

## 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	George Cavill	15:49.4
Jan-90			<i>Duncan Faux</i>	<i>14:06.6</i>	Alan Whitely	13:15.3	Jim Smith	15:44.0	<i>Don Stone</i>	<i>15:03.0</i>	George Cavill	15:49.4
Jan-95			<i>Duncan Faux</i>	<i>14:06.6</i>	Alan Whitely	13:15.3	John Mison	14:44.1	<i>Don Stone</i>	<i>15:03.0</i>	George Cavill	15:49.4
Jan-00	Gary Hastie	14:52.2	<i>Duncan Faux</i>	<i>14:06.6</i>	Alan Whitely	13:15.3	<i>John Mison</i>	<i>14:44.1</i>	<i>Don Stone</i>	<i>15:03.0</i>	Paul Martin	15:29.9
Jan-05	<i>Gary Hastie</i>	<i>14:52.2</i>	<i>Duncan Faux</i>	<i>14:06.6</i>	Alan Whitely	13:15.3	<i>John Mison</i>	<i>14:44.1</i>	<i>Don Stone</i>	<i>15:03.0</i>	Paul Martin	15:29.9
Jan-10	<i>Gary Hastie</i>	<i>14:52.2</i>	<i>Duncan Faux</i>	<i>14:06.6</i>	Alan Whitely	13:15.3	Garry Hastie	14:41.3	<i>Don Stone</i>	<i>15:03.0</i>	Paul Martin	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>	<i>15:22.0</i>	<i>Dick Horsley</i>	<i>16:15.0</i>	Dick Horsley	16:52.0						
Jan-90	<i>Dick Horsley</i>	<i>15:22.0</i>	<i>Dick Horsley</i>	<i>16:15.0</i>	<i>Dick Horsley</i>	<i>16:52.0</i>	Dick Horsley	21:14.7	Johann Sanders	25:55.0		
Jan-95	<i>Dick Horsley</i>	<i>15:22.0</i>	<i>Dick Horsley</i>	<i>16:15.0</i>	<i>Dick Horsley</i>	<i>16:52.0</i>	<i>Dick Horsley</i>	<i>21:14.7</i>	<i>Johann Sanders</i>	<i>25:55.0</i>		
Jan-00	<i>Dick Horsley</i>	<i>15:22.0</i>	<i>Dick Horsley</i>	<i>16:15.0</i>	<i>Dick Horsley</i>	<i>16:52.0</i>	<i>Dick Horsley</i>	<i>21:14.7</i>	<i>Johann Sanders</i>	<i>25:55.0</i>		
Jan-05	<i>Dick Horsley</i>	<i>15:22.0</i>	<i>Dick Horsley</i>	<i>16:15.0</i>	<i>Dick Horsley</i>	<i>16:52.0</i>	Stan Jones	19:25.5	<i>Johann Sanders</i>	<i>25:55.0</i>	F Hansford-Miller	38:35.1
Jan-10	<i>Dick Horsley</i>	<i>15:22.0</i>	<i>Dick Horsley</i>	<i>16:15.0</i>	<i>Dick Horsley</i>	<i>16:52.0</i>	<i>Stan Jones</i>	<i>19:25.5</i>	Stan Jones	20:36.4	<i>F Hansford-Miller</i>	<i>38:35.1</i>
	W30		W35		W40		W45		W50		W55	
Jan-80			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-85			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-90	Cathrin Holland	18:32.8	<i>R-Marie Holloway</i>	<i>15:44.1</i>	<i>Jo Stone</i>	<i>17:25.0</i>	Lesley Romeo	17:09.0	Luella Jenkins	18:33.1	<i>Lorna Lauchlan</i>	<i>18:14.0</i>
Jan-95	<i>Cathrin Holland</i>	<i>18:32.8</i>	<i>R-Marie Holloway</i>	<i>15:44.1</i>	Lyn Ventris	15:16.3	Barbara Atkinson	16:57.8	<i>Luella Jenkins</i>	<i>18:33.1</i>	<i>Lorna Lauchlan</i>	<i>18:14.0</i>
Jan-00	<i>Cathrin Holland</i>	<i>18:32.8</i>	<i>R-Marie Holloway</i>	<i>15:44.1</i>	Lyn Ventris	14:05.7	Lyn Ventris	13:57.43	<i>Luella Jenkins</i>	<i>18:33.1</i>	<i>Lorna Lauchlan</i>	<i>18:14.0</i>
Jan-05	<i>Cathrin Holland</i>	<i>18:32.8</i>	<i>R-Marie Holloway</i>	<i>15:44.1</i>	Lyn Ventris	14:05.7	Lyn Ventris	13:57.43	Lyn Ventris	13:54.3	<i>Lorna Lauchlan</i>	<i>18:14.0</i>
Jan-10	<i>Cathrin Holland</i>	<i>18:32.8</i>	<i>R-Marie Holloway</i>	<i>15:44.1</i>	<i>Lyn Ventris</i>	<i>14:05.7</i>	<i>Lyn Ventris</i>	<i>13:57.43</i>	<i>Lyn Ventris</i>	<i>13:54.3</i>	<i>Lorna Lauchlan</i>	<i>18:14.0</i>
	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>	<i>19:04.0</i>	<i>Valerie Tyson</i>	<i>20:38.3</i>	Valerie Tyson	19:56.0						
Jan-00	<i>Valerie Tyson</i>	<i>19:04.0</i>	<i>Valerie Tyson</i>	<i>20:38.3</i>	<i>Valerie Tyson</i>	<i>19:56.0</i>	Glenice Shanahan	25:21.0				
Jan-05	Lynne Schickert	18:59.7	<i>Valerie Tyson</i>	<i>20:38.3</i>	<i>Valerie Tyson</i>	<i>19:56.0</i>	<i>Glenice Shanahan</i>	<i>25:21.0</i>				
Jan-10	Val Millard	18:49.3	<i>Valerie Tyson</i>	<i>20:38.3</i>	<i>Valerie Tyson</i>	<i>19:56.0</i>	Lorna Lauchlan	24:53.6				