STANDARDS FOR WESTERN PROVINCE MASTERS COLOURS AND SAMA CHAMPIONSHIP MEDALS : MEN
TRACK AND FIELD PLUS ROAD WALKING

	M 30	M 35	M 40	M 45	M 50	M 55	M 60	M 65	M 70	M 75	M 80
100m H	11.6	11.7	12.0	12.8	13.3	14.0	14.5	15.3	17.0	18.2	19.0
E	11.84	11.94	12.24	13.04	13.54	14.24	14.74	15.54	17.24	18.44	19.24
200m H	24.1	24.2	25.2	26.2	27.3	28.3	30.4	32.5	35.0	38.0	40.0
E	24.34	24.44	25.44	26.44	27.54	28.54	30.64	32.74	35.24	38.24	40.24
400m H	53.5	54.8	56.5	58.5	63.3	66.0	68.4	74.0	80.0	86.0	92.0
E	53.64	54.94	56.64	58.64	63.44	66.14	68.54	74.14	80.14	86.14	92.14
800m	2:02	2:06	2:14	2:22	2:26	2:35	2:50	2:54	3:05	4:00	4:50
1 500m	4:26	4:30	4:43	5:00	5:12	5:30	5:57	6:20	6:50	7:27	8:00
5 000m	17:12	17:15	18:00	18:45	19:00	20:00	22:30	23:30	27:00	29:00	31:00
10 000m	35:03	36:00	38:30	39:00	42:00	43:00	47:30	51:30	56:30	61:30	67:00
110m H H	16.0	16.5	19.5	23.0							
110m H E	16.24	16.74	19.74	23.24							
100m H H					21.0	21.5	23.0	24.0			
100m H E					21.24	21.74	23.24	24.24			
80m H H									20.0	24.0	29.0
80m H E									20.24	24.24	29.24
400m H H	58.5	62.0	67.0	71.0	70.4	70.9					
400m H E	58.64	62.14	67.14	71.14	70.54	71.04					
300m H H							60.0	64.0	70.0	78.0	86.0
300m H E							60.24	64.24	70.24	78.24	86.24
S/Chase	10:49	10:50	11:20	13:00	13:30	14:30					
S/Chase							9.30	10.30	12.00	13.00	14.00
5 000m W	25:39	26:37	27:35	28:42	30:00	31:24	33:00	35:45	38:00	41:36	47:12
20km W	1:54:22	1:58:20	2:03:20	2:07:30	2:13:30	2:20	2:33	2:46	2:56	3:10	3:32
H/Jump	1.63	1.58	1.53	1.45	1.38	1.33	1.28	1.23	1.15	1.10	1.03
L/Jump	5.97	5.70	5.25	4.95	4.60	4.30	4.00	3.75	3.25	3.00	2.70
Trple/Jump	12.38	12.00	11.00	10.50	10.00	9.20	8.50	8.00	7.00	6.00	5.00
P/Vault	4.32	3.25	3.15	3.00	2.80	2.60	2.40	2.20	2.00	1.75	1.50
S/Put	12.1	11.5	10.70	10.00	10.00	9.10	9.00	8.50	8.00	7.80	7.00
Discus	34.48	33.00	29.50	28.00	28.00	26.00	30.00	28.00	24.00	22.00	19.00
Javelin	50.84	43.50	40.00	37.50	30.00	27.00	27.50	26.00	24.00	20.00	16.00
Hammer	38.16	32.00	30.00	28.00	26.00	22.00	26.00	25.00	24.00	22.00	20.00