

NZMA Women's Track & Field National and Championship Records (Updated 18 August 2019)

This document contains the following information in **THREE** sections:

- NZMA Championship Event Records:** A list of all NZMA National / Track & Field Championship records for the events that are regularly held at the NZMA Track & Field Championships. A separate document contains a list of all individual event performances & points scored for the **NZMA Throws Pentathlon & Track Pentathlon** events can also be viewed on the NZMA website (see **Appendix B**). This has been included so that new points totals can be re-calculated if age factors change in the future.
- Non NZMA Championship Events:** A list of all other stadia and non-stadia NZMA National / Championship records on file, including records archived due to age factor or implement changes.
- NZMA Indoor Records.**

Note: A Microsoft Word version of these records is available on request for Centres hosting the NZMA Championships, so the records can be included in the Championship booklet.

60m		NZMA National Record		NZMA Championship Record	
W30	R Coster	7.56	23/03/2019	F Centers	8.00 02/03/2019
W35	J Jones	8.31	03/03/2018	J Jones	8.31 03/03/2018
W40	V Story	8.43	27/02/2016	V Story	8.43 27/02/2016
W45	C Brunner	8.21	15/03/2017	S Rothkopf	8.71 2012
W50	E Wilson	8.46	8/11/2014	E Wilson	8.47 27/02/2016
W55	E Wilson	8.54	22/01/2018	E Wilson	8.95 02/03/2019
W60	V Gould	9.40	16/03/2013	S Gower	9.58 2012
W65	S Gower	9.66	06/10/2015	S Gower	9.68 2013
W70	S Gower	9.75	02/03/2019	S Gower	9.75 02/03/2019
W75	C Waring	10.38	02/03/2019	C Waring	10.38 02/03/2019
W80	M Peters	11.01	23/03/2014	J Hammond	12.06 03/03/2018
W85	M Petley	14.00	28/02/2015	M Petley	14.00 2015
100m					
		NZMA National Record		NZMA Championship Record	
W30	R Coster	11.83	21/03/2019	W Brown	12.2h 1980
				B Peterson	12.2h 1992
W35	B Peterson	12.15	1993	W Brown	12.5h 1987
W40	W Brown	12.50	1990	W Brown	13.05 1991
				J Parker	12.9h 1977
W45	C Mills	12.71	1979	C Mills	13.03 1979
W50	E Wilson	13.19	8/11/2014	E Wilson	13.41 27/02/2016
W55	E Wilson	13.49	22/01/2018	E Wilson	13.91 02/03/2019
W60	S Peterson	13.9h	1989	M Peters	14.49 1994
W65	S Peterson	14.62	1994	M Peters	15.12 2000
W70	M Peters	15.16	2004	M Peters	15.82 2004
W75	M Peters	16.03	2009	M Peters	16.7 2009
W80	M Peters	18.28	23/03/2014	S Peterson	20.44 2010
W85	M Petley	22.43	01/03/2014	M Petley	22.43 2014
200m					
		NZMA National Record		NZMA Championship Record	
W30	F Morrison	24.62	02/02/2019	W Brown	24.7h 1980
	F Centers	24.62	02/02/2019		
W35	B Peterson	24.89	1993	W Brown	25.72 1987
W40	W Brown	26.00	1990	W Brown	25.7h 1991
	W Brown	25.7h	1991		
W45	C Mills	26.58	1979	C Mills	26.58 1979
W50	E Wilson	26.83	01/11/2016	E Wilson	27.44 28/02/2016

W55	E Wilson	27.74	09/09/2018	E Wilson	28.84	03/03/2019	
W60	S Peterson	30.00	1989	M Peters	30.1	1994	
W65	M Peters	31.00	1999	S Peterson	31.38	1994	
W70	M Peters	31.45	2004	M Peters	32.22	2004	
W75	M Peters	34.55	2009	M Peters	35.53	2009	
W80	J Hammond	43.48	20/01/2018	S Peterson	44.7	2010	
W85	M Petley	52.21	10/08/2015	M Petley	54.58	2015	
400m				NZMA National Record		NZMA Championship Record	
W30	M Stephen	56.45	2001	M Stephen	59.28	2002	
				C Sole	59.1h	1978	
W35	M Stephen	56.98	2002	C Turner	58.3h	1984	
W40	C Mills	58.9h	1975	C Turner	60.1h	1992	
W45	C Mills	59.68	1981	A Hathaway	63.0h	1993	
W50	G Kirkman	60.83	2002	G Kirkman	60.83	2002	
W55	E Wilson	63.98	14/09/2018	E Wilson	66.50	01/03/2019	
W60	G Kirkman	67.93	16/10/2013	G Kirkman	68.93	2013	
W65	G Kirkman	71.83	25/01/2018	L Laban	77.40	03/03/2017	
W70	S Gower	77.76	14/09/2018	S Gower	80.51	01/03/2019	
W75	M Peters	87.2	2009	C Waring	88.54	01/03/2019	
W80	M Petley	91.1	2009	M Petley	2:00.21	2010	
W85	C van der Veeken	137.54	26/10/2016	C van der Veeken	2:49.00	02/03/2018	
800m				NZMA National Record		NZMA Championship Record	
W30	G Talbot	2:18.72	1985	G Talbot	2:23.1	1985	
W35	J Merrifield	2:09.7	1991	E Smeaton	2:18.7	1992	
W40	E Smeaton	2:15.87	1993	A Hare	2:20.34	2006	
W45	S Gibbs	2:19.72	2010	S Gibbs	2:22.48	2011	
W50	G Kirkman	2:20.01	2002	G Kirkman	2:20.01	2002	
W55	M Orman	2:32.6	1997	J McDonald	2:36.39	2011	
W60	G Kirkman	2:42.71	16/10/2013	L Reed	2:56.90	2010	
W65	G Kirkman	2:46.39	04/02/2017	L Reed	3:05.30	28/02/2016	
W70	M Rough	3:19.71	2010	M Rough	3:32.18	2014	
W75	M Rough	3:31.16	05/12/2015	M Rough	3:32.01	28/02/2016	
W80	M Petley	4:37.69	2009				
W85	C van der Veeken	5:46.06	26/10/2016				
1500m				NZMA National Record		NZMA Championship Record	
W30	C Alderton	4:46.7	1992	M Benjamin	4:52.3	1980	
W35	T Faulkner	4:26.93	19/12/2017	P Davey	4:44.9	1983	
W40	A Hare	4:35.74	2006	A Hare	4:46.54	2006	
W45	H Mathews	4:36.58	1992	S Gibbs	4:42.89	2011	
W50	S Gibbs	4:45.94	28/02/2015	S Gibbs	4:45.94	2015	
W55	S Gibbs	4:54.96	16/09/2018	J McDonald	5:16.82	2011	
W60	C Adamson	5:37.61	14/10/2018	L Reed	5:44.66	2010	
W65	L Reed	6:02.81	01/12/2012	L Reed	6:03.09	2013	
W70	M Rough	6:30.41	2010	M Rough	6:48.40	2014	
W75	M Rough	7:01.64	21/11/2015	M Rough	7:06.32	27/02/2016	
W80	C van der Veeken	9:43.45	2012	C van der Veeken	9:43.45	2012	
W85	E Mercier	11:07.40	2008				

