

# EUROPEAN BEST PERFORMANCES NONSTADIA - ROAD RUN AND ROAD WALK 2022 compiled by Ivar Söderlind, Statistician Manager of EMA

Compiled September 29 2022

I have worked with the European Records/Best Performances for 34 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 2022 up to September 29 we have registered 1 new European Best Nonstadia (1 World Best)**

**In 2021 up to December 31 we have registered 7 new European Best Nonstadia (2 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.

WA 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](mailto: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 2022**

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

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	
M45	29:37	Driss Lakhouaja Allah, ESP	260272	Barcelona, ESP	311218	
<b>*M50</b>	<b>30:04</b>	<b>Juan Antonio Cuadrillero, ESP</b>	<b>060771</b>	<b>Laredo, ESP</b>	<b>161021</b>	<b>WB</b>
<b>M55</b>	<b>31:40</b>	<b>Martin Fiz, ESP</b>	<b>030363</b>	<b>Valencia, ESP</b>	<b>130119</b>	<b>WB</b>
M60	32:48	Martin Rees, GBR	280253	Cardiff, GBR	080913	WB
M65	35:36	Albert Anderegg, SUI	160645	Lüss, SUI	310312	WB
<b>M70</b>	<b>37:55</b>	<b>Stephen Charlton, GBR</b>	<b>041026</b>	<b>Solihull, GBR</b>	<b>061096</b>	
<b>M75</b>	<b>40:36</b>	<b>Stephen Charlton, GBR</b>	<b>041026</b>	<b>Beckenham, GBR</b>	<b>060502</b>	
<b>M80</b>	<b>45:04</b>	<b>Stephen Charlton, GBR</b>	<b>041026</b>	<b>Newton, GBR</b>	<b>300907</b>	
<b>M85</b>	<b>52:53</b>	<b>Luciano Acquarone, ITA</b>	<b>041035</b>	<b>Vado Ligure, ITA</b>	<b>181015</b>	<b>WB</b>
<b>M90</b>	<b>1h07:02</b>	<b>Gordon Porteous, GBR</b>	<b>220214</b>	<b>Lochinch, GBR</b>	<b>221004</b>	<b>WB</b>
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	<b>250306</b>	
	b) 34:42	Tatyana Pozdnyakova, UKR	040356	New Orleans, USA	260305	WB
W55	36:18	Silke Schmidt, GER	070859	Utrecht, NED	270915	WB
<b>W60</b>	<b>36:43</b>	<b>Silke Schmidt, GER</b>	<b>070859</b>	<b>Utrecht, NED</b>	<b>201019</b>	<b>WB</b>
W65	40:30	Angela Copson, GBR	200447	Manchester, GBR	100515	
<b>W70</b>	<b>44:19</b>	<b>Angela Copson, GBR</b>	<b>200447</b>	<b>London, GBR</b>	<b>280518</b>	
<b>W75</b>	<b>49:31</b>	<b>Louise Gilchrist, GBR</b>	<b>170333</b>	<b>Trafford, GBR</b>	<b>070908</b>	<b>WB</b>
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	
<b>M45</b>	<b>1h05:50</b>	<b>Pierre Levisse, FRA</b>	<b>210252</b>	<b>Yerres, FRABR</b>	<b>160397</b>	
	g) 1h04:57	Alexandre Gonzalez, FRA	160351	Seissan-Auch, FRA	170396	
<b>*M50</b>	<b>1h06:17</b>	<b>Juan Antonio Cuadrillero, ESP</b>	<b>060771</b>	<b>Valencia, ESP</b>	<b>241021</b>	
M55	1h10:29	Michael Hager, GBR	060950	Linz, AUT	190306	
<b>M60</b>	<b>1h11:09</b>	<b>Tommy Hughes, IRE</b>	<b>080160</b>	<b>Antrim Coast, IRE</b>	<b>251020</b>	<b>WB</b>
M65	<b>1h16:25</b>	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
<b>M90</b>	<b>3h12:14</b>	<b>Luciano Acquarone, ITA</b>	<b>041030</b>	<b>Jesolo, ITA</b>	<b>150919</b>	
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
