

WA State Records - 10000m

	M30	M35	M40	M45	M50
Jan-80		Geoff Wall 33:24.0	George Innes 33:14.0	Maurice Smith 35:22.0	John Gilmour 33:05.0
Jan-85		Jim Langford 32:57.0	Frank Smith 32:36.0	Ted Maslen 34:03.0	<i>John Gilmour</i> 33:05.0
Jan-90		<i>Jim Langford</i> 32:57.0	<i>Frank Smith</i> 32:36.0	Frank Smith 32:41.68	<i>John Gilmour</i> 33:05.0
Jan-95		<i>Jim Langford</i> 32:57.0	Clive Hicks 32:32.3	<i>Frank Smith</i> 32:41.68	Jim Langford 32:58.0
Jan-00	Stephen Dunn 35:51.4	<i>Jim Langford</i> 32:57.0	Trevor Scott 31:49.32	<i>Frank Smith</i> 32:41.68	<i>Jim Langford</i> 32:58.0
Jan-05	<i>Stephen Dunn</i> 35:51.4	<i>Jim Langford</i> 32:57.0	<i>Trevor Scott</i> 31:49.32	<i>Frank Smith</i> 32:41.68	<i>Jim Langford</i> 32:58.0
Jan-10	<i>Stephen Dunn</i> 35:51.4	Paul Mitchell 31:16.5	<i>Trevor Scott</i> 31:49.32	<i>Frank Smith</i> 32:41.68	<i>Jim Langford</i> 32:58.0
	M55	M60	M65	M70	M75
Jan-80	John Gilmour 33:40.0	John Gilmour 35:07.7		Jack Shepherd 54:07.0	
Jan-85	<i>John Gilmour</i> 33:40.0	John Gilmour 34:23.0	John Gilmour 36:11.0	<i>Jack Shepherd</i> 54:07.0	
Jan-90	<i>John Gilmour</i> 33:40.0	<i>John Gilmour</i> 34:23.0	<i>John Gilmour</i> 36:11.0	John Gilmour 38:27.0	
Jan-95	<i>John Gilmour</i> 33:40.0	<i>John Gilmour</i> 34:23.0	<i>John Gilmour</i> 36:11.0	<i>John Gilmour</i> 38:27.0	Frank Hansford-Miller 62:13.1
Jan-00	<i>John Gilmour</i> 33:40.0	<i>John Gilmour</i> 34:23.0	<i>John Gilmour</i> 36:11.0	<i>John Gilmour</i> 38:27.0	<i>Frank Hansford-Miller</i> 62:13.1
Jan-05	<i>John Gilmour</i> 33:40.0	<i>John Gilmour</i> 34:23.0	<i>John Gilmour</i> 36:11.0	<i>John Gilmour</i> 38:27.0	Cecil Walkley 54:13.0
Jan-10	<i>John Gilmour</i> 33:40.0	<i>John Gilmour</i> 34:23.0	<i>John Gilmour</i> 36:11.0	<i>John Gilmour</i> 38:27.0	David Carr 47:11.9
	M80	M85			
Jan-00					
Jan-05	John Gilmour 60:08.3				
Jan-10	Irwin Barrett-Lennard 51:34.24	Peter Kennedy 2:00:58.1			
	W30	W35	W40	W45	W50
Jan-80	Jo Stone 46:47.7	Bev Wall 50:17.0			
Jan-85	Jill Chambers 40:26.2	Alicia Ansell 40:06.0	Margaret Robinson 45:51.0	Joan Pellier 45:01.0	Lorna Lauchlan 45:58.3
Jan-90	Tessa Brockwell 36:14.9	Maxine Santich 39:00.45	Alicia Ansell 42:24.0	Joan Pellier 42:11.0	Margaret Robinson 43:10.0
Jan-95	<i>Tessa Brockwell</i> 36:14.9	Karen Gobby 37:00.0	Anne Shaw 39:36.6	<i>Joan Pellier</i> 42:11.0	<i>Margaret Robinson</i> 43:10.0
Jan-00	Sue Malaxos 32:46.9	<i>Karen Gobby</i> 37:00.0	Karen Gobby 37:30.8	Anne Shaw 38:00.6	Anne Shaw 39:22.00
Jan-05	<i>Sue Malaxos</i> 32:46.9	<i>Karen Gobby</i> 37:00.0	<i>Karen Gobby</i> 37:30.8	<i>Anne Shaw</i> 38:00.6	Anne Shaw 37:31.9
Jan-10	<i>Sue Malaxos</i> 32:46.9	<i>Karen Gobby</i> 37:00.0	<i>Karen Gobby</i> 37:30.8	<i>Anne Shaw</i> 38:00.6	<i>Anne Shaw</i> 37:31.9
	W55	W60	W65		
Jan-80					
Jan-85	June Strachan 61:45.5	Phyllis Head 57:56.1	Phyllis Head 100:22.5		
Jan-90	Lorna Lauchlan 50:01.0	<i>Phyllis Head</i> 57:56.1	<i>Phyllis Head</i> 100:22.5		
Jan-95	Jill Bowers 47:46.4	<i>Phyllis Head</i> 57:56.1	<i>Phyllis Head</i> 100:22.5		
Jan-00	Maureen Stewart 44:54.3	Margaret Robinson 51:33.5	<i>Phyllis Head</i> 100:22.5		
Jan-05	<i>Maureen Stewart</i> 44:54.3	<i>Margaret Robinson</i> 51:33.5	Margaret Robinson 51:58.4		
Jan-10	<i>Maureen Stewart</i> 44:54.3	Gillian Young 46:03.1	<i>Margaret Robinson</i> 51:58.4		