3000m		NZMA National Record		NZMA Championship Record		
W30	G O'Rourke	9:38.74	2000	M Benjamin	10:59.3	1980
W35	M O'Connor	9:22.09	1993	B Shingles	10:10.6	1976
W40	M O'Connor	9:42.45	1996	R Haymes	10:35.8	1979
W45	H Mathews	9:47.47	1992	J Miles	11:42.3	1980
W50	S Gibbs	9:54.83	1/01/2015	S Gibbs	10:19.02	02/03/2018
W55	S Gibbs	10:28.55	03/11/2018	C Fraser-Kitchen	13:37.16	02/03/2018
W60	B Portenski	11:13.64	2010	C Adamson	12:09.97	02/03/2018
W65	B Patrick	13:29.37	30/11/2012	M Flanagan	13:39.52	01/03/2019
W70	L Reed	13:41.60	10/11/2017	J Stewart	14:26.98	01/03/2019
W75	M Rough	14:47.97	7/11/2015	J Roots	20:00.00	01/03/2019
W80						
W85	E Mercier	24:19.9	2008			
5000m		NZMA National Record		NZMA Championship Record		
W30	G O'Rourke	16:31.72	2000	C Alderton	18 10.45	1993
W35	M O'Connor	16:03.12	1993	V Humphries	17:41.15	2002
W40	P Peskett	16:29.89	21/12/2018	N Carroll	16:48.28	2010
W45	S Gibbs	16:44.53	2012	S Gibbs	16:46.97	2012
W50	S Gibbs	17:24.54	01/03/2015	S Gibbs	17:24.54	2015
W55	S Gibbs	17:45.52	12/09/2018	L Reed	19:37.53	2004
W60	B Portenski	18:51.13	2010	C Adamson	20:40.54	03/03/2017
W65	L Reed	21:56.10	01/12/2012	J Stewart	22:55.24	2015
W70	J Stewart	23:54.27	03/03/2019	J Stewart	23:54.27	03/03/2019
W75	M Rough	25:30.17	13/02/2016	A Forbes	31:55.70	1986
W80						
W85	E Mercier	39:50.80	2008			
3000m Track Walk		NZMA National Record		NZMA Championship Record		
W30	C Tuka	15:31.6	1992	S Jerrett	18:19.8	1992
W35	G Gorst	13:35.12	2002	G Gorst	13:48.24	2003
W40	D Barrett	14:36.47	2000	D Barrett	14:49.02	2000
W45	N Amyes	14:48.06	2001	C Smith	15:21.22	2015
W50	C Smith	15:14.78	17/03/2017	C Smith	15:49.59	02/03/2018
W55	S Hoskin	16:58.23	2007	L Foster	17:34.5	1996
W60	S Hoskin	17:44.17	01/03/2013	S Hoskin	17:44.17	2013
W65	J Wilson	18:35.89	15/02/2015	J Wilson	19:01.72	2015
W70	J Wilson	18:27.80	26/01/2018	J Wilson	18:57.04	02/03/2018
W75	D Jones	20:33.59	25/11/2016	A Forbes	21:23.57	1986
5000m Track Walk		NZMA National Record		NZMA Championship Record		
W30	A Barber	22:46.72	21/12/2018			
W35	G Gorst	23:04.72	2003			
W40	J Jackson	24:50.85	1987			
W45	N Amyes	26:40.36	2001			
W50	C Smith	27:05.31	27/11/2016	C Smith	27:18.83	04/03/2018
W55	S Hoskin	29:52.70	209			
W60	S Hoskin	30:59 h	2012	T Large	34:05.66	04/03/2018
W65	S Hoskin	31:38:35	27/10/2016			

