

# 51st New Zealand Masters Track & Field Championships

TET Stadium & Events Centre, Inglewood  
13th March - 15th March 2026



Hosted by **Taranaki Masters** and



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|             | <b>New Zealand Masters Athletics Records (as at 02/03/2026)</b>                                       |
| <b>26</b>   | Women's NZMA & Championship Records (Championship Events only)  |
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**Scan this QR code to view start lists and live results on AthleticLIVE**

## **Welcome Message from TET Athletics Taranaki & Taranaki Masters**

Tēnā koutou katoa,

A warm and heartfelt welcome to all competitors, officials, supporters, and visitors attending the New Zealand Masters Track and Field Championships here in Inglewood.

As President of TET Athletics Taranaki, I am delighted that our region has the privilege of hosting this special event. Masters athletics represents the very best of our sporting community — determination, resilience, friendship, and the lifelong pursuit of personal excellence. Whether you are here to chase a record, achieve a personal milestone, or simply enjoy the atmosphere of competition, your presence enriches these championships.

Inglewood and the wider Taranaki community take great pride in welcoming you. Our centre has a long history of supporting athletes of all ages, and we hope you feel that spirit throughout your time here. May you enjoy not only the competition but also the hospitality, scenery, and unique character of our region, watched over by our majestic maunga.

A sincere thank you goes to the volunteers, officials, and organisers whose dedication makes this event possible. Your commitment ensures that every athlete can compete in a safe, supportive, and inspiring environment.

On behalf of TET Athletics Taranaki, I wish all competitors the very best. May your performances reflect your hard work, may new friendships be formed, and may this championship leave you with memories that last long after the final event.

Ngā mihi nui,

Jason Cressingham

President, TET Athletics Taranaki



### **Message from New Zealand Masters President**

*The success of the New Zealand Masters Track & Field Championships very much depends on the goodwill between the Masters Centre hosting the event and the local Athletics NZ Centre, as most Masters Centres are simply too small to go it alone.*

*Since the adoption of the MOU between NZMA & ANZ in 2016, we have seen the ratio between ANZ club & NZMA only athletes attending our event, swing toward ANZ club athletes. There are also more younger athletes attending, which is fantastic to see and a direct result of the MOU.*

*We would also like to acknowledge the NZMA members who are also Police & FENZ members who will be holding their championships within our events. We appreciate the work you do.*

*For some Master's Centres, it is a challenge to run the Masters only section in your region, so I encourage you all to join forces and pool resources with your local ANZ Centre ... for the good of the sport as a whole.*

*On behalf of all athletes, I would like to acknowledge & thank Taranaki Masters and Athletics Taranaki for stepping up to host the 2026 NZMA event, given our previous Championships in the region was in 2021. I see the success of our events as a way for the hosting Athletics NZ Centre to gain valuable funds that can be invested in the Centre for the benefit of all ages, not just Masters.*

*To all athletes, I hope you enjoy renewing and making new friends while here in Taranaki, and perform up to your own expectations.*

**Andrew Stark**

## List of Key Personnel

|  |   |
|--|---|
| Meeting Manager                              | Eddie Soria, Andrew Stark (NZMA)  |
| Photo-finish                                 | Mark Harris (Chief), Mohaned Elemam   |
| Results                                      | Mark Harris, Andrew Stark   |
| Announcer                                    | tbc   |
| Start Referee                                | Larry O'Byrne   |
| Starters                                     | Barry Gladding, Tamaati Kup-King, Debbie Fern   |
| Starters Assistant                           | Emma Gyde, Kumiko Otani, Stewart Foster   |
| Track Referee                                | Michael dud Toit  |
| Field Referee                                | Sheelagh Prosser  |
| Track umpires                                | Linda Reynolds, Fay Riley, Jason Cressingham, Murray Clarkson, Judith Stewart, Stewart Foster, Loloma Foster  |
| Walk Judges                                  | Rachel Gilberd, Colin Gibbon, Stewart Foster, Loloma Foster, Graeme Harvie, Brian O'Shea, Eric Kemsley  |
| Technical Officer                            | Craig Bennett   |
| Hurdles steward                              |   |
| Lap scorer                                   |   |
| Long Jump/Triple Jump                        | Frances Bayler (Chief)  |
| High Jump                                    | Lindsay MacPhail (Chief)  |
| Pole Vault                                   | Nigel Stewart (Chief)   |
| Discus                                       | Justine Krynen (Chief)  |
| Shot Put                                     | Sarah du Toit (Chief)   |
| Javelin                                      | Vaughan Oates (Chief)   |
| Weight Throw                                 | Raewyn Grigg (Chief - Friday), Pauline Hurley (Chief - Saturday / Sunday)   |
| Hammer                                       | Steve Smith (Chief), Sue Park, Helen Cameron, Frances Bayler  |
| AthleticNET Event Setup & Online Entries     | Mark Harris & Andrew Stark  |
| Programme Booklet Formatting<br>Race Numbers | Andrew Stark - AWS Publications Ltd   |
| Records Co-ordinator:                        | Brayden Grant   |
| Volunteers                                   | As is the case with all Master's event, Taranaki Masters Athletes thanks all competitors / supporters who step up during the weekend to assist when needed. |
| Jury of Appeal                               | Karen Gillum-Green, Andrew Stark, Eddie Soria   |

## General Information

### Eligibility:

All entrants must be a financial Competitive member of either New Zealand Masters Athletics or an Athletics New Zealand club for the 2025 / 2026 year.

These Championships are the official New Zealand Track & Field Championships of New Zealand Masters Athletics Inc. and have been jointly organised by Taranaki Masters Athletics Inc. and Athletics Taranaki, on behalf of NZMA.

### Regulations:

This competition will be conducted under the IAAF and WMA rules subject to any special rules laid down by the Local Organising Committee.

### Meeting Administration / Control Room / Announcer / Photo Finish:

The meeting is controlled by the Meeting Manager, whose office is located in the Control Room at the end of the grandstand, opposite the finish line. The photo finish equipment area is also located at the end of the grandstand.

Entry to these areas is restricted to key officials and operators. Athletes and other personnel are asked NOT to go into these areas for any reason.

### Results:

Result will not be printed, but are available using **AthleticLIVE**.

Use your phone to scan the QR code to access results.



### Inquiries & Protests:

**Inquiries** about the results must be made at the Meeting Manager's office.

**Protests** about results must be made firstly to the appropriate Referee.

The Referee may decide on the protest or refer the matter to the Jury of Appeal.

An application to the Jury of Appeal must be made in writing and signed by a responsible official on behalf of the athlete and must be accompanied by a deposit of NZ\$50 before the appeal is held. The deposit will be forfeited if the appeal is unsuccessful.

Protests and Appeals must be made within 30 minutes of the official results being posted for displayed or referee's decision.

### Medical Conditions / Services:

Any competitors with medical conditions that could affect medical treatment in the event of injury or illness are requested to have their medical conditions written on the back of the competitor's competition number.

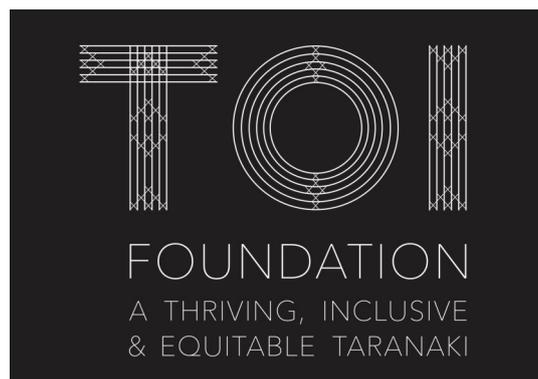
Medics will be available for assistance throughout the meeting.

A massage therapist will be available during the meeting for a nominal fee.

### Funding Acknowledgements:

The LOC would like to acknowledge funding assistance from **TOI Foundation** and **Fourth World Veteran Games Trust**, plus a donation from **Police FENZ** to cover major expenses involved with hosting the 2025 / 2026 NZMA Championship athletics meeting the TET Stadium & Event Centre here in Inglewood.

**4th World Veteran Games Trust**



## Information for all Competitors

### Age Groups & Competition Numbers:

Competition will be conducted in the following five-year age groups for men and women as outlined in the table.

In accordance with WMA rules, competitors may only compete in the age group for which they qualify on the 13<sup>th</sup> March 2026, which is the first day of competition.

**Track & Field** competitors must wear the supplied **competition number**, clearly displayed on the front chest / back of the uniform.

If you compete in a tracksuit the number/s must be worn in the same manner. The full number/s and sponsor's name must be visible at all times.

### Combined Age Group Events:

Where there are insufficient entries to warrant separate events being held (or if the timetable so requires) the Organising Committee will combine athletes of more than one age group in an event.

### Reporting a Clash of Events:

When a competitor has a clash of events, please advise the officials of your intention to compete in both events. Please note that the track event takes priority and whilst every endeavour will be made to ensure the appropriate number of trials in field events will occur, this may not always be possible.

The field event officials will do their best to accommodate your requests.

**Please remember that officials are there to help you enjoy the Championships.  
If approached calmly, any problem can be resolved.**

### Changes to the Programme:

Any changes to the programme will be advised over the public address system and posted on the **notice board**, positioned in the area just outside the Control Room at the back of the main grandstand.

### Assistance to Competitors:

Competitors are reminded of IAAF rule 144/2(d) where use of video or cassette recorders, radios, C.D. players, radio transmitters, mobile phones or similar devices is not allowed in the arena.

### Records:

A list of the NZMA Track & Field National & Championships Records is available at the back of this programme.

If you think you are likely to break a record in a field event, please indicate that to the recorder so that the correct procedure is followed.

For a throwing event, your 'record' performance will be marked, then re-measured with a steel tape at the completion of your event to confirm the exact distance. The implement used will need to be identified/ isolated and re-checked. The results sheet must be signed by the event recorder and the Field Referee.

Electronic timing is being used on all three days.

**NZMA Championship** and **National** records will be taken off the results. If you know you have broken a record, please let that be known to a field or track referee ASAP. A list of records is located within this booklet.

### Tea & Coffee facilities:

A coffee cart will be onsite Friday, Saturday and Sunday.

| Age Group | Men & Women |
|-----------|-------------|
| 30-34     | 3000 series |
| 35-39     | 3500 series |
| 40-44     | 4000 series |
| 45-49     | 4500 series |
| 50-54     | 5000 series |
| 55-59     | 5500 series |
| 60-64     | 6000 series |
| 65-69     | 6500 series |
| 70-74     | 7000 series |
| 75-79     | 7500 series |
| 80-84     | 8000 series |
| 85-89     | 8500 series |
| 90+       | 9000 series |

## Information for Field Event Competitors

### General Information:

No competitors will be allowed to wear spikes projecting more than 9mm when competing in field events. The order in which competitor's names appear in the programme does not necessarily indicate the order in which you will compete.

In throwing events, long and triple jumps, when there are eight or less competitors per age group all shall be eligible for six trials.

Competitors are to report to the competition area no later than 30 minutes before the scheduled start time.

No competitor may join an event once the fourth round has commenced. Competitors joining before the fourth round shall not be allowed catch up attempts.

Competitors joining the high jump and pole vault after the start, must commence at the height at the time of entry.

### Hammer & Weight Throw:

Preliminary one handed movement of the implement is allowed, provided these swings do not go around or above the head. However, once the throwing action commences, **TWO** hands must be used at all times during the throwing action until the implement is released.

### High Jump / Pole Vault:

Competitors are allowed to touch the landing area before clearing the bar, but may not use the landing area to any advantage as determined by the Field Judge.

### Personal Throwing Equipment - available to ALL competitors:

Such equipment must be presented to the Technical Officer for certification at least two hours prior to the start of your event. If your event is in the morning the implement must be presented the previous day.

Approved equipment will become part of the general pool and will not be available for use until the start of your event.

Pole vaulters may bring their own pole(s) and submit them for inspection by a referee at the pole vault competition area. Other competitors may use them only with the owner's permission. There will be a limited number of poles available for those not able to bring their own.

### Pentathlon & Throws Pentathlon:

#### Pentathlon Events:

**Men** – Long jump, Javelin, 200m, Discus, 1500m.      **Women** – 100m, Shot, Long Jump, Javelin, 800m.

Throws Pentathlon Events:    **Men & Women** – Hammer, Shot, Discus, Javelin, Weight.

**Implement  
Specifications  
Table**

| Age Group | Hammer | Shot   | Discus | Javelin | Weight  |
|-----------|--------|--------|--------|---------|---------|
| W30-49    | 4.00kg | 4.00kg | 1.00kg | 600gm   | 9.08kg  |
| W50-59    | 3.00kg | 3.00kg | 1.00kg | 500gm   | 7.26kg  |
| W60-74    | 3.00kg | 3.00kg | 1.00kg | 500gm   | 5.45kg  |
| W75+      | 2.00kg | 2.00kg | 750gm  | 400gm   | 4.00kg  |
| M30-49    | 7.26kg | 7.26kg | 2.00kg | 800gm   | 15.88kg |
| M50-59    | 6.00kg | 6.00kg | 1.50kg | 700gm   | 11.34kg |
| M60-69    | 5.00kg | 5.00kg | 1.00kg | 600gm   | 9.08kg  |
| M70-79    | 4.00kg | 4.00kg | 1.00kg | 500gm   | 7.26kg  |
| M80+      | 3.00kg | 3.00kg | 1.00kg | 400gm   | 5.45kg  |

## Health and Safety in the Field

Only athletes or officials involved in a competition are to be in the field of play at any time.

No athlete shall touch any implement prior or post competition without the permission of and supervision by an official present at the event.

**NB: Practice throws will only take place under the supervision of event officials.  
NO OFFICIAL, NO WARM UP!!!**

## Information for Track Event Competitors

### Lane Draw:

For races in lanes, the lane draws are what appears **AthleticLIVE**, unless events are combined due to athletes withdrawing from races. Age groups and genders have been combined to create competitive races.

### Spikes:

The maximum length of spikes for all track events is 6mm. Only cone and Xmas tree design spikes are permitted.

No needle design spikes are permitted.

### Confirmation of Entry & Scratching / Reporting-in time:

**ALL hurdlers, MUST** confirm their intention to compete **at least one hour** before the event is due to start, so that hurdles can be prepared. To help officials, please scratch from any event that you are unable to compete in.

**The confirmation / scratching area will be just outside the Control Room.**

**For all other events, please report to the start area of your event, no later than 10 minutes before the scheduled start time.**

### Starts for races up to 400m:

Competitors are not required to use starting blocks, a crouch start or have both hands in contact with the track for the start of any race (Rule 10/8).

Any competitor making a false start shall be warned. If any competitor is responsible for two false starts he /she will be disqualified. All other conditions are as per IAAF Rules.

### Finish Procedure:

Upon completion of your race, if you are given a place / lane disc please report immediately to the recorder's table giving the recorder your place / lane disc. This is to provide a back-up for the electronic timing system, in case there are technical issues and the backup hand time needs to be used.

**For all distance races, 800m and above:** You will be given a place disc just past the finish line.

**3000m, 5000m run & Track Walks:** When finishing, you will be required to move out into lanes 2 or 3 in the final finishing straight as guided by cones.

This procedure is essential to enable the Timekeepers, Judges, Lap Scorers and Photo finish to operate correctly. You will be given a place disc just past the finish line.

### Steeplechase:

Competitors may go over the barrier in any manner.

### Lap Scorers:

For 3000m & 5000m competitors, we will endeavour to provide lap scorers, however if you are able to provide a lap scorer, that would be much appreciated. Lap scorers please report 10 minutes prior to the scheduled start time.

Lap scorers are there to keep a check that all runners complete the correct number of laps. They will record the time at the end of each lap and advise competitors as to when to finish. However, it is the competitor's own responsibility to ensure that the correct number of laps have been completed.

| Age Groups    | Distance | Height |
|---------------|----------|--------|
| M30 - 59      | 3000m    | 0.838m |
| W30+ and M60+ | 2000m    | 0.762m |

## Lapped Runners:

If you are competing in a multi-lap event and you are being lapped, please stay on the pole line.

Do not move out to let runners pass on the inside.

## Hurdles:

The specifications for hurdles are listed below. Competitors must hurdle with a continuous motion thus ensuring that both feet must be off the ground for at least an instant.

| Female - Short Hurdles |               |               |                   |                          |                  |                    |
|------------------------|---------------|---------------|-------------------|--------------------------|------------------|--------------------|
| Age                    | Race Distance | Hurdle Height | Number of Hurdles | Distance to First Hurdle | Distance Between | Distance to Finish |
| 30-39                  | 100m          | 0.840m        | 10                | 13m                      | 8.5m             | 10.5m              |
| 40-49                  | 80m           | 0.762m        | 8                 | 12m                      | 8m               | 12m                |
| 50-59                  | 80m           | 0.762m        | 8                 | 12m                      | 7m               | 19m                |
| 60+                    | 80m           | 0.686m        | 8                 | 12m                      | 7m               | 19m                |

| Female - Long Hurdles |               |               |                   |                          |                  |                    |
|-----------------------|---------------|---------------|-------------------|--------------------------|------------------|--------------------|
| Age                   | Race Distance | Hurdle Height | Number of Hurdles | Distance to First Hurdle | Distance Between | Distance to Finish |
| 30-49                 | 400m          | 0.762m        | 10                | 45m                      | 35m              | 40m                |
| 50-59                 | 300m          | 0.762m        | 7                 | 50m                      | 35m              | 40m                |
| 60-69                 | 300m          | 0.686m        | 7                 | 50m                      | 35m              | 40m                |
| 70+                   | 200m          | 0.686m        | 5                 | 20m                      | 35m              | 40m                |

| Male - Short Hurdles |               |               |                   |                          |                  |                    |
|----------------------|---------------|---------------|-------------------|--------------------------|------------------|--------------------|
| Age                  | Race Distance | Hurdle Height | Number of Hurdles | Distance to First Hurdle | Distance Between | Distance to Finish |
| 30-49                | 110m          | 0.991m        | 10                | 13.72m                   | 0.914m           | 14.02m             |
| 50-59                | 100m          | 0.914m        | 10                | 13m                      | 8.5m             | 10.5m              |
| 60-69                | 100m          | 0.840m        | 10                | 12m                      | 8.0m             | 16m                |
| 70-79                | 80m           | 0.762m        | 8                 | 12m                      | 7m               | 19m                |
| 80+                  | 80m           | 0.686m        | 8                 | 12m                      | 7m               | 19m                |

| Male - Long Hurdles |               |               |                   |                          |                  |                    |
|---------------------|---------------|---------------|-------------------|--------------------------|------------------|--------------------|
| Age                 | Race Distance | Hurdle Height | Number of Hurdles | Distance to First Hurdle | Distance Between | Distance to Finish |
| 30-49               | 400m          | 0.914m        | 10                | 45m                      | 35m              | 40m                |
| 50-59               | 400m          | 0.840m        | 10                | 45m                      | 35m              | 40m                |
| 60-69               | 300m          | 0.762m        | 7                 | 50m                      | 35m              | 40m                |
| 70-79               | 300m          | 0.686m        | 7                 | 50m                      | 35m              | 40m                |
| 80+                 | 200m          | 0.686m        | 5                 | 20m                      | 35m              | 40m                |

## Medal Presentations:

There will be a medal ceremony for all medalists.

For some age groups where there are very few competitors and the finishing order is clear cut, **medals can be presented** immediately following the event.

For events where the results require a photo-finish printed, the medals will be presented ASAP once the confirmed results are available.

