior)	05:30.00	05:20.00	05:12.00	05:06.00	05:00.00	04:55.00	04:50.00	04:45.00	04:40.00
Senior	05:06.00	05:00.00	04:55.00	04:50.00	04:45.00	04:40.0	04:37.00	04:34.00	04:31.00
3000m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U15	13:00.00	12:45.00	12:30.00	12:15.00	12:00.00	11:45.00	11:30.00	11:15.00	11:00.00
U17	12:15.00	12:00.00	11:45.00	11:30.00	11:15.00	11:00.00	10:45.00	10:35.00	10:20.00
U20 (Junior)	11:45.00	11:30.00	11:15.00	11:00.00	10:45.00	10:30.00	10:20.00	10:10.00	10:00.00
Senior	11:15.00	11:00.00	10:45.00	10:30.00	10:20.00	10:10.00	10:00.00	09:50.00	09:45.00
5000m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U20 (Junior)	24:00.00	22:00.00	21:00.00	20:00.00	19:20.00	18:50.00	18:20.00	18:00.00	17:40.00
Senior	20:00.00	19:20.00	18:50.00	18:20.00	18:00.00	17:40.00	17:20.00	17:00.00	16:40.00
10,000m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
Senior	43:00.00	41:00.00	39:40.00	38:40.00	38:00.00	37:20.00	36:40.00	36:00.00	35:20.00

LEVEL 1 LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7 LEVEL 8 LEVEL 9

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PB AWARDS

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MARATHON

Male Award Standards

Half Marathon	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
Senior	01:18:30	01:16:30	01:15:00	01:13:30	01:12:00	01:10:30	01:09:00	01:07:30	01:06:00
Marathon	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
Senior	02:54:00	02:48:00	02:43:00	02:38:30	02:34:30	02:31:00	02:28:00	02:25:00	02:22:30

Female Award Standards

Half Marathon	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
Senior	01:39:00	01:36:00	01:33:30	01:31:00	01:28:30	01:26:00	01:23:30	01:21:00	01:18:30
Marathon	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
Senior	03:40:00	03:32:30	03:26:00	03:20:00	03:13:00	03:07:00	03:01:00	02:55:00	02:50:00

RACE WALKING

Male Award Standards

2,000m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	14:30.0	14:00.0	13:30.0	13:00.0	12:30.0	12:00.0	11:35.0	11:10.0	10:50.0
3,000M	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U15	19:50.0	19:10.0	18:32.0	17:55.0	17:20.0	16:47.0	16:15.0	15:45.0	15:16.0
U17	18:32.0	17:55.0	17:20.0	16:47.0	16:15.0	15:45.0	15:16.0	14:48.0	14:21.0
U20 (Junior)	17:20.0	16:47.0	16:15.0	15:45.0	15:16.0	14:48.0	14:21.0	13:55.0	13:31.0
Senior	16:15.0	15:45.0	15:16.0	14:48.0	14:22.0	13:56.0	13:31.0	13:06.0	12:43.0
5,000m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U17	31:00.0	30:00.0	29:03.0	28:08.0	27:16.0	26:26.0	25:39.0	24:53.0	24:08.0
U20 (Junior)	29:03.0	28:08.0	27:16.0	26:26.0	25:39.0	24:53.0	24:08.0	23:25.0	22:43.0
Senior	27:16.0	26:26.0	25:39.0	24:53.0	24:08.0	23:25.0	22:43.0	22:02.0	21:25.0
10,0000m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U20 (Junior)	59:33.0	57:45.0	56:00.0	54:23.0	52:48.0	51:17.0	49:50.0	48:25.0	47:00.0
Senior	56:00.0	54:23.0	52:48.0	51:17.0	49:50.0	48:25.0	47:00.0	45:40.0	44:25.0

Female Award Standards

2,000m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	15:10.0	14:35.0	14:00.0	13:30.0	13:00.0	12:35.0	12:10.0	11:50.0	11:30.0
3,000M	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U15	22:18.0	21:27.0	20:40.0	19:57.0	19:16.0	18:37.0	18:00.0	17:25.0	16:52.0
U17	20:40.0	19:57.0	19:16.0	18:37.0	18:00.0	17:25.0	16:52.0	16:20.0	15:48.0
U20 (Junior)	19:16.0	18:37.0	18:00.0	17:25.0	16:52.0	16:20.0	15:48.0	15:18.0	14:49.0
Senior	18:00.0	17:25.0	16:52.0	16:20.0	15:48.0	15:18.0	14:49.0	14:20.0	13:52.0
5,000m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U17	35:00.0	33:50.0	32:42.0	31:38.0	30:38.0	29:40.0	28:45.0	27:51.0	27:00.0
U20 (Junior)	32:42.0	31:38.0	30:38.0	29:40.0	28:45.0	27:51.0	27:00.0	26:10.0	25:21.0
Senior	30:38.0	29:40.0	28:45.0	27:51.0	27:00.0	26:10.0	25:21.0	24:35.0	23:50.0
10,0000m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U20 (Junior)	01:07:10	01:05:00	01:03:00	01:01:00	59:10.0	57:20.0	55:35.0	53:50.0	52:15.0
Senior	01:03:00	01:01:00	59:10.0	57:20.0	55:35.0	53:50.0	52:15.0	50:40.0	49:05.0

STEEPLECHASE

Male Award Standards

1500m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U17	05:18.0	05:10.0	05:04.0	04:58.0	04:53.0	04:48.0	04:43.0	04:38.0	04:34.0
2000m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U20 (Junior)	07:30.0	07:19.0	07:08.0	06:58.0	06:48.0	06:38.0	06:29.0	06:20.0	06:11.0
Senior	07:08.0	06:58.0	06:48.0	06:38.0	06:29.0	06:20.0	06:11.0	06:03.0	05:55.0
3000m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
Senior	11:04.0	10:48.0	10:32.0	10:17.0	10:03.0	09:50.0	09:37.0	09:24.0	09:11.0

Female Award Standards

1500m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U17	06:30.0	06:18.0	06:08.0	05:58.0	05:50.0	05:42.0	05:36.0	05:30.0	05:25.0
U20 (Junior)	06:08.0	05:58.0	05:50.0	05:42.0	05:36.0	05:30.0	05:25.0	05:20.0	05:15.0
2000m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
U20 (Junior)	09:24.0	09:07.0	08:50.0	08:35.0	08:20.0	08:06.0	07:52.0	07:38.0	07:25.0
Senior	08:50.0	08:35.0	08:20.0	08:06.0	07:52.0	07:38.0	07:25.0	07:13.0	07:01.0
3000m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
Senior	14:25.0	13:57.0	13:29.0	13:03.0	12:37.0	12:13.0	11:49.0	11:25.0	11:03.0

PB Multi-Event Awards

In addition to the individual PB Awards, athletes can also achieve PB Triathlon and PB Quadrathlon Awards.

- For a **PB Triathlon Award** athletes must compete in one running , one jumping and one throwing event.
- For a **PB Quadrathlon Award** athletes must compete in one sprint, one endurance, one jumping and one throwing event.

How it works

It couldn't be simpler! For each award level that an athlete achieves in an individual event they score the same number of points as the level number. So if they achieve Level 1 they score one point and if they reach Level 9 they score nine points.

For a **PB Triathlon Award**, simply add together the three point scores from an athlete's best running, best jumping and best throwing events to get their overall score, then find what level they have achieved using the table below. For example, if an athlete achieves Level 4 in the 100m, Level 3 in the long jump and Level 6 in the discus they would score 4 + 3 + 6 = 13 points which would give them a Level 5 PB Triathlon Award. (Please note that to achieve Level 1 athletes only need to add up the scores from two events.)

This is the same principle for a **PB Quadrathlon Award** – just add together the four point scores from an athete's best sprinting, endurance, jumping and throwing events to find their award level. (As above, Level 1 only requires the scores from two events.)

