



# 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

|                      |                   |          |          |          |                               |          |          |          |          |          |                               |  |
|----------------------|-------------------|----------|----------|----------|-------------------------------|----------|----------|----------|----------|----------|-------------------------------|--|
| <b>5,000m</b>        | <b>Milestones</b> |          |          |          |                               |          |          |          |          |          |                               |  |
| U20                  | 40:00.00          | 35:00.00 | 30:00.00 | 25:00.00 | >progress to <b>PB AWARDS</b> |          |          |          |          |          |                               |  |
| 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 <b>PB AWARDS</b> |  |
| <b>10,000m</b>       | <b>Milestones</b> |          |          |          |                               |          |          |          |          |          |                               |  |
| 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 <b>PB AWARDS</b> |  |
| <b>Half Marathon</b> | <b>Milestones</b> |          |          |          |                               |          |          |          |          |          |                               |  |
| 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 <b>PB AWARDS</b> |  |
| <b>Marathon</b>      | <b>Milestones</b> |          |          |          |                               |          |          |          |          |          |                               |  |
| 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 <b>PB AWARDS</b> |  |

### Female Pathfinder Milestones

|                      |                   |          |          |          |          |                               |          |          |                               |          |                               |  |
|----------------------|-------------------|----------|----------|----------|----------|-------------------------------|----------|----------|-------------------------------|----------|-------------------------------|--|
| <b>5,000m</b>        | <b>Milestones</b> |          |          |          |          |                               |          |          |                               |          |                               |  |
| U20                  | 45:00.0           | 40:00.0  | 35:00.0  | 30:00.0  | 27:00.0  | >progress to <b>PB AWARDS</b> |          |          |                               |          |                               |  |
| 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 <b>PB AWARDS</b> |          |                               |  |
| <b>10,000m</b>       | <b>Milestones</b> |          |          |          |          |                               |          |          |                               |          |                               |  |
| 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 <b>PB AWARDS</b> |          |                               |  |
| <b>Half Marathon</b> | <b>Milestones</b> |          |          |          |          |                               |          |          |                               |          |                               |  |
| 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 <b>PB AWARDS</b> |  |
| <b>Marathon</b>      | <b>Milestones</b> |          |          |          |          |                               |          |          |                               |          |                               |  |
| 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 <b>PB AWARDS</b> |  |



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

