

Athletics - Progression of Road European records

Since 01 January 2004, the EAA officially ratifies European records in road running and road race walking. The road course must be approved officially by the IAAF.

The IAAF congress on 25 August 2011 decided, new performances of women achieved in mixed gender races will no longer be ratified, beginning from 01 November 2011. From 01 November 2013, this was modified separately recording European records in women only and mixed gender races.

currently accepted events

1 Mile (1.609,36 m) - Men (since 01.01.2023 accepted)

--- Limit on 01.01.2023: 3:52,50 ---
3:51,3 min. GILES Elliot GBR 01.09.2024 Düsseldorf pending WR

5 km - Men (since 01.01.2019 accepted)

13:26 min. CRAGG Alistar IRL 01.04.2012 Carlsbad
13:29 min. WANDERS Julien SUI 17.02.2019 Monaco WR
13:18 min. GRESSIER Jimmy FRA 16.02.2020 Monaco
13:14 min. CRIPPA Yemaneberhan ITA 30.04.2022 Herzogenaurach
13:12 min. GRESSIER Jimmy FRA 12.02.2023 Monaco
13:12 min. LOBALU Dominic Lokinyomo SUI 31.12.2023 Barcelona

10 km - Men

27:34 min. ROSE Nick GBR 01.04.1984 New Orleans
27:55 min. DE LA OSSA Juan Carlos ESP 22.05.2005 Manchester (n.a.)
27:44 min. FARAH Mohamed GBR 31.05.2010 London (n.a.)
27:32 min. WANDERS Julien SUI 14.10.2018 Durban
27:25 min. WANDERS Julien SUI 30.12.2018 Paris
27:13 min. WANDERS Julien SUI 12.01.2020 Valencia
27:13 min. LOBALU Dominic Lokinyomo SUI 14.01.2024 Valencia
27:07 min. GRESSIER Jimmy FRA 17.03.2024 Lille

Half marathon (21,0975 km) - Men

59:52 min. RONCERO Fabián ESP 01.04.2001 Berlin
59:32 min. FARAH Mohamed GBR 22.03.2015 Lisboa
59:22 min. FARAH Mohamed GBR 13.09.2015 Newcastle (n.a.)
59:13 min. WANDERS Julien SUI 08.02.2019 Ras Al Khaimah
59:07 min. FARAH Mohamed GBR 08.09.2019 South Shields (n.a.)

Marathon (42,195 km) - Men

2:06:36 h PINTO António POR 16.04.2000 London¹
2:06:36 h ZWIERSZCHIEWSKI Benoît FRA 06.04.2003 Paris
2:06:10 h ÖZBILLEN Kaan Kigen TUR 20.03.2016 Seoul (n.a.)
2:05:48 h MOEN Sondre Nordstad NOR 03.12.2017 Fukuoka
2:05:11 h FARAH Mohamed GBR 07.10.2018 Chicago
2:04:16 h ÖZBILLEN Kaan Kigen TUR 01.12.2019 Valencia
2:03:36 h ABDI Bashir BEL 24.10.2021 Rotterdam

50 km - Men (since 01.01.2022 accepted)

--- Limit on 01.01.2022: 2:45:00 ---

100 km - Men

6:15:30 h PRAET Jean-Paul BEL 24.06.1989 Torhout (n.a.²)
6:16:41 h PRAET Jean-Paul BEL 12.09.1992 Winschoten (n.a.)
6:18:24 h ARDEMAGNI Mario ITA 11.09.2004 Winschoten
6:05:35 h SOROKIN Aleksandr LTU 14.05.2023 Vilnius WR