MULTI-EVENT AWARDS

Male & Female Award Standards

PB Triathlon	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
Points	2	5	7	10	13	16	18	20	22
PB Quadrathlon	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
Points	3	6	10	13	17	20	24	27	30

LEVEL 1 LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7 LEVEL 8 LEVEL 9

ENGLAND ATHLETICS

In partnership with

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PB AWARDS

Just scan this QR code for more details about the PB Awards

THROWS

Male Award Standards

SHOT PUT	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (3kg)	6.20m	6.60m	7.00m	7.40m	8.00m	8.60m	9.20m	9.80m	10.40m
U15 (4kg)	7.40m	8.00m	8.60m	9.20m	9.80m	10.40m	11.20m	12.00m	12.80m
U17 (5kg)	8.00m	8.60m	9.20m	9.80m	10.40m	11.20m	12.00m	12.80m	13.60m
U20 (Junior) (6kg)	9.20m	9.80m	10.40m	11.20m	12.00m	12.80m	13.60m	14.40m	15.20m
Senior (7.26kg)	10.40m	11.20m	12.00m	12.80m	13.60m	14.40m	15.20m	16.00m	16.50m
DISCUS	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (1kg)	10.00m	12.00m	14.00m	16.00m	18.00m	20.00m	22.00m	24.00m	26.00m
U15 (1.25kg)	16.00m	18.00m	20.00m	22.00m	24.00m	26.00m	29.00m	32.00m	35.00m
U17 (1.5kg)	20.00m	22.00m	24.00m	26.00m	29.00m	32.00m	35.00m	38.00m	41.00m
U20 (Junior) (1.75kg)	22.00m	24.00m	26.00m	29.00m	32.00m	35.00m	38.00m	41.00m	44.00m
Senior (2kg)	29.00m	32.00m	35.00m	38.00m	41.00m	44.00m	47.00m	50.00m	52.00m
HAMMER	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U15 (4kg)	18.00m	21.00m	24.00m	27.00m	30.00m	33.00m	36.00m	39.00m	42.00m
U17 (5kg)	27.00m	30.00m	33.00m	36.00m	39.00m	42.00m	45.00m	48.00m	51.00m
U20 (Junior) (6kg)	30.00m	33.00m	36.00m	39.00m	42.00m	45.00m	48.00m	51.00m	54.00m
Senior (7.26kg)	39.00m	42.00m	45.00m	48.00m	51.00m	54.00m	57.00m	60.00m	62.00m
JAVELIN	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (400g)	12.00m	14.00m	17.00m	20.00m	23.00m	26.00m	29.00m	32.00	35.00m
U15 (600g)	20.00m	23.00m	26.00m	29.00m	32.00m	35.00m	38.00m	41.00m	44.00m
U17 (700g)	26.00m	29.00m	32.00m	35.00m	38.00m	41.00m	44.00m	47.00m	50.00m
U20 (Junior) (800g)	32.00m	35.00m	38.00m	41.00m	44.00m	47.00m	50.00m	53.00m	56.00m
Senior (800g)	44.00m	47.00m	50.00m	53.00m	56.00m	59.00m	62.00m	65.00m	67.00m

Female Award Standards

SHOT PUT	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (2.72kg)	5.00m	5.50m	6.00m	6.50m	7.00m	7.60m	8.20m	8.80m	9.40m
U15 (3kg)	6.00m	6.50m	7.00m	7.60m	8.20m	8.80m	9.40m	10.00m	10.80m
U17 (3kg)	7.00m	7.60m	8.20m	8.80m	9.40m	10.00m	10.80m	11.60m	12.40m
U20 (Junior) (4kg)	7.60m	8.20m	8.80m	9.40m	10.00m	10.80m	11.60m	12.40m	13.20m
Senior (4kg)	8.80m	9.60m	10.20m	11.00m	11.80m	12.60m	13.20m	14.00m	14.80m
DISCUS	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (0.75kg)	10.00m	12.00m	14.00m	16.00m	18.00m	20.00m	22.00m	24.00m	26.00m
U15 (1kg)	14.00m	16.00m	18.00m	20.00m	22.00m	24.00m	26.00m	29.00m	32.00m
U17 (1kg)	18.00m	20.00m	22.00m	24.00m	26.00m	29.00m	32.00m	35.00m	38.00m
U20 (Junior) (1kg)	22.00m	24.00m	26.00m	29.00m	32.00m	35.00m	38.00m	41.00m	44.00m
Senior (1kg)	29.00m	32.00m	35.00m	38.00m	41.00m	44.00m	47.00m	50.00m	52.00m
HAMMER	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U15 (3kg)	15.00m	18.00m	21.00m	24.00m	27.00m	30.00m	33.00m	36.00m	39.00m
U17 (3kg)	21.00m	24.00m	27.00m	30.00m	33.00m	36.00m	39.00m	42.00m	45.00m
U20 (Junior) (4kg)	24.00m	27.00m	30.00m	33.00m	36.00m	39.00m	42.00m	45.00m	48.00m
Senior (4kg)	36.00m	39.00m	42.00m	45.00m	48.00m	51.00m	54.00m	57.00m	59.00m
JAVELIN	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (400g)	9.00m	11.50m	14.00m	16.50m	19.00m	21.50m	24.00m	26.50m	29.00m
U15 (500g)	16.50m	19.00m	21.50m	24.00m	26.50m	29.00m	31.50m	34.00m	36.50m
U17 (500g)	24.00m	26.50m	29.00m	31.50m	34.00m	36.50m	39.00m	41.50m	44.00m
U20 (Junior) (600g)	26.50m	29.00m	31.50m	34.00m	36.50m	39.00m	41.50m	44.00m	46.50m
Senior (600g)	31.50m	34.00m	36.50m	39.00m	41.50m	44.00m	46.50m	49.00m	51.00m

JUMPS

Male Award Standards

LONG JUMP	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	3.00m	3.25m	3.50m	3.75m	4.00m	4.25m	4.50m	4.75m	5.00m
U15	3.75m	4.00m	4.25m	4.50m	4.75m	5.00m	5.25m	5.50m	5.75m
U17	4.50m	4.75m	5.00m	5.25m	5.50m	5.75m	6.00m	6.20m	6.40m
U20 (Junior)	5.00m	5.25m	5.50m	5.75m	6.00m	6.20m	6.40m	6.60m	6.80m
Senior	5.25m	5.50m	5.75m	6.00m	6.20m	6.40m	6.60m	6.80m	7.00m
TRIPLE JUMP	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U15	8.75m	9.00m	9.25m	9.50m	10.00m	10.60m	11.20m	11.80m	12.30m
U17	9.25m	9.50m	10.00m	10.60m	11.20m	11.80m	12.30m	12.80m	13.30m
U20 (Junior)	10.00m	10.60m	11.20m	11.80m	12.30m	12.80m	13.30m	13.75m	14.20m
Senior	11.20m	11.80m	12.30m	12.80m	13.30m	13.75m	14.20m	14.60m	14.80m
HIGH JUMP	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	1.10m	1.15m	1.20m	1.25m	1.30m	1.35m	1.40m	1.45m	1.50m
U15	1.25m	1.30m	1.35m	1.40m	1.45m	1.50m	1.55m	1.61m	1.67m
U17	1.40m	1.45m	1.50m	1.55m	1.61m	1.67m	1.73m	1.79m	1.85m
U20 (Junior)	1.50m	1.55m	1.61m	1.67m	1.73m	1.79m	1.85m	1.90m	1.95m
Senior	1.55m	1.61m	1.67m	1.73m	1.79m	1.85m	1.90m	1.95m	2.00m
POLE VAULT	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U15	2.00m	2.20m	2.40m	2.60m	2.80m	3.00m	3.20m	3.40m	3.60m
U17	2.40m	2.60m	2.80m	3.00m	3.20m	3.40m	3.60m	3.80m	4.00m
U20 (Junior)	2.80m	3.00m	3.20m	3.40m	3.60m	3.80m	4.00m	4.20m	4.40m
Senior	3.20m	3.40m	3.60m	3.80m	4.00m	4.20m	4.40m	4.55m	4.70m

