

NNR World record times

January 1st 2018 - December 31st 2018

Male 5km times

3y358d	39:03	Aaron Westrip (USA)	20 May 2013	13 May 2017	Duncan SC USA
4y140d	29:15.0	Aaron Westrip (USA)	20 May 2013	07 Oct 2017	Marietta GA USA
5y340d	24:08	James Reed (USA)	12 Nov 2008	18 Oct 2014	Duluth GA USA
6y095d	21:46	Salvatore Dubon (USA)	07 Sep 2010	11 Dec 2016	Oxnard CA USA
7y364d	19:01.8	Daniel Skandera (USA)	02 Nov 2007	01 Nov 2015	Chico CA USA
8y362d	18:39.1	Daniel Skandera (USA)	02 Nov 2007	29 Oct 2016	San Jose CA USA
9y354d	17:53	Daniel Skandera (USA)	02 Nov 2007	22 Oct 2017	San Mateo CA USA
10y010d	17:48	William Pluma (USA)	28 Oct 2000	07 Nov 2010	Tustin CA USA
11y300d	16:37	Aidan Cox (USA)	02 Aug 2005	29 May 2017	Newington NH USA
12y239d	16:22.9	Riley Nedrow (USA)	17 Mar 2005	11 Nov 2017	Flower Mound TX USA
13y121d	16:11.4	Aidan Puffer (USA)	19 May 2004	17 Sep 2017	Providence RI USA
14y349d	15:07	Yohei Kondo (JPN)	28 Feb 1990	11 Feb 2005	Himeji JPN
15y304d	15:10	Eiji Nakao (JPN)	13 Apr 1980	11 Feb 1996	Himeji JPN
16y198d	13:15	Abraham Cherkos Feleke (ETH)	23 Sep 1989	09 Apr 2006	Carlsbad CA USA
17y326d	13:14	Hagos Gebrehiwit (ETH)	11 May 1994	01 Apr 2012	Carlsbad CA USA
18y179d	12:59.5	Sammy Kipketer (KEN)	29 Sep 1981	26 Mar 2000	Carlsbad CA USA
19y184d	12:59.6	Sammy Kipketer (KEN)	29 Sep 1981	01 Apr 2001	Carlsbad CA USA
20y034d	13:15	Richard Chelimo (KEN)	24 Feb 1972	29 Mar 1992	Carlsbad CA USA
21y130d	13:11	Dejene Gebremeskel (ETH)	24 Nov 1989	03 Apr 2011	Carlsbad CA USA
22y129d	13:11	Dejene Gebremeskel (ETH)	24 Nov 1989	01 Apr 2012	Carlsbad CA USA
23y134d	13:20	Dejene Gebremeskel (ETH)	24 Nov 1989	07 Apr 2013	Carlsbad CA USA
24y112d	13:10	Dejene Birhanu (ETH)	12 Dec 1980	03 Apr 2005	Carlsbad CA USA
25y157d	13:11	Eliud Kipchoge (KEN)	05 Nov 1984	11 Apr 2010	Carlsbad CA USA
26y149d	13:14	Eliud Kipchoge (KEN)	05 Nov 1984	03 Apr 2011	Carlsbad CA USA
27y148d	13:14	Eliud Kipchoge (KEN)	05 Nov 1984	01 Apr 2012	Carlsbad CA USA
28y277d	13:16	Paul Koech (KEN)	25 Jun 1969	29 Mar 1998	Carlsbad CA USA
29y110d	13:22	Benjamin True (USA)	29 Dec 1985	18 Apr 2015	Boston MA USA
30y033d	13:27	Khalid Kairouani (MAR)	27 Feb 1966	31 Mar 1996	Carlsbad CA USA
31y107d	13:19.9	Benjamin True (USA)	29 Dec 1985	15 Apr 2017	Boston MA USA
32y192d	13:26	James Koskei Kimutai (KEN)	23 Nov 1968	03 Jun 2001	Gardena CA USA
33y172d	13:30	Doug Padilla (USA)	04 Oct 1956	25 Mar 1990	Carlsbad CA USA
34y141d	13:23	James Koskei Kimutai (KEN)	23 Nov 1968	13 Apr 2003	Carlsbad CA USA
35y017d	13:29	John Kibowen (KEN)	21 Apr 1969	08 May 2004	Balmoral SCO
36y072d	13:44	Michael McLeod (ENG)	25 Jan 1952	06 Apr 1988	Newcastle ENG
37y256d	13:49	Keith Anderson (ENG)	10 Aug 1957	23 Apr 1995	London ENG
38y161d	13:37	Wilson Waigwa (KEN)	15 Feb 1949	26 Jul 1987	Carlsbad CA USA
39y282d	13:32	Bernard Lagat (USA)	12 Dec 1974	20 Sep 2014	Philadelphia PA USA
40y107d	13:40	Bernard Lagat (USA)	12 Dec 1974	29 Mar 2015	Carlsbad CA USA
41y113d	13:38	Bernard Lagat (USA)	12 Dec 1974	03 Apr 2016	Carlsbad CA USA

42y010d	13:55	John Campbell (NZL)	06 Feb 1949	16 Feb 1991	Ft Myers FL USA
43y022d	14:02.8	Jackson Kipngok Yegon (KEN)	16 Aug 1960	07 Sep 2003	Providence RI USA
44y357d	14:34	Doug Bell (USA)	20 Nov 1950	12 Nov 1995	Phoenix AZ USA
45y198d	14:29	Kevin Castille (USA)	17 Mar 1972	01 Oct 2017	Syracuse NY USA
46y292d	14:50	Peter Magill (USA)	19 Jun 1961	06 Apr 2008	Carlsbad CA USA
47y290d	14:45	Dennis Simonaitis (USA)	25 Jun 1962	11 Apr 2010	Carlsbad CA USA
48y084d	14:51	Martin Rees (WAL)	28 Feb 1953	23 May 2001	Cardiff WAL
49y140d	14:56	Martin Rees (WAL)	28 Feb 1953	18 Jul 2002	Gloucester ENG
50y145d	15:00	Martin Rees (WAL)	28 Feb 1953	23 Jul 2003	Cardiff WAL
51y136d	15:16	Martin Rees (WAL)	28 Feb 1953	13 Jul 2004	Swansea WAL
52y125d	15:30	Andrew Green (ENG)	14 Dec 1962	18 Apr 2015	Barrowford ENG
53y142d	15:10	Martin Rees (WAL)	28 Feb 1953	20 Jul 2006	Gloucester ENG
54y141d	15:15	Martin Rees (WAL)	28 Feb 1953	19 Jul 2007	Gloucester ENG
55y140d	15:31	Martin Rees (WAL)	28 Feb 1953	17 Jul 2008	Gloucester ENG
56y205d	15:57	Gunther Mielke (GER)	30 Nov 1942	23 Jun 1999	Darmstadt GER
57y044d	16:22	Brian Pilcher (USA)	23 Aug 1956	06 Oct 2013	Syracuse NY USA
58y206d	16:43	Bob Atkinson (ENG)	03 Feb 1958	27 Aug 2016	Lancaster ENG
59y148d	16:38	Martin Rees (WAL)	28 Feb 1953	25 Jul 2012	Cardiff WAL
60y173d	16:08	Martin Rees (WAL)	28 Feb 1953	20 Aug 2013	Sandhurst ENG
61y159d	16:06	Martin Rees (WAL)	28 Feb 1953	06 Aug 2014	Cardiff WAL
62y081d	16:25	Martin Rees (WAL)	28 Feb 1953	20 May 2015	Cardiff WAL
63y115d	16:27	Martin Rees (WAL)	28 Feb 1953	22 Jun 2016	Cardiff WAL
64y361d	17:17	Tom Bernhard (USA)	09 Jul 1951	04 Jul 2016	Morgan Hill CA USA
65y177d	17:24	Ed Whitlock (CAN)	06 Mar 1931	30 Aug 1996	Buffalo NY USA
66y176d	17:24	Ed Whitlock (CAN)	06 Mar 1931	29 Aug 1997	Buffalo NY USA
67y182d	17:23	Ed Whitlock (CAN)	06 Mar 1931	04 Sep 1998	Buffalo NY USA
68y181d	17:39	Ed Whitlock (CAN)	06 Mar 1931	03 Sep 1999	Buffalo NY USA
69y138d	17:34	Ed Whitlock (CAN)	06 Mar 1931	22 Jul 2000	Toronto ON CAN
70y306d	19:03	Martin Ford (ENG)	13 Aug 1943	15 Jun 2014	Horwich ENG
71y227d	19:35	Doug Goodhue (USA)	21 Feb 1942	06 Oct 2013	Syracuse NY USA
72y176d	18:32	Ed Whitlock (CAN)	06 Mar 1931	29 Aug 2003	Buffalo NY USA
73y132d	18:21.2	Ed Whitlock (CAN)	06 Mar 1931	16 Jul 2004	Toronto ON CAN
74y131d	19:05.1	Ed Whitlock (CAN)	06 Mar 1931	15 Jul 2005	Toronto ON CAN
75y130d	18:45	Ed Whitlock (CAN)	06 Mar 1931	14 Jul 2006	Toronto ON CAN
76y067d	21:37	Maurice Tarrant (CAN)	04 Jan 1930	12 Mar 2006	Sidney BC CAN
77y025d	20:03	Warren Utes (USA)	25 Jun 1920	20 Jul 1997	Chicago IL USA
78y065d	22:12	Maurice Tarrant (CAN)	04 Jan 1930	09 Mar 2008	Sidney BC CAN
79y063d	22:41	Maurice Tarrant (CAN)	04 Jan 1930	08 Mar 2009	Sidney BC CAN
80y263d	22:41	Stephen Charlton (ENG)	04 Oct 1926	24 Jun 2007	Horwich ENG
81y061d	23:49	Maurice Tarrant (CAN)	04 Jan 1930	06 Mar 2011	Sidney BC CAN
82y297d	23:54	Stephen Charlton (ENG)	04 Oct 1926	28 Jul 2009	Battersea ENG
83y101d	25:12.4	Inocencio Cantu (USA)	28 Dec 1933	08 Apr 2017	Bellaire TX USA
84y258d	25:07	Stephen Charlton (ENG)	04 Oct 1926	19 Jun 2011	Horwich ENG
85y322d	24:57	Stephen Charlton (ENG)	04 Oct 1926	21 Aug 2012	London ENG
86y069d	31:22	Paul Flanagan (USA)	03 Jul 1931	10 Sep 2017	Sacramento CA USA
87y063d	32:00	Peter Miazza (USA)	10 Apr 1930	12 Jun 2017	Birmingham AL USA
88y203d	26:37	Hugh Campbell (USA)	25 Aug 1924	16 Mar 2013	Haddonfield NJ USA

89y248d	35:01	Willis Moses (USA)	29 Jan 1926	04 Oct 2015	Syracuse NY USA
90y090d	33:46	Henry Sypniewski (USA)	07 Jul 1918	05 Oct 2008	Syracuse NY USA
91y089d	38:53	Henry Sypniewski (USA)	07 Jul 1918	04 Oct 2009	Syracuse NY USA
92y088d	41:00	Henry Sypniewski (USA)	07 Jul 1918	03 Oct 2010	Syracuse NY USA
93y087d	47:40.3	Henry Sypniewski (USA)	07 Jul 1918	02 Oct 2011	Syracuse NY USA
94y274d	43:52	Roy Englert (USA)	11 Sep 1922	12 Jun 2017	Birmingham AL USA
95y020d	40:52	Roy Englert (USA)	11 Sep 1922	01 Oct 2017	Syracuse NY USA

Women's 5km times

3y337d	45:47.8	Fanny O'Neill (USA)	11 Apr 2011	14 Mar 2015	Huntsville AL USA
4y053d	29:53.6	Brooke Johnson (USA)	20 Jun 2013	12 Aug 2017	Asbury Park NJ USA
5y309d	22:17.9	Ava Johnson (USA)	22 Aug 2010	26 Jun 2016	Pine Beach NJ USA
6y348d	20:58	Ava Johnson (USA)	22 Aug 2010	05 Aug 2017	Sea Girt NJ USA
7y192d	18:28	Megan Crum (USA)	27 Aug 2007	07 Mar 2015	South El Monte CA USA
8y312d	18:35	Megan Crum (USA)	27 Aug 2007	04 Jul 2016	La Palma CA USA
9y001d	17:53.2	Megan Crum (USA)	27 Aug 2007	28 Aug 2016	Fountain Valley CA USA
10y049d	17:56	Megan Crum (USA)	27 Aug 2007	15 Oct 2017	Huntington Beach CA USA
11y348d	17:28.3	Grace Ping (USA)	07 Jul 2003	20 Jun 2015	Winona MN USA
12y328d	17:16.8	Annabella Veltcheva (USA)	24 Apr 2004	18 Mar 2017	Clermont FL USA
13y140d	16:36	Grace Ping (USA)	07 Jul 2003	24 Nov 2016	San Jose CA USA
14y255d	16:28	Yui Fukuda (JPN)	01 Jun 1995	11 Feb 2010	Himeji JPN
15y306d	16:14	Pamela Chepchumba (KEN)	28 Feb 1978	31 Dec 1993	Bolzano ITA
16y310d	15:19	Tirunesh Dibaba (ETH)	01 Jun 1985	07 Apr 2002	Carlsbad CA USA
17y316d	15:00	Tirunesh Dibaba (ETH)	01 Jun 1985	13 Apr 2003	Carlsbad CA USA
18y255d	15:05	Rose Cheruiyot Kosgei (KEN)	21 Jul 1976	02 Apr 1995	Carlsbad CA USA
19y306d	14:51	Tirunesh Dibaba (ETH)	01 Jun 1985	03 Apr 2005	Carlsbad CA USA
20y028d	14:57.2	Lydia Cheromei Kogo (KEN)	11 May 1977	08 Jun 1997	Bern SUI
21y068d	15:00	Buze Diriba Kejela (ETH)	09 Feb 1994	18 Apr 2015	Boston MA USA
22y142d	14:46	Meseret Defar (ETH)	18 Nov 1983	09 Apr 2006	Carlsbad CA USA
23y065d	14:54.0	Buze Diriba Kejela (ETH)	09 Feb 1994	15 Apr 2017	Boston MA USA
24y049d	14:48	Genzebe Dibaba Kenini (ETH)	08 Feb 1991	29 Mar 2015	Carlsbad CA USA
25y157d	14:55	Isabella Ochichi (KEN)	28 Oct 1979	03 Apr 2005	Carlsbad CA USA
26y163d	14:53	Isabella Ochichi (KEN)	28 Oct 1979	09 Apr 2006	Carlsbad CA USA
27y259d	14:57	Paula Radcliffe (ENG)	17 Dec 1973	02 Sep 2001	London ENG
28y006d	15:10	Elana Meyer (RSA)	10 Oct 1966	16 Oct 1994	Providence RI USA
29y332d	14:47	Lornah Kiplagat (NED)	01 May 1974	28 Mar 2004	Brunssum NED
30y230d	14:50	Molly Huddle (USA)	31 Aug 1984	18 Apr 2015	Boston MA USA
31y184d	14:52	Mamitu Daska Molisa (ETH)	16 Oct 1983	18 Apr 2015	Boston MA USA
32y227d	14:55.1	Molly Huddle (USA)	31 Aug 1984	15 Apr 2017	Boston MA USA
33y161d	15:15	Judi St Hilaire (USA)	05 Sep 1959	13 Feb 1993	Freeport BAH
34y282d	15:06	Sonia O'Sullivan (IRL)	28 Nov 1969	05 Sep 2004	London ENG
35y340d	15:23.8	Elana Meyer (RSA)	10 Oct 1966	15 Sep 2002	Providence RI USA

