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12/2025

Masters Age Group 45-49 Standing Records as of 25 December 2025

Below is a list of the ratified results for each event for this age group and it is just a reference. Always check the database for the most current data. The grouping is the same from the USATF Records Database: (<https://www.usatf.org/record-views/records?category=american&sort-by=EventDate+DESC&show-per-page=50>). This site is the Official List and will be updated with Pending records when all relevant record data has been received and verified. Records are ratified annually at the USATF Annual Meeting.

If you are looking at going for a record, please do the following:

1. Contact the Meet Director/Coordinator to let them know you are competing for a record.
2. Let them know the distance/time(s) you are intending to set a record for. Verify these distances are on the event's Sanction.
3. Bring the Masters Race Walk Record form with you and fill out your part. One form PER RECORD. All data on the form MUST BE LEGIBLE! .
4. When the form is received, you will receive an email from the Masters Racewalk Records Coordinator.

Good Luck!

Distance or Time	Indoor, Outdoor, Road	Female ONLY	Female	Male
1 Hour	Outdoor	12813		12773
1 Mile	Indoor	6:52.54		6:52.41
10 km	Road	54:08	46:44	45:00
100 km	Road			
100 mile	Outdoor			
100 mile	Road			
10,000 m	Indoor			48:56.74
10,000 m	Outdoor	47:59.10	53:28.5	45:26.73
100,000 m	Outdoor		11:58:20.0	
15 km	Road	1:11:24		1:10:35
1500 m	Indoor	12:13.80		
1500 m	Outdoor			9:20.44
15,000 m	Outdoor	1:12:43.2	1:20:49.7	1:13:28.7
2 Hour	Outdoor		21100	
2 Mile	Indoor		18:05.32	14:54.49
20 k	Road		1:35:36	1:32:21
20,000 m	Outdoor	1:38:20.20	1:48:14.1	1:35:18.5
25 k	Road		2:02:51	2:08:53
25,000 m	Outdoor		2:22:43.58	
30 k	Road		2:31:30	2:29:40
3000 m	Indoors	15:06.1	13:08.40	12:38.71
3000 m	Outdoor	14:19.82		13:49.38
30,000 m	Outdoor		2:52:59.12	2:46:27.2
35 k	Road		3:19:40	3:06:35
35,000 m	Outdoor		3:24:55.27	
40 k	Road		4:12:58	3:27:59
40,000 m	Outdoor			3:50:00.1
5 k	Road	23:06		22:18
50 k	Road		5:19:34	4:21:06
5000 m	Indoors		29:52.04	23:12.02
5000 m	Outdoors	23:17.33	26:36.7	21:27.0
50,000 m	Outdoor		5:31:54.0	4:58:38.7
½ Marathon – 21.097494 k	Road New 2026			
½ Marathon - 21097.494 m	Outdoor New 2026			
Marathon – 42.194988 k	Road New 2026			
Marathon – 42194.988 m	Outdoor New 2026			
Mixed Marathon Relay (Youngest Member)	Road		5:22:08	

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