Female Award Standards

LONG JUMP	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	2.50m	2.75m	3.00m	3.25m	3.50m	3.75m	4.00m	4.25m	4.50m
U15	3.25m	3.50m	3.75m	4.00m	4.25m	4.50m	4.75m	4.95m	5.10m
U17	3.75m	4.00m	4.25m	4.50m	4.75m	4.95m	5.10m	5.25m	5.40m
U20 (Junior)	4.00m	4.25m	4.50m	4.75m	4.95m	5.10m	5.25m	5.40m	5.50m
Senior	4.50m	4.75m	4.95m	5.10m	5.25m	5.40m	5.50m	5.60m	5.70m
TRIPLE JUMP	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U15	7.50m	7.75m	8.00m	8.25m	8.50m	8.75m	9.00m	9.50m	10.00m
U17	8.25m	8.50m	8.75m	9.00m	9.50m	10.00m	10.40m	10.80m	11.00m
U20 (Junior)	9.00m	9.50m	10.00m	10.40m	10.80m	11.00m	11.20m	11.40m	11.60m
Senior	10.40m	10.80m	11.00m	11.20m	11.40m	11.60m	11.80m	11.90m	12.00m
HIGH JUMP	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	1.00m	1.05m	1.10m	1.15m	1.20m	1.25m	1.30m	1.35m	1.40m
U15	1.15m	1.20m	1.25m	1.30m	1.35m	1.40m	1.45m	1.50m	1.55m
U17	1.20m	1.25m	1.30m	1.35m	1.40m	1.45m	1.50m	1.55m	1.60m
U20 (Junior)	1.25m	1.30m	1.35m	1.40m	1.45m	1.50m	1.55m	1.60m	1.65m
Senior	1.30m	1.35m	1.40m	1.45m	1.50m	1.55m	1.60m	1.65m	1.70m
POLE VAULT	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U15	1.00m	1.20m	1.40m	1.60m	1.80m	2.00m	2.25m	2.50m	2.75m
U17	1.40m	1.60m	1.80m	2.00m	2.25m	2.50m	2.75m	3.00m	3.25m
U20 (Junior)	1.60m	1.80m	2.00m	2.25m	2.50m	2.75m	3.00m	3.25m	3.50m
Senior	1.80m	2.00m	2.25m	2.50m	2.75m	3.00m	3.25m	3.50m	3.75m

COMBINED EVENTS

Male Award Standards

PENTATHLON (indoor)	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	600	800	1000	1200	1400	1600	1800	1900	2000
U15	1000	1200	1400	1600	1800	2000	2200	2400	2600
HEPTATHLON (indoor)	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U17	2000	2250	2500	2750	3000	3250	3500	3750	4000
U20 (Junior)	2500	2750	3000	3250	3500	3750	4000	4250	4500
Senior	3000	3250	3500	3750	4000	4250	4500	4750	5000
PENTATHLON (outdoor)	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	600	800	1000	1200	1400	1600	1800	1900	2000
U15	1000	1200	1400	1600	1800	2000	2200	2400	2600
OCTATHLON	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U17	2750	3000	3250	3500	3750	4000	4250	4500	4750
DECATHLON	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U17	2600	2950	3300	3650	4000	4350	4700	5050	5400
U20 (Junior)	3300	3650	4000	4350	4700	5050	5400	5750	6100
Senior	4000	4350	4700	5050	5400	5750	6100	6450	6600

Female Award Standards

PENTATHLON (indoor)	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	750	1000	1200	1400	1600	1800	2000	2200	2400
U15	1200	1400	1600	1800	2000	2200	2400	2600	2800
U17	1600	1800	2000	2200	2400	2600	2800	3000	3200
U20 (Junior)	2000	2200	2400	2600	2800	3000	3200	3400	3550
Senior	2400	2600	2800	3000	3200	3400	3550	3700	3800
PENTATHLON (outdoor)	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	750	1000	1200	1400	1600	1800	2000	2200	2400
U15	1200	1400	1600	1800	2000	2200	2400	2600	2800
HEPTATHLON	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U17	2000	2250	2500	2750	3000	3250	3500	3750	4000
U20 (Junior)	2500	2750	3000	3250	3500	3750	4000	4250	4500
Senior	3250	3500	3750	4000	4250	4500	4750	5000	5200

LEVEL 1 LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7 LEVEL 8 LEVEL 9

ENGLAND ATHLETICS

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PB AWARDS

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PARA SPRINTS

Male Award Standards

100m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
T11	14.40	14.25	14.10	13.90	13.75	13.60	13.40	13.20	13.00
T12	14.15	14.00	13.85	13.70	13.55	13.40	13.20	13.00	12.80
T13	14.05	13.90	13.75	13.60	13.45	13.30	13.10	12.90	12.70
T33	21.80	21.50	21.25	20.95	20.70	20.40	20.05	19.70	19.35
T34	20.10	19.85	19.60	19.35	19.05	18.80	18.50	18.15	17.80
T35	15.90	15.75	15.55	15.40	15.20	15.05	14.85	14.60	14.35
T36	15.55	15.40	15.25	15.05	14.90	14.70	14.50	14.30	14.05
T37	14.95	14.80	14.65	14.50	14.30	14.15	13.95	13.75	13.50
T38	14.40	14.25	14.10	13.95	13.80	13.60	13.45	13.25	13.00
T42	19.00	18.50	18.00	17.00	16.00	14.75	14.55	14.35	14.10
T43	15.00	14.00	13.70	13.55	13.35	13.20	13.05	12.85	12.60
T44	15.00	14.50	14.05	13.90	13.75	13.55	13.40	13.20	12.95
T45-47	14.10	13.95	13.80	13.65	13.50	13.35	13.15	12.95	12.75
T51	26.70	26.35	26.05	25.70	25.35	24.95	24.60	24.15	23.70
T52	31.00	29.00	27.00	25.00	22.50	20.85	20.50	20.15	19.75
T53	19.30	19.05	18.80	18.55	18.30	18.05	17.75	17.45	17.10
T54	18.40	18.20	17.95	17.70	17.45	17.20	16.95	16.65	16.30
T61	15.60	15.45	15.30	15.10	14.95	14.75	14.55	14.35	14.10
T62	18.50	18.00	17.50	17.00	16.00	15.00	14.00	13.00	12.00
T63	18.00	17.00	16.75	16.50	16.25	16.00	15.75	15.50	15.25
T64	16.00	15.50	15.00	14.50	14.00	13.55	13.40	13.20	12.95
200m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
T11	29.40	29.05	28.75	28.40	28.05	27.70	27.30	26.90	26.40
T12	28.80	28.50	28.20	27.85	27.50	27.15	26.80	26.35	25.90
T13	28.65	28.35	28.00	27.70	27.35	27.00	26.60	26.20	25.75
T33	52.00	48.50	45.00	41.50	38.00	35.95	35.35	34.70	34.00
T34	55.00	50.00	45.00	40.50	36.00	33.25	32.70	32.15	31.45
T35	65.00	57.00	49.00	41.00	35.00	30.70	30.25	29.80	29.30
T36	50.00	45.00	40.00	35.00	32.00	29.55	29.15	28.70	28.20
T37	39.00	36.50	34.00	32.00	30.50	28.70	28.30	27.90	27.40
T38	60.00	52.00	44.00	36.00	30.00	27.90	27.50	27.05	26.60
T42	40.00	38.00	35.50	33.00	31.00	29.75	29.35	28.90	28.40
T43	31.00	29.00	27.50	26.75	26.00	25.60	25.25	24.85	24.45
T44	35.00	32.00	30.50	29.25	28.25	27.45	27.10	26.65	26.20
T45-47	35.00	32.00	30.00	29.00	28.00	27.00	26.60	26.20	25.75
T51	49.50	48.85	48.20	47.55	46.85	46.15	45.40	44.55	43.65
T52	48.50	46.00	44.00	42.00	40.00	38.05	37.40	36.75	36.00
T53	38.50	36.00	35.00	34.00	33.00	31.95	31.40	30.85	30.20
T54	35.00	33.50	32.00	31.50	31.00	30.50	30.00	29.45	28.85
T61	31.60	31.25	30.90	30.55	30.15	29.80	29.35	28.90	28.40
T62	27.20	26.90	26.60	26.30	25.95	25.60	25.25	24.85	24.45
T63	31.60	31.25	30.90	30.55	30.15	29.80	29.35	28.90	28.40
T64	37.50	35.00	32.50	30.50	28.50	27.45	27.10	26.65	26.20
400m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
T11	1:05.85	1:05.10	1:04.35	1:03.55	1:02.75	1:01.85	1:00.95	0:59.95	0:58.85
T12	1:11.00	1:08.50	1:06.00	1:03.50	1:01.00	1:00.00	0:59.10	0:58.15	0:57.05
T13	1:13.00	1:08.50	1:06.00	1:03.50	1:01.00	0:59.65	0:58.75	0:57.80	0:56.75
T20	1:03.55	1:02.80	1:02.10	1:01.30	1:00.50	0:59.70	0:58.80	0:57.85	0:56.80
T33	1:17.00	1:15.95	1:14.90	1:13.85	1:12.75	1:11.60	1:10.35	1:09.05	1:07.60
T34	1:24.00	1:18.00	1:13.00	1:08.00	1:03.00	1:02.00	1:00.95	0:59.80	0:58.55
T35	1:23.00	1:21.00	1:18.00	1:15.00	1:13.00	1:11.70	1:10.65	1:09.50	1:08.20
T36	1:17.00	1:15.00	1:12.00	1:10.00	1:07.00	1:06.25	1:05.25	1:04.20	1:03.00
T37	1:09.00	1:08.00	1:07.00	1:06.00	1:04.60	1:03.70	1:02.75	1:01.75	1:00.60
T38	1:10.00	1:08.00	1:06.00	1:05.00	1:04.00	1:02.50	1:01.60	1:00.60	0:59.50
T42	1:09.00	1:07.00	1:05.00	1:03.00	1:01.00	1:00.00	0:59.15	0:58.15	0:57.10
T43	0:59.65	0:59.00	0:58.30	0:57.55	0:56.85	0:56.05	0:55.25	0:54.35	0:53.35
T44	1:07.70	1:06.95	1:06.15	1:05.35	1:04.50	1:03.60	1:02.65	1:01.65	1:00.50
T45-47	1:04.00	1:03.25	1:02.50	1:01.75	1:00.95	1:00.15	0:59.25	0:58.25	0:57.20
T51	1:43.00	1:41.60	1:40.20	1:38.79	1:37.30	1:35.80	1:34.15	1:32.40	1:30.45
T52	1:17.40	1:16.35	1:15.30	1:14.25	1:13.15	1:12.00	1:10.75	1:09.45	1:07.95
T53	1:29.00	1:21.00	1:13.00	1:05.00	1:01.00	0:59.75	0:58.75	0:57.65	0:56.40
T54	1:30.00	1:20.00	1:10.00	1:03.00	0:58.00	0:57.05	0:56.05	0:55.00	0:53.85
T61	1:03.90	1:03.15	1:02.40	1:01.65	1:00.85	1:00.00	0:59.15	0:58.15	0:57.10
T62	0:59.65	0:59.00	0:58.30	0:57.55	0:56.85	0:56.05	0:55.25	0:54.35	0:53.33
T63	1:03.90	1:03.15	1:02.40	1:01.65	1:00.85	1:00.00	0:59.15	0:58.15	0:57.10
T64	1:07.70	1:06.95	1:06.15	1:05.35	1:04.50	1:03.60	1:02.65	1:01.65	1:00.50