Road Relay (5-10-5-10-5-7,195 km) - Men

2:01:34 h POR 10.05.1992 Funchal (n.a.)
PATRICIO Carlos - CASTRO Dionísio - MARAVILHA Alberto - RIBEIRO Juvenal - MONTEIRO Carlos - CASTRO Domingos
2:03:12 h NED 23.11.1994 Chiba³
VAN HEST Greg - VROEMEN Simon - KAPPERT Gerard - GOMMER Henk - GODLIEB René⁴
2:02:34 h RUS 23.11.2005 Chiba (n.a.)
ABRAMOV Yuriy - RYBAKOV Yevgeniy - NAUMOV Pavel - MAKSIMOV Dmitriy - IVANOV Sergey - RYBAKOV Anatoliy
2:02:37 h BEL 11.11.2022 Tongeren
Runners'lab Athletics Team
DE BOCK Thomas - DEBOGNIES Simon - VAN DE VELDE Tim - KIMELI Isaac - BOULVIN Dorian - KERSTEN Dieter

20 km Walking - Men

1:17:22 h FERNÁNDEZ Francisco Javier ESP 28.04.2002 Turku
1:17:16 h KANAYKIN Vladimir RUS 29.09.2007 Saransk
1:17:02 h DINIZ Johann FRA 08.03.2015 Arles WR

¹ not officially ratified as European record

² PRAET was suspended by his association at the time.

³ Any performances equal or better than those performance of reference can be ratified as a new European Record in case all the required conditions are met.

⁴ only five athletes

35 km Walking - Men (since 01.01.2022 accepted)

2:23:14 h STANO Massimo ITA 24.07.2022 Eugene
 --- Limit on 01.01.2022: 2:24:00 ---

50 km Walking - Men

3:36:03 h KORZENIOWSKI Robert POL 27.08.2003 Paris - Saint-Denis WR
 3:34:14 h NIZHEGORODOV Denis RUS 11.05.2008 Cheboksary WR
 3:32:33 h DINIZ Johann FRA 15.08.2014 Zürich WR

1 Mile (1.609,36 m) - Women only (since 01.01.2023 accepted)

--- Limit on 01.01.2023: 4:21,50 ---

5 km - Women mixed (since 01.01.2019 accepted)

14:47 min. KIPLAGAT Lornah NED 28.03.2004 Brunssum
 14:41 min. POTTER Beth GBR 03.04.2021 Barrowford (n.a.)⁵
 14:39 min. GRØVDAL Karoline Bjerkeli NOR 01.05.2021 Maarud gård (n.a.)

--- Limit on 01.01.2023: 14:43 ---

5 km - Women only (since 01.01.2019 accepted)

14:44 min. HASSAN Sifan NED 17.02.2019 Monaco WR

10 km - Women mixed

30:21 min. RADCLIFFE Paula GBR 23.02.2003 San Juan (mixed) WR
 --- since 01.11.2013 separate European records in women only and mixed gender races ---
 30:05 min. SALPETER Lonah ISR 01.09.2019 Tilburg (n.a.)
 30:18 min. McCOLGAN Eilish GBR 02.10.2022 Glasgow (n.a.)

10 km - Women only (since 01.11.2013 accepted)

30:52 min. McCOLGAN Eilish GBR 26.09.2021 Manchester
 30:19 min. McCOLGAN Eilish GBR 22.05.2022 Manchester

Half marathon (21,0975 km) - Women mixed

1:06:47 h RADCLIFFE Paula GBR 07.10.2001 Bristol
 1:05:40 h RADCLIFFE Paula GBR 21.09.2003 Tyneside (n.a.)
 1:03:58 h STAICU Simona HUN 20.03.2004 den Haag (n.a.)
 1:06:25 h KIPLAGAT Lornah NED 14.10.2007 Udine (women only) WR
 --- since 01.11.2013 separate European records in women only and mixed gender races ---
 1:05:15 h HASSAN Sifan NED 16.09.2018 København

Half marathon (21,0975 km) - Women only (since 01.11.2013 accepted)

1:06:25 h KIPLAGAT Lornah NED 14.10.2007 Udine WR
 1:05:18 h KEJETA Melat Yisak GER 17.10.2020 Gdynia