W70	J Wilson	31:43:15	27/10/2016	J Wilson	32:09.63	04/03/2018
W75	D Jones	35:30.14	03/03/2019	D Jones	35:30.14	03/03/2019
2000m Steeplechase				NZMA National Record		NZMA Championship Record
W30	S Taylor	7:40.5h	1993	L Reynolds	8:34.09	2000
W35	S Taylor	7:19.88	1993	S Taylor	7:19.88	1993
W40	K Gillum-Green	7:37.90	2001	K Gillum-Green	7:39.42	2001
W45	M Orman	7:38.08	1991	M Orman	7:52.8h	1991
W50	M Orman	7:43.99	1993	M Orman	7:43.99	1993
W55	M Orman	7:58.43	1997	M Orman	8:13.4h	1997
W60	L Reed	8:45.43	2008	L Reed	8:58.09	2010
W65	L Reed	9:20.23	01/12/2012	L Reed	9:37.70	27/02/2016
W70	L Reed	9:43.19	11/11/2017	D Cumming	11:25.81	2007
W75	D Cumming	12:03.04	2009	D Cumming	12:12.84	2010
W80	C van der Veeken	14:47.28	03/03/2012	C van der Veeken	14:47.28	2012
W85	C van der Veeken	18:30.80	26/10/2016			
Short Hurdles				NZMA National Record		NZMA Championship Record
W30	100mH: F Morrison	13.64	23/03/2019	C Sole	15.58	1980
W35	100mH: P Hunt	15.40	1984	P Hunt	15.40	1984
W40	80mH: A McIntosh	12.74	1981	P Hunt	13.2h	1992
W45	80mH: P Hunt	13.50	1993	P Hunt	13.50	1993
W50	80mH: L Martin	13.55	03/03/2018	L Martin	13.55	03/03/2018
W55	80mH: G Kirkman	14.19	2007	G Kirkman	15.28	2007
W60	80mH: G Kirkman	15.50	15/12/2012	G Kirkman	15.56	2013
W65	80mH: G Kirkman	15.71	20/01/2018	S Peterson	18.44	1997
W70	80mH: S Peterson	17.72	2000	S Peterson	19.35	2003
Long Hurdles				NZMA National Record		NZMA Championship Record
W30	400mH: R Coster	62.02	09/02/2019	M Stephen	66.98	2002
W35	400mH: K Green	66.73	1996	K Green	66.73	1996
W40	400mH: C Turner	65.03	1987	K Gillum-Green	70.60	2001
W45	400mH: G Kirkman	68.59	2001	G Kirkman	72.39	2001
W50	300mH: G Kirkman	48.17	2002	G Kirkman	48.17	2002
W55	300mH: G Kirkman	50.75	2007	G Kirkman	54.57	2007
W60	300mH: G Kirkman	55.05	05/10/2015	G Kirkman	56.86	2013
W65	300mH: G Kirkman	56.94	26/01/2018	J Hammond	71.04	2004
Long Jump				NZMA National Record		NZMA Championship Record
W30	R Coster	5.74	23/03/2019	C Sole	5.10	1979
				H Dinnissen	5.10	02/03/2019
W35	S Mene	5.63	1987	A Williams	5.31	1984
W40	L Osmer	5.14	2002	J Parker	5.05	1976
W45	C Brunner	5.21	23/04/2017	A Hunter	4.70	1997
W50	A Hunter	4.80	1998	G Kirkman	4.64	2002
W55	S Peterson	4.60	1985	S Peterson	4.44	1985
W60	S Peterson	4.32	1989	S Peterson	4.22	1990
W65	S Peterson	4.17	1995	S Peterson	3.76	1994
W70	S Peterson	3.48	2000	S Peterson	3.27	2003
W75	S Peterson	3.20	2003	S Peterson	2.79	2007

W80	J Hammond	2.73	22/01/2018	J Hammond	2.67	03/03/2018	
W85	C van der Veeken	1.87	22/01/2018	C van der Veeken	1.66	03/03/2018	
High Jump				NZMA National Record		NZMA Championship Record	
W30	A McKee	1.89	2006	H Dinnissen	1.55	02/03/2019	
W35	L Osmer	1.57	2000	C Wills	1.55	2009	
W40	L Osmer	1.57	2002	L Osmer	1.51	2002	
W45	L Trow	1.55	25/11/2017	C Wills	1.45	02/03/2019	
W50	L Osmer	1.41	2011	G Kirkman	1.40	2002	
W55	L Osmer	1.33	04/03/2017	L Osmer	1.33	04/03/2017	
W60	G Kirkman	1.30	16/10/2013	G Kirkman	1.27	2013	
W65	G Kirkman	1.25	24/02/2018	N Bowmar	1.18	04/03/2017	
W70	M Crooke	1.08	28/04/2017	L Anderson	1.08	04/03/2017	
	L Anderson	1.08	04/03/2017				
	J Hammond	1.08	2008				
W75	J Hammond	1.06	2012 & 2013	J Hammond	1.04	2013	
W80	J Hammond	0.99	18/02/2018	J Hammond	0.94	03/03/2018	
Triple Jump				NZMA National Record		NZMA Championship Record	
W30	H Dinnissen	11.38	02/03/2019	H Dinnissen	11.38	02/03/2019	
W35	T Genge	10.67	1993	W Brown	9.91	1989	
W40	L Osmer	10.55	2002	L Osmer	10.09	2002	
W45	A Hunter	10.15	1998	A Hunter	10.00	1997	
W50	A Hunter	9.27	1998	A Hunter	8.98	2001	
W55	A Hunter	9.00	2003	L Anderson	8.55	2002	
W60	S Peterson	8.73	1991	S Peterson	8.46	1992	
W65	S Peterson	9.03	1993	S Peterson	8.52	1994	
W70	S Peterson	7.87	1999	S Peterson	7.01	2003	
W75	S Peterson	6.95	2003	S Peterson	6.42	2005	
W80	S Peterson	5.52	2010	S Peterson	5.48	2010	
W85	A Sole	4.66	2001	C van der Veeken	4.21	03/03/2018	
Pole Vault				NZMA National Record		NZMA Championship Record	
W35	C Kelly	3.90	1998	C Kelly	3.40	2000	
W40	S Bowe	2.55	08/12/2018	S Bowe	2.50	03/03/2018	
W45	D Murphy	2.90	2005	D Murphy	2.90	2005	
W50	A Goulter	2.31	14/10/2017	J Andersen	2.00	2002	
				D Smith	2.00	03/03/2018	
W55	A Goulter	2.40	08/12/2018	A Goulter	2.30	03/03/2018	
W60	A Boxall	1.60	24/02/2019				
W65	A Deleiros	1.70	12/11/2017	S Peterson	1.35	1995	
Hammer Throw				NZMA National Record		NZMA Championship Record	
W30	4.00kg: H Kaur	55.80	2010	H Kaur	55.80	2010	
W35	4.00kg: D McCaw	49.97	06/08/2015	C McCahill	45.43	2002	
W40	4.00kg: C McCahill	42.73	2006	C McCahill	42.73	2006	
W45	4.00kg: C McCahill	42.38	2011	C McCahill	40.95	2010	
W50	3.00kg: R Bates	42.90	15/10/2016	R Bates	42.09	27/02/2016	
W55	3.00kg: B Savage	41.89	2001	B Savage	41.89	2001	
W60	3.00kg: B Savage	34.81	2008	M Stanley	30.76	1994	