Female Award Standards

100m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
T11	15.85	15.70	15.50	15.30	15.05	14.85	14.60	14.35	14.10
T12	15.80	15.60	15.40	15.20	15.00	14.80	14.55	14.30	14.05
T13	17.00	16.50	16.00	15.50	15.00	14.80	14.60	14.35	14.05
T33	38.00	32.00	30.00	28.00	26.00	24.65	24.25	23.80	23.35
T34	37.00	31.00	27.00	25.00	22.50	21.45	21.10	20.75	20.35
T35	24.00	22.00	20.00	19.00	18.50	17.95	17.65	17.35	17.00
T36	29.00	26.00	23.00	20.00	18.00	17.65	17.40	17.10	16.75
T37	27.00	24.00	22.00	20.00	18.00	16.70	16.45	16.15	15.85
T38	26.00	23.00	21.00	19.00	17.00	16.05	15.80	15.55	15.25
T42	24.50	23.00	21.50	20.00	19.00	18.70	18.40	18.10	17.75
T43	19.50	18.75	18.00	17.00	16.00	15.70	15.45	15.15	14.85
T44	18.00	17.50	17.00	16.50	16.00	15.95	15.70	15.40	15.10
T45-47	19.50	18.50	17.50	16.50	15.50	15.30	15.05	14.80	14.50
T51	34.75	34.30	33.85	33.40	32.95	32.45	31.95	31.40	30.75
T52	24.70	24.40	24.10	23.75	23.45	23.10	22.70	22.30	21.90
T53	21.70	21.40	21.15	20.85	20.55	20.25	19.95	19.60	19.20
T54	32.50	29.00	26.00	23.00	20.50	20.15	19.80	19.45	19.10
T61	20.00	19.75	19.50	19.25	19.00	18.70	18.40	18.10	17.75
T62	16.75	16.55	16.35	16.15	15.90	15.70	15.45	15.15	14.85
T63	26.50	24.00	22.00	20.50	19.50	18.70	18.40	18.10	17.75
T64	17.00	16.80	16.60	16.40	16.15	15.95	15.70	15.40	15.10
200m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
T11	32.95	32.50	32.05	31.65	31.20	30.70	30.20	29.65	29.05
T12	32.15	31.75	31.35	30.90	30.45	30.00	29.50	28.95	28.40
T13	38.50	36.00	34.00	32.50	31.25	30.65	30.15	29.60	29.00
T33	73.00	60.00	53.00	49.00	46.00	43.40	42.65	41.85	40.90
T34	76.00	60.00	51.00	45.00	40.00	38.60	37.95	37.20	36.40
T35	49.00	46.00	43.00	40.00	37.50	36.60	36.00	35.35	34.65
T36	68.00	59.00	51.00	45.00	39.00	37.00	36.40	35.75	35.05
T37	69.50	59.00	50.00	44.00	38.00	35.00	34.45	33.80	33.10
T38	53.50	49.00	44.00	39.00	35.00	33.40	32.85	32.25	31.60
T42	60.00	59.00	58.00	57.00	56.00	55.00	54.00	53.00	52.00
T43	49.00	48.00	47.00	46.00	45.00	44.00	43.00	42.00	41.00
T44	38.50	37.00	36.00	35.00	33.75	33.05	32.50	31.95	31.30
T45-47	41.00	38.00	36.00	34.00	32.00	31.40	30.90	30.35	29.70
T51	78.00	74.00	70.00	67.00	65.00	63.35	62.20	61.05	59.70
T52	51.50	49.00	46.50	44.00	42.00	41.25	40.50	39.75	38.85
T53	38.80	38.25	37.70	37.15	36.60	36.00	35.35	34.65	33.90
T54	66.50	58.00	49.00	42.00	37.00	36.20	35.60	34.90	34.15
T61	43.30	42.75	42.20	41.60	41.00	40.40	39.75	39.00	38.20
T62	34.50	34.05	33.60	33.15	32.65	32.15	31.60	31.05	30.40
T63	43.30	42.75	42.20	41.60	41.00	40.40	39.75	39.00	38.20
T64	35.45	35.00	34.55	34.05	33.60	33.05	32.50	31.95	31.30
400m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
T11	1:15.95	1:15.00	1:13.95	1:12.95	1:11.85	1:10.75	1:09.60	1:08.30	1:06.90
T12	1:33.50	1:33.00	1:32.50	1:32.00	1:31.50	1:31.00	01:30.5	01:30	01:29.5
T13	1:30.00	1:24.00	1:18.00	1:13.00	1:09.00	1:07.70	1:06.60	1:05.35	1:04.00
T20	1:35.00	1:29.00	1:23.00	1:17.00	1:13.00	1:11.55	1:10.35	1:09.10	1:07.65
T33	1:56.00	1:49.00	1:42.00	1:37.00	1:33.00	1:30.65	1:28.90	1:27.00	1:24.90
T34	1:29.00	1:25.00	1:21.00	1:17.00	1:14.00	1:12.40	1:11.00	1:09.45	1:07.80
T35	2:06.00	1:56.00	1:46.00	1:38.00	1:33.00	1:30.80	1:29.30	1:27.65	1:25.85
T36	1:53.00	1:47.00	1:41.00	1:35.00	1:29.00	1:27.00	1:25.55	1:23.95	1:22.25
T37	1:39.00	1:34.00	1:29.00	1:24.00	1:20.00	1:18.25	1:16.95	1:15.50	1:13.95
T38	1:22.10	1:21.00	1:19.95	1:18.80	1:17.65	1:16.45	1:15.20	1:13.80	1:12.30
T43	1:19.15	1:18.10	1:17.05	1:16.00	1:14.90	1:13.75	1:12.50	1:11.17	1:09.70
T44	1:16.75	1:15.70	1:14.70	1:13.65	1:12.60	1:11.45	1:10.25	1:09.00	1:07.55
T45-47	1:16.10	1:15.10	1:14.10	1:13.05	1:12.00	1:10.85	1:09.70	1:08.40	1:07.00
T52	1:45.00	1:39.00	1:34.00	1:29.00	1:24.00	1:21.75	1:20.15	1:18.45	1:16.55
T53	1:20.00	1:17.50	1:15.00	1:12.50	1:10.00	1:08.15	1:06.80	1:05.40	1:03.80
T54	1:30.00	1:24.00	1:19.00	1:14.00	1:09.00	1:07.30	1:06.00	1:04.60	1:03.05
T62	1:19.16	1:18.12	1:17.07	1:16.00	1:14.89	1:13.73	1:12.50	1:11.17	1:09.70
T64	1:16.75	1:15.70	1:14.70	1:13.65	1:12.60	1:11.45	1:10.25	1:09.00	1:07.55

The awards levels have been developed using a mixture RAZA points, current performances in the UK and experts within the field.
The levels will be reviewed annually, using the latest data available, to ensure they reflect the needs of the sport and everyone who takes part in it.
Additional classification and wider disability athletics events will be added throughout 2023, once these levels have been developed.

