

European Best Male Master Athlete 2019

Ian Richards M70 GBR

International records of Ian Richards (M70, GBR) in 2019

**M70 World Record at WMACi Toruń/POL 2019
3000m track walk indoor (15:19.64) WR**

**M70 World Champion in 2018
5000m track walk M70 (25:48.50, Birmingham 2018)**

**M70 World/European Champion 2019
3000m track walk indoor 15:19.64 (WR), WMACi Toruń, World Champion
5000m track walk (27:08.70), EMAC Venice, European Champion
Short road race walk (49:32, ca. 9.38 km), EMAC Venice, European Champion
20km road race walk (1h55:37), EMAC Venice, European Champion**

Ian Richards currently holds two M70 track walk world records (3000m, 5000m).

At EMAC in Veneto he felt in such good shape to break the world record in the 10km road race walk. Unfortunately the 10km course was shortened by about 600m (approx. 9.38km). Richards' target time of 49:32 in the short road race walk would result in a time of less than 52 minutes when extrapolated to 10km. The world record 53:32 is held by Arthur Thomson, GBR

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