W65	3.00kg: B Savage	34.86	2012	B Savage	33.18	2012	
W70	3.00kg: B Savage	29.27	21/02/2016	B Austin	25.93	2015	
W75	2.00kg: G Watts	30.63	20/11/2015	G Watts	27.31	27/02/2016	
W80	2.00kg: C Bruncker	24.49	23/11/2012	C Bruncker	23.34	2012	
W85	2.00kg: C van der Veeken	17.29	26/10/2016	M Petley	16.80	2015	
W90	2.00kg: P Purser	12.83	18/01/2014	P Purser	12.28	2014	
Shot Put				NZMA National Record		NZMA Championship Record	
W30	4.00kg: V Adams	19.31	19/07/2018	R Bates	12.82	1997	
W35	4.00kg: C McCahill	13.90	2001	C McCahill	13.34	2002	
W40	4.00kg: V Young	13.31	1981	C McCahill	12.33	2009	
W45	4.00kg: C McCahill	11.82	2011	C McCahill	10.73	2010	
W50	4.00kg: V Young	14.85	1987	V Young	14.61	1988	
W55	4.00kg: L Osmer	10.57	07/11/2015	L Osmer	10.01	27/02/2016	
W60	3.00kg: M Stanley	9.85	1994	M Stanley	9.62	1994	
W65	3.00kg: B Savage	8.78	22/11/2013	J Evans	8.44	04/03/2017	
W70	3.00kg: B Austin	8.39	28/02/2015	B Austin	8.39	2015	
W75	2.00kg: G Watts	8.27	06/10/2015	G Watts	7.77	04/03/2017	
W80	2.00kg: W Pepene	6.30	2011	W Pepene	6.30	2011	
W85	2.00kg: C van der Veeken	5.21	03/03/2018	C van der Veeken	5.21	03/03/2018	
W90	2.00kg: P Purser	3.80	18/01/2014	P Purser	3.79	2014	
Discus				NZMA National Record		NZMA Championship Record	
W30	1.00kg: R Bates	44.16	1995	R Bates	41.64	1997	
W35	1.00kg: V Hill	44.14	1996	V Hill	43.44	1996	
W40	1.00kg: V Young	43.48	1981	V Hill	36.77	2001	
W45	1.00kg: M Ramshaw	35.56	1975	M Ramshaw	35.56	1975	
W50	1.00kg: V Young	43.82	1988	V Young	39.40	1988	
W55	1.00kg: M Stanley	30.76	1989	B Savage	29.45	2001	
W60	1.00kg: M Stanley	29.64	1994	M Stanley	28.86	1994	
W65	1.00kg: B Savage	24.58	24/11/2012	B Savage	21.38	2015	
W70	1.00kg: H May	20.30	1993	G Watts	18.76	2012	
W75	750gm: J Whitaker	20.36	28/01/2017	J Whitaker	18.83	03/03/2018	
W80	750gm: C Bruncker	14.95	03/03/2012	C Bruncker	14.95	2012	
W85	750gm: P Purser	11.28	2009	P Purser	10.52	2010	
W90	750gm: D Howells	9.36	2008	P Purser	8.86	2013	
Javelin				NZMA National Record		NZMA Championship Record	
W30	600gm: J Maxwell	40.18	1990	J Maxwell	40.18	1990	
W35	600gm: S Mene	39.78	1987	S Mene	36.50	1987	
W40	600gm: L Osmer	37.67	2002	J Cooper	33.54	1997	
W45	600gm: M Brearley-Tipene	33.35	02/03/2018	M Brearley-Tipene	33.35	02/03/2018	
W50	500gm: L Osmer	33.36	2010	L Osmer	30.58	2014	
W55	500gm: L Osmer	29.80	26/02/2016	L Osmer	29.80	26/02/2016	
W60	400gm: W Pepene	27.36	1993	W Pepene	25.30	1993	
W60	500gm: S Stein-Abel	23.63	19/03/2017	L Hamilton	19.15	2015	
W65	500gm: J Evans	19.39	03/03/2017	J Evans	19.39	03/03/2017	
W70	500gm: B Austin	17.73	27/11/2015	B Austin	17.51	2015	
W75	400gm: W Pepene	19.67	2006	W Pepene	19.67	2006	
W80	400gm: W Pepene	16.45	2011	W Pepene	15.19	2011	