## Entries by Association / Centre

|      |                        | <b>F</b> | <b>M</b> | <b>Total</b> |
|------|------------------------|----------|----------|--------------|
| AKL  | Auckland               | 19       | 32       | 51           |
| CAN  | Canterbury             | 7        | 13       | 19           |
| HBG  | Hawke's / Bay Gisborne | 2        | 7        | 9            |
| MWA  | Manawatu / Whanganui   | 5        | 11       | 16           |
| NTH  | Northland              | 5        | 2        | 7            |
| OTG  | Otago                  | 3        | 4        | 7            |
| STH  | Southland              |          | 2        | 2            |
| TAR  | Taranaki               | 15       | 14       | 29           |
| TAS  | Tasman                 | 4        | 4        | 8            |
| WBP  | Waikato Bay of Plenty  | 16       | 19       | 35           |
| WEL  | Wellington             | 10       | 21       | 31           |
| COK  | Cook Islands           | 1        | 1        | 2            |
| FPNM | French Polynesia       | 7        | 3        | 7            |
| SAMM | Samoa                  |          | 1        | 1            |
| ESP  | Spain                  |          | 1        | 1            |
| SRIM | Sri Lanka              | 1        |          | 1            |
|      |                        | 95       | 134      | <b>230</b>   |

| <b>Group</b> | <b>M</b> | <b>F</b> | <b>Total</b> |
|--------------|----------|----------|--------------|
| 30-34        | 1        | 2        | 3            |
| 35-39        | 9        | 6        | 15           |
| 40-44        | 9        | 7        | 16           |
| 45-49        | 17       | 17       | 34           |
| 50-54        | 19       | 15       | 34           |
| 55-59        | 14       | 7        | 21           |
| 60-64        | 18       | 13       | 31           |
| 65-69        | 12       | 6        | 18           |
| 70-74        | 13       | 6        | 19           |
| 75-79        | 8        | 9        | 17           |
| 80-84        | 10       | 7        | 17           |
| 85-89        | 2        | 1        | 3            |
| 90-94        | 2        |          | 2            |
|              | 134      | 96       | <b>230</b>   |

## NZMA Social Gathering & Awards Presentations

**TET Stadium & Events Centre - 1 Elliot Street, Inglewood**

**Saturday 14th March 2026**

A cash bar will be operating, with free nibbles available for approximately 3:30 p.m. onwards



**CENTRE Team Lists - 2026****Northland**

|    |         |            |      |
|----|---------|------------|------|
| 1. | Barbara | Austin     | 8009 |
| 2. | Nancy   | Bowmar     | 7501 |
| 3. | Trudy   | Derbyshire | 5003 |
| 4. | Kirsty  | Halliday   | 3501 |
| 5. | Miles   | Holt       | 5512 |
| 6. | Armin   | Kashammer  | 6006 |
| 7. | Karen   | Murphy     | 6008 |

**Auckland**

|     |                |                    |      |
|-----|----------------|--------------------|------|
| 1.  | Siamak         | Anahid             | 4506 |
| 2.  | David          | Anstiss            | 8001 |
| 3.  | Neil           | Bartlett           | 6501 |
| 4.  | David          | Blackford          | 6012 |
| 5.  | Aggie          | Boxall             | 6511 |
| 6.  | Gregory (Greg) | Boyd               | 6517 |
| 7.  | Lydia          | Bush               | 5008 |
| 8.  | Ian            | Carter             | 7502 |
| 9.  | Mikel          | Constantine        | 5501 |
| 10. | Anne           | Deleiros           | 7511 |
| 11. | Yong Chyan     | Ding               | 7505 |
| 12. | Ho Young       | Do                 | 6502 |
| 13. | Ivana          | Erceg Floerchinger | 5004 |
| 14. | Wesley         | Faau               | 6022 |
| 15. | Rauru          | Faau               | 6027 |
| 16. | Helen          | Fletcher           | 4007 |
| 17. | Suzanne        | Gee                | 7012 |
| 18. | Phillipa       | Green              | 5511 |
| 19. | Grant          | Hodges             | 6004 |
| 20. | Wayne          | Holroyd            | 5005 |
| 21. | Michelle       | Hopkins            | 5012 |
| 22. | Karen          | Hulena             | 6018 |
| 23. | Laini          | Inivale            | 5518 |
| 24. | Gavin          | Jensen             | 6005 |
| 25. | Melissa        | Karl               | 4010 |
| 26. | Penny          | Kee                | 4503 |
| 27. | Heesun         | Kim                | 6019 |
| 28. | Vianca         | Lagerwall          | 3003 |
| 29. | Mark           | Lambert            | 5021 |
| 30. | Ian            | Lathwood           | 4509 |
| 31. | Daniel         | Lowe               | 4002 |
| 32. | Iona Junior    | Lupena             | 4005 |
| 33. | Rob            | Lyle               | 5007 |
| 34. | James          | Maltby             | 4518 |
| 35. | Cherie         | Mcallister         | 3502 |
| 36. | Elaine         | McQueen            | 4530 |
| 37. | Peter          | Michel             | 7510 |
| 38. | Paul           | Radden             | 5516 |

|     |                |                 |      |
|-----|----------------|-----------------|------|
| 39. | Kate           | Ramage          | 4004 |
| 40. | Craig          | Seymour         | 5034 |
| 41. | Gulab          | Singh           | 3508 |
| 42. | Ryan           | Smith           | 3509 |
| 43. | Tapendra Singh | Sokhi           | 7009 |
| 44. | James          | Thomas          | 6516 |
| 45. | Helen          | Turner          | 4016 |
| 46. | Timothy        | Turner          | 6506 |
| 47. | Roland         | Van den Tillaar | 5029 |
| 48. | Wolfgang       | Schenk          | 8006 |
| 49. | Chris          | Waring          | 8015 |
| 50. | Chris          | Strom           | 8502 |
| 51. | Jim            | Feist           | 9001 |

**Waikato Bay of Plenty**

|     |           |             |      |
|-----|-----------|-------------|------|
| 1.  | Bruce     | Alexander   | 4505 |
| 2.  | Michelle  | Anthony     | 6507 |
| 3.  | Glenn     | Bishop      | 6001 |
| 4.  | Stephen   | Burden      | 6508 |
| 5.  | Mark      | Cornaga     | 5509 |
| 6.  | Bruce     | Cortesi     | 6025 |
| 7.  | Peter     | Crawford    | 8014 |
| 8.  | Rick      | Currin      | 6015 |
| 9.  | Brenda    | Davis       | 5506 |
| 10. | Dawid     | De Villiers | 6016 |
| 11. | Denise    | Fellows     | 6003 |
| 12. | Sheryl    | Gower       | 7515 |
| 13. | Pat       | Hellier     | 5032 |
| 14. | Annette   | Hermans     | 6509 |
| 15. | Sarah     | Hockley     | 3513 |
| 16. | Ed        | Leung       | 3001 |
| 17. | Ian       | Martin      | 7007 |
| 18. | Joan      | Mayall      | 8017 |
| 19. | Christine | McCahill    | 6014 |
| 20. | Annette   | Parlane     | 7517 |
| 21. | Audrey    | Poaneki     | 4512 |
| 22. | Triton    | Poaneki     | 5027 |
| 23. | Iain      | Rattray     | 5022 |
| 24. | Kerry     | Rattray     | 5028 |
| 25. | Rachael   | Savage      | 4532 |
| 26. | Bev       | Savage      | 8005 |
| 27. | Craig     | Scott       | 6010 |
| 28. | Jill      | Sherburn    | 8501 |
| 29. | Eilish    | Simpson     | 4513 |
| 30. | Malcolm   | Smith       | 4521 |
| 31. | Gavin     | Smith       | 7014 |
| 32. | David     | Trow        | 8007 |
| 33. | Barry     | Watson      | 7005 |
| 34. | Aimee     | Whitley     | 4014 |
| 35. | Geoff     | Wolfe       | 7019 |

## Hawkes Bay Gisborne

|    |         |           |      |
|----|---------|-----------|------|
| 1. | Martin  | Bryant    | 8002 |
| 2. | Luke    | Crombie   | 3511 |
| 3. | Andrew  | Davenport | 5513 |
| 4. | Merv    | Dudley    | 6503 |
| 5. | Reece   | Little    | 3505 |
| 6. | Dennis  | O'Leary   | 7003 |
| 7. | Rachael | Palmer    | 4511 |
| 8. | Emily   | Peychers  | 3515 |
| 9. | David   | Sexton    | 5033 |

## Manawatu / Whanganui

|     |         |             |      |
|-----|---------|-------------|------|
| 1.  | Jim     | Blair       | 9002 |
| 2.  | Noni    | Callander   | 7513 |
| 3.  | James   | Conwell     | 4508 |
| 4.  | Paul    | Curran      | 5017 |
| 5.  | Brian   | Curry       | 6026 |
| 6.  | Sally   | Gibbs       | 6017 |
| 7.  | Brendan | Gibbs       | 6513 |
| 8.  | Brayden | Grant       | 4001 |
| 9.  | Vanessa | Hodge       | 5011 |
| 10. | David   | Lovelock    | 3514 |
| 11. | Laurie  | Malcolmson  | 7509 |
| 12. | Dale    | Mcmillan    | 5515 |
| 13. | Beryl   | McMillan    | 7508 |
| 14. | Vanessa | Pendergrast | 4504 |
| 15. | Robin   | Reed        | 8004 |
| 16. | Hayden  | Robinson    | 5013 |
|     | Mark    | Searle      | 3506 |

## Taranaki

|     |          |              |      |
|-----|----------|--------------|------|
| 1.  | Vicky    | Adams        | 7006 |
| 2.  | Joy      | Baker        | 7016 |
| 3.  | Fiona    | Black        | 5030 |
| 4.  | Tui      | Bray         | 5016 |
| 5.  | Serena   | Coombes      | 6002 |
| 6.  | Fiona    | Craig        | 5009 |
| 7.  | Richard  | Doyle        | 6013 |
| 8.  | Terrence | Dunn         | 4006 |
| 9.  | Rachel   | Gilberd      | 5010 |
| 10. | Benjamin | Giles        | 4008 |
| 11. | Rodney   | Gillum       | 6028 |
| 12. | Karen    | Gillum-Green | 6515 |
| 13. | Raewyn   | Grigg        | 5507 |
| 14. | Sam      | Holliss      | 4501 |
| 15. | Matthew  | Hopkins      | 4012 |
| 16. | Shaun    | Johnson      | 4015 |
| 17. | Vicky    | Jones        | 4517 |
| 18. | Alan     | Jones        | 8012 |

|     |           |            |      |
|-----|-----------|------------|------|
| 19. | Evan      | Lobb       | 5519 |
| 20. | Lynne     | Mackay     | 7018 |
| 21. | Craig     | Marriott   | 5504 |
| 22. | Catherine | McCarten   | 4525 |
| 23. | Sandra    | Moratti    | 5505 |
| 24. | Michael   | O'Sullivan | 4519 |
| 25. | Desmond   | Phillips   | 7516 |
| 26. | Matt      | Redshaw    | 8013 |
| 27. | Justin    | Reed       | 4531 |
| 28. | Allan     | Thomas     | 7004 |
| 29. | Marlene   | White      | 7512 |

## Wellington

|     |            |            |      |
|-----|------------|------------|------|
| 1.  | Theresa    | Bartlett   | 5521 |
| 2.  | Mel        | Calder     | 4507 |
| 3.  | Seth       | Campbell   | 5031 |
| 4.  | Jamie      | Duncan     | 4011 |
| 5.  | Paul       | Evans      | 4529 |
| 6.  | Mark       | Ford       | 5510 |
| 7.  | Terry      | Fraser     | 5502 |
| 8.  | Darren     | Gordon     | 5019 |
| 9.  | Peter      | Hanson     | 8503 |
| 10. | Erin       | Howell     | 4009 |
| 11. | Heidi-Jane | Humphries  | 4516 |
| 12. | Zaan       | Janse      | 3503 |
| 13. | Katie      | Jenkins    | 5020 |
| 14. | Daphne     | Jones      | 8016 |
| 15. | Andrew     | Kerr       | 5024 |
| 16. | Kirsten    | Kilmister  | 5025 |
| 17. | Mark       | MacFarlane | 6020 |
| 18. | Clive      | Mcgovern   | 7507 |
| 19. | Raj        | Menon      | 7008 |
| 20. | Graeme     | Morrison   | 5026 |
| 21. | Tony       | Price      | 6518 |
| 22. | Chris      | Roberts    | 6009 |
| 23. | Mathew     | Rogers     | 4520 |
| 24. | Ayesha     | Shafi      | 3507 |
| 25. | Bronwen    | Sola       | 5014 |
| 26. | Adrian     | Stockill   | 6011 |
| 27. | Tiwhane    | Te Kanapu  | 5520 |
| 28. | James      | Tipping    | 4514 |
| 29. | Emerson    | Willard    | 5015 |
| 30. | Helen      | Willis     | 6024 |
| 31. | Jacqueline | Wilson     | 8008 |

## Tasman

|    |         |              |      |
|----|---------|--------------|------|
| 1. | Liezel  | De Wet       | 5018 |
| 2. | Barry   | Dewar        | 7503 |
| 3. | Carey   | Dickason     | 7504 |
| 4. | David   | Hansen       | 4524 |
| 5. | Joeline | Jones        | 4502 |
| 6. | Remy    | Le Brun      | 3504 |
| 7. | Derek   | Shaw         | 7013 |
| 8. | Jo      | Van Rensburg | 4522 |

## Canterbury

|     |          |           |      |
|-----|----------|-----------|------|
| 1.  | Sean     | Barnes    | 4527 |
| 2.  | Nick     | Bolton    | 5023 |
| 3.  | Malcolm  | Cornelius | 5517 |
| 4.  | Johnny   | Eketone   | 4528 |
| 5.  | Sherry   | Farmer    | 7514 |
| 6.  | Jonathon | Harper    | 7506 |
| 7.  | Phil     | Harrison  | 5503 |
| 8.  | Barry    | Helem     | 6504 |
| 9.  | Tania    | Lutton    | 5514 |
| 10. | Anna     | Lynch     | 4003 |
| 11. | Louise   | Martin    | 6007 |
| 12. | John     | McManus   | 5508 |
| 13. | Philip   | Parkin    | 8003 |
| 14. | Joden    | Pratten   | 4013 |
| 15. | Tarmo    | Rajasaari | 6031 |
| 16. | Maicalia | Steinegg  | 3002 |
| 17. | Ayaka    | Stewart   | 4533 |
| 18. | Lindsay  | Walker    | 7015 |
| 19. | Rodger   | Ward      | 7010 |
| 20. | Justine  | Whitaker  | 8018 |

## Otago

|    |           |          |      |
|----|-----------|----------|------|
| 1. | Alan      | Houghton | 5006 |
| 2. | Elizabeth | Mitchell | 6023 |
| 3. | Alison    | Newall   | 6505 |
| 4. | Gareth    | Noble    | 4510 |
| 5. | Uros      | Sumar    | 6514 |
| 6. | Pat       | Taylor   | 3510 |

## Southland

|    |       |         |      |
|----|-------|---------|------|
| 1. | Ian   | Densie  | 4523 |
| 2. | Bruce | Thomson | 6510 |

## Cook Islands

|    |          |                |      |
|----|----------|----------------|------|
| 1. | Rochelle | Ellison-Lupena | 4515 |
| 2. | David    | Lobb           | 7017 |

## French Polynesia

|     |           |                |      |
|-----|-----------|----------------|------|
| 1.  | Odette    | Teriitaohia    | 4534 |
| 2.  | Cecile    | Choleau-Tapeta | 5002 |
| 3.  | Karine    | Yutsien        | 6021 |
| 4.  | Lylen     | Johnston       | 6029 |
| 5.  | Jean      | Marc Tur       | 6030 |
| 6.  | Dominique | Brinkfield     | 6512 |
| 7.  | Noel      | Barff          | 7001 |
| 8.  | Aline     | Berger         | 7002 |
| 9.  | Janick    | Aubineau       | 7011 |
| 10. | Fernand   | Chaves         | 8010 |

## Samoa

|    |       |      |      |
|----|-------|------|------|
| 1. | Shaka | Sola | 4526 |
|----|-------|------|------|

## Spain

|    |       |         |      |
|----|-------|---------|------|
| 1. | David | Castano | 5001 |
|----|-------|---------|------|

## Sri Lanka

|    |       |         |      |
|----|-------|---------|------|
| 1. | Dasun | Ganhewa | 3512 |
|----|-------|---------|------|

TEE Taranaki Athletics would also like to acknowledge the following business that have donated products:



## NZMA Track & Field Championships - Friday 13th March 2026

|         |             |                  |         |                 |            |
|---------|-------------|------------------|---------|-----------------|------------|
|         |             |                  | 4:00 pm | W30-49 (8)      | Hammer     |
|         |             |                  |         | M70+ (10)       | Javelin    |
|         |             |                  |         | W70+ (13)       | Discus     |
|         |             |                  | 4:15 pm | W30+ (16)       | Long Jump  |
|         |             |                  | 4:30 pm | W50-69 (17)     | Shot Put   |
|         |             |                  |         | W30+ / M30+ (4) | Pole Vault |
| 4:45 pm | M30+ / W30+ | 3000m Track Walk |         |                 |            |
|         |             |                  | 5:00 pm | M70+ (7)        | Weight     |
|         |             |                  |         | M55-69 (12)     | Javelin    |
|         |             |                  |         | M30-54 (12)     | Discus     |
|         |             |                  | 5:15 pm | M30-54 (6)      | Long Jump  |
|         |             |                  |         | W70+ (10)       | Hammer     |
|         |             |                  | 5:30 pm | W30-49 (10)     | Shot Put   |
| 5:45 pm | M30+ / W30+ | Long Hurdles     |         |                 |            |
|         |             |                  | 6:00 pm | M55+ (16)       | Long Jump  |
| 6:15 pm | W30+        | 3000m            | 6:15 pm | M55-69 (10)     | Weight     |
|         |             |                  |         | M30-54 (9)      | Javelin    |
|         |             |                  |         | W50-69 (14)     | Discus     |
| 6:30 pm | M30+        | 3000m            |         |                 |            |

## NZMA Track & Field Championships - Saturday 14th March 2026

|          |             |                       |          |             |             |
|----------|-------------|-----------------------|----------|-------------|-------------|
|          |             |                       | 9:15 am  | M30+ (14)   | Triple Jump |
|          |             |                       |          | M55-69 (10) | Discus      |
| 9:30 am  | M30+ / W30+ | Sprint Hurdles        | 9:30 am  | W30+ (12)   | High Jump   |
|          |             |                       |          | M70+ (11)   | Shot Put    |
|          |             |                       |          | M30-54 (8)  | Hammer      |
|          |             |                       | 9:45 am  | W70+ (11)   | Weight      |
|          |             |                       |          | W30-49 (8)  | Javelin     |
| 10:00 am | M30+ / W30+ | 1500m                 | 10:00 am | M70+ (16)   | Discus      |
|          |             | (Seeded mixed gender) | 10:15 am | M30-54 (10) | Shot Put    |
|          |             |                       | 10:30 am | M55-69 (9)  | High Jump   |
|          |             |                       |          | W50-69 (15) | Weight      |
| 10:45 am | M30+ / W30+ | 1500m Track Walk      | 10:45 am |             |             |
|          |             |                       | 11:00 am | M55-69 (9)  | Hammer      |
| 11:15 am | M30+ / W30+ | 100m Finals           |          |             |             |
|          |             | (Seeded Timed Finals) | 11:30 am | W70+ (11)   | Shot Put    |
|          |             |                       | 11:45 am | W50-69 (14) | Javelin     |
|          |             |                       |          | W30-49 (10) | Discus      |
| 1:30 pm  | M60+ / W30+ | 2000m Steeplechase    | 1:30 pm  | W30+ (8)    | Triple Jump |
|          |             |                       |          | M30-54 (8)  | Weight      |
|          |             |                       |          | M70+ (6)    | Hammer      |
| 1:45 pm  | M30-59      | 3000m Steeplechase    | 1:45 pm  | M30-54 (5)  | High Jump   |
|          |             |                       | 2:00 am  | M55-69 (10) | Shot Put    |
|          |             |                       |          | W70+ (10)   | Javelin     |
| 2:15 pm  | M30+ / W30+ | 400m Finals           |          |             |             |
|          |             | (Seeded Timed Finals) | 2:30 pm  | W30-49 (5)  | Weight      |
|          |             |                       |          | W50-69 (14) | Hammer      |
| 3:00 pm  |             | RELAYS on demand      |          | M70+ (6)    | High Jump   |

