

## World Single Age Records- Marathon

### Men

|                |                  |                                 |             |             |                       |
|----------------|------------------|---------------------------------|-------------|-------------|-----------------------|
| <b>4y351d</b>  | 6:56:39          | Kevin Strain (USA)              | 18 Jun 1967 | 03 Jun 1972 | Juneau AK USA         |
| .....          |                  |                                 |             |             |                       |
| <b>6y167d</b>  | 6:39:06.2        | Charlie Westrip (USA)           | 15 Aug 2010 | 29 Jan 2017 | Gulf Shores AL USA    |
| <b>7y225d</b>  | 4:04:08          | Wesley Paul (USA)               | 25 Jan 1969 | 06 Sep 1976 | Columbia MO USA       |
| <b>8y243d</b>  | 3:15:20          | Wesley Paul (USA)               | 25 Jan 1969 | 25 Sep 1977 | Chicago IL USA        |
| .....          |                  |                                 |             |             |                       |
| <b>11y065d</b> | 2:50:02          | Wesley Paul (USA)               | 25 Jan 1969 | 30 Mar 1980 | Sedalia MO USA        |
| <b>12y225d</b> | 3:02:19          | Wesley Paul (USA)               | 25 Jan 1969 | 07 Sep 1981 | Columbia MO USA       |
| <b>13y146d</b> | 2:43:02          | Tom Ansberry (USA)              | 22 Aug 1963 | 15 Jan 1977 | San Diego CA USA      |
| <b>14y282d</b> | 2:41:43          | Kevin Kitze (USA)               | 07 Feb 1960 | 16 Nov 1974 | Allendale MI USA      |
| <b>15y225d</b> | 2:29:11          | Mitch Kingery (USA)             | 03 Jul 1956 | 13 Feb 1972 | Burlingame CA USA     |
| <b>16y359d</b> | 2:15:07          | Zhu-hong Li (CHN)               | 22 Oct 1983 | 15 Oct 2000 | Beijing CHN           |
| <b>17y357d</b> | 2:10:46          | Zhu-hong Li (CHN)               | 22 Oct 1983 | 14 Oct 2001 | Beijing CHN           |
| <b>18y223d</b> | <b>2:04:32</b>   | Tsegay Mekonen Assefa (ETH)     | 15 Jun 1995 | 24 Jan 2014 | Dubai UAE             |
| <b>19y239d</b> | 2:04:48          | Berhanu Shiferaw Tolcha (ETH)   | 31 May 1993 | 25 Jan 2013 | Dubai UAE             |
| <b>20y221d</b> | 2:04:46          | Tsegay Mekonen Assefa (ETH)     | 15 Jun 1995 | 22 Jan 2016 | Dubai UAE             |
| <b>21y030d</b> | 2:04:23          | Ayele Abshiro Biza (ETH)        | 28 Dec 1990 | 27 Jan 2012 | Dubai UAE             |
| <b>22y249d</b> | 2:04:52          | Feyisa Lelisa Gemechu (ETH)     | 01 Feb 1990 | 07 Oct 2012 | Chicago IL USA        |
| <b>23y137d</b> | 2:04:15          | Birhanu Legese Gurmese (ETH)    | 11 Sep 1994 | 26 Jan 2018 | Dubai UAE             |
| <b>24y128d</b> | 2:04:02          | Leul Gebrselasie (ETH)          | 20 Sep 1993 | 26 Jan 2018 | Dubai UAE             |
| <b>25y190d</b> | 2:03:16          | Mule Wasihun Lakew (ETH)        | 20 Oct 1993 | 28 Apr 2019 | London ENG            |
| <b>26y207d</b> | 2:03:38          | Patrick Makau Musyoki (KEN)     | 02 Mar 1985 | 25 Sep 2011 | Berlin GER            |
| <b>27y075d</b> | 2:02:55          | Mosinet Geremew Bayih (ETH)     | 12 Feb 1992 | 28 Apr 2019 | London ENG            |