W85	400gm: P Purser	9.04	2007	A Williams	8.81	2012
W90	400gm: P Purser	7.77	24/11/2012	P Purser	7.16	2013
Weight Throw				NZMA National Record		NZMA Championship Record
W30	9.08kg: R Bates	12.89	1998	R Bates	12.37	1997
W35	9.08kg: C McCahill	16.67	2002	C McCahill	16.67	2002
W40	9.08kg: C McCahill	15.19	2006	C McCahill	14.82	2006
W45	9.08kg: C McCahill	14.40	2010 & 2011	C McCahill	14.40	2010 & 2011
W50	7.26kg: T Hodges	13.57	22/01/2018	T Ryan	12.39	03/03/2017
W55	7.26kg: A Goulter	12.27	04/11/2018	B Savage	11.82	2001
W60	5.45kg: B Savage	13.34	2008	M Stanley	12.21	1994
W65	5.45kg: B Savage	12.38	2011	B Savage	11.91	2015
W70	5.45kg: B Savage	11.46	21/02/2016	B Austin	11.02	02/03/2018
W75	4.00kg: G Watts	11.71	06/10/2015	J Whitaker	10.89	02/03/2018
W80	4.00kg: C Brunner	9.86	04/03/2012	C Brunner	9.86	2012
W85	4.00kg: M Petley	7.33	28/02/2015	M Petley	7.33	2015
W90	4.00kg: P Purser	4.60	02/03/2013	P Purser	4.60	2013
Throws Pentathlon (post May 2010 for all, except W60-W70 javelin *500gm post January 2014)				NZMA Championship Record		
W30	A McNab	2638pts	19/09/2016	A McNab	2488 pts	05/03/2017
W35	D McCaw	3183pts	06/08/2015	E Scanlan	1529 pts	04/03/2018
W40	K Blackwood	2838pts	28/02/2016	K Blackwood	2838pts	28/02/2016
W45	C McCahill	3706 pts	05/04/2010	C McCahill	3706 pts	05/04/2010
W50	R Bates	4021pts	26/10/2016	R Bates	3458 pts	28/02/2016
W55	A Goulter	3417pts	10/12/2017	A Goulter	2987 pts	04/03/2018
W60	S Stein-Abel	3142 pts	19/03/2017	C Giles	2302 pts	03/03/2019
W65*	B Savage	3449 pts	01/03/2015	B Savage	3449 pts	01/03/2015
W70*	B Austin	3681 pts	01/03/2015	B Austin	3681 pts	01/03/2015
W75	C Brunner	3842 pts	07/03/2011	C Brunner	3842 pts	07/03/2011
W80	C Brunner	3381 pts	05/03/2012	C Brunner	3381 pts	05/03/2012
W85	C van der Veeke	2711 pts	25/01/2018	P Purser	2232 pts	05/03/2012
W90	P Purser	2812 pts	**Oct 2013	P Purser	2609 pts	03/03/2014
**Oceania Throws Pentathlon Challenge				yet to be confirmed if correct age factors used for points total		
Track Pentathlon (post May 2010 for all, except W60-W70 javelin *500gms post January 2014)				NZMA Championship Record		
W30						
W35	K Mason	1602 pts	04/03/2018	K Mason	1602 pts	04/03/2018
W40	K Richmond	1990 pts	04/03/2018	K Richmond	1990 pts	04/03/2018
W45	C Wills	2799 pts	25/01/2018	C Wills	2779 pts	03/03/2019
W50	L Osmer	2876 pts	03/03/2014	L Osmer	2876 pts	03/03/2014
W55	C Giles	2939 pts	11/02/2012	C Giles	2878 pts	04/03/2013
W60*	C Giles	2940 pts	28/01/2017	T Ashe	2700 pts	01/03/2015
W65*	N Bowmar	2630 pts	05/03/2017	N Bowmar	2630 pts	05/03/2017
W70	L Anderson	2764 pts	25/01/2018	M Crooke	2396 pts	03/03/2019
W75	J Hammond	3069 pts	25/11/2012	J Hammond	2624 pts	01/03/2015
W80	J Hammond	3104 pts	26/11/2017	C Van der Veeke	2609 pts	05/03/2012
W85	C van der Veeke	2740 pts	25/01/2018	C van der Veeke	2580 pts	04/03/2018
W90						yet to be confirmed if correct age factors used for points total

Heptathlon Records / Individual Event Performances: (post May 2010 for all, except W60-W70 javelin 500gms, i.e. post January 2014)

		Hur	HJ	SP	200m	LJ	JT	800m	Total
W30									
	Points:								
W35									
	Points:								
W40	A Beamish-White (Auckland, 28/04/2017)	16.06	1.25	6.82	29.41	4.02	17.97	2:58.26	
	Points:	389	481	372	672	418	300	463	3095
W45	C Wills (Christchurch, 17/02/2019)	15.11	1.38	9.05	30.91	3.98	27.35	3:11.92	
	Points:	654	736	582	649	474	555	412	4062
W50									
	Points:								
W55	J Hayman (Auckland, 28/04/2017)	17.71	1.14	7.30	30.13	3.65	18.81	4:05.97	
	Points:	510	588	529	896	530	424	174	3651
W60	G Kirkman (*400gm javelin) (Porto Alegre, 12/10/2013)	15.50	1.30	7.40	31.17	3.86	*12.61	2:42.70	
	Points:	791	966	602	920	715	278	999	5271
W65	G Kirkman (Dunedin, 21/01/2018)	15.71	1.24	7.45	31.59	3.37	11.36	2:51.08	
	Points:	957	1003	685	997	626	300	1030	5598
W70	M Croke (Malaga, 05/09/2018)	19.86	1.05	5.70	38.59	3.03	11.71	4:22.71	
	Points:	707	795	567	689	595	374	390	4117
W75	J Hammond (Rarotonga, 6/10/2015)	DNF	0.99	6.10	42.07	2.60	11.65	4:52.5	
	Points:	0	842	606	668	522	411	393	3442
W80	J Hammond (Dunedin, 21/01/2018)	DNF	0.97	5.77	43.48	2.53	11.42	5:07.55	
	Points:	0	991	658	844	691	495	567	4246

