

WA State Records - 3000m

M30		M35		M40		M45		M50	
Jan-80		Phil Wall	8:52.0	Tony O'Hare	9:09.0	Maurice Smith	9:27.6	Art Briffa	9:59.0
Jan-85		Phil Wall	8:52.0	Tony O'Hare	9:09.0	Maurice Smith	9:27.6	Art Briffa	9:59.0
Jan-90		Phil Wall	8:52.0	Tony O'Hare	9:09.0	Bert Carse	9:22.5	Don Caplin	9:39.0
Jan-95		Phil Wall	8:52.0	Tony O'Hare	9:09.0	Jim Langford	9:13.4	Jim Langford	9:21.7
Jan-00	Steve Stingemore	9:37.55	Phil Wall	8:52.0	Tony O'Hare	9:09.0	Jim Langford	9:13.4	Jim Langford
Jan-05	Steve Stingemore	9:37.55	Phil Wall	8:52.0	Jon Kappler	8:58.96	Jim Langford	9:13.4	Jim Langford
Jan-10	Steve Stingemore	9:37.55	Phil Wall	8:52.0	Jon Kappler	8:58.96	Jim Langford	9:13.4	Jim Langford
M55		M60		M65		M70		M75	
Jan-80	John Gilmour	9:20.0	John Gilmour	9:43.2	Dick Horsley	12:12.0	Reg Briggs	16:26.0	
Jan-85	John Gilmour	9:20.0	John Gilmour	9:41.2	John Gilmour	10:10.2	Dick Horsley	12:21.0	Reg Briggs
Jan-90	John Gilmour	9:20.0	John Gilmour	9:41.2	John Gilmour	10:10.2	Dick Horsley	12:21.0	Reg Briggs
Jan-95	John Gilmour	9:20.0	John Gilmour	9:41.2	John Gilmour	10:10.2	John Gilmour	11:25.6	Reg Briggs
Jan-00	John Gilmour	9:20.0	John Gilmour	9:41.2	John Gilmour	10:10.2	John Gilmour	11:25.6	Reg Briggs
Jan-05	John Gilmour	9:20.0	John Gilmour	9:41.2	John Gilmour	10:10.2	John Gilmour	11:25.6	Allen Tyson
Jan-10	John Gilmour	9:20.0	John Gilmour	9:41.2	John Gilmour	10:10.2	John Gilmour	11:25.6	David Carr
M80		M85							
Jan-10	I Barrett-Lennard	14:16.8	Peter Kennedy	28:17.5					
W30		W35		W40		W45		W50	
Jan-80	Jo Stone	13:33.0							
Jan-85	Jo Stone	13:33.0	Alicia Ansell	11:27.0	Alicia Ansell	11:43.0	Lorna Lauchlan	15:30.0	Lorna Lauchlan
Jan-90	Tessa Brockwell	9:42.6	Maxine Santich	11:11.0	Alicia Ansell	11:43.0	Joan Pellier	11:28.0	Margaret Robinson
Jan-95	Tessa Brockwell	9:42.6	Karen Gobby	10:12.0	Anne Shaw	10:41.4	Anne Shaw	11:22.0	Margaret Robinson
Jan-00	Tessa Brockwell	9:42.6	Karen Gobby	10:12.0	Jan Kelly	10:32.9	Anne Shaw	10:33.0	Anne Shaw
Jan-05	Tessa Brockwell	9:42.6	Karen Gobby	10:12.0	Jan Kelly	10:32.9	Anne Shaw	10:33.0	Anne Shaw
Jan-10	Tessa Brockwell	9:42.6	Karen Gobby	10:12.0	Jan Kelly	10:32.9	Anne Shaw	10:33.0	Anne Shaw
W55		W60		W65		W70		W75	
Jan-80									
Jan-85									
Jan-90	Lorna Lauchlan	13:54.0	Pat Carr	16:50.0					
Jan-95	Lorna Lauchlan	13:54.0	Margaret Robinson	13:10.9	Pat Carr	18:05.3	Glenice Shanahan	20:53.3	
Jan-00	Peggy Macliver	13:07.0	Margaret Robinson	13:10.9	Margaret Robinson	14:48.2	Glenice Shanahan	20:53.3	Glenice Shanahan
Jan-05	Anne Shaw	11:17.0	Margaret Robinson	13:10.9	Peggy Macliver	14:20.7	Glenice Shanahan	20:53.3	Glenice Shanahan
Jan-10	Anne Shaw	11:17.0	Margaret Robinson	13:10.9					Lil Heatly