| <b>28y328d</b> | 2:04:04.6        | Eliud Kipchoge (KEN)            | 05 Nov 1984 | 29 Sep 2013 | Berlin GER            |
| <b>29y351d</b> | 2:03:13.3        | Emanuel Mutai Kipchirchir (KEN) | 12 Oct 1984 | 28 Sep 2014 | Berlin GER            |
| <b>30y249d</b> | 2:02:56.4        | Dennis Kipruto Kimetto (KEN)    | 22 Jan 1984 | 28 Sep 2014 | Berlin GER            |
| <b>31y171d</b> | 2:03:05          | Eliud Kipchoge (KEN)            | 05 Nov 1984 | 24 Apr 2016 | London ENG            |
| <b>32y323d</b> | 2:03:32          | Eliud Kipchoge (KEN)            | 05 Nov 1984 | 24 Sep 2017 | Berlin GER            |
| <b>33y315d</b> | <b>2:01:39</b>   | Eliud Kipchoge (KEN)            | 05 Nov 1984 | 16 Sep 2018 | Berlin GER            |
| <b>34y175d</b> | 2:02:37          | Eliud Kipchoge (KEN)            | 05 Nov 1984 | 28 Apr 2019 | London ENG            |
| <b>35y163d</b> | 2:03:58.2        | Haile Gebreselasie (ETH)        | 18 Apr 1973 | 28 Sep 2008 | Berlin GER            |
| <b>36y339d</b> | 2:05:27          | Jaouad Gharib (MAR)             | 22 May 1972 | 26 Apr 2009 | London ENG            |
| <b>37y128d</b> | 2:06:16          | Mark Kiptoo Kosgei (KEN)        | 21 Jun 1976 | 27 Oct 2013 | Frankfurt GER         |
| <b>38y109d</b> | 2:06:05          | Mariko Kiplagat Kipchumba (KEN) | 04 Jul 1974 | 21 Oct 2012 | Reims FRA             |
| <b>39y112d</b> | 2:06:00          | Mark Kiptoo Kosgei (KEN)        | 21 Jun 1976 | 11 Oct 2015 | Eindhoven NED         |
| <b>40y236d</b> | 2:08:46          | Andres Espinosa Perez (MEX)     | 04 Feb 1963 | 28 Sep 2003 | Berlin GER            |
| <b>41y301d</b> | 2:08:42          | Kenneth Mburu Mungara (KEN)     | 07 Sep 1973 | 05 Jul 2015 | Gold Coast AUS        |
| <b>42y129d</b> | <b>2:07:50</b>   | Mark Kiptoo Kosgei (KEN)        | 21 Jun 1976 | 28 Oct 2018 | Frankfurt GER         |
| <b>43y298d</b> | 2:09:04          | Kenneth Mburu Mungara (KEN)     | 07 Sep 1973 | 02 Jul 2017 | Gold Coast AUS        |
| <b>44y297d</b> | 2:09:09          | Kenneth Mburu Mungara (KEN)     | 07 Sep 1973 | 01 Jul 2018 | Gold Coast AUS        |
| <b>45y201d</b> | <b>2:12:47</b>   | Kenneth Mburu Mungara (KEN)     | 07 Sep 1973 | 17 Feb 2019 | Hong Kong HKG         |
| <b>46y286d</b> | 2:15:24          | Reuben Chesang Kambich (KEN)    | 22 Dec 1962 | 04 Oct 2009 | Saint Paul MN USA     |
| <b>47y122d</b> | 2:16:20          | Jackson Kipngok Yegon (KEN)     | 16 Aug 1960 | 16 Dec 2007 | Monterrey MEX         |
| <b>48y270d</b> | 2:18:57          | Ayele Setegne (ISR)             | 11 Apr 1962 | 06 Jan 2011 | Tiberias ISR          |
| <b>49y113d</b> | 2:19:47          | Kjell-Erik Stahl (SWE)          | 17 Feb 1946 | 10 Jun 1995 | Stockholm SWE         |
| <b>50y190d</b> | <b>2:19:29</b>   | Titus Mamabolo (RSA)            | 11 Jan 1941 | 20 Jul 1991 | Durban RSA            |
| <b>51y028d</b> | 2:24:18          | Piet vanAlphen (NED)            | 16 Aug 1930 | 13 Sep 1981 | Eugene OR USA         |
| <b>52y236d</b> | 2:22:14          | Piet vanAlphen (NED)            | 16 Aug 1930 | 09 Apr 1983 | Rotterdam NED         |
| <b>53y067d</b> | 2:23:44          | Piet vanAlphen (NED)            | 16 Aug 1930 | 22 Oct 1983 | Etten-Leur NED        |
