

## WMA 10k Championship Records

M35	31:12	Henadz Verkhavodkin	BLR	Toruń, POL 2019
M40	30:43	Keneth Mburu	KEN	Málaga, ESP 2018
M45	<b>29:28</b>	Keneth Mburu	KEN	Toruń, POL 2023
M50	32:09	Peter Van Der Velden	NED	Toruń, POL 2019
M55	<b>34:05</b>	Piotr Poblocki	POL	Toruń, POL 2023
M60	<b>34:53</b>	Ireneusz Kasprzak	POL	Toruń, POL 2023
M65	<b>34:18</b>	Alastair Walker	GBR	Toruń, POL 2023
M70	40:08	Bert Schalkwijk	NED	Málaga, ESP 2018
M75	42:33	Juan Lopez Garcia	ESP	Toruń, POL 2019
M80	46:34	Fokke Kramer	GER	Toruń, POL 2019
M85	1:15:13	Angelo Squadrone	ITA	Málaga, ESP 2018
M90	1:18:45	Angelo Squadrone	ITA	Toruń, POL 2019
W35	33:40	Innes Chenonge	KEN	Málaga, ESP 2018
W40	34:24	Dawn Grunnagle	USA	Toruń, POL 2019
W45	<b>36:46</b>	Zoe Quinn	IRL	Toruń, POL 2023
W50	<b>35:36</b>	Carla Primo	ITA	Toruń, POL 2023
W55	37:10	Sally Gibbs	NZL	Málaga, ESP 2018
W60	<b>40:27</b>	Elena Fustella	ITA	Toruń, POL 2023
W65	<b>42:20</b>	Pauline Moran	IRL	Toruń, POL 2023
W70	45:38	Angela Copson	GBR	Málaga, ESP 2018
W75	52:14	Josette Maillard	FRA	Málaga, ESP 2018
W80	56:17	Yoko Nakano	JPN	Málaga, ESP 2018