36y009d	15:29.4	Uta Pippig (USA)	07 Sep 1965	16 Sep 2001	Providence RI USA
37y356d	15:30	Colleen De Reuck (USA)	16 Apr 1964	07 Apr 2002	Carlsbad CA USA
38y133d	15:24	Mary Slaney (USA)	04 Aug 1958	15 Dec 1996	Palm Desert CA USA
39y046d	15:40	Edith Masai (KEN)	04 Apr 1967	20 May 2006	Neuss GER
40y050d	15:47.1	Colleen De Reuck (USA)	16 Apr 1964	05 Jun 2004	Albany NY USA
41y277d	15:53	Jennifer Rhines (USA)	01 Jul 1974	03 Apr 2016	Carlsbad CA USA
42y225d	15:48	Deena Kastor (USA)	14 Feb 1973	27 Sep 2015	San Jose CA USA
43y296d	16:25	Firiya Sultanova (RUS)	29 Apr 1961	19 Feb 2005	Fort Myers FL USA
44y274d	16:01	Firiya Sultanova (RUS)	29 Apr 1961	28 Jan 2006	Saint Augustine FL USA
45y275d	16:20	Catriona McKiernan (IRL)	30 Nov 1969	01 Sep 2015	Dublin IRL
46y158d	16:34	Tatyana Pozdniakova (UKR)	04 Mar 1955	09 Aug 2001	Manchester NH USA
47y157d	16:17	Tatyana Pozdniakova (UKR)	04 Mar 1955	08 Aug 2002	Manchester NH USA
48y203d	16:13.7	Linda Somers (USA)	07 May 1961	26 Nov 2009	San Jose CA USA
49y161d	16:28.3	Tatyana Pozdniakova (UKR)	04 Mar 1955	12 Aug 2004	Manchester NH USA
50y160d	16:38.8	Tatyana Pozdniakova (UKR)	04 Mar 1955	11 Aug 2005	Manchester NH USA
51y063d	17:13	Fiona Matheson (SCO)	25 Apr 1961	27 Jun 2012	Glasgow SCO
52y006d	17:02	Fiona Matheson (SCO)	25 Apr 1961	01 May 2013	Edinburgh SCO
53y126d	17:38.9	Joan Samuelson (USA)	16 May 1957	19 Sep 2010	Providence RI USA
54y284d	17:48	Silke Schmidt (GER)	07 Aug 1959	18 May 2014	Leiden NED
55y005d	17:57	Julie Buckley (ENG)	08 Jul 1956	13 Jul 2011	Doncaster ENG
56y064d	17:41	Fiona Matheson (SCO)	25 Apr 1961	28 Jun 2017	Clydebank SCO
57y005d	18:42	Kathryn Martin (USA)	30 Sep 1951	05 Oct 2008	Syracuse NY USA
58y038d	18:46.9	Rose Lambe (IRL)	25 Oct 1959	02 Dec 2017	Dublin IRL
59y030d	18:58	Daphne Ellmore (ENG)	22 May 1950	21 Jun 2009	Horwich ENG
60y002d	19:04.0	Kathryn Martin (USA)	30 Sep 1951	02 Oct 2011	Syracuse NY USA
61y095d	19:13.5	Sabra Harvey (USA)	02 Mar 1949	05 Jun 2010	Houston TX USA
62y006d	19:06	Kathryn Martin (USA)	30 Sep 1951	06 Oct 2013	Syracuse NY USA
63y359d	20:27	Marie-Louise Michelsohn (USA)	08 Oct 1941	02 Oct 2005	Syracuse NY USA
64y023d	19:23	Angela Copson (ENG)	20 Apr 1947	13 May 2011	Northampton ENG
65y002d	19:57	Kathryn Martin (USA)	30 Sep 1951	02 Oct 2016	Syracuse NY USA
66y321d	20:04	Janette Stevenson (SCO)	03 May 1949	19 Mar 2016	Clydebank SCO
67y103d	20:38	Angela Copson (ENG)	20 Apr 1947	01 Aug 2014	Blisworth ENG
68y093d	19:50.3	Sabra Harvey (USA)	02 Mar 1949	03 Jun 2017	Houston TX USA
69y060d	21:24	Angela Copson (ENG)	20 Apr 1947	19 Jun 2016	Horwich ENG
70y140d	22:15.5	Jan Holmquist (USA)	18 May 1944	05 Oct 2014	Syracuse NY USA
71y139d	22:14.4	Jan Holmquist (USA)	18 May 1944	04 Oct 2015	Syracuse NY USA
72y342d	24:29	Myrtle Rough (NZL)	23 Sep 1940	31 Aug 2013	Dunedin NZL
73y136d	22:27	Jan Holmquist (USA)	18 May 1944	01 Oct 2017	Syracuse NY USA
74y059d	24:35	Louise Gilchrist (ENG)	07 Mar 1933	05 May 2007	Salford ENG
75y326d	23:34	Libby James (USA)	12 Jul 1936	02 Jun 2012	Albany NY USA
76y018d	26:42	Louise Gilchrist (ENG)	07 Mar 1933	25 Mar 2009	Littleborough ENG
77y323d	24:16	Libby James (USA)	12 Jul 1936	31 May 2014	Albany NY USA
78y085d	23:59.8	Libby James (USA)	12 Jul 1936	05 Oct 2014	Syracuse NY USA
79y328d	25:29.1	Libby James (USA)	12 Jul 1936	04 Jun 2016	Albany NY USA
80y082d	25:14	Libby James (USA)	12 Jul 1936	02 Oct 2016	Syracuse NY USA
81y052d	28:48	Anne Garrett (USA)	05 Feb 1934	29 Mar 2015	Carlsbad CA USA
82y352d	31:07.4	Lois-Ann Gilmore (USA)	11 Oct 1930	28 Sep 2013	Park Ridge IL USA

83y017d	30:09.0	Lenore Montgomery (CAN)	28 May 1930	14 Jun 2013	Vancouver BC CAN
84y114d	38:13	Anny Stockman (USA)	10 Jun 1932	02 Oct 2016	Syracuse NY USA
85y022d	36:11	Lenore Montgomery (CAN)	28 May 1930	19 Jun 2015	Vancouver BC CAN
86y309d	34:23	Lenore Montgomery (CAN)	28 May 1930	02 Apr 2017	Carlsbad CA USA
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90y041d	1:34:50	Joan McConnell (CAN)	25 Jan 1926	06 Mar 2016	Sidney BC CAN
91y363d	55:13	Dottie Gray (USA)	14 Jun 1925	12 Jun 2017	Birmingham AL USA
92y098d	46:49	Evelyn Tripp (USA)	19 Jan 1916	26 Apr 2008	Walterboro SC USA
93y047d	46:24	Evelyn Tripp (USA)	19 Jan 1916	07 Mar 2009	Greenville SC USA
94y250d	1:33:05	Betty Ashley (USA)	15 Jun 1921	20 Feb 2016	Tampa FL USA
95y255d	1:28:36	Betty Ashley (USA)	15 Jun 1921	25 Feb 2017	Tampa FL USA

Men's 10km times

4y184d	1:10:30	Aaron Westrip (USA)	20 May 2013	18 Nov 2017	Smyrna GA USA
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6y355d	46:49.8	Gavin Clewley (USA)	19 Jul 2010	09 Jul 2017	Charlottesville VA USA
7y269d	42:40.1	Grattan O'Neill (USA)	26 Feb 2007	22 Nov 2014	Florence AL USA
8y268d	40:43.3	Grattan O'Neill (USA)	26 Feb 2007	21 Nov 2015	Florence AL USA
9y315d	38:32	Hunt Dickson (USA)	25 Apr 1972	06 Mar 1982	Mobile AL USA
10y342d	37:18	Constantine Yap (USA)	08 Jun 1999	16 May 2010	Santa Monica CA USA
11y356d	37:45	Caleb Hymans (USA)	14 Feb 2005	04 Feb 2017	Reston VA USA
12y277d	35:34	Caleb Hymans (USA)	14 Feb 2005	18 Nov 2017	Quantico VA USA
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14y236d	29:16	Damian Paul Chopa (TAN)	28 Nov 1986	22 Jul 2001	Arusha TAN
15y344d	28:37.5	Dida Deriba Bonga (ETH)	21 Jan 1995	31 Dec 2010	Luanda ANG
16y314d	28:05	Abayneh Degu Tsehay (ETH)	01 Dec 1998	11 Oct 2015	Berlin GER
17y180d	27:55.1	Eric Ndiema (KEN)	28 Dec 1992	26 Jun 2010	Appingedam NED
18y170d	27:42	Stanley Kipkosgei Salil (KEN)	02 Apr 1986	19 Sep 2004	Prague CZE
19y191d	27:11	Mathew Kimeli Kipkorir (KEN)	04 Jan 1998	09 Sep 2017	Prague CZE
20y302d	27:07	Micah Kogo Kemboi (KEN)	03 Jun 1986	01 Apr 2007	Brunssum NED
21y260d	27:10.0	Leonard Patrick Komon (KEN)	10 Jan 1988	27 Sep 2009	Utrecht NED
	27:10	Benard Kimeli (KEN)	10 Sep 1995	09 Sep 2017	Prague CZE
22y259d	26:43.7	Leonard Patrick Komon (KEN)	10 Jan 1988	26 Sep 2010	Utrecht NED
23y304d	27:10.1	Sammy Kitwara Kirop (KEN)	26 Nov 1986	26 Sep 2010	Utrecht NED
24y304d	27:14.8	Micah Kogo Kemboi (KEN)	03 Jun 1986	03 Apr 2011	Brunssum NED
25y101d	27:24	Zersenay Tadese (ERI)	08 Feb 1982	20 May 2007	Manchester ENG
26y330d	27:28	Zane Robertson (NZL)	14 Nov 1989	09 Oct 2016	Berlin GER
27y281d	27:39	Geoffrey Mutai Kiprono (KEN)	07 Oct 1981	15 Jul 2009	Voorthuizen NED
28y209d	27:23.9	Deribe Merga Ejigu (ETH)	26 Oct 1980	23 May 2009	Ottawa ON CAN
29y262d	27:19	Geoffrey Mutai Kiprono (KEN)	07 Oct 1981	26 Jun 2011	Boston MA USA

30y241d	27:04	Josphat Kiprono Menjo (KEN)	20 Aug 1979	18 Apr 2010	Barcelona ESP
31y281d	27:28	Geoffrey Ronoh (KEN)	29 Nov 1982	06 Sep 2014	Prague CZE
32y303d	27:09	Peter Kamais Lotagor (KEN)	07 Nov 1976	06 Sep 2009	Tilburg NED
33y350d	27:40	John Kibowen (KEN)	21 Apr 1969	06 Apr 2003	Brunssum NED
34y108d	27:45	Gilbert Masai (KEN)	20 May 1981	05 Sep 2015	Prague CZE
35y347d	27:51	John Kibowen (KEN)	21 Apr 1969	03 Apr 2005	Brunssum NED
36y029d	27:39	Haile Gebreselasie (ETH)	18 Apr 1973	17 May 2009	Manchester ENG
37y028d	28:02	Haile Gebreselasie (ETH)	18 Apr 1973	16 May 2010	Manchester ENG
38y257d	28:08	Haile Gebreselasie (ETH)	18 Apr 1973	31 Dec 2011	Luanda ANG
39y032d	27:39	Haile Gebreselasie (ETH)	18 Apr 1973	20 May 2012	Manchester ENG
40y149d	27:47.8	Bernard Lagat (USA)	12 Dec 1974	10 May 2015	Manchester ENG
41y034d	28:41.3	Andrea Sipe Sambu (TAN)	30 Dec 1972	02 Feb 2014	Dar es Salaam TAN
42y167d	28:13	Bernard Lagat (USA)	12 Dec 1974	28 May 2017	Manchester ENG
43y144d	29:00	Nelson Chirchir (KEN)	16 Jun 1956	07 Nov 1999	Paris FRA
44y352d	29:04	Kevin Castille (USA)	17 Mar 1972	04 Mar 2017	Houston TX USA
45y247d	29:50.3	Kevin Castille (USA)	17 Mar 1972	19 Nov 2017	Davie FL USA
46y296d	29:59.9	Stephen Moneghetti (AUS)	26 Sep 1962	19 Jul 2009	Launceston AUS
47y209d	30:29	Martin Rees (WAL)	28 Feb 1953	24 Sep 2000	Swansea WAL
48y229d	30:51	Antonio Villanueva (MEX)	25 Jul 1940	11 Mar 1989	Orlando FL USA
49y192d	30:59	Martin Rees (WAL)	28 Feb 1953	08 Sep 2002	Cardiff WAL
50y164d	30:35	Tecwyn Davies (GBR)	05 May 1938	16 Oct 1988	Reading ENG
51y017d	31:27	Stephen Moneghetti (AUS)	26 Sep 1962	13 Oct 2013	Melbourne AUS
52y027d	31:47	Vladimir Kotov (BLR)	21 Feb 1958	20 Mar 2010	Cape Town RSA
53y362d	31:45	Martin Rees (WAL)	28 Feb 1953	25 Feb 2007	Bourton on the Water ENG
54y116d	32:04	Martin Rees (WAL)	28 Feb 1953	24 Jun 2007	Llanelli WAL
55y269d	32:02	Martin Rees (WAL)	28 Feb 1953	23 Nov 2008	Leeds ENG
56y015d	33:01	Aart Stigter (NED)	15 Sep 1956	30 Sep 2012	Utrecht NED
57y055d	33:24	Aart Stigter (NED)	15 Sep 1956	09 Nov 2013	Nunspeet NED
58y078d	32:31	Michael Hager (ENG)	06 Sep 1950	23 Nov 2008	Leeds ENG
59y194d	33:12	Martin Rees (WAL)	28 Feb 1953	09 Sep 2012	Cardiff WAL
60y192d	32:48	Martin Rees (WAL)	28 Feb 1953	08 Sep 2013	Cardiff WAL
61y205d	33:27	Martin Rees (WAL)	28 Feb 1953	21 Sep 2014	Swansea WAL
62y190d	33:20	Martin Rees (WAL)	28 Feb 1953	06 Sep 2015	Cardiff WAL
63y189d	35:20	Ed Whitlock (CAN)	06 Mar 1931	11 Sep 1994	Toronto ON CAN
64y030d	36:01	Alan Davies (WAL)	12 Aug 1952	11 Sep 2016	Cardiff WAL
65y028d	35:49	Peter Lessing (GER)	18 Mar 1941	15 Apr 2006	Rheinzabern GER
66y289d	35:35.9	Albert Anderegg (SUI)	16 Jun 1945	31 Mar 2012	Lyss SUI
67y235d	35:39.6	Patrick Roussel (FRA)	19 Mar 1947	09 Nov 2014	Ales FRA
68y234d	36:47	Patrick Roussel (FRA)	19 Mar 1947	08 Nov 2015	Ales FRA
69y113d	36:11	Ed Whitlock (CAN)	06 Mar 1931	27 Jun 2000	Grimsby ON CAN
70y002d	37:55	Stephen Charlton (ENG)	04 Oct 1926	06 Oct 1996	Solihull ENG
71y173d	39:14	Joop Ruter (NED)	19 Apr 1933	09 Oct 2004	Rotterdam NED
72y185d	38:17	Ed Whitlock (CAN)	06 Mar 1931	07 Sep 2003	Toronto ON CAN
73y190d	37:33	Ed Whitlock (CAN)	06 Mar 1931	12 Sep 2004	Toronto ON CAN
74y189d	39:04	Ed Whitlock (CAN)	06 Mar 1931	11 Sep 2005	Toronto ON CAN
75y188d	40:10	Ed Whitlock (CAN)	06 Mar 1931	10 Sep 2006	Toronto ON CAN
76y112d	40:13.5	Ed Whitlock (CAN)	06 Mar 1931	26 Jun 2007	Grimsby ON CAN

77y344d	43:56	Stephen Charlton (ENG)	04 Oct 1926	12 Sep 2004	Portsmouth ENG
78y074d	43:06	Warren Utes (USA)	25 Jun 1920	07 Sep 1998	Kentfield CA USA
79y112d	45:50	Maurice Tarrant (CAN)	04 Jan 1930	26 Apr 2009	Victoria BC CAN
80y189d	42:58	Ed Whitlock (CAN)	06 Mar 1931	11 Sep 2011	Toronto ON CAN
81y269d	45:18	Stephen Charlton (ENG)	04 Oct 1926	29 Jun 2008	Prestwold Hall ENG
82y186d	44:22	Ed Whitlock (CAN)	06 Mar 1931	08 Sep 2013	Toronto ON CAN
83y163d	51:06	Raymond Bonet (FRA)	16 Dec 1926	28 May 2010	Brive FRA
84y191d	49:08	Ed Whitlock (CAN)	06 Mar 1931	13 Sep 2015	Toronto ON CAN
85y014d	52:53.6	Luciano Acquarone (ITA)	04 Oct 1930	18 Oct 2015	Vado Ligure ITA
86y188d	58:52	Jerry Johncock (USA)	02 Feb 1928	09 Aug 2014	Decatur MI USA
87y271d	1:00:50	Raymond Bonet (FRA)	16 Dec 1926	13 Sep 2014	Tulle FRA
88y208d	1:06:07	Knut Angstrom (SWE)	20 Nov 1927	15 Jun 2016	Stockholm SWE
89y017d	1:14:24	Semion Simkin (ISR)	07 May 1924	24 May 2013	Upice CZE
90y062d	1:11:54	Julian Bernal Medina (ESP)	16 Feb 1919	19 Apr 2009	Ribadavia ESP
91y008d	1:21:23	Semion Simkin (ISR)	07 May 1924	15 May 2015	Grosseto ITA
92y195d	1:32:26	Gordon Porteous (SCO)	20 Feb 1914	03 Sep 2006	Glasgow SCO

