

USA Track & Field Pending LDR Records and Bests as of 11/30/16

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- P = Pending - application or more information is needed from the race
- = No "P" code indicates that mark is ready to be recommended for ratification pending course verification report
- B = Proof of birth date and/or citizenship needed from athlete
- a = Performance possibly aided by slope/separation, can be "best", not eligible for record but superior than AR
- U = Unverifiable
- W = Women-only event
- F = Failed Verification

a/comers = All-Comers Record or "Best" (non-U.S. citizen in U.S. race, must be faster than U.S. citizen mark)

IV. Men's Long Distance Running

Men's LDR Road Records

	AgeGroup	Distance	Mark		Athlete Name	Age	HST	Race Name	Race City	RST	Rdate
1	M a/comers	8 km	22:02	P	Stephen Sambu	25	KEN	BAA 10K (split)	Boston	MA	06/22/14
2	M a/comers	Marathon	2:03:45	P	Dennis Kimetto	29	KEN	BOA Chicago	Chicago	IL	10/13/13
3	M Open	144 hr	975654m		Joe Fejes	49	GA	IAU 6-Day	Balaton	HUN	05/06/15

Men's LDR Track Records

4	M Open	100 km	6:58:12		Zach Bitter	29	WI	Desert Solstice	Phoenix	AZ	12/19/15
5	M Open	200 km	16:23:28	P	Zach Bitter	27	WI	SC 24 Hour	Florence	SC	03/16/14
6	M Open	100 mi	11:40:55		Zach Bitter	29	WI	Desert Solstice	Phoenix	AZ	12/19/15

Men's LDR Road Bests

7	M a/comers	8 km	21:56a	P	Isaiah Koech	19	KEN	Crescent City (split) Great North Run	New Orleans	LA	03/30/13 09/11/16
7a	M Open	10 miles	45:40a	P	Dathan Ritzenhein	33	MI	(split)	Newcastle	GBR	

V. Women's Long Distance Running

Women's LDR Road Records

	AgeGroup	Distance	Mark		Athlete Name	Age	HST	Race Name	Race City	RST	Rdate
8	F Open	10 km	30:52		Shalane Flanagan	34	OR	BAA 10km	Boston	MA	06/26/16
9	F Open	Half Mar	1:07:41	WP	Molly Huddle	30	RI	NYC Half	New York	NY	03/20/16
10	F a/comers	Half Mar	1:06:29		Mary Wacera	27	KEN	Aramco Houston	Houston	TX	01/17/16
11	F Open	Marathon	2:25:26	W	Shalane Flanagan	34	OR	Olympic Games	Rio De Janeiro	BRA	08/14/16

Women's LDR Track Records

12	F Open	100 mi	14:09:43		Pam Smith	41	OR	Dawn2Dusk2Dawn	Sharon Hill	PA	05/14/16
13	F Open	200 km	19:19:05		Katalin Nagy	36	FL	Desert Solstice	Phoenix	AZ	12/19/15
14	F Open	200 km	18:47:28		Pam Smith	41	OR	Dawn2Dusk2Dawn	Sharon Hill	PA	05/14/16

Women's LDR Road Bests

15	F Open	50 mi	5:38:41a	P	Camille Herron	33	OK	Fall 50	Door	WI	10/24/15
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VI. Masters Long Distance Running

