

EUROPEAN BEST PERFORMANCES NONSTADIA - ROAD RUN AND ROAD WALK 2021 compiled by Ivar Söderlind, Statistician Manager of EMA

Compiled 31 December 2021

I have worked with the European Records/Best Performances for more than 33 years (started in July 1988). Since June 2000, when I started the EVAA Web Site, I have also compiled and reported the European Masters Records and Best Performances Nonstadia on EVAA/EMA Web Site.

In 2012, we started the Data Base of the European Records/Best Performances in EVAA Website. I believe that the Data Base and the EMA Record Group with me, Giusy Lacava from Italy and Fernando Marquina from Spain is a step in the right direction in pace with times. I will also continue to publish my Record/Best lists with my comments on the Web Site.

In 2021 up to December 21 we have registered 4 new European Best Nonstadia (0 World Best)

In 2020 up to December 31 we have registered 4 new European Best (1 World Best).

In 2019 up to December 31 we have registered 9 new European Best (2 World Best).

In 2018 up to December 31 we registered 5 new European Best (2 world Best). In 2017 we registered 4 new European Best (1 world best). This can be compared with 2016 when we registered 2 European Best (2 World Best), with 2015 when we totally noted 12 new or modified European Best Performance (6 World Best) and with 2014 when we noted 6 new or modified European Best (2 World Best).

We have 4 more results (a) which shall be ratified as European Record when/if all record forms/documents are received and ratified by EMA.

IAAF has decided that Official Records shall be noted for Road Run and Road Walk. As it often is uncertain when and in which way official measurement of road distances is realized, especially in former Road Competitions, we continue with Best Performance in EMA and my European Best Lists. The problem of correct measurement is difficult especially in 10 km Road Run and in the Road Walk distances. We will discuss this matter in WMA and EMA. Some of the results for Road Walk in my earlier Record Lists were from Track Walk. The competitions in my list are 10 km run (road), Half Marathon, Marathon and Road Walk 10 km, 20 Km and 30 km (distances in European Championships). When two or more results are noted in one age group and event the first noted result is the official best performance.

We ask you to check the list given below and make it more complete. Please inform me as soon as possible (preferably by email ivarsoderlind@gmail.com) and also report all new Best Performances by EMA: s Record Application!!

Welcome to the official EMA Web Site: <http://www.european-masters-athletics.org/>

WB = World Best

*** = new Best Performance registered in 2021**

*** = new Best Performance registered in 2020**

a = not officially ratified Best Performance, some data is missing
b = the road distance is a point-to-point course
c = the road distance is downhill
d = wrong intermediate time
e = track walk not road walk
f = the runner has, according to the results list from the race, not performed this result
g = the road distance is not reliably measured

10 km road run

	Name and country	Born	Meet place	Meet date	
M35 28:04	Abdellah Behar, FRA	050763	Berkane, FRA	310301	
M40 28:51	Paulo Catarino, POR	200963	Porto, POR	281203	
c) 28:34	José Manuel Martínez, ESP	221071	Madrid, ESP	311211	
M45 29:37	Driss Lakhouaja Allah, ESP	260272	Barcelona, ESP	311218	
M50 30:35	Tecwyn Davies, GBR	050538	Reading, GBR	161088	WB
M55 31:40	Martin Fiz, ESP	030363	Valencia, ESP	130119	WB
M60 32:48	Martin Rees, GBR	280253	Cardiff, GBR	080913	WB
M65 35:36	Albert Anderegg, SUI	160645	Lüss, SUI	310312	WB
M70 37:55	Stephen Charlton, GBR	041026	Solihull, GBR	061096	
M75 40:36	Stephen Charlton, GBR	041026	Beckenham, GBR	060502	
M80 45:04	Stephen Charlton, GBR	041026	Newton, GBR	300907	
M85 52:53	Luciano Acquarone, ITA	041035	Vado Ligure, ITA	181015	WB
M90 1h07:02	Gordon Porteous, GBR	220214	Lochinch, GBR	221004	WB
W35 30:57	Irina Mikitenko, GER	230872	Karlsruhe, GER	130908	
W40 32:25	Priscilla Welch, GBR	221144	Phoenix, AZ, USA	020385	
g) 32:14	Priscilla Welch, GBR	221144	Mobile, USA	300385	
W45 33:28	Tatyana Pozdnyakova, UKR	040356	Mobile AL, USA	230302	WB
W50 34:44	Tatyana Pozdnyakova, UKR	040356	Mobile AL, USA	250306	
b) 34:42	Tatyana Pozdnyakova, UKR	040356	New Orleans, USA	260305	WB
W55 36:18	Silke Schmidt, GER	070859	Utrecht, NED	270915	WB
W60 36:43	Silke Schmidt, GER	070859	Utrecht, NED	201015	WB
W65 40:30	Angela Copson, GBR	200447	Manchester, GBR	100515	
W70 44:19	Angela Copson, GBR	200447	London, GBR	280518	
W75 49:31	Louise Gilchrist, GBR	170333	Trafford, GBR	070908	WB
W80 +55:05	Denise Leclerc, FRA	101033	Macon, FRA	140914	