## NZMA Track & Field Championships - Sunday 15th March 2026

|          |             |                             |   |            |                   |
|----------|-------------|-----------------------------|---|------------|-------------------|
|          | Grade       | Track                       |   |            |                   |
| 9:00 am  | *WTP1       | 100m                        | 9:00 am   | All Grades | Throws Pentathlon |
| 9:00 am  | *MTP1       | Long Jump                   |   | All Grades | Track Pentathlon  |
| 9:10 am  | Mixed       | 5000m                       | Start Times TBC<br><br><b>Message to all THROWERS</b><br><br>Based on entry numbers in 2025, THREE throwing groups have been created. Once entries close this will be revised and groups may be adjusted to balance numbers.<br><br>At the time of printing this programme, no changes have been made to the published draft schedule.<br><br>Updated schedules can be viewed on AthleticLIVE closer to meeting.<br><br>NO Event will be moved a different day. |            |                   |
|          |             | (Seeded mixed gender)       |   |            |                   |
| 9:45 am  | M30+ / W30+ | 5000m TW                    |   |            |                   |
|          |             | (May include 5000m runners) |   |            |                   |
| 10:30 am | M30+ / W30+ | 60m Finals                  |   |            |                   |
|          |             | (Seeded Timed Finals)       |   |            |                   |
| 11:35 am | M30+ / W30+ | 200m Finals                 |   |            |                   |
|          |             | (includes MTP3)             |   |            |                   |
| 12:30 pm | M30+ / W30+ | 800m                        |   |            |                   |
|          |             | (includes WTP5)             |   |            |                   |
| 1:15 pm  |             | 1500m MTP5                  |   |            |                   |

# New Zealand Masters Athletics Track & Field Championships

Friday, March 13, 2026

## Meet Entries by Event

Total Entries: **966** M: **549** F: **417**

### Mens

#### 1500m Racewalk

30-34: **0**, 35-39: **0**, 40-44: **0**, 45-49: **1**, 50-54: **0**, 55-59: **1**, 60-64: **2**, 65-69: **1**, 70-74: **0**, 75-79: **1**, 80-84: **0**, 85-89: **0**, 90-94: **1**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |                  |      | Seed     |
|---|-------|----|------------------|------|----------|
| ● | 45-49 | 49 | Justin Reed      | TARM |          |
| ● | 55-59 | 57 | miles Holt       | NTHM |          |
| ● | 60-64 | 64 | Rodney Gillum    | EGMT |          |
| ● | 60-64 | 60 | Armin Kashhammer | NTHM |          |
| ● | 65-69 | 67 | Brendan Gibbs    | MWAM | 12:00.00 |
| ● | 75-79 | 75 | Clive Mcgovern   | WELM |          |
| ● | 90-94 | 91 | Jim Feist        | ALKM |          |

#### 3000m Racewalk

30-34: **0**, 35-39: **0**, 40-44: **0**, 45-49: **1**, 50-54: **0**, 55-59: **1**, 60-64: **1**, 65-69: **1**, 70-74: **0**, 75-79: **1**, 80-84: **0**, 85-89: **0**, 90-94: **1**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |                    |      | Seed     |
|---|-------|----|--------------------|------|----------|
| ● | 45-49 | 49 | Justin Reed        | TARM | 20:07.30 |
| ● | 55-59 | 59 | Tiwthane Te Kanapu | WELM | 24:24.02 |
| ● | 60-64 | 64 | Rodney Gillum      | EGMT |          |
| ● | 65-69 | 67 | Brendan Gibbs      | MWAM | 24:10.00 |
| ● | 75-79 | 75 | Clive Mcgovern     | WELM | 19:11.88 |
| ● | 90-94 | 91 | Jim Feist          | ALKM |          |

#### 200m Hurdles

30-34: **0**, 35-39: **0**, 40-44: **0**, 45-49: **0**, 50-54: **0**, 55-59: **0**, 60-64: **0**, 65-69: **0**, 70-74: **0**, 75-79: **0**, 80-84: **1**, 85-89: **0**, 90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |               |      | Seed  |
|---|-------|----|---------------|------|-------|
| ● | 80-84 | 80 | David Anstiss | ALKM | 39.85 |

#### 300m Hurdles

30-34: **0**, 35-39: **0**, 40-44: **0**, 45-49: **0**, 50-54: **0**, 55-59: **0**, 60-64: **1**, 65-69: **0**, 70-74: **0**, 75-79: **1**, 80-84: **0**, 85-89: **0**, 90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |                  |      | Seed    |
|---|-------|----|------------------|------|---------|
| ● | 60-64 | 61 | David Blackford  | ALKM |         |
| ● | 75-79 | 78 | Desmond Phillips | TARM | 1:12.58 |

#### 400m Hurdles

30-34: **0**, 35-39: **0**, 40-44: **0**, 45-49: **0**, 50-54: **1**, 55-59: **2**, 60-64: **0**, 65-69: **0**, 70-74: **0**, 75-79: **0**, 80-84: **0**, 85-89: **0**, 90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|  |  |  |  |  | Seed |
|--|--|--|--|--|------|
|--|--|--|--|--|------|

### Womens

#### 3000m Racewalk

30-34: **0**, 35-39: **0**, 40-44: **0**, 45-49: **3**, 50-54: **1**, 55-59: **1**, 60-64: **2**, 65-69: **0**, 70-74: **1**, 75-79: **1**, 80-84: **2**, 85-89: **0**, 90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |                    |      | Seed     |
|---|-------|----|--------------------|------|----------|
| ● | 45-49 | 48 | Catherine McCarten | TARM | 18:41.07 |
| ● | 45-49 | 47 | Vicky Jones        | TARM | 24:38.41 |
| ● | 45-49 | 45 | Sam Holliss        | TARM |          |
| ● | 50-54 | 51 | Rachel Gilberd     | TARM | 17:30.32 |
| ● | 55-59 | 55 | Sandra Moratti     | TARM | 23:25.43 |
| ● | 60-64 | 60 | Serena Coombes     | TARM | 18:33.95 |
| ● | 60-64 | 63 | Helen Willis       | WELM | 20:31.54 |
| ● | 70-74 | 74 | Lynne Mackay       | TARM | 25:29.50 |
| ● | 75-79 | 77 | Marlene White      | TARM | 23:24.18 |
| ● | 80-84 | 80 | Jacqueline Wilson  | WELM | 21:17.58 |
| ● | 80-84 | 84 | Daphne Jones       | WELM | 25:04.22 |

#### 3000 Meters

30-34: **0**, 35-39: **0**, 40-44: **0**, 45-49: **1**, 50-54: **2**, 55-59: **0**, 60-64: **1**, 65-69: **1**, 70-74: **1**, 75-79: **0**, 80-84: **0**, 85-89: **0**, 90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |                      |      | Seed     |
|---|-------|----|----------------------|------|----------|
| ● | 45-49 | 47 | Heidi-Jane Humphries | WELM |          |
| ● | 50-54 | 51 | Michelle Hopkins     | ALKM | 12:37.63 |
| ● | 50-54 | 52 | Katie Jenkins        | WELM |          |
| ● | 60-64 | 62 | Sally Gibbs          | MWAM | 11:02.00 |
| ● | 65-69 | 67 | Dominique Brinkfield | FPNM |          |
| ● | 70-74 | 74 | Joy Baker            | TARM |          |

#### 80m Hurdles

30-34: **0**, 35-39: **0**, 40-44: **2**, 45-49: **1**, 50-54: **1**, 55-59: **0**, 60-64: **0**, 65-69: **0**, 70-74: **0**, 75-79: **0**, 80-84: **0**, 85-89: **0**, 90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |               |      | Seed |
|---|-------|----|---------------|------|------|
| ● | 40-44 | 42 | Melissa Karl  | ALKM |      |
| ● | 40-44 | 43 | Aimee Whitley | WBPM |      |
| ● | 45-49 | 46 | Mel Calder    | WELM |      |
| ● | 50-54 | 52 | Liezel De Wet | TASM |      |

#### 1500 Meters

30-34: **0**, 35-39: **2**, 40-44: **0**, 45-49: **2**, 50-54: **2**, 55-59: **0**, 60-64: **1**, 65-69: **1**, 70-74: **1**, 75-79: **1**, 80-84: **0**, 85-89: **0**, 90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |                   |      | Seed    |
|---|-------|----|-------------------|------|---------|
| ● | 35-39 | 36 | Cherie Mcallister | ALKM | 6:35.00 |
| ● | 35-39 | 37 | Ayesha Shafi      | WHAC |         |

|   |       |    |                   |         |      |
|---|-------|----|-------------------|---------|------|
| ● | 50-54 | 50 | Wayne Holroyd     | 1:06.00 | ALKM |
| ● | 55-59 | 57 | Mark Cornaga      | 1:11.70 | WBPM |
| ● | 55-59 | 59 | Tiwhane Te Kanapu |         | WELM |

### 3000 Meters

30-34: **0**, 35-39: **2**, 40-44: **2**, 45-49: **3**, 50-54: **3**, 55-59: **4**,  
60-64: **2**, 65-69: **1**, 70-74: **3**, 75-79: **1**, 80-84: **2**, 85-89: **0**,  
90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

| Seed |       |    |                    |          |      |
|------|-------|----|--------------------|----------|------|
| ●    | 35-39 | 37 | Mark Searle        | 10:30.00 | MWAM |
| ●    | 35-39 | 38 | Pat Taylor         | 10:30.00 | OTGM |
| ●    | 40-44 | 43 | Jamie Duncan       | 9:35.44  | WHAC |
| ●    | 40-44 | 43 | Matthew Hopkins    |          | TARM |
| ●    | 45-49 | 47 | Malcolm Smith      | 10:59.35 | WBPM |
| ●    | 45-49 | 47 | Michael O'Sullivan |          | TARM |
| ●    | 45-49 | 47 | Mathew Rogers      |          | WELM |
| ●    | 50-54 | 53 | Graeme Morrison    | 10:32.04 | WELM |
| ●    | 50-54 | 52 | Darren Gordon      | 11:35.23 | WELM |
| ●    | 50-54 | 52 | Paul Curran        |          | MWAM |
| ●    | 55-59 | 59 | Malcolm Cornelius  | 10:33.00 | CANM |
| ●    | 55-59 | 59 | Tiwhane Te Kanapu  | 15:14.91 | WELM |
| ●    | 55-59 | 59 | Evan Lobb          |          | TARM |
| ●    | 55-59 | 55 | Terry Fraser       |          | WELM |
| ●    | 60-64 | 60 | Craig Scott        | 11:31.26 | WBPM |
| ●    | 60-64 | 61 | Richard Doyle      |          | TARM |
| ●    | 65-69 | 69 | Tony Price         |          | WELM |
| ●    | 70-74 | 70 | Barry Watson       | 14:30.00 | WBPM |
| ●    | 70-74 | 73 | Gavin Smith        | 14:58.89 | WBPM |
| ●    | 70-74 | 73 | Derek Shaw         |          | TASM |
| ●    | 75-79 | 75 | Barry Dewar        |          | TASM |
| ●    | 80-84 | 80 | Philip Parkin      | 14:22.79 | CANM |
| ●    | 80-84 | 80 | David Trow         | 24:55.00 | WBPM |

### 80m Hurdles

30-34: **0**, 35-39: **0**, 40-44: **0**, 45-49: **0**, 50-54: **0**, 55-59: **0**,  
60-64: **0**, 65-69: **0**, 70-74: **0**, 75-79: **2**, 80-84: **1**, 85-89: **0**,  
90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

| Seed |       |    |                  |       |      |
|------|-------|----|------------------|-------|------|
| ●    | 75-79 | 75 | Yong Chyan Ding  | 19.11 | ALKM |
| ●    | 75-79 | 78 | Desmond Phillips | 21.05 | TARM |
| ●    | 80-84 | 80 | David Anstiss    | 17.06 | ALKM |

### 100m Hurdles

30-34: **0**, 35-39: **0**, 40-44: **0**, 45-49: **0**, 50-54: **1**, 55-59: **0**,  
60-64: **1**, 65-69: **0**, 70-74: **0**, 75-79: **0**, 80-84: **0**, 85-89: **0**,  
90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

| Seed |       |    |                 |       |      |
|------|-------|----|-----------------|-------|------|
| ●    | 50-54 | 53 | Nick Bolton     | 15.24 | CANM |
| ●    | 60-64 | 61 | David Blackford | 17.51 | ALKM |

### 110m Hurdles

30-34: **0**, 35-39: **0**, 40-44: **1**, 45-49: **0**, 50-54: **0**, 55-59: **0**,  
60-64: **0**, 65-69: **0**, 70-74: **0**, 75-79: **0**, 80-84: **0**, 85-89: **0**,  
90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

| Seed |       |    |               |  |      |
|------|-------|----|---------------|--|------|
| ●    | 40-44 | 44 | Shaun Johnson |  | TARM |

|   |       |    |                      |         |      |
|---|-------|----|----------------------|---------|------|
| ● | 45-49 | 47 | Jo Van Rensburg      | 5:30.46 | TASM |
| ● | 45-49 | 47 | Heidi-Jane Humphries |         | WELM |
| ● | 50-54 | 52 | Tui Bray             | 6:46.58 | TARM |
| ● | 50-54 | 51 | Michelle Hopkins     |         | ALKM |
| ● | 60-64 | 62 | Sally Gibbs          | 5:54.00 | MWAM |
| ● | 65-69 | 67 | Dominique Brinkfield |         | FPNM |
| ● | 70-74 | 74 | Joy Baker            | 7:37.58 | TARM |
| ● | 75-79 | 75 | Carey Dickason       |         | TASM |

### 1500m Racewalk

30-34: **0**, 35-39: **0**, 40-44: **0**, 45-49: **3**, 50-54: **2**, 55-59: **1**,  
60-64: **2**, 65-69: **1**, 70-74: **2**, 75-79: **1**, 80-84: **2**, 85-89: **0**,  
90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

| Seed |       |    |                    |          |      |
|------|-------|----|--------------------|----------|------|
| ●    | 45-49 | 47 | Vicky Jones        | 11:47.86 | TARM |
| ●    | 45-49 | 45 | Sam Holliss        |          | TARM |
| ●    | 45-49 | 48 | Catherine McCarten |          | TARM |
| ●    | 50-54 | 51 | Rachel Gilberd     | 8:31.57  | TARM |
| ●    | 50-54 | 51 | Fiona Craig        |          | TARM |
| ●    | 55-59 | 55 | Sandra Moratti     |          | TARM |
| ●    | 60-64 | 60 | Serena Coombes     | 8:51.74  | TARM |
| ●    | 60-64 | 63 | Helen Willis       | 10:08.71 | WELM |
| ●    | 65-69 | 65 | Alison Newall      | 10:10.28 | OTGM |
| ●    | 70-74 | 73 | Janick Aubineau    |          | FPNM |
| ●    | 70-74 | 74 | Lynne Mackay       |          | TARM |
| ●    | 75-79 | 77 | Marlene White      | 11:37.31 | TARM |
| ●    | 80-84 | 80 | Jacqueline Wilson  | 10:25.10 | WELM |
| ●    | 80-84 | 84 | Daphne Jones       | 12:41.46 | WELM |

### 100 Meters

30-34: **1**, 35-39: **1**, 40-44: **5**, 45-49: **6**, 50-54: **4**, 55-59: **1**,  
60-64: **4**, 65-69: **2**, 70-74: **2**, 75-79: **2**, 80-84: **2**, 85-89: **1**,  
90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

| Seed |       |    |                    |       |      |
|------|-------|----|--------------------|-------|------|
| ●    | 30-34 | 31 | Maicalia Steinegg  | 13.01 | CANM |
| ●    | 35-39 | 39 | Emily Peychers     | 13.55 | HBGM |
| ●    | 40-44 | 44 | Helen Turner       | 14.51 | ALKM |
| ●    | 40-44 | 40 | Kate Ramage        | 14.54 | ALKM |
| ●    | 40-44 | 42 | Helen Fletcher     | 14.67 | ALKM |
| ●    | 40-44 | 42 | Erin Howell        | 14.72 | WELM |
| ●    | 40-44 | 43 | Aimee Whitley      |       | WBPM |
| ●    | 45-49 | 45 | Penny Kee          | 13.37 | ALKM |
| ●    | 45-49 | 45 | Joeline Jones      | 13.62 | TASM |
| ●    | 45-49 | 46 | Audrey Poaneki     | 15.40 | WBPM |
| ●    | 45-49 | 46 | Mel Calder         | 18.19 | WELM |
| ●    | 45-49 | 49 | Odette Teriitaohia |       | FPNM |
| ●    | 45-49 | 46 | Rachael Palmer     |       | HBGM |
| ●    | 50-54 | 51 | Lydia Bush         | 14.21 | ALKM |
| ●    | 50-54 | 51 | Vanessa Hodge      | 14.36 | MWAM |
| ●    | 50-54 | 53 | Kirsten Kilmister  | 15.00 | WELM |
| ●    | 50-54 | 52 | Tui Bray           | 16.74 | TARM |
| ●    | 55-59 | 57 | Phillipa Green     | 14.11 | ALKM |
| ●    | 60-64 | 63 | Elizabeth Mitchell | 14.26 | OTGM |
| ●    | 60-64 | 60 | Louise Martin      | 14.73 | CANM |
| ●    | 60-64 | 64 | Lynen Johnston     |       | FPNM |
| ●    | 60-64 | 62 | Karine Yutsien     |       | FPNM |
| ●    | 65-69 | 65 | Alison Newall      | 17.60 | OTGM |
| ●    | 65-69 | 66 | Annette Hermans    |       | WBPM |
| ●    | 70-74 | 74 | Joy Baker          | 18.33 | TARM |
| ●    | 70-74 | 73 | Suzanne Gee        | 20.76 | ALKM |
| ●    | 75-79 | 78 | Sheryl Gower       | 17.78 | WBPM |
| ●    | 75-79 | 75 | Nancy Bowmar       |       | NTHM |
| ●    | 80-84 | 82 | Chris Waring       | 17.81 | ALKM |

## 1500 Meters

30-34: **0**, 35-39: **2**, 40-44: **1**, 45-49: **4**, 50-54: **3**, 55-59: **4**,  
60-64: **4**, 65-69: **2**, 70-74: **5**, 75-79: **2**, 80-84: **3**, 85-89: **1**,  
90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |                     | Seed     |      |
|---|-------|----|---------------------|----------|------|
| ● | 35-39 | 38 | Pat Taylor          | 4:45.00  | OTGM |
| ● | 35-39 | 37 | Mark Searle         | 4:58.00  | MWAM |
| ● | 40-44 | 43 | Jamie Duncan        |          | WHAC |
| ● | 45-49 | 46 | James Conwell       | 4:18.25  | MWAM |
| ● | 45-49 | 47 | Mathew Rogers       | 4:40.94  | WELM |
| ● | 45-49 | 47 | Malcolm Smith       | 4:57.60  | WBPM |
| ● | 45-49 | 49 | Paul Evans          |          | WELM |
| ● | 50-54 | 53 | Andrew Kerr         | 4:52.26  | WELM |
| ● | 50-54 | 52 | Darren Gordon       |          | WELM |
| ● | 50-54 | 53 | Graeme Morrison     |          | WELM |
| ● | 55-59 | 57 | Mark Cornaga        | 4:49.86  | WBPM |
| ● | 55-59 | 59 | Malcolm Cornelius   | 4:59.00  | CANM |
| ● | 55-59 | 59 | Evan Lobb           |          | TARM |
| ● | 55-59 | 55 | Terry Fraser        |          | WELM |
| ● | 60-64 | 60 | Craig Scott         | 5:24.50  | WBPM |
| ● | 60-64 | 61 | Richard Doyle       | 6:53.93  | TARM |
| ● | 60-64 | 64 | Jean Marc Tur       |          | FPNM |
| ● | 60-64 | 60 | Armin Kashhammer    |          | NTHM |
| ● | 65-69 | 69 | Gregory (Greg) Boyd | 6:10.02  | ALKM |
| ● | 65-69 | 69 | Tony Price          |          | WELM |
| ● | 70-74 | 72 | Rodger Ward         | 6:00.00  | CANM |
| ● | 70-74 | 70 | Barry Watson        | 7:25.00  | WBPM |
| ● | 70-74 | 70 | Allan Thomas        |          | TARM |
| ● | 70-74 | 73 | Derek Shaw          |          | TASM |
| ● | 70-74 | 73 | Gavin Smith         |          | WBPM |
| ● | 75-79 | 75 | Ian Carter          | 5:33.79  | ALKM |
| ● | 75-79 | 75 | Jonathon Harper     |          | CANM |
| ● | 80-84 | 80 | Philip Parkin       | 6:34.15  | CANM |
| ● | 80-84 | 80 | David Trow          | 11:55.00 | WBPM |
| ● | 80-84 | 80 | Robin Reed          |          | MWAM |
| ● | 85-89 | 85 | Chris Strom         |          | ALKM |