Women's 10km times

6y272d	48:02	Ava Johnson (USA)	22 Aug 2010	21 May 2017	Washington DC USA
7y318d	46:07.4	Makenzie Kolvoord (USA)	21 Nov 2006	05 Oct 2014	Minster OH USA
8y202d	45:41	Reagan Jones (USA)	29 Jun 2006	17 Jan 2015	Ocean Springs MS USA
9y110d	37:37	Carrie Garritson (USA)	11 Nov 1976	01 Mar 1986	Phoenix AZ USA
10y075d	36:03	Carrie Garritson (USA)	11 Nov 1976	25 Jan 1987	Redondo Beach CA USA
11y312d	36:28.3	Delia Sclabas (SUI)	08 Nov 2000	15 Sep 2012	Burgdorf SUI
12y078d	34:28	Carrie Garritson (USA)	11 Nov 1976	28 Jan 1989	Paramount CA USA
13y337d	35:43.2	Delia Sclabas (SUI)	08 Nov 2000	11 Oct 2014	Beinwil am See SUI
14y162d	33:16	Ji-ang Qinghua (CHN)	01 May 1985	10 Oct 1999	Beijing CHN
15y352d	33:19	Irvette vanZyl (RSA)	05 Jul 1987	22 Jun 2003	Durban RSA
16y319d	32:42	Karoline-Bjerkeli Grovdal (NOR)	14 Jun 1990	29 Apr 2007	Oslo NOR
17y351d	31:32	Winnie Chepkemoi (KEN)	09 Oct 1993	25 Sep 2011	Utrecht NED
18y323d	31:29	Karoline-Bjerkeli Grovdal (NOR)	14 Jun 1990	03 May 2009	Oslo NOR
19y309d	31:07	Belaynesh Olijira Jemama (ETH)	26 Jun 1990	01 May 2010	Marseille FRA
20y305d	30:41	Gladys Cheshire Kiptagelai (KEN)	10 Dec 1994	11 Oct 2015	Berlin GER
21y343d	30:55	Peres Chepchirchir (KEN)	27 Sep 1993	05 Sep 2015	Prague CZE
22y173d	30:06	Fancy Chemutai (KEN)	20 Mar 1995	09 Sep 2017	Prague CZE
23y275d	29:43	Joyciline Jepkosgei (KEN)	08 Dec 1993	09 Sep 2017	Prague CZE
24y291d	30:38.4	Liz McColgan (SCO)	24 May 1964	11 Mar 1989	Orlando FL USA
25y323d	30:24	Viola Jepchumba (KEN)	23 Oct 1990	10 Sep 2016	Prague CZE
26y321d	30:25	Viola Jepchumba (KEN)	23 Oct 1990	09 Sep 2017	Prague CZE
27y174d	30:47	Paula Radcliffe (ENG)	17 Dec 1973	09 Jun 2001	New York NY USA

28y092d	30:30	Tirunesh Dibaba (ETH)	01 Jun 1985	01 Sep 2013	Tilburg NED
29y068d	30:20.7	Paula Radcliffe (ENG)	17 Dec 1973	23 Feb 2003	San Juan PUR
30y074d	30:44.9	Paula Radcliffe (ENG)	17 Dec 1973	29 Feb 2004	San Juan PUR
31y301d	30:49.4	Lornah Kiplagat (NED)	01 May 1974	26 Feb 2006	San Juan PUR
32y011d	30:55.2	Gladys Cherono (KEN)	12 May 1983	23 May 2015	Ottawa ON CAN
33y019d	30:59	Ingrid Kristiansen (NOR)	21 Mar 1956	09 Apr 1989	Boston MA USA
34y354d	30:52	Shalane Flanagan (USA)	08 Jul 1981	26 Jun 2016	Boston MA USA
35y004d	31:13	Elana Meyer (RSA)	10 Oct 1966	14 Oct 2001	Budapest HUN
36y021d	30:57	Irina Mikitenko (GER)	23 Aug 1972	13 Sep 2008	Karlsruhe GER
37y133d	31:45	Helen Clitheroe (ENG)	02 Jan 1974	15 May 2011	Manchester ENG
38y153d	31:36.7	Edith Masai (KEN)	04 Apr 1967	04 Sep 2005	Tilburg NED
39y228d	31:44	Irina Mikitenko (GER)	23 Aug 1972	07 Apr 2012	Paderborn GER
40y268d	32:23	Christelle Daunay (FRA)	05 Dec 1974	30 Aug 2015	Arras FRA
41y169d	32:23	Christelle Daunay (FRA)	05 Dec 1974	22 May 2016	Manchester ENG
42y036d	32:28	Veerle Dejaeghere (BEL)	01 Aug 1973	06 Sep 2015	Tilburg NED
43y234d	33:02	Tatyana Pozdniakova (UKR)	04 Mar 1955	24 Oct 1998	San Antonio TX USA
110d	33:02	Gitte Karlshoj (DEN)	14 May 1959	01 Sep 2002	Hamburg GER
44y334d	33:08	Priscilla Welch (USA)	22 Nov 1944	22 Oct 1989	Baltimore MD USA
45y021d	33:46	Tatyana Pozdniakova (UKR)	04 Mar 1955	25 Mar 2000	Mobile AL USA
46y011d	34:25	Marina Ivanova (RUS)	13 Feb 1962	24 Feb 2008	Cannes FRA
47y019d	33:28	Tatyana Pozdniakova (UKR)	04 Mar 1955	23 Mar 2002	Mobile AL USA
48y115d	34:01	Evy Palm (SWE)	31 Jan 1942	26 May 1990	Goteborg SWE
49y142d	33:38.6	Linda Somers (USA)	07 May 1961	26 Sep 2010	Paso Robles CA USA
50y141d	34:14	Linda Somers (USA)	07 May 1961	25 Sep 2011	Paso Robles CA USA
51y021d	34:44	Tatyana Pozdniakova (UKR)	04 Mar 1955	25 Mar 2006	Mobile AL USA
304d	34:44	Carina Leutner (AUT)	10 Jun 1960	09 Apr 2012	Lomme FRA
52y062d	35:43	Nicole Leveque (FRA)	27 Jan 1951	30 Mar 2003	Laval FRA
53y352d	35:41	Fiona Matheson (SCO)	25 Apr 1961	12 Apr 2015	Grangemouth SCO
54y291d	36:03	Silke Schmidt (GER)	07 Aug 1959	25 May 2014	The Hague NED
55y160d	36:16	Fiona Matheson (SCO)	25 Apr 1961	02 Oct 2016	Glasgow SCO
56y051d	36:18	Silke Schmidt (GER)	07 Aug 1959	27 Sep 2015	Utrecht NED
57y102d	37:22	Houria Frechou (FRA)	19 Jan 1960	01 May 2017	Balma FRA
58y224d	38:09	Daphne Ellmore (ENG)	22 May 1950	01 Jan 2009	Cleethorpes ENG
59y016d	38:37	Daphne Ellmore (ENG)	22 May 1950	07 Jun 2009	Woodhall Spa ENG
60y015d	39:10	Daphne Ellmore (ENG)	22 May 1950	06 Jun 2010	Woodhill Spa ENG
61y338d	39:49	Nicole Leveque (FRA)	27 Jan 1951	30 Dec 2012	Chateau Gontier FRA
62y163d	38:56	Lidia Zentner (GER)	27 Mar 1953	06 Sep 2015	Bad Liebenzell GER
63y047d	40:58.8	Kathryn Martin (USA)	30 Sep 1951	16 Nov 2014	Alexandria VA USA
64y014d	38:57	Angela Copson (ENG)	20 Apr 1947	04 May 2011	Silverstone ENG
65y027d	41:58.4	Emmi Luthi (SUI)	01 Mar 1944	28 Mar 2009	Payerne SUI
66y001d	42:31	Kathryn Martin (USA)	30 Sep 1951	01 Oct 2017	New York NY USA
67y014d	42:21	Angela Copson (ENG)	20 Apr 1947	04 May 2014	King's Lynn ENG
68y020d	40:30	Angela Copson (ENG)	20 Apr 1947	10 May 2015	Manchester ENG
69y059d	43:05	Angela Copson (ENG)	20 Apr 1947	18 Jun 2016	Worcester ENG
70y039d	45:11	Angela Copson (ENG)	20 Apr 1947	29 May 2017	London ENG
71y029d	44:09	Lavinia Petrie (AUS)	13 Sep 1943	12 Oct 2014	Melbourne AUS
72y213d	47:07	Rimma Vasina (RUS)	23 Oct 1940	24 May 2013	Upice CZE

73y187d	48:07	Louise Gilchrist (ENG)	07 Mar 1933	10 Sep 2006	Partington ENG
74y046d	49:08	Louise Gilchrist (ENG)	07 Mar 1933	22 Apr 2007	Bolton ENG
75y184d	49:31	Louise Gilchrist (ENG)	07 Mar 1933	07 Sep 2008	Partington ENG
76y058d	50:02	Louise Gilchrist (ENG)	07 Mar 1933	04 May 2009	Rothwell ENG
77y017d	51:23	Melitta Czerwenka (GER)	30 Apr 1930	17 May 2007	Regensburg GER
78y342d	53:49	Denise Leclerc (FRA)	10 Oct 1933	16 Sep 2012	Macon FRA
79y032d	54:54	Odette Maisongrosse (FRA)	04 Feb 1936	08 Mar 2015	Blagnac FRA
80y339d	55:04.3	Denise Leclerc (FRA)	10 Oct 1933	14 Sep 2014	Macon FRA
81y237d	54:17	Deidre Larkin (RSA)	24 Sep 1931	19 May 2013	Durban RSA
82y151d	56:02	Deidre Larkin (RSA)	24 Sep 1931	22 Feb 2014	Bloemfontein RSA
83y012d	1:01:02.8	Lenore Montgomery (CAN)	28 May 1930	09 Jun 2013	White Rock BC CAN
84y051d	1:01:31	Deidre Larkin (RSA)	24 Sep 1931	14 Nov 2015	Pretoria RSA
85y139d	59:51	Deidre Larkin (RSA)	24 Sep 1931	29 Jan 2017	Benoni RSA
86y337d	1:14:13	Lenore Montgomery (CAN)	28 May 1930	30 Apr 2017	Victoria BC CAN
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88y300d	1:44:39	Bertha McGruder (USA)	14 Aug 1928	10 Jun 2017	New York NY USA

Men's 10mile times

6y117d	1:46:36.5	Charlie Westrip (USA)	15 Aug 2010	10 Dec 2016	Dalton GA USA
7y318d	1:15:23	Grattan O'Neill (USA)	26 Feb 2007	10 Jan 2015	Homewood AL USA
8y023d	1:13:15	Grattan O'Neill (USA)	26 Feb 2007	21 Mar 2015	Mooreville AL USA
9y336d	1:11:24	Jaden Merrick (USA)	16 Oct 2007	17 Sep 2016	Des Moines IA USA
10y347d	1:09:53	Andrew Burr (USA)	22 Jul 2006	04 Jul 2017	Cazenovia NY USA
11y183d	1:03:59	Elliot-Josiah Daniels (USA)	31 Jul 2004	30 Jan 2016	San Juan Bautista CA USA
12y224d	58:56	Jeff Campbell (USA)	07 Aug 1971	18 Mar 1984	Olney PA USA
13y265d	49:40	Takashi Watanabe (JPN)	22 May 1982	11 Feb 1996	Karatsu JPN
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15y347d	50:31	Simon Cheprot (KEN)	02 Jul 1993	14 Jun 2009	Manitou Springs CO USA
16y257d	46:07	Tsegay Tuemay Weldelibanos (ERI)	20 Dec 1995	02 Sep 2012	Tilburg NED
17y354d	45:30	Martin Irungu Mathathi (KEN)	25 Dec 1985	14 Dec 2003	Kosa JPN
18y353d	44:51	Martin Irungu Mathathi (KEN)	25 Dec 1985	12 Dec 2004	Kosa JPN
19y031d	45:10	Samuel Wanjiru Kamau (KEN)	10 Nov 1986	11 Dec 2005	Kosa JPN
20y350d	45:01	Martin Irungu Mathathi (KEN)	25 Dec 1985	10 Dec 2006	Kosa JPN
21y145d	45:19	Jeremiah Karimi Thuku (KEN)	07 Jul 1994	29 Nov 2015	Kosa JPN
22y058d	45:15	Gideon Ngatuny Lekumok (KEN)	10 Oct 1986	07 Dec 2008	Kosa JPN
046d	45:15	Allan Kiprono Kipkorir (KEN)	15 Feb 1990	01 Apr 2012	Washington DC USA
23y346d	44:52	Martin Irungu Mathathi (KEN)	25 Dec 1985	06 Dec 2009	Kosa JPN
24y345d	44:59	Martin Irungu Mathathi (KEN)	25 Dec 1985	05 Dec 2010	Kosa JPN
25y055d	45:20	Julius Maina Nderitu (KEN)	14 Oct 1977	08 Dec 2002	Kosa JPN
26y219d	45:12	Bernard Koech Kiprop (KEN)	31 Jan 1988	07 Sep 2014	Tilburg NED

27y218d	45:22	Bernard Koech Kiprop (KEN)	31 Jan 1988	06 Sep 2015	Tilburg NED
28y012d	45:55	Julius Kiprotich Kogo (KEN)	12 Aug 1985	24 Aug 2013	Flint MI USA
29y319d	45:37	Ondoro Osoro (KEN)	03 Dec 1967	18 Oct 1997	St Petersburg FL USA
30y187d	45:52	Shinji Kawashima (JPN)	04 Jun 1966	08 Dec 1996	Kosa JPN
31y275d	45:55	Godfrey Kiprotich Chirchir (KEN)	23 Nov 1964	24 Aug 1996	Flint MI USA
32y139d	44:23.0	Haile Gebreselasie (ETH)	18 Apr 1973	04 Sep 2005	Tilburg NED
33y055d	46:29	Richard Nerurkar (ENG)	06 Jan 1964	02 Mar 1997	Woking ENG
34y117d	46:05	John Korir Kipsang (KEN)	15 Dec 1975	11 Apr 2010	Washington DC USA
35y224d	46:10	Simon Karori (KEN)	28 Aug 1959	09 Apr 1995	Washington DC USA
36y128d	46:25	John Treacy (IRL)	04 Jun 1957	10 Oct 1993	Portsmouth ENG
37y061d	47:04	Suehiro Ishikawa (JPN)	27 Sep 1979	27 Nov 2016	Kosa JPN
38y166d	47:06	Martin Mondragon Avila (MEX)	11 Nov 1953	25 Apr 1992	New York NY USA
39y357d	47:30	Kenjiro Jitsui (JPN)	16 Dec 1968	07 Dec 2008	Kosa JPN
40y030d	46:59.9	Haile Gebreselasie (ETH)	18 Apr 1973	18 May 2013	Bern SUI
41y200d	47:55	John Campbell (NZL)	06 Feb 1949	25 Aug 1990	Flint MI USA
42y197d	47:57	Masaaki Kobayashi (JPN)	19 May 1970	02 Dec 2012	Kosa JPN
43y007d	47:26	Jackson Kipngok Yegon (KEN)	16 Aug 1960	23 Aug 2003	Flint MI USA
44y002d	49:23	Martin Rees (WAL)	28 Feb 1953	02 Mar 1997	Woking ENG
45y162d	49:03	Kevin Castille (USA)	17 Mar 1972	26 Aug 2017	Flint MI USA
46y203d	50:05	Martin Rees (WAL)	28 Feb 1953	19 Sep 1999	Portsmouth ENG
47y174d	51:28	Martin Rees (WAL)	28 Feb 1953	20 Aug 2000	Sandiacre ENG
48y350d	52:55	Michael Hager (ENG)	06 Sep 1950	22 Aug 1999	Sandiacre ENG
49y255d	51:01	Martin Rees (WAL)	28 Feb 1953	10 Nov 2002	Llandudno WAL
50y030d	50:43	Martin Rees (WAL)	28 Feb 1953	30 Mar 2003	Woking ENG
51y002d	52:23	Ronald Grove (ENG)	30 Jun 1938	02 Jul 1989	March ENG
52y357d	53:03	Stephen James (ENG)	10 Mar 1938	02 Mar 1991	Inglemire ENG
53y341d	51:45	Martin Rees (WAL)	28 Feb 1953	04 Feb 2007	Pontypridd WAL
54y340d	54:06	Martin Rees (WAL)	28 Feb 1953	03 Feb 2008	Pontypridd WAL
55y234d	53:21	Martin Rees (WAL)	28 Feb 1953	19 Oct 2008	Twickenham ENG
56y279d	54:40	Norman Green (USA)	27 Jun 1932	02 Apr 1989	Washington DC USA
57y278d	54:53	Norman Green (USA)	27 Jun 1932	01 Apr 1990	Washington DC USA
58y319d	58:48	John Exley (ENG)	16 Nov 1947	01 Oct 2006	Lytham Saint Annes ENG
59y355d	55:47	Martin Rees (WAL)	28 Feb 1953	17 Feb 2013	Llanelli WAL
60y234d	55:02	Martin Rees (WAL)	28 Feb 1953	20 Oct 2013	Twickenham ENG
61y051d	55:27	Martin Rees (WAL)	28 Feb 1953	20 Apr 2014	Lampeter WAL
62y036d	55:54	Martin Rees (WAL)	28 Feb 1953	05 Apr 2015	Lampeter WAL
63y028d	56:14	Martin Rees (WAL)	28 Feb 1953	27 Mar 2016	Lampeter WAL
64y295d	1:00:09	Ed Whitlock (CAN)	06 Mar 1931	26 Dec 1995	Hamilton ON CAN
65y315d	1:02:45.1	Peter Mullin (USA)	29 Nov 1950	09 Oct 2016	Houston TX USA
66y149d	1:02:00	Ed Whitlock (CAN)	06 Mar 1931	02 Aug 1997	Hamilton ON CAN
67y169d	1:01:26	Ed Whitlock (CAN)	06 Mar 1931	22 Aug 1998	Flint MI USA
68y085d	1:00:11	Ed Whitlock (CAN)	06 Mar 1931	30 May 1999	Toronto ON CAN
69y071d	1:02:07	Warren Utes (USA)	25 Jun 1920	04 Sep 1989	Park Forest IL USA
70y038d	1:02:19	Ed Whitlock (CAN)	06 Mar 1931	13 Apr 2001	Burlington ON CAN
71y230d	1:05:27	Joop Ruter (NED)	19 Apr 1933	05 Dec 2004	Brielle NED
72y170d	1:02:25	Ed Whitlock (CAN)	06 Mar 1931	23 Aug 2003	Flint MI USA
73y182d	1:09:00	Doug Goodhue (USA)	21 Feb 1942	22 Aug 2015	Flint MI USA