<b>*W50</b>	<b>1h15:19</b>	<b>Sandra Morchner, GER</b>	<b>100471</b>	<b>Hamburg, GER</b>	<b>171021</b>	
W55	1h19:39	Silke Schmidt, GER	070859	Den Haag, NED	080315	WB
<b>W60</b>	<b>1h21:33</b>	<b>Silke Schmidt, GER</b>	<b>070859</b>	<b>Dordrecht, NED</b>	<b>031119</b>	<b>WB</b>
<b>W65</b>	<b>1h31:50</b>	<b>Silvia Bolognesi, ITA</b>	<b>010354</b>	<b>Pavia, ITA</b>	<b>290919</b>	
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	
<b>M35</b>	<b>2h05:31</b>	<b>Mo Farah, GBR</b>	<b>230383</b>	<b>Chicago, USA</b>	<b>071018</b>	
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
<b>M60</b>	<b>2h30:02</b>	<b>Tommy Hughes, IRE</b>	<b>080160</b>	<b>Lisburn, IRE</b>	<b>251020</b>	
M65	2h42:22	Jean Rannou, FRA	240435	Reims, FRA	221000	
<b>*M70</b>	<b>2h54:19</b>	<b>Jo Schoonbroodt, NED</b>	<b>110950</b>	<b>Visé, BEL</b>	<b>080522</b>	<b>WB</b>
<b>M75</b>	<b>3h10:57</b>	<b>Luciano Acquarone, ITA</b>	<b>041030</b>	<b>Capri, ITA</b>	<b>161005</b>	
M80	3h46:03	Antonio Caponetto, ITA	111231	Capri, ITA	122011	
<b>M85</b>	<b>4h20:11</b>	<b>Antonio Caponetto, ITA</b>	<b>111231</b>	<b>Verona, ITA</b>	<b>191117</b>	
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	
<b>W45</b>	<b>2h28:34</b>	<b>Catherine Bertone,ITA</b>	<b>060572</b>	<b>Berlin,GER</b>	<b>240917</b>	<b>WB</b>
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	
<b>*W70</b>	<b>3h20:21</b>	<b>Yuko Gorden,GBR</b>	<b>230251</b>	<b>Windsor,GBR</b>	<b>030421</b>	<b>WB</b>
<b>W75</b>	<b>4h06:52</b>	<b>Jackie Jenkins,GBR</b>	<b>010542</b>	<b>Dorchester,GBR</b>	<b>280517</b>	
<b>W80</b>	<b>5h05:45</b>	<b>Joyce Archibald,GBR</b>	<b>130935</b>	<b>Reykjavik,ISL</b>	<b>200816</b>	
<b>W85</b>	<b>6h03:32</b>	<b>Helga Kündig,SUI</b>	<b>280628</b>	<b>Berlin,GER</b>	<b>290913</b>	
<b>W90+</b>	<b>11h34:00</b>	<b>Jenny Wood-Allen,GBR</b>	<b>211111</b>	<b>London,GBR</b>	<b>140402</b>	

\* = 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	55:01	James Grimwade,GBR	170512	Wolverhampton,GBR	270987	WB
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
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

## 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	WB
M45	1h27:03	Endre Andrasfay, HUN	150344	Bekescsaba, HUN	090489	
*M50	1h31:08	Jesus Angel Garcia, ESP	171069	Murcia, ESP	140321	
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	
<b>M70</b>	<b>1h52:47</b>	<b>Arthur Thomson, GBR</b>	<b>220436</b>	<b>Earls Colne, GBR</b>	<b>060408</b>	
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	Siw Karlström (Ibanez, ) SWE	090757	Copenhagen, DEN	111003	
W50	1h48:53	Nadine Mazuir, FRA	160360	Thionville, FRA	150511	
K55	1h47:23	Siw 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
<b>W75</b>	<b>2h30:30</b>	<b>Hannele Kivisto, FIN</b>	<b>240843</b>	<b>Malaga, ESP</b>	<b>140918</b>	<b>WMA WB</b>
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	2h06:14	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	2:23:01	Jesus Angel Garcia Bragado, ESP	171069	Sapporo, JPN	060821	
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