Masters LDR Road Records: Men

	AgeGroup	Distance	Mark		Athlete Name	Age	HST	Race Name	Race City	RST	Rdate
15a	M40-44	5 km	13:39	P	Bernard Lagat	41	AZ	Carlsbad	Carlsbad	CA	04/03/16
16	M50-54	5 km	15:02		Sean Wade	50	TX	Bellaire	Bellaire	TX	04/09/16
17	M60-64	5 km	16:38		Brian Pilcher	60	CA	Syracuse FOR	Syracuse	NY	10/02/16
18	M65-69	5 km	17:31		Tom Bernhard	65	CA	Syracuse FOR	Syracuse	NY	10/02/16
19	M50-54	10 km	31:11	U	Peter Magill	50	CA	Cypress	Cypress	CA	07/23/11
20	M85-89	10 km	58:49	P	Jerry Johncock	86	MI	Raider Stomp	Decatur	MI	08/09/14
21	M40-44	15 km	44:58	P	Kevin Castille	40	KY	Gate River	Jacksonville	FL	03/09/13
22	M70-74	20 km	1:26:27	P	Ron Legg	71	OH	Akron Half	Akron	OH	09/24/16
23	M70-74	20 km	1:29:28	P	Doug Goodhue	74	MI	Volkslaufe	Frankenmuth	MI	07/04/16
24	M60-64	25 km	1:31:41	P	Brian Pilcher	60	CA	Chicago Marathon (split)	Chicago	IL	10/09/16
25	M40-44	30 km	1:34:03		Meb Keflezighi	40	CA	Olympic Trials	Los Angeles	CA	02/13/16
26	M60-64	30 km	1:50:53	P	Brian Pilcher	60	CA	Chicago Marathon (split)	Chicago	IL	10/09/16
27	M50-54	50 km	3:18:06		Jean Pommier	52	CA	Caumsett Park	Lloyd Neck	NY	03/06/16
28	M50-54	50 km	3:17:42		Rich Hanna	51	CA	Jed Smith	Sacramento	CA	02/06/16
29	M80-84	50 km	5:48:06		Bill Dodson	80	CA	Jed Smith	Sacramento	CA	02/06/16
30	M60-64	100 km	8:24:20		Mark Richtman	60	CA	SF One Day	San Francisco	CA	12/31/15
31	M60-64	Half mar	1:16:54	P	Brian Pilcher	60	CA	Chicago Marathon (split)	Chicago	IL	10/09/16
32	M65-69	Half mar	1:22:26	P	Lloyd Hansen	66	UT	Hobble Creek	Mapleton	UT	08/16/14
33	M85-89	Half mar	2:52:26	P	Jerry Johncock	88	MI	Go The Extra Mile	Saginaw	MI	04/24/16
34	M90-94	Half mar	3:03:56	P	Mike Fremont	91	OH	Knoxville	Knoxville	TN	04/07/13
35	M90-94	Half mar	3:24:57	P	Mike Fremont	91	OH	Indy	Indianapolis	IN	11/02/13
36	M40-44	Marathon	2:12:20		Meb Keflezighi	40	CA	Olympic Trials	Los Angeles	CA	02/13/16
37	M60-64	Marathon	2:42:44	P	Brian Pilcher	60	CA	Chicago	Chicago	IL	10/09/16
38	M85-89	Marathon	5:15:32	P	Jerry Johncock	86	MI	Grand Rapids	Grand Rapids	MI	10/20/13
39	M90-94	Marathon	6:35:47	P	Mike Fremont	90	OH	Marshall Univ	Huntington	WV	11/16/12
40	M60-64	50 mi	6:32:37		Mark Richtman	60	CA	SF One Day	San Francisco	CA	12/31/15
40a	M45-49	50 mi	5:39:52		Kevin Setnes	46	WI	GNC 50 Mile	Pittsburgh	PA	03/25/00
41	M80-84	100 mi	61:39:34		Eugene Bruckert	80	IL	Across The Years	Phoenix	AZ	12/28/15
42	M45-49	48 hr	379821m		Joe Fejes	49	GA	IAU 6-Day	Balaton	HU	05/06/15
43	M50-54	48 hr	370816m		Joe Fejes	50	GA	IAU 6-Day	Balaton	HU	05/04/16
44	M75-79	48 hr	239792m		Don Winkley	77	TX	Race for the Ages	Manchester	TN	09/07/15
45	M75-79	48 hr	259104m		Jim Barnes	77	AL	3 Days @ Fair	Augusta	NJ	05/12/16
46	M50-54	144 hr	887509m		Joe Feges	50	GA	IAU 6-Day	Balaton	HU	05/04/16
47	M50-54	144 hr	770280m		Ed Ettinghausen	53	CA	Icarus Ultrafest	Ft Lauderdale	FL	11/16/15
48	M50-54	144 hr	777113m		Ed Ettinghausen	53	CA	Across The Years	Phoenix	AZ	12/28/15
49	M85-89	144 hr	293964m		Dan Baglione	85	CA	Across The Years	Phoenix	AZ	12/28/15

Masters LDR Road Bests: Men

50	M45-49	15 km	47:27a	P	Mbarak Hussein	48	NM	Mtn to Fountain	Fountain Hills	AZ	03/09/13
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Masters LDR Road Records: Women

