WADAC, 100k ROAD RUNNING RECORDS - updated August 2019

EVENT	AGE	TIME	ATHLETE	DATE	LOCATION	EVENT	UK
WOMEN'S:							
50K	Under 20						
	Senior						
	Vet 35						
	Vet 40						
	Vet 45						
	Vet 50						
	Vet 55						
	Vet 60						
	Vet 65						
	Vet 70						
	Vet 75						
	Vet 80						
100k	Under 20						
	Senior						
	Vet 35	07:43:30	Jo Meek	21-Nov-14	Doha	World 100k Champs	3
	Vet 40						
	Vet 45						
	Vet 50						
	Vet 55						
	Vet 60						
	Vet 65						
	Vet 70						
	Vet 75						
	Vet 80						
MEN'S:							
50K	Under 20						
	Senior						
	Vet 35						
	Vet 40	03.31.22	Ian Berry-Bowers	27-Mar-16	Perth	Self Transcendence 50k	
	Vet 45						
	Vet 50	04:33:12	Steve Oliver	03-May-14	Gravesend	Long Distance	
	Vet 55						
	Vet 60						
	Vet 65						
	Vet 70						
	Vet 75						
	Vet 80						
100k	Under 20						
	Senior	07.25.34	Tom Payn	31-Mar-13	Perth	Self Transcendence 100k	
	Vet 35	08:12:51	Ian Berry	27-Mar-11	Perth	UKA 100k Champs	10
	Vet 40						
	Vet 45						
	Vet 50						
	Vet 55						
	Vet 60						
	Vet 65						
	Vet 70						
	Vet 75						
	Vet 80						

Indicates new record

Indicates UK top 10 for year.

PREVIOUS RECORDS

Time.	Athlete.	Date.	Time.	Athlete.	Date.
08:28:58	Sandra Bowers	28-Mar-09			