

Pending Meet Records by US athletes at US National Outdoor Championship (thru 2025) as of Sept 29, 2025

M25	16:16.42	5000m	George Carbaugh	USA	2023	Greensboro, NC on Jul 20 - Jul 23
M30	15:20.82	5000m	Chad Newton	USA	2003	Eugene, OR on Aug 07 - Aug 10
M30	14:53.98	5000m	Lynn Mentzer	USA	1989	San Diego, Calif. July 20-23, 1989
M35	14:45.48	5000m	Brendan Gregg	USA	2024	Sacramento, CA on Jul 18 - Jul 21
M40	14:45.79	5000m	Malcolm Richards	USA	2024	Sacramento, CA on Jul 18 - Jul 21
M45	15:25.79	5000m	Mike Blackmore	USA	2010	Sacramento, CA on Jul 22 - Jul 25
M45	15:22.15	5000m	Michael Heffernan	USA	1985	Indianapolis, Indiana August 23-25, 1985
M45	15:17.6h	5000m	Ray Hatton	USA	1981	Los Gatos, Calif. August 15-16, 1981
M50	15:23.37	5000m	Tim Payne	CAN	2001	Baton Rouge, LA on Jul 25 - Jul 28
M50	16:01.85	5000m	Charles Perez	USA	1998	Orono, ME on Jul 30 - Aug 02
M55	16:14.55	5000m	Rick Becker	USA	2010	Sacramento, CA on Jul 22 - Jul 25
M60	16:46.37	5000m	Derek Turnbull	NZL	1989	San Diego, CA on Jul 20 - Jul 23
M60	17:22.80	5000m	Tom Bernhard	USA	2011	Berea, OH on Jul 28 - Jul 31
M65	17:44.03	5000m	Tom Bernhard	USA	2016	Grand Rapids, MI on Jul 14 - Jul 17
M70	19:22.22	5000m	Robert Qualls	USA	2022	Lexington, KY on Jul 28 - Jul 31
M75	19:54.34	5000m	Ed Whitlock	CAN	2007	Orono, ME on Aug 02 - Aug 05
M75	21:19.7h	5000m	Ed Benham	USA	1986	Uniondale, NY on Jul 18 - Jul 20
M75	21:39.7h	5000m	Alfred Funk	USA	1992	Spokane, WA on Aug 13 - Aug 16
M75	22:07.44	5000m	Gene Dykes	USA	2023	Greensboro, NC on Jul 20 - Jul 23
M80	21:57.88	5000m	Ed Benham	USA	1988	Orlando, FL on Aug 04 - Aug 07
M85	25:47.54	5000m	Alfred Funk	USA	2000	Eugene, OR on Aug 10 - Aug 13
M90	35:10.4h	5000m	Paul Spangler	USA	1990	Indianapolis, IN on Aug 02 - Aug 05
M90	36:13.57	5000m	Roy Englert	USA	2014	Winston-Salem, NC on Jul 17 - Jul 20
M95	42:30.23	5000m	Roy Englert	USA	2019	Ames, IA on Jul 11 - Jul 14