LEVEL 1 LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7 LEVEL 8 LEVEL 9

ENGLAND ATHLETICS

In partnership with

AMATEUR ATHLETIC ASSOCIATION

PB AWARDS

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PARA ENDURANCE

Male Award Standards

800m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
T11	3:02.00	3:00.00	2:58.00	2:56.00	2:54.00	2:52.00	2:50.00	2:48.00	2:46.00
T12	2:28.60	2:27.10	2:25.55	2:23.95	2:22.25	2:20.50	2:18.65	2:16.60	2:14.35
T13	2:25.10	2:23.60	2:22.10	2:20.55	2:18.90	2:17.20	2:15.40	2:13.40	2:11.20
T20	2:57.00	2:48.00	2:39.00	2:30.00	2:22.00	2:20.05	2:18.20	2:16.15	2:13.90
T33	3:53.00	3:30.00	3:10.00	2:55.00	2:40.00	2:28.80	2:26.10	2:23.20	2:20.00
T34	3:38.00	3:00.00	2:45.00	2:20.00	2:04.00	2:01.25	1:59.05	1:56.65	1:54.05
T35	3:37.00	3:29.00	3:20.00	3:11.00	3:02.00	2:57.90	2:55.55	2:52.95	2:50.10
T36	3:47.00	3:35.00	3:15.00	2:55.00	2:38.00	2:34.40	2:32.35	2:30.10	2:27.60
T37	3:03.00	2:54.00	2:46.00	2:38.00	2:30.00	2:27.90	2:25.90	2:23.80	2:21.40
T38	2:35.30	2:33.70	2:32.10	2:30.40	2:28.70	2:26.85	2:24.90	2:22.75	2:20.40
T44	4:17.00	4:14.00	4:11.00	4:08.00	4:05.00	4:02.00	3:59.00	3:56.00	3:52.50
T45-47	2:40.00	2:37.00	2:32.00	2:27.00	2:22.00	2:19.35	2:17.50	2:15.50	2:13.25
T51	3:45.90	3:42.65	3:39.35	3:36.05	3:32.60	3:29.00	3:25.20	3:21.10	3:16.60
T52	3:29.00	3:10.00	2:55.00	2:40.00	2:25.00	2:22.00	2:19.45	2:16.70	2:13.65
T53	3:20.00	3:00.00	2:42.00	2:22.00	2:02.00	1:58.35	1:56.20	1:53.90	1:51.35
T54	2:54.00	2:40.00	2:25.00	2:10.00	1:56.00	1:53.75	1:51.70	1:49.45	1:47.00
T64	2:54.10	2:52.30	2:50.50	2:48.60	2:46.70	2:44.65	2:42.45	2:40.05	2:37.40
1500m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
T11	6:13.00	6:08.00	6:03.00	5:58.00	5:53.00	5:48.00	5:43.00	5:38.00	5:33.00
T12	4:57.50	4:54.00	4:51.00	4:47.50	4:44.00	4:40.00	4:37.00	4:32.00	4:28.00
T13	5:27.00	5:17.00	5:07.00	4:56.00	4:45.00	4:41.00	4:37.00	4:33.00	4:28.00
T20	5:12.00	5:06.00	5:00.00	4:54.00	4:48.00	4:44.00	4:40.00	4:36.00	4:31.00
T33	5:59.00	5:53.00	5:48.00	5:42.00	5:36.00	5:30.00	5:24.00	5:17.00	5:09.00
T34	5:36.00	5:04.00	4:42.00	4:20.00	3:58.00	3:53.00	3:48.00	3:43.00	3:38.00
T36	5:56.00	5:52.00	5:48.00	5:44.00	5:40.00	5:36.00	5:32.00	5:26.00	5:20.00
T37	5:22.00	5:18.00	5:15.00	5:11.00	5:07.00	5:04.00	5:00.00	4:55.00	4:50.00
T38	6:03.00	5:48.00	5:33.00	5:18.00	5:03.00	4:58.00	4:54.00	4:49.00	4:44.00
T44	5:58.00	5:55.00	5:50.00	5:46.00	5:42.00	5:38.00	5:33.00	5:28.00	5:23.00
T45-47	5:28.00	5:19.00	5:08.00	4:57.00	4:46.00	4:42.20	4:38.30	4:34.07	4:29.36
T51	7:08.00	7:01.00	6:54.00	6:48.00	6:41.00	6:34.00	6:26.00	6:18.00	6:09.00
T52	7:24.00	6:00.00	5:15.00	4:55.00	4:40.00	4:32.00	4:27.00	4:21.00	4:15.00
T53/54	5:03.00	4:45.00	4:25.00	4:05.00	3:45.00	3:39.00	3:35.00	3:30.00	3:26.00
T64	5:58.00	5:55.00	5:51.00	5:47.00	5:42.00	5:38.00	5:33.00	5:28.00	5:23.00

Female Award Standards

800m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
T11	3:03.45	3:00.95	2:58.45	2:55.90	2:53.25	2:50.50	2:47.55	2:44.40	2:40.95
T12	3:30.00	3:27.00	3:24.00	3:21.00	3:18.00	3:15.00	3:12.00	3:09.00	3:06.00
T13	3:14.60	3:11.95	3:09.30	3:06.60	3:03.80	3:00.85	2:57.76	2:54.40	2:50.70
T20	3:01.90	2:59.40	2:56.95	2:54.40	2:51.80	2:49.05	2:46.15	2:43.05	2:39.60
T33	4:10.00	03:30.0	3:13.60	3:10.20	3:06.70	3:03.05	2:59.25	2:55.15	2:50.70
T34	2:38.20	2:35.55	2:32.90	2:30.20	2:27.45	2:24.60	2:21.60	2:18.35	2:14.85
T35	4:48.25	4:44.35	4:40.40	4:36.40	4:32.25	4:27.90	4:23.30	4:18.35	4:12.90
T38	3:57.00	3:54.00	3:51.00	3:48.00	3:45.00	3:42.00	3:39.00	3:36.00	3:33.00
T45-47	3:06.35	3:03.80	3:01.25	2:58.70	2:56.00	2:53.20	2:50.25	2:47.00	2:43.50
T52	2:59.05	2:56.05	2:53.05	2:50.00	2:46.85	2:43.65	2:40.25	2:36.55	2:32.60
T53	2:46.00	2:38.00	2:29.00	2:21.00	2:13.00	2:09.95	2:07.25	2:04.35	2:01.20
T54	2:47.00	2:38.00	2:29.00	2:21.00	2:13.00	2:10.70	2:08.00	2:05.05	2:01.90
1500m	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
T11	6:09.00	6:05.00	6:00.00	5:55.00	5:50.00	5:44.00	5:39.00	5:33.00	5:26.00
T12	6:53.00	6:40.00	6:25.00	6:05.00	5:45.00	5:40.00	5:34.00	5:28.00	5:21.00
T13	6:10.00	5:59.00	5:49.00	5:39.00	5:29.00	5:23.00	5:18.00	5:12.00	5:06.00
T20	6:07.00	6:00.00	5:50.00	5:42.00	5:34.00	5:28.00	5:23.00	5:17.00	5:11.00
T33	7:43.00	7:26.00	7:08.00	6:50.00	6:33.00	6:25.00	6:17.00	6:08.00	5:59.00
T34	7:02.00	6:15.00	5:45.00	5:17.00	4:47.00	4:40.00	4:34.00	4:28.00	4:21.00
T53/54	6:13.00	5:40.00	5:10.00	4:40.00	4:11.00	4:05.00	4:00.00	3:54.00	3:48.00