| <b>54y247d</b> | 2:26:35          | Piet vanAlphen (NED)            | 16 Aug 1930 | 20 Apr 1985 | Rotterdam NED         |
| <b>55y246d</b> | <b>2:25:56</b>   | Piet vanAlphen (NED)            | 16 Aug 1930 | 19 Apr 1986 | Rotterdam NED         |
| <b>56y236d</b> | 2:27:05          | Erik-Verner Ostbye (SWE)        | 25 Jan 1921 | 18 Sep 1977 | Goteborg SWE          |
| <b>57y103d</b> | 2:33:12          | Norman Green (USA)              | 27 Jun 1932 | 08 Oct 1989 | Saint Paul MN USA     |
| <b>58y021d</b> | 2:35:51          | Alex Ratelle (USA)              | 12 Sep 1924 | 03 Oct 1982 | Saint Paul MN USA     |
| <b>59y089d</b> | 2:30:19          | Thomas Hughes (IRE)             | 08 Jan 1960 | 07 Apr 2019 | Rotterdam NED         |
| <b>60y027d</b> | <b>2:36:30</b>   | Yoshihisa Hosaka (JPN)          | 05 Jan 1949 | 01 Feb 2009 | Oita JPN              |
| <b>61y033d</b> | 2:38:12          | Yoshihisa Hosaka (JPN)          | 05 Jan 1949 | 07 Feb 2010 | Oita JPN              |
| <b>62y202d</b> | 2:41:07          | John Gilmour (AUS)              | 03 May 1919 | 21 Nov 1981 | Albany AUS            |
| <b>63y030d</b> | 2:45:23          | John Shaw (AUS)                 | 03 Jun 1953 | 03 Jul 2016 | Gold Coast AUS        |
| <b>64y072d</b> | 2:42:44          | Clive Davies (USA)              | 17 Aug 1915 | 28 Oct 1979 | Portland OR USA       |
| <b>65y129d</b> | <b>2:41:57</b>   | Derek Turnbull (NZL)            | 05 Dec 1926 | 12 Apr 1992 | London ENG            |
| <b>66y027d</b> | 2:42:49          | Clive Davies (USA)              | 17 Aug 1915 | 13 Sep 1981 | Eugene OR USA         |
| <b>67y045d</b> | 2:51:07          | Luigi Passerini (ITA)           | 22 Feb 1923 | 08 Apr 1990 | Mirandola ITA         |
| <b>68y253d</b> | 2:51:02          | Ed Whitlock (CAN)               | 06 Mar 1931 | 14 Nov 1999 | Columbus OH USA       |
| <b>69y237d</b> | 2:52:50          | Ed Whitlock (CAN)               | 06 Mar 1931 | 29 Oct 2000 | Columbus OH USA       |
| <b>70y068d</b> | 3:00:23          | Ed Whitlock (CAN)               | 06 Mar 1931 | 13 May 2001 | London ON CAN         |
| <b>71y306d</b> | 3:00:58          | John Keston (USA)               | 05 Dec 1924 | 06 Oct 1996 | Saint Paul MN USA     |
| <b>72y206d</b> | 2:59:09.3        | Ed Whitlock (CAN)               | 06 Mar 1931 | 28 Sep 2003 | Toronto ON CAN        |
| <b>73y204d</b> | <b>2:54:48.3</b> | Ed Whitlock (CAN)               | 06 Mar 1931 | 26 Sep 2004 | Toronto ON CAN        |
| <b>74y035d</b> | 2:58:40.0        | Ed Whitlock (CAN)               | 06 Mar 1931 | 10 Apr 2005 | Rotterdam NED         |
| <b>75y202d</b> | 3:08:34.5        | Ed Whitlock (CAN)               | 06 Mar 1931 | 24 Sep 2006 | Toronto ON CAN        |
| <b>76y040d</b> | <b>3:04:53.4</b> | Ed Whitlock (CAN)               | 06 Mar 1931 | 15 Apr 2007 | Rotterdam NED         |
| <b>77y143d</b> | 3:33:27          | Ed Benham (USA)                 | 12 Jul 1907 | 02 Dec 1984 | San Diego CA USA      |
| <b>78y101d</b> | 3:36:59          | Warren Utes (USA)               | 25 Jun 1920 | 04 Oct 1998 | Saint Paul MN USA     |
