

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	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	Margaret Robinson 7:30.0	Peggy Macliver 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