

WA State Records - Decathlon and Heptathlon

Note: results are 2010 tables unless annotated * (old tables), ^ (2002 tables)

	M30	M35	M70
Jan-80			
Jan-85			
Jan-90			
Jan-95		Keith Martin 5521	
Jan-00		<i>Keith Martin</i> 5521	
Jan-05	Matthew Staunton 4749	<i>Keith Martin</i> 5521	
Jan-10	Matthew Staunton 5142	<i>Keith Martin</i> 5521	Don Chambers 5295
		W35	
Jan-90		Eileen Hindle *4383	
Jan-95		<i>Eileen Hindle</i> *4383	
Jan-00		<i>Eileen Hindle</i> *4383	
Jan-05		<i>Eileen Hindle</i> *4383	
Jan-10		<i>Eileen Hindle</i> *4383	