

## WA State Records - 10000m walk (track)

|        | M40                    |                | M45                   |                | M50                    |                 | M55                 |                |
|--------|------------------------|----------------|-----------------------|----------------|------------------------|-----------------|---------------------|----------------|
| Jan-80 | <b>Jim Smith</b>       | <b>55:08.0</b> | <b>Alex Cummings</b>  | <b>64:24.0</b> |                        |                 |                     |                |
| Jan-85 | <i>Jim Smith</i>       | 55:08.0        | <i>Alex Cummings</i>  | 64:24.0        |                        |                 |                     |                |
| Jan-90 | <b>Alan Whitely</b>    | <b>49:19.0</b> | <i>Alex Cummings</i>  | 64:24.0        | <b>Jeff Whittam</b>    | <b>67:31.0</b>  |                     |                |
| Jan-95 | <i>Alan Whitely</i>    | 49:19.0        | <i>Alex Cummings</i>  | 64:24.0        | <b>Barrie Thomsett</b> | <b>64:23.0</b>  | <b>Jeff Whittam</b> | <b>72:59.0</b> |
| Jan-00 | <i>Alan Whitely</i>    | 49:19.0        | <i>Alex Cummings</i>  | 64:24.0        | <i>Barrie Thomsett</i> | 64:23.0         | <i>Jeff Whittam</i> | 72:59.0        |
| Jan-05 | <i>Alan Whitely</i>    | 49:19.0        | <i>Alex Cummings</i>  | 64:24.0        | <i>Barrie Thomsett</i> | 64:23.0         | <i>Jeff Whittam</i> | 72:59.0        |
| Jan-10 | <i>Alan Whitely</i>    | 49:19.0        | <b>Gary Hastie</b>    | <b>53:48.3</b> | <i>Barrie Thomsett</i> | 64:23.0         | <i>Jeff Whittam</i> | 72:59.0        |
|        | M60                    |                | M65                   |                | M70                    |                 | M75                 |                |
| Jan-80 | <b>Dick Horsley</b>    | <b>54:24.6</b> | <b>Dick Horsley</b>   | <b>57:12.0</b> |                        |                 |                     |                |
| Jan-85 | <i>Dick Horsley</i>    | 54:24.6        | <i>Dick Horsley</i>   | 57:12.0        | <b>Dick Horsley</b>    | <b>59:04.0</b>  |                     |                |
| Jan-90 | <i>Dick Horsley</i>    | 54:24.6        | <i>Dick Horsley</i>   | 57:12.0        | <i>Dick Horsley</i>    | 59:04.0         | <b>Jack Collins</b> | <b>73:30.0</b> |
| Jan-95 | <i>Dick Horsley</i>    | 54:24.6        | <i>Dick Horsley</i>   | 57:12.0        | <i>Dick Horsley</i>    | 59:04.0         | <i>Jack Collins</i> | 73:30.0        |
| Jan-00 | <i>Dick Horsley</i>    | 54:24.6        | <i>Dick Horsley</i>   | 57:12.0        | <i>Dick Horsley</i>    | 59:04.0         | <i>Jack Collins</i> | 73:30.0        |
| Jan-05 | <i>Dick Horsley</i>    | 54:24.6        | <i>Dick Horsley</i>   | 57:12.0        | <i>Dick Horsley</i>    | 59:04.0         | <i>Jack Collins</i> | 73:30.0        |
| Jan-10 | <i>Dick Horsley</i>    | 54:24.6        | <i>Dick Horsley</i>   | 57:12.0        | <i>Dick Horsley</i>    | 59:04.0         | <i>Jack Collins</i> | 73:30.0        |
|        | W35                    |                | W40                   |                | W45                    |                 | W50                 |                |
| Jan-80 |                        |                |                       |                |                        |                 |                     |                |
| Jan-85 |                        |                |                       |                |                        |                 |                     |                |
| Jan-90 | <b>Joy Sanger</b>      | <b>60:35.0</b> |                       |                |                        |                 |                     |                |
| Jan-95 | <i>Joy Sanger</i>      | 60:35.0        | <b>Michelle Boyle</b> | <b>67:48.0</b> |                        |                 |                     |                |
| Jan-00 | <i>Joy Sanger</i>      | 60:35.0        | <i>Michelle Boyle</i> | 67:48.0        |                        |                 |                     |                |
| Jan-05 | <i>Joy Sanger</i>      | 60:35.0        | <i>Michelle Boyle</i> | 67:48.0        | <b>Lyn Ventris</b>     | <b>46:35.65</b> |                     |                |
| Jan-10 | <i>Joy Sanger</i>      | 60:35.0        | <i>Michelle Boyle</i> | 67:48.0        | <i>Lyn Ventris</i>     | 46:35.65        | <b>Lyn Ventris</b>  | <b>54:32.9</b> |
|        | W55                    |                | W60                   |                |                        |                 |                     |                |
| Jan-80 |                        |                |                       |                |                        |                 |                     |                |
| Jan-85 |                        |                |                       |                |                        |                 |                     |                |
| Jan-90 |                        |                |                       |                |                        |                 |                     |                |
| Jan-95 | <b>Dorothy Whittam</b> | <b>69:24.0</b> | <b>Lorna Lauchlan</b> | <b>69:53.0</b> |                        |                 |                     |                |
| Jan-00 | <i>Dorothy Whittam</i> | 69:24.0        | <i>Lorna Lauchlan</i> | 69:53.0        |                        |                 |                     |                |
| Jan-05 | <i>Dorothy Whittam</i> | 69:24.0        | <i>Lorna Lauchlan</i> | 69:53.0        |                        |                 |                     |                |
| Jan-10 | <i>Dorothy Whittam</i> | 69:24.0        | <i>Lorna Lauchlan</i> | 69:53.0        |                        |                 |                     |                |