

Men as of July 31, 2024

Compiled 1 Hour - 15000 m - 10 mile

1 Hour

Division	Meters	Miles	Pace/Mile	Name	Age	City of Event	Date	Gender	Residence
Open	20547	12.76	4:42	Bill Rodgers	29	Boston, MA	1977-Aug-09	mixed	Melrose,MA
40-44	18586	11.54	5:11	Earl Owens	43	Decatur, GA	1993-Feb-06	mixed	Dundwoody,GA
45-49	17906	11.12	5:23	Hal Higdon	48	Michigan City, IN	1979-Jun-25	mixed	Michigan City,IN
50-54	17314	10.75	5:34	Peter Mundle	50	Los Angeles, CA	1978-Oct-01	mixed	Venice,CA
55-59	17092	10.62	5:39	Peter Hammer	56	Lynn, MA	2022-Sep-17	men only	Needham,MA
60-64	16465	10.23	5:52	Dan King	62	Lynn, MA	2021-Sep-25	men only	Boulder, CO
65-69	15183	9.43	6:22	David Westenberg	65	Lynn, MA	2023-Nov-11	mixed	Wellesley,MA
70-74	13908	8.64	6:56	William Andberg	70	Brookings, SD	1981-Oct-04	mixed	Anoka,SD
75-79	13181	8.19	7:19	Lou Gregory	75	Ft. Walton Beach, FL	1977-Dec-17	mixed	Pensacola,FL
80-84	12130	7.53	7:58	Paul Spangler	81	San Luis Obispo, CA	1980-Nov-01	mixed	San Luis Obispo,CA
85-89	10087	6.26	9:35	Paul Spangler	85	San Luis Obispo, CA	1984-Nov-18	mixed	San Luis Obispo,CA
90-94	6248	3.88	15:27	Lou Peters	90	Lynn, MA	2015-Aug-14	men only	Methuen,MA

15000 m

Division	Time	Pace/Mile	Name	Age	City of Event	Date	Gender	Residence
Open	43:39.8	4:41	Bill Rodgers	29	Boston, MA	1977-Aug-09	men only	Melrose,MA
40-44	48:08	5:10	Earl Owens	43	Decatur, GA	1993-Feb-06	men only	Dundwoody,GA
45-49	51:12	5:30	Paul Noreen	46	New Hope,MN	1981-Aug-22	men only	Plymouth,MN
50-54	51:59.2	5:35	Craig Godwin	52	McKenzie River,OR	2019-Sep-7	men only	Eugene,OR
55-59	52:43	5:39	Peter Hammer	56	Lynn, MA	2022-Sep-17	men only	Needham,MA
60-64	54:30	5:51	Dan King	62	Lynn, MA	2021-Sep-25	men only	Boulder, CO
65-69	59:17.3	6:22	David Westenberg	65	Lynn, MA	2023-Nov-11	mixed	Wellesley,MA
70-74	1:07:04	7:12	William Andberg	70	New Hope,MN	1981-Aug-22	men only	Anoka,SD
75-79	1:10:13	7:32	Ed Benham	77	Fairfax,VA	1984-Aug-5	men only	Ocean City,MD
85-89	2:23:30	15:26	Jimmie Barnes	85	Gloucester, UK	2023-Aug-13	?	?

10 mile

Division	Time	Pace/Mile	Name	Age	City of Event	Date	Gender	Residence
Open	48:56.9	4:54	Nick Hauger	24	Santa Barbara, CA	2020-Sep-1	men only	Flagstaff, AZ
40-44	51:48	5:11	Earl Owens	43	Dacatur, GA	1993-Feb-06	men only	Dundwoody,GA
45-49	53:53	5:23	Paul Noreen	46	New Hope,MN	1981-Aug-22	men only	Plymouth,MN
50-54	55:45	5:35	Peter Mundle	50	Los Angeles,CA	1978-Oct-1	men only	Venice,CA
55-59	55:42	5:34	Alex Ratelle	56	New Hope,MN	1981-Aug-22	men only	Edina,MN
60-64	58:37	5:52	Dan King	62	Lynn, MA	2021-Sep-25	men only	Boulder, CO
65-69	1:03:29.0	6:21	David Westenberg	65	Lynn, MA	2023-Nov-11	mixed	Wellesley,MA
70-74	1:10:36	7:04	William Andberg	70	New Hope,MN	1981-Aug-22	men only	Anoka,SD
75-79	1:15:53	7:35	Ed Benham	77	Fairfax,VA	1984-Aug-5	men only	Ocean City,MD
85-89	2:34:39	15:28	Jimmie Barnes	85	Gloucester, UK	2023-Aug-11	?	?