Marathon (42,195 km) - Women mixed

2:15:25 h RADCLIFFE Paula GBR 13.04.2003 London WR
 --- since 01.11.2013 separate European records in women only and mixed gender races ---
 2:13:44 h HASSAN Sifan NED 08.10.2023 Chicago

Marathon (42,195 km) - Women only (since 01.11.2013 accepted)

2:17:42 h RADCLIFFE Paula GBR 17.04.2005 London⁶ WR
 --- Limit on 01.11.2023: 2:23:00 ---

50 km - Women mixed (since 01.01.2022 accepted)

--- Limit on 01.01.2022: 3:03:00 ---

50 km - Women only (since 01.11.2023 accepted)

--- Limit on 01.11.2023: 3:10:00 ---

100 km - Women mixed

7:19:51 h ZHYRKOVA Tatyana RUS 19.04.2003 Chernogolovka
 7:10:32 h ZHYRKOVA Tatyana RUS 11.09.2004 Winschoten
 7:04:03 h HOT Floriane FRA 27.08.2022 Bernau
 7:03:40 h WEBSTER Sarah GBR 02.04.2023 Craigavon n.a.

Road Relay (5-10-5-10-5-7,195 km) - Women

2:22:36 h NED 25.02.1990 Yokohama (n.a.)
 2:14:51 h RUS 23.11.2006 Chiba⁷ (mixed)
 SHOBUKHOVA Liliya - ABITOVA Inga - SYREVA Olesya - GRIGORYEVA Lidiya - BOGOMOLOVA Galina - KONOVALOVA Mariya

20 km Walking - Women

1:26:22 h NIKOLAYEVA Yelena RUS 18.05.2003 Cheboksary WR
 1:25:41 h IVANOVA Olimpiada RUS 07.08.2005 Helsinki WR
 1:25:08 h SOKOLOVA Vera RUS 26.02.2011 Sochi WR
 1:24:47 h ALEMBEKOVA Elmira RUS 27.02.2015 Sochi (n.a.)
 1:24:31 h LASHMANOVA Yelena RUS 18.02.2019 Sochi (n.a.)

⁵ no doping control

⁶ not officially ratified as European record

⁷ Any performances equal or better than those performance of reference can be ratified as a new European Record in case all the required conditions are met.

35 km Walking - Women (since 01.01.2022 accepted)

--- Limit on 01.01.2022: 2:41:00 ---				
2:39:16 h	PÉREZ María	ESP	30.01.2022	Lepe
2:37:15 h	PÉREZ María	ESP	21.05.2023	Poděbrady WR

50 km Walking - Women (since 01.11.2015 accepted)

--- Limit on 01.01.2017: 4:30:00 ---				
4:08:26 h	HENRIQUES Inês	POR	15.01.2017	Porto de Mós WR
4:05:56 h	HENRIQUES Inês	POR	13.08.2017	London WR
4:04:50 h	GIORGI Eleonora	ITA	19.05.2019	Alytus
3:57:08 h	AFANASYEVEVA Klavdiya	RUS	15.06.2019	Chekboksary (n.a.)
3:50:42 h	LASHMANOVA Yelena	RUS	05.09.2020	Voronovo (n.a.)
4:03:07 h	NIKIFOROVA Margarita	RUS	29.05.2021	Chebkoksary (n.a.)

no longer accepted events**15 km - Men**

42:39 min.	BROWN Jon	GBR	26.02.1994	Tampa (n.a.)
42:03 min.	FARAH Mohamed	GBR	26.03.2016	Cardiff

--- since 01.11.2017 no longer ratified ---

20 km - Men

56:51 min.	RONCERO Fabián	ESP	01.04.2001	Berlin (n.a.)
56:40 min.	KAŠICKÝ Tomáš	SVK	01.02.2015	Marugame (n.a.)
56:27 min.	FARAH Mohamed	GBR	22.03.2015	Lisboa

