

SOUTH WEST VETS AC TRACK & FIELD CHAMPIONSHIP RECORDS

Last updated 22 July 2011

WALKS

3000m Walk

M40	13:57.8	Stuart Maidment	1990
M45	15:03.9	David Hurst	1992
M50	14:39.3	Edmund Shillabeer	1993
M55	14:41.6	Edmund Shillabeer	1996
M60	15:27.5	John Short	1994
M65	16:34.6	John Short	2001
M70	17:42.9	Ronald Hillier	1990
	17.42.999	Ed Shillabeer	2011
W40	18:18.1	Gale Cann	1987
W45	18:11.1	Deanna Butler	1991
W50	20:08.4	Jill York	1996
W55	19:17.1	Jill York	2001
W70	21:43.8	Anne Von Bismarck	1998

5000m Walk

M40	24:13.2	Stuart Maidment	1990
M45	26:03.3	David Hurst	1992
M50	23:58.6	Edmund Shillabeer	1990
M55	24:45.3	Edmund Shillabeer	1996
M60	26:15.7	John Short	1994
M65	28:16.1	John Short	2001
M70	30:33.4	Ronald Hillier	1990
W40	32:48.5	Deanna Butler	1990
W45	33:53.4	Jill York	1993
W50	34:31.1	Jill York	1996
W55	30:50.1	Jill York	2001
W65	35:44.4	Pat Denby	2006
W70	36:03.6	Anne Von Bismarck	1998

Note: 2 decimal places indicated electronic as opposed to hand timing