

## 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		<i>Phil Wall</i>	<i>8:52.0</i>	<i>Tony O'Hare</i>	<i>9:09.0</i>	<i>Maurice Smith</i>	<i>9:27.6</i>	<i>Art Briffa</i>	<i>9:59.0</i>
Jan-90		<i>Phil Wall</i>	<i>8:52.0</i>	<i>Tony O'Hare</i>	<i>9:09.0</i>	Bert Carse	9:22.5	Don Caplin	9:39.0
Jan-95		<i>Phil Wall</i>	<i>8:52.0</i>	<i>Tony O'Hare</i>	<i>9:09.0</i>	Jim Langford	9:13.4	Jim Langford	9:21.7
Jan-00	Steve Stingemore	9:37.55	<i>Phil Wall</i>	<i>8:52.0</i>	<i>Tony O'Hare</i>	<i>9:09.0</i>	<i>Jim Langford</i>	<i>9:13.4</i>	<i>Jim Langford</i>
Jan-05	<i>Steve Stingemore</i>	<i>9:37.55</i>	<i>Phil Wall</i>	<i>8:52.0</i>	Jon Kappler	8:58.96	<i>Jim Langford</i>	<i>9:13.4</i>	<i>Jim Langford</i>
Jan-10	<i>Steve Stingemore</i>	<i>9:37.55</i>	<i>Phil Wall</i>	<i>8:52.0</i>	<i>Jon Kappler</i>	<i>8:58.96</i>	<i>Jim Langford</i>	<i>9:13.4</i>	<i>Jim Langford</i>
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	<i>John Gilmour</i>	<i>9:20.0</i>	John Gilmour	9:41.2	John Gilmour	10:10.2	Dick Horsley	12:21.0	Reg Briggs 18:11.0
Jan-90	<i>John Gilmour</i>	<i>9:20.0</i>	<i>John Gilmour</i>	<i>9:41.2</i>	<i>John Gilmour</i>	<i>10:10.2</i>	<i>Dick Horsley</i>	<i>12:21.0</i>	<i>Reg Briggs</i> 18:11.0
Jan-95	<i>John Gilmour</i>	<i>9:20.0</i>	<i>John Gilmour</i>	<i>9:41.2</i>	<i>John Gilmour</i>	<i>10:10.2</i>	John Gilmour	11:25.6	<i>Reg Briggs</i> 18:11.0
Jan-00	<i>John Gilmour</i>	<i>9:20.0</i>	<i>John Gilmour</i>	<i>9:41.2</i>	<i>John Gilmour</i>	<i>10:10.2</i>	<i>John Gilmour</i>	<i>11:25.6</i>	<i>Reg Briggs</i> 18:11.0
Jan-05	<i>John Gilmour</i>	<i>9:20.0</i>	<i>John Gilmour</i>	<i>9:41.2</i>	<i>John Gilmour</i>	<i>10:10.2</i>	<i>John Gilmour</i>	<i>11:25.6</i>	Allen Tyson 18:01.8
Jan-10	<i>John Gilmour</i>	<i>9:20.0</i>	<i>John Gilmour</i>	<i>9:41.2</i>	<i>John Gilmour</i>	<i>10:10.2</i>	<i>John Gilmour</i>	<i>11:25.6</i>	David Carr 12:18.3
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	<i>Jo Stone</i>	<i>13:33.0</i>	Alicia Ansell	11:27.0	Alicia Ansell	11:43.0	Lorna Lauchlan	15:30.0	Lorna Lauchlan 13:08.0
Jan-90	Tessa Brockwell	9:42.6	Maxine Santich	11:11.0	<i>Alicia Ansell</i>	<i>11:43.0</i>	Joan Pellier	11:28.0	Margaret Robinson 11:52.9
Jan-95	<i>Tessa Brockwell</i>	<i>9:42.6</i>	Karen Gobby	10:12.0	Anne Shaw	10:41.4	Anne Shaw	11:22.0	<i>Margaret Robinson</i> 11:52.9
Jan-00	<i>Tessa Brockwell</i>	<i>9:42.6</i>	<i>Karen Gobby</i>	<i>10:12.0</i>	Jan Kelly	10:32.9	Anne Shaw	10:33.0	Anne Shaw 10:44.4
Jan-05	<i>Tessa Brockwell</i>	<i>9:42.6</i>	<i>Karen Gobby</i>	<i>10:12.0</i>	<i>Jan Kelly</i>	<i>10:32.9</i>	<i>Anne Shaw</i>	<i>10:33.0</i>	<i>Anne Shaw</i> 10:44.4
Jan-10	<i>Tessa Brockwell</i>	<i>9:42.6</i>	<i>Karen Gobby</i>	<i>10:12.0</i>	<i>Jan Kelly</i>	<i>10:32.9</i>	<i>Anne Shaw</i>	<i>10:33.0</i>	<i>Anne Shaw</i> 10:44.4
W55		W60		W65		W70		W75	
Jan-80									
Jan-85									
Jan-90	Lorna Lauchlan	13:54.0							
Jan-95	<i>Lorna Lauchlan</i>	<i>13:54.0</i>	Pat Carr	16:50.0					
Jan-00	Peggy Macliver	13:07.0	Margaret Robinson	13:10.9	Pat Carr	18:05.3	Glenice Shanahan	20:53.3	
Jan-05	Anne Shaw	11:17.0	<i>Margaret Robinson</i>	<i>13:10.9</i>	Margaret Robinson	14:48.2	<i>Glenice Shanahan</i>	<i>20:53.3</i>	Glenice Shanahan 23:46.0
Jan-10	<i>Anne Shaw</i>	<i>11:17.0</i>	<i>Margaret Robinson</i>	<i>13:10.9</i>	Peggy Macliver	14:20.7	<i>Glenice Shanahan</i>	<i>20:53.3</i>	Lil Heatly 23:44.8