Half Marathon

	Name and country	Born	Meet place	Meet date	
*M35 1h00:31	Mo Farah, GBR	230383	Larne, GBR	120920	
M40 1h02:55	José Manuel Martínez, ESP	221071	Santander, ESP	040312	
c) 1h02:55	Paulo Catarino, POR	300963	Lisboa, POR	280304	
M45 1h05:50	Pierre Levisse, FRA	210252	Yerres, FRABR	160397	
c) 1h05:40	Bill Venus, GBR	211039	Gateshead, GBR	060486	
g) 1h04:57	Alexandre Gonzalez, FRA	160351	Seissan-Auch, FRA	170396	
M50 1h06:42	David Martin Rees, GBR	280253	Stroud, GBR	261003	
M55 1h10:29	Michael Hager, GBR	060950	Linz, AUT	190306	
*M60 1h11:09	Tommy Hughes, IRE	080160	Antrim Coast, IRE	251020	WB
M65 1h16:25	Wil van der Lee, NED	231029	Rosmalen, NED	060497	WB
M70 1h23:31	Robert Newell, GBR	090336	Doncaster, GBR	190306	
M75 1h30:14	Karl Walter Truemper, ITA	071039	Essen, GER	221114	
M80 1h39:47	Luciano Acquarone, ITA	041030	San Benedetto, ITA	170411	,
M85 1h58:33	Luciano Acquarone, ITA	041030	San Roma, ITA	061215	WB
M90 3h12:14	Luciano Acquarone, ITA	041030	Jesolo, ITA	150919	
W35 1h08:29	Mara Yamauchi, GBR	230170	Chicago, USA	221006	
W40 1h09:56	Irina Permitina, RUS	030268	Novosibirsk, RUS	130908	
W45 1h11:18	Evy Palm, SWE	310142	Östnor, SWE	160788	WB
*W50 1h15:19	Sandra Morchner, GER	100471	Hamburg, GER	171021	
W55 1h19:39	Silke Schmidt, GER	070859	Den Haag, NED	080315	WB
W60 1h21:33	Silke Schmidt, GER	070859	Dordrecht, NED	031119	WB
W65 1h31:50	Silvia Bolognesi, ITA	010354	Pavia, ITA	290919	
W70 1h38:53	Marta Mikolajczyk, POL	010147	Torun, POL	300319	WMA
W75 1h51:39	Louise Gilchrist, GBR	070333	Wilmslow, GBR	300308	
W80 2h12:27	Denise Leclerc, FRA	100333	Budapest, HUN	300314	WB
W85 3h07:48	Zdenka Kirch, GER	161129	Grosetto, ITA	170515	

Marathon

	Name and country	Born	Meet place	Meet date	
M35 2h05:31	Mo Farah, GBR	230383	Chicago, USA	071018	
M40 2h10:33	Mohammed Ezzher, FRA	220460	Paris, FRA	080401	
M45 2h15:51	Kjell-Erik Ståhl, SWE	170246	Berlin, GER	290991	
M50 2h22:14	Piet van Alphen, NED	160830	Rotterdam, NED	090483	
M55 2h25:56	Piet van Alphen, NED	160830	Rotterdam, NED	190486	WB
*M60 2h30:02	Tommy Hughes, IRE	080160	Lisburn, IRE	251020	
M65 2h42:22	Jean Rannou, FRA	240435	Reims, FRA	221000	
M70 2h59:26	Egbert Zylstra, NED	160749	Amsterdam, NED	201019	
M75 3h10:57	Luciano Acquarone, ITA	041030	Capri, ITA	161005	
M80 3h46:03	Antonio Caponetto, ITA	111231	Capri, ITA	122011	
M85 4h20:11	Antonio Caponetto, ITA	111231	Verona, ITA	191117	
M90 6h48:55	Albert Stricker, SUI	221023	Lucerne, SUI	271013	

