

## WA State Records - 10000m

	M30		M35		M40		M45		M50	
Jan-80			Geoff Wall	33:24.0	George Innes	33:14.0	Maurice Smith	35:22.0	John Gilmour	33:05.0
Jan-85			Jim Langford	32:57.0	Frank Smith	32:36.0	Ted Maslen	34:03.0	John Gilmour	33:05.0
Jan-90			Jim Langford	32:57.0	Frank Smith	32:36.0	Frank Smith	32:41.68	John Gilmour	33:05.0
Jan-95			Jim Langford	32:57.0	Clive Hicks	32:32.3	Frank Smith	32:41.68	Jim Langford	32:58.0
Jan-00	Stephen Dunn	35:51.4	Jim Langford	32:57.0	Trevor Scott	31:49.32	Frank Smith	32:41.68	Jim Langford	32:58.0
Jan-05	Stephen Dunn	35:51.4	Jim Langford	32:57.0	Trevor Scott	31:49.32	Frank Smith	32:41.68	Jim Langford	32:58.0
Jan-10	Stephen Dunn	35:51.4	Paul Mitchell	31:16.5	Trevor Scott	31:49.32	Frank Smith	32:41.68	Jim Langford	32:58.0
	M55		M60		M65		M70		M75	
Jan-80	John Gilmour	33:40.0	John Gilmour	35:07.7			Jack Shepherd	54:07.0		
Jan-85	John Gilmour	33:40.0	John Gilmour	34:23.0	John Gilmour	36:11.0	Jack Shepherd	54:07.0		
Jan-90	John Gilmour	33:40.0	John Gilmour	34:23.0	John Gilmour	36:11.0	John Gilmour	38:27.0		
Jan-95	John Gilmour	33:40.0	John Gilmour	34:23.0	John Gilmour	36:11.0	John Gilmour	38:27.0	Frank Hansford-Miller	62:13.1
Jan-00	John Gilmour	33:40.0	John Gilmour	34:23.0	John Gilmour	36:11.0	John Gilmour	38:27.0	Frank Hansford-Miller	62:13.1
Jan-05	John Gilmour	33:40.0	John Gilmour	34:23.0	John Gilmour	36:11.0	John Gilmour	38:27.0	Cecil Walkley	54:13.0
Jan-10	John Gilmour	33:40.0	John Gilmour	34:23.0	John Gilmour	36:11.0	John Gilmour	38:27.0	David Carr	47:11.9
	M80		M85							
Jan-00										
Jan-05	John Gilmour	60:08.3								
Jan-10	Irwin Barrett-Lennard	51:34.24	Peter Kennedy	2:00:58.1						
	W30		W35		W40		W45		W50	
Jan-80	Jo Stone	46:47.7	Bev Wall	50:17.0						
Jan-85	Jill Chambers	40:26.2	Alicia Ansell	40:06.0	Margaret Robinson	45:51.0	Joan Pellier	45:01.0	Lorna Lauchlan	45:58.3
Jan-90	Tessa Brockwell	36:14.9	Maxine Santich	39:00.45	Alicia Ansell	42:24.0	Joan Pellier	42:11.0	Margaret Robinson	43:10.0
Jan-95	Tessa Brockwell	36:14.9	Karen Gobby	37:00.0	Anne Shaw	39:36.6	Joan Pellier	42:11.0	Margaret Robinson	43:10.0
Jan-00	Sue Malaxos	32:46.9	Karen Gobby	37:00.0	Karen Gobby	37:30.8	Anne Shaw	38:00.6	Anne Shaw	39:22.00
Jan-05	Sue Malaxos	32:46.9	Karen Gobby	37:00.0	Karen Gobby	37:30.8	Anne Shaw	38:00.6	Anne Shaw	37:31.9
Jan-10	Sue Malaxos	32:46.9	Karen Gobby	37:00.0	Karen Gobby	37:30.8	Anne Shaw	38:00.6	Anne Shaw	37:31.9
	W55		W60		W65					
Jan-80										
Jan-85	June Strachan	61:45.5	Phyllis Head	57:56.1	Phyllis Head	100:22.5				
Jan-90	Lorna Lauchlan	50:01.0	Phyllis Head	57:56.1	Phyllis Head	100:22.5				
Jan-95	Jill Bowers	47:46.4	Phyllis Head	57:56.1	Phyllis Head	100:22.5				
Jan-00	Maureen Stewart	44:54.3	Margaret Robinson	51:33.5	Phyllis Head	100:22.5				
Jan-05	Maureen Stewart	44:54.3	Margaret Robinson	51:33.5	Margaret Robinson	51:58.4				
Jan-10	Maureen Stewart	44:54.3	Gillian Young	46:03.1	Margaret Robinson	51:58.4				