74y036d	1:11:53	Louis Lodovico (USA)	28 Feb 1924	05 Apr 1998	Washington DC USA
75y071d	1:06:27	Warren Utes (USA)	25 Jun 1920	04 Sep 1995	Park Forest IL USA
76y069d	1:09:40	Warren Utes (USA)	25 Jun 1920	02 Sep 1996	Park Forest IL USA
77y068d	1:09:56	Warren Utes (USA)	25 Jun 1920	01 Sep 1997	Park Forest IL USA
78y058d	1:11:39	Warren Utes (USA)	25 Jun 1920	22 Aug 1998	Flint MI USA
79y073d	1:12:36	Warren Utes (USA)	25 Jun 1920	06 Sep 1999	Park Forest IL USA
80y071d	1:14:57	Warren Utes (USA)	25 Jun 1920	04 Sep 2000	Park Forest IL USA
81y010d	1:14:25	Stephen Charlton (ENG)	04 Oct 1926	14 Oct 2007	Tadley ENG
82y069d	1:27:01	Warren Utes (USA)	25 Jun 1920	02 Sep 2002	Park Forest IL USA
83y129d	1:29:26	John Keston (USA)	05 Dec 1924	12 Apr 2008	Medford OR USA
84y038d	1:34:26	Louis Lodovico (USA)	28 Feb 1924	06 Apr 2008	Washington DC USA
85y036d	1:35:10	Louis Lodovico (USA)	28 Feb 1924	05 Apr 2009	Washington DC USA
86y202d	1:51:04	Jerry Johncock (USA)	02 Feb 1928	23 Aug 2014	Flint MI USA
87y201d	1:56:41	Jerry Johncock (USA)	02 Feb 1928	22 Aug 2015	Flint MI USA

Women's 10mile times

7y317d	1:28:22.8	Elizabeth-Ann Westrip (USA)	28 Jan 2009	10 Dec 2016	Dalton GA USA
8y237d	1:26:02	Reagan Jones (USA)	29 Jun 2006	21 Feb 2015	Bay Saint Louis MS USA
9y078d	1:09:43	Sarah Schwald (USA)	02 Jan 1973	21 Mar 1982	Redmond WA USA
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12y341d	58:39	Shona Jones (USA)	24 Mar 1968	28 Feb 1981	Lincoln NE USA
13y340d	59:32	Shona Jones (USA)	24 Mar 1968	27 Feb 1982	Lincoln NE USA
14y129d	1:00:15	Shona Jones (USA)	24 Mar 1968	31 Jul 1982	Atwood KS USA
15y328d	54:03	Lydia Cheromei Kogo (KEN)	11 May 1977	04 Apr 1993	Washington DC USA
16y229d	56:19	Mary Naali Xwaymay (TAN)	29 Dec 1992	15 Aug 2009	Schortens GER
17y077d	53:46	Ogla Kimaiyo Cheronono (KEN)	24 Jul 1988	09 Oct 2005	Portsmouth ENG
18y262d	51:40	Rose Cheruiyot Kosgei (KEN)	21 Jul 1976	09 Apr 1995	Washington DC USA
19y191d	52:55	Teyiba Erkiso Waka (ETH)	28 Sep 1982	07 Apr 2002	Washington DC USA
20y081d	51:28^	Dera Dida Yami (ETH)	26 Oct 1996	15 Jan 2017	Houston TX USA
21y257d	52:44	Cathy O'Brien (USA)	19 Jul 1967	02 Apr 1989	Washington DC USA
22y271d	51:38	Buze Diriba Kejela (ETH)	09 Feb 1994	06 Nov 2016	Pittsburgh PA USA
23y043d	52:33	Delillah Asiago Kemunto (KEN)	24 Feb 1972	08 Apr 1995	New York NY USA
24y188d	51:41	Jill Boltz (ENG)	14 Oct 1966	20 Apr 1991	New York NY USA
25y025d	52:03	Emily Sisson (USA)	12 Oct 1991	06 Nov 2016	Pittsburgh PA USA
26y328d	52:23	Lisa Ondieki (AUS)	12 May 1960	05 Apr 1987	Washington DC USA
27y078d	51:16^	Veronica Nyaruai Wanjiru (KEN)	29 Oct 1989	15 Jan 2017	Houston TX USA
28y105d	52:14	Liz McColgan (SCO)	24 May 1964	06 Sep 1992	Sandiacre ENG
29y029d	51:52	Lyudmila Biktasheva (RUS)	25 Jul 1974	23 Aug 2003	Flint MI USA
30y172d	52:05	Mamitu Daska Molisa (ETH)	16 Oct 1983	06 Apr 2014	Washington DC USA
31y144d	51:49	Tirunesh Dibaba (ETH)	01 Jun 1985	23 Oct 2016	Portsmouth ENG

32y284d	51:00	Sonia O'Sullivan (IRL)	28 Nov 1969	08 Sep 2002	Portsmouth ENG
33y354d	51:16	Colleen De Reuck (USA)	16 Apr 1964	05 Apr 1998	Washington DC USA
34y314d	51:11	Paula Radcliffe (ENG)	17 Dec 1973	26 Oct 2008	Portsmouth ENG
35y227d	52:12	Janet Bawcom (USA)	22 Aug 1978	06 Apr 2014	Washington DC USA
36y265d	52:52	Carla Beurskens (NED)	15 Feb 1952	06 Nov 1988	Den Haag NED
37y052d	53:43	Irene Cherotich Kosgei (KEN)	08 Sep 1974	30 Oct 2011	Portsmouth ENG
38y358d	54:29	Elena Vyazova (UKR)	18 Apr 1960	11 Apr 1999	Washington DC USA
39y038d	53:00	Joanne Pavey (ENG)	20 Sep 1973	28 Oct 2012	Portsmouth ENG
40y175d	54:31	Tatyana Pozdniakova (UKR)	04 Mar 1955	26 Aug 1995	Flint MI USA
41y195d	54:32	Carla Beurskens (NED)	15 Feb 1952	29 Aug 1993	Heerlen NED
42y035d	52:44	Joanne Pavey (ENG)	20 Sep 1973	25 Oct 2015	Portsmouth ENG
43y055d	55:33	Joyce Smith (ENG)	26 Oct 1937	20 Dec 1980	Guildford ENG
44y277d	55:18	Priscilla Welch (USA)	22 Nov 1944	26 Aug 1989	Flint MI USA
45y175d	55:56	Tatyana Pozdniakova (UKR)	04 Mar 1955	26 Aug 2000	Flint MI USA
46y136d	56:33	Priscilla Welch (USA)	22 Nov 1944	07 Apr 1991	Washington DC USA
47y237d	56:38	Tatyana Pozdniakova (UKR)	04 Mar 1955	27 Oct 2002	Jacksonville FL USA
48y344d	55:33	Joyce Smith (ENG)	26 Oct 1937	05 Oct 1986	Hendon ENG
49y177d	56:31	Tatyana Pozdniakova (UKR)	04 Mar 1955	28 Aug 2004	Flint MI USA
50y176d	58:13	Tatyana Pozdniakova (UKR)	04 Mar 1955	27 Aug 2005	Flint MI USA
51y175d	59:00	Tatyana Pozdniakova (UKR)	04 Mar 1955	26 Aug 2006	Flint MI USA
52y121d	59:17	Fiona Matheson (SCO)	25 Apr 1961	24 Aug 2013	Dublin IRL
53y148d	1:01:22	Anne Roden (ENG)	09 Oct 1946	05 Mar 2000	Woking ENG
54y068d	1:03:44	Christine Kennedy (USA)	29 Dec 1954	07 Mar 2009	Redding CA USA
55y026d	1:02:39	Rae Baymiller (USA)	27 Jul 1943	22 Aug 1998	Flint MI USA
56y066d	1:03:54	Christine Kennedy (USA)	29 Dec 1954	05 Mar 2011	Redding CA USA
57y065d	1:04:56	Christine Kennedy (USA)	29 Dec 1954	03 Mar 2012	Redding CA USA
58y248d	1:04:13	Daphne Ellmore (ENG)	22 May 1950	25 Jan 2009	Hull ENG
59y321d	1:04:01	Joan Samuelson (USA)	16 May 1957	02 Apr 2017	Washington DC USA
60y306d	1:08:17	Shirley Matson (USA)	07 Nov 1940	09 Sep 2001	Sacramento CA USA
61y164d	1:04:51	Stefica Gajic (SUI)	12 Nov 1948	25 Apr 2010	Aarau SUI
62y170d	1:04:53	Stefica Gajic (SUI)	12 Nov 1948	01 May 2011	Aarau SUI
63y182d	1:07:30.7	Stefica Gajic (SUI)	12 Nov 1948	12 May 2012	Bern SUI
64y167d	1:08:39.3	Stefica Gajic (SUI)	12 Nov 1948	28 Apr 2013	Aarau SUI
65y162d	1:12:29	Jane Davies (ENG)	07 Sep 1948	16 Feb 2014	Bramley ENG
66y223d	1:11:23.5	Sabra Harvey (USA)	02 Mar 1949	11 Oct 2015	Houston TX USA
67y249d	1:13:31	Edie Stevenson (USA)	27 Jul 1949	02 Apr 2017	Washington DC USA
68y177d	1:11:59	Sabra Harvey (USA)	02 Mar 1949	26 Aug 2017	Flint MI USA
69y134d	1:14:28	Jeannie Rice (USA)	14 Apr 1948	26 Aug 2017	Flint MI USA
70y150d	1:14:43	Angela Copson (ENG)	20 Apr 1947	17 Sep 2017	Barby ENG
71y147d	1:17:57	Louise Gilchrist (ENG)	07 Mar 1933	01 Aug 2004	Wythenshawe ENG
72y251d	1:19:28	Louise Gilchrist (ENG)	07 Mar 1933	13 Nov 2005	Llandudno WAL
73y257d	1:20:57	Louise Gilchrist (ENG)	07 Mar 1933	19 Nov 2006	Preston ENG
74y362d	1:21:30	Joan Royal (ENG)	22 Nov 1937	18 Nov 2012	Wimborne ENG
75y149d	1:22:05	Louise Gilchrist (ENG)	07 Mar 1933	03 Aug 2008	Sale ENG
76y026d	1:36:53	Anny Stockman (USA)	10 Jun 1932	06 Jul 2008	Lake George NY USA
77y145d	1:36:18	Heide Moebius (USA)	10 Nov 1938	03 Apr 2016	Washington DC USA
78y143d	1:39:32	Heide Moebius (USA)	10 Nov 1938	02 Apr 2017	Washington DC USA

79y350d	1:55:24.7	Giuseppina Gurtner (SUI)	05 Jun 1925	21 May 2005	Bern SUI
80y122d	1:57:00	Imme Dyson (USA)	01 Dec 1936	02 Apr 2017	Washington DC USA
.....					
87y311d	1:57:38	Hedy Marque (USA)	27 May 1917	03 Apr 2005	Washington DC USA

Mens 20km times

8y163d	1:44:38	Jason Parks (USA)	07 Mar 2006	17 Aug 2014	Leesburg VA USA
.....					
14y198d	1:12:07	Mitch Kingery (USA)	03 Jul 1956	17 Jan 1971	Portola Valley CA USA
15y273d	1:00:30	Juma Ninga (TAN)	12 Nov 1974	12 Aug 1990	Plovdiv BUL
16y330d	1:01:01	Taiki Hakamazuka (JPN)	21 Nov 1987	16 Oct 2004	Tachikawa JPN
17y140d	58:20	Faustin Baha Sulle (TAN)	30 May 1982	17 Oct 1999	Paris FRA
18y301d	57:22	Mekubo Mogusu Job (KEN)	25 Dec 1986	22 Oct 2005	Tachikawa JPN
19y280d	58:00	Daniel Muiva Kitonyi (KEN)	12 Jan 1994	19 Oct 2013	Tachikawa JPN
20y299d	57:01	Mekubo Mogusu Job (KEN)	25 Dec 1986	20 Oct 2007	Tachikawa JPN
21y121d	57:22	Wilfred Taragon Kipkoech (KEN)	09 Jun 1985	08 Oct 2006	Debrecen HUN
22y173d	56:01	James Ndirangu Mwangi (KEN)	29 Mar 1994	18 Sep 2016	Copenhagen DEN
23y125d	56:05	Geoffrey Kipsang Kamworor (KEN)	22 Nov 1992	26 Mar 2016	Cardiff WAL
24y242d	56:01	Zersenay Tadese (ERI)	08 Feb 1982	08 Oct 2006	Debrecen HUN
25y218d	56:13	Bitan Karoki Muchiri (KEN)	21 Aug 1990	26 Mar 2016	Cardiff WAL
26y028d	56:23	Bitan Karoki Muchiri (KEN)	21 Aug 1990	18 Sep 2016	Copenhagen DEN
27y297d	57:38	Robert Cheruiyot Kiprotich (KEN)	20 Dec 1974	13 Oct 2002	Paris FRA
28y143d	56:54	Abayneh Ayele Woldegiorgis (ETH)	04 Nov 1987	26 Mar 2016	Cardiff WAL
29y314d	56:26	Steven Kibet Kosgei (KEN)	09 Nov 1986	18 Sep 2016	Copenhagen DEN
30y003d	57:42	Girma Tola (ETH)	13 Oct 1975	16 Oct 2005	Paris FRA
31y357d	57:54	Salah Hissou (MAR)	16 Mar 1972	07 Mar 2004	Alphen aan den Rijn NED
32y309d	58:23	Worku Bikila (ETH)	06 May 1968	11 Mar 2001	Alphen aan den Rijn NED
33y003d	56:55	Mohamed Farah (ENG)	23 Mar 1983	26 Mar 2016	Cardiff WAL
34y237d	58:28	Gilbert Rutto (KEN)	10 Jan 1961	04 Sep 1995	New Haven CT USA
35y121d	56:27	Gilbert Masai (KEN)	20 May 1981	18 Sep 2016	Copenhagen DEN
36y102d	58:42	Abdellah Behar (FRA)	07 Jul 1963	17 Oct 1999	Paris FRA
37y109d	59:07	Domingos Castro (POR)	22 Nov 1963	11 Mar 2001	Alphen aan den Rijn NED
38y112d	59:03	Paulo Catarino (POR)	30 Sep 1963	20 Jan 2002	Almeirim POR
39y016d	59:17	Brahim Lahlafi (MAR)	15 Apr 1968	01 May 2007	Maroilles FRA
40y022d	1:01:37	Keith Anderson (ENG)	10 Aug 1957	01 Sep 1997	New Haven CT USA
41y207d	1:02:56	Theo VandenAbeel (BEL)	15 Aug 1960	10 Mar 2002	Alphen aan den Rijn NED
42y208d	1:02:42	Diego-Alberto Colorado (COL)	31 Aug 1973	26 Mar 2016	Cardiff WAL
43y205d	1:04:19	Theo VandenAbeel (BEL)	15 Aug 1960	07 Mar 2004	Alphen aan den Rijn NED
44y259d	1:03:07	Bill Rodgers (USA)	23 Dec 1947	07 Sep 1992	New Haven CT USA
45y192d	1:02:17	Michael Hurd (ENG)	19 Dec 1945	29 Jun 1991	Hardelot FRA
46y288d	1:05:05	David Chawane (RSA)	17 Sep 1959	02 Jul 2006	East London RSA
47y140d	1:06:50	Joseph Nzau (KEN)	14 Apr 1950	01 Sep 1997	New Haven CT USA

