APPENDIX A

Official IAAF marathon world record progression since 1950: Men[[1]](#footnote-1)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **TIME** | **NAME** | **NATIONALITY** | **DATE** | **LOCATION** |
| 02:20:42 | Jim Peters | United Kingdom | June 14, 1952 | Polytechnic Marathon |
| 02:18:40 | Jim Peters | United Kingdom | June 13, 1953 | Polytechnic Marathon |
| 02:18:35 | Jim Peters | United Kingdom | October 4, 1953 | Turku Marathon |
| 02:17:39 | Jim Peters | United Kingdom | June 26, 1954 | Polytechnic Marathon |
| 02:15:17 | Sergei Popov | Soviet Union | August 24, 1958 | Stockholm, Sweden |
| 02:15:16 | Abebe Bikila | Ethiopia | September 10, 1960 | Rome, Italy |
| 02:15:16 | Toru Terasawa | Japan | February 17, 1963 | Beppu-Ōita Marathon |
| 02:14:28 | Buddy Edelen | United States | June 15, 1963 | Polytechnic Marathon |
| 02:13:55 | Basil Heatley | United Kingdom | June 13, 1964 | Polytechnic Marathon |
| 02:12:11 | Abebe Bikila | Ethiopia | October 21, 1964 | Tokyo, Japan |
| 02:12:00 | Morio Shigematsu | Japan | June 12, 1965 | Polytechnic Marathon |
| 02:09:36 | Derek Clayton | Australia | December 3, 1967 | Fukuoka Marathon |
| 02:08:34 | Derek Clayton | Australia | May 30, 1969 | Antwerp, Belgium |
| 02:08:18 | Rob De Castella | Australia | December 6, 1981 | Fukuoka Marathon |
| 02:08:05 | Steve Jones | United Kingdom | October 21, 1984 | Chicago Marathon |
| 02:07:12 | Carlos Lopes | Portugal | April 20, 1985 | Rotterdam Marathon |
| 02:06:50 | Belayneh Dinsamo | Ethiopia | April 17, 1988 | Rotterdam Marathon |
| 02:06:05 | Ronaldo da Costa | Brazil | September 20, 1998 | Berlin Marathon |
| 02:05:42 | Khalid Khannouchi | Morocco | October 24, 1999 | Chicago Marathon |
| 02:05:38 | Khalid Khannouchi | United States | April 14, 2002 | London Marathon |
| 02:04:55 | Paul Tergat | Kenya | September 28, 2003 | Berlin Marathon |
| 02:04:26 | Haile Gebrselassie | Ethiopia | September 30, 2007 | Berlin Marathon |
| 02:03:59 | Haile Gebrselassie | Ethiopia | September 28, 2008 | Berlin Marathon |
| 02:03:38 | Patrick Makau | Kenya | September 25, 2011 | Berlin Marathon |
| 02:03:23 | Wilson Kipsang | Kenya | September 29, 2013 | Berlin Marathon |
| 02:02:57 | Dennis Kimetto | Kenya | September 28, 2014 | Berlin Marathon |
| **02:01:39** | **Eliud Kipchoge** | **Kenya** | **September 16, 2018** | **Berlin Marathon** |

APPENDIX B

Official IAAF marathon world record progression since 1950: Women[[2]](#footnote-2)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **TIME** | **NAME** | **NATIONALITY** | **DATE** | **LOCATION** |
| 03:37:07 | Merry Lepper | United States | December 16, 1963 | Culver City, United States |
| 03:27:45 | Dale Greig | United Kingdom | May 23, 1964 | Ryde |
| 03:19:33 | Mildred Sampson | New Zealand | July 21, 1964 | Auckland, New Zealand |
| 03:15:23 | Maureen Wilton | Canada | May 6, 1967 | Toronto, Canada |
| 03:07:27 | Anni Pede-Erdkamp | West Germany | September 16, 1967 | Waldniel, West Germany |
| 03:02:53 | Caroline Walker | United States | February 28, 1970 | Seaside, OR |
| 03:01:42 | Elizabeth Bonner | United States | May 9, 1971 | Philadelphia, United States |
| 02:55:22 | Elizabeth Bonner | United States | September 19, 1971 | New York City Marathon |
| 02:49:40 | Cheryl Bridges | United States | December 5, 1971 | Culver City, United States |
| 02:46:36 | Michiko Gorman | United States | December 2, 1973 | Culver City, United States |
| 02:46:24 | Chantal Langlacé | France | October 27, 1974 | Neuf-Brisach, France |
| 02:43:54 | Jacqueline Hansen | United States | December 1, 1974 | Culver City, United States |
| 02:42:24 | Liane Winter | West Germany | April 21, 1975 | Boston Marathon |
| 02:40:15 | Christa Vahlensieck | West Germany | May 3, 1975 | Dülmen |
| 02:38:19 | Jacqueline Hansen | United States | October 12, 1975 | Eugene, United States |
| 02:35:15 | Chantal Langlacé | France | May 1, 1977 | Oiartzun, Spain |
| 02:34:47 | Christa Vahlensieck | West Germany | September 10, 1977 | Berlin Marathon |
| 02:32:29 | Grete Waitz | Norway | October 22, 1978 | New York City Marathon |
| 02:27:32 | Grete Waitz | Norway | October 21, 1979 | New York City Marathon |
| 02:25:41 | Grete Waitz | Norway | October 26, 1980 | New York City Marathon |
| 02:25:28 | Grete Waitz | Norway | April 17, 1983 | London Marathon |
| 02:22:43 | Joan Benoit | United States | April 18, 1983 | Boston Marathon |
| 02:21:06 | Ingrid Kristiansen | Norway | April 21, 1985 | London Marathon |
| 02:20:47 | Tegla Loroupe | Kenya | April 19, 1998 | Rotterdam Marathon |
| 02:20:43 | Tegla Loroupe | Kenya | September 26, 1999 | Berlin Marathon |
| 02:19:46 | Naoko Takahashi | Japan | September 30, 2001 | Berlin Marathon |
| 02:18:47 | Catherine Ndereba | Kenya | October 7, 2001 | Chicago Marathon |
| 02:17:18 | Paula Radcliffe | United Kingdom | October 13, 2002 | Chicago Marathon |
| **02:15:25** | **Paula Radcliffe** | **United Kingdom** | **April 13, 2003** | **London Marathon** |

1. Reproduced from p.666, IAAF World Championships, London 2017 - Statistics Handbook, available at: https://www.iaaf.org/ebooks/2017/WCH/index.html#page=66 [↑](#footnote-ref-1)
2. Reproduced from p.789, IAAF World Championships, London 2017 - Statistics Handbook, available at: <https://www.iaaf.org/ebooks/2017/WCH/index.html#page=790> . [↑](#footnote-ref-2)