80m Hurdles (8 metre gap)		NZMA National Record		NZMA Championship Record	
W35	L Cate	15.2h	1989	R Henry	16.48 1986
W50	C Mills	14.45	1985	P Scholes	16.6h 1990
W55	Y Simeon	16.22	1998	C Brunker	16.89 1989
W60	C Blair	17.1h	1993	L Anderson	17.89 2009
W65	A Sole	18.62	1993		
W70	S Peterson	17.46	1998		

100m Hurdles		NZMA National Record		NZMA Championship Record	
W40	D Murphy	18.52	2001		
W45	G Kirkman	19.15	2001		
W50	A Wood	21.2h	1976		
W55	B Vine	21.9h	1983		
W60	C Blair	22.3h	1993		

International Track Pentathlon (Hurdles, High Jump, Shot, Long Jump, 800m)			
W35	M Allison	3179 pts	1981
W40	C Turner	3704 pts	1987
W45	C Brunker	2922 pts	1981
W50	C Mills	3298 pts	1987
W55	C Brunker	3282 pts	1987
W60	H May	2498 pts	1983
W65	A Sole	3084 pts	1983
W70	A Sole	2344 pts	1987

W75						
1 Mile						
			NZMA National Record			
W35	T Faulkner	4:53.41	06/01/2018			
W40	P Peskett	5:01.99	08/12/2018			
W50	M Stewart	5:40.26	20/12/2014			
W60	I Foley	6:43.2	1994			
10,000m						
			NZMA National Record		NZMA Championship Record	
W30	G O'Rourke	34:28.31	2000	S Rees	37:54.1	1985
W35	M O'Connor	33:58.54	1994	L Sharp	35:27.15	2004
W40	P Peskett	34:30.57	16/02/2019	B Portenski	35:36.08	1994
W45	S Gibbs	34:45.21	2012	S Gibbs	34:57.59	2012
W50	S Gibbs	35:38.51	02/03/2014	S Gibbs	35:38.51	2014
W55	B Portenskii	37:22.37	2006	B Patrick	42:36.01	2003
W60	B Portenski	39:04.23	2010	C Adamson	43:16.27	05/03/2017
W65	B Patrick	46:36.27	15/12/2012	J Stewart	48:12.72	2015
W70	M Rough	49:57.34	2010	E Mercier	53:16.6	1995
W75	M Rough	53:08.11	19/12/2015	A Forbes	67:24.35	1986
W80						
10km Road Race						
			NZMA National Record			
W30	S Gardner	36:45	14/04/2019			
W35	L-A Sharp	36:06	2004			
W40	P Peskett	35:19	02/09/2018			
W45	S Gibbs	35:39	2011			
W50	S Gibbs	35:19	31/08/2013			
W55	S Gibbs	37:00	10/09/2018			
W60	B Portenski	39:22	2010			
W65	J Stewart	47:57	22/04/2017			
W70	J Stewart	49:23	10/09/2018			
Half Marathon						
W30	M Grant	1:25:52	26/05/2019			
W35	L Cross	1:17:17	30/06/2019			
W40	P Peskett	1:17:13	18/11/2017			
W45	S Gibbs	1:17.03	02/06/2013			
W50	S Gibbs	1:18:58	31/05/2015			
W55	J Wilson	1:30.37	03/11/2013			
W60	B Portenski	1:24.06	2010			
W65	D Rogers	1:47.33	2004			
W70	B Patrick	1:54:55	09/09/2018			
W75	C Van der Veecken	2:26.11	2008			
Marathon						
			NZMA National Record			
W30	G O'Rourke	2:35:47	1999			
W35	M O'Connor	2:34.31	1991			
W40	B Portenski	2:34:39	1992			
W45	S Gibbs	2:41:15	2012			
W50	S Gibbs	2:42:59	07/07/2013			
W55	S Gibbs	2:53:20	01/07/2018			
W60	B Portenski	3:01:30	2010			
W65	I Foley	3:52:33	2001			
W70	T Lund	4:48:20	13/05/2015			
W75	C Vanderveeken	5:41:12	2007			

10,000m Track Walk		NZMA National Record	
W30	A Barber	45:48.69	10/03/2019
W35	W Healey	56:16.92	2011
W40	N Sunderland	56:34.65	2011
W45	C Smith	53:15.5	29/11/2015
W50	C Smith	57:37.72	10/03/2019
	C Smith	55:53h	17/03/2018
W55	N Aymes	57:30.72	2011
W60	S Hoskin	1:01:46	2012
W65	J Wilson	1:05:33	21/03/2015
W70	J Wilson	1:05:08	03/12/2016
W75	D Jones	1:15:44	03/12/2016

