

SAMA standards for Road Running

MEN 10 km	National		Provincial		WOMEN 10 km	National		Provincial	
	Coast	Inland	Coast	Inland		Coast	Inland	Coast	Inland
M35	32:30.0	34:00.0	37:00.0	39:00.0	W35	40:00.0	41:00.0	46:00.0	47:00.0
M40	34:00.0	35:00.0	39:00.0	40:30.0	W40	41:00.0	42:00.0	47:30.0	48:30.0
M45	35:30.0	36:30.0	41:00.0	42:00.0	W45	42:30.0	43:30.0	49:00.0	50:30.0
M50	37:00.0	38:00.0	43:00.0	44:00.0	W50	44:00.0	45:00.0	51:00.0	52:30.0
M55	38:00.0	39:30.0	44:00.0	45:45.0	W55	48:00.0	49:00.0	55:00.0	57:00.0
M60	40:00.0	41:30.0	46:00.0	48:00.0	W60	51:30.0	53:00.0	59:00.0	01:01:00
M65	41:30.0	42:30.0	48:00.0	49:00.0	W65	56:30.0	58:00.0	01:04:00	01:06:00
M70	45:00.0	47:00.0	52:00.0	54:00.0	W70	01:03:00	01:05:00	01:12:00	01:14:00
M75	52:00.0	55:00.0	01:01:00	01:03:30	W75	01:10:00	01:12:00	01:20:00	01:23:00
M80	01:02:00	01:04:00	01:12:00	01:14:30	W80	01:20:00	01:22:00	01:30:00	01:34:00
M85	01:15:00	01:17:00	01:27:00	01:29:00	W85	01:30:00	01:33:00	01:44:00	01:48:00

21.1 km	National		Provincial		21.1 km	National		Provincial	
	Coast	Inland	Coast	Inland		Coast	Inland	Coast	Inland
M35	01:14:00	01:16:00	01:26:00	01:28:00	W35	01:33:00	01:35:30	01:46:00	01:49:00
M40	01:18:00	01:20:00	01:30:00	01:33:00	W40	01:36:30	01:39:00	01:49:00	01:52:00
M45	01:21:00	01:23:00	01:34:00	01:37:00	W45	01:40:30	01:43:00	01:54:00	01:57:00
M50	01:25:00	01:27:00	01:38:00	01:41:00	W50	01:44:00	01:47:00	01:57:00	02:01:00
M55	01:27:00	01:29:00	01:41:00	01:44:00	W55	01:48:30	01:51:00	02:05:00	02:10:00
M60	01:32:00	01:35:00	01:46:00	01:50:00	W60	01:55:30	01:58:30	02:13:00	02:18:00
M65	01:35:00	01:38:00	01:50:00	01:54:00	W65	02:04:00	02:07:00	02:23:00	02:29:00
M70	01:43:00	01:46:00	01:58:00	02:03:00	W70	02:16:00	02:20:00	02:38:00	02:45:00
M75	01:58:00	02:02:00	02:16:00	02:22:00	W75	02:31:00	02:36:00	02:55:00	03:04:00
M80	02:21:00	02:26:00	02:42:00	02:49:00	W80	02:53:00	02:58:00	03:19:00	03:30:00
M85	02:50:00	02:55:00	03:15:00	03:22:00	W85	03:20:00	03:25:00	03:50:00	04:01:00

42.2 km	National		Provincial		42.2 km	National		Provincial	
	Coast	Inland	Coast	Inland		Coast	Inland	Coast	Inland
M35	02:38:00	02:43:00	03:00:00	03:07:00	W35	03:15:00	03:20:00	03:44:00	03:50:00
M40	02:44:00	02:50:00	03:08:00	03:15:00	W40	03:22:00	03:28:00	03:51:00	03:56:00
M45	02:52:00	02:58:00	03:18:00	03:25:00	W45	03:30:00	03:36:00	04:01:00	04:06:00
M50	02:59:00	03:05:00	03:26:00	03:33:00	W50	03:38:00	03:44:00	04:09:00	04:15:00
M55	03:05:00	03:10:00	03:33:00	03:40:00	W55	03:49:00	03:52:00	04:23:00	04:33:00
M60	03:13:00	03:20:00	03:42:00	03:50:00	W60	04:01:00	04:12:00	04:38:00	04:50:00
M65	03:20:00	03:29:00	03:52:00	04:00:00	W65	04:19:00	04:30:00	05:00:00	05:15:00
M70	03:37:00	03:45:00	04:10:00	04:18:00	W70	04:45:00	04:55:00	05:30:00	05:45:00
M75	04:08:00	04:17:00	04:45:00	04:57:00	W75	05:15:00	05:28:00	06:05:00	06:25:00
M80	04:56:00	05:08:00	05:40:00	05:54:00	W80	06:00:00	06:15:00	07:00:00	07:20:00
M85	05:55:00	06:10:00	06:45:00	07:05:00	W85	07:00:00	07:15:00	08:00:00	08:20:00