

## WMA Championship 10k Road Records



M35	31:12	Henadz Verkhavodkin	BLR	Toruń, POL 2019
M40	30:43	Samuel Ndereba	KEN	Málaga, ESP 2018
M45	29:28	Keneth Mburu	KEN	Toruń, POL 2023
M50	32:09	Peter Van Der Velden	NED	Toruń, POL 2019
M55	34:05	Piotr Poblocki	POL	Toruń, POL 2023
M60	34:53	Ireneusz Kasprzak	POL	Toruń, POL 2023
M65	34:18	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	36:46	Zoe Quinn	IRL	Toruń, POL 2023
W50	35:36	Carla Primo	ITA	Toruń, POL 2023
W55	37:10	Sally Gibbs	NZL	Málaga, ESP 2018
W60	40:27	Elena Fustella	ITA	Toruń, POL 2023
W65	42:20	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

Updated 29 March 2023