## 100 Meters

30-34: **1**, 35-39: **4**, 40-44: **3**, 45-49: **7**, 50-54: **5**, 55-59: **3**,  
60-64: **6**, 65-69: **5**, 70-74: **6**, 75-79: **2**, 80-84: **5**, 85-89: **1**,  
90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |                   | Seed  |      |
|---|-------|----|-------------------|-------|------|
| ● | 30-34 | 30 | Ed Leung          | 11.80 | WBPM |
| ● | 35-39 | 37 | Remy Le Brun      | 11.40 | TASM |
| ● | 35-39 | 37 | Gulab Singh       | 11.99 | ALKM |
| ● | 35-39 | 37 | Ryan Smith        | 12.31 | ALKM |
| ● | 35-39 | 37 | Reece Little      |       | HBGM |
| ● | 40-44 | 40 | Brayden Grant     | 11.79 | MWAM |
| ● | 40-44 | 40 | Daniel Lowe       | 12.07 | ALKM |
| ● | 40-44 | 44 | Shaun Johnson     | 13.07 | TARM |
| ● | 45-49 | 46 | Ian Lathwood      | 11.40 | ALKM |
| ● | 45-49 | 46 | Bruce Alexander   | 11.94 | WBPM |
| ● | 45-49 | 48 | Ian Densie        | 12.25 | STHM |
| ● | 45-49 | 46 | Siamak Anahid     | 12.35 | ALKM |
| ● | 45-49 | 46 | Gareth Noble      | 12.50 | OTGM |
| ● | 45-49 | 46 | James Tipping     | 12.90 | WELM |
| ● | 45-49 | 47 | James Maltby      | 13.01 | ALKM |
| ● | 50-54 | 52 | Mark Lambert      | 11.81 | ALKM |
| ● | 50-54 | 50 | Rob Lyle          | 12.14 | ALKM |
| ● | 50-54 | 53 | Nick Bolton       | 12.47 | CANM |
| ● | 50-54 | 51 | Emerson Willard   | 12.53 | WELM |
| ● | 50-54 | 54 | Craig Seymour     | 14.14 | ALKM |
| ● | 55-59 | 55 | Mikel Constantine | 12.23 | ALKM |
| ● | 55-59 | 57 | Mark Ford         | 13.62 | WELM |

|   |       |    |               |      |
|---|-------|----|---------------|------|
| ● | 80-84 | 84 | Joan Mayall   | WBPM |
| ● | 85-89 | 85 | Jill Sherburn | WBPM |

## 2k Steeplechase

30-34: **0**, 35-39: **0**, 40-44: **0**, 45-49: **0**, 50-54: **1**, 55-59: **0**,  
60-64: **1**, 65-69: **0**, 70-74: **2**, 75-79: **0**, 80-84: **0**, 85-89: **0**,  
90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |                 | Seed     |      |
|---|-------|----|-----------------|----------|------|
| ● | 50-54 | 52 | Katie Jenkins   |          | WELM |
| ● | 60-64 | 60 | Karen Murphy    | 8:55.09  | NTHM |
| ● | 70-74 | 74 | Joy Baker       | 12:00.02 | TARM |
| ● | 70-74 | 73 | Janick Aubineau |          | FPNM |

## 400 Meters

30-34: **1**, 35-39: **2**, 40-44: **1**, 45-49: **4**, 50-54: **2**, 55-59: **1**,  
60-64: **3**, 65-69: **2**, 70-74: **1**, 75-79: **0**, 80-84: **0**, 85-89: **0**,  
90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |                      | Seed    |      |
|---|-------|----|----------------------|---------|------|
| ● | 30-34 | 31 | Maicalia Steinegg    | 59.94   | CANM |
| ● | 35-39 | 39 | Dasun Ganhewa        | 1:03.00 | SRIM |
| ● | 35-39 | 36 | Cherie Mcallister    | 1:20.49 | ALKM |
| ● | 40-44 | 40 | Kate Ramage          | 1:08.78 | ALKM |
| ● | 45-49 | 45 | Penny Kee            | 1:02.27 | ALKM |
| ● | 45-49 | 45 | Joeline Jones        | 1:05.28 | TASM |
| ● | 45-49 | 46 | Audrey Poaneki       |         | WBPM |
| ● | 45-49 | 47 | Heidi-Jane Humphries |         | WELM |
| ● | 50-54 | 51 | Vanessa Hodge        | 1:04.85 | MWAM |
| ● | 50-54 | 52 | Tui Bray             | 1:22.13 | TARM |
| ● | 55-59 | 58 | Dale Mcmillan        | 1:21.93 | MWAM |
| ● | 60-64 | 63 | Elizabeth Mitchell   | 1:10.93 | OTGM |
| ● | 60-64 | 60 | Louise Martin        | 1:16.89 | CANM |
| ● | 60-64 | 62 | Karen Hulena         | 1:30.24 | ALKM |
| ● | 65-69 | 67 | Dominique Brinkfield |         | FPNM |
| ● | 65-69 | 68 | Karen Gillum-Green   |         | TARM |
| ● | 70-74 | 74 | Joy Baker            | 1:34.26 | TARM |

## 5000 Meters

30-34: **0**, 35-39: **0**, 40-44: **0**, 45-49: **0**, 50-54: **1**, 55-59: **0**,  
60-64: **2**, 65-69: **1**, 70-74: **0**, 75-79: **0**, 80-84: **0**, 85-89: **0**,  
90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |                      | Seed     |      |
|---|-------|----|----------------------|----------|------|
| ● | 50-54 | 52 | Katie Jenkins        |          | WELM |
| ● | 60-64 | 62 | Sally Gibbs          | 18:56.00 | MWAM |
| ● | 60-64 | 60 | Karen Murphy         |          | NTHM |
| ● | 65-69 | 67 | Dominique Brinkfield |          | FPNM |

## 5000m Racewalk

30-34: **0**, 35-39: **0**, 40-44: **0**, 45-49: **2**, 50-54: **1**, 55-59: **0**,  
60-64: **2**, 65-69: **1**, 70-74: **0**, 75-79: **1**, 80-84: **2**, 85-89: **0**,  
90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |                    | Seed     |      |
|---|-------|----|--------------------|----------|------|
| ● | 45-49 | 48 | Catherine McCarten | 32:19.18 | TARM |
| ● | 45-49 | 47 | Vicky Jones        | 42:01.87 | TARM |
| ● | 50-54 | 51 | Rachel Gilbert     | 30:38.76 | TARM |
| ● | 60-64 | 60 | Serena Coombes     | 32:18.33 | TARM |
| ● | 60-64 | 63 | Helen Willis       | 35:24.54 | WELM |
| ● | 65-69 | 65 | Alison Newall      |          | OTGM |
| ● | 75-79 | 77 | Marlene White      | 41:20.73 | TARM |
| ● | 80-84 | 80 | Jacqueline Wilson  | 35:56.00 | WELM |
| ● | 80-84 | 84 | Daphne Jones       | 44:01.56 | WELM |

|   |       |    |                      |       |      |
|---|-------|----|----------------------|-------|------|
| ● | 55-59 | 57 | miles Holt           |       | NTHM |
| ● | 60-64 | 61 | David Blackford      | 12.56 | ALKM |
| ● | 60-64 | 60 | Chris Roberts        | 13.86 | WELM |
| ● | 60-64 | 60 | Gavin Jensen         | 13.99 | ALKM |
| ● | 60-64 | 62 | Mark MacFarlane      | 14.36 | WELM |
| ● | 60-64 | 61 | Richard Doyle        | 15.98 | TARM |
| ● | 60-64 | 64 | Bruce Cortesi        | 15.98 | WBPM |
| ● | 65-69 | 66 | Stephen Burden       | 13.45 | WBPM |
| ● | 65-69 | 66 | Bruce Thomson        | 14.03 | STHM |
| ● | 65-69 | 67 | Uros Sumar           | 14.45 | OTGM |
| ● | 65-69 | 65 | Neil Bartlett        | 15.83 | ALKM |
| ● | 65-69 | 65 | Timothy Turner       |       | ALKM |
| ● | 70-74 | 70 | Dennis O'Leary       | 14.53 | HBGM |
| ● | 70-74 | 74 | Geoff Wolfe          | 15.30 | WBPM |
| ● | 70-74 | 74 | David Lobb           | 16.90 | COK  |
| ● | 70-74 | 72 | Ian Martin           | 17.20 | WBPM |
| ● | 70-74 | 72 | Tapendra Singh Sokhi |       | ALKM |
| ● | 70-74 | 70 | Noel Barff           |       | FPNM |
| ● | 75-79 | 76 | Laurie Malcolmson    | 14.30 | MWAM |
| ● | 75-79 | 76 | Peter Michel         | 20.44 | ALKM |
| ● | 80-84 | 80 | David Anstiss        | 17.00 | ALKM |
| ● | 80-84 | 80 | Wolfgang Schenk      | 17.27 | ALKM |
| ● | 80-84 | 82 | Peter Crawford       | 20.22 | WBPM |
| ● | 80-84 | 80 | Martin Bryant        | 23.17 | HBGM |
| ● | 80-84 | 81 | Fernand Chaves       |       | FPNM |
| ● | 85-89 | 88 | Peter Hanson         | 22.49 | WELM |

## 2k Steeplechase

30-34: **0**, 35-39: **0**, 40-44: **0**, 45-49: **0**, 50-54: **0**, 55-59: **0**, 60-64: **1**, 65-69: **1**, 70-74: **0**, 75-79: **2**, 80-84: **0**, 85-89: **0**, 90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |                  |          | Seed |
|---|-------|----|------------------|----------|------|
| ● | 60-64 | 60 | Armin Kashammer  |          | NTHM |
| ● | 65-69 | 66 | Bruce Thomson    | 10:33.49 | STHM |
| ● | 75-79 | 78 | Desmond Phillips | 12:21.20 | TARM |
| ● | 75-79 | 75 | Barry Dewar      |          | TASM |

## 3k Steeplechase

30-34: **0**, 35-39: **0**, 40-44: **0**, 45-49: **1**, 50-54: **0**, 55-59: **0**, 60-64: **0**, 65-69: **0**, 70-74: **0**, 75-79: **0**, 80-84: **0**, 85-89: **0**, 90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |               |  | Seed |
|---|-------|----|---------------|--|------|
| ● | 45-49 | 47 | Mathew Rogers |  | WELM |

## 400 Meters

30-34: **0**, 35-39: **3**, 40-44: **1**, 45-49: **4**, 50-54: **5**, 55-59: **2**, 60-64: **4**, 65-69: **4**, 70-74: **0**, 75-79: **2**, 80-84: **5**, 85-89: **1**, 90-94: **1**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |                 |         | Seed |
|---|-------|----|-----------------|---------|------|
| ● | 35-39 | 37 | Zaan Janse      | 53.80   | WELM |
| ● | 35-39 | 38 | Pat Taylor      | 59.50   | OTGM |
| ● | 35-39 | 37 | Reece Little    |         | HBGM |
| ● | 40-44 | 40 | Brayden Grant   | 51.98   | MWAM |
| ● | 45-49 | 48 | David Hansen    | 57.37   | TASM |
| ● | 45-49 | 48 | Ian Densie      | 58.26   | STHM |
| ● | 45-49 | 46 | James Tipping   | 58.47   | WELM |
| ● | 45-49 | 49 | Sean Barnes     | 1:00.54 | CANM |
| ● | 50-54 | 50 | Wayne Holroyd   | 53.62   | ALKM |
| ● | 50-54 | 51 | Hayden Robinson | 56.09   | MWAM |
| ● | 50-54 | 50 | Alan Houghton   | 56.16   | OTGM |
| ● | 50-54 | 50 | Rob Lyle        | 56.95   | ALKM |
| ● | 50-54 | 53 | Andrew Kerr     | 1:07.04 | WELM |

## 60 Meter

30-34: **1**, 35-39: **2**, 40-44: **4**, 45-49: **5**, 50-54: **4**, 55-59: **1**, 60-64: **4**, 65-69: **3**, 70-74: **3**, 75-79: **2**, 80-84: **2**, 85-89: **1**, 90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |                       |       |  |      | Seed |
|---|-------|----|-----------------------|-------|--|------|------|
| ● | 30-34 | 31 | Maicalia Steinegg     | 8.12  |  | CANM |      |
| ● | 35-39 | 39 | Sarah Hockley         | 9.49  |  | WBPM |      |
| ● | 35-39 | 39 | Emily Peychers        |       |  | HBGM |      |
| ● | 40-44 | 44 | Helen Turner          | 9.04  |  | ALKM |      |
| ● | 40-44 | 42 | Helen Fletcher        | 9.15  |  | ALKM |      |
| ● | 40-44 | 40 | Kate Ramage           | 9.27  |  | ALKM |      |
| ● | 40-44 | 43 | Aimee Whitley         |       |  | WBPM |      |
| ● | 45-49 | 45 | Penny Kee             | 8.46  |  | ALKM |      |
| ● | 45-49 | 45 | Joeline Jones         | 8.58  |  | TASM |      |
| ● | 45-49 | 46 | Mel Calder            | 11.18 |  | WELM |      |
| ● | 45-49 | 49 | Odette Teriitaohia    |       |  | FPNM |      |
| ● | 45-49 | 46 | Rachael Palmer        |       |  | HBGM |      |
| ● | 50-54 | 51 | Lydia Bush            | 8.88  |  | ALKM |      |
| ● | 50-54 | 52 | Tui Bray              | 10.18 |  | TARM |      |
| ● | 50-54 | 50 | Cecile Choleau-Tapeta |       |  | FPNM |      |
| ● | 50-54 | 51 | Vanessa Hodge         |       |  | MWAM |      |
| ● | 55-59 | 57 | Phillipa Green        | 8.90  |  | ALKM |      |
| ● | 60-64 | 60 | Louise Martin         | 9.03  |  | CANM |      |
| ● | 60-64 | 63 | Elizabeth Mitchell    | 9.23  |  | OTGM |      |
| ● | 60-64 | 64 | Lynen Johnston        |       |  | FPNM |      |
| ● | 60-64 | 62 | Karine Yutsien        |       |  | FPNM |      |
| ● | 65-69 | 65 | Alison Newall         | 10.60 |  | OTGM |      |
| ● | 65-69 | 67 | Aggie Boxall          |       |  | ALKM |      |
| ● | 65-69 | 66 | Annette Hermans       |       |  | WBPM |      |
| ● | 70-74 | 74 | Joy Baker             | 11.00 |  | TARM |      |
| ● | 70-74 | 73 | Suzanne Gee           | 12.48 |  | ALKM |      |
| ● | 70-74 | 70 | Aline Berger          |       |  | FPNM |      |
| ● | 75-79 | 78 | Sheryl Gower          | 10.77 |  | WBPM |      |
| ● | 75-79 | 75 | Nancy Bowmar          | 16.83 |  | NTHM |      |
| ● | 80-84 | 82 | Chris Waring          | 10.84 |  | ALKM |      |
| ● | 80-84 | 84 | Joan Mayall           |       |  | WBPM |      |
| ● | 85-89 | 85 | Jill Sherburn         |       |  | WBPM |      |

## 200 Meters

30-34: **1**, 35-39: **3**, 40-44: **5**, 45-49: **4**, 50-54: **3**, 55-59: **2**, 60-64: **2**, 65-69: **2**, 70-74: **1**, 75-79: **1**, 80-84: **2**, 85-89: **0**, 90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |                    |       |  |      | Seed |
|---|-------|----|--------------------|-------|--|------|------|
| ● | 30-34 | 31 | Maicalia Steinegg  | 26.40 |  | CANM |      |
| ● | 35-39 | 39 | Emily Peychers     | 27.99 |  | HBGM |      |
| ● | 35-39 | 39 | Dasun Ganhewa      | 29.13 |  | SRIM |      |
| ● | 35-39 | 36 | Cherie Mcallister  | 35.79 |  | ALKM |      |
| ● | 40-44 | 40 | Kate Ramage        | 30.08 |  | ALKM |      |
| ● | 40-44 | 42 | Helen Fletcher     | 30.50 |  | ALKM |      |
| ● | 40-44 | 44 | Helen Turner       | 30.56 |  | ALKM |      |
| ● | 40-44 | 43 | Aimee Whitley      |       |  | WBPM |      |
| ● | 40-44 | 42 | Erin Howell        |       |  | WELM |      |
| ● | 45-49 | 45 | Penny Kee          | 27.37 |  | ALKM |      |
| ● | 45-49 | 45 | Joeline Jones      | 29.14 |  | TASM |      |
| ● | 45-49 | 46 | Rachael Palmer     |       |  | HBGM |      |
| ● | 45-49 | 46 | Mel Calder         |       |  | WELM |      |
| ● | 50-54 | 51 | Lydia Bush         | 30.91 |  | ALKM |      |
| ● | 50-54 | 52 | Tui Bray           | 34.58 |  | TARM |      |
| ● | 50-54 | 53 | Kirsten Kilmister  |       |  | WELM |      |
| ● | 55-59 | 57 | Phillipa Green     | 29.50 |  | ALKM |      |
| ● | 55-59 | 58 | Dale Mcmillan      | 35.40 |  | MWAM |      |
| ● | 60-64 | 63 | Elizabeth Mitchell | 29.49 |  | OTGM |      |

|   |       |    |                     |         |      |
|---|-------|----|---------------------|---------|------|
| ● | 55-59 | 57 | Mark Cornaga        | 58.50   | WBPM |
| ● | 55-59 | 55 | Phil Harrison       | 1:00.15 | CANM |
| ● | 60-64 | 61 | David Blackford     | 58.19   | ALKM |
| ● | 60-64 | 60 | Grant Hodges        | 58.50   | ALKM |
| ● | 60-64 | 60 | Gavin Jensen        | 1:04.75 | ALKM |
| ● | 60-64 | 61 | Richard Doyle       | 1:17.48 | TARM |
| ● | 65-69 | 66 | Bruce Thomson       | 1:08.20 | STHM |
| ● | 65-69 | 65 | Barry Helem         | 1:15.74 | CANM |
| ● | 65-69 | 69 | Gregory (Greg) Boyd | 1:19.44 | ALKM |
| ● | 65-69 | 65 | Timothy Turner      |         | ALKM |
| ● | 75-79 | 75 | Ian Carter          | 1:10.12 | ALKM |
| ● | 75-79 | 78 | Desmond Phillips    | 1:24.77 | TARM |
| ● | 80-84 | 80 | Wolfgang Schenk     | 1:30.00 | ALKM |
| ● | 80-84 | 81 | Alan Jones          | 1:38.02 | TARM |
| ● | 80-84 | 80 | David Trow          | 2:19.00 | WBPM |
| ● | 80-84 | 80 | Martin Bryant       | 2:30.09 | HBGM |
| ● | 80-84 | 81 | Fernand Chaves      |         | FPNM |
| ● | 85-89 | 85 | Chris Strom         |         | ALKM |
| ● | 90-94 | 91 | Jim Feist           |         | ALKM |