48y205d	1:07:47	Theo VandenAbeel (BEL)	15 Aug 1960	08 Mar 2009	Alphen aan den Rijn NED
49y192d	1:15:28	Alexander Neuwirth (CZE)	15 Dec 1955	25 Jun 2005	Belkovice CZE
50y336d	1:05:50	Norman Green (USA)	27 Jun 1932	29 May 1983	Washington DC USA
51y072d	1:06:30	Dominique Chauvelier (FRA)	03 Aug 1956	14 Oct 2007	Paris FRA
52y335d	1:09:50	Philippe Remond (FRA)	09 Nov 1963	09 Oct 2016	Paris FRA
53y224d	1:14:43	Laurence Olsen (USA)	14 Nov 1946	25 Jun 2000	Bedford MA USA
54y123d	1:08:33	Alain Mimoun (FRA)	01 Jan 1921	04 May 1975	Draveil FRA
55y214d	1:10:37	Georges Ribeiro (FRA)	09 Mar 1961	09 Oct 2016	Paris FRA
56y285d	1:08:07	Norman Green (USA)	27 Jun 1932	08 Apr 1989	Medford OR USA
57y301d	1:18:05	Terry McCluskey (USA)	30 Jul 1948	27 May 2006	Wheeling WV USA
58y301d	1:13:57	Johnny A Kelley (USA)	06 Sep 1907	04 Jul 1966	Needham MA USA
59y299d	1:18:23	Terry McCluskey (USA)	30 Jul 1948	24 May 2008	Wheeling WV USA
60y216d	1:12:36	Doug Winn (USA)	02 Feb 1950	06 Sep 2010	New Haven CT USA
61y245d	1:36:12	Ronald Hill (ENG)	25 Sep 1938	27 May 2000	Wheeling WV USA
62y016d	1:20:45	Edward Stabler (USA)	30 May 1929	15 Jun 1991	Vestal NY USA
63y021d	1:21:16	Edward Stabler (USA)	30 May 1929	20 Jun 1992	Vestal NY USA
64y229d	1:18:52	Don Longennecker (USA)	25 Mar 1916	09 Nov 1980	Tucson AZ USA
65y262d	1:19:33	Monty Montgomery (USA)	14 Jul 1906	01 Apr 1972	Los Angeles CA USA
66y279d	1:23:34	Peter Mullin (USA)	29 Nov 1950	04 Sep 2017	New Haven CT USA
67y207d	1:13:25	Patrick Roussel (FRA)	19 Mar 1947	12 Oct 2014	Paris FRA
68y055d	1:33:06	Francois Cemon (FRA)	15 Aug 1948	09 Oct 2016	Paris FRA
69y138d	1:27:03	Gerard Delort (FRA)	24 May 1947	09 Oct 2016	Paris FRA
.....					
73y231d	1:43:01	Joseph Cupit (FRA)	21 Feb 1943	09 Oct 2016	Paris FRA
.....					
75y321d	1:30:10	Ed Benham (USA)	12 Jul 1907	29 May 1983	Washington DC USA
.....					
81y270d	1:33:56	Ed Benham (USA)	12 Jul 1907	08 Apr 1989	Medford OR USA

Women's 20km times

7y351d	1:54:01	Elizabeth-Ann Westrip (USA)	28 Jan 2009	14 Jan 2017	Potomac MD USA
.....					
13y333d	1:24:32	Laura Cattivera (USA)	21 Jan 1968	20 Dec 1981	Zuma Beach CA USA
14y313d	1:31:10	Mary Wazeter (USA)	06 Sep 1963	16 Jul 1978	Wilkes-Barre PA USA
15y199d	1:27:30	Suzanne Girard (USA)	30 Nov 1962	17 Jun 1978	Vestal NY USA
16y282d	1:16:01	Rumiko Kaneko (JPN)	09 Jan 1965	18 Oct 1981	Kobe JPN
17y362d	1:09:41	Azalech Masresha Woldeselasse (ETH)	04 May 1988	01 May 2006	Maroilles FRA
18y257d	1:06:31	Kazue Ogoshi (JPN)	02 Mar 1981	14 Nov 1999	Kobe JPN
19y349d	1:06:24	Dera Dida Yami (ETH)	26 Oct 1996	09 Oct 2016	Paris FRA
20y190d	1:05:36	Yurika Nakamura (JPN)	01 Apr 1986	08 Oct 2006	Debrecen HUN

21y130d	1:04:39	Hiwot Gebrekidan Gebremaryam (ETH)	11 May 1995	18 Sep 2016	Copenhagen DEN
22y181d	1:04:13	Peres Chepchirchir (KEN)	27 Sep 1993	26 Mar 2016	Cardiff WAL
23y086d	1:04:35	Genet Ayalew Kassahun (ETH)	31 Dec 1992	26 Mar 2016	Cardiff WAL
24y197d	1:05:32	Kayoko Fukushi (JPN)	25 Mar 1982	08 Oct 2006	Debrecen HUN
25y235d	1:03:47	Rita Cheptoo Sitienei (KEN)	15 Feb 1981	08 Oct 2006	Debrecen HUN
26y314d	1:03:54	Lornah Kiplagat (NED)	01 May 1974	11 Mar 2001	Alphen aan den Rijn NED
27y100d	1:04:19	Mary Wacera Ngugi (KEN)	17 Dec 1988	26 Mar 2016	Cardiff WAL
28y127d	1:06:40	Joyce Chepchumba Koech (KEN)	06 Nov 1970	13 Mar 1999	Alphen aan den Rijn NED
29y078d	1:05:03	Sarah Chepchirchir (KEN)	27 Jul 1984	13 Oct 2013	Paris FRA
30y231d	1:05:30	Mirriam Wangari Karienyee (KEN)	22 Feb 1979	11 Oct 2009	Paris FRA
31y131d	1:05:42	Nataliya Berkut (UKR)	30 May 1975	08 Oct 2006	Debrecen HUN
32y160d	1:03:21	Lornah Kiplagat (NED)	01 May 1974	08 Oct 2006	Debrecen HUN
33y138d	1:07:04	Eloise Wellings (AUS)	09 Nov 1982	26 Mar 2016	Cardiff WAL
34y144d	1:05:11	Colleen De Reuck (USA)	16 Apr 1964	07 Sep 1998	New Haven CT USA
35y345d	1:07:12	Nadezhda Wijenberg (NED)	02 Apr 1964	12 Mar 2000	Alphen aan den Rijn NED
36y258d	1:03:23	Constantina Dita (ROM)	23 Jan 1970	08 Oct 2006	Debrecen HUN
37y217d	1:07:01	Janet Bawcom (USA)	22 Aug 1978	26 Mar 2016	Cardiff WAL
38y139d	1:07:52.4	Colleen De Reuck (USA)	16 Apr 1964	02 Sep 2002	New Haven CT USA
39y187d	1:05:21	Edith Masai (KEN)	04 Apr 1967	08 Oct 2006	Debrecen HUN
40y045d	1:09:00	Blake Russell (USA)	24 Jul 1975	07 Sep 2015	New Haven CT USA
41y142d	1:08:47	Colleen De Reuck (USA)	16 Apr 1964	05 Sep 2005	New Haven CT USA
42y249d	1:09:24	Stephanie Herbst (USA)	27 Dec 1965	01 Sep 2008	New Haven CT USA
43y187d	1:11:29	Tatyana Pozdniakova (UKR)	04 Mar 1955	07 Sep 1998	New Haven CT USA
44y058d	1:08:48	Nicole Leveque (FRA)	27 Jan 1951	26 Mar 1995	Vendome FRA
45y144d	1:07:21	Colleen De Reuck (USA)	16 Apr 1964	07 Sep 2009	New Haven CT USA
46y143d	1:10:23	Colleen De Reuck (USA)	16 Apr 1964	06 Sep 2010	New Haven CT USA
47y077d	1:14:27	Barbara Filutze (USA)	21 Jun 1946	06 Sep 1993	New Haven CT USA
48y099d	1:17:00.9	Carla Ophorst (NED)	02 Dec 1958	11 Mar 2007	Alphen aan den Rijn NED
49y114d	1:14:46	Nicole Leveque (FRA)	27 Jan 1951	20 May 2000	Mamers FRA
50y096d	1:19:06	Carla Ophorst (NED)	02 Dec 1958	08 Mar 2009	Alphen aan den Rijn NED
51y336d	1:17:51.4	Kathryn Martin (USA)	30 Sep 1951	01 Sep 2003	New Haven CT USA
52y342d	1:17:46	Kathryn Martin (USA)	30 Sep 1951	06 Sep 2004	New Haven CT USA
53y340d	1:21:22	Kathryn Martin (USA)	30 Sep 1951	05 Sep 2005	New Haven CT USA
.....					
55y042d	1:18:44	Rae Baymiller (USA)	27 Jul 1943	07 Sep 1998	New Haven CT USA
56y115d	1:25:24	Chantal Langlace (FRA)	06 Jan 1955	01 May 2011	Maroilles FRA
57y116d	1:23:27	Chantal Langlace (FRA)	06 Jan 1955	01 May 2012	Maroilles FRA
.....					
59y306d	1:35:38	Gloria Jansen (USA)	12 Jun 1947	14 Apr 2007	Rochester MN USA
60y115d	1:26:44	Chantal Langlace (FRA)	06 Jan 1955	01 May 2015	Maroilles FRA
61y116d	1:26:37	Chantal Langlace (FRA)	06 Jan 1955	01 May 2016	Maroilles FRA
.....					
63y165d	2:07:06	Katherine Switzer (USA)	05 Jan 1947	19 Jun 2010	Vestal NY USA
64y277d	1:43:24	Margret Betz (USA)	12 Sep 1936	16 Jun 2001	Vestal NY USA
65y276d	1:36:08	Margret Betz (USA)	12 Sep 1936	15 Jun 2002	Vestal NY USA
66y282d	1:40:22	Margret Betz (USA)	12 Sep 1936	21 Jun 2003	Vestal NY USA
.....					

Men's half marathon times

5y319d	3:02:57.5	Matthew Feibush (USA)	19 Jun 2007	04 May 2013	Irvine CA USA
6y089d	2:06:51	Charlie Westrip (USA)	15 Aug 2010	12 Nov 2016	Huntsville AL USA
7y331d	1:43:36	Jaden Merrick (USA)	16 Oct 2007	12 Sep 2015	Waterloo IA USA
8y324d	1:38:22	Grattan O'Neill (USA)	26 Feb 2007	16 Jan 2016	Elkmont AL USA
9y268d	1:28:42	Nathaniel Lee (USA)	19 Jan 2008	14 Oct 2017	Norwalk CT USA
10y230d	1:25:41	Jerome-Dino Daniels (USA)	04 Mar 1974	20 Oct 1984	Hayward CA USA
11y257d	1:23:58	Ayden Buchanan (USA)	21 Feb 2006	05 Nov 2017	Valencia CA USA
12y133d	1:19:26	Wesley Paul (USA)	25 Jan 1969	07 Jun 1981	Kansas City MO USA
13y081d	1:18:53	Jacob Bragg (AUS)	15 May 2000	04 Aug 2013	Brisbane AUS
14y354d	1:13:18	Jeff Taylor (USA)	01 Oct 1966	20 Sep 1981	Philadelphia PA USA
15y101d	1:02:44	Alene Emere Reta (ETH)	25 Jun 1982	04 Oct 1997	Kosice SVK
16y316d	1:00:45	Faustin Baha Sulle (TAN)	30 May 1982	11 Apr 1999	Vitry-sur-Seine FRA
17y076d	59:57	Eric Ndiema (KEN)	28 Dec 1992	14 Mar 2010	Den Haag NED
18y305d	59:15.8	Samuel Wanjiru Kamau (KEN)	10 Nov 1986	11 Sep 2005	Rotterdam NED
19y281d	58:48	Jorum Lumbasi Okombo (KEN)	10 Dec 1997	17 sep 2017	Copenhagen DEN
20y127d	58:32.6	Samuel Wanjiru Kamau (KEN)	10 Nov 1986	17 Mar 2007	Den Haag NED
21y242d	59:05	Ezekiel Chebii Kiptoo (KEN)	03 Jan 1991	01 Sep 2012	Lille FRA
22y125d	58:46	Mathew Kipkoech Kisorio (KEN)	16 May 1989	18 Sep 2011	Philadelphia PA USA
23y355d	58:52	Patrick Makau Musyoki (KEN)	02 Mar 1985	20 Feb 2009	Ras Al Khaimah UAE
24y341d	58:40	Abraham Cheroben Naibei (BRN)	11 Oct 1992	17 Sep 2017	Copenhagen DEN
25y123d	58:54	Steven Kibet Kosgei (KEN)	09 Nov 1986	11 Mar 2012	Den Haag NED
26y271d	58:51	Alexander Korio Oloitiptip (KEN)	20 Dec 1990	17 Sep 2017	Copenhagen DEN
27y345d	59:07	Paul Kosgei Malakwen (KEN)	22 Apr 1978	02 Apr 2006	Berlin GER
28y041d	58:23	Zersenay Tadese (ERI)	08 Feb 1982	21 Mar 2010	Lisbon POR
29y040d	58:30	Zersenay Tadese (ERI)	08 Feb 1982	20 Mar 2011	Lisbon POR
30y078d	59:01	Kenneth Kiprop Kipkemoi (KEN)	02 Aug 1984	19 Oct 2014	Valencia ESP
31y131d	58:58	Geoffrey Mutai Kiprono (KEN)	07 Oct 1981	15 Feb 2013	Ras Al Khaimah UAE
32y356d	59:28	Alexander Korio Oloitiptip (KEN)	22 Sep 1982	13 Sep 2015	Copenhagen DEN
33y294d	59:24	Zersenay Tadese (ERI)	08 Feb 1982	29 Nov 2015	New Delhi IND
34y333d	59:15	Haile Gebreselasie (ETH)	18 Apr 1973	16 Mar 2008	Lisbon POR
35y121d	59:31	Gilbert Masai (KEN)	20 May 1981	18 Sep 2016	Copenhagen DEN
36y304d	59:59	Jaouad Gharib (MAR)	22 May 1972	22 Mar 2009	Lisbon POR
37y364d	1:00:18	Haile Gebreselasie (ETH)	18 Apr 1973	17 Apr 2011	Vienna AUT
38y363d	1:00:52	Haile Gebreselasie (ETH)	18 Apr 1973	15 Apr 2012	Vienna AUT
39y361d	1:01:14	Haile Gebreselasie (ETH)	18 Apr 1973	14 Apr 2013	Vienna AUT

40y171d	1:01:09	Haile Gebreselasie (ETH)	18 Apr 1973	06 Oct 2013	Glasgow SCO
41y222d	1:02:28	John Campbell (NZL)	06 Feb 1949	16 Sep 1990	Philadelphia PA USA
42y106d	1:03:26	Antonio Salvador (POR)	21 Jun 1966	05 Oct 2008	Ovar POR
43y018d	1:03:12	James Moiben Kibitok (KEN)	12 Apr 1968	30 Apr 2011	Gijon ESP
44y259d	1:04:51	Jack Foster (NZL)	23 May 1932	06 Feb 1977	Coamo PUR
45y173d	1:05:01	Jackson Kipngok Yegon (KEN)	16 Aug 1960	05 Feb 2006	Guadalajara MEX
46y210d	1:06:33	Martin Rees (WAL)	28 Feb 1953	26 Sep 1999	Bristol ENG
47y198d	1:05:44	Jack Foster (NZL)	23 May 1932	07 Dec 1979	Las Vegas NV USA
48y255d	1:06:29	Martin Rees (WAL)	28 Feb 1953	10 Nov 2001	Cheddar ENG
49y017d	1:06:44	Martin Rees (WAL)	28 Feb 1953	17 Mar 2002	Bath ENG
50y127d	1:06:23	Titus Mamabolo (RSA)	11 Jan 1941	18 May 1991	East London RSA
51y148d	1:08:49	Martin Rees (WAL)	28 Feb 1953	25 Jul 2004	Gloucester ENG
52y081d	1:09:30	Norman Green (USA)	27 Jun 1932	16 Sep 1984	Philadelphia PA USA
53y019d	1:09:57	Martin Rees (WAL)	28 Feb 1953	19 Mar 2006	Bath ENG
54y025d	1:10:11	Martin Rees (WAL)	28 Feb 1953	25 Mar 2007	Bath ENG
55y085d	1:10:23	Norman Green (USA)	27 Jun 1932	20 Sep 1987	Philadelphia PA USA
56y190d	1:11:45	Sergio Fernandez Infestus (ESP)	30 Jul 1955	05 Feb 2012	Granollers ESP
57y198d	1:12:39	Michael Hager (ENG)	06 Sep 1950	22 Mar 2008	Aubiere FRA
58y081d	1:14:18	Norman Green (USA)	27 Jun 1932	16 Sep 1990	Philadelphia PA USA
59y229d	1:12:15	Martin Rees (WAL)	28 Feb 1953	14 Oct 2012	Cardiff WAL
60y003d	1:11:31	Martin Rees (WAL)	28 Feb 1953	03 Mar 2013	Bath ENG
61y219d	1:12:27	Martin Rees (WAL)	28 Feb 1953	05 Oct 2014	Cardiff WAL
62y001d	1:13:22	Martin Rees (WAL)	28 Feb 1953	01 Mar 2015	Bath ENG
63y014d	1:13:49	Martin Rees (WAL)	28 Feb 1953	13 Mar 2016	Bath ENG
64y057d	1:17:33	Patrick Roussel (FRA)	19 Mar 1947	15 May 2011	Thionville FRA
65y202d	1:17:05	Patrick Roussel (FRA)	19 Mar 1947	07 Oct 2012	Nancy FRA
66y198d	1:19:19	Luciano Acquarone (ITA)	04 Oct 1930	20 Apr 1997	Bologna ITA
67y165d	1:16:25	Wil vanderLee (NED)	23 Oct 1929	06 Apr 1997	Rosmalen NED
68y204d	1:20:33	Ed Whitlock (CAN)	06 Mar 1931	26 Sep 1999	Toronto ON CAN
69y202d	1:20:14	Ed Whitlock (CAN)	06 Mar 1931	24 Sep 2000	Toronto ON CAN
70y046d	1:22:23	Ed Whitlock (CAN)	06 Mar 1931	21 Apr 2001	Grand Island NY USA
71y002d	1:25:31	Robert Newell (ENG)	09 Mar 1936	11 Mar 2007	Doncaster ENG
72y278d	1:26:39	Joop Ruter (NED)	19 Apr 1933	22 Jan 2006	Maassluis NED
73y043d	1:28:02	Ed Whitlock (CAN)	06 Mar 1931	18 Apr 2004	Aurora ON CAN
74y099d	1:31:06	Warren Utes (USA)	25 Jun 1920	02 Oct 1994	Schaumburg IL USA
75y046d	1:30:14	Karl-Walter Trumper (GER)	07 Oct 1939	22 Nov 2014	Essen GER
76y068d	1:29:26	Ed Whitlock (CAN)	06 Mar 1931	13 May 2007	London ON CAN
77y310d	1:36:40	Warren Utes (USA)	25 Jun 1920	01 May 1998	Indianapolis IN USA
78y205d	1:37:38.0	Ed Whitlock (CAN)	06 Mar 1931	27 Sep 2009	Toronto ON CAN
79y204d	1:34:26.1	Ed Whitlock (CAN)	06 Mar 1931	26 Sep 2010	Toronto ON CAN
80y132d	1:39:28	John Keston (USA)	05 Dec 1924	16 Apr 2005	Saint Cloud MN USA
81y194d	1:38:59	Ed Whitlock (CAN)	06 Mar 1931	16 Sep 2012	Milton ON CAN
82y263d	1:59:21	Johnny A Kelley (USA)	06 Sep 1907	27 May 1990	n/a MA USA
83y052d	1:46:12	Ed Whitlock (CAN)	06 Mar 1931	27 Apr 2014	Waterloo ON CAN
84y184d	1:47:33	Ed Benham (USA)	12 Jul 1907	12 Jan 1992	n/a FL USA
85y049d	1:50:47	Ed Whitlock (CAN)	06 Mar 1931	24 Apr 2016	Waterloo ON CAN
86y046d	2:09:16	Charles Bancarel (FRA)	12 Aug 1929	27 Sep 2015	Villeneuve de Marsan FRA