W35	2h19:19	Irina Mikitenko,GER	230872	Berlin,GER	280908	
W40	2h22:27	Marlya Konovalova,GER	140874	Nagoya,JAP	080315	
W45	2h28:34	Catherine Bertone,ITA	060572	Berlin,GER	240917	WB
W50	2h31:05	Tatyana Pozdnyakova,UKR	040355	Los Angeles,USA	060305	WB
W55	2h52:21	Nina Wavik Ytterstad,NOR	280419	Valencia,ESP	011219	
W60	3h00:28	Chantal Langlances,FRA	060155	Rennes,FRA	251015	
W65	3h12:56	Emma Lüthi,SUI	010344	Zürich,SUI	260409	
*W70	3h20.21	Yuko Gorden,GBR	230251	Windsor,GBR	030421	WB
W75	4h06:52	Jackie Jenkins,GBR	010542	Dorchester,GBR	280517	
W80	5h05:45	Joyce Archibold,GBR	130935	Reykjavik,ISL	200816	
W85	6h03:32	Helga Kündig,SUI	280628	Berlin,GER	290913	
W90+	11h34:00	Jenny Wood-Allen,GBR	211111	London,GBR	140402	

* = before 1982 it was no official measurement of the marathon distance

10 km road walk

		Name and country	Born	Meet place	Meet date	
M35	38:39	Robert Korzeniowski,POL	300768	Krakow,POL	120604	WB
M40	40:44	Jesus Angel Garcia,ESP	171069	Rome,ITA	151011	
M45	42:54	Miquel Angel Prieto,ESP	200964	Madrid,ESP	111211	
M50	45:34	Miquel Perianez,ESP	021162	Budapest,HUN	290314	
g)	45:15	Jorge Costa,POR	200361	Rio Maior,POR	090411	
M55	46:32	Graziano Morotti, ITA	150151	Grottammare,ITA	241010	WB
e)	43:59.8	Adolfs Liepaskains,URS	150710	Aluksne,URS	011065	
M60	49:13	Gerhard Weidner,GER	150333	Naumburg,GER	280496	
a)	47:39	Graziano Morotti, ITA	150151	Villa d'Alme,ITA	130311	
a)	47:17	Ian Richards,GBR	120448	Steyning,GBR	231013	
M65	51:01	Gerhard Weidner,GER	150333	Naumburg,GER	230598	
a)	49:49.4	Ian Richards,GBR	120448	London,GBR	140414	
e)	50:40.9	Gerhard Weidner,GER	150333	Letter,GER	130698	
M70	53:32	Arthur Thomson,GBR	220436	London,GBR	260406	
M75	58:40	Arthur Thomson,GBR	220436	Steyning,GBR	291011	WB
a)	58:04.8	Arthur Thomson,GBR	220436	Battersea,GBR	270411	
e)	55:00.6	James Grimwade,GBR	170512	Wolverhampton,GBR	270987	
M80	59:55	Romolo Pelliccia,ITA	190936	Reggio Emilia, ITA	211018	WB
M85+	1:13.52	Ivan Pushkin,UKR	300630	Lyon,FRA	090815	WMA WB
M90	1:23:23	Gunter Ciesielski,GER	231026	Torun,POL	300319	WMA
W35	41:41	Kjersti Plätzer,NOR	180172	Krakow,POL	300509	WB
W40	46:04	Susana Feitor,POR	280175	Rio Maior,POR	180415	
W45	47:29	Siw Ibanez,SWE	090757	Göteborg,SWE	140903	
W50	50:33	Siw Ibanez,SWE	090757	Kalmar,SWE	310703	
W55	48:43	Siw Ibanez,SWE	090757	Eskilstuna,SWE	150912	WB
W60	54:15	Marie Astrid Monmessin,FRA	050256	Malaga,ESP	100918	WMA+
W65	57:19	Heidi Maeder,SUI	231043	La Tour-de-Peilz,SUI	030509	
W70	1:00.18	Britta Tibbling,SWE	190318	Verona,ITA	250688	EVC WB
W75	1:07.46	Britta Tibbling,SWE	190318	Miyzaki,JPN	111093	WVC WB
W80	1:14.12	Aina Engberg,SWE	020223	Århus,DEN	290704	EVC WB
W85	1:18.06	Aina Engberg,SWE	020223	Tibro,SWE	200908	WB
W90	1h31:21	Elena Pagu,ROU	270726	Perth,AUS	311016	WMA WB