PARA JUMPS

Male Award Standards

Long Jump	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
T11	3.70	3.95	4.20	4.45	4.70	4.95	5.20	5.45	5.75
T12	3.35	3.70	4.10	4.45	4.80	5.15	5.50	5.85	6.25
T13	3.00	3.40	3.80	4.20	4.60	5.00	5.40	5.80	6.15
T20	4.85	5.00	5.20	5.40	5.55	5.75	5.95	6.10	6.25
T35	2.20	2.40	2.60	2.80	3.00	3.20	3.40	3.60	3.80
T36	1.40	1.80	2.20	2.60	3.00	3.40	3.80	4.20	4.60
T37	4.30	4.60	4.75	4.85	5.00	5.10	5.25	5.35	5.50
T38	3.40	3.65	3.90	4.15	4.50	4.75	5.00	5.25	5.50
T42	3.10	3.40	3.70	4.00	4.40	4.70	5.00	5.35	5.70
T43/44	3.40	3.75	4.10	4.50	4.85	5.20	5.55	5.90	6.30
T45-47	4.30	4.50	4.70	5.00	5.20	5.40	5.60	5.80	6.05
T61	4.75	4.85	4.95	5.05	5.15	5.30	5.40	5.55	5.75
T62	5.25	5.35	5.45	5.60	5.70	5.85	6.00	6.15	6.35
T63	4.75	4.85	4.95	5.05	5.15	5.30	5.40	5.55	5.75
T64	4.00	4.20	4.35	4.50	4.65	4.80	4.95	5.10	5.35
Triple Jump	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
T11	10.10	10.20	10.35	10.45	10.60	10.70	10.90	11.05	11.20
T12	10.10	10.20	10.35	10.45	10.60	10.70	10.90	11.05	11.20
T13	6.25	7.00	7.70	8.40	9.10	9.80	10.50	11.20	11.85
T20	11.10	11.20	11.35	11.45	11.60	11.75	11.90	12.10	12.30
T45-47	8.95	9.35	9.75	10.05	10.45	10.85	11.25	11.65	12.10
High Jump	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
T11	1.18	1.20	1.21	1.23	1.25	1.27	1.30	1.32	1.35
T12	1.30	1.33	1.35	1.37	1.40	1.42	1.45	1.48	1.50
T13	1.25	1.31	1.37	1.43	1.49	1.55	1.61	1.67	1.73
F20	1.25	1.32	1.38	1.44	1.50	1.56	1.62	1.68	1.75
T42	1.44	1.46	1.48	1.51	1.53	1.55	1.58	1.61	1.65
T43/44	1.67	1.70	1.72	1.75	1.78	1.81	1.84	1.87	1.92
T45-47	1.10	1.17	1.24	1.31	1.38	1.45	1.52	1.59	1.65
T61	1.44	1.46	1.48	1.51	1.53	1.55	1.58	1.61	1.65
T62	1.67	1.70	1.72	1.75	1.78	1.81	1.84	1.87	1.92
T63	1.44	1.46	1.48	1.51	1.53	1.55	1.58	1.61	1.65
T64	1.67	1.70	1.72	1.75	1.78	1.81	1.84	1.87	1.92

Female Award Standards

Long Jump	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
T11	3.62	3.69	3.76	3.84	3.92	4.01	4.11	4.21	4.34
T12	4.30	4.40	4.50	4.60	4.70	4.80	4.90	5.05	5.20
T13	3.15	3.30	3.45	3.60	3.75	3.90	4.05	4.20	4.30
T20	3.00	3.25	3.50	3.75	4.00	4.25	4.50	4.70	4.85
T35	2.50	2.55	2.60	2.65	2.70	2.75	2.85	2.90	3.00
T36	2.60	2.70	2.80	2.90	3.00	3.10	3.15	3.25	3.30
T37	2.35	2.55	2.75	3.00	3.20	3.40	3.60	3.80	4.00
T38	3.60	3.65	3.75	3.80	3.90	4.00	4.10	4.20	4.30
T42	3.25	3.30	3.40	3.45	3.55	3.60	3.70	3.80	3.90
T43/44	2.40	2.75	3.10	3.45	3.80	4.15	4.50	4.85	5.10
T45-47	3.65	3.85	4.00	4.15	4.30	4.45	4.60	4.75	5.00
T61	3.25	3.30	3.40	3.45	3.55	3.60	3.70	3.80	3.90
T62	4.20	4.30	4.40	4.50	4.60	4.70	4.80	4.90	5.05
T63	3.25	3.30	3.40	3.45	3.55	3.60	3.70	3.80	3.90
T64	4.20	4.30	4.40	4.50	4.60	4.70	4.80	4.90	5.05
Triple Jump	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
T20	9.60	9.75	9.90	10.05	10.20	10.35	10.55	10.75	10.95
High Jump	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
F20	1.15	1.18	1.21	1.24	1.27	1.30	1.33	1.37	1.40
T43-44	1.03	1.05	1.07	1.09	1.11	1.13	1.15	1.18	1.21
T62	1.03	1.05	1.07	1.09	1.11	1.13	1.15	1.18	1.21
T64	1.03	1.05	1.07	1.09	1.11	1.13	1.15	1.18	1.21

The awards levels have been developed using a mixture RAZA points, current performances in the UK and experts within the field.
The levels will be reviewed annually, using the latest data available, to ensure they reflect the needs of the sport and everyone who takes part in it.
Additional classification and wider disability athletics events will be added throughout 2023, once these levels have been developed.