87y046d	2:30:36	Eddie Naisby (WAL)	01 Apr 1928	17 May 2015	Chester ENG
88y171d	2:36:28	Knut Angstrom (SWE)	20 Nov 1927	09 May 2016	Stockholm SWE
89y293d	2:46:38	Knut Angstrom (SWE)	20 Nov 1927	09 Sep 2017	Stockholm SWE
90y178d	2:56:26	Mike Fremont (USA)	23 Feb 1922	19 Aug 2012	Morrow OH USA
91y043d	3:06:23	Mike Fremont (USA)	23 Feb 1922	07 Apr 2013	Knoxville TN USA

Women's half marathon times

5y328d	1:51:31	Nasiya Jobe (USA)	27 Nov 1978	20 Oct 1984	Hayward CA USA
6y351d	2:40:22	Rosie Dunham (USA)	23 Nov 2006	09 Nov 2013	Columbia SC USA
7y360d	1:40:59.4	Makenzie Kolvoord (USA)	21 Nov 2006	16 Nov 2014	Carderock MD USA
8y304d	1:35:25	Tabitha Francks (USA)	24 Nov 1974	24 Sep 1983	New York NY USA
9y297d	1:28:31	Tabitha Francks (USA)	24 Nov 1974	16 Sep 1984	Philadelphia PA USA
10y070d	1:25:52	Stephanie Paparelli (USA)	20 Nov 1972	29 Jan 1983	The Woodlands TX USA
11y205d	1:31:23	Heather Welsch (USA)	28 Jun 2002	19 Jan 2014	Houston TX USA
12y307d	1:21:45	Mira Preradovic (BIH)	20 Jun 1987	22 Apr 2000	Belgrade SER
13y305d	1:16:23	Mira Preradovic (BIH)	20 Jun 1987	21 Apr 2001	Belgrade SER
14y261d	1:15:14	Miyuki Oka (JPN)	08 Mar 1994	24 Nov 2008	Kobe JPN
15y334d	1:12:36	Eyerusalem Kuma Mutal (ETH)	04 Nov 1981	04 Oct 1997	Kosice SVK
16y096d	1:12:31	Zhu-ang Liu (CHN)	18 Jan 1995	24 Apr 2011	Yangzhou CHN
17y292d	1:10:08	Mame Feyisa (ETH)	10 Jun 1996	29 Mar 2014	Copenhagen DEN
18y241d	1:08:21	Valentine Kipketer Chepkorir (KEN)	05 Jan 1993	03 Sep 2011	Lille FRA
19y033d	1:07:57	Abebu Gelan Adugna (ETH)	18 Jan 1990	20 Feb 2009	Ras Al Khaimah UAE
20y122d	1:07:13	Mare Dibaba Hurssa (ETH)	20 Oct 1989	19 Feb 2010	Ras Al Khaimah UAE
21y294d	1:06:49	Esther Wanjiru Maina (KEN)	27 Mar 1977	15 Jan 1999	Tokyo JPN
22y216d	1:05:36	Fancy Chemutai (KEN)	20 Mar 1995	22 Oct 2017	Valencia ESP
23y318d	1:04:51	Joyciline Jepkosgei (KEN)	08 Dec 1993	22 Oct 2017	Valencia ESP
24y244d	1:06:11	Eunice Chebichii Chumba (BRN)	16 Jan 1993	17 Sep 2017	Copenhagen DEN
25y162d	1:05:51	Viola Chepchumba (KEN)	23 Oct 1990	02 Apr 2016	Prague CZE
26y354d	1:05:12	Florence Chebet Kiplagat (KEN)	27 Feb 1987	16 Feb 2014	Barcelona ESP
27y353d	1:05:09	Florence Chebet Kiplagat (KEN)	27 Feb 1987	15 Feb 2015	Barcelona ESP
28y328d	1:06:09	Lucy Kabuu Wangui (KEN)	24 Mar 1984	15 Feb 2013	Ras Al Khaimah UAE
29y031d	1:05:50	Mary Keitany Chepkosgei (KEN)	18 Jan 1982	18 Feb 2011	Ras Al Khaimah UAE
30y030d	1:06:49	Mary Keitany Chepkosgei (KEN)	18 Jan 1982	17 Feb 2012	Ras Al Khaimah UAE
31y077d	1:05:52	Edith Chelimo (KEN)	16 Jul 1986	01 Oct 2017	Cardiff WAL
32y276d	1:06:07	Gladys Cherono (KEN)	12 May 1983	12 Feb 2016	Ras Al Khaimah UAE
33y026d	1:06:02	Mary Keitany Chepkosgei (KEN)	18 Jan 1982	13 Feb 2015	Ras Al Khaimah UAE
34y325d	1:07:26	Lydia Cheromei Kogo (KEN)	11 May 1977	31 Mar 2012	Prague CZE
35y023d	1:05:13	Mary Keitany Chepkosgei (KEN)	18 Jan 1982	10 Feb 2017	Ras Al Khaimah UAE
36y019d	1:08:21	Edna Kiplagat Ngeringwony (KEN)	15 Sep 1979	04 Oct 2015	Glasgow SCO
37y358d	1:08:55	Valeria Straneo (ITA)	05 Apr 1976	29 Mar 2014	Copenhagen DEN

38y363d	1:07:16	Edith Masai (KEN)	04 Apr 1967	02 Apr 2006	Berlin GER
39y114d	1:08:48	Christelle Daunay (FRA)	05 Dec 1974	29 Mar 2014	Copenhagen DEN
40y195d	1:09:56	Irina Permitina (RUS)	02 Mar 1968	13 Sep 2008	Novosibirsk RUS
41y219d	1:09:37	Deena Kastor (USA)	14 Feb 1973	21 Sep 2014	Philadelphia PA USA
42y014d	1:09:58	Joanne Pavey (ENG)	20 Sep 1973	04 Oct 2015	Glasgow SCO
43y240d	1:11:54	Nicole Leveque (FRA)	27 Jan 1951	24 Sep 1994	Oslo NOR
44y099d	1:12:11	Evy Palm (SWE)	31 Jan 1942	10 May 1986	Goteborg SWE
45y050d	1:12:04	Nicole Leveque (FRA)	27 Jan 1951	17 Mar 1996	Paris FRA
46y167d	1:11:18	Evy Palm (SWE)	31 Jan 1942	16 Jul 1988	Ostnor SWE
47y229d	1:15:42	Nicole Leveque (FRA)	27 Jan 1951	13 Sep 1998	Grenoble FRA
48y213d	1:15:06	Evy Palm (SWE)	31 Jan 1942	01 Sep 1990	Narvik NOR
49y149d	1:13:32	Linda Somers (USA)	07 May 1961	03 Oct 2010	San Jose CA USA
50y176d	1:15:18	Linda Somers (USA)	07 May 1961	30 Oct 2011	Los Angeles CA USA
51y022d	1:16:07	Tatyana Pozdniakova (UKR)	04 Mar 1955	26 Mar 2006	New York NY USA
52y052d	1:20:06	Houria Frechou (FRA)	19 Jan 1960	11 Mar 2012	Blagnac FRA
53y000d	1:20:13	Sally Gibbs (NZL)	05 Jun 1963	05 Jun 2016	Christchurch NZL
54y214d	1:19:48	Silke Schmidt (GER)	07 Aug 1959	09 Mar 2014	Den Haag NED
55y213d	1:19:38.4	Silke Schmidt (GER)	07 Aug 1959	08 Mar 2015	Den Haag NED
56y009d	1:20:06	Silke Schmidt (GER)	07 Aug 1959	16 Aug 2015	Lyon FRA
57y325d	1:24:54	Christine Kennedy (USA)	29 Dec 1954	18 Nov 2012	Monterey CA USA
58y063d	1:24:50	Bernardine Portenski (NZL)	26 Aug 1949	28 Oct 2007	Auckland NZL
59y046d	1:25:59.6	Heidrun Besler (GER)	04 Mar 1956	19 Apr 2015	Kempton GER
60y284d	1:24:56	Bernardine Portenski (NZL)	26 Aug 1949	06 Jun 2010	Christchurch NZL
61y060d	1:26:30.2	Chantal Langlace (FRA)	06 Jan 1955	06 Mar 2016	Salouel FRA
62y184d	1:26:53	Stefica Gajic (SUI)	12 Nov 1948	15 May 2011	Thionville FRA
63y320d	1:27:57	Angela Copson (ENG)	20 Apr 1947	06 Mar 2011	Bath ENG
64y195d	1:30:27	Stefica Gajic (SUI)	12 Nov 1948	26 May 2013	Upice CZE
65y091d	1:32:56	Emmi Luthi (SUI)	01 Mar 1944	31 May 2009	Aarhus DEN
66y316d	1:34:44	Angela Copson (ENG)	20 Apr 1947	02 Mar 2014	Bath ENG
67y200d	1:33:43	Rae Baymiller (USA)	27 Jul 1943	12 Feb 2011	Hilton Head SC USA
68y221d	1:37:50	Rae Baymiller (USA)	27 Jul 1943	04 Mar 2012	Paris FRA
69y326d	1:35:12	Angela Copson (ENG)	20 Apr 1947	12 Mar 2017	Bath ENG
70y121d	1:37:38	Lavinia Petrie (AUS)	13 Sep 1943	12 Jan 2014	Bendigo AUS
71y358d	1:40:58.0	Lavinia Petrie (AUS)	13 Sep 1943	06 Sep 2015	Burnley AUS
72y215d	1:45:42	Rimma Vasina (RUS)	23 Oct 1940	26 May 2013	Upice CZE
73y054d	1:41:00	Lavinia Petrie (AUS)	13 Sep 1943	06 Nov 2016	Perth AUS
74y030d	1:49:58	Melitta Czerwenka (GER)	30 Apr 1930	30 May 2004	Saarlouis GER
75y190d	1:50:00	Gwen McFarlan (CAN)	04 Apr 1934	11 Oct 2009	Kelowna BC CAN
76y185d	1:46:08	Libby James (USA)	12 Jul 1936	13 Jan 2013	Orlando FL USA
77y336d	1:58:06	Betty Jean McHugh (CAN)	07 Nov 1927	09 Oct 2005	Victoria BC CAN
78y104d	1:56:48	Betty Jean McHugh (CAN)	07 Nov 1927	19 Feb 2006	Vancouver BC CAN
79y096d	2:05:53.0	Betty Jean McHugh (CAN)	07 Nov 1927	11 Feb 2007	Vancouver BC CAN
80y179d	2:04:19	Betty Jean McHugh (CAN)	07 Nov 1927	04 May 2008	Vancouver BC CAN
81y338d	2:05:20	Betty Jean McHugh (CAN)	07 Nov 1927	11 Oct 2009	Victoria BC CAN
82y025d	2:16:06	Deidre Larkin (GBR)	24 Sep 1931	19 Oct 2013	Pretoria RSA
83y297d	2:16:27	Deidre Larkin (GBR)	24 Sep 1931	18 Jul 2015	Pretoria RSA
84y335d	2:23:36	Betty Jean McHugh (CAN)	07 Nov 1927	07 Oct 2012	Victoria BC CAN

85y133d	2:12:37	Deidre Larkin (RSA)	24 Sep 1931	04 Feb 2017	Pretoria RSA
.....					
87y100d	2:43:30	Betty Jean McHugh (CAN)	07 Nov 1927	15 Feb 2015	Vancouver BC CAN
.....					
93y109d	4:49:25	Gladys Burrill (CAN)	23 Nov 1918	11 Mar 2012	Honolulu HI USA

Mens 30km times

6y195d	3:46:56	Charlie Westrip (USA)	15 Aug 2010	26 Feb 2017	Kingston TN USA
.....					
15y260d	1:46:13	Mitch Kingery (USA)	03 Jul 1956	19 Mar 1972	Pacific Grove CA USA
.....					
17y095d	1:43:27	Scott Jenkins (USA)	24 Sep 1963	28 Dec 1980	Lake Bluff IL USA
18y296d	1:32:12	Hiroki Takano (JPN)	14 Apr 1988	04 Feb 2007	Ome JPN
19y361d	1:31:00	Kazuyoshi Kudo (JPN)	27 Feb 1961	22 Feb 1981	Kumamoto JPN
20y095d	1:28:52	Yuma Hattori (JPN)	13 Nov 1993	16 Feb 2014	Kumamoto JPN
21y173d	1:29:51	Chihiro Miyawaki (JPN)	28 Aug 1991	17 Feb 2013	Kumamoto JPN
22y360d	1:28:36	Takayuki Matsumiya (JPN)	21 Feb 1980	16 Feb 2003	Kumamoto JPN
23y247d	1:29:34	Tomoo Tsubota (JPN)	16 Jun 1977	18 Feb 2001	Kumamoto JPN
24y302d	1:29:28	Toshiyuki Hayata (JPN)	02 May 1968	28 Feb 1993	Kagoshima JPN
25y288d	1:27:34^	Sisay Lemma Kasaye (ETH)	12 Dec 1990	25 Sep 2016	Berlin GER
26y162d	1:30:04	Takeo Nakahara (JPN)	17 Sep 1968	26 Feb 1995	Kumamoto JPN
27y320d	1:27:29^	Evans Kiplagat Chebet (KEN)	10 Nov 1988	25 Sep 2016	Berlin GER
28y079d	1:30:07	Yoshinori Oda (JPN)	05 Dec 1980	22 Feb 2009	Kumamoto JPN
29y244d	1:29:21	Toshihiko Seko (JPN)	15 Jul 1956	16 Mar 1986	Hiroshima JPN
30y049d	1:27:26^	Alfers Lagat Kipruto (KEN)	07 Aug 1986	25 Sep 2016	Berlin GER
31y349d	1:28:56^	Emanuel Mutai Kipchirchir (KEN)	12 Oct 1984	25 Sep 2016	Berlin GER
32y187d	1:30:49	Keita Fujino (JPN)	17 Aug 1967	20 Feb 2000	Kumamoto JPN
33y301d	1:28:00^	Geoffrey Ronoh (KEN)	29 Nov 1982	25 Sep 2016	Berlin GER
34y194d	1:27:26^	Wilson Kipsang Kiprotich (KEN)	15 Mar 1982	25 Sep 2016	Berlin GER
35y209d	1:30:32.5	Rachid Kishri (MAR)	01 Mar 1975	26 Sep 2010	Lugano SUI
36y157d	1:29:31^	Suleiman Simotwo Kipses (KEN)	21 Apr 1980	25 Sep 2016	Berlin GER
37y065d	1:31:44	Kenjiro Jitsui (JPN)	16 Dec 1968	19 Feb 2006	Ome JPN
38y233d	1:34:00	Stephen Ndungu Muchiri (KEN)	01 Jun 1967	20 Jan 2006	Nairobi KEN
39y296d	1:32:38^	Jean-Damascene Habarurema (FRA)	04 Dec 1976	25 Sep 2016	Berlin GER
40y096d	1:29:45^	Mark Kiptoo Kosgei (KEN)	21 Jun 1976	25 Sep 2016	Berlin GER
41y207d	1:36:23	Adriano Brentegani (ITA)	03 Sep 1962	28 Mar 2004	Novellara ITA
42y198d	1:35:28	Geraldo Antonio daSilva (BRA)	31 May 1960	15 Dec 2002	Cascavel BRA
43y350d	1:40:22	Brad Hawthorne (USA)	29 Nov 1955	14 Nov 1999	Clarksburg CA USA
44y166d	1:38:09	Erik-Verne Ostbye (SWE)	25 Jan 1921	10 Jul 1965	Uppsala SWE
45y095d	1:39:18	Bill Rodgers (USA)	23 Dec 1947	28 Mar 1993	Hamilton ON CAN