--- since 01.11.2017 no longer ratified ---

25 km - Men

1:14:19 h	JONES Hugh	GBR	10.04.1982	Paderborn (n.a.)
1:14:48 h	ten KATE Marti	NED	20.08.1998	den Haag (n.a.)
1:14:43 h	ANDREYEV Georgiy	RUS	13.03.2005	Seoul (n.a.)
1:14:20 h	THEURI James Kibocha	FRA	05.04.2009	Paris

--- since 01.11.2017 no longer ratified ---

30 km - Men

1:28:40 h	JONES Steve	GBR	20.08.1985	Chicago (n.a.)
1:29:00 h	PINTO António	POR	14.04.2002	London (n.a.)
1:30:08 h	REY Julio	ESP	24.04.2005	Hamburg (n.a.)
1:30:08 h	MOEN Sondre Nordstad	NOR	03.12.2017	Fukuoka

--- since 01.11.2017 no longer ratified ---

15 km - Women mixed

47:46 min.	O'SULLIVAN Sonia	IRL	06.10.2002	South Shields
47:46 min.	RADCLIFFE Paula	GBR	04.10.2003	Vilamoura
47:10 min.	KIPLAGAT Lornah	NED	08.10.2006	Debrecen
47:10 min.	DIȚĂ-TOMESCU Constantina	ROU	08.10.2006	Debrecen
46:59 min.	KIPLAGAT Lornah	NED	14.10.2007	Udine (women only)

--- since 01.11.2013 separate European records in women only and mixed gender races ---

--- since 01.11.2017 no longer ratified ---

15 km - Women only (since 01.11.2013 accepted)

46:59 min.	KIPLAGAT Lornah	NED	14.10.2007	Udine WR
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--- since 01.11.2017 no longer ratified ---

20 km - Women mixed

1:03:26 h	RADCLIFFE Paula	GBR	07.10.2001	Bristol WR
1:03:21 h	KIPLAGAT Lornah	NED	08.10.2006	Debrecen WR
1:02:57 h	KIPLAGAT Lornah	NED	14.10.2007	Udine (women only) WR

--- since 01.11.2013 separate European records in women only and mixed gender races ---

--- since 01.11.2017 no longer ratified ---

20 km - Women only (since 01.11.2013 accepted)

1:02:57 h	KIPLAGAT Lornah	NED	14.10.2007	Udine WR
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--- since 01.11.2017 no longer ratified ---

25 km - Women mixed

1:25:23 h	RASMUSSEN Dorthe Skovshoved	DEN	02.04.1983	Paderborn
1:25:23 h	BEURSKENS Carla	NED	19.11.1986	Griesheim
1:23:32 h	DIȚĂ-TOMESCU Constantina	ROU	10.10.2004	Chicago ⁸
1:22:47 h	RADCLIFFE Paula	GBR	14.08.2005	Helsinki (women only)
1:22:34 h	SHOBUKHOVA Liliya	RUS	09.10.2011	Chicago ⁹

--- since 01.11.2013 separate European records in women only and mixed gender races ---

--- since 01.11.2017 no longer ratified ---

25 km - Women only (since 01.11.2013 accepted)

1:22:47 h	RADCLIFFE Paula	GBR	14.08.2005	Helsinki WR
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--- since 01.11.2017 no longer ratified ---

⁸ no doping control⁹ not recognized because of doping

30 km - Women mixed

1:39:45 h	RADCLIFFE Paula	GBR	14.04.2002	London
1:39:22 h	RADCLIFFE Paula	GBR	14.08.2005	Helsinki (women only)
1:38:23 h	SHOBUKHOVA Liliya	RUS	09.10.2011	Chicago ¹⁰
--- since 01.11.2013 separate European records in women only and mixed gender races ---				
--- since 01.11.2017 no longer ratified ---				

30 km - Women only (since 01.11.2013 accepted)

1:39:22 h	RADCLIFFE Paula	GBR	14.08.2005	Helsinki
--- since 01.11.2017 no longer ratified ---				

¹⁰ not recognized because of doping

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