

AG:

12/2025

Masters Age Group 50-54 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		10484	12503
1 Mile	Indoor	7:52.06		6:53.16
10 km	Road	58:36		45:00
100 km	Road			11:28:10
100 mile	Outdoor			
100 mile	Road			
10,000 m	Indoor			46:46.91
10,000 m	Outdoor		57:08.9	45:03.4
100,000 m	Outdoor			
15 km	Road		1:26:23	1:11:28
1500 m	Indoor	8:55.73		
1500 m	Outdoor			6:29.58
15,000 m	Outdoor			1:08:54.1
2 Hour	Outdoor			
2 Mile	Indoor			14:16.00
20 k	Road		1:41:05	1:33:38
20,000 m	Outdoor		2:04:39.7	1:33:28.0
25 k	Road		2:33:15	2:08:41
25,000 m	Outdoor			2:14:25.4
30 k	Road		3:05:23	2:37:28
3000 m	Indoors	15:04.35		12:34.9
3000 m	Outdoor		15:40.79	12:58.9
30,000 m	Outdoor			2:41:11.4
35 k	Road		3:39:42	3:02:56
35,000 m	Outdoor			3:08:29.0
40 k	Road		4:15:18	3:29:04
40,000 m	Outdoor			3:38:29.6
5 k	Road		23:37	21:41
50 k	Road		5:10:52	4:23:15
5000 m	Indoors			
5000 m	Outdoors	26:25.52		22:02.3
50,000 m	Outdoor	31:13.23		21:42.71
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			

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