

Pending Meet Records by US athletes at US National Outdoor Championship (thru 2025) as of Sept 28, 2025

M25	36:16.19	10000m	Mike Vaz	USA	2023	Greensboro, NC on Jul 20 - Jul 23	
M30	31:58.34	10000m	Chad Newton	USA	2003	Eugene, OR on Aug 07 - Aug 10	
M30	30:37.15	10000m	David Steffens	USA	1994	Eugene, OR Aug 11-14, 1994	https://w
M35	30:08.83	10000m	Brendan Gregg	USA	2024	Sacramento, CA on Jul 18 - Jul 21	
M40	30:37.94	10000m	Craig Young	USA	1998	Orono, ME on Jul 30 - Aug 02	
M45	35:30h	10000m	Larry Worth	USA	1983	Houston, TX on Sep 16 - Sep 18	https://w
M45	32:07.89	10000m	Earl Owens	USA	1995	East Lansing, MI on Jul 05 - Jul 09	
M45	30:48.5h	10000m	Jack Foster	NZL	1979	Gresham, OR Jul 6-8, 1979	https://w
M50	33:59.65	10000m	Josef Fodor	USA	1988	Orlando, FL on Aug 04 - Aug 07	
M50	33:03.8h	10000m	Ray Hatton	USA	1984	Eugene, OR Aug 17-19, 1984	https://v
M55	34:32.52	10000m	Craig Godwin	USA	2024	Sacramento, CA on Jul 18 - Jul 21	
M55	34:24.5h	10000m	Norman Green	USA	1990	Indianapolis, IN Aug 2-5, 1990	https://w
M60	35:29.09	10000m	Doug Winn	USA	2010	Sacramento, CA on Jul 22 - Jul 25	
M65	37:16.46	10000m	Rick Becker	USA	2021	Ames, IA on Jul 22 - Jul 25	
M70	40:02.31	10000m	Herb Phillips	CAN	2010	Sacramento, CA on Jul 22 - Jul 25	
M70	40:19.50	10000m	Robert Qualls	USA	2022	Lexington, KY on Jul 28 - Jul 31	
M75	40:41.83	10000m	Ed Whitlock	CAN	2007	Orono, ME on Aug 02 - Aug 05	
M75	44:05.10	10000m	Ed Benham	USA	1986	Uniondale, NY on Jul 18 - Jul 20	
M80	44:29.26	10000m	Ed Benham	USA	1988	Orlando, FL on Aug 04 - Aug 07	
M85	54:19.28	10000m	Alfred Funk	USA	2000	Eugene, OR on Aug 10 - Aug 13	
M90	1:22:36.0h	10000m	Paul Spangler	USA	1990	Indianapolis, IN on Aug 02 - Aug 05	
M95		10000m	None				