

*BC ATHLETICS PERFORMANCE STANDARDS
10K ROAD RUN*

	GOLD	SILVER	BRONZE
WOMEN			
W40	41:13	44:58	48:43
W45	42:16	46:06	49:57
W50	43:18	47:15	51:11
W55	45:59	50:10	54:20
W60	48:37	53:03	57:28
W65	53:01	57:50	1:02:40
W70	1:01:34	1:07:10	1:12:40
W75	1:09:25	1:15:44	1:22:02
W80	1:12:53	1:19:31	1:26:08
MEN			
M40	33:53	36:58	40:03
M45	34:38	37:47	40:56
M50	35:38	38:52	42:07
M55	37:27	40:51	44:16
M60	38:45	42:16	45:47
M65	43:20	47:16	51:13
M70	44:57	49:02	53:07
M75	50:36	55:13	59:49
M80	56:57	1:02:08	1:07:19
M85	1:06:01	1:12:01	1:18:01
M90	1:25:21	1:33:06	1:40:52