



WESTERN PROVINCE MASTERS ATHLETICS ASSOCIATION

WPMMA Provincial Colours Standards (2026)

Outdoor Stadia

	MEN													
	30	35	40	45	50	55	60	65	70	75	80	85	90	95
100m	12,36	12,64	12,86	13,24	13,52	13,92	14,48	15,18	15,81	17,27	19,03	22,61	27,54	32,22
200m	24,88	25,79	26,26	26,86	27,57	28,52	29,80	31,57	33,00	36,78	41,82	47,50	55,76	64,44
400m	0:55,57	0:56,93	0:59,23	1:00,27	1:03,26	1:05,56	1:08,03	1:12,71	1:17,10	1:28,72	1:48,45	2:10,07	2:40,40	4:19,27
800m	2:13,26	2:14,06	2:17,51	2:19,78	2:23,36	2:30,28	2:39,13	2:50,92	3:09,74	3:36,78	4:00,97	4:44,31	6:08,13	8:38,60
1500m	4:35,43	4:41,94	4:45,92	4:52,08	5:00,41	5:08,21	5:26,70	5:48,26	6:25,92	7:11,45	8:12,06	9:18,80	11:30,24	16:12,38
5000m	17:21,72	17:39,95	17:52,16	18:22,29	18:29,93	19:17,53	20:27,81	22:07,96	23:55,57	27:40,75	33:08,38	39:17,41	44:35,39	54:01,28
10000m	00:36:45	00:37:26	00:38:03	00:38:12	00:39:28	00:41:22	00:43:25	00:46:52	00:50:42	00:58:29	01:06:17	01:19:23	01:34:05	01:48:03
3000m Steeplechase	11:59,13	12:11,98	12:16,96	12:17,61	12:50,92	13:46,50								
2000m Steeplechase							8:53,33	9:56,62	11:12,00	12:52,80	14:33,60	17:00,32	19:19,20	22:12,61
110m Short Hurdles	18,58	18,64	19,38	20,10										
100m Short Hurdles					19,00	19,82	20,53	20,91						
80m Short Hurdles									18,31	20,16	22,03	23,70	27,10	30,96
400m Long Hurdles	1:06,86	1:07,76	1:10,45	1:13,12	1:16,38	1:22,63								
300m Long Hurdles							1:01,60	1:02,72	1:08,66	1:15,75				
200m Long Hurdles											0:55,89	1:01,99	1:08,90	1:17,41
5000 Race Walk	00:26:08	00:26:43	00:27:22	00:28:49	00:29:46	00:31:05	00:32:41	00:33:40	00:36:16	00:39:03	00:43:18	00:47:54	00:54:31	01:05:29
High Jump	1,75	1,61	1,57	1,49	1,43	1,36	1,31	1,24	1,15	1,06	0,96	0,86	0,78	0,69
Pole Vault	3,87	3,54	3,37	3,21	3,00	2,82	2,58	2,44	2,11	1,83	1,49	1,35	1,14	0,92
Long Jump	6,01	5,55	5,33	5,08	4,82	4,63	4,24	3,93	3,62	3,17	2,63	2,09	1,60	1,10
Triple Jump	11,28	10,90	10,65	10,48	10,07	9,64	9,24	8,20	7,29	6,45	5,60	4,58	3,73	2,24
Shot Put	13,95	12,58	12,12	10,89	11,86	11,02	11,26	10,19	10,35	8,57	8,20	7,19	5,58	3,82
Discus	40,33	37,81	37,19	34,87	39,27	35,84	39,08	35,82	30,87	25,71	21,77	16,86	11,47	8,68
Hammer	51,63	48,51	43,89	39,73	40,48	38,46	38,21	34,03	34,39	26,91	26,85	21,30	17,10	14,49
Javelin	56,13	50,45	47,70	44,88	42,18	38,46	36,05	33,91	29,36	23,54	22,39	18,09	13,26	7,85
Weight Throw	15,45	11,94	11,77	11,49	13,92	13,47	14,72	13,71	14,04	10,98	11,01	8,85	7,11	5,61
Throws Pentathlon	2703	2400	2588	2832	2999	3113	3209	3318	3157	2881	2695	2491	2207	2741
Decathlon	5494	4976	5013	5311	5292	5382	5201	5300	4794	4593	3898	3973	3245	2713



