

USA and World

2K Records

(Updated 03/06/2018)

		USA Records 2K- Women				World Records 2K- Women				
Age	Weight	Name	Year	Age	Time	Time	Age	Year	Name	Country
12 & under		Elizabeth Sharis	2010		07:55.5	07:30.3		1998	Fie Udby	Denmark
13-14	HWT	Emily Delleman	2013		07:12.6	07:06.1		2017	Beckie Leigh	New Zealand
15-16	HWT	Grace McGinley	2016		06:46.1	06:49.0		2014	Dana Moffat	USA
17-18	HWT	Emily Delleman	2016		06:43.8	06:28.2		2016	Sophia Asoumanakis	Greece
	LWT	Christine Cavallo	2013		07:05.7	07:05.7		2013	Christine Cavallo	USA
19-29	HWT	Michele Guerette	2004		06:35.4	06:22.8		2018	Olena Buryak	Ukraine
	LWT	Christine Cavallo	2018		06:54.1	06:54.1		2018	Christine Cavallo	U.S.A.
30-39	HWT	Amy Fuller	2000		06:32.3	06:28.8		2004	Sarah Winckless	Great Britain
	LWT	Lisa Schlenker	2000		06:56.7	06:56.7		2000	Lisa Schlenker	U.S.A.
40-49	HWT	Carol Skricki	2006		06:48.2	06:48.2		2003	Carol Skricki	U.S.A.
	LWT	Lisa Schlenker	2005		07:09.6	07:09.6		2005	Lisa Schlenker	U.S.A.
50-54	HWT	Susan Borden	2017		07:08.4	06:58.0		2012	Joanne Ritchie	Canada
	LWT	Joan Van Blom	2004		07:22.6	07:22.6		2004	Joan Van Blom	U.S.A.
55-59	HWT	Susan Borden	2018		07:14.7	07:10.1		2016	Anne Bourlioux	Canada
	LWT	Joan Van Blom*	2008		07:30.6	07:30.6		2008*	Joan Van Blom	U.S.A.
60-64	HWT	Susan Hooten	2013		07:31.4	07:31.0		2008*	Mies Bernelot Moens	Netherlands
	LWT	Susan Hooten	2015		07:35.5	07:35.5		2015	Susan Hooten	U.S.A.
65-69	HWT	Susan Hooten	2018		07:40.5	07:40.5		2018	Susan Hooten	U.S.A.
	LWT	Susan Hooten	2018		07:44.6	07:56.7		2018	Susan Hooten	U.S.A.
70-74	HWT	Luanne Mills	2010		08:11.5	08:00.8		2016	Mies Bernelot Moens	Netherlands
	LWT	Luanne Mills*	2009		08:12.7	08:12.7		2009	Luanne Mills*	U.S.A.
75-79	HWT	Luane Mills	2015		08:29.6	08:29.6		2015	Luanne Mills*	USA
	LWT	Luane Mills	2014		08:34.7	08:29.6		2014	Luane Mills	U.S.A.
80-84	HWT	Ruth Doell	2008		08:54.8	08:54.8		2008*	Ruth Doell	U.S.A.
	LWT	Jeanne Daprano	2018*		09:23.7	09:23.7		2018	Jeanne Daprano	U.S.A.
85-89	HWT	Sally Callahan	2015		10:34.7	10:34.7		2015	Sally Callahan	U.S.A.
	LWT	Mary Ellen Moore	2018		10:23.6	10:23.6		2018	Mary Ellen Moore	U.S.A.
90-94	LWT	Ernestine Bayer	2000		12:07.5	12:07.5		2000	Ernestine Bayer	U.S.A.
95-99	LWT	Dorothy Stewart	2018		14:53.1	14:53.1		2018	Dorothy Stewart	U.S.A.

		USA Records 2K- Men				World Records 2K- Men				
Age	Weight	Name	Year	Age	Time	Time	Age	Year	Name	Country
12& under		Matt Phillips	2017		06:57.8	06:57.8		2017	Matt Phillips	U.S.A.
13-14	HWT	Ellis Evans	2017		06:30.4	06:17.7		2018	Luis Haack	Germany
15-16	HWT	Clark Dean	2017		05:58.9	05:58.1		2017*	Moritz Wolff	Germany
	LWT	Clark Dean	2018		05:54.1	05:47.0		2004	Karsten Brodowsky	Germany
19-29	HWT	Drake Deuel	2017		06:07.3	06:06.5		2007*	Henrik Stephansen	Denmark
	LWT	Dave Simon	2000		05:41.0	05:38.3		1999	Rob Waddell	New Zealand
30-39	HWT	Drake Deuel	2018		06:05.1	05:56.7		2013*	Henrik Stephansen	Denmark
	LWT	Robert Kaehler	1996		05:49.8	05:36.6		2008	Rob Waddell	New Zealand
40-49	HWT	Cooper Wessells	1998		06:16.4	06:06.4		2004	Eskild Ebbesson	Denmark
	LWT	Andrew Benko	2011*		06:00.4	05:47.8		2017	Pavel Shurmei	Belarus
50-54	HWT	Michael Caviston	2002		06:18.2	06:14.9		2016	Jesus Gonzalez	Spain
	LWT	Andrew Benko	2018		06:01.7	06:01.7		2018	Andrew Benko	U.S.A.
55-59	HWT	Paul Siebach	2009*		06:25.1	06:25.1		2009	Paul Siebach	U.S.A.
	LWT	Tom Darling	2014		06:12.6	06:12.6		2014	Tom Darling	U.S.A.
60-64	HWT	Mike Smith	2018		06:29.6	06:29.6		2018	Mike Smith	U.S.A.
	LWT	Paul Hendershott	2004		06:23.7	06:23.7		2004	Paul Hendershott	U.S.A.
65-69	HWT	Michael Van Beuren	2013		06:53.1	06:42.5		2007	Brian Bailey	Ghreat Britain
	LWT	Chris Cooper	2017		06:39.5	06:39.5		2017	Chris Cooper	U.S.A.
70-74	HWT	Ed Alderman	2003		07:01.5	06:51.7		2016	Tor Arne Simonsen	Norway
	LWT	Roger Borggaard	2016		06:52.1	06:52.1		2016	Roger Borggaard	USA
75-79	HWT	Roger Gocking	2015		07:08.5	07:08.2		2011	Arnold Cooke	Great Britain
	LWT	Carlo Zezza	2014		07:19.2	07:13.2		2015	Paul Guest	U.S.A.
80-84	HWT	Dean Smith	2004		07:25.3	07:24.1		2012	Roger Bangay	Great Britain
	LWT	Dean Smith	2008		07:45.5	07:43.9		2015*	Geoffrey Knight	Great Britain
85-89	HWT	Carlos Zezza	2017		07:34.4	07:34.4		2017	Carlos Zezza	U.S.A.
	LWT	Dean Smith	2013		08:10.5	08:10.5		2013	Dean Smith	U.S.A.
90-94	HWT	Robert Spenger	2010		08:13.6	08:13.6		2010	Robert Spenger	U.S.A.
	LWT	Robert Spenger	2015		08:42.4	08:42.4		2015	Robert Spenger	USA
95-99	HWT	Robert Spenger	2015		08:44.9	08:44.9		2015	Robert Spenger	USA
	LWT	Stephen Richardson	2016		13:21.5	13:21.5		2016	Stephen Richardson	USA
100+	HWT	Alexander Rogerson	2018		11:01.1	10:28.2		2006	John Hodgson	Great Britain
	LWT	no record						2011	John Hodgson	Great Britain

* = Held Previous Record

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