LEVEL 1 LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7 LEVEL 8 LEVEL 9

ENGLAND ATHLETICS

In partnership with

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PB AWARDS

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PARA THROWS

Male Award Standards

Shot Put	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
F11	4.50	5.25	6.00	6.75	7.50	8.25	9.00	9.60	10.00
F12	6.50	7.00	7.50	8.00	8.50	9.00	9.50	10.00	10.50
F13	4.50	5.25	6.00	6.75	7.50	8.25	9.00	9.60	10.00
F20	5.55	6.40	7.20	8.00	8.80	9.60	10.40	11.20	12.20
F32	2.50	3.00	3.50	4.00	4.25	4.50	4.75	5.00	5.25
F33	3.50	4.40	5.30	6.20	7.10	8.00	8.90	9.80	10.70
F34	5.80	6.40	7.20	8.00	8.80	9.10	9.50	9.90	10.40
F35	4.00	5.25	6.50	7.75	9.00	10.50	12.00	13.00	13.55
F36	2.70	3.40	4.10	5.00	6.10	7.30	8.50	9.70	10.90
F37	9.50	10.00	10.30	10.60	10.90	11.25	11.60	12.00	12.30
F38	4.50	5.70	6.90	8.10	9.30	10.50	11.70	12.90	14.10
F40	7.20	7.50	7.75	8.00	8.20	8.50	8.75	9.10	9.50
F41	4.50	5.75	7.00	8.00	9.00	10.00	10.50	11.00	11.50
F42	9.00	10.20	10.50	10.80	11.10	11.50	11.80	12.30	12.80
F43/44	6.00	7.00	8.00	9.00	10.50	12.00	12.50	13.00	14.00
F46	8.00	9.00	10.00	11.00	11.50	12.00	12.50	13.00	14.00
F52	6.30	6.50	6.80	7.00	7.25	7.50	7.85	8.20	8.60
F53	5.50	5.70	5.90	6.10	6.35	6.60	6.85	7.15	7.50
F54	5.50	6.00	6.25	6.50	6.75	7.00	7.50	8.00	8.50
F55	5.90	6.80	7.70	8.30	8.60	8.90	9.30	9.70	10.15
F56	5.40	6.50	7.50	8.00	8.50	9.00	9.30	9.70	10.10
F57	6.10	6.60	7.10	7.60	8.10	8.60	9.10	9.60	10.10
F61	9.90	10.20	10.50	10.80	11.15	11.50	11.90	12.30	12.80
F62	7.10	7.40	7.70	8.00	8.30	8.60	8.90	7.20	7.50
F63	9.90	10.20	10.50	10.80	11.15	11.50	11.90	12.30	12.80
F64	8.30	8.50	8.80	9.10	9.40	9.70	10.00	10.30	10.60
Discus	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
F11	18.30	18.40	18.50	18.60	18.70	18.80	18.90	19.00	19.10
F12	30.22	31.25	32.32	33.45	34.64	35.93	37.35	38.93	40.74
F13	12.00	13.50	15.00	16.75	18.50	20.25	21.75	23.50	24.70
F20	10.40	13.75	17.10	20.45	23.80	27.20	30.55	33.90	37.30
F32	6.55	8.00	9.40	10.80	12.20	13.60	15.00	16.40	17.80
F33	11.75	13.70	15.60	17.60	19.50	21.40	23.40	25.40	27.40
F34	10.30	13.20	16.10	19.00	21.90	24.80	27.70	30.60	33.45
F35	12.80	15.55	18.30	21.05	23.80	26.55	29.30	32.05	34.80
F36	3.50	6.50	10.00	14.00	20.00	25.00	30.00	32.50	35.00
F37	27.00	29.00	31.00	33.50	36.00	38.50	40.50	42.50	44.60
F38	10.70	14.00	16.90	19.00	33.17	34.41	35.76	37.27	36.60
F40	14.00	15.00	16.00	17.00	18.00	19.00	19.70	20.50	21.50
F41	14.00	16.00	18.00	20.00	22.00	24.00	26.20	28.40	30.60
F42	21.00	23.00	25.00	27.00	30.00	33.00	36.00	38.00	40.00
F43/44	20.00	23.00	25.00	27.00	30.00	35.00	40.00	45.00	50.00
F46	22.20	23.50	24.80	26.10	27.40	28.70	30.00	31.30	32.60
F51	7.10	7.40	7.70	8.00	8.35	8.70	9.15	9.60	10.10
F52	6.50	6.75	7.00	7.25	7.50	7.75	8.00	8.50	8.95
F53	15.25	15.90	16.55	17.25	18.00	18.80	19.65	20.65	21.75
F54	12.00	12.70	13.40	14.10	14.80	15.50	16.20	16.90	17.60
F55	13.80	15.00	17.50	20.00	22.50	25.00	27.50	30.00	31.50
F56	13.90	15.70	17.50	19.30	21.10	22.90	24.70	26.50	28.25
F57	16.00	19.00	22.00	25.00	28.00	31.10	34.20	37.30	40.40
F61	29.00	30.00	31.00	32.10	33.25	34.50	35.85	37.35	39.10
F62	36.90	38.20	39.50	40.85	42.30	43.90	45.60	47.55	49.75
F63	29.00	30.00	31.00	32.10	33.25	34.50	35.85	37.35	39.10
F64	21.00	23.00	25.00	27.00	29.00	31.00	33.00	35.00	36.00
Javelin	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
F11	17.70	19.20	20.70	22.20	23.70	25.20	26.70	28.20	29.70
F12	13.35	15.60	17.85	20.10	22.40	26.65	28.80	30.00	31.40
F13	25.70	29.70	33.70	37.70	41.70	45.70	49.70	53.70	57.70
F20	6.40	10.00	13.50	17.00	20.50	24.00	27.50	31.00	34.60
F33	7.80	9.20	10.60	12.00	13.50	14.90	16.30	17.75	19.20
F34	8.40	10.40	12.40	14.40	16.40	18.40	20.40	22.40	24.65
F35	9.60	11.40	13.20	15.00	16.80	18.60	20.40	22.20	24.00
F36	5.15	7.55	10.00	12.40	14.80	17.20	19.60	22.00	24.30
F37	20.00	22.70	25.40	28.10	30.80	33.50	36.20	38.90	41.50
F38	15.00	18.20	21.40	24.60	27.80	31.00	34.20	37.40	40.50
F40	16.60	18.40	20.20	22.00	23.80	25.60	27.40	29.20	31.10
F41	10.15	13.60	17.10	20.50	23.90	27.40	30.80	34.30	37.81
F42	20.80	23.70	26.60	29.50	32.40	35.30	38.20	41.10	44.00
F43/44	9.00	13.00	17.00	21.00	24.90	28.80	32.70	36.60	40.00
F46	21.60	24.10	26.60	29.10	31.60	34.10	36.60	39.10	42.00
F52	10.50	10.95	11.40	11.90	12.40	12.95	13.55	14.25	15.00
F53	12.90	13.45	14.00	14.60	15.25	15.90	16.65	17.50	18.45
F54	10.00	12.00	14.00	16.50	18.50	20.00	21.50	23.00	23.75
F55	13.80	15.30	16.80	18.30	19.80	21.30	22.80	24.30	26.00
F56	11.70	13.20	14.70	16.20	17.70	19.20	20.70	22.20	23.60
F57	10.80	14.00	17.30	20.60	23.90	27.20	30.40	33.50	37.20
F61	31.65	32.90	34.15	35.45	36.85	38.35	40.00	41.85	44.00
F62	9.00	10.00	11.50	13.00	14.50	16.50	18.50	20.50	22.65
F63	31.65	32.90	34.15	35.45	36.85	38.35	40.00	41.85	44.00
F64	24.70	26.10	27.50	29.00	30.50	32.00	33.50	35.00	36.50
Club Throw	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
F31	14.80	15.00	15.20	15.40	15.60	15.80	16.00	16.20	16.40
F32	18.80	19.00	20.50	22.00	24.00	26.00	27.50	29.00	30.55
F51	19.10	19.80	20.55	21.35	22.15	23.05	24.00	25.10	26.35

