

## Men's Road Standards from December 2016

Figures based on the 2015 (latest) road tables,  
except 1 Mile based on the 2010 (latest) track tables

Bronze 65% Silver 70%  
Gold 75% Diamond 85%

<i>MEN</i>	Mile	5K	5M	10K	10M	Half Mar	Marathon	Lake
<b>Senior</b>								
<b>BRONZE</b>	05:42	19:58	32:47	41:06	67:41	1:29:49	3:09:10	19:50
<b>SILVER</b>	05:18	18:32	30:27	38:10	62:51	1:23:24	2:55:39	18:10
<b>GOLD</b>	04:56	17:18	28:25	35:37	58:40	1:17:50	2:43:56	16:30
<b>DIAMOND</b>	04:21	15:16	25:04	31:25	51:46	1:08:41	2:24:39	14:50
<b>MV35</b>								
<b>BRONZE</b>	05:49	20:24	33:12	41:29	68:08	1:30:17	3:10:07	19:50
<b>SILVER</b>	05:24	18:57	30:50	38:31	63:15	1:23:50	2:56:32	18:10
<b>GOLD</b>	05:03	17:41	28:46	35:57	59:02	1:18:14	2:44:45	16:30
<b>DIAMOND</b>	04:27	15:36	25:23	31:43	52:06	1:09:02	2:25:22	14:50
<b>MV40</b>								
<b>BRONZE</b>	06:02	21:06	34:14	42:38	69:49	1:32:21	3:14:31	20:30
<b>SILVER</b>	05:36	19:35	31:47	39:35	64:50	1:25:46	3:00:37	18:50
<b>GOLD</b>	05:14	18:17	29:40	36:57	60:30	1:20:02	2:48:35	17:05
<b>DIAMOND</b>	04:37	16:08	26:10	32:36	53:23	1:10:37	2:28:46	15:25
<b>MV45</b>								
<b>BRONZE</b>	06:16	21:52	35:34	44:21	72:38	1:36:05	3:22:19	21:15
<b>SILVER</b>	05:49	20:18	33:01	41:11	67:27	1:29:13	3:07:52	19:30
<b>GOLD</b>	05:26	18:57	30:49	38:26	62:57	1:23:16	2:55:20	17:45
<b>DIAMOND</b>	04:47	16:43	27:11	33:55	55:33	1:13:28	2:34:42	16:00
<b>MV50</b>								
<b>BRONZE</b>	06:31	22:41	37:01	46:14	75:46	1:40:14	3:31:05	22:00
<b>SILVER</b>	06:03	21:04	34:23	42:55	70:21	1:33:04	3:16:00	20:10
<b>GOLD</b>	05:39	19:40	32:05	40:04	65:40	1:26:52	3:02:56	18:20
<b>DIAMOND</b>	04:59	17:21	28:18	35:21	57:56	1:16:39	2:41:25	16:30
<b>MV55</b>								
<b>BRONZE</b>	06:47	23:35	38:35	48:15	79:09	1:44:48	3:40:41	22:45
<b>SILVER</b>	06:18	21:54	35:50	44:48	73:30	1:37:18	3:24:55	20:55
<b>GOLD</b>	05:53	20:26	33:26	41:49	68:36	1:30:49	3:11:15	19:00
<b>DIAMOND</b>	05:11	18:02	29:30	36:54	60:31	1:20:08	2:48:45	17:05
<b>MV60</b>								
<b>BRONZE</b>	07:05	24:33	40:18	50:27	82:52	1:49:46	3:51:10	23:40
<b>SILVER</b>	06:35	22:48	37:25	46:51	76:57	1:41:56	3:34:39	21:40
<b>GOLD</b>	06:09	21:17	34:56	43:44	71:49	1:35:08	3:20:20	19:40
<b>DIAMOND</b>	05:25	18:47	30:49	38:35	63:22	1:23:56	2:56:46	17:45
<b>MV65</b>								
<b>BRONZE</b>	07:25	25:37	42:10	52:54	86:57	1:55:15	4:02:42	24:25
<b>SILVER</b>	06:53	23:47	39:10	49:07	80:44	1:47:00	3:45:22	22:25
<b>GOLD</b>	06:25	22:12	36:33	45:50	75:21	1:39:52	3:30:20	20:20
<b>DIAMOND</b>	05:40	19:35	32:15	40:27	66:29	1:28:07	3:05:35	18:30
<b>MV70</b>								
<b>BRONZE</b>	07:47	26:52	44:18	55:37	91:28	2:01:19	4:15:27	25:15
<b>SILVER</b>	07:14	24:57	41:08	51:38	84:56	1:52:39	3:57:12	23:20
<b>GOLD</b>	06:45	23:17	38:24	48:12	79:16	1:45:08	3:41:23	21:15
<b>DIAMOND</b>	05:57	20:33	33:53	42:31	69:56	1:32:46	3:15:20	19:30

				<b>MV75</b>				
<b>BRONZE</b>	08:23	28:50	47:32	59:38	97:54	2:09:39	4:33:01	25:50
<b>SILVER</b>	07:47	26:47	44:08	55:23	90:54	2:00:23	4:13:31	24:15
<b>GOLD</b>	07:15	25:00	41:12	51:41	84:51	1:52:21	3:56:36	22:10
<b>DIAMOND</b>	06:24	22:03	36:21	45:36	74:52	1:39:08	3:28:46	20:35
				<b>MV80</b>				
<b>BRONZE</b>	09:17	31:53	52:35	66:00	108:11	2:23:06	5:01:21	-
<b>SILVER</b>	08:38	29:37	48:50	61:17	100:27	2:12:53	4:39:49	-
<b>GOLD</b>	08:03	27:38	45:34	57:12	93:45	2:04:01	4:21:10	-
<b>DIAMOND</b>	07:06	24:23	40:13	50:28	82:43	1:49:26	3:50:26	-

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