

WA State Records - 3000m walk

	M30	M35	M40	M45	M50	M55
Jan-80		Tom Reynolds 21:30.0	Jim Smith 15:16.0	Jim Smith 15:44.0	George Cavill 15:31.0	George Cavill 15:49.4
Jan-85		Duncan Faux 14:06.6	Alan Whitely 13:36.0	Jim Smith 15:44.0	Don Stone 15:03.0	<i>George Cavill</i> 15:49.4
Jan-90		<i>Duncan Faux</i> 14:06.6	Alan Whitely 13:15.3	Jim Smith 15:44.0	<i>Don Stone</i> 15:03.0	<i>George Cavill</i> 15:49.4
Jan-95		<i>Duncan Faux</i> 14:06.6	<i>Alan Whitely</i> 13:15.3	John Mison 14:44.1	<i>Don Stone</i> 15:03.0	<i>George Cavill</i> 15:49.4
Jan-00	Gary Hastie 14:52.2	<i>Duncan Faux</i> 14:06.6	<i>Alan Whitely</i> 13:15.3	<i>John Mison</i> 14:44.1	<i>Don Stone</i> 15:03.0	Paul Martin 15:29.9
Jan-05	<i>Gary Hastie</i> 14:52.2	<i>Duncan Faux</i> 14:06.6	<i>Alan Whitely</i> 13:15.3	<i>John Mison</i> 14:44.1	<i>Don Stone</i> 15:03.0	<i>Paul Martin</i> 15:29.9
Jan-10	<i>Gary Hastie</i> 14:52.2	<i>Duncan Faux</i> 14:06.6	<i>Alan Whitely</i> 13:15.3	Garry Hastie 14:41.3	<i>Don Stone</i> 15:03.0	<i>Paul Martin</i> 15:29.9
	M60	M65	M70	M75	M80	M85
Jan-80	Dick Horsley 15:22.0	Dick Horsley 16:15.0				
Jan-85	<i>Dick Horsley</i> 15:22.0	<i>Dick Horsley</i> 16:15.0	Dick Horsley 16:52.0			
Jan-90	<i>Dick Horsley</i> 15:22.0	<i>Dick Horsley</i> 16:15.0	<i>Dick Horsley</i> 16:52.0	Dick Horsley 21:14.7	Johann Sanders 25:55.0	
Jan-95	<i>Dick Horsley</i> 15:22.0	<i>Dick Horsley</i> 16:15.0	<i>Dick Horsley</i> 16:52.0	<i>Dick Horsley</i> 21:14.7	<i>Johann Sanders</i> 25:55.0	
Jan-00	<i>Dick Horsley</i> 15:22.0	<i>Dick Horsley</i> 16:15.0	<i>Dick Horsley</i> 16:52.0	<i>Dick Horsley</i> 21:14.7	<i>Johann Sanders</i> 25:55.0	
Jan-05	<i>Dick Horsley</i> 15:22.0	<i>Dick Horsley</i> 16:15.0	<i>Dick Horsley</i> 16:52.0	Stan Jones 19:25.5	<i>Johann Sanders</i> 25:55.0	F Hansford-Miller 38:35.1
Jan-10	<i>Dick Horsley</i> 15:22.0	<i>Dick Horsley</i> 16:15.0	<i>Dick Horsley</i> 16:52.0	<i>Stan Jones</i> 19:25.5	Stan Jones 20:36.4	<i>F Hansford-Miller</i> 38:35.1
	W30	W35	W40	W45	W50	W55
Jan-80						
Jan-85		Jan Fletcher 18:18.0	Luella Jenkins 21:17.3	Shirley Cross 19:48.0	Lorna Lauchlan 19:25.7	Valerie Tyson 19:58.0
Jan-90	Cathrin Holland 18:32.8	Bronwyn Salter 16:26.3	Jo Stone 17:25.0	Margaret Stone 18:03.0	Shirley Cross 18:49.0	Lorna Lauchlan 18:14.0
Jan-95	<i>Cathrin Holland</i> 18:32.8	R-Marie Holloway 15:44.1	<i>Jo Stone</i> 17:25.0	Lesley Romeo 17:09.0	Luella Jenkins 18:33.1	<i>Lorna Lauchlan</i> 18:14.0
Jan-00	<i>Cathrin Holland</i> 18:32.8	<i>R-Marie Holloway</i> 15:44.1	Lyn Ventris 15:16.3	Barbara Atkinson 16:57.8	<i>Luella Jenkins</i> 18:33.1	<i>Lorna Lauchlan</i> 18:14.0
Jan-05	<i>Cathrin Holland</i> 18:32.8	<i>R-Marie Holloway</i> 15:44.1	Lyn Ventris 14:05.7	Lyn Ventris 13:57.43	<i>Luella Jenkins</i> 18:33.1	<i>Lorna Lauchlan</i> 18:14.0
Jan-10	<i>Cathrin Holland</i> 18:32.8	<i>R-Marie Holloway</i> 15:44.1	<i>Lyn Ventris</i> 14:05.7	<i>Lyn Ventris</i> 13:57.43	Lyn Ventris 13:54.3	<i>Lorna Lauchlan</i> 18:14.0
	W60	W65	W70	W75		
Jan-80						
Jan-85	Phyllis Head 21:00.5					
Jan-90	Valerie Tyson 19:04.0	Valerie Tyson 20:38.3				
Jan-95	<i>Valerie Tyson</i> 19:04.0	<i>Valerie Tyson</i> 20:38.3	Valerie Tyson 19:56.0			
Jan-00	<i>Valerie Tyson</i> 19:04.0	<i>Valerie Tyson</i> 20:38.3	<i>Valerie Tyson</i> 19:56.0	Glenice Shanahan 25:21.0		
Jan-05	Lynne Schickert 18:59.7	<i>Valerie Tyson</i> 20:38.3	<i>Valerie Tyson</i> 19:56.0	<i>Glenice Shanahan</i> 25:21.0		
Jan-10	Val Millard 18:49.3	<i>Valerie Tyson</i> 20:38.3	<i>Valerie Tyson</i> 19:56.0	Lorna Lauchlan 24:53.6		