| <b>79y288d</b> | 3:47:01          | Antonino Caponetto (ITA)        | 11 Dec 1931 | 25 Sep 2011 | Bergamo ITA           |
| <b>80y224d</b> | <b>3:15:53.9</b> | Ed Whitlock (CAN)               | 06 Mar 1931 | 16 Oct 2011 | Toronto ON CAN        |
| <b>81y222d</b> | 3:30:28.4        | Ed Whitlock (CAN)               | 06 Mar 1931 | 14 Oct 2012 | Toronto ON CAN        |
| <b>82y228d</b> | 3:41:57.8        | Ed Whitlock (CAN)               | 06 Mar 1931 | 20 Oct 2013 | Toronto ON CAN        |
| <b>83y283d</b> | 4:19:07          | Antonino Caponetto (ITA)        | 11 Dec 1931 | 20 Sep 2015 | Porto San Giorgio ITA |
| <b>84y086d</b> | 4:17:51          | Ed Benham (USA)                 | 12 Jul 1907 | 06 Oct 1991 | Saint Paul MN USA     |
| <b>85y224d</b> | <b>3:56:38</b>   | Ed Whitlock (CAN)               | 06 Mar 1931 | 16 Oct 2016 | Toronto ON CAN        |

|         |         |                        |             |             |                    |
|---------|---------|------------------------|-------------|-------------|--------------------|
| 86y129d | 4:34:55 | Robert Horman (AUS)    | 26 Feb 1918 | 04 Jul 2004 | Gold Coast AUS     |
| 87y072d | 5:09:41 | Charles Bancarel (FRA) | 12 Aug 1929 | 23 Oct 2016 | Toulouse FRA       |
| 88y068d | 6:05:53 | Mike Fremont (USA)     | 23 Feb 1922 | 02 May 2010 | Cincinnati OH USA  |
| 89y094d | 6:35:38 | Sam Gadless (USA)      | 30 Nov 1906 | 03 Mar 1996 | Los Angeles CA USA |
| 90y262d | 6:35:47 | Mike Fremont (USA)     | 23 Feb 1922 | 11 Nov 2012 | Huntington WV USA  |

## Women

|         |           |                                 |             |             |                           |
|---------|-----------|---------------------------------|-------------|-------------|---------------------------|
| 6y285d  | 4:27:32   | Mary Etta Boitano (USA)         | 04 Mar 1963 | 14 Dec 1969 | Petaluma CA USA           |
| 7y284d  | 3:57:42   | Mary Etta Boitano (USA)         | 04 Mar 1963 | 13 Dec 1970 | Petaluma CA USA           |
| 8y354d  | 3:13:24   | Tabitha Francks (USA)           | 24 Nov 1974 | 13 Nov 1983 | Asbury Park NJ USA        |
| 9y182d  | 3:11:01   | Julie Mullin (USA)              | 30 Aug 1966 | 28 Feb 1976 | Seaside OR USA            |
| 10y180d | 2:58:01   | Julie Mullin (USA)              | 30 Aug 1966 | 26 Feb 1977 | Seaside OR USA            |
| 11y116d | 2:49:21   | Carrie Garritson (USA)          | 11 Nov 1976 | 06 Mar 1988 | Los Angeles CA USA        |
| 12y161d | 2:54:03   | Manuela Zipse (GER)             | 11 May 1974 | 19 Oct 1986 | Echternach LUX            |
| 13y304d | 2:44:03   | Kyung-Hee Lim (KOR)             | 15 May 1973 | 15 Mar 1987 | Seoul KOR                 |
| 14y105d | 2:33:08   | Xin Wei (CHN)                   | 07 Jul 1988 | 20 Oct 2002 | Beijing CHN               |
| 15y213d | 2:29:41   | Mei-yu Shen (CHN)               | 21 Mar 1987 | 20 Oct 2002 | Beijing CHN               |
| 16y328d | 2:31:51   | Li-nan Wang (CHN)               | 26 Nov 1985 | 20 Oct 2002 | Beijing CHN               |
| 17y319d | 2:23:37   | Min Liu (CHN)                   | 29 Nov 1983 | 14 Oct 2001 | Beijing CHN               |
