

WA State Records - 5000m

	M30		M35		M40		M45		M50	
Jan-80			Phil Wall	15:30.0	George Innes	15:52.0	Maurice Smith	16:42.0	John Gilmour	16:05.8
Jan-85			Phil Wall	15:14.0	Frank Smith	15:49.0	George Innes	16:22.7	John Gilmour	16:05.8
Jan-90			Phil Wall	15:14.0	Frank Smith	15:49.0	Hank Stoffers	16:07.7	John Gilmour	16:05.8
Jan-95			Phil Wall	15:14.0	Frank Smith	15:49.0	Jim Langford	15:51.4	John Gilmour	16:05.8
Jan-00	Stephen Dunn	17:03.9	Phil Wall	15:14.0	Frank Smith	15:49.0	Jim Langford	15:51.4	Jim Langford	16:02.7
Jan-05	Paul Mitchell	15:37.9	Phil Wall	15:14.0	Jon Kappler	15:39.0	Jim Langford	15:51.4	Jim Langford	16:02.7
Jan-10	Paul Mitchell	15:32.8	Phil Wall	15:14.0	Jon Kappler	15:39.0	Jim Langford	15:51.4	Jim Langford	16:02.7
	M55		M60		M65		M70		M75	
Jan-80	John Gilmour	16:09.7	John Gilmour	16:43.0	Dick Horsley	20:46.4	Reg Briggs	26:53.1		
Jan-85	John Gilmour	16:09.7	John Gilmour	16:33.3	Dick Horsley	20:46.4	Dick Horsley	21:54.0		
Jan-90	John Gilmour	16:09.7	John Gilmour	16:33.3	John Gilmour	17:25.3	John Gilmour	18:46.62		
Jan-95	John Gilmour	16:09.7	John Gilmour	16:33.3	John Gilmour	17:25.3	John Gilmour	18:46.62	Frank Hansford-Miller	30:11.4
Jan-00	John Gilmour	16:09.7	John Gilmour	16:33.3	John Gilmour	17:25.3	John Gilmour	18:46.62	John Gilmour	22:59.5
Jan-05	John Gilmour	16:09.7	John Gilmour	16:33.3	John Gilmour	17:25.3	John Gilmour	18:46.62	John Gilmour	22:59.5
Jan-10	John Gilmour	16:09.7	John Gilmour	16:33.3	John Gilmour	17:25.3	John Gilmour	18:46.62	David Carr	21:45.4
	M80		M85							
Jan-00	Frank Hansford-Miller	49:41.2								
Jan-05	John Gilmour	25:00.81								
Jan-10	Irwin Barrett-Lennard	23:57.6	Peter Kennedy	48:17.5						
	W30		W35		W40		W45		W50	
Jan-80										
Jan-85	Jill Chambers	18:51.0	Alicia Ansell	19:25.0	Margaret Robinson	20:39.0	Joan Pellier	20:29.0	Lorna Lauchlan	22:13.0
Jan-90	Tessa Brockwell	17:04.0	Jill Chambers	18:39.7	Anne Shaw	19:56.1	Maureen Stewart	20:17.2	Margaret Robinson	20:08.1
Jan-95	Tessa Brockwell	17:04.0	Karen Gobby	17:07.7	Jill Chambers	18:40.7	Anne Shaw	19:28.0	Margaret Robinson	20:08.1
Jan-00	Tessa Brockwell	17:04.0	Karen Gobby	17:07.7	Karen Gobby	17:52.2	Anne Shaw	18:20.8	Anne Shaw	18:18.4
Jan-05	Tessa Brockwell	17:04.0	Karen Gobby	17:07.7	Karen Gobby	17:52.2	Anne Shaw	18:20.8	Anne Shaw	18:18.4
Jan-10	Tessa Brockwell	17:04.0	Karen Gobby	17:07.7	Karen Gobby	17:52.2	Anne Shaw	18:20.8	Anne Shaw	18:18.4
	W55		W60		W65		W70		W75	
Jan-80										
Jan-85	Valerie Tyson	28:00.0	Phyllis Head	27:21.0						
Jan-90	Lorna Lauchlan	23:47.7	June Strachan	26:38.0	Phyllis Head	27:22.9				
Jan-95	Jill Bowers	22:47.8	June Strachan	26:38.0	Phyllis Head	27:22.9				
Jan-00	Maureen Stewart	21:50.6	Margaret Robinson	24:50.8	Phyllis Head	27:22.9	Glenice Shanahan	33:47.0		
Jan-05	Anne Shaw	19:23.9	Margery Forden	23:47.9	Margaret Robinson	24:50.7	Glenice Shanahan	33:47.0		
Jan-10	Anne Shaw	19:23.9	Gillian Young	21:41.0	Peggy Macliver	24:14.9	Glenice Shanahan	33:47.0	Lil Heatly	45:09.3