

BC ATHLETICS PERFORMANCE STANDARDS
8K ROAD RUN

	GOLD	SILVER	BRONZE
WOMEN			
W40	32:33	35:30	38:28
W45	33:22	36:24	39:25
W50	34:23	37:34	40:42
W55	36:35	39:54	43:14
W60	38:41	42:12	45:43
W65	42:05	45:55	49:45
W70	48:31	52:56	57:21
W75	54:44	59:42	1:04:41
W80	58:30	1:03:49	1:09:08
MEN			
M40	26:50	29:16	31:43
M45	27:32	30:02	32:32
M50	28:17	30:51	33:26
M55	29:50	32:32	35:16
M60	30:47	33:34	36:22
M65	34:13	37:19	40:26
M70	35:41	38:55	42:09
M75	40:12	43:52	47:31
M80	45:23	49:31	53:39
M85	54:06	59:01	1:03:56