

Proposed Mens Outdoors Sussex Standards					0.85						
Event	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	
100m	14.35	14.71	15.18	15.65	16.24	16.94	18.12	19.41	21.18	23.53	
200m	29.29	29.88	30.59	31.65	33.06	34.82	37.06	39.41	43.88	50.59	
400m	66.24	66.94	68.35	70.94	74.71	78.94	84.24	92.94	107.06	134.12	
800m	02:31	02:34	02:39	02:46	02:53	03:07	03:20	03:42	04:13	04:54	
1500m	05:12	05:24	05:28	05:42	06:02	06:27	06:59	07:42	08:55	11:16	
5000m	19:13	19:46	20:36	21:34	22:51	24:19	26:05	28:14	30:59	34:54	
10000m	39:36	40:56	43:01	45:18	48:00	51:04	54:35	59:13	01:04:42	01:10:07	
Short H	21.18	21.76	22.24	22.82	23.41	23.76	25.29	22.94	24.35	26.71	
Long H	74.12	76.71	78.94	84.82	85.76	63.65	68.35	78.82	84.24	91.76	
Steeple	12:47	13:07	13:29	13:52	14:16	10:35	11:11	11:58	12:56	13:55	
3000mW	18:02	18:26	18:55	19:36	20:24	21:19	22:25	23:44	25:19	27:15	
5000mW	33:44	34:25	35:00	35:41	36:28	37:27	38:38	40:12	42:09	44:42	
HJ	1.36	1.33	1.29	1.24	1.18	1.12	1.05	0.98	0.89	0.82	
PV	2.76	2.64	2.53	2.40	2.25	2.13	2.00	1.87	1.74	1.62	
LJ	4.68	4.51	4.34	4.08	3.83	3.49	3.15	2.72	2.30	1.83	
TJ	9.78	9.44	9.01	8.63	8.20	7.65	7.01	6.21	5.36	4.59	
SP	9.61	9.01	8.25	8.67	7.82	8.33	7.48	6.80	5.87	5.53	
DT	28.14	27.20	25.67	27.63	24.74	24.74	21.93	19.13	16.32	13.69	
HT	29.41	28.39	27.37	28.05	25.67	26.27	24.14	21.25	18.79	15.81	
JT	34.43	31.62	29.92	28.48	25.08	26.01	22.19	18.62	15.39	12.84	
WT	9.01	8.08	7.48	10.03	7.99	10.03	8.59	10.12	7.99	7.06	

Proposed Womens Outdoors Sussex Standards 0.85

Event	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
100m	16.71	17.18	17.76	18.47	19.29	20.24	21.06	22.00	23.53	24.94
200m	33.88	34.94	36.35	37.65	39.18	41.88	44.94	50.00	57.88	67.65
400m	76.35	79.41	83.29	87.29	91.29	95.41	99.65	108.00	121.88	135.88
800m	02:58	03:04	03:12	03:20	03:33	03:47	04:07	04:31	04:54	05:18
1500m	06:21	06:26	06:38	06:52	07:18	07:49	08:28	09:13	10:06	11:11
5000m	22:56	23:32	24:31	25:35	26:52	28:38	30:12	31:46	34:07	37:51
10000m	47:39	49:11	51:11	53:20	55:29	57:39	00:47	04:42	01:10:35	01:18:26
Short H	22.12	17.41	18.35	18.82	19.65	20.47	22.24	25.29	28.82	35.18
Long H	83.76	89.53	96.24	71.88	77.76	78.24	83.06	89.65	97.53	108.00
Steeple	10:53	11:08	11:27	11:48	11:58	12:33	13:20	14:07	15:29	16:52
3000mW	21:40	21:58	22:27	23:08	23:38	24:25	25:24	26:40	28:02	29:36
5000mW	36:40	37:27	38:26	39:31	40:35	41:46	07:51	44:54	46:52	48:49
HJ	1.22	1.16	1.09	1.03	0.97	0.92	0.88	0.82	0.77	0.71
PV	2.21	2.04	1.87	1.73	1.58	1.45	1.35	1.23	1.11	1.02
LJ	3.78	3.54	3.32	3.09	2.88	2.68	2.47	2.25	2.04	1.79
TJ	7.74	7.31	6.84	6.46	6.08	5.70	5.27	4.85	4.42	4.00
SP	7.31	7.06	6.63	6.67	6.16	5.65	5.02	4.42	3.74	3.10
DT	22.10	20.40	18.79	17.43	15.81	14.54	13.09	11.22	9.10	7.99
HT	22.61	21.08	19.38	17.85	16.49	16.15	15.13	12.75	10.37	7.86
JT	22.53	20.40	18.79	17.85	16.24	15.73	15.30	11.90	9.35	7.65
WT	7.23	6.89	6.63	7.31	6.97	8.42	7.91	6.97	6.29	5.78