## 5000 Meters

30-34: **0**, 35-39: **2**, 40-44: **1**, 45-49: **3**, 50-54: **4**, 55-59: **1**, 60-64: **1**, 65-69: **1**, 70-74: **3**, 75-79: **1**, 80-84: **0**, 85-89: **0**, 90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |                    |          | Seed |
|---|-------|----|--------------------|----------|------|
| ● | 35-39 | 39 | David Lovelock     | 17:55.56 | MWAM |
| ● | 35-39 | 37 | Mark Searle        | 18:10.00 | MWAM |
| ● | 40-44 | 43 | Matthew Hopkins    |          | TARM |
| ● | 45-49 | 47 | Malcolm Smith      | 18:59.44 | WBPM |
| ● | 45-49 | 47 | Michael O'Sullivan |          | TARM |
| ● | 45-49 | 49 | Paul Evans         |          | WELM |
| ● | 50-54 | 54 | Seth Campbell      | 17:40.00 | WELM |
| ● | 50-54 | 53 | Graeme Morrison    | 17:44.83 | WELM |
| ● | 50-54 | 52 | Paul Curran        |          | MWAM |
| ● | 50-54 | 52 | Darren Gordon      |          | WELM |
| ● | 55-59 | 55 | Terry Fraser       |          | WELM |
| ● | 60-64 | 60 | Armin Kashammer    |          | NTHM |
| ● | 65-69 | 69 | Tony Price         |          | WELM |
| ● | 70-74 | 70 | Barry Watson       | 24:30.00 | WBPM |
| ● | 70-74 | 73 | Gavin Smith        | 25:57.21 | WBPM |
| ● | 70-74 | 73 | Derek Shaw         |          | TASM |
| ● | 75-79 | 75 | Barry Dewar        |          | TASM |

## 5000m Racewalk

30-34: **0**, 35-39: **0**, 40-44: **0**, 45-49: **1**, 50-54: **0**, 55-59: **0**, 60-64: **1**, 65-69: **1**, 70-74: **0**, 75-79: **1**, 80-84: **0**, 85-89: **0**, 90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |                |          | Seed |
|---|-------|----|----------------|----------|------|
| ● | 45-49 | 49 | Justin Reed    |          | TARM |
| ● | 60-64 | 64 | Rodney Gillum  |          | EGMT |
| ● | 65-69 | 67 | Brendan Gibbs  | 38:15.00 | MWAM |
| ● | 75-79 | 75 | Clive MCGovern |          | WELM |

## 60 Meter

30-34: **0**, 35-39: **3**, 40-44: **3**, 45-49: **9**, 50-54: **7**, 55-59: **3**, 60-64: **6**, 65-69: **4**, 70-74: **5**, 75-79: **3**, 80-84: **5**, 85-89: **2**, 90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |               |      | Seed |
|---|-------|----|---------------|------|------|
| ● | 35-39 | 37 | Remy Le Brun  | 7.27 | TASM |
| ● | 35-39 | 37 | Gulab Singh   | 7.53 | ALKM |
| ● | 35-39 | 37 | Ryan Smith    | 7.83 | ALKM |
| ● | 40-44 | 40 | Brayden Grant | 7.40 | MWAM |

|   |       |    |                 |       |      |
|---|-------|----|-----------------|-------|------|
| ● | 60-64 | 60 | Louise Martin   | 30.20 | CANM |
| ● | 65-69 | 65 | Alison Newall   | 37.60 | OTGM |
| ● | 65-69 | 66 | Annette Hermans |       | WBPM |
| ● | 70-74 | 74 | Joy Baker       | 38.13 | TARM |
| ● | 75-79 | 78 | Sheryl Gower    |       | WBPM |
| ● | 80-84 | 82 | Chris Waring    | 38.40 | ALKM |
| ● | 80-84 | 84 | Joan Mayall     |       | WBPM |

## 800 Meters

30-34: **0**, 35-39: **4**, 40-44: **0**, 45-49: **4**, 50-54: **2**, 55-59: **1**, 60-64: **3**, 65-69: **1**, 70-74: **1**, 75-79: **0**, 80-84: **0**, 85-89: **0**, 90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |                      |         | Seed |
|---|-------|----|----------------------|---------|------|
| ● | 35-39 | 39 | Dasun Ganhewa        | 2:29.69 | SRIM |
| ● | 35-39 | 39 | Emily Peychers       | 2:35.55 | HBGM |
| ● | 35-39 | 37 | Ayesha Shafi         | 2:39.67 | WHAC |
| ● | 35-39 | 36 | Cherie Mcallister    | 3:05.32 | ALKM |
| ● | 45-49 | 49 | Rachael Savage       | 4:27.56 | WBPM |
| ● | 45-49 | 45 | Penny Kee            |         | ALKM |
| ● | 45-49 | 47 | Jo Van Rensburg      |         | TASM |
| ● | 45-49 | 47 | Heidi-Jane Humphries |         | WELM |
| ● | 50-54 | 52 | Tui Bray             | 3:15.20 | TARM |
| ● | 50-54 | 51 | Vanessa Hodge        |         | MWAM |
| ● | 55-59 | 58 | Dale Mcmillan        |         | MWAM |
| ● | 60-64 | 62 | Sally Gibbs          | 2:51.00 | MWAM |
| ● | 60-64 | 60 | Karen Murphy         | 2:56.52 | NTHM |
| ● | 60-64 | 62 | Karen Hulena         | 3:31.23 | ALKM |
| ● | 65-69 | 66 | Annette Hermans      |         | WBPM |
| ● | 70-74 | 74 | Joy Baker            | 3:41.98 | TARM |

## Pentathlon (Outdoor)

30-34: **0**, 35-39: **0**, 40-44: **0**, 45-49: **0**, 50-54: **0**, 55-59: **0**, 60-64: **0**, 65-69: **0**, 70-74: **0**, 75-79: **0**, 80-84: **0**, 85-89: **0**, 90-94: **0**, 95-99: **0**, Relay: **0**, 16: **5**

|   |    |    |                      |      | Seed |
|---|----|----|----------------------|------|------|
| ● | 16 | 62 | Karen Hulena         | 2009 | ALKM |
| ● | 16 | 75 | Carey Dickason       | 1106 | TASM |
| ● | 16 | 49 | Rachael Savage       | 998  | WBPM |
| ● | 16 | 73 | Janick Aubineau      |      | FPNM |
| ● | 16 | 47 | Heidi-Jane Humphries |      | WELM |

## Throws Pentathlon

30-34: **0**, 35-39: **1**, 40-44: **1**, 45-49: **5**, 50-54: **4**, 55-59: **4**, 60-64: **2**, 65-69: **2**, 70-74: **0**, 75-79: **6**, 80-84: **3**, 85-89: **1**, 90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |                         |      | Seed |
|---|-------|----|-------------------------|------|------|
| ● | 35-39 | 39 | Sarah Hockley           | 1860 | WBPM |
| ● | 40-44 | 40 | Anna Lynch              | 2400 | CANM |
| ● | 45-49 | 45 | Vanessa Pendergrast     | 1944 | MWAM |
| ● | 45-49 | 47 | Rochelle Ellison-Lupena | 1742 | COK  |
| ● | 45-49 | 49 | Ayaka Stewart           | 1509 | CANM |
| ● | 45-49 | 49 | Elaine McQueen          |      | ALKM |
| ● | 45-49 | 49 | Rachael Savage          |      | WBPM |
| ● | 50-54 | 50 | Trudy Derbyshire        | 2261 | NTHM |
| ● | 50-54 | 53 | Kerry Rattray           | 1586 | WBPM |
| ● | 50-54 | 54 | Fiona Black             |      | TARM |
| ● | 50-54 | 51 | Bronwen Sola            |      | WELM |
| ● | 55-59 | 56 | Brenda Davis            | 2943 | WBPM |
| ● | 55-59 | 58 | Tania Lutton            | 2809 | CANM |
| ● | 55-59 | 56 | Raewyn Grigg            | 2223 | TARM |
| ● | 55-59 | 55 | Sandra Moratti          |      | TARM |
| ● | 60-64 | 61 | Christine McCahill      | 3145 | WBPM |

|   |       |    |                      |       |      |
|---|-------|----|----------------------|-------|------|
| ● | 40-44 | 40 | Daniel Lowe          | 7.72  | ALKM |
| ● | 40-44 | 44 | Shaun Johnson        | 8.30  | TARM |
| ● | 45-49 | 46 | Ian Lathwood         | 7.24  | ALKM |
| ● | 45-49 | 46 | Bruce Alexander      | 7.54  | WBPM |
| ● | 45-49 | 46 | Siamak Anahid        | 7.79  | ALKM |
| ● | 45-49 | 46 | James Tipping        | 8.14  | WELM |
| ● | 45-49 | 48 | Ian Densie           | 8.20  | STHM |
| ● | 45-49 | 47 | James Maltby         | 8.21  | ALKM |
| ● | 45-49 | 46 | Gareth Noble         | 8.24  | OTGM |
| ● | 45-49 | 49 | Johnny Eketone       |       | CANM |
| ● | 45-49 | 48 | David Hansen         |       | TASM |
| ● | 50-54 | 52 | Mark Lambert         | 7.55  | ALKM |
| ● | 50-54 | 50 | Wayne Holroyd        | 7.66  | ALKM |
| ● | 50-54 | 53 | Nick Bolton          | 7.78  | CANM |
| ● | 50-54 | 52 | Iain Rattray         | 7.80  | HAWK |
| ● | 50-54 | 51 | Emerson Willard      | 7.90  | WELM |
| ● | 50-54 | 50 | Rob Lyle             | 7.98  | ALKM |
| ● | 50-54 | 54 | Craig Seymour        | 8.88  | ALKM |
| ● | 55-59 | 55 | Mikel Constantine    | 7.73  | ALKM |
| ● | 55-59 | 57 | Mark Ford            | 8.73  | WELM |
| ● | 55-59 | 57 | miles Holt           |       | NTHM |
| ● | 60-64 | 61 | David Blackford      | 7.97  | ALKM |
| ● | 60-64 | 60 | Gavin Jensen         | 9.00  | ALKM |
| ● | 60-64 | 62 | Mark MacFarlane      | 9.13  | WELM |
| ● | 60-64 | 61 | Richard Doyle        | 9.76  | TARM |
| ● | 60-64 | 64 | Bruce Cortesi        | 10.20 | WBPM |
| ● | 60-64 | 60 | Adrian Stockill      |       | WELM |
| ● | 65-69 | 66 | Stephen Burden       | 8.58  | WBPM |
| ● | 65-69 | 66 | Bruce Thomson        | 9.15  | STHM |
| ● | 65-69 | 67 | Uros Sumar           | 9.20  | OTGM |
| ● | 65-69 | 65 | Timothy Turner       |       | ALKM |
| ● | 70-74 | 70 | Dennis O'Leary       | 8.97  | HBGM |
| ● | 70-74 | 74 | Geoff Wolfe          | 9.70  | WBPM |
| ● | 70-74 | 72 | Ian Martin           | 10.51 | WBPM |
| ● | 70-74 | 72 | Tapendra Singh Sokhi | 24.23 | ALKM |
| ● | 70-74 | 70 | Noel Barff           |       | FPNM |
| ● | 75-79 | 76 | Laurie Malcolmson    | 9.00  | MWAM |
| ● | 75-79 | 76 | Peter Michel         | 10.67 | ALKM |
| ● | 75-79 | 75 | Yong Chyan Ding      | 10.89 | ALKM |
| ● | 80-84 | 80 | David Anstiss        | 10.47 | ALKM |
| ● | 80-84 | 80 | Wolfgang Schenk      | 10.50 | ALKM |
| ● | 80-84 | 81 | Fernand Chaves       |       | FPNM |
| ● | 80-84 | 80 | Martin Bryant        |       | HBGM |
| ● | 80-84 | 82 | Peter Crawford       |       | WBPM |
| ● | 85-89 | 88 | Peter Hanson         | 13.01 | WELM |
| ● | 85-89 | 85 | Chris Strom          |       | ALKM |

## 200 Meters

30-34: **0**, 35-39: **3**, 40-44: **2**, 45-49: **10**, 50-54: **9**, 55-59: **4**, 60-64: **5**, 65-69: **4**, 70-74: **3**, 75-79: **2**, 80-84: **6**, 85-89: **1**, 90-94: **1**, 95-99: **0**, Relay: **0**, 16: **0**

| Seed |       |    |                 |       |      |
|------|-------|----|-----------------|-------|------|
| ●    | 35-39 | 37 | Remy Le Brun    | 23.20 | TASM |
| ●    | 35-39 | 37 | Gulab Singh     | 24.60 | ALKM |
| ●    | 35-39 | 37 | Ryan Smith      | 25.74 | ALKM |
| ●    | 40-44 | 40 | Brayden Grant   | 23.45 | MWAM |
| ●    | 40-44 | 44 | Shaun Johnson   | 27.06 | TARM |
| ●    | 45-49 | 46 | Ian Lathwood    | 23.32 | ALKM |
| ●    | 45-49 | 46 | Bruce Alexander | 24.10 | WBPM |
| ●    | 45-49 | 48 | Ian Densie      | 25.48 | STHM |
| ●    | 45-49 | 46 | Gareth Noble    | 26.10 | OTGM |
| ●    | 45-49 | 46 | Siamak Anahid   | 26.54 | ALKM |
| ●    | 45-49 | 46 | James Tipping   | 26.58 | WELM |
| ●    | 45-49 | 49 | Sean Barnes     | 27.22 | CANM |
| ●    | 45-49 | 47 | James Maltby    |       | ALKM |

|   |       |    |                  |      |      |
|---|-------|----|------------------|------|------|
| ● | 60-64 | 60 | Denise Fellows   | 1583 | WBPM |
| ● | 65-69 | 66 | Michelle Anthony | 2207 | WBPM |
| ● | 65-69 | 67 | Aggie Boxall     |      | ALKM |
| ● | 75-79 | 78 | Noni Callander   | 2846 | OTGM |
| ● | 75-79 | 79 | Annette Parlane  | 2839 | WBPM |
| ● | 75-79 | 77 | Anne Deleiros    | 2440 | ALKM |
| ● | 75-79 | 75 | Beryl McMillan   | 2347 | MWAM |
| ● | 75-79 | 75 | Nancy Bowmar     | 1871 | NTHM |
| ● | 75-79 | 78 | Sherry Farmer    | 1607 | CANM |
| ● | 80-84 | 81 | Barbara Austin   | 2886 | NTHM |
| ● | 80-84 | 84 | Justine Whitaker | 2572 | CANM |
| ● | 80-84 | 80 | Bev Savage       |      | WBPM |
| ● | 85-89 | 85 | Jill Sherburn    |      | WBPM |

## Hammer

30-34: **0**, 35-39: **1**, 40-44: **2**, 45-49: **5**, 50-54: **4**, 55-59: **4**, 60-64: **3**, 65-69: **2**, 70-74: **1**, 75-79: **6**, 80-84: **3**, 85-89: **0**, 90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

| Seed |       |    |                         |       |      |
|------|-------|----|-------------------------|-------|------|
| ●    | 35-39 | 35 | Kirsty Halliday         | 31.00 | NTHM |
| ●    | 40-44 | 40 | Anna Lynch              | 38.00 | CANM |
| ●    | 40-44 | 42 | Melissa Karl            | 34.38 | ALKM |
| ●    | 45-49 | 47 | Rochelle Ellison-Lupena | 28.36 | COK  |
| ●    | 45-49 | 46 | Eilish Simpson          | 26.22 | WBPM |
| ●    | 45-49 | 49 | Ayaka Stewart           | 25.98 | CANM |
| ●    | 45-49 | 45 | Vanessa Pendergrast     | 24.84 | MWAM |
| ●    | 45-49 | 49 | Odette Teriitaohia      |       | FPNM |
| ●    | 50-54 | 50 | Trudy Derbyshire        | 31.68 | NTHM |
| ●    | 50-54 | 51 | Bronwen Sola            | 27.08 | WELM |
| ●    | 50-54 | 53 | Kerry Rattray           | 26.99 | WBPM |
| ●    | 50-54 | 54 | Fiona Black             | 24.30 | TARM |
| ●    | 55-59 | 56 | Brenda Davis            | 39.78 | WBPM |
| ●    | 55-59 | 58 | Tania Lutton            | 29.39 | CANM |
| ●    | 55-59 | 56 | Raewyn Grigg            | 27.66 | TARM |
| ●    | 55-59 | 55 | Sandra Moratti          |       | TARM |
| ●    | 60-64 | 61 | Christine McCahill      | 32.58 | WBPM |
| ●    | 60-64 | 60 | Denise Fellows          | 24.30 | WBPM |
| ●    | 60-64 | 64 | Rauru Faui              | 23.39 | ALKM |
| ●    | 65-69 | 66 | Michelle Anthony        | 24.37 | WBPM |
| ●    | 65-69 | 67 | Aggie Boxall            |       | ALKM |
| ●    | 70-74 | 73 | Janick Aubineau         |       | FPNM |
| ●    | 75-79 | 79 | Annette Parlane         | 26.95 | WBPM |
| ●    | 75-79 | 78 | Noni Callander          | 22.44 | OTGM |
| ●    | 75-79 | 77 | Anne Deleiros           | 22.00 | ALKM |
| ●    | 75-79 | 75 | Beryl McMillan          | 19.63 | MWAM |
| ●    | 75-79 | 78 | Sherry Farmer           | 16.43 | CANM |
| ●    | 75-79 | 75 | Carey Dickason          |       | TASM |
| ●    | 80-84 | 80 | Bev Savage              | 27.37 | WBPM |
| ●    | 80-84 | 81 | Barbara Austin          | 24.41 | NTHM |
| ●    | 80-84 | 84 | Justine Whitaker        | 21.07 | CANM |

## Long Jump

30-34: **0**, 35-39: **1**, 40-44: **2**, 45-49: **2**, 50-54: **1**, 55-59: **1**, 60-64: **2**, 65-69: **2**, 70-74: **2**, 75-79: **1**, 80-84: **0**, 85-89: **1**, 90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

| Seed |       |    |                 |      |      |
|------|-------|----|-----------------|------|------|
| ●    | 35-39 | 35 | Kirsty Halliday | 4.10 | NTHM |
| ●    | 40-44 | 42 | Helen Fletcher  | 3.79 | ALKM |
| ●    | 40-44 | 43 | Aimee Whitley   |      | WBPM |
| ●    | 45-49 | 46 | Mel Calder      | 3.30 | WELM |
| ●    | 45-49 | 49 | Rachael Savage  | 2.73 | WBPM |
| ●    | 50-54 | 52 | Liezel De Wet   | 4.25 | TASM |
| ●    | 55-59 | 58 | Dale Mcmillan   | 3.35 | MWAM |

|   |       |    |                   |       |      |
|---|-------|----|-------------------|-------|------|
| ● | 45-49 | 49 | Johnny Eketone    |       | CANM |
| ● | 45-49 | 48 | David Hansen      |       | TASM |
| ● | 50-54 | 52 | Mark Lambert      | 23.92 | ALKM |
| ● | 50-54 | 50 | Wayne Holroyd     | 24.18 | ALKM |
| ● | 50-54 | 53 | Nick Bolton       | 25.00 | CANM |
| ● | 50-54 | 50 | Rob Lyle          | 25.07 | ALKM |
| ● | 50-54 | 51 | Hayden Robinson   | 25.29 | MWAM |
| ● | 50-54 | 50 | Alan Houghton     | 25.68 | OTGM |
| ● | 50-54 | 51 | Emerson Willard   | 26.87 | WELM |
| ● | 50-54 | 54 | Craig Seymour     | 30.05 | ALKM |
| ● | 50-54 | 53 | Andrew Kerr       | 30.08 | WELM |
| ● | 55-59 | 55 | Mikel Constantine | 25.63 | ALKM |
| ● | 55-59 | 55 | Phil Harrison     | 27.95 | CANM |
| ● | 55-59 | 57 | Mark Ford         | 28.05 | WELM |
| ● | 55-59 | 57 | miles Holt        |       | NTHM |
| ● | 60-64 | 60 | Grant Hodges      | 24.95 | ALKM |
| ● | 60-64 | 61 | David Blackford   | 25.58 | ALKM |
| ● | 60-64 | 62 | Mark MacFarlane   | 29.66 | WELM |
| ● | 60-64 | 61 | Richard Doyle     | 31.93 | TARM |
| ● | 60-64 | 64 | Bruce Cortesi     | 33.81 | WBPM |
| ● | 65-69 | 66 | Stephen Burden    | 28.20 | WBPM |
| ● | 65-69 | 65 | Timothy Turner    | 28.64 | ALKM |
| ● | 65-69 | 66 | Bruce Thomson     | 30.20 | STHM |
| ● | 65-69 | 67 | Uros Sumar        | 31.20 | OTGM |
| ● | 70-74 | 70 | Dennis O'Leary    | 29.94 | HBGM |
| ● | 70-74 | 72 | Ian Martin        | 35.33 | WBPM |
| ● | 70-74 | 74 | Geoff Wolfe       |       | WBPM |
| ● | 75-79 | 76 | Laurie Malcolmson | 31.00 | MWAM |
| ● | 75-79 | 78 | Desmond Phillips  | 38.56 | TARM |
| ● | 80-84 | 80 | Wolfgang Schenk   | 37.24 | ALKM |
| ● | 80-84 | 81 | Alan Jones        | 41.64 | TARM |
| ● | 80-84 | 80 | David Trow        | 50.00 | WBPM |
| ● | 80-84 | 80 | Martin Bryant     | 51.84 | HBGM |
| ● | 80-84 | 81 | Fernand Chaves    |       | FPNM |
| ● | 80-84 | 82 | Peter Crawford    |       | WBPM |
| ● | 85-89 | 88 | Peter Hanson      | 56.87 | WELM |
| ● | 90-94 | 91 | Jim Feist         |       | ALKM |

