

Women's Road Standards - Updated January 2019

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%

WOMEN	Mile	5K	5M	10K	10M	½ Mar	Marathon	Lake
SENIOR								
BRONZE	06:27	22:43	37:14	46:40	75:55	01:40:18	03:28:20	22:00
SILVER	05:59	21:05	34:34	43:20	70:30	01:33:08	03:13:27	20:10
GOLD	05:35	19:41	32:16	40:26	65:48	01:26:56	03:00:34	18:29
DIAMOND	04:56	17:22	28:28	35:41	58:03	01:16:42	02:39:19	16:30
W35								
BRONZE	06:33	22:52	37:29	47:00	76:41	01:41:18	03:29:54	22:00
SILVER	06:05	21:14	34:48	43:38	71:13	01:34:04	03:14:54	20:10
GOLD	05:41	19:49	32:29	40:44	66:28	01:27:48	03:01:55	18:29
DIAMOND	05:01	17:29	28:40	35:56	58:39	01:17:28	02:40:31	16:30
W40								
BRONZE	06:48	23:20	38:18	48:03	78:32	01:43:46	03:34:48	22:45
SILVER	06:19	21:40	35:34	44:37	72:56	01:36:21	03:19:27	20:55
GOLD	05:54	20:13	33:12	41:38	68:04	01:29:56	03:06:10	19:00
DIAMOND	05:12	17:50	29:17	36:44	60:03	01:19:21	02:44:15	17:05
W45								
BRONZE	07:12	24:10	39:46	49:55	81:41	01:47:57	03:43:36	23:40
SILVER	06:41	22:27	36:55	46:21	75:51	01:40:14	03:27:38	21:40
GOLD	06:14	20:57	34:28	43:16	70:48	01:33:33	03:13:47	19:40
DIAMOND	05:30	18:29	30:24	38:10	62:28	01:22:33	02:50:59	17:45
W50								
BRONZE	07:39	25:24	41:57	52:43	86:20	01:54:05	03:56:50	24:25
SILVER	07:07	23:35	38:57	48:57	80:10	01:45:56	03:39:56	22:25
GOLD	06:38	22:01	36:21	45:41	74:49	01:38:52	03:25:16	20:20
DIAMOND	05:51	19:25	32:04	40:18	66:01	01:27:14	03:01:07	18:20
W55								
BRONZE	08:11	26:52	44:30	56:03	91:49	02:01:19	04:12:39	25:20
SILVER	07:36	24:57	41:20	52:03	85:16	01:52:39	03:54:36	23:15
GOLD	07:05	23:17	38:34	48:34	79:34	01:45:08	03:38:58	21:10
DIAMOND	06:15	20:33	34:02	42:51	70:13	01:32:46	03:13:12	19:00
W60								
BRONZE	08:46	28:30	47:24	59:49	98:03	02:09:32	04:30:42	26:15
SILVER	08:09	26:28	44:01	55:33	91:03	02:00:17	04:11:22	24:05
GOLD	07:36	24:42	41:05	51:52	84:59	01:52:16	03:54:36	21:50
DIAMOND	06:42	21:48	36:15	45:44	74:59	01:39:03	03:27:00	19:40
W65								
BRONZE	09:28	30:21	50:43	64:09	1:45:11	02:18:58	04:51:33	27:10
SILVER	08:47	28:11	47:05	59:34	97:40	02:09:03	04:30:44	24:50
GOLD	08:12	26:18	43:57	55:36	91:09	02:00:27	04:12:41	22:35
DIAMOND	07:14	23:13	38:47	49:03	80:26	01:46:16	03:42:57	20:20
W70								
BRONZE	10:16	32:29	54:32	69:08	1:53:26	02:29:52	05:15:52	28:20
SILVER	09:32	30:10	50:38	64:11	1:45:20	02:19:10	04:53:18	26:00
GOLD	08:54	28:09	47:16	59:54	98:19	02:09:53	04:33:45	23:45
DIAMOND	07:51	24:50	41:42	52:51	86:45	01:54:36	04:01:32	21:40
W75								
BRONZE	11:14	34:54	58:58	74:58	2:03:06	02:42:37	05:44:50	
SILVER	10:26	32:24	54:45	69:37	1:54:19	02:31:00	05:20:12	
GOLD	09:44	30:14	51:06	64:58	1:46:41	02:20:56	04:58:51	

DIAMOND 08:52 26:41 45:06 57:20 1:34:08 02:04:21 04:23:42