10km Road Walk		NZMA National Record		NZMA Championship Record	
W30	C Matthews	46:53	1990	R Gilbred	56:18.8 2008
W35	G Gorst	47:01	2003	G Gorst	47:29 2003
W40	J Jackson	49:58.03	1989	D Barrett	53:04 2000
W45	J Jackson	52:57	1992	N Aymes	54:54 2002
W50	L Foster	57:16	1991	B Lambert	57:50 2001
W55	S Hoskin	61:02	2007	W Pepene	62:54.5 1986
W60	S Hoskin	61:21	03/03/2013	S Hoskin	61:21 2013
W65	J Wilson	64:11	22/08/2015	J Wilson	66:46 2015
W65	S Hoskin	64:11	03/10/2016		
W70	J Wilson	1:02:52	24/03/2017	J Wilson	65:40 28/02/2016
W75	D Jones	73:30	31/10/2016	D Torbit	75:36 2004

20km Road Walk		NZMA National Record		NZMA Championship Record	
W30	A Barber	1:31:32	05/05/2018		
W35	G Gorst	1:35:59	2003	G Gorst	1:38:55 2002
W40	G Gorst	1:38:47	2004		
W45	C Smith	1:52:00	28/03/2015	S McDonald	2:07:56 2000
W50	C Smith	1:54:19	19/02/2017	N Johnston	2:11:32 2000
W55	S Hoskin	2:06:01	2010	L Foster	2:19:20 1999
W60	S Hoskin	2:10.17	08/03/2015		
W65	J Wilson	2:18:46	2013	P McKenzie	2:44:26 1999
W70	J Wilson	2:17:02	04/11/2016		

4 x 100m Relay			
W40	NZ	53.95	2001
W45	NZ	59.21	2001
W50	NZ	56.48	2001
W60	NZ	64.28	2001
W65	NZ	66.32	2016

(WMA Perth 2016)

4 x 400m Relay			
W40	NZ	4:33.63	2001
W45	NZ	5:01.69	2001
W50	NZ	4:43.32	2001
W60	NZ	5:25.8	2011
W75	NZ	6 58.70	2009

Archived Events (due to Age Factor or Implement weight changes)					
Throws Pentathlon (pre May 2010)		NZMA National Record		NZMA Championship Record	
W30	R Bates	3354 pts	1997	R Bates	3354 pts 1997

W35	C McCahill	3884 pts	2002	C McCahill	3818 pts	2002
W40	C McCahill	3948 pts	2008	C McCahill	3934 pts	2009
W45	C McCahill	4285 pts	2009	C McCahill	4234 pts	2010
W50	V Hood	3360 pts	1994	V Hood	3360 pts	1994
W55	B Savage	3848 pts	2001	B Savage	3848 pts	2001
W60	M Stanley	3990 pts	1994	M Stanley	3759 pts	1994
W65	G Watts	3567 pts	2006	G Watta	3417 pts	2006
W70	H May	3659 pts	1993	C Brunker	3631 pts	2004
W75	C Brunker	4006 pts	2009	C Brunker	3827 pts	2007
W80	P Purser	2958 pts	2004	P Purser	2958 pts	2004
W85	R Smith	3472 pts	2003	R Smith	2956 pts	2007
W90						
Track Pentathlon (pre May 2010)				NZMA Championship Record		
W30	T Genge	2816 pts	1990	T Assink	2299 pts	2007
W35	C Turner	2961 pts	1986	C Turner	2961 pts	1986
W40	C Turner	3021 pts	1991	C Turner	3021 pts	1991
W45	A Hathaway	3328 pts	1993	A Hathaway	3328 pts	1993
W50	A Hathaway	3366 pts	1998	T Ashe	2972 pts	2002
W55	A Hathaway	3258 pts	2004	A Hathaway	3258 pts	2004
W60	T Ashe	3278 pts	2010	S Peterson	3204 pts	1992
W65	J Hammond	3441 pts	2004	J Hammond	3441 pts	2004
W70	J Hammond	3482 pts	2007	J Hammond	2966 pts	2009
W75	C Van der Veecken	2701 pts	2009	C Van der Veecken	2701 pts	2009
Heptathlon (pre May 2010)				NZMA National Record		
W30	T Genge	4798 pts	1991	T Mason	993 pts	1998
W35	T Genge	4927 pts	1993	J Hitchings	2943 pts	2001
W40	L Osmers	5038 pts	2003	L Osmers	4778 pts	2003
W45	G Kirkman	4757 pts	2001	J Andersen	4442 pts	1996
W50	G Kirkman	5697 pts	2002	G Kirkman	5697 pts	2002
W55	G Jones	3827 pts	2002	G Jones	3827 pts	2002
W60	J Hammond	4666 pts	2000	J Hammond	4466 pts	2000
W65	S Peterson	5275 pts	1996	S Peterson	5275 pts	1996
W70	J Hammond	4371 pts	2008			
Javelin (pre January 2014)				NZMA National Record		
W60	400gm: W Pepene	27.36	1993	W Pepene	25.30	1993
W65	400gm: W Pepene	26.14	1996	W Pepene	26.14	1996
W70	400gm: W Pepene	23.76	2002	W Pepene	23.30	2001

NZMA National Record Throws Pentathlon (2010-2013)		HT	SP	DT	JT (400g)	WT	Total	Date	Venue
W60	J Evans						2870	10/02/2012	Tauranga
W65	B Savage						3891	05/03/2012	Auckland
W70	G Watts						3272	05/03/2012	Auckland

NZMA Championship Record Throws Pentathlon (2010-2013)		HT	SP	DT	JT (400g)	WT	Total	Date	Venue
W60	C Church						2806	07/03/2011	Hastings
W65	B Savage						3891	05/03/2012	Auckland
W70	G Watts						3272	05/03/2012	Auckland

NZMA National Record Track Pentathlon (2010-2013)		100m	SP	LJ	JT (400g)	800m	Total	Date	Venue
W60	T Ashe						3229	07/03/2011	Hastings
W65	J Hulls						2425	04/03/2013	Wellington
W70	J Hammond						3027	05/03/2012	Auckland