46y227d	1:35:23	John Maundu Nthiwa (KEN)	19 Jun 1955	01 Feb 2002	Nairobi KEN
47y212d	1:48:29	El Hadi Moumou (FRA)	04 Aug 1959	04 Mar 2007	Arradon FRA
48y169d	1:37:08	Erik-Verner Ostbye (SWE)	25 Jan 1921	13 Jul 1969	Falkenberg SWE
49y052d	1:58:33	Aldo Scandurra (USA)	08 Apr 1916	30 May 1965	New Brunswick NJ USA
50y010d	1:49:52	Vladimir Kotov (BLR)	21 Feb 1958	02 Mar 2008	Parow RSA
51y323d	1:47:30	Vladimir Kotov (BLR)	21 Feb 1958	10 Jan 2010	Cape Town RSA
52y028d	1:51:20	Vladimir Kotov (BLR)	21 Feb 1958	21 Mar 2010	Parow RSA
53y041d	1:46:47	Vladimir Kotov (BLR)	21 Feb 1958	03 Apr 2011	Parow RSA
54y033d	1:49:41	Vladimir Kotov (BLR)	21 Feb 1958	25 Mar 2012	Parow RSA
55y249d	1:51:36.4	David Sweeney (AUS)	26 Sep 1961	04 Jun 2017	Brisbane AUS
56y139d	1:46:33	Norman Green (USA)	27 Jun 1932	13 Nov 1988	Clarksburg CA USA
57y138d	1:49:14	Norman Green (USA)	27 Jun 1932	12 Nov 1989	Clarksburg CA USA
58y031d	1:54:32	Steven Deram (BEL)	10 Jan 1955	10 Feb 2013	Schoorl NED
.....					
60y096d	2:08:37	Robert Gormley (USA)	07 Aug 1941	11 Nov 2001	Clarksburg CA USA
.....					
62y309d	2:09:25	Russ Kiernan (USA)	08 Jan 1938	12 Nov 2000	Clarksburg CA USA
63y021d	1:57:07	Ed Whitlock (CAN)	06 Mar 1931	27 Mar 1994	Hamilton ON CAN
64y182d	2:04:29	Jim O'Neil (USA)	14 May 1925	12 Nov 1989	Clarksburg CA USA
65y305d	2:15:40	Russ Kiernan (USA)	08 Jan 1938	09 Nov 2003	Clarksburg CA USA
66y017d	2:00:46	Ed Whitlock (CAN)	06 Mar 1931	23 Mar 1997	Hamilton ON CAN
67y058d	2:14:11.4	Peter vanVeen (NED)	18 Dec 1948	14 Feb 2016	Schoorl NED
68y022d	1:58:39	Ed Whitlock (CAN)	06 Mar 1931	28 Mar 1999	Hamilton ON CAN
69y020d	1:57:40	Ed Whitlock (CAN)	06 Mar 1931	26 Mar 2000	Hamilton ON CAN
70y019d	2:00:56	Ed Whitlock (CAN)	06 Mar 1931	25 Mar 2001	Hamilton ON CAN
71y101d	2:32:56.1	Jim Braden (USA)	31 Aug 1935	10 Dec 2006	Sugar Land TX USA
72y346d	3:08:02	Stan DeMartinis (USA)	01 Dec 1922	12 Nov 1995	Clarksburg CA USA
73y022d	2:03:50	Ed Whitlock (CAN)	06 Mar 1931	28 Mar 2004	Hamilton ON CAN
.....					
76y332d	3:09:35	Peter Mitchell (USA)	21 Oct 1939	17 Sep 2016	Essex Center VT USA
77y174d	2:50:29	Sam Hirabayashi (USA)	24 May 1927	14 Nov 2004	Clarksburg CA USA
.....					
80y210d	2:45:26	Jerry Johncock (USA)	02 Feb 1928	30 Aug 2008	Milford MI USA
81y215d	2:58:32	Jerry Johncock (USA)	02 Feb 1928	05 Sep 2009	Milford MI USA
82y214d	2:55:11	Jerry Johncock (USA)	02 Feb 1928	04 Sep 2010	Milford MI USA
83y213d	3:29:08	Jerry Johncock (USA)	02 Feb 1928	03 Sep 2011	Milford MI USA
.....					
85y210d	4:16:02	Jerry Johncock (USA)	02 Feb 1928	31 Aug 2013	Milford MI USA

Women's 30km times

8y029d	3:26:17	Elizabeth-Ann Westrip (USA)	28 Jan 2009	26 Feb 2017	Kingston TN USA
.....					
17y104d	2:04:34	Annick Loir (FRA)	13 Jan 1958	27 Apr 1975	Le Havre FRA
18y029d	1:52:11	Naomi Kurahashi (JPN)	22 Jan 1965	20 Feb 1983	Ome JPN
19y363d	1:46:30	Kinuyo Yoshida (JPN)	21 Feb 1975	19 Feb 1995	Ome JPN
20y235d	1:43:57	Mirai Waku (JPN)	01 Jul 1995	21 Feb 2016	Ome JPN
21y347d	1:43:26	Yuka Hakoyama (JPN)	09 Mar 1990	19 Feb 2012	Kumamoto JPN
22y253d	1:39:57^	Hirut Aga Sora (ETH)	16 Jan 1994	25 Sep 2016	Berlin GER
23y014d	1:39:06^	Birhane Dibaba Adugna (ETH)	11 Sep 1993	25 Sep 2016	Berlin GER
24y198d	1:43:05	Megumi Kobayashi (JPN)	04 Aug 1976	18 Feb 2001	Ome JPN
25y227d	1:39:09	Mizuki Noguchi (JPN)	03 Jul 1978	15 Feb 2004	Ome JPN
26y191d	1:44:36	Tomoe Yokoyama (JPN)	09 Aug 1976	16 Feb 2003	Ome JPN
27y292d	1:43:45^	Janet Rono Chelegat (KEN)	08 Dec 1988	25 Sep 2016	Berlin GER
28y288d	1:41:57	Naoko Takahashi (JPN)	06 May 1972	18 Feb 2001	Ome JPN
29y115d	1:46:29	Mika Okunaga (JPN)	27 Oct 1982	19 Feb 2012	Kumamoto JPN
30y013d	1:38:42^	Aberu Kebede Shewaye (ETH)	12 Sep 1986	25 Sep 2016	Berlin GER
31y311d	1:46:26	Irma Heeren (NED)	16 Apr 1967	21 Feb 1999	Schoorl NED
32y049d	1:43:26	Eriko Asai (JPN)	20 Oct 1959	08 Dec 1991	Osaka JPN
33y168d	1:44:09	Aurica Buia (ROM)	16 Feb 1970	03 Aug 2003	Snagov ROM
34y098d	1:43:49	Hiromi Ominami (JPN)	15 Nov 1975	21 Feb 2010	Ome JPN
35y251d	1:45:14.5	Anna-Carmela Incerti (ITA)	19 Jan 1980	27 Sep 2015	Lugano SUI
36y192d	1:43:24	Mara Yamauchi (ENG)	13 Aug 1973	21 Feb 2010	Ome JPN
37y219d	1:46:07	Kara Goucher (USA)	09 Jul 1978	13 Feb 2016	Los Angeles CA USA
38y248d	1:47:03	Yoshimi Hoshino (JPN)	17 Jun 1966	20 Feb 2005	Ome JPN
39y247d	1:47:15	Yoshimi Hoshino (JPN)	17 Jun 1966	19 Feb 2006	Ome JPN
40y232d	1:49:40	Yoshimi Hoshino (JPN)	17 Jun 1966	04 Feb 2007	Ome JPN
41y240d	1:53:13	Yoshiko Fukuchi (JPN)	25 Jun 1963	20 Feb 2005	Ome JPN
42y352d	1:54:32	Anne vanSchuppen (NED)	11 Oct 1960	28 Sep 2003	Almere NED
43y219d	1:51:37	Mieke Pullen (NED)	14 Jul 1957	18 Feb 2001	Schoorl NED
44y218d	1:53:20	Mieke Pullen (NED)	14 Jul 1957	17 Feb 2002	Schoorl NED
45y247d	1:53:24	Yoshimi Hoshino (JPN)	17 Jun 1966	19 Feb 2012	Ome JPN
46y245d	1:53:05	Yoshimi Hoshino (JPN)	17 Jun 1966	17 Feb 2013	Ome JPN
47y008d	2:00:23	Claudia Gelsomino (ITA)	03 Sep 1969	11 Sep 2016	Monza ITA
48y006d	1:59:25	Shirley Matson (USA)	07 Nov 1940	13 Nov 1988	Clarksburg CA USA
49y347d	2:03:55.0	Donatella Vinci (ITA)	15 Oct 1965	27 Sep 2015	Lugano SUI
50y004d	2:00:41	Shirley Matson (USA)	07 Nov 1940	11 Nov 1990	Clarksburg CA USA
51y303d	1:56:43	Colleen De Reuck (USA)	16 Apr 1964	13 Feb 2016	Los Angeles CA USA
52y226d	2:02:06.8	Inez-Anne Haagen (NED)	03 Jul 1963	14 Feb 2016	Schoorl NED
53y224d	2:02:43	Inez-Anne Haagen (NED)	03 Jul 1963	12 Feb 2017	Schoorl NED
54y069d	2:02:11	Manna Kwak (NED)	14 Dec 1944	21 Feb 1999	Schoorl NED
.....					
56y097d	2:13:28	Barbara Miller (USA)	07 Aug 1939	12 Nov 1995	Clarksburg CA USA
57y188d	2:11:57	Suzanne Ray (USA)	04 May 1952	08 Nov 2009	Clarksburg CA USA
58y101d	2:13:38	Barbara Miller (USA)	07 Aug 1939	16 Nov 1997	Clarksburg CA USA
.....					

60y156d	2:15:30^	Kathryn Martin (USA)	30 Sep 1951	04 Mar 2012	Huntington NY USA
61y187d	2:24:42	Margaret Saunders (RSA)	16 Sep 1953	22 Mar 2015	Uitenhage RSA
62y171d	2:20:20	Margaret Saunders (RSA)	16 Sep 1953	05 Mar 2016	Uitenhage RSA
63y100d	2:23:30	Nancy Will (RSA)	02 Oct 1952	10 Jan 2016	Cape Town RSA
.....					
65y099d	2:27:54	Barbara Miller (USA)	07 Aug 1939	14 Nov 2004	Clarksburg CA USA
66y098d	2:32:32	Barbara Miller (USA)	07 Aug 1939	13 Nov 2005	Clarksburg CA USA
.....					
68y119d	2:38:46	Myra Rhodes (USA)	16 Jul 1932	12 Nov 2000	Clarksburg CA USA
69y118d	2:45:38	Myra Rhodes (USA)	16 Jul 1932	11 Nov 2001	Clarksburg CA USA
70y117d	2:47:08	Myra Rhodes (USA)	16 Jul 1932	10 Nov 2002	Clarksburg CA USA
71y131d	3:40:53	Po Adams (USA)	04 Jul 1924	12 Nov 1995	Clarksburg CA USA
72y121d	2:51:25	Myra Rhodes (USA)	16 Jul 1932	14 Nov 2004	Clarksburg CA USA
.....					
77y072d	3:37:52	Gerry Davidson (USA)	12 Mar 1921	23 May 1998	San Diego CA USA
.....					
81y225d	4:13:32	Mavis Lindgren (USA)	02 Apr 1907	13 Nov 1988	Clarksburg CA USA

Men's marathon times

4y351d	6:56:39	Kevin Strain (USA)	18 Jun 1967	03 Jun 1972	Juneau AK USA
.....					
6y167d	6:39:06.2	Charlie Westrip (USA)	15 Aug 2010	29 Jan 2017	Gulf Shores AL USA
7y225d	4:04:08	Wesley Paul (USA)	25 Jan 1969	06 Sep 1976	Columbia MO USA
8y243d	3:15:20	Wesley Paul (USA)	25 Jan 1969	25 Sep 1977	Chicago IL USA
.....					
11y065d	2:50:02	Wesley Paul (USA)	25 Jan 1969	30 Mar 1980	Sedalia MO USA
12y225d	3:02:19	Wesley Paul (USA)	25 Jan 1969	07 Sep 1981	Columbia MO USA
13y146d	2:43:02	Tom Ansberry (USA)	22 Aug 1963	15 Jan 1977	San Diego CA USA
14y282d	2:41:43	Kevin Kitze (USA)	07 Feb 1960	16 Nov 1974	Allendale MI USA
15y225d	2:29:11	Mitch Kingery (USA)	03 Jul 1956	13 Feb 1972	Burlingame CA USA
16y359d	2:15:07	Zhu-hong Li (CHN)	22 Oct 1983	15 Oct 2000	Beijing CHN
17y357d	2:10:46	Zhu-hong Li (CHN)	22 Oct 1983	14 Oct 2001	Beijing CHN
18y223d	2:04:32	Tsegay Mekonen Assefa (ETH)	15 Jun 1995	24 Jan 2014	Dubai UAE
19y239d	2:04:48	Berhanu Shiferaw Tolcha (ETH)	31 May 1993	25 Jan 2013	Dubai UAE
20y221d	2:04:46	Tsegay Mekonen Assefa (ETH)	15 Jun 1995	22 Jan 2016	Dubai UAE
21y030d	2:04:23	Ayele Abshiro Biza (ETH)	28 Dec 1990	27 Jan 2012	Dubai UAE
22y249d	2:04:52	Feyisa Lelisa Gemechu (ETH)	01 Feb 1990	07 Oct 2012	Chicago IL USA
23y297d	2:04:24	Tesfaye Abera Dibaba (ETH)	31 Mar 1992	22 Jan 2016	Dubai UAE
24y318d	2:04:52	Negesse Endeshaw Shumi (ETH)	13 Mar 1988	25 Jan 2013	Dubai UAE
25y162d	2:04:11	Tamrat Tola Abera (ETH)	11 Aug 1991	20 Jan 2017	Dubai UAE
26y207d	2:03:38	Patrick Makau Musyoki (KEN)	02 Mar 1985	25 Sep 2011	Berlin GER
27y320d	2:04:28	Sammy Kitwara Kirop (KEN)	26 Nov 1986	12 Oct 2014	Chicago IL USA

