

WA State Records - 5000m walk

	M30	M35	M40	M45	M50	M55
Jan-80			Jim Smith 26:37.0	Jim Smith 26:53.0	George Cavill 27:54.0	George Cavill
Jan-85		Duncan Faux 25:44.7	<i>Jim Smith</i> 26:37.0	George Audley 26:26.5	Don Stone 26:10.8	<i>George Cavill</i>
Jan-90		<i>Duncan Faux</i> 25:44.7	Alan Whitely 23:04.0	<i>George Audley</i> 26:26.5	<i>Don Stone</i> 26:10.8	<i>George Cavill</i>
Jan-95		<i>Duncan Faux</i> 25:44.7	<i>Alan Whitely</i> 23:04.0	Peter Hill 25:51.9	<i>Don Stone</i> 26:10.8	<i>George Cavill</i>
Jan-00	Gary Hastie 25:26.7	<i>Duncan Faux</i> 25:44.7	<i>Alan Whitely</i> 23:04.0	John Mison 24:49.4	<i>Don Stone</i> 26:10.8	<i>George Cavill</i>
Jan-05	<i>Gary Hastie</i> 25:26.7	<i>Duncan Faux</i> 25:44.7	<i>Alan Whitely</i> 23:04.0	<i>John Mison</i> 24:49.4	<i>Don Stone</i> 26:10.8	<i>George Cavill</i>
Jan-10	<i>Gary Hastie</i> 25:26.7	<i>Duncan Faux</i> 25:44.7	<i>Alan Whitely</i> 23:04.0	<i>John Mison</i> 24:49.4	<i>Don Stone</i> 26:10.8	<i>George Cavill</i>
	M60	M65	M70	M75	M80	M85
Jan-80	Dick Horsley 26:33.0	Dick Horsley 27:32.0				
Jan-85	<i>Dick Horsley</i> 26:33.0	<i>Dick Horsley</i> 27:32.0	Dick Horsley 29:35.5			
Jan-90	<i>Dick Horsley</i> 26:33.0	<i>Dick Horsley</i> 27:32.0	<i>Dick Horsley</i> 29:35.5	Jack Collins 35:52.8	Johann Sanders 44:58.0	Johann Sanders
Jan-95	<i>Dick Horsley</i> 26:33.0	<i>Dick Horsley</i> 27:32.0	<i>Dick Horsley</i> 29:35.5	<i>Jack Collins</i> 35:52.8	Dick Horsley 39:50.7	<i>Johann Sanders</i>
Jan-00	<i>Dick Horsley</i> 26:33.0	<i>Dick Horsley</i> 27:32.0	<i>Dick Horsley</i> 29:35.5	<i>Jack Collins</i> 35:52.8	<i>Dick Horsley</i> 39:50.7	<i>Johann Sanders</i>
Jan-05	<i>Dick Horsley</i> 26:33.0	<i>Dick Horsley</i> 27:32.0	<i>Dick Horsley</i> 29:35.5	Stan Jones 33:31.8	<i>Dick Horsley</i> 39:50.7	<i>Johann Sanders</i>
Jan-10	<i>Dick Horsley</i> 26:33.0	<i>Dick Horsley</i> 27:32.0	<i>Dick Horsley</i> 29:35.5	<i>Stan Jones</i> 33:31.8	Stan Jones 34:08.6	<i>Johann Sanders</i>
	W30	W35	W40	W45	W50	W55
Jan-80						
Jan-85						
Jan-90	Cathrin Holland 32:07.0	Bronwyn Salter 25:57.0	Marion Fawkes 27:06.8	Margaret Stone 30:46.0	Shirley Cross 34:07.0	Lorna Lauchlan
Jan-95	<i>Cathrin Holland</i> 32:07.0	<i>Bronwyn Salter</i> 25:57.0	<i>Marion Fawkes</i> 27:06.8	Lesley Romeo 29:25.8	Luella Jenkins 32:33.0	<i>Lorna Lauchlan</i>
Jan-00	<i>Cathrin Holland</i> 32:07.0	<i>Bronwyn Salter</i> 25:57.0	Lyn Ventris 25:36.26	Barbara Atkinson 28:53.13	Lesley Romeo 31:55.2	<i>Lorna Lauchlan</i>
Jan-05	<i>Cathrin Holland</i> 32:07.0	<i>Bronwyn Salter</i> 25:57.0	Lyn Ventris 23:24.5	Lyn Ventris 23:56.62	<i>Lesley Romeo</i> 31:55.2	<i>Lorna Lauchlan</i>
Jan-10	<i>Cathrin Holland</i> 32:07.0	<i>Bronwyn Salter</i> 25:57.0	<i>Lyn Ventris</i> 23:24.5	Lyn Ventris 23:42.5	Lyn Ventris 23:37.78	<i>Lorna Lauchlan</i>
	W60	W65	W70	W75	W80	
Jan-80						
Jan-85						
Jan-90	Valerie Tyson 36:04.0	Valerie Tyson 34:13.0				
Jan-95	Lorna Lauchlan 33:34.0	<i>Valerie Tyson</i> 34:13.0	Valerie Tyson 35:13.7			
Jan-00	<i>Lorna Lauchlan</i> 33:34.0	Lorna Lauchlan 34:03.7	<i>Valerie Tyson</i> 35:13.7	Phyllis Head 47:50.5	Florence Davies 44:58.0	
Jan-05	<i>Lorna Lauchlan</i> 33:34.0	<i>Lorna Lauchlan</i> 34:03.7	<i>Valerie Tyson</i> 35:13.7	Glenice Shanahan 42:14.9	<i>Florence Davies</i> 44:58.0	
Jan-10	Valerie Millard 31:55.19	<i>Lorna Lauchlan</i> 34:03.7	<i>Valerie Tyson</i> 35:13.7	Lorna Lauchlan 42:07.1	<i>Florence Davies</i> 44:58.0	



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48:31.0
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48:31.0



31:21.7
31:21.7
31:21.7
31:21.7
31:21.7