51	F65-69	5 km	19:57		Kathryn Martin	65	NY	Syracuse FOR	Syracuse	NY	10/02/16
52	F70-74	5 km	22:07	P	Jan Holmquist	70	MA	Evans Run	Norwell	MA	05/18/14
53	F70-74	5 km	22:03	P	Jan Holmquist	70	MA	Independence Day	Needham	MA	07/01/14
54	F75-79	5 km	23:30	U	Libby James	75	CO	El Grito	Denver	CO	09/11/11
55	F80-84	5 km	25:11		Libby James	80	CO	Syracuse FOR	Syracuse	NY	10/02/16
56	F85-89	5 km	41:26	P	Margaretta Lutz	85	PA	Mars Band	Mars	PA	05/24/14
57	F65-69	8 km	33:45	P	Sabra Harvey	65	TX	Law Week	Houston	TX	03/22/14
58	F80-84	8 km	48:29	U	Lois Gilmore	80	WI	Shamrock Shuffle	Chicago	IL	04/10/11
59	F50-54	10 km	34:14	U	Linda Somers-Smith	50	CA	Heritage Oaks Bank	Paso Robles	CA	09/25/11
60	F50-54	10 km	35:32	P	Linda Somers-Smith	51	CA	Heritage Oaks Bank	Paso Robles	CA	09/30/12
61	F55-59	10 km	38:07	P	Joan Samuelson	55	ME	LL Bean	Freeport	ME	07/04/12
62	F75-79	10 km	49:43	P	Libby James	77	CO	Double Road Race	Denver	CO	07/21/13
62a	F75-79	15 km	1:22:45	P	Sandra Folzer	75	PA	Delaware Distance	Delaware City	DE	10/12/14
62b	F80-84	15 km	1:25:06		Libby James	80	CO	Tulsa Run	Tulsa	OK	10/29/16
63	F50-54	20 km	1:17:12		Colleen DeReuck	51	CO	Olympic Trials (split)	Los Angeles	CA	02/13/16
64	F45-49	25 km	1:31:06		Colleen DeReuck	47	CO	5 th 3 rd Bank River Run	Grand Rapids	MI	05/14/11
65	F50-54	25 km	1:36:38		Colleen DeReuck	51	CO	Olympic Trials (split)	Los Angeles	CA	02/13/16
66	F60-64	25 km	1:50:50		Edie Stevenson	61	CO	5 th 3 rd Bank River Run	Grand Rapids	MI	05/14/11
67	F50-54	30 km	1:56:43		Colleen DeReuck	51	CO	Olympic Trials (split)	Los Angeles	CA	02/13/16
68	F40-44	50 km	3:22:51		Caroline Boller Beverly Anderson- Abbs	41	CA	Caumsett Park	Lloyd Neck	NY	03/06/16
69	F50-54	50 km	3:48:07		Abbs	51	CA	Jed Smith	Sacramento	CA	02/06/16
70	F80-84	50 km	10:35:12		Barbara Macklow	81	WA	Across The Years	Phoenix	AZ	12/28/15
71	F80-84	100 km	26:39:20		Barbara Macklow	81	WA	Across The Years	Phoenix	AZ	12/28/15
72	F65-69	10 mi	1:14:15	P	Sabra Harvey	66	TX	Crim	Flint	MI	08/23/15
73	F80-84	50 mi	19:35:34		Barbara Macklow	81	WA	Across The Years	Phoenix	AZ	12/28/15
74	F80-84	100 mi	61:39:34		Barbara Macklow	81	WA	Across The Years	Phoenix	AZ	12/28/15
75	F65-69	Half mar	1:33:43	U	S Rae Baymiller	67	NY	Hilton Head	Hilton Head	SC	02/12/11
76	F65-69	Half mar	1:37:48	P	S Rae Baymiller	68	NY	Paris Half	Paris	FR	03/04/12
77	F70-74	Half mar	1:42:03	P	S Rae Baymiller	70	NY	Grete's Gallop	New York	NY	10/06/13
78	F70-74	Half mar	1:44:43	P	Jan Holmquist	70	MA	New Bedford	New Bedford	NH	03/15/15
79	F80-84	Half mar	2:14:58	P	Anne Garrett	80	CA	Maine	Portland	ME	10/05/14
80	F80-84	Half mar	2:13:23	P	Anne Garrett	80	CA	Surf City	Huntington	CA	02/01/15
81	F80-84	Half mar	2:17:34	P	Ginette Bedard	81	NY	Grete's Gallop	New York	NY	10/05/14
82	F60-64	Marathon	3:05:10	P	Christine Kennedy	60	CA	Dallas	Dallas	TX	12/13/15
83	F65-69	Marathon	3:31:02	P	Nancy Rollins	66	IL	BOA Chicago	Chicago	IL	10/13/13
84	F80-84	24 hr	92920m		Barbara Macklow	81	WA	Across The Years	Phoenix	AZ	12/28/15
85	F55-59	48 hr	273691m		Deborah Horn	56	OH	Across The Years	Phoenix	AZ	12/28/15
86	F65-69	48 hr	212871m		Jeannie McDaniel	67	OK	Across The Years	Phoenix	AZ	12/28/15
87	F80-84	48 hr	126710m		Barbara Macklow	81	WA	Across The Years	Phoenix	AZ	12/28/15
88	F65-69	144 hr	484872m		Claudia Newsome	65	CA	Across The Years	Phoenix	AZ	12/28/15