| 18y001d | 2:22:38   | Ying-ying Zhang (CHN)           | 04 Jan 1990 | 05 Jan 2008 | Xiamen CHN                |
| 19y002d | 2:20:59   | Denise Shure Ware (ETH)         | 21 Jan 1996 | 23 Jan 2015 | Dubai UAE                 |
| 20y265d | 2:19:17   | Roza Dereje Bekele (ETH)        | 06 May 1997 | 26 Jan 2018 | Dubai UAE                 |
| 21y357d | 2:20:51   | Roza Dereje Bekele (ETH)        | 06 May 1997 | 28 Apr 2019 | London ENG                |
| 22y099d | 2:19:52   | Mare Dibaba Hurssa (ETH)        | 20 Oct 1989 | 27 Jan 2012 | Dubai UAE                 |
| 23y273d | 2:20:13   | Haftamnesh Tesfaye Haylu (ETH)  | 28 Apr 1994 | 26 Jan 2018 | Dubai UAE                 |
| 24y170d | 2:17:08   | Ruth Chepngetich (KEN)          | 08 Aug 1994 | 25 Jan 2019 | Dubai UAE                 |
| 25y067d | 2:19:41   | Brigid Kosgei (KEN)             | 20 Feb 1994 | 28 Apr 2019 | London ENG                |
| 26y139d | 2:20:43   | Tegla Loroupe (KEN)             | 09 May 1973 | 25 Sep 1999 | Berlin GER                |
| 27y084d | 2:19:12   | Mizuki Noguchi (JPN)            | 03 Jul 1978 | 25 Sep 2005 | Berlin GER                |
| 28y300d | 2:17:17.7 | Paula Radcliffe (ENG)           | 17 Dec 1973 | 13 Oct 2002 | Chicago IL USA            |
| 29y117d | 2:15:24.6 | Paula Radcliffe (ENG)           | 17 Dec 1973 | 13 Apr 2003 | London ENG                |
| 30y095d | 2:18:37   | Mary Keitany Chepkosgei (KEN)   | 18 Jan 1982 | 22 Apr 2012 | London ENG                |
| 31y121d | 2:17:42   | Paula Radcliffe (ENG)           | 17 Dec 1973 | 17 Apr 2005 | London ENG                |
| 32y129d | 2:18:31   | Tirunesh Dibaba (ETH)           | 01 Jun 1985 | 08 Oct 2017 | Chicago IL USA            |
| 33y107d | 2:18:35   | Tirunesh Dibaba (ETH)           | 01 Jun 1985 | 16 Sep 2018 | Berlin GER                |
| 34y212d | 2:18:31   | Vivian Cheruiyot (KEN)          | 11 Sep 1983 | 22 Apr 2018 | London ENG                |
| 35y095d | 2:17:01   | Mary Keitany Chepkosgei (KEN)   | 18 Jan 1982 | 23 Apr 2017 | London ENG                |
| 36y036d | 2:19:18.4 | Irina Mikitenko (GER)           | 23 Aug 1972 | 28 Sep 2008 | Berlin GER                |
| 37y198d | 2:21:29   | Lyudmila Petrova (RUS)          | 07 Oct 1968 | 23 Apr 2006 | London ENG                |
| 38y305d | 2:21:18   | Edna Kiplagat Ngeringwony (KEN) | 15 Nov 1979 | 16 Sep 2018 | Berlin GER                |
| 39y274d | 2:22:12   | Nancy Jepkosgei Kiprop (KEN)    | 07 Jul 1979 | 07 Apr 2019 | Vienna AUT                |
| 40y185d | 2:23:31   | Lydia Cheromei Kogo (KEN)       | 11 May 1977 | 12 Nov 2017 | Shanghai CHN              |
| 41y205d | 2:22:11   | Lydia Cheromei Kogo (KEN)       | 11 May 1977 | 02 Dec 2018 | Valencia ESP              |
| 42y070d | 2:24:11   | Sinead Diver (AUS)              | 17 Feb 1977 | 28 Apr 2019 | London ENG                |
| 43y221d | 2:29:25   | Tatyana Pozdniakova (UKR)       | 04 Mar 1955 | 11 Oct 1998 | Chicago IL USA            |
| 44y195d | 2:29:43   | Joyce Smith (ENG)               | 26 Oct 1937 | 09 May 1982 | London ENG                |
| 45y141d | 2:28:34   | Catherine Bertone (ITA)         | 06 May 1972 | 24 Sep 2017 | Berlin GER                |
