



INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

IAU Records Committee 2017 - 2020

Provisional Area Best Performances

50 Km - Women									
Category	Status	Time	Athlete	Country	DOB	Place	MF	Date	Cooments
Africa		03:08:39	van der Merwe, Frith	RSA	26.05.1964	Claremont	RSA	25.03.1989	
Asia		03:18:34	Yoshida, Kaori	JAP	04.08.1981	Yubetsu	JAP	24.06.2018	
Europe		03:10:19	Nurgalieva, Olesia	RUS	01.09.1976	Cape Town	RSA	23.04.2011	
North America		03:13:51	Klecker, Janis	USA	18.07.1960	Tallahassee, FL	USA	10.12.1983	
Oceania		03:19:12	Fairweather, Jackie	AUS	11.10.1967	Canberra	AUS	13.04.2008	
South America		03:26:11	Wandscheer, Ilaine	BRA	26.12.1978	Rio Grande	BRA	11.02.2007	

50 Km - Men									
Category	Status	Time	Athlete	Country	DOB	Place	MF	Date	Cooments
Africa		02:43:38	Magawana, Thompson	RSA	23.03.1959	Claremont	RSA	02.04.1988	
Asia		02:52:24	Kazami, Nao	JAP	09.04.1983	Tokyo	JAP	10.11.2018	
Europe		02:49:06	Schmidt, Paul	GER	17.08.1985	Berlin	GER	05.03.2016	
North America		02:43:45	Cox, Josh	USA	09.08.1975	Tempe	USA	16.01.2011	
Oceania		02:53:47	Tucker, Mark	AUS	15.08.1979	Canberra	AUS	13.04.2008	
South America		02:48:05	Pereira da Silva, Jose	BRA	05.07.1974	Rio Grande	BRA	15.02.2009	

100 Km - Women									
Category	Status	Time	Athlete	Country	DOB	Place	MF	Date	Cooments
Africa		07:31:47	Helene Joubert	RSA	27.03.1960	Winschoten	RSA	16.09.1995	
Asia		06:33:11	Abe, Tomoe	JPN	13.08.1971	Lake Saroma	JPN	25.06.2000	
Europe		07:10:32	Zhyrkova, Tatyana	RUS	12.12.1968	Winschoten	NED	11.09.2004	
North America		07:00:48	Trason, Ann	USA	30.08.1960	Winschoten	NED	16.09.1995	
Oceania		07:34:25	Bull, Kirstin	AUS	02.08.1981	Los Alcazares	ESP	27.11.2016	
South America		07:20:22	Venancio, M ^a Auxiliadora	BRA	02.05.1958	Cubatao	BRA	08.08.1998	



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Africa		06:24:05	Bongmusa Mthembu	RSA	27.06.1983	Los Alcazares	RSA	27.11.2016	
Asia		06:09:14	Kazami, Nao	JPN	09.04.1983	Lake Saroma	JPN	24.06.2018	
Europe		06:10:20	Ritchie, Don	GBR	09.06.1925	Crystal Palace (London)	GBR	28.10.1978	
North America		06:27:44	King, Max	USA	24.02.1980	Doha	QAT	22.11.2014	
Oceania		6.29.25	Sloan, Timothy	AUS	29.07.1967	Ross-Richmond	AUS	23.04.1995	
South America		06:18:09	Nunes, Valmir	BRA	16.01.1964	Winschoten	NED	16.09.1995	

24 h - Women									
Category	Status	Distance	Athlete	Country	DOB	Place	MF	Date	Cooments
Africa		190.430	Hazel Moller	RSA	03.11.1972	Pietermaritzburg	RSA	20.09.2014	
Asia		255.303	Kudo, Mami	JPN	17.07.1964	Taipei	TPE	11.12.2011	
Europe		259.990	Bereznowska, Patrycja	POL	17.10.1975	Belfast	GBR	1-2.07.2017	
North America		262.193	Herron, Camille	USA	25.12.1981	Phoenix	USA	8-9.12.2018	
Oceania		239.564	Nicholl, Deb	AUS	10.02.1970	Caboolture	AUS	21.07.2013	
South America		224.484	Lucas, Campos, Denise Paiva	BRA	12.07.1979	Rio de Janeiro	BRA	29.11.2009	

24 h - Men									
Category	Status	Distance	Athlete	Country	DOB	Place	MF	Date	Cooments
Africa		258.064	Johan van der Merwe	RSA	24.02.1972	Taipei	TPE	08.12.2013	
Asia		285.366	Hara, Yoshikazu	JPN	13.08.1972	Taipei	TPE	07.12.2014	
Europe		303.506	Kouros, Yiannis	GRE	13.02.1956	Adelaide	AUS	4-05.10.1997	
North America		277.542	Morton, Michael	USA	20.10.1971	Katowice	POL	09.09.2012	
Oceania		265.000	Loveday, Barry	AUS	05.10.1977	Coburg	AUS	06.04.2014	
South America		273.828	Nunes, Valmir	BRA	16.01.1964	Taipei	TPE	09.03.2003	