NZMA Championship Record Track Pentathlon (2010-2013)		100m	SP	LJ	JT (400g)	800m	Total	Date	Venue
W60	T Ashe						3004	11/02/2012	Tauranga
W65									
W70	J Hammond						3027	05/03/2012	Auckland

NZMA Women's Indoor Records				
50m				
W30	U Iyer	7.60	24/07/2016	Auckland
W35	U Iyer	7.20	11/08/2019	Auckland
W40	F Firestone	7.64	11/08/2019	Auckland
W45	C Brunner	7.15	20/08/2017	Auckland
W50	P Green	7.54	11/08/2019	Auckland
W55	J Hayman	7.76	20/08/2017	Auckland
W60	C Adamson	8.53	11/08/2019	Auckland
W65	A Deleiros	8.82	24/07/2016	Auckland
W70	S Gower	8.42	05/08/2018	Auckland
W75	C Waring	8.95	11/08/2019	Auckland
W80	J Hammond	10.19	20/08/2017	Auckland
60m				
W60	A Hunter	10.01	01/03/2010	Kamloops
W65	A Deleiros	10.56	21/03/2017	Daegu
W70	S Gower	9.86	27/03/2019	Torun
W75	C Waring	10.30	27/03/2019	Torun
W90	M Petley	15.82	27/03/2019	Torun
200m				
W40	V Story	27.10	23/03/2017	Daegu
W60	A Hunter	36.46	10/03/2010	Kamloops
W70	S Gower	34.13	29/03/2019	Torun
W75	C Waring	37.50	29/03/2019	Torun
W90	M Petley	1:03.52	29/03/2019	Torun
400m				
W40	V Story	60.22	25/03/2017	Daegu
W70	S Gower	1:22.55	26/03/2019	Torun
W75	C Waring	1:32.10	26/03/2019	Torun
800m				
W40	V Story	2:24.71	23/03/2017	Daegu
W45	A Harris	2:32.25	23/03/2017	Daegu
1500m				
W45	A Harris	5:17.01	30/03/2019	Torun
W60	C Adamson	5:37.20	30/03/2019	Torun

3000m				
W45	A Harris	11:10.00	22/03/2017	Daegu
W60	C Adamson	12:07.38	24/03/2019	Torun
50m Hurdles				
W35	F Firestone	9.16	05/08/2018	Auckland
W40	F Firestone	8.62	11/08/2019	Auckland
W45	P Green	10.06	05/08/2018	Auckland
3000m TW				
W70	J Wilson	18:36.47	19/03/2017	Daegu
High Jump				
W35	V Drotsky	1.35m	24/07/2016	Auckland
W40	F Firestone	1.35m	11/08/2019	Auckland
W45	P Green	1.30m	20/08/2017 05/08/2018	Auckland
W50	P Green	1.25m	11/08/2019	Auckland
W55	K Hulena	1.20m	11/08/2019	Auckland
W60	H May	1.17m	27/07/1983	Wellington
W65	N Bowmar	1.15m	20/08/2017	Auckland
W70	M Crooke	1.05m	20/08/2017	Auckland
	A Deleiros	1.05m	05/08/2018	Auckland
W75	J Hammond	1.03m	15/03/2015	Toronto
W80	J Hammond	0.93m	20/08/2017	Auckland
Long Jump				
W35	F Firestone	4.49m	05/08/2018	Auckland
W40	F Firestone	4.23m	11/08/2019	Auckland
W45	C Brunner	5.01m	20/08/2017	Auckland
W50	J Warbrick	3.35m	20/08/2017	Auckland
W55	K Hulena	3.39m	11/08/2019	Auckland
W60	A Hunter	3.60m	01/03/2010	Kamloops
W65	A Deleiros	3.17m	20/03/2017	Daegu
W70	A Deleiros	2.87m	05/08/2018	Auckland
W75	J Hammond	2.89m	19/03/2016	Canada
W80	J Hammond	2.58m	20/08/2017	Auckland
Triple Jump				
W55	A Boxall	7.36m	20/08/2017	Auckland
W60	A Hunter	7.68m	01/03/2010	Kamloops
W65	A Deleiros	7.10m	23/03/2017	Daegu
W70	A Deleiros	6.43m	05/08/2018	Auckland
W75	F Bayler	5.93m	24/07/2016	Auckland
Pole Vault				
W40	S Bowe	2.50m	04/08/2018	Auckland
W50	D Smith	2.45m	10/08/2019	Auckland
W55	A Goulter	2.45m	10/08/2019	Auckland
W65	A Deleiros	1.65m	20/08/2017	Auckland

W70	A Deleiros	1.60m	04/08/2018	Auckland
Shot Put				
W30	K Saifiti	9.11m	10/08/2019	Auckland
W35	V Drotsky	8.50m	24/07/2016	Auckland
W40	V Nuia	9.24m	04/08/2018	Auckland
W45	B Davis	10.04m	04/08/2018	Auckland
W50	T Hodges	11.23m	04/08/2018	Auckland
W55	A Goulter	8.79m	10/08/2019	Auckland
W60	A Boxall	8.82m	10/08/2019	Auckland
W65	N Callander	7.63m	24/07/2016	Auckland
W70	A Deleiros	7.98m	04/08/2018	Auckland
W75	J Whitaker	7.60m	04/08/2018	Auckland
W80	J Hammond	5.81m	20/08/2017	Auckland
Weight Throw				
W70	N Callander	7.38m	26/03/2019	Torun
W90	M Petley	5.79m	26/03/2019	Torun
Relay 4x 200m				
W40	Christine Waring Andrea Harris Anne Deleiros Vanessa Story	2:13.71	25/03/2017	Daegu