



Eastern Province Athletics

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EPA ROAD RUNNING SELECTION CRITERIA

| CATEGORY | DIST | EP RECORD | SA CHAMPS | A | B |
|----------------|------|-----------|-----------|----------|----------|
| SENIOR MEN | 10 | 00:28:13 | 00:29:20 | 00:30:48 | 00:32:20 |
| SENIOR MEN | 21.1 | 01:01:44 | 01:01:17 | 01:04:21 | 01:07:25 |
| SENIOR MEN | 42.2 | 02:09:54 | 02:10:31 | 02:17:03 | 02:23:54 |
| JUNIOR MEN | 10 | 00:28:42 | 00:31:05 | 00:32:38 | 00:34:16 |
| JUNIOR MEN | 21.1 | 01:03:02 | 01:11:59 | 01:15:35 | 01:19:11 |
| MEN 40 - 49 | 10 | 00:29:33 | 00:31:44 | 00:33:19 | 00:34:59 |
| MEN 40 - 49 | 21.1 | 01:05:39 | 01:04:21 | 01:07:34 | 01:10:47 |
| MEN 40 - 49 | 42.2 | 02:18:39 | 02:17:59 | 02:24:53 | 02:32:08 |
| MEN 50 - 59 | 10 | 00:33:19 | 00:34:26 | 00:36:09 | 00:37:58 |
| MEN 50 - 59 | 21.1 | 01:12:30 | 01:15:12 | 01:18:58 | 01:22:43 |
| MEN 50 - 59 | 42.2 | 02:40:00 | 02:31:37 | 02:39:12 | 02:47:09 |
| MEN 60-69 | 10 | 00:35:48 | 00:39:36 | 00:41:35 | 00:43:40 |
| MEN 60-69 | 21.1 | 01:20:07 | 01:28:42 | 01:33:08 | 01:37:34 |
| MEN 60-69 | 42.2 | 02:56:17 | 03:03:07 | 03:12:16 | 03:21:53 |
| MEN 70-79 | 10 | 00:40:43 | 00:46:22 | 00:48:41 | 00:51:07 |
| MEN 70-79 | 21.1 | 01:34:07 | 01:35:57 | 01:40:45 | 01:45:33 |
| MEN 70-79 | 42.2 | 03:36:32 | 03:41:17 | 03:52:22 | 04:03:58 |
| MEN 80+ | 10 | 01:03:36 | 01:05:18 | 01:08:34 | 01:12:00 |
| SENIOR LADIES | 10 | 00:34:34 | 00:33:33 | 00:35:14 | 00:36:59 |
| SENIOR LADIES | 21.1 | 01:13:55 | 01:07:32 | 01:10:55 | 01:14:17 |
| SENIOR LADIES | 42.2 | 02:47:04 | 02:41:44 | 02:49:49 | 02:58:19 |
| JUNIOR LADIES | 10 | 00:37:50 | 00:38:41 | 00:40:37 | 00:42:39 |
| JUNIOR LADIES | 21.1 | 01:28:26 | 01:47:27 | 01:52:49 | 01:58:12 |
| LADIES 40 - 49 | 10 | 00:36:21 | 00:39:44 | 00:41:43 | 00:43:48 |
| LADIES 40 - 49 | 21.1 | 01:21:13 | 01:20:21 | 01:24:22 | 01:28:23 |
| LADIES 40 - 49 | 42.2 | 02:56:52 | 02:54:32 | 03:03:16 | 03:12:25 |
| LADIES 50 - 59 | 10 | 00:39:56 | 00:42:23 | 00:44:30 | 00:46:44 |
| LADIES 50 - 59 | 21.1 | 01:29:59 | 01:29:02 | 01:33:29 | 01:37:56 |
| LADIES 50 - 59 | 42.2 | 03:14:39 | 03:06:35 | 03:15:55 | 03:25:43 |
| LADIES 60-69 | 10 | 00:41:31 | 00:44:35 | 00:46:49 | 00:49:09 |
| LADIES 60-69 | 21.1 | 01:30:53 | 01:37:43 | 01:42:36 | 01:47:29 |
| LADIES 60-69 | 42.2 | 03:15:48 | 03:27:57 | 03:38:21 | 03:49:16 |
| LADIES 70-79 | 10 | 00:54:43 | 01:00:51 | 01:03:54 | 01:07:05 |
| LADIES 70-79 | 21.1 | 01:30:53 | 02:02:09 | 02:08:15 | 02:14:22 |
| LADIES 70-79 | 42.2 | 05:13:47 | 05:01:53 | 05:16:59 | 05:32:50 |
| LADIES 80+ | 10 | 01:30:11 | 01:00:32 | 01:03:34 | 01:06:44 |