WESTERN PROVINCE MASTERS ATHLETICS ASSOCIATION

WPMMA Provincial Colours Standards (2026)

Outdoor Stadia

	WOMEN													
	30	35	40	45	50	55	60	65	70	75	80	85	90	95
100m	14,58	14,59	14,74	15,24	15,78	16,44	17,35	18,36	20,24	22,59	25,12	28,43	32,85	56,36
200m	29,56	30,04	30,41	30,99	32,72	34,10	36,22	39,44	42,27	49,09	56,22	63,30	77,93	112,71
400m	1:06,20	1:08,06	1:09,39	1:12,26	1:16,62	1:20,82	1:26,14	1:32,91	1:44,56	1:56,64	2:08,27	2:31,47	3:14,58	4:53,08
800m	2:41,16	2:44,42	2:46,06	2:50,63	2:57,46	3:09,54	3:22,73	3:36,79	3:49,61	4:08,12	4:34,58	5:30,67	7:39,20	9:46,16
1500m	5:28,65	5:37,27	5:39,30	5:53,32	5:53,94	6:13,30	6:47,92	7:24,09	8:31,25	9:52,58	10:55,68	12:28,87	15:20,64	18:19,06
5000m	00:20:29	00:21:03	00:21:14	00:21:25	00:22:15	00:23:48	00:25:05	00:27:54	00:31:00	00:33:43	00:37:46	00:43:52	00:51:32	01:01:04
10000m	00:42:31	00:44:23	00:45:35	00:47:00	00:48:31	00:50:55	00:54:20	00:58:29	01:03:49	01:09:22	01:15:32	01:44:32	02:40:38	03:37:00
2000m Steeplechase	8:25,93	9:05,63	9:33,92	9:58,33	10:56,90	12:07,85	13:16,45	14:48,01	15:31,67	17:24,95	18:37,39	21:36,27	25:17,34	28:58,42
100m Short Hurdles	19,70	19,82												
80m Short Hurdles			15,02	15,72	16,80	17,56	19,02	20,08	20,80	22,57	22,89	34,10	43,05	52,00
400m Long Hurdles	1:17,64	1:19,90	1:21,78	1:26,44										
300m Long Hurdles					1:03,43	1:07,76	1:12,92	1:15,54						
200m Long Hurdles									0:51,99	0:58,90	1:04,64	1:40,27	2:14,40	2:53,84
5000 Race Walk	00:30:39	00:30:48	00:31:07	00:31:53	00:33:34	00:34:49	00:36:12	00:38:41	00:40:38	00:44:25	00:47:44	00:56:03	01:06:04	01:17:31
High Jump	1,40	1,32	1,26	1,22	1,17	1,09	1,04	0,96	0,92	0,85	0,81	0,71	0,62	0,50
Pole Vault	2,49	2,34	2,19	2,08	1,98	1,87	1,73	1,57	1,43	1,35	1,19	1,01	0,88	0,77
Long Jump	4,89	4,36	4,19	4,00	3,83	3,53	3,25	2,91	2,51	2,16	1,92	1,54	1,13	0,78
Triple Jump	9,88	8,87	8,59	8,07	7,35	6,97	6,29	5,90	5,25	4,58	4,07	3,59	2,67	1,89
Shot Put	10,96	10,53	9,46	8,88	9,84	8,90	7,93	7,42	6,51	6,42	5,47	4,58	4,05	3,75
Discus	39,46	32,26	30,62	28,50	26,95	22,99	21,16	18,35	16,87	15,28	13,36	11,70	9,28	8,87
Hammer	40,17	35,68	33,24	31,77	35,15	30,06	25,76	22,61	19,85	20,22	16,72	15,59	13,97	9,84
Javelin	31,14	30,58	28,57	25,70	26,03	22,08	20,14	18,06	16,37	13,35	9,99	8,92	7,00	6,16
Weight Throw	11,18	11,00	10,45	9,97	11,38	9,77	10,58	9,20	8,22	7,66	7,04	6,72	6,04	4,84
Throws Pentathlon	2740	2424	2663	2788	2956	2977	2857	2902	2758	2620	2488	3160	3328	2751
Heptathlon	3017	2750	3503	3927	3616	3652	3332	2737	2751	2790	2605	2578	2301	2024
Decathlon	4477	3929	5005	5609	5166	5217	4760	3910	3930	3985	3721	3318	2734	2785



