

# MIDDLETON CYCLING CLUB

Founded 1941

## Club Standards (from March 1990)

<b>Distance</b>	<b>Category</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>
<b>10 miles</b>	Junior	26:30	27:30	28:30
	Women's	26:30	27:30	28:30
	Men's	24:00	25:00	26:00
<b>25 miles</b>	Junior	1:06.00	1:09.00	1:14.00
	Women's	1:06.00	1:09.00	1:14.00
	Men's	1:00.00	1:03.00	1:07.00
<b>30 miles</b>	Women's	1:19.00	1:22.00	1:29.00
	Men's	1:12.00	1:16.00	1:20.00
<b>50 miles</b>	Women's	2:16.00	2:23.00	2:32.00
	Men's	2:04.00	2:10.00	2:18.00
<b>100 miles</b>	Women's	4:52.00	5:04.00	5:20.00
	Men's	4:25.00	4:35.00	4:48.00
<b>12 hour</b>	Women's	222 miles	212 miles	195 miles
	Men's	245 miles	235 miles	220 miles
<b>24 hour</b>	Women's	408 miles	388 miles	355 miles
	Men's	450 miles	430 miles	400 miles

### **Notes:**

The club standards are attainable for full members of Middleton Cycling Club, these are separate awards which can only be won once in your lifetime.

If you attain a Silver standard medal, you are NOT eligible to obtain a Bronze standard medal, but can later be awarded a Gold standard at a later date. Likewise if you win a Gold standard medal you can't win a Silver or Bronze standard medal.

You can however win a Bronze standard medal then attain the others in sequence (I.e. Silver then Gold) but not Gold then Silver.

These are for life and once won can't be claimed for again during your lifetime.