



International Road Running Match Selection Standards

| | Men | Women |
|----------------------|------------|--------------|
| 3K | 8:30 | 9:45 |
| 5K | 14:40 | 17:00 |
| 10K | 31:00 | 35:00 |
| 10 Miles | 51:00 | 58:00 |
| Half Marathon | 67:00 | 77:00 |
| Marathon | 2:25.00 | 2:40.00 |