WESTERN PROVINCE MASTERS ATHLETICS ASSOCIATION

WPMAA Provincial Colours Standards (2026)

Outdoor Non-Stadia

	MEN													
	30	35	40	45	50	55	60	65	70	75	80	85	90	95
10km Road Race	00:33:10	00:37:58	00:38:13	00:39:00	00:39:58	00:42:00	00:43:46	00:46:58	00:50:53	01:00:51	01:08:34	01:24:15	01:38:24	02:02:08
Half Marathon	01:14:51	01:24:04	01:26:00	01:26:55	01:29:43	01:33:27	01:37:42	01:45:38	01:57:40	02:10:25	02:24:40	02:57:45	03:50:32	04:52:57
Marathon	03:01:59	03:02:38	03:07:42	03:14:16	03:19:22	03:28:30	03:34:39	03:45:53	04:08:59	04:20:50	04:49:20	05:55:30	08:33:13	11:43:33
10km Road Walk	00:56:59	00:57:41	00:58:03	01:00:53	01:01:52	01:02:39	01:06:45	01:10:18	01:15:56	01:21:02	01:29:28	01:37:01	02:12:58	03:13:00
20km Road Walk	01:54:59	01:55:20	01:58:06	02:01:48	02:05:36	02:12:23	02:18:49	02:24:33	02:33:43	02:46:04	02:59:00	03:17:20	05:03:22	07:48:33
8km Cross Country	25:51,00	26:37,12	27:23,04	28:08,96	29:40,80	31:11,52								
6km Cross Country							25:10,88	27:49,92	29:28,48					
4km Cross Country										22:07,20	29:35,20	37:03,20	44:31,20	51:59,20

	WOMEN													
	30	35	40	45	50	55	60	65	70	75	80	85	90	95
10km Road Race	00:40:46	00:45:12	00:46:01	00:47:33	00:48:20	00:51:50	00:55:45	01:01:51	01:07:46	01:16:10	01:22:19	01:48:07	02:46:10	03:44:29
Half Marathon	01:33:46	01:47:38	01:48:38	01:52:53	01:54:03	01:58:47	02:09:24	02:20:21	02:32:01	02:42:53	02:53:42	03:48:09	05:50:37	07:53:39
Marathon	03:30:54	03:40:17	03:48:20	03:59:18	04:08:36	04:17:21	04:39:23	05:00:56	05:27:37	05:54:40	06:21:36	07:36:17	11:41:14	15:47:18
10km Road Walk	01:05:27	01:06:04	01:07:46	01:08:32	01:10:50	01:13:32	01:17:13	01:21:15	01:24:59	01:33:23	01:39:50	01:52:39	02:50:42	03:51:24
20km Road Walk	02:10:52	02:12:06	02:15:31	02:17:03	02:22:37	02:27:04	02:38:18	02:47:32	03:02:26	03:13:18	03:25:51	04:20:18	05:46:07	07:42:46
4km Cross Country	15:31,00	16:24,48	17:18,24	17:29,44	18:15,36	19:32,64	21:01,12	21:51,52	25:01,92	30:48,00	36:34,08	42:20,16	48:06,24	53:52,32