Masters LDR Road Bests: Women

Masters LDR Track Records: Men

89	M50-54	20 km	1:26:42	Mark Richtman	50	CA	Desert Solstice	Phoenix	AZ	12/19/15
90	M50-54	25 km	1:48:21	Mark Richtman	50	CA	Desert Solstice	Phoenix	AZ	12/19/15
91	M50-54	30 km	2:09:41	Mark Richtman	50	CA	Desert Solstice	Phoenix	AZ	12/19/15
92	M50-54	50 km	3:34:35	Mark Richtman	50	CA	Desert Solstice	Phoenix	AZ	12/19/15
93	M50-54	50 km	3:40:51	Steve Sowers	50	MT	Sydney 100k	Sydney	AUS	06/18/16
94	M80-84	50 km	7:36:13	Bill Dodson	81	CA	Riverbank One Day	Riverbank	CA	03/18/16
95	M50-54	100 km	7:43:14	Steve Sowers	50	MT	Sydney 100k	Sydney	AUS	06/18/16
96	M50-54	200 km	19:44:20	Bob Hearn	50	CA	Dawn2Dusk2Dawn	Sharon Hill	PA	05/14/16
97	M50-54	200 km	19:46:38	Ed Ettinghausen	50	CA	Desert Solstice	Phoenix	AZ	12/14/13
98	M60-64	20 mi	2:18:58	Mark Richtman	60	CA	Desert Solstice	Phoenix	AZ	12/19/15
99	M50-54	50 mi	6:09:43	Steve Sowers	50	MT	Sydney 100k	Sydney	AUS	06/16/16
100	M60-64	2 hr	27876m	Mark Richtman	60	CA	Desert Solstice	Phoenix	AZ	12/19/15
101	M80-84	2 hr	16277m	Bill Dodson	81	CA	Riverbank One Day	Riverbank	CA	03/18/16
102	M85-89	2 hr	13673m	Fred McWaid	86	CA	Riverbank One Day	Riverbank	CA	03/18/16
103	M80-84	12 hr	70800m	Bill Dodson	81	CA	Riverbank One Day	Riverbank	CA	03/18/16
104	M85-89	12 hr	56800m	Fred McWaid	86	CA	Riverbank One Day	Riverbank	CA	03/18/16
105	M50-54	24 hr	240185m	Bob Hearn	50	CA	Desert Solstice	Phoenix	AZ	12/19/15

Masters LDR Track Records: Women

106	F65-69	50 km	5:26:21	Maria Shields	65	MD	Dawn2Dusk2Dawn	Sharon Hill	PA	05/14/16
107	F70-74	50 km	11:24:37	Barbara Elia	71	CA	Riverbank One Day	Riverbank	CA	03/18/16
108	F70-74	2 hr	9800m	Barbara Elia	71	CA	Riverbank One Day	Riverbank	CA	03/18/16
109	F40-44	12 hr	142000m	Pam Smith	41	OR	Dawn2Dusk2Dawn	Sharon Hill	PA	05/14/16
110	F70-74	12 hr	52400m	Barbara Elia	71	CA	Riverbank One Day	Riverbank	CA	03/18/16

edited Nov 30, 2016 jkuo