| 46y364d | 2:30:26   | Tatyana Pozdniakova (UKR)       | 04 Mar 1955 | 03 Mar 2002 | Los Angeles CA USA        |
| 47y223d | 2:28:59.5 | Tatyana Pozdniakova (UKR)       | 04 Mar 1955 | 13 Oct 2002 | Providence RI USA         |
| 48y225d | 2:37:46   | Ramilya Burangulova (RUS)       | 11 Jul 1961 | 21 Feb 2010 | Jacksonville Beach FL USA |
| 49y003d | 2:30:17   | Tatyana Pozdniakova (UKR)       | 04 Mar 1955 | 07 Mar 2004 | Los Angeles CA USA        |
| 50y002d | 2:31:05   | Tatyana Pozdniakova (UKR)       | 04 Mar 1955 | 06 Mar 2005 | Los Angeles CA USA        |
| 51y015d | 2:35:46   | Tatyana Pozdniakova (UKR)       | 04 Mar 1955 | 19 Mar 2006 | Los Angeles CA USA        |
| 52y108d | 2:48:47   | Edeltraud Pohl (GER)            | 14 Jul 1936 | 30 Oct 1988 | Frankfurt GER             |
| 53y147d | 2:47:50   | Joan Samuelson (USA)            | 16 May 1957 | 10 Oct 2010 | Chicago IL USA            |
| 54y013d | 2:53:49   | Sally Gibbs (NZL)               | 05 Jun 1963 | 18 Jun 2017 | Wellington NZL            |
| 55y076d | 2:52:14   | Rae Baymiller (USA)             | 27 Jul 1943 | 11 Oct 1998 | Chicago IL USA            |
| 56y024d | 2:55:04   | Angharad Mair (WAL)             | 30 Mar 1961 | 23 Apr 2017 | London ENG                |
| 57y112d | 2:54:29   | Jung-Ok Kim (KOR)               | 14 Jul 1956 | 03 Nov 2013 | Seoul KOR                 |
| 58y281d | 2:58:37   | Christine Kennedy (USA)         | 29 Dec 1954 | 06 Oct 2013 | Saint Paul MN USA         |
| 59y280d | 2:59:43   | Christine Kennedy (USA)         | 29 Dec 1954 | 05 Oct 2014 | Saint Paul MN USA         |
| 60y312d | 3:01:30   | Bernardine Portenski (NZL)      | 26 Aug 1949 | 04 Jul 2010 | Gold Coast AUS            |
| 61y351d | 3:06:36   | Kimi Ushiroda (JPN)             | 28 Feb 1954 | 14 Feb 2016 | Nobeoka JPN               |
| 62y353d | 3:14:37   | Nancy Will (RSA)                | 02 Oct 1952 | 20 Sep 2015 | Cape Town RSA             |
| 63y241d | 3:07:48   | Emmi Luthi (SUI)                | 01 Mar 1944 | 28 Oct 2007 | Lucerne SUI               |
| 64y108d | 3:19:18   | Yuriko Tanaka (JPN)             | 31 Jul 1944 | 16 Nov 2008 | Oiso JPN                  |
| 65y056d | 3:12:56.6 | Emmi Luthi (SUI)                | 01 Mar 1944 | 26 Apr 2009 | Zurich SUI                |
| 66y162d | 3:19:05   | Angela Copson (ENG)             | 20 Apr 1947 | 29 Sep 2013 | Berlin GER                |
| 67y230d | 3:25:51   | Jane Davies (ENG)               | 07 Sep 1948 | 24 Apr 2016 | London ENG                |
| 68y356d | 3:24:54   | Angela Copson (ENG)             | 20 Apr 1947 | 10 Apr 2016 | Manchester ENG            |
| 69y171d | 3:31:36   | Bibbi Lind (SWE)                | 22 May 1944 | 09 Nov 2013 | Stockholm SWE             |
| 70y176d | 3:27:50   | Jeannie Rice (USA)              | 14 Apr 1948 | 07 Oct 2018 | Chicago IL USA            |
| 71y205d | 3:37:05   | Helga Miketta (GER)             | 23 Mar 1941 | 14 Oct 2012 | Essen GER                 |
| 72y204d | 3:35:29   | Helga Miketta (GER)             | 23 Mar 1941 | 13 Oct 2013 | Essen GER                 |
| 73y230d | 3:49:54   | Yoko Nakano (JPN)               | 12 Jan 1936 | 30 Aug 2009 | Sapporo JPN               |
