

**WA State Records - mile**

|        | M30                   |        | M35                      |        | M40                   |        | M45                     |         | M50                     |         | M55                      |         |
|--------|-----------------------|--------|--------------------------|--------|-----------------------|--------|-------------------------|---------|-------------------------|---------|--------------------------|---------|
| Jan-80 |                       |        | Don Caplin               | 4:39.0 |                       |        |                         |         |                         |         | John Gilmour             | 4:40.0  |
| Jan-85 |                       |        | <i>Don Caplin</i>        | 4:39.0 | Don Caplin            | 4:40.0 | Don Caplin              | 4:47.0  | Don Stone               | 5:43.8  | <i>John Gilmour</i>      | 4:40.0  |
| Jan-90 |                       |        | <i>Don Caplin</i>        | 4:39.0 | <i>Don Caplin</i>     | 4:40.0 | Bert Carse              | 4:43.0  | Don Caplin              | 4:49.5  | <i>John Gilmour</i>      | 4:40.0  |
| Jan-95 |                       |        | Tony Heppener            | 4:32.8 | <i>Don Caplin</i>     | 4:40.0 | <i>Bert Carse</i>       | 4:43.0  | <i>Don Caplin</i>       | 4:49.5  | <i>John Gilmour</i>      | 4:40.0  |
| Jan-00 | Michael Watson        | 5:08.4 | G Vander Sanden          | 4:28.0 | <i>Don Caplin</i>     | 4:40.0 | <i>Bert Carse</i>       | 4:43.0  | <i>Don Caplin</i>       | 4:49.5  | <i>John Gilmour</i>      | 4:40.0  |
| Jan-05 | <i>Michael Watson</i> | 5:08.4 | <i>G Vander Sanden</i>   | 4:28.0 | <i>Don Caplin</i>     | 4:40.0 | <i>Bert Carse</i>       | 4:43.0  | <i>Don Caplin</i>       | 4:49.5  | <i>John Gilmour</i>      | 4:40.0  |
| Jan-10 | <i>Michael Watson</i> | 5:08.4 | <i>G Vander Sanden</i>   | 4:28.0 | <i>Don Caplin</i>     | 4:40.0 | <i>Bert Carse</i>       | 4:43.0  | <i>Don Caplin</i>       | 4:49.5  | <i>John Gilmour</i>      | 4:40.0  |
|        | M60                   |        | M65                      |        | M70                   |        | M75                     |         | M80                     |         | M85                      |         |
| Jan-80 |                       |        |                          |        |                       |        |                         |         |                         |         |                          |         |
| Jan-85 | John Gilmour          | 4:57.1 | John Gilmour             | 5:20.6 | Dick Horsley          | 6:11.7 |                         |         |                         |         |                          |         |
| Jan-90 | <i>John Gilmour</i>   | 4:57.1 | <i>John Gilmour</i>      | 5:20.6 | <i>Dick Horsley</i>   | 6:11.7 |                         |         |                         |         |                          |         |
| Jan-95 | <i>John Gilmour</i>   | 4:57.1 | <i>John Gilmour</i>      | 5:20.6 | <i>Dick Horsley</i>   | 6:11.7 |                         |         |                         |         |                          |         |
| Jan-00 | <i>John Gilmour</i>   | 4:57.1 | <i>John Gilmour</i>      | 5:20.6 | <i>Dick Horsley</i>   | 6:11.7 |                         |         |                         |         |                          |         |
| Jan-05 | <i>John Gilmour</i>   | 4:57.1 | <i>John Gilmour</i>      | 5:20.6 | David Carr            | 5:45.7 |                         |         |                         |         |                          |         |
| Jan-10 | <i>John Gilmour</i>   | 4:57.1 | <i>John Gilmour</i>      | 5:20.6 | <i>David Carr</i>     | 5:45.7 | David Carr              | 6:04.2  | I Barrett-Lennard       | 7:44.3  | Peter Kennedy            | 14:35.9 |
|        | W30                   |        | W35                      |        | W40                   |        | W45                     |         | W45                     |         | W50                      |         |
| Jan-80 |                       |        |                          |        |                       |        |                         |         |                         |         |                          |         |
| Jan-85 |                       |        |                          |        |                       |        | Alicia Ansell           | 6:00.0  |                         |         | Lorna Lauchlan           | 6:35.0  |
| Jan-90 |                       |        | Tessa Brockwell          | 5:04.0 | Jill Chambers         | 5:23.0 | <i>Alicia Ansell</i>    | 6:00.0  | Peggy Macliver          | 5:50.0  | Margaret Robinson        | 6:03.0  |
| Jan-95 |                       |        | <i>Tessa Brockwell</i>   | 5:04.0 | <i>Jill Chambers</i>  | 5:23.0 | Anne Shaw               | 5:35.0  | Peggy Macliver          | 5:44.0  | <i>Margaret Robinson</i> | 6:03.0  |
| Jan-00 |                       |        | <i>Tessa Brockwell</i>   | 5:04.0 | <i>Jill Chambers</i>  | 5:23.0 | <i>Anne Shaw</i>        | 5:35.0  | Anne Shaw               | 5:18.6  | <i>Margaret Robinson</i> | 6:03.0  |
| Jan-05 |                       |        | <i>Tessa Brockwell</i>   | 5:04.0 | <i>Jill Chambers</i>  | 5:23.0 | <i>Anne Shaw</i>        | 5:35.0  | <i>Anne Shaw</i>        | 5:18.6  | <i>Margaret Robinson</i> | 6:03.0  |
| Jan-10 |                       |        | <i>Tessa Brockwell</i>   | 5:04.0 | <i>Jill Chambers</i>  | 5:23.0 | <i>Anne Shaw</i>        | 5:35.0  | <i>Anne Shaw</i>        | 5:18.6  | <i>Margaret Robinson</i> | 6:03.0  |
|        | W55                   |        | W60                      |        | W65                   |        | W70                     |         | W75                     |         | W80                      |         |
| Jan-80 |                       |        |                          |        |                       |        |                         |         |                         |         |                          |         |
| Jan-85 |                       |        | Valerie Tyson            | 9:10.0 |                       |        |                         |         |                         |         |                          |         |
| Jan-90 | Pat Carr              | 6:59.0 | <i>Valerie Tyson</i>     | 9:10.0 |                       |        |                         |         |                         |         |                          |         |
| Jan-95 | <i>Pat Carr</i>       | 6:59.0 | <i>Valerie Tyson</i>     | 9:10.0 |                       |        |                         |         |                         |         |                          |         |
| Jan-00 | Peggy Macliver        | 6:20.0 | Margaret Robinson        | 7:52.7 | Pat Carr              | 8:53.2 | Glenice Shanahan        | 10:00.3 | Glenice Shanahan        | 11:28.5 | Bonnie Smith             | 17:57.0 |
| Jan-05 | <i>Peggy Macliver</i> | 6:20.0 | <i>Margaret Robinson</i> | 7:30.0 | <i>Peggy Macliver</i> | 7:30.0 | <i>Glenice Shanahan</i> | 10:00.3 | <i>Glenice Shanahan</i> | 11:28.5 | <i>Bonnie Smith</i>      | 17:57.0 |
| Jan-10 | Barbara Blurton       | 6:09.4 | Gillian Young            | 6:39.8 | <i>Peggy Macliver</i> | 7:30.0 | <i>Glenice Shanahan</i> | 10:00.3 | <i>Glenice Shanahan</i> | 11:28.5 | <i>Bonnie Smith</i>      | 17:57.0 |