28y328d	2:04:04.6	Eliud Kipchoge (KEN)	05 Nov 1984	29 Sep 2013	Berlin GER
29y351d	2:03:13.3	Emanuel Mutai Kipchirchir (KEN)	12 Oct 1984	28 Sep 2014	Berlin GER
30y249d	2:02:56.4	Dennis Kipruto Kimetto (KEN)	22 Jan 1984	28 Sep 2014	Berlin GER
31y171d	2:03:05	Eliud Kipchoge (KEN)	05 Nov 1984	24 Apr 2016	London ENG
32y323d	2:03:32	Eliud Kipchoge (KEN)	05 Nov 1984	24 Sep 2017	Berlin GER
33y042d	2:04:47	Wilson Kipsang Kiprotich (KEN)	15 Mar 1982	26 Apr 2015	London ENG
34y104d	2:03:03	Kenenisa Bekele Beyeche (ETH)	13 Jun 1982	25 Sep 2016	Berlin GER
35y163d	2:03:58.2	Haile Gebreselasie (ETH)	18 Apr 1973	28 Sep 2008	Berlin GER
36y339d	2:05:27	Jaouad Gharib (MAR)	22 May 1972	26 Apr 2009	London ENG
37y128d	2:06:16	Mark Kiptoo Kosgei (KEN)	21 Jun 1976	27 Oct 2013	Frankfurt GER
38y109d	2:06:05	Mariko Kiplagat Kipchumba (KEN)	04 Jul 1974	21 Oct 2012	Reims FRA
39y112d	2:06:00	Mark Kiptoo Kosgei (KEN)	21 Jun 1976	11 Oct 2015	Eindhoven NED
40y236d	2:08:46	Andres Espinosa Perez (MEX)	04 Feb 1963	28 Sep 2003	Berlin GER
41y301d	2:08:42	Kenneth Mburu Mungara (KEN)	07 Sep 1973	05 Jul 2015	Gold Coast AUS
42y209d	2:08:38	Kenneth Mburu Mungara (KEN)	07 Sep 1973	03 Apr 2016	Milan ITA
43y298d	2:09:04	Kenneth Mburu Mungara (KEN)	07 Sep 1973	02 Jul 2017	Gold Coast AUS
44y066d	2:12:01	Kenneth Mburu Mungara (KEN)	07 Sep 1973	12 Nov 2017	Istanbul TUR
45y201d	2:14:16	Jackson Kipngok Yegon (KEN)	16 Aug 1960	05 Mar 2006	Torreón MEX
46y286d	2:15:24	Reuben Chesang Kambich (KEN)	22 Dec 1962	04 Oct 2009	Saint Paul MN USA
47y122d	2:16:20	Jackson Kipngok Yegon (KEN)	16 Aug 1960	16 Dec 2007	Monterrey MEX
48y270d	2:18:57	Ayele Setegne (ISR)	11 Apr 1962	06 Jan 2011	Tiberias ISR
49y113d	2:19:47	Kjell-Erik Stahl (SWE)	17 Feb 1946	10 Jun 1995	Stockholm SWE
50y190d	2:19:29	Titus Mamabolo (RSA)	11 Jan 1941	20 Jul 1991	Durban RSA
51y028d	2:24:18	Piet vanAlphen (NED)	16 Aug 1930	13 Sep 1981	Eugene OR USA
52y236d	2:22:14	Piet vanAlphen (NED)	16 Aug 1930	09 Apr 1983	Rotterdam NED
53y067d	2:23:44	Piet vanAlphen (NED)	16 Aug 1930	22 Oct 1983	Etten-Leur NED
54y247d	2:26:35	Piet vanAlphen (NED)	16 Aug 1930	20 Apr 1985	Rotterdam NED
55y246d	2:25:56	Piet vanAlphen (NED)	16 Aug 1930	19 Apr 1986	Rotterdam NED
56y236d	2:27:05	Erik-Verner Ostbye (SWE)	25 Jan 1921	18 Sep 1977	Goteborg SWE
57y103d	2:33:12	Norman Green (USA)	27 Jun 1932	08 Oct 1989	Saint Paul MN USA
58y021d	2:35:51	Alex Ratelle (USA)	12 Sep 1924	03 Oct 1982	Saint Paul MN USA
59y337d	2:34:23	Yoshihisa Hosaka (JPN)	05 Jan 1949	07 Dec 2008	Fukuoka JPN
60y027d	2:36:30	Yoshihisa Hosaka (JPN)	05 Jan 1949	01 Feb 2009	Oita JPN
61y033d	2:38:12	Yoshihisa Hosaka (JPN)	05 Jan 1949	07 Feb 2010	Oita JPN
62y202d	2:41:07	John Gilmour (AUS)	03 May 1919	21 Nov 1981	Albany AUS
63y030d	2:45:23	John Shaw (AUS)	03 Jun 1953	03 Jul 2016	Gold Coast AUS
64y072d	2:42:44	Clive Davies (USA)	17 Aug 1915	28 Oct 1979	Portland OR USA
65y129d	2:41:57	Derek Turnbull (NZL)	05 Dec 1926	12 Apr 1992	London ENG
66y027d	2:42:49	Clive Davies (USA)	17 Aug 1915	13 Sep 1981	Eugene OR USA
67y045d	2:51:07	Luigi Passerini (ITA)	22 Feb 1923	08 Apr 1990	Mirandola ITA
68y253d	2:51:02	Ed Whitlock (CAN)	06 Mar 1931	14 Nov 1999	Columbus OH USA
69y237d	2:52:50	Ed Whitlock (CAN)	06 Mar 1931	29 Oct 2000	Columbus OH USA
70y068d	3:00:23	Ed Whitlock (CAN)	06 Mar 1931	13 May 2001	London ON CAN
71y306d	3:00:58	John Keston (USA)	05 Dec 1924	06 Oct 1996	Saint Paul MN USA
72y206d	2:59:09.3	Ed Whitlock (CAN)	06 Mar 1931	28 Sep 2003	Toronto ON CAN
73y204d	2:54:48.3	Ed Whitlock (CAN)	06 Mar 1931	26 Sep 2004	Toronto ON CAN
74y035d	2:58:40.0	Ed Whitlock (CAN)	06 Mar 1931	10 Apr 2005	Rotterdam NED

75y202d	3:08:34.5	Ed Whitlock (CAN)	06 Mar 1931	24 Sep 2006	Toronto ON CAN
76y040d	3:04:53.4	Ed Whitlock (CAN)	06 Mar 1931	15 Apr 2007	Rotterdam NED
77y143d	3:33:27	Ed Benham (USA)	12 Jul 1907	02 Dec 1984	San Diego CA USA
78y101d	3:36:59	Warren Utes (USA)	25 Jun 1920	04 Oct 1998	Saint Paul MN USA
79y288d	3:47:01	Antonino Caponetto (ITA)	11 Dec 1931	25 Sep 2011	Bergamo ITA
80y224d	3:15:53.9	Ed Whitlock (CAN)	06 Mar 1931	16 Oct 2011	Toronto ON CAN
81y222d	3:30:28.4	Ed Whitlock (CAN)	06 Mar 1931	14 Oct 2012	Toronto ON CAN
82y228d	3:41:57.8	Ed Whitlock (CAN)	06 Mar 1931	20 Oct 2013	Toronto ON CAN
83y283d	4:19:07	Antonino Caponetto (ITA)	11 Dec 1931	20 Sep 2015	Porto San Giorgio ITA
84y086d	4:17:51	Ed Benham (USA)	12 Jul 1907	06 Oct 1991	Saint Paul MN USA
85y224d	3:56:38	Ed Whitlock (CAN)	06 Mar 1931	16 Oct 2016	Toronto ON CAN
86y129d	4:34:55	Robert Horman (AUS)	26 Feb 1918	04 Jul 2004	Gold Coast AUS
87y072d	5:09:41	Charles Bancarel (FRA)	12 Aug 1929	23 Oct 2016	Toulouse FRA
88y068d	6:05:53	Mike Fremont (USA)	23 Feb 1922	02 May 2010	Cincinnati OH USA
89y094d	6:35:38	Sam Gadless (USA)	30 Nov 1906	03 Mar 1996	Los Angeles CA USA
90y262d	6:35:47	Mike Fremont (USA)	23 Feb 1922	11 Nov 2012	Huntington WV USA

Women's marathon times

6y285d	4:27:32	Mary Etta Boitano (USA)	04 Mar 1963	14 Dec 1969	Petaluma CA USA
7y284d	3:57:42	Mary Etta Boitano (USA)	04 Mar 1963	13 Dec 1970	Petaluma CA USA
8y354d	3:13:24	Tabitha Francks (USA)	24 Nov 1974	13 Nov 1983	Asbury Park NJ USA
9y182d	3:11:01	Julie Mullin (USA)	30 Aug 1966	28 Feb 1976	Seaside OR USA
10y180d	2:58:01	Julie Mullin (USA)	30 Aug 1966	26 Feb 1977	Seaside OR USA
11y116d	2:49:21	Carrie Garritson (USA)	11 Nov 1976	06 Mar 1988	Los Angeles CA USA
12y161d	2:54:03	Manuela Zipse (GER)	11 May 1974	19 Oct 1986	Echternach LUX
13y304d	2:44:03	Kyung-Hee Lim (KOR)	15 May 1973	15 Mar 1987	Seoul KOR
14y105d	2:33:08	Xin Wei (CHN)	07 Jul 1988	20 Oct 2002	Beijing CHN
15y213d	2:29:41	Mei-yu Shen (CHN)	21 Mar 1987	20 Oct 2002	Beijing CHN
16y328d	2:31:51	Li-nan Wang (CHN)	26 Nov 1985	20 Oct 2002	Beijing CHN
17y319d	2:23:37	Min Liu (CHN)	29 Nov 1983	14 Oct 2001	Beijing CHN
18y001d	2:22:38	Ying-ying Zhang (CHN)	04 Jan 1990	05 Jan 2008	Xiamen CHN
19y002d	2:20:59	Demise Shure Ware (ETH)	21 Jan 1996	23 Jan 2015	Dubai UAE
20y165d	2:22:30	Birhane Dibaba Adugna (ETH)	11 Sep 1993	23 Feb 2014	Tokyo JPN
21y320d	2:23:11	Yoko Shibui (JPN)	14 Mar 1979	28 Jan 2001	Osaka JPN
22y099d	2:19:52	Mare Dibaba Hurssa (ETH)	20 Oct 1989	27 Jan 2012	Dubai UAE
23y230d	2:20:22	Brigid Jepchirchir Kosgei (KEN)	20 Feb 1994	08 Oct 2017	Chicago IL USA
24y176d	2:18:58	Tiki Gelaneh Erba (ETH)	22 Oct 1987	15 Apr 2012	Rotterdam NED
25y196d	2:19:41	Yoko Shibui (JPN)	14 Mar 1979	26 Sep 2004	Berlin GER
26y018d	2:20:30	Aberu Kebede Shewaye (ETH)	12 Sep 1986	30 Sep 2012	Berlin GER
27y084d	2:19:12	Mizuki Noguchi (JPN)	03 Jul 1978	25 Sep 2005	Berlin GER
28y300d	2:17:17.7	Paula Radcliffe (ENG)	17 Dec 1973	13 Oct 2002	Chicago IL USA
29y117d	2:15:24.6	Paula Radcliffe (ENG)	17 Dec 1973	13 Apr 2003	London ENG

30y095d	2:18:37	Mary Keitany Chepkosgei (KEN)	18 Jan 1982	22 Apr 2012	London ENG
31y121d	2:17:42	Paula Radcliffe (ENG)	17 Dec 1973	17 Apr 2005	London ENG
32y129d	2:18:31	Tirunesh Dibaba (ETH)	01 Jun 1985	08 Oct 2017	Chicago IL USA
33y068d	2:19:36	Deena Kastor (USA)	14 Feb 1973	23 Apr 2006	London ENG
34y210d	2:20:21	Edna Kiplagat Ngeringwony (KEN)	15 Sep 1979	13 Apr 2014	London ENG
35y095d	2:17:01	Mary Keitany Chepkosgei (KEN)	18 Jan 1982	23 Apr 2017	London ENG
36y036d	2:19:18.4	Irina Mikitenko (GER)	23 Aug 1972	28 Sep 2008	Berlin GER
37y198d	2:21:29	Lyudmila Petrova (RUS)	07 Oct 1968	23 Apr 2006	London ENG
38y126d	2:24:07	Jelena Prokopcuka (LAT)	21 Sep 1976	25 Jan 2015	Osaka JPN
39y033d	2:22:18	Irina Mikitenko (GER)	23 Aug 1972	25 Sep 2011	Berlin GER
40y185d	2:23:31	Lydia Cheromei Kogo (KEN)	11 May 1977	12 Nov 2017	Shanghai CHN
41y037d	2:24:53.6	Irina Mikitenko (GER)	23 Aug 1972	29 Sep 2013	Berlin GER
42y169d	2:26:51	Priscilla Welch (USA)	22 Nov 1944	10 May 1987	London ENG
43y221d	2:29:25	Tatyana Pozdniakova (UKR)	04 Mar 1955	11 Oct 1998	Chicago IL USA
44y195d	2:29:43	Joyce Smith (ENG)	26 Oct 1937	09 May 1982	London ENG
45y141d	2:28:34	Catherine Bertone (ITA)	06 May 1972	24 Sep 2017	Berlin GER
46y364d	2:30:26	Tatyana Pozdniakova (UKR)	04 Mar 1955	03 Mar 2002	Los Angeles CA USA
47y223d	2:28:59.5	Tatyana Pozdniakova (UKR)	04 Mar 1955	13 Oct 2002	Providence RI USA
48y225d	2:37:46	Ramilya Burangulova (RUS)	11 Jul 1961	21 Feb 2010	Jacksonville Beach FL USA
49y003d	2:30:17	Tatyana Pozdniakova (UKR)	04 Mar 1955	07 Mar 2004	Los Angeles CA USA
50y002d	2:31:05	Tatyana Pozdniakova (UKR)	04 Mar 1955	06 Mar 2005	Los Angeles CA USA
51y015d	2:35:46	Tatyana Pozdniakova (UKR)	04 Mar 1955	19 Mar 2006	Los Angeles CA USA
52y108d	2:48:47	Edeltraud Pohl (GER)	14 Jul 1936	30 Oct 1988	Frankfurt GER
53y147d	2:47:50	Joan Samuelson (USA)	16 May 1957	10 Oct 2010	Chicago IL USA
54y013d	2:53:49	Sally Gibbs (NZL)	05 Jun 1963	18 Jun 2017	Wellington NZL
55y076d	2:52:14	Rae Baymiller (USA)	27 Jul 1943	11 Oct 1998	Chicago IL USA
56y024d	2:55:04	Angharad Mair (WAL)	30 Mar 1961	23 Apr 2017	London ENG
57y112d	2:54:29	Jung-Ok Kim (KOR)	14 Jul 1956	03 Nov 2013	Seoul KOR
58y281d	2:58:37	Christine Kennedy (USA)	29 Dec 1954	06 Oct 2013	Saint Paul MN USA
59y280d	2:59:43	Christine Kennedy (USA)	29 Dec 1954	05 Oct 2014	Saint Paul MN USA
60y312d	3:01:30	Bernardine Portenski (NZL)	26 Aug 1949	04 Jul 2010	Gold Coast AUS
61y351d	3:06:36	Kimi Ushiroda (JPN)	28 Feb 1954	14 Feb 2016	Nobeoka JPN
62y353d	3:14:37	Nancy Will (RSA)	02 Oct 1952	20 Sep 2015	Cape Town RSA
63y241d	3:07:48	Emmi Luthi (SUI)	01 Mar 1944	28 Oct 2007	Lucerne SUI
64y108d	3:19:18	Yuriko Tanaka (JPN)	31 Jul 1944	16 Nov 2008	Oiso JPN
65y056d	3:12:56.6	Emmi Luthi (SUI)	01 Mar 1944	26 Apr 2009	Zurich SUI
66y162d	3:19:05	Angela Copson (ENG)	20 Apr 1947	29 Sep 2013	Berlin GER
67y230d	3:25:51	Jane Davies (ENG)	07 Sep 1948	24 Apr 2016	London ENG
68y356d	3:24:54	Angela Copson (ENG)	20 Apr 1947	10 Apr 2016	Manchester ENG
69y171d	3:31:36	Bibbi Lind (SWE)	22 May 1944	09 Nov 2013	Stockholm SWE
70y149d	3:36:10	Bibbi Lind (SWE)	22 May 1944	18 Oct 2014	Vaxjo SWE
71y205d	3:37:05	Helga Miketta (GER)	23 Mar 1941	14 Oct 2012	Essen GER
72y204d	3:35:29	Helga Miketta (GER)	23 Mar 1941	13 Oct 2013	Essen GER
73y230d	3:49:54	Yoko Nakano (JPN)	12 Jan 1936	30 Aug 2009	Sapporo JPN
74y146d	3:49:31	Helga Miketta (GER)	23 Mar 1941	16 Aug 2015	Lyon FRA
75y018d	4:05:39	Yoko Nakano (JPN)	12 Jan 1936	30 Jan 2011	Hitachinaka JPN
76y316d	3:53:42	Yoko Nakano (JPN)	12 Jan 1936	23 Nov 2012	Otawara JPN

77y214d	4:24:27.4	Sylvia Quinn (USA)	23 Oct 1936	25 May 2014	Coeur d'Alene ID USA
78y212d	4:57:38	Joyce Archibold (ENG)	13 Sep 1935	13 Apr 2014	London ENG
79y062d	4:11:50	Yoko Nakano (JPN)	12 Jan 1936	15 Mar 2015	Yokohama JPN
80y051d	4:12:43.6	Gwen McFarlan (CAN)	04 Apr 1934	25 May 2014	Ottawa ON CAN
81y045d	4:11:45	Yoko Nakano (JPN)	12 Jan 1936	26 Feb 2017	Tokyo JPN
82y036d	4:53:06	Betty Jean McHugh (CAN)	07 Nov 1927	13 Dec 2009	Honolulu HI USA
83y218d	5:41:59	Margaret Davis (USA)	13 Aug 1922	19 Mar 2006	Los Angeles CA USA
84y094d	5:44:22	Helga-Maria Kundig (SUI)	28 Jun 1928	30 Sep 2012	Berlin GER
85y032d	5:14:26	Betty Jean McHugh (CAN)	07 Nov 1927	09 Dec 2012	Honolulu HI USA
86y285d	6:31:42	Margaret Davis (USA)	13 Aug 1922	25 May 2009	Los Angeles CA USA
87y183d	7:06:48	Mavis Lindgren (USA)	02 Apr 1907	02 Oct 1994	Portland OR USA
88y036d	6:34:24	Betty Jean McHugh (CAN)	07 Nov 1927	13 Dec 2015	Honolulu HI USA
89y180d	8:09:23	Mavis Lindgren (USA)	02 Apr 1907	29 Sep 1996	Portland OR USA
90y033d	7:03:59	Betty Jean McHugh (CAN)	07 Nov 1927	10 Dec 2017	Honolulu HI USA
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92y019d	9:53:48	Gladys Burrill (CAN)	23 Nov 1918	12 Dec 2010	Honolulu HI USA