| 74y146d | 3:49:31   | Helga Miketta (GER)             | 23 Mar 1941 | 16 Aug 2015 | Lyon FRA                  |
| 75y018d | 4:05:39   | Yoko Nakano (JPN)               | 12 Jan 1936 | 30 Jan 2011 | Hitachinaka JPN           |
| 76y316d | 3:53:42   | Yoko Nakano (JPN)               | 12 Jan 1936 | 23 Nov 2012 | Otawara JPN               |
| 77y214d | 4:24:27.4 | Sylvia Quinn (USA)              | 23 Oct 1936 | 25 May 2014 | Coeur d'Alene ID USA      |
| 78y212d | 4:57:38   | Joyce Archibold (ENG)           | 13 Sep 1935 | 13 Apr 2014 | London ENG                |
| 79y062d | 4:11:50   | Yoko Nakano (JPN)               | 12 Jan 1936 | 15 Mar 2015 | Yokohama JPN              |
| 80y051d | 4:12:43.6 | Gwen McFarlan (CAN)             | 04 Apr 1934 | 25 May 2014 | Ottawa ON CAN             |
| 81y045d | 4:11:45   | Yoko Nakano (JPN)               | 12 Jan 1936 | 26 Feb 2017 | Tokyo JPN                 |
| 82y044d | 4:37:43   | Yoko Nakano (JPN)               | 12 Jan 1936 | 25 Feb 2018 | Tokyo JPN                 |
| 83y053d | 5:00:14   | Yoko Nakano (JPN)               | 12 Jan 1936 | 06 Mar 2019 | Tokyo JPN                 |
| 84y094d | 5:44:22   | Helga-Maria Kundig (SUI)        | 28 Jun 1928 | 30 Sep 2012 | Berlin GER                |

|                   |                |                         |             |             |                    |
|-------------------|----------------|-------------------------|-------------|-------------|--------------------|
| <b>85y032d</b>    | <b>5:14:26</b> | Betty Jean McHugh (CAN) | 07 Nov 1927 | 09 Dec 2012 | Honolulu HI USA    |
| <b>86y285d</b>    | 6:31:42        | Margaret Davis (USA)    | 13 Aug 1922 | 25 May 2009 | Los Angeles CA USA |
| <b>87y183d</b>    | 7:06:48        | Mavis Lindgren (USA)    | 02 Apr 1907 | 02 Oct 1994 | Portland OR USA    |
| <b>88y036d</b>    | 6:34:24        | Betty Jean McHugh (CAN) | 07 Nov 1927 | 13 Dec 2015 | Honolulu HI USA    |
| <b>89y180d</b>    | 8:09:23        | Mavis Lindgren (USA)    | 02 Apr 1907 | 29 Sep 1996 | Portland OR USA    |
| <b>90y033d</b>    | <b>7:03:59</b> | Betty Jean McHugh (CAN) | 07 Nov 1927 | 10 Dec 2017 | Honolulu HI USA    |
| .....             |                |                         |             |             |                    |
| <b>92y019d</b>    | 9:53:48        | Gladys Burrill (CAN)    | 23 Nov 1918 | 12 Dec 2010 | Honolulu HI USA    |
| <u>net times:</u> |                |                         |             |             |                    |
| <b>81y045d</b>    | <b>4:07:31</b> | Yoko Nakano (JPN)       | 12 Jan 1936 | 26 Feb 2017 | Tokyo JPN          |
| <b>82y044d</b>    | 4:34:04        | Yoko Nakano (JPN)       | 12 Jan 1936 | 25 Feb 2018 | Tokyo JPN          |
| <b>83y053d</b>    | 4:51:24        | Yoko Nakano (JPN)       | 12 Jan 1936 | 06 Mar 2019 | Tokyo JPN          |
| <b>85y032d</b>    | <b>5:12:03</b> | Betty Jean McHugh (CAN) | 07 Nov 1927 | 09 Dec 2012 | Honolulu HI USA    |
| <b>90y033d</b>    | <b>6:47:31</b> | Betty Jean McHugh (CAN) | 07 Nov 1927 | 10 Dec 2017 | Honolulu HI USA    |

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