Female Award Standards

Shot Put	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
F11	6.00	6.10	6.30	6.50	6.70	6.90	7.10	7.30	7.50
F12	6.50	7.25	8.00	8.75	9.50	10.00	10.40	10.80	11.40
F13	7.00	7.15	7.30	7.45	7.60	7.75	7.90	8.15	8.30
F20	4.00	4.70	5.40	6.10	6.80	7.50	8.20	8.90	9.40
F32	1.80	2.20	2.70	3.20	3.70	4.20	4.70	5.20	5.70
F33	2.40	2.60	2.80	3.00	3.20	3.40	3.60	3.75	3.90
F34	3.00	3.50	4.10	4.70	5.20	5.70	6.20	6.70	7.20
F35	2.90	3.60	4.30	5.00	5.70	6.30	7.00	7.70	8.40
F36	2.80	3.30	3.80	4.30	4.80	5.30	5.80	6.30	6.80
F37	4.00	4.80	5.60	6.40	7.20	8.00	8.80	9.60	10.30
F38	4.50	5.10	5.70	6.30	6.90	7.50	8.10	8.80	9.50
F40	4.30	4.60	5.00	5.30	5.60	6.00	6.35	6.70	7.00
F41	4.10	4.50	4.90	5.30	5.70	6.10	6.60	7.10	7.60
F42	4.20	4.70	5.20	5.70	6.20	6.70	7.10	7.60	8.00
F43/44	5.20	5.70	6.20	6.70	7.30	7.90	8.60	9.10	9.50
F46	6.40	6.65	6.90	7.15	7.40	7.65	7.90	8.20	8.60
F52	2.20	2.40	2.60	2.80	3.00	3.20	3.40	3.55	3.70
F53	3.15	3.30	3.40	3.50	3.65	3.80	3.95	4.10	4.30
F54	3.90	4.10	4.30	4.50	4.70	4.90	5.10	5.30	5.50
F55	4.50	5.00	5.30	5.50	5.70	5.95	6.20	6.45	6.75
F56	3.80	4.50	5.00	5.50	6.00	6.35	6.60	6.90	7.25
F57	3.00	3.50	4.00	4.50	5.10	5.70	6.20	6.70	7.20
F61	6.25	6.50	6.75	7.00	7.25	7.55	7.85	8.20	8.60
F62	8.25	8.55	8.85	9.15	9.50	9.90	10.30	10.75	11.30
F63	6.30	6.50	6.75	7.00	7.25	7.55	7.85	8.20	8.60
F64	8.25	8.55	8.85	9.15	9.50	9.90	10.30	10.75	11.30
Discus	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
F11	23.85	24.80	25.75	26.75	27.85	29.00	30.25	31.70	33.30
F12	15.00	20.00	25.00	27.50	30.00	32.50	34.00	35.50	37.00
F13	18.70	19.40	20.15	21.00	21.80	22.70	23.70	24.80	26.00
F20	13.30	16.80	20.30	23.80	27.30	30.80	34.30	37.80	41.60
F32	4.25	5.00	6.00	7.00	8.00	9.00	9.50	10.00	10.50
F33	4.25	5.00	6.00	7.00	8.00	9.00	10.00	10.50	11.00
F34	4.65	6.30	7.60	9.00	10.50	12.10	14.10	16.10	18.10
F35	8.40	10.20	12.00	13.80	15.60	17.40	19.20	21.00	23.00
F36	9.50	10.90	12.30	13.70	15.10	16.50	17.90	19.30	20.60
F37	12.90	15.00	17.00	19.00	21.00	23.00	25.00	27.50	30.00
F38	14.30	16.10	17.90	19.70	21.50	23.30	25.10	26.90	28.80
F40	12.10	13.00	14.00	15.00	16.00	17.00	17.70	18.50	19.50
F41	13.00	14.30	15.60	16.90	18.20	19.50	20.90	22.40	23.70
F42	11.65	13.00	15.00	16.30	17.60	18.90	20.20	21.50	22.50
F43/44	12.60	15.00	17.00	20.00	23.00	26.00	28.50	31.00	33.00
F46	16.40	18.00	19.60	21.20	22.80	24.40	26.00	27.60	29.60
F51	7.00	7.30	7.60	8.00	8.40	8.80	9.20	9.60	10.00
F52	5.50	6.00	6.50	7.00	7.50	7.80	8.10	8.40	8.70
F53	7.70	8.00	8.40	8.70	9.10	9.50	9.95	10.45	11.00
F54	10.75	11.20	11.65	12.15	12.70	13.25	13.85	14.55	15.30
F55	9.95	11.00	12.30	13.50	14.70	15.90	17.20	18.50	19.70
F56	8.60	9.90	11.30	12.70	14.10	15.40	16.80	18.20	19.60
F57	8.10	10.00	11.90	13.80	15.70	17.60	19.50	21.50	23.50
F61	18.60	19.30	20.00	20.85	21.70	22.60	23.55	24.70	25.95
F62	23.67	24.59	25.54	26.55	27.61	28.76	30.02	31.43	33.05
F63	17.90	18.60	19.30	20.00	20.80	21.70	22.60	23.50	24.40
F64	23.70	24.60	25.55	26.55	27.60	28.75	30.00	31.40	33.05
Javelin	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
F11	11.00	11.50	12.00	12.50	13.00	13.50	14.00	14.50	15.15
F12	12.40	13.85	15.30	16.70	18.10	19.50	21.00	22.40	24.20
F13	16.50	17.00	17.50	18.00	18.50	19.00	19.50	20.00	20.60
F20	7.10	9.30	11.50	13.70	15.90	18.10	20.30	22.50	24.70
F33	4.70	5.00	5.40	5.70	6.00	6.40	6.70	7.00	7.65
F34	6.90	7.80	8.70	9.60	10.50	11.40	12.30	13.20	13.85
F35	15.20	15.95	16.60	17.40	18.20	19.00	20.00	21.00	22.30
F36	4.75	5.75	6.75	7.75	8.75	9.75	10.80	11.90	12.90
F37	4.90	7.30	9.60	11.90	14.30	16.60	18.90	21.30	23.80
F38	8.15	9.75	11.40	13.00	14.70	16.30	18.00	19.70	21.30
F40	9.45	10.80	12.10	13.30	14.60	15.80	17.10	18.40	19.60
F41	9.70	10.90	12.20	13.40	14.60	15.80	17.00	18.20	19.55
F42	8.00	8.50	9.00	9.50	10.00	10.50	11.00	11.50	12.00
F43/44	6.00	6.50	7.00	7.50	8.00	8.50	9.00	9.40	9.90
F46	11.50	14.50	17.50	20.50	23.50	26.50	29.50	32.50	35.60
F52	3.50	4.00	4.50	5.00	5.50	6.00	6.50	7.00	7.45
F53	7.25	7.55	7.85	8.14	8.45	8.80	9.20	9.65	10.15
F54	6.00	6.50	7.00	7.50	8.00	8.50	9.00	9.30	9.70
F55	11.80	12.25	12.70	13.20	13.75	14.30	14.95	15.65	16.45
F56	9.15	10.15	11.10	12.10	13.00	13.90	14.80	15.70	16.60
F57	10.00	10.30	10.60	10.90	11.20	11.50	11.80	12.00	12.25
F61	17.70	18.50	19.35	20.20	21.10	22.15	23.25	24.45	25.85
F62	22.55	23.60	24.65	25.75	26.95	28.20	29.60	31.15	32.95
F63	17.70	18.50	19.35	20.20	21.15	2.15	23.25	24.45	25.85
F64	22.55	23.60	24.65	25.75	26.95	28.20	29.60	31.15	32.95
Club Throw	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Level 8**	**Level 9**
F31	8.50	9.50	10.10	10.55	11.00	11.40	11.90	12.45	13.10
F32	8.75	10.20	11.60	13.00	14.30	15.70	17.10	18.50	19.90
F51	14.60	15.45	16.05	16.65	17.35	18.05	18.80	19.70	20.70

The awards levels have been developed using a mixture RAZA points, current performances in the UK and experts within the field.
The levels will be reviewed annually, using the latest data available, to ensure they reflect the needs of the sport and everyone who takes part in it.
Additional classification and wider disability athletics events will be added throughout 2023, once these levels have been developed.

LEVEL 1 LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7 LEVEL 8 LEVEL 9

ENGLAND ATHLETICS

In partnership with

AMATEUR ATHLETIC ASSOCIATION

PATHFINDER AWARDS

Helping to celebrate personal milestones in your running

The England Athletics Pathfinder Awards have been developed to help celebrate everyone reaching a personal milestone in their running, whether it be a 5K, a 10K, a Park Run or a Marathon. Running faster and reaching new heights is something everyone should be proud of, so why not celebrate and share this achievement through the Pathfinder Awards?

Why Pathfinder?

A Pathfinder is someone who explores new challenges or who shows others a pathway. We believe that by continuing to strive towards new personal bests you both grow yourself as a person (exploring new challenges of your own ability) and inspire others (showing them a pathway).

Linking with other Awards

For those wishing to progress towards more formal athletics competition, the Pathfinder Awards connect with the England Athletics PB Awards.

Certificates

Run Leaders, Event Organisers and Competition Providers can order **Pathfinder Certificates**

Male Pathfinder Milestones

5,000m	Milestones										
U20	40:00.00	35:00.00	30:00.00	25:00.00	>progress to PB AWARDS						
Senior	40:00.00	35:00.00	30:00.00	25:00.00	20:00.00	19:00.00	18:00.00	17:30.0	17:00.0	16:30.0	>progress to PB AWARDS
10,000m	Milestones										
Senior	01:20:00	01:10:00	01:05:00	01:00:00	55:00.0	50:00.0	45:00.0	40:00.0	35:00.0	34:20.0	>progress to PB AWARDS
Half Marathon	Milestones										
Senior	02:20:00	02:10:00	02:00:00	01:50:00	01:45:00	01:40:00	01:35:00	01:27:00	01:24:00	01:21:00	>progress to PB AWARDS
Marathon	Milestones										
Senior	05:30:00	05:10:00	04:50:00	04:30:00	04:10:00	03:50:00	03:35:00	03:20:00	03:10:00	03:00:00	>progress to PB AWARDS

Female Pathfinder Milestones

5,000m	Milestones										
U20	45:00.0	40:00.0	35:00.0	30:00.0	27:00.0	>progress to PB AWARDS					
Senior	45:00.0	40:00.0	35:00.0	30:00.0	27:00.0	24:00.0	22:00.0	21:00.0	>progress to PB AWARDS		
10,000m	Milestones										
Senior	01:40:00	01:30:00	01:20:00	01:10:00	01:00:00	55:00.0	50:00.0	45:00.0	>progress to PB AWARDS		
Half Marathon	Milestones										
Senior	02:40:00	02:30:00	02:20:00	02:10:00	02:05:00	02:00:00	01:55:00	01:50:00	01:45:00	01:42:00	>progress to PB AWARDS
Marathon	Milestones										
Senior	06:30:00	06:00:00	05:40:00	05:20:00	05:00:00	04:40:00	04:25:00	04:10:00	04:00:00	03:50:00	>progress to PB AWARDS

Just scan this QR code for more details about the Pathfinder and PB Awards.