

		Male 1.5 mile Run standards											
			Males: Age 17 - 19 years	Males: Age 20 - 24 years	Males: Age 25 - 29 years	Males: Age 30 - 34 years	Males: Age 35 - 39 years	Males: Age 40 - 44 years	Males: Age 45 - 49 years	Males: Age 50 - 54 years	Males: Age 55 - 59 years	Males: Age 60 - 64 years	Males: Age 65 + years
Outstanding	High	100	8:15	8:30	8:55	9:20	9:25	9:30	9:33	9:35	10:42	11:21	11:41
Outstanding	Medium	95	8:45	9:00	9:23	9:45	9:53	10:00	10:08	10:15	11:09	11:48	12:13
Outstanding	Low	90	9:00	9:15	9:38	10:00	10:08	10:15	10:30	10:45	11:25	12:04	12:43
Excellent	High	85	9:15	9:45	10:15	10:30	10:38	10:45	11:08	11:30	11:57	12:40	13:20
Excellent	Medium	80	9:30	10:00	10:30	11:00	11:08	11:15	11:38	12:00	12:29	13:16	13:57
Excellent	Low	75	9:45	10:30	10:52	11:15	11:23	11:45	12:08	12:30	13:12	13:53	14:34
Good	High	70	10:00	10:45	11:23	12:00	12:23	12:45	13:00	13:15	14:13	15:00	15:47
Good	Medium	65	10:30	11:30	12:15	13:00	13:23	13:45	14:08	14:30	15:14	16:07	17:00
Good	Low	60	11:00	12:00	12:53	13:45	14:08	14:30	14:53	15:15	16:15	17:14	18:13
Satisfactory	High	55	12:00	12:45	13:23	14:00	14:23	14:45	15:15	15:45	16:33	17:47	19:00
Satisfactory	Medium	50	12:15	13:15	13:45	14:15	14:45	15:15	15:45	16:15	16:51	18:20	19:47
Probationary		45	12:45	13:30	14:00	14:30	15:00	15:30	16:08	16:45	17:09	18:52	20:35