## 800 Meters

30-34: **0**, 35-39: **2**, 40-44: **2**, 45-49: **4**, 50-54: **5**, 55-59: **5**, 60-64: **3**, 65-69: **2**, 70-74: **2**, 75-79: **3**, 80-84: **4**, 85-89: **1**, 90-94: **1**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    | Seed              |         |      |
|---|-------|----|-------------------|---------|------|
| ● | 35-39 | 37 | Zaan Janse        | 2:06.51 | WELM |
| ● | 35-39 | 38 | Pat Taylor        | 2:10.50 | OTGM |
| ● | 40-44 | 40 | Brayden Grant     | 2:06.00 | MWAM |
| ● | 40-44 | 43 | Jamie Duncan      | 2:13.85 | WHAC |
| ● | 45-49 | 46 | James Conwell     | 2:05.74 | MWAM |
| ● | 45-49 | 49 | Sean Barnes       | 2:18.17 | CANM |
| ● | 45-49 | 47 | Malcolm Smith     | 2:28.75 | WBPM |
| ● | 45-49 | 46 | James Tipping     |         | WELM |
| ● | 50-54 | 50 | Alan Houghton     | 2:12.63 | OTGM |
| ● | 50-54 | 51 | Hayden Robinson   | 2:16.44 | MWAM |
| ● | 50-54 | 53 | Graeme Morrison   | 2:22.60 | WELM |
| ● | 50-54 | 53 | Andrew Kerr       | 2:24.00 | WELM |
| ● | 50-54 | 52 | Iain Rattray      | 2:25.00 | HAWK |
| ● | 55-59 | 57 | Mark Cornaga      | 2:12.99 | WBPM |
| ● | 55-59 | 55 | Phil Harrison     | 2:20.99 | CANM |
| ● | 55-59 | 59 | Malcolm Cornelius | 2:26.00 | CANM |
| ● | 55-59 | 58 | Andrew Davenport  |         | MWAM |
| ● | 55-59 | 59 | Evan Lobb         |         | TARM |
| ● | 60-64 | 60 | Gavin Jensen      | 2:33.00 | ALKM |
| ● | 60-64 | 60 | Craig Scott       | 2:35.17 | WBPM |
| ● | 60-64 | 61 | Richard Doyle     | 3:13.15 | TARM |
| ● | 65-69 | 65 | Barry Helem       | 2:48.00 | CANM |

|   |       |    |                |      |      |
|---|-------|----|----------------|------|------|
| ● | 60-64 | 62 | Karen Hulena   | 3.31 | ALKM |
| ● | 60-64 | 64 | Lynen Johnston |      | FPNM |
| ● | 65-69 | 65 | Alison Newall  | 2.98 | OTGM |
| ● | 65-69 | 67 | Aggie Boxall   |      | ALKM |
| ● | 70-74 | 74 | Joy Baker      | 2.71 | TARM |
| ● | 70-74 | 70 | Aline Berger   |      | FPNM |
| ● | 75-79 | 75 | Carey Dickason | 2.24 | TASM |
| ● | 85-89 | 85 | Jill Sherburn  |      | WBPM |

## Shot Put

30-34: **0**, 35-39: **2**, 40-44: **2**, 45-49: **6**, 50-54: **4**, 55-59: **4**, 60-64: **4**, 65-69: **4**, 70-74: **1**, 75-79: **6**, 80-84: **3**, 85-89: **1**, 90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    | Seed                  |       |      |
|---|-------|----|-----------------------|-------|------|
| ● | 35-39 | 35 | Kirsty Halliday       | 10.00 | NTHM |
| ● | 35-39 | 39 | Sarah Hockley         | 9.61  | WBPM |
| ● | 40-44 | 40 | Anna Lynch            | 9.00  | CANM |
| ● | 40-44 | 42 | Melissa Karl          |       | ALKM |
| ● | 45-49 | 46 | Eilish Simpson        | 8.74  | WBPM |
| ● | 45-49 | 45 | Vanessa Pendergrast   | 8.17  | MWAM |
| ● | 45-49 | 49 | Rachael Savage        | 7.80  | WBPM |
| ● | 45-49 | 49 | Ayaka Stewart         | 7.37  | CANM |
| ● | 45-49 | 49 | Odette Teriitaohia    |       | FPNM |
| ● | 45-49 | 47 | Heidi-Jane Humphries  |       | WELM |
| ● | 50-54 | 50 | Trudy Derbyshire      | 8.61  | NTHM |
| ● | 50-54 | 54 | Fiona Black           | 7.26  | TARM |
| ● | 50-54 | 50 | Cecile Choleau-Tapeta |       | FPNM |
| ● | 50-54 | 51 | Fiona Craig           |       | TARM |
| ● | 55-59 | 58 | Tania Lutton          | 11.87 | CANM |
| ● | 55-59 | 56 | Brenda Davis          | 9.98  | WBPM |
| ● | 55-59 | 58 | Dale Mcmillan         | 8.36  | MWAM |
| ● | 55-59 | 55 | Sandra Moratti        |       | TARM |
| ● | 60-64 | 61 | Christine McCahill    | 9.11  | WBPM |
| ● | 60-64 | 64 | Rauru Faau            | 6.96  | ALKM |
| ● | 60-64 | 60 | Denise Fellows        | 5.41  | WBPM |
| ● | 60-64 | 62 | Karine Yutsien        |       | FPNM |
| ● | 65-69 | 65 | Alison Newall         | 7.15  | OTGM |
| ● | 65-69 | 66 | Michelle Anthony      | 6.38  | WBPM |
| ● | 65-69 | 67 | Aggie Boxall          |       | ALKM |
| ● | 65-69 | 66 | Annette Hermans       |       | WBPM |
| ● | 70-74 | 72 | Vicky Adams           |       | TARM |
| ● | 75-79 | 78 | Noni Callander        | 8.27  | OTGM |
| ● | 75-79 | 79 | Annette Parlane       | 7.87  | WBPM |
| ● | 75-79 | 75 | Beryl McMillan        | 7.65  | MWAM |
| ● | 75-79 | 77 | Anne Deleiros         | 7.00  | ALKM |
| ● | 75-79 | 78 | Sherry Farmer         | 6.20  | CANM |
| ● | 75-79 | 75 | Nancy Bowmar          | 5.73  | NTHM |
| ● | 80-84 | 80 | Bev Savage            | 7.32  | WBPM |
| ● | 80-84 | 81 | Barbara Austin        | 6.88  | NTHM |
| ● | 80-84 | 84 | Justine Whitaker      | 6.57  | CANM |
| ● | 85-89 | 85 | Jill Sherburn         |       | WBPM |

## High Jump

30-34: **1**, 35-39: **0**, 40-44: **1**, 45-49: **2**, 50-54: **2**, 55-59: **1**, 60-64: **2**, 65-69: **0**, 70-74: **0**, 75-79: **2**, 80-84: **0**, 85-89: **0**, 90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    | Seed                 |      |      |
|---|-------|----|----------------------|------|------|
| ● | 30-34 | 33 | Vianca Lagerwall     | 1.65 | ALKM |
| ● | 40-44 | 42 | Melissa Karl         | 1.41 | ALKM |
| ● | 45-49 | 49 | Rachael Savage       |      | WBPM |
| ● | 45-49 | 47 | Heidi-Jane Humphries |      | WELM |
| ● | 50-54 | 50 | Ivana Erceg          | 1.30 | ALKM |
|   |       |    | Floerchinger         |      |      |

|   |       |    |                     |         |      |
|---|-------|----|---------------------|---------|------|
| ● | 65-69 | 69 | Gregory (Greg) Boyd | 3:00.53 | ALKM |
| ● | 70-74 | 72 | Rodger Ward         | 3:00.00 | CANM |
| ● | 70-74 | 70 | Allan Thomas        |         | TARM |
| ● | 75-79 | 75 | Ian Carter          | 2:37.60 | ALKM |
| ● | 75-79 | 75 | Jonathon Harper     | 3:37.00 | CANM |
| ● | 75-79 | 78 | Desmond Phillips    | 3:37.37 | TARM |
| ● | 80-84 | 81 | Alan Jones          | 3:55.48 | TARM |
| ● | 80-84 | 80 | David Trow          | 5:26.00 | WBPM |
| ● | 80-84 | 81 | Fernand Chaves      |         | FPNM |
| ● | 80-84 | 80 | Robin Reed          |         | MWAM |
| ● | 85-89 | 85 | Chris Strom         |         | ALKM |
| ● | 90-94 | 91 | Jim Feist           |         | ALKM |

|   |       |    |                |      |      |
|---|-------|----|----------------|------|------|
| ● | 50-54 | 51 | Bronwen Sola   |      | WELM |
| ● | 55-59 | 56 | Raewyn Grigg   | 1.16 | TARM |
| ● | 60-64 | 62 | Heesun Kim     | 1.40 | ALKM |
| ● | 60-64 | 62 | Karen Hulena   | 1.12 | ALKM |
| ● | 75-79 | 75 | Nancy Bowmar   | 0.93 | NTHM |
| ● | 75-79 | 75 | Beryl McMillan |      | MWAM |

## Javelin

30-34: **0**, 35-39: **2**, 40-44: **1**, 45-49: **5**, 50-54: **2**, 55-59: **3**, 60-64: **4**, 65-69: **4**, 70-74: **1**, 75-79: **6**, 80-84: **2**, 85-89: **1**, 90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

## Pentathlon (Outdoor)

30-34: **0**, 35-39: **0**, 40-44: **0**, 45-49: **0**, 50-54: **0**, 55-59: **0**, 60-64: **0**, 65-69: **0**, 70-74: **0**, 75-79: **0**, 80-84: **0**, 85-89: **0**, 90-94: **0**, 95-99: **0**, Relay: **0**, 16: **4**

|   |    |    | Seed              |           |
|---|----|----|-------------------|-----------|
| ● | 16 | 76 | Laurie Malcolmson | 2300 MWAM |
| ● | 16 | 80 | Wolfgang Schenk   | 1761 ALKM |
| ● | 16 | 49 | Johnny Eketone    | CANM      |
| ● | 16 | 57 | miles Holt        | NTHM      |

## Throws Pentathlon

30-34: **0**, 35-39: **0**, 40-44: **3**, 45-49: **1**, 50-54: **3**, 55-59: **2**, 60-64: **3**, 65-69: **2**, 70-74: **2**, 75-79: **1**, 80-84: **1**, 85-89: **0**, 90-94: **1**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    | Seed                   |           |
|---|-------|----|------------------------|-----------|
| ● | 40-44 | 43 | Joden Pratten          | 2850 CANM |
| ● | 40-44 | 41 | Iona Junior Lupena     | ALKM      |
| ● | 40-44 | 42 | Terrence Dunn          | TARM      |
| ● | 45-49 | 48 | Shaka Sola             | SAMM      |
| ● | 50-54 | 54 | Pat Hellier            | 3216 WBPM |
| ● | 50-54 | 54 | David Sexton           | 2487 HBGM |
| ● | 50-54 | 53 | Roland Van den Tillaar | ALKM      |
| ● | 55-59 | 59 | Laini Inivale          | 2700 ALKM |
| ● | 55-59 | 56 | John McManus           | 2439 CANM |
| ● | 60-64 | 60 | Adrian Stockill        | 3089 WELM |
| ● | 60-64 | 62 | David De Villiers      | 2264 WBPM |
| ● | 60-64 | 64 | Brian Curry            | MWAM      |
| ● | 65-69 | 68 | James Thomas           | 3888 ALKM |
| ● | 65-69 | 65 | Merv Dudley            | HBGM      |
| ● | 70-74 | 73 | Lindsay Walker         | 2721 CANM |
| ● | 70-74 | 72 | Tapendra Singh Sokhi   | 1553 ALKM |
| ● | 75-79 | 75 | Yong Chyan Ding        | 1551 ALKM |
| ● | 80-84 | 81 | Fernand Chaves         | FPNM      |
| ● | 90-94 | 94 | Jim Blair              | 2276 MWAM |

## Pole Vault

30-34: **0**, 35-39: **0**, 40-44: **0**, 45-49: **0**, 50-54: **0**, 55-59: **0**, 60-64: **0**, 65-69: **0**, 70-74: **0**, 75-79: **0**, 80-84: **0**, 85-89: **0**, 90-94: **0**, 95-99: **0**, Relay: **0**, 16: **4**

|   |    |    | Seed                   |           |
|---|----|----|------------------------|-----------|
| ● | 16 | 53 | Roland Van den Tillaar | 3.10 ALKM |
| ● | 16 | 80 | David Anstiss          | 2.30 ALKM |
| ● | 16 | 75 | Yong Chyan Ding        | 2.10 ALKM |
| ● | 16 | 64 | Tarmo Rajasaari        | CANM      |

|   |       |    | Seed                  |            |
|---|-------|----|-----------------------|------------|
| ● | 35-39 | 39 | Emily Peychers        | 38.95 HBGM |
| ● | 35-39 | 39 | Sarah Hockley         | 25.92 WBPM |
| ● | 40-44 | 40 | Anna Lynch            | 23.00 CANM |
| ● | 45-49 | 49 | Elaine McQueen        | 22.24 ALKM |
| ● | 45-49 | 49 | Rachael Savage        | 21.61 WBPM |
| ● | 45-49 | 45 | Vanessa Pendergrast   | 17.47 MWAM |
| ● | 45-49 | 49 | Ayaka Stewart         | 13.66 CANM |
| ● | 45-49 | 49 | Odette Teriitaohia    | FPNM       |
| ● | 50-54 | 50 | Trudy Derbyshire      | 18.40 NTHM |
| ● | 50-54 | 50 | Cecile Choleau-Tapeta | FPNM       |
| ● | 55-59 | 58 | Dale Mcmillan         | 23.94 MWAM |
| ● | 55-59 | 56 | Brenda Davis          | 20.53 WBPM |
| ● | 55-59 | 55 | Sandra Moratti        | TARM       |
| ● | 60-64 | 64 | Rauru Faui            | 17.86 ALKM |
| ● | 60-64 | 61 | Christine McCahill    | 16.73 WBPM |
| ● | 60-64 | 60 | Denise Fellows        | 10.46 WBPM |
| ● | 60-64 | 62 | Karine Yutsien        | FPNM       |
| ● | 65-69 | 65 | Alison Newall         | 17.43 OTGM |
| ● | 65-69 | 66 | Michelle Anthony      | 10.19 WBPM |
| ● | 65-69 | 67 | Aggie Boxall          | ALKM       |
| ● | 65-69 | 66 | Annette Hermans       | WBPM       |
| ● | 70-74 | 74 | Joy Baker             | 11.95 TARM |
| ● | 75-79 | 78 | Noni Callander        | 12.93 OTGM |
| ● | 75-79 | 79 | Annette Parlane       | 12.49 WBPM |
| ● | 75-79 | 78 | Sherry Farmer         | 11.32 CANM |
| ● | 75-79 | 75 | Beryl McMillan        | 10.91 MWAM |
| ● | 75-79 | 75 | Nancy Bowmar          | 10.77 NTHM |
| ● | 75-79 | 77 | Anne Deleiros         | 10.00 ALKM |
| ● | 80-84 | 81 | Barbara Austin        | 12.35 NTHM |
| ● | 80-84 | 84 | Justine Whitaker      | 11.79 CANM |
| ● | 85-89 | 85 | Jill Sherburn         | WBPM       |

## Discus

30-34: **0**, 35-39: **1**, 40-44: **1**, 45-49: **8**, 50-54: **6**, 55-59: **2**, 60-64: **3**, 65-69: **2**, 70-74: **3**, 75-79: **6**, 80-84: **3**, 85-89: **1**, 90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    | Seed                    |            |
|---|-------|----|-------------------------|------------|
| ● | 35-39 | 39 | Sarah Hockley           | 31.29 WBPM |
| ● | 40-44 | 40 | Anna Lynch              | 31.00 CANM |
| ● | 45-49 | 49 | Rachael Savage          | 23.64 WBPM |
| ● | 45-49 | 49 | Ayaka Stewart           | 22.95 CANM |
| ● | 45-49 | 45 | Vanessa Pendergrast     | 20.90 MWAM |
| ● | 45-49 | 49 | Elaine McQueen          | 20.52 ALKM |
| ● | 45-49 | 47 | Rochelle Ellison-Lupena | 18.54 COK  |
| ● | 45-49 | 49 | Odette Teriitaohia      | FPNM       |
| ● | 45-49 | 45 | Sam Holliss             | TARM       |
| ● | 45-49 | 47 | Heidi-Jane Humphries    | WELM       |
| ● | 50-54 | 50 | Trudy Derbyshire        | 21.73 NTHM |
| ● | 50-54 | 53 | Kerry Rattray           | 17.73 WBPM |
| ● | 50-54 | 54 | Fiona Black             | 16.74 TARM |
| ● | 50-54 | 51 | Bronwen Sola            | 16.46 WELM |