20 km road walk

M35	1h17:02	Johann Diniz, FRA	010178	Arles, FRA	080315	WB
M40	1h20:20	Andrii Kovenko, UKR	130364	Halushta, UKR	280214	
M45	1h27:03	Endre Andrasfay, HUN	150344	Bekescsaba, HUN	090489	
*M50	1h31:08	Jesus Angel Garcia, ESP	171069	Murcia, ESP	140321	
a)	1h30:01	Jorge Costa, POR	200361	Rio Maior, POR	090411	
M55	1h33:38	Graziano Morotti, ITA	150151	Lugano, ITA	020406	WB
M60	1h37:46	Gerhard Weidner, GER	150333	Seelze-Letter, GER	280393	
M65	1h43:34	Gerhard Weidner, GER	150333	Naumburg, GER	230598	
M70	1h52:47	Arthur Thomson, GBR	220436	Earls Colne, GBR	060408	
M75	1h55:19	James Grimwade, GBR	170512	Melbourne, AUS	291187	WB
M80	2h04:49	James Grimwade, GBR	170512	S Coldfeld, GBR	200692	WB
M85+	2h24:00	James Grimwade, GBR	170212	Gateshead, GBR	010899	WB
W35	1h25:41	Olimpiada Ivanova, RUS	050570	Helsinki, FIN	070805	WB
W40	1h31:48	Susana Feitor, POR	280175	Rio Maior, POR	180415	WB
W45	1h44:42	Siv Karlström (Ibanez,) SWE	090757	Copenhagen, DEN	111003	
W50	1h48:53	Nadine Mazuir, FRA	160360	Thionville, FRA	150511	
K55	1h47:23	Siv Ibanez, SWE	090757	Eskilstuna, SWE	050913	
W60	1h55:34	Sandra Brown, GBR	010449	Lea Valley, GBR	150809	WB
W65	1h58:58	Heidi Maeder, SUI	231043	Metz, FRA	050509	
W70	2h14:49	Heidi Maeder, SUI	231043	Lyon, FRA	140815	WMA
W75	2h30:30	Hannele Kivisto, FIN	240843	Malaga, ESP	140918	WMA WB
W80+	2h42:27	Denise Leclerc, FRA	221033	Porto Alegre, BRA	261013	WMA WB

30 km road walk

		Name and country	Born	Meet place	Meet date	
M35	2:06.14	Maurizio Damilano, ITA	060457	Sesto S Giovanni, ITA	010592	WB
M40	2:06.34	German Skurygin, RUS	150963	Adler, RUS	080204	WB
M45	2:17.50	Jorge Costa, POR	200361	Qarteria, POR	020208	
M50	2:23:08	Jesus Angel Garcia, ESP	171069	Podebrady, CZE	160521	
M55	2:27.35	Graziano Morotti, ITA	150151	Chiasso, SUI	100906	WB
M60	2:36.47	Graziano Morotti, ITA	150151	Latina, ITA	290112	WB
M65	2:47.15	Ian Richards, GBR	120448	Upize, CZE	260513	WB
M70	2:52.47	Arthur Thomson, GBR	220436	Coventry, GBR	120806	WB
M75	3:04.25	Arthur Thomson, GBR	220436	Warwick, GBR	140712	WB
M80+	3:24.40	James Grimwade, GBR	170512	Brügge, BEL	290696	WVC WB