

WMA CHAMPIONSHIP Non Stadia Records - WOMEN
Performances during either Indoor or Stadia Championships



10k Road Run

W35	33:40	Innes Chenonge	KEN	Málaga, ESP 2018
W40	34:24	Dawn Grunnagle	USA	Toruń, POL 2019
W45	35:08	Rosaline David	KEN	Gothenburg, SWE 2024
W50	35:36	Carla Primo	ITA	Toruń, POL 2023
W55	37:10	Sally Gibbs	NZL	Málaga, ESP 2018
W60	40:24	Niamh O'Sullivan	IRL	Tampere, FIN 2022
W65	41:49	Synøve Brox	NOR	Gothenburg, SWE 2024
W70	45:38	Angela Copson	GBR	Málaga, ESP 2018
W75	47:30	Jeannie Rice	USA	Gothenburg, SWE 2024
W80	56:17	Yoko Nakano	JPN	Málaga, ESP 2018

Half Marathon

W 35	1:16:02	Aroa Merino	ESP	Málaga, ESP 2018
W 40	1:16:25	Dawn Grunnagle	USA	Toruń, POL 2019
W 45	1:15:30	Agnieszka Gortel-Maciuk	POL	Toruń POL 2023
W 50	1:18:31	Sandra Morchner	GER	Tampere FIN 2022
W 55	1:20:06	Silke Schmidt	GER	Lyon FRA 2015
W 60	1:28:21	Claudine Marchdier	FRA	Clermont FRA 2008
W 65	1:31:38	Christine Kennedy	USA	Toruń POL 2023
W 70	1:38:53	Marta Mikolajczyk	POL	Toruń, POL 2019
W 75	1:40:58	Jeannie Rice	USA	Gothenburg, SWE 2024
W 80	2:07:36	Yoko Nakano	JPN	Málaga, ESP 2018

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10k Road Walk

W35	48:09	Victoria Herazo	USA	Buffalo, USA 1995
W40	48:51	Karen Davies	RSA	Durban, RSA 1997
W45	49:45	Lynette Ventris	AUS	San Sebastian, ESP 2005
W50	49:52	Lynette Ventris	AUS	Sacramento, USA 2011
W55	49:59	Lynette Ventris	AUS	Jyväskylä, FIN 2012
W60	53:26	Lynette Ventris	AUS	Malaga, ESP 2018
W65	57:28	Heidi Mäder	SUI	Lahti, FIN 2009
W70	1:02:08	Britta Tibbling	SWE	Eugene, USA 1989
W75	1:07:46	Britta Tibbling	SWE	Miyasaki, JPN 1993
W80	1:11:55	Anne Centner	RSA	Gothenburg, SWE 2024
W85	1:23:49	Margit Lindgren	SWE	Durban, RSA 1997
W90	1:31:21	Elena N Pagu	ROU	Perth, AUS 2016

20k Road Walk

W35	1:44:49	Maria Dolores Marcos Valero	ESP	Lyon, FRA 2015 2015
W40	1:46:59	Vanessa Denisselle	FRA	Gothenburg, SWE 2024
W45	1:46:59	Monica Svensson	SWE	Gothenburg, SWE 2024
W50	1:42:20	Lynette Ventris	AUS	Sacramento, USA 2011
W55	1:53:56	Lynette Ventris	AUS	Lyon, FRA 2015
W60	1:58:12	Heather Carr	AUS	Sacramento, USA 2011
W65	2:00:03	Heidi Mäder	SUI	Lahti, FIN 2009
W70	2:10:58	Elsa Meyer	RSA	Perth, AUS 2016
W75	2:22:06	Elsa Meyer	RSA	Gothenburg, SWE 2024
W80	2:42:27	Denise Leclerc	FRA	Porto Alegre, BRA 2013