## Discus

30-34: **0**, 35-39: **2**, 40-44: **4**, 45-49: **2**, 50-54: **4**, 55-59: **3**, 60-64: **5**, 65-69: **2**, 70-74: **5**, 75-79: **2**, 80-84: **7**, 85-89: **1**, 90-94: **1**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |                        | Seed  |      |
|---|-------|----|------------------------|-------|------|
| ● | 35-39 | 39 | Luke Crombie           | 21.00 | HBGM |
| ● | 35-39 | 37 | Reece Little           |       | HBGM |
| ● | 40-44 | 43 | Joden Pratten          | 43.69 | CANM |
| ● | 40-44 | 41 | Iona Junior Lupena     | 33.51 | ALKM |
| ● | 40-44 | 42 | Benjamin Giles         | 30.58 | TARM |
| ● | 40-44 | 42 | Terrence Dunn          | 28.95 | TARM |
| ● | 45-49 | 48 | David Hansen           | 37.32 | TASM |
| ● | 45-49 | 48 | Shaka Sola             | 32.33 | SAMM |
| ● | 50-54 | 54 | Pat Hellier            | 43.41 | WBPM |
| ● | 50-54 | 54 | David Sexton           | 33.14 | HBGM |
| ● | 50-54 | 50 | David Castaño          | 33.00 | ESP  |
| ● | 50-54 | 53 | Roland Van den Tillaar | 29.32 | ALKM |
| ● | 55-59 | 56 | John McManus           | 29.61 | CANM |
| ● | 55-59 | 55 | Craig Marriott         | 26.26 | TARM |
| ● | 55-59 | 58 | Paul Radden            |       | ALKM |
| ● | 60-64 | 62 | Dawid De Villiers      | 35.32 | WBPM |
| ● | 60-64 | 63 | Wesley Faui            | 33.95 | ALKM |
| ● | 60-64 | 64 | Jean Marc Tur          |       | FPNM |
| ● | 60-64 | 64 | Brian Curry            |       | MWAM |
| ● | 60-64 | 60 | Adrian Stockill        |       | WELM |
| ● | 65-69 | 65 | Neil Bartlett          | 26.67 | ALKM |
| ● | 65-69 | 65 | Merv Dudley            |       | HBGM |
| ● | 70-74 | 73 | Lindsay Walker         | 31.75 | CANM |
| ● | 70-74 | 72 | Raj Menon              | 26.01 | WELM |
| ● | 70-74 | 70 | Dennis O'Leary         | 22.55 | HBGM |
| ● | 70-74 | 72 | Tapendra Singh Sokhi   | 16.88 | ALKM |
| ● | 70-74 | 74 | David Lobb             | 16.50 | COK  |
| ● | 75-79 | 75 | Yong Chyan Ding        | 20.48 | ALKM |
| ● | 75-79 | 75 | Barry Dewar            |       | TASM |
| ● | 80-84 | 82 | Peter Crawford         | 21.71 | WBPM |
| ● | 80-84 | 80 | David Anstiss          | 19.90 | ALKM |
| ● | 80-84 | 80 | Wolfgang Schenk        | 18.85 | ALKM |
| ● | 80-84 | 80 | Martin Bryant          | 14.14 | HBGM |
| ● | 80-84 | 81 | Fernand Chaves         |       | FPNM |
| ● | 80-84 | 81 | Alan Jones             |       | TARM |
| ● | 80-84 | 81 | Matt Redshaw           |       | TARM |
| ● | 85-89 | 88 | Peter Hanson           | 15.62 | WELM |
| ● | 90-94 | 94 | Jim Blair              | 14.61 | MWAM |

## Long Jump

30-34: **0**, 35-39: **2**, 40-44: **2**, 45-49: **2**, 50-54: **0**, 55-59: **2**, 60-64: **5**, 65-69: **1**, 70-74: **4**, 75-79: **2**, 80-84: **2**, 85-89: **0**, 90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |                    | Seed |      |
|---|-------|----|--------------------|------|------|
| ● | 35-39 | 37 | Gulab Singh        |      | ALKM |
| ● | 35-39 | 37 | Reece Little       |      | HBGM |
| ● | 40-44 | 44 | Shaun Johnson      | 4.62 | TARM |
| ● | 40-44 | 41 | Iona Junior Lupena | 4.17 | ALKM |
| ● | 45-49 | 46 | Siamak Anahid      | 5.00 | ALKM |
| ● | 45-49 | 48 | Ian Densie         | 4.82 | STHM |
| ● | 55-59 | 59 | Tiwthane Te Kanapu | 3.25 | WELM |
| ● | 55-59 | 57 | miles Holt         |      | NTHM |
| ● | 60-64 | 61 | David Blackford    | 4.76 | ALKM |
| ● | 60-64 | 62 | Mark MacFarlane    | 4.03 | WELM |
| ● | 60-64 | 60 | Chris Roberts      | 3.85 | WELM |
| ● | 60-64 | 64 | Bruce Cortesi      | 3.51 | WBPM |
| ● | 60-64 | 60 | Armin Kashammer    |      | NTHM |
| ● | 65-69 | 66 | Stephen Burden     | 4.84 | WBPM |
| ● | 70-74 | 74 | David Lobb         | 3.20 | COK  |

|   |       |    |                       |       |      |
|---|-------|----|-----------------------|-------|------|
| ● | 50-54 | 51 | Fiona Craig           | 15.24 | TARM |
| ● | 50-54 | 50 | Cecile Choleau-Tapeta |       | FPNM |
| ● | 55-59 | 58 | Tania Lutton          | 29.07 | CANM |
| ● | 55-59 | 56 | Brenda Davis          | 28.65 | WBPM |
| ● | 60-64 | 61 | Christine McCahill    | 22.27 | WBPM |
| ● | 60-64 | 64 | Rauru Faui            | 19.12 | ALKM |
| ● | 60-64 | 60 | Denise Fellows        | 14.78 | WBPM |
| ● | 65-69 | 66 | Michelle Anthony      | 19.36 | WBPM |
| ● | 65-69 | 67 | Aggie Boxall          |       | ALKM |
| ● | 70-74 | 72 | Vicky Adams           | 13.61 | TARM |
| ● | 70-74 | 73 | Janick Aubineau       |       | FPNM |
| ● | 70-74 | 70 | Aline Berger          |       | FPNM |
| ● | 75-79 | 79 | Annette Parlane       | 21.20 | WBPM |
| ● | 75-79 | 78 | Noni Callander        | 19.01 | OTGM |
| ● | 75-79 | 75 | Beryl McMillan        | 17.73 | MWAM |
| ● | 75-79 | 77 | Anne Deleiros         | 16.00 | ALKM |
| ● | 75-79 | 75 | Nancy Bowmar          | 13.61 | NTHM |
| ● | 75-79 | 78 | Sherry Farmer         | 12.88 | CANM |
| ● | 80-84 | 80 | Bev Savage            | 18.54 | WBPM |
| ● | 80-84 | 81 | Barbara Austin        | 16.33 | NTHM |
| ● | 80-84 | 84 | Justine Whitaker      | 14.57 | CANM |
| ● | 85-89 | 85 | Jill Sherburn         |       | WBPM |

## Triple Jump

30-34: **0**, 35-39: **0**, 40-44: **1**, 45-49: **1**, 50-54: **1**, 55-59: **0**, 60-64: **0**, 65-69: **2**, 70-74: **0**, 75-79: **2**, 80-84: **0**, 85-89: **1**, 90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |                | Seed |      |
|---|-------|----|----------------|------|------|
| ● | 40-44 | 43 | Aimee Whitley  |      | WBPM |
| ● | 45-49 | 49 | Rachael Savage | 5.97 | WBPM |
| ● | 50-54 | 52 | Liezel De Wet  | 8.42 | TASM |
| ● | 65-69 | 65 | Alison Newall  | 6.53 | OTGM |
| ● | 65-69 | 67 | Aggie Boxall   |      | ALKM |
| ● | 75-79 | 75 | Carey Dickason | 5.41 | TASM |
| ● | 75-79 | 75 | Nancy Bowmar   |      | NTHM |
| ● | 85-89 | 85 | Jill Sherburn  |      | WBPM |

## Weight Throw

30-34: **0**, 35-39: **0**, 40-44: **1**, 45-49: **4**, 50-54: **4**, 55-59: **4**, 60-64: **3**, 65-69: **3**, 70-74: **2**, 75-79: **6**, 80-84: **3**, 85-89: **0**, 90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |                         | Seed  |      |
|---|-------|----|-------------------------|-------|------|
| ● | 40-44 | 40 | Anna Lynch              | 12.00 | CANM |
| ● | 45-49 | 47 | Rochelle Ellison-Lupena | 8.95  | COK  |
| ● | 45-49 | 45 | Vanessa Pendergrast     | 8.92  | MWAM |
| ● | 45-49 | 49 | Ayaka Stewart           | 8.58  | CANM |
| ● | 45-49 | 49 | Odette Teriitaohia      |       | FPNM |
| ● | 50-54 | 50 | Trudy Derbyshire        | 9.87  | NTHM |
| ● | 50-54 | 53 | Kerry Rattray           | 7.20  | WBPM |
| ● | 50-54 | 54 | Fiona Black             |       | TARM |
| ● | 50-54 | 51 | Bronwen Sola            |       | WELM |
| ● | 55-59 | 56 | Brenda Davis            | 13.58 | WBPM |
| ● | 55-59 | 58 | Tania Lutton            | 10.60 | CANM |
| ● | 55-59 | 56 | Raewyn Grigg            | 10.05 | TARM |
| ● | 55-59 | 55 | Sandra Moratti          |       | TARM |
| ● | 60-64 | 61 | Christine McCahill      | 14.44 | WBPM |
| ● | 60-64 | 64 | Rauru Faui              | 10.64 | ALKM |
| ● | 60-64 | 60 | Denise Fellows          | 9.44  | WBPM |
| ● | 65-69 | 66 | Michelle Anthony        | 9.02  | WBPM |
| ● | 65-69 | 67 | Aggie Boxall            |       | ALKM |
| ● | 65-69 | 66 | Annette Hermans         |       | WBPM |
| ● | 70-74 | 73 | Janick Aubineau         |       | FPNM |
| ● | 70-74 | 72 | Vicky Adams             |       | TARM |

|   |       |    |                      |      |      |
|---|-------|----|----------------------|------|------|
| ● | 70-74 | 72 | Tapendra Singh Sokhi | 1.46 | ALKM |
| ● | 70-74 | 70 | Noel Barff           |      | FPNM |
| ● | 70-74 | 70 | Dennis O'Leary       |      | HBGM |
| ● | 75-79 | 78 | Desmond Phillips     | 3.15 | TARM |
| ● | 75-79 | 75 | Yong Chyan Ding      | 2.49 | ALKM |
| ● | 80-84 | 80 | David Anstiss        | 3.51 | ALKM |
| ● | 80-84 | 80 | Wolfgang Schenk      | 3.10 | ALKM |

|   |       |    |                  |       |      |
|---|-------|----|------------------|-------|------|
| ● | 75-79 | 78 | Noni Callander   | 10.29 | OTGM |
| ● | 75-79 | 77 | Anne Deleiros    | 10.00 | ALKM |
| ● | 75-79 | 79 | Annette Parlane  | 9.73  | WBPM |
| ● | 75-79 | 75 | Beryl McMillan   | 9.01  | MWAM |
| ● | 75-79 | 78 | Sheryl Gower     | 8.11  | WBPM |
| ● | 75-79 | 78 | Sherry Farmer    | 7.02  | CANM |
| ● | 80-84 | 81 | Barbara Austin   | 9.93  | NTHM |
| ● | 80-84 | 84 | Justine Whitaker | 9.00  | CANM |
| ● | 80-84 | 80 | Bev Savage       | 8.03  | WBPM |

## Javelin

30-34: **0**, 35-39: **2**, 40-44: **3**, 45-49: **1**, 50-54: **2**, 55-59: **5**,  
60-64: **6**, 65-69: **1**, 70-74: **4**, 75-79: **2**, 80-84: **3**, 85-89: **0**,  
90-94: **1**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |                        | Seed  |      |
|---|-------|----|------------------------|-------|------|
| ● | 35-39 | 39 | Luke Crombie           | 42.00 | HBGM |
| ● | 35-39 | 37 | Reece Little           |       | HBGM |
| ● | 40-44 | 41 | Iona Junior Lupena     | 41.11 | ALKM |
| ● | 40-44 | 43 | Joden Pratten          | 35.60 | CANM |
| ● | 40-44 | 42 | Benjamin Giles         |       | TARM |
| ● | 45-49 | 48 | David Hansen           | 32.92 | TASM |
| ● | 50-54 | 54 | David Sexton           | 29.89 | HBGM |
| ● | 50-54 | 53 | Roland Van den Tillaar | 26.50 | ALKM |
| ● | 55-59 | 55 | Craig Marriott         | 30.53 | TARM |
| ● | 55-59 | 56 | John McManus           | 28.08 | CANM |
| ● | 55-59 | 57 | miles Holt             |       | NTHM |
| ● | 55-59 | 59 | Evan Lobb              |       | TARM |
| ● | 55-59 | 59 | Tiwhane Te Kanapu      |       | WELM |
| ● | 60-64 | 63 | Wesley Faui            | 23.41 | ALKM |
| ● | 60-64 | 61 | Richard Doyle          | 23.04 | TARM |
| ● | 60-64 | 64 | Bruce Cortesi          | 15.60 | WBPM |
| ● | 60-64 | 64 | Brian Curry            |       | MWAM |
| ● | 60-64 | 60 | Armin Kashhammer       |       | NTHM |
| ● | 60-64 | 60 | Adrian Stockill        |       | WELM |
| ● | 65-69 | 65 | Merv Dudley            |       | HBGM |
| ● | 70-74 | 72 | Raj Menon              | 20.51 | WELM |
| ● | 70-74 | 73 | Lindsay Walker         | 19.76 | CANM |
| ● | 70-74 | 72 | Tapendra Singh Sokhi   | 13.61 | ALKM |
| ● | 70-74 | 70 | Noel Barff             |       | FPNM |
| ● | 75-79 | 76 | Laurie Malcolmson      | 34.00 | MWAM |
| ● | 75-79 | 75 | Yong Chyan Ding        | 20.92 | ALKM |
| ● | 80-84 | 80 | Wolfgang Schenk        | 19.50 | ALKM |
| ● | 80-84 | 82 | Peter Crawford         | 16.92 | WBPM |
| ● | 80-84 | 81 | Fernand Chaves         |       | FPNM |
| ● | 90-94 | 94 | Jim Blair              | 16.39 | MWAM |

## Triple Jump

30-34: **1**, 35-39: **1**, 40-44: **1**, 45-49: **1**, 50-54: **1**, 55-59: **1**,  
60-64: **1**, 65-69: **1**, 70-74: **3**, 75-79: **2**, 80-84: **1**, 85-89: **0**,  
90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |                      | Seed  |      |
|---|-------|----|----------------------|-------|------|
| ● | 30-34 | 30 | Ed Leung             | 12.53 | WBPM |
| ● | 35-39 | 37 | Reece Little         |       | HBGM |
| ● | 40-44 | 44 | Shaun Johnson        | 9.00  | TARM |
| ● | 45-49 | 46 | Siamak Anahid        | 8.00  | ALKM |
| ● | 50-54 | 52 | Iain Rattray         | 10.78 | HAWK |
| ● | 55-59 | 57 | miles Holt           |       | NTHM |
| ● | 60-64 | 62 | Mark MacFarlane      | 8.38  | WELM |
| ● | 65-69 | 66 | Stephen Burden       | 9.99  | WBPM |
| ● | 70-74 | 74 | David Lobb           | 6.50  | COK  |
| ● | 70-74 | 72 | Tapendra Singh Sokhi |       | ALKM |
| ● | 70-74 | 70 | Dennis O'Leary       |       | HBGM |
| ● | 75-79 | 78 | Desmond Phillips     | 6.38  | TARM |
| ● | 75-79 | 75 | Barry Dewar          | 5.00  | TASM |
| ● | 80-84 | 80 | David Anstiss        | 8.09  | ALKM |



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## Hammer

30-34: **0**, 35-39: **0**, 40-44: **3**, 45-49: **1**, 50-54: **4**, 55-59: **3**,  
60-64: **5**, 65-69: **1**, 70-74: **3**, 75-79: **1**, 80-84: **1**, 85-89: **0**,  
90-94: **1**, 95-99: **0**, Relay: **0**, 16: **0**

### Seed

|   |       |    |                        |       |      |
|---|-------|----|------------------------|-------|------|
| ● | 40-44 | 43 | Joden Pratten          | 33.10 | CANM |
| ● | 40-44 | 41 | Iona Junior Lupena     | 31.94 | ALKM |
| ● | 40-44 | 42 | Terrence Dunn          | 27.85 | TARM |
| ● | 45-49 | 48 | Shaka Sola             | 30.43 | SAMM |
| ● | 50-54 | 54 | Pat Hellier            | 48.62 | WBPM |
| ● | 50-54 | 54 | David Sexton           | 33.20 | HBGM |
| ● | 50-54 | 53 | Roland Van den Tillaar | 25.10 | ALKM |
| ● | 50-54 | 53 | Triton Poaneki         |       | WBPM |
| ● | 55-59 | 59 | Laini Inivale          | 35.00 | ALKM |
| ● | 55-59 | 56 | John McManus           | 27.22 | CANM |
| ● | 55-59 | 58 | Paul Radden            |       | ALKM |
| ● | 60-64 | 62 | Rick Currin            | 31.63 | WBPM |
| ● | 60-64 | 62 | Dawid De Villiers      | 30.82 | WBPM |
| ● | 60-64 | 63 | Wesley Faui            | 27.03 | ALKM |
| ● | 60-64 | 64 | Brian Curry            |       | MWAM |
| ● | 60-64 | 60 | Adrian Stockill        |       | WELM |
| ● | 65-69 | 65 | Merv Dudley            |       | HBGM |
| ● | 70-74 | 73 | Lindsay Walker         | 33.83 | CANM |
| ● | 70-74 | 72 | Tapendra Singh Sokhi   | 19.52 | ALKM |
| ● | 70-74 | 72 | Raj Menon              | 19.21 | WELM |
| ● | 75-79 | 75 | Yong Chyan Ding        | 21.81 | ALKM |
| ● | 80-84 | 81 | Fernand Chaves         |       | FPNM |
| ● | 90-94 | 94 | Jim Blair              | 16.86 | MWAM |

## Shot Put

30-34: **0**, 35-39: **2**, 40-44: **3**, 45-49: **2**, 50-54: **3**, 55-59: **3**,  
60-64: **5**, 65-69: **2**, 70-74: **3**, 75-79: **2**, 80-84: **4**, 85-89: **1**,  
90-94: **1**, 95-99: **0**, Relay: **0**, 16: **0**

### Seed

|   |       |    |                        |       |      |
|---|-------|----|------------------------|-------|------|
| ● | 35-39 | 39 | Luke Crombie           | 7.50  | HBGM |
| ● | 35-39 | 37 | Reece Little           |       | HBGM |
| ● | 40-44 | 43 | Joden Pratten          | 12.80 | CANM |
| ● | 40-44 | 41 | Iona Junior Lupena     | 10.85 | ALKM |
| ● | 40-44 | 42 | Terrence Dunn          | 9.62  | TARM |
| ● | 45-49 | 48 | David Hansen           | 11.62 | TASM |
| ● | 45-49 | 48 | Shaka Sola             | 11.52 | SAMM |
| ● | 50-54 | 54 | Pat Hellier            | 12.68 | WBPM |
| ● | 50-54 | 54 | David Sexton           | 9.71  | HBGM |
| ● | 50-54 | 53 | Roland Van den Tillaar | 9.32  | ALKM |
| ● | 55-59 | 59 | Laini Inivale          | 13.50 | ALKM |
| ● | 55-59 | 55 | Craig Marriott         | 9.63  | TARM |
| ● | 55-59 | 56 | John McManus           | 9.58  | CANM |
| ● | 60-64 | 63 | Wesley Faui            | 10.76 | ALKM |
| ● | 60-64 | 62 | Dawid De Villiers      | 8.90  | WBPM |
| ● | 60-64 | 61 | Richard Doyle          | 8.09  | TARM |
| ● | 60-64 | 64 | Brian Curry            |       | MWAM |
| ● | 60-64 | 60 | Adrian Stockill        |       | WELM |
| ● | 65-69 | 65 | Neil Bartlett          | 8.00  | ALKM |
| ● | 65-69 | 65 | Merv Dudley            |       | HBGM |
| ● | 70-74 | 73 | Lindsay Walker         | 9.98  | CANM |
| ● | 70-74 | 72 | Raj Menon              | 9.70  | WELM |
| ● | 70-74 | 72 | Tapendra Singh Sokhi   | 8.07  | ALKM |
| ● | 75-79 | 75 | Yong Chyan Ding        | 7.79  | ALKM |
| ● | 75-79 | 75 | Barry Dewar            |       | TASM |
| ● | 80-84 | 81 | Fernand Chaves         |       | FPNM |
| ● | 80-84 | 80 | Martin Bryant          |       | HBGM |
| ● | 80-84 | 81 | Matt Redshaw           |       | TARM |

|   |       |    |                |      |      |
|---|-------|----|----------------|------|------|
| ● | 80-84 | 82 | Peter Crawford |      | WBPM |
| ● | 85-89 | 88 | Peter Hanson   | 7.82 | WELM |
| ● | 90-94 | 94 | Jim Blair      | 5.80 | MWAM |

## Weight Throw

30-34: **0**, 35-39: **0**, 40-44: **3**, 45-49: **1**, 50-54: **4**, 55-59: **3**,  
60-64: **6**, 65-69: **1**, 70-74: **3**, 75-79: **2**, 80-84: **1**, 85-89: **0**,  
90-94: **1**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |                        |       | Seed |
|---|-------|----|------------------------|-------|------|
| ● | 40-44 | 43 | Joden Pratten          | 11.70 | CANM |
| ● | 40-44 | 42 | Terrence Dunn          | 10.17 | TARM |
| ● | 40-44 | 41 | Iona Junior Lupena     | 10.09 | ALKM |
| ● | 45-49 | 48 | Shaka Sola             |       | SAMM |
| ● | 50-54 | 54 | Pat Hellier            | 15.96 | WBPM |
| ● | 50-54 | 54 | David Sexton           | 12.60 | HBGM |
| ● | 50-54 | 52 | Iain Rattray           | 11.53 | HAWK |
| ● | 50-54 | 53 | Roland Van den Tillaar | 7.00  | ALKM |
| ● | 55-59 | 59 | Laini Inivale          | 13.00 | ALKM |
| ● | 55-59 | 56 | John McManus           | 10.62 | CANM |
| ● | 55-59 | 59 | Tiwhane Te Kanapu      |       | WELM |
| ● | 60-64 | 60 | Adrian Stockill        | 13.33 | WELM |
| ● | 60-64 | 62 | Dawid De Villiers      | 13.19 | WBPM |
| ● | 60-64 | 62 | Rick Currin            | 13.04 | WBPM |
| ● | 60-64 | 63 | Wesley Faui            | 12.05 | ALKM |
| ● | 60-64 | 61 | Richard Doyle          | 9.21  | TARM |
| ● | 60-64 | 64 | Brian Curry            |       | MWAM |
| ● | 65-69 | 65 | Merv Dudley            |       | HBGM |
| ● | 70-74 | 73 | Lindsay Walker         | 13.54 | CANM |
| ● | 70-74 | 72 | Tapendra Singh Sokhi   | 7.61  | ALKM |
| ● | 70-74 | 72 | Raj Menon              | 7.16  | WELM |
| ● | 75-79 | 76 | Laurie Malcolmson      | 12.00 | MWAM |
| ● | 75-79 | 75 | Yong Chyan Ding        | 9.63  | ALKM |
| ● | 80-84 | 81 | Fernand Chaves         |       | FPNM |
| ● | 90-94 | 94 | Jim Blair              | 7.17  | MWAM |

## High Jump

30-34: **0**, 35-39: **1**, 40-44: **1**, 45-49: **2**, 50-54: **1**, 55-59: **2**,  
60-64: **6**, 65-69: **1**, 70-74: **2**, 75-79: **3**, 80-84: **1**, 85-89: **0**,  
90-94: **0**, 95-99: **0**, Relay: **0**, 16: **0**

|   |       |    |                      |      | Seed |
|---|-------|----|----------------------|------|------|
| ● | 35-39 | 37 | Ryan Smith           | 1.55 | ALKM |
| ● | 40-44 | 42 | Benjamin Giles       | 1.56 | TARM |
| ● | 45-49 | 46 | Siamak Anahid        | 1.45 | ALKM |
| ● | 45-49 | 49 | Johnny Eketone       |      | CANM |
| ● | 50-54 | 52 | Iain Rattray         | 1.55 | HAWK |
| ● | 55-59 | 55 | Craig Marriott       | 1.40 | TARM |
| ● | 55-59 | 57 | miles Holt           |      | NTHM |
| ● | 60-64 | 61 | David Blackford      | 1.60 | ALKM |
| ● | 60-64 | 60 | Glenn Bishop         | 1.45 | WBPM |
| ● | 60-64 | 60 | Adrian Stockill      | 1.35 | WELM |
| ● | 60-64 | 64 | Tarmo Rajasaari      |      | CANM |
| ● | 60-64 | 64 | Brian Curry          |      | MWAM |
| ● | 60-64 | 62 | Mark MacFarlane      |      | WELM |
| ● | 65-69 | 65 | Ho Young Do          | 1.55 | ALKM |
| ● | 70-74 | 74 | David Lobb           | 1.05 | COK  |
| ● | 70-74 | 72 | Tapendra Singh Sokhi | 0.85 | ALKM |
| ● | 75-79 | 78 | Desmond Phillips     | 1.15 | TARM |
| ● | 75-79 | 75 | Yong Chyan Ding      | 1.05 | ALKM |
| ● | 75-79 | 75 | Barry Dewar          | 1.00 | TASM |
| ● | 80-84 | 80 | David Anstiss        | 1.30 | ALKM |

# NZMA Men's Track & Field National and Championship Records

(Updated 08/Feb/2025)

This document contains the following information:

1. **NZMA National & 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.

| 60m         |                       | NZMA National Record |            | NZMA Championship Record |                         |
|-------------|-----------------------|----------------------|------------|--------------------------|-------------------------|
| <b>M30</b>  | B Grant [MWA]         | 7.35 (+1.2)          | 29/02/2020 | B Grant [MWA]            | 7.35 (+1.2) 29/02/2020  |
| <b>M35</b>  | B Potter [AKL]        | 7.14 (+1.6)          | 14/11/2015 | R Le Brun [TAS]          | 7.23 (+0.4) 30/03/2025  |
| <b>M40</b>  | M Foster [WBP]        | 7.19 (+1.8)          | 18/11/2018 | W Holroyd [AKL]          | 7.41 (+0.2) 03/03/2018  |
| <b>M45</b>  | M Foster [WBP]        | 7.22 (+1.7)          | 02/03/2024 | I Lathwood [AKL]         | 7.44 (-2.2) 30/03/2025  |
| <b>M50</b>  | M Lambert [AKL]       | 7.52 (+1.8)          | 02/12/2023 | J Campbell [AKL]         | 7.67 (+1.8) 03/03/2014  |
| <b>M55</b>  | J Campbell [AKL]      | 7.71 (+0.1)          | 02/03/2019 | J Campbell [AKL]         | 7.71 (+0.1) 02/03/2019  |
| <b>M60</b>  | D Blackford [AKL]     | 8.10 (-1.8)          | 01/12/2024 | G Rawson [WLG]           | 8.15 (+0.8) 29/02/2020  |
| <b>M65</b>  | L Malcolmson [MWA]    | 8.45 (-2.0)          | 29/11/2014 | L Malcolmson [MWA]       | 8.47 (-0.9) 27/02/2016  |
| <b>M70</b>  | L Malcolmson [MWA]    | 8.70 (+1.3)          | 29/02/2020 | L Malcolmson [MWA]       | 8.70 (+1.3) 29/02/2020  |
| <b>M75</b>  | L Malcolmson [MWA]    | 8.94 (-0.0)          | 30/11/2024 | L Malcolmson [MWA]       | 9.38 (-2.4) 30/03/2025  |
| <b>M80</b>  | B Baxter [OTG]        | 10.14 (+0.7)         | 17/12/2022 | J Jones [WBP]            | 11.30 (+0.5) 02/03/2019 |
| <b>M85</b>  | M Wood [CAN]          | 11.55 (+0.5)         | 02/03/2019 | M Wood [CAN]             | 11.55 (+0.5) 02/03/2019 |
| <b>M90</b>  | J Feist [AKL]         | 14.73 (-0.7)         | 30/03/2025 | J Feist [AKL]            | 14.73 (-0.7) 30/03/2025 |
| <b>M95</b>  | E de Lautour [WBP]    | 17.84                | 11/12/2016 |                          |                         |
| <b>100m</b> |                       |                      |            |                          |                         |
|             |                       | NZMA National Record |            | NZMA Championship Record |                         |
| <b>M30</b>  | S Sos [WLG]           | 11.17 (+1.7)         | 20/02/2021 | M O'Connor [HBG]         | 11.41 (+1.4) 05/03/2011 |
| <b>M35</b>  | C Van Der Speck [AKL] | 10.87                | 26/10/2016 | L Malcolmson [MWA]       | 11.36 1987              |
| <b>M40</b>  | A Wall [AKL]          | 11.29                | 2011       | A Wall [AKL]             | 11.39 (+1.4) 05/03/2011 |
| <b>M45</b>  | I Lathwood            | 11.40 (+1.9)         | 22/11/2025 | B McPhail [CAN]          | 11.4h 1984              |
|             |                       |                      |            | J Campbell [AKL]         | 11.55 (-0.6) 03/03/2012 |
| <b>M50</b>  | M Lambert [AKL]       | 11.56 (+2.0)         | 02/03/2024 | L Malcolmson [MWA]       | 11.98 04/03/2000        |
| <b>M55</b>  | J Campbell [AKL]      | 12.02 (1.3)          | 24/07/2021 | D Blackford [AKL]        | 12.29 (+1.9) 18/02/2024 |
| <b>M60</b>  | D Blackford [AKL]     | 12.41 (+0.5)         | 19/03/2025 | D Blackford [AKL]        | 12.76 (-1.6) 30/03/2025 |
| <b>M65</b>  | B McPhail [CAN]       | 13.14                | 2002       | B McPhail [CAN]          | 13.42 16/03/2002        |
| <b>M70</b>  | T Guptill [AKL]       | 13.78 (+1.5)         | 06/09/2018 | T Guptill [AKL]          | 13.96 (+1.8) 03/03/2018 |
| <b>M75</b>  | L Malcolmson [MWA]    | 14.35 (+1.9)         | 30/11/2024 | M Wood [CAN]             | 14.91 07/03/2009        |
| <b>M80</b>  | B Kaiser [WLG]        | 15.8h                | 1992       | B Kaiser [WLG]           | 16.29 1993              |
|             | B Kaiser [WLG]        | 16.03                | 1992       |                          |                         |
| <b>M85</b>  | A Mackay [STH]        | 18.90                | 02/02/2014 | M Wood [CAN]             | 19.27 (-1.7) 02/03/2019 |
| <b>M90</b>  | F Cox [WBP]           | 21.30                | 2002       | S Taylor [AKL]           | 21.51 2006              |
| <b>M95</b>  | E de Lautour [WBP]    | 28.35                | 07/10/2015 |                          |                         |
| <b>200m</b> |                       |                      |            |                          |                         |
|             |                       | NZMA National Record |            | NZMA Championship Record |                         |
| <b>M30</b>  | N Ash [CAN]           | 22.50 (+1.3)         | 01/02/2020 | B Grant [MWA]            | 23.01 (+0.2) 01/03/2020 |
| <b>M35</b>  | B Potter [AKL]        | 22.14 (+0.6)         | 26/04/2017 | M Brooking [WBP]         | 23.0h 1984              |
|             |                       |                      |            | L Malcolmson [MWA]       | 23.21 1987              |
| <b>M40</b>  | J Nightingale [AKL]   | 22.80 (+1.8)         | 28/04/2019 | B McPhail [CAN]          | 22.9h 1980              |
| <b>M45</b>  | B McPhail [CAN]       | 23.0h                | 1983       | B McPhail [CAN]          | 23.27 1983              |
|             | B McPhail [CAN]       | 23.14                | 1983       |                          |                         |
| <b>M50</b>  | M Lambert [AKL]       | 23.10 (+1.8)         | 18/02/2024 | M Lambert [AKL]          | 23.10 (+1.8) 18/02/2024 |
| <b>M55</b>  | J Campbell [CAN]      | 24.32 (+0.7)         | 07/02/2021 | B McPhail [CAN]          | 24.7h 1992              |
| <b>M60</b>  | D Blackford [AKL]     | 25.26 (-0.2)         | 19/03/2025 | D Blackford [AKL]        | 26.02 (-1.5) 30/03/2025 |

|              |                           |                             |                   |                          |                                 |                   |
|--------------|---------------------------|-----------------------------|-------------------|--------------------------|---------------------------------|-------------------|
| <b>M65</b>   | T Guptill [AKL]           | 27.25 (+1.4)                | 11/01/2014        | L Malcolmson [MWA]       | 27.76 (-0.3)                    | 01/03/2015        |
| <b>M70</b>   | T Guptill [AKL]           | 27.98 (+1.8)                | 26/10/2016        | A Dougall [AKL]          | 29.25 (+1.1)                    | 01/03/2020        |
| <b>M75</b>   | T Deleiros [AKL]          | 30.61 (+1.7)                | 26/02/2022        | B Kaiser [WLG]           | 30.7h                           | 1991              |
| <b>M80</b>   | D Reade [WLG]             | 32.63 (-0.9)                | 26/04/2017        | B Kaiser [WLG]           | 35.09                           | 1994              |
| <b>M85</b>   | J Jones [WBP]             | 39.67 (-0.4)                | 19/01/2020        | J Jones [WBP]            | 40.60 (+1.7)                    | 01/03/2020        |
| <b>M90</b>   | S Taylor [AKL]            | 47.38                       | 2006              | S Taylor [AKL]           | 52.38                           | 2006              |
| <b>M95</b>   | E de Lautour [WBP]        | 59.95                       | 08/10/2015        |                          |                                 |                   |
|              |                           |                             |                   |                          |                                 |                   |
| <b>400m</b>  |                           | <b>NZMA National Record</b> |                   |                          | <b>NZMA Championship Record</b> |                   |
| <b>M30</b>   | B Grant [MWA]             | 49.17                       | 17/07/2019        | B Grant [MWA]            | 50.26                           | 02/03/2018        |
| <b>M35</b>   | B Grant [MWA]             | 50.16                       | 26/02/2021        | B Grant [MWA]            | 50.16                           | 26/02/2021        |
| <b>M40</b>   | <b>B Grant [MWA]</b>      | <b>51.98</b>                | <b>24/08/2025</b> | B Turnbull [WLG]         | 52.79                           | 23/03/1996        |
| <b>M45</b>   | B McPhail [CAN]           | 52.1                        | 1983              | <b>W Holroyd [AKL]</b>   | <b>53.50</b>                    | <b>30/03/2025</b> |
| <b>M50</b>   | A Pinna [WLG]             | 52.95                       | 25/11/2017        | H Robinson [MWA]         | 54.61                           | 30/03/2025        |
| <b>M55</b>   | R Hanna [AKL]             | 55.61                       | 10/03/2023        | A Hill [WBP]             | 56.6                            | 1981              |
| <b>M60</b>   | F Evans [AKL]             | 58.11                       | 1985              | <b>D Blackford [AKL]</b> | <b>58.19</b>                    | <b>30/03/2025</b> |
| <b>M65</b>   | F Evans [AKL]             | 61.75                       | 1990              | M Fraser [CAN]           | 63.53                           | 03/03/2007        |
| <b>M70</b>   | M Wood [CAN]              | 66.29                       | 2003              | I Carter [TAS]           | 68.95                           | 26/02/2021        |
| <b>M75</b>   | M Wood [CAN]              | 71.96                       | 2008              | M Wood [CAN]             | 74.27                           | 03/04/2010        |
| <b>M80</b>   | D Reade [WLG]             | 78.34                       | 26/04/2017        | E de Lautour [WBP]       | 83.77                           | 16/03/2002        |
| <b>M85</b>   | E de Lautour [WBP]        | 89.82                       | 2006              | J Jones [WBP]            | 92.86                           | 28/02/2020        |
| <b>M90</b>   | D Campbell [OTG]          | 1:53.41                     | 03/02/2024        | F Cox [WBP]              | 3 05.26                         | 16/03/2002        |
|              |                           |                             |                   |                          |                                 |                   |
| <b>800m</b>  |                           | <b>NZMA National Record</b> |                   |                          | <b>NZMA Championship Record</b> |                   |
| <b>M30</b>   | S Rogers [AKL]            | 1:53.00                     | 25/02/2021        | <b>J Reid [AKL]</b>      | <b>1:56.78</b>                  | <b>30/03/2025</b> |
| <b>M35</b>   | N Willis [WLG]            | 1:49.23                     | 10/07/2019        | R Sewell [AKL]           | 2:00.0                          | 1980              |
| <b>M40</b>   | <b>Craig Oliver [CAN]</b> | <b>1:57.78</b>              | <b>10/01/2026</b> | B Hunter [CAN]           | 1:58.7                          | 1992              |
| <b>M45</b>   | D Sirl [AKL]              | 1:58.42                     | 1987              | D Sirl [AKL]             | 2:01.11                         | 1988              |
| <b>M50</b>   | I Babe [NTH]              | 2:01.97                     | 1987              | I Babe [NTH]             | 2:02.36                         | 1987              |
| <b>M55</b>   | D Turnbull [STH]          | 2:06.6                      | 1982              | D Turnbull [STH]         | 2:08.3                          | 1982              |
| <b>M60</b>   | D Turnbull [STH]          | 2:12.62                     | 1989              | R Brent [WLG]            | 2:18.84                         | 03/03/2013        |
| <b>M65</b>   | D Turnbull [STH]          | 2:17.8                      | 1992              | D Turnbull [STH]         | 2:17.8                          | 1992              |
| <b>M70</b>   | J Downey [MWA]            | 2:27.94                     | 2001              | I Carter [TAS]           | 2:34.60                         | 28/02/2021        |
| <b>M75</b>   | R Stevens [CAN]           | 2:55.41                     | 2009              | E de Lautour [WBP]       | 3:00.05                         | 24/03/1996        |
| <b>M80</b>   | E de Lautour [WBP]        | 3:13.16                     | 11/03/2001        | E de Lautour [WBP]       | 3:13.16                         | 11/03/2001        |
| <b>M85</b>   | E de Lautour [WBP]        | 3:36.30                     | 04/03/2007        | E de Lautour [WBP]       | 3:36.30                         | 04/03/2007        |
| <b>M90</b>   | <b>D Campbell [OTG]</b>   | <b>4:32.49</b>              | <b>25/01/2025</b> | F Cox [WBP]              | 6:41.73                         | 17/03/2002        |
| <b>M95</b>   | E de Lautour [WBP]        | 6:29.56                     | 06/10/2015        |                          |                                 |                   |
|              |                           |                             |                   |                          |                                 |                   |
| <b>1500m</b> |                           | <b>NZMA National Record</b> |                   |                          | <b>NZMA Championship Record</b> |                   |
| <b>M30</b>   | H Carson [WLG]            | 3:36.86                     | 12/06/2021        | A Gallagher [AKL]        | 4:20.70                         | 3/03/2018         |
| <b>M35</b>   | N Willis [WLG]            | 3:35.25                     | 02/09/2018        | A Stark [CAN]            | 4:06.9                          | 15/03/1997        |
| <b>M40</b>   | R Bennett [CAN]           | 3:55.08                     | 2007              | R Bennett [CAN]          | 3:58.24                         | 03/03/2007        |
| <b>M45</b>   | T McManus [CAN]           | 3:59.95                     | 1995              | D Sirl [AKL]             | 4:05.45                         | 1988              |
| <b>M50</b>   | I Babe [NTH]              | 4:09.41                     | 1987              | I Babe [NTH]             | 4:11.48                         | 1987              |
| <b>M55</b>   | R Robertson [HBG]         | 4:12.5                      | 1997              | D Turnbull [STH]         | 4:18.5                          | 1982              |
| <b>M60</b>   | R Robertson [HBG]         | 4:27.65                     | 2001              | T McManus [CAN]          | 4:29.01                         | 03/04/2010        |
| <b>M65</b>   | D Turnbull [STH]          | 4:39.8                      | 1992              | D Turnbull [STH]         | 4:39.8                          | 1992              |
| <b>M70</b>   | R Robertson [HBG]         | 4:52.95                     | 15/07/2011        | I Carter [TAS]           | 5:20.44                         | 27/02/2021        |
| <b>M75</b>   | I Carter [AKL]            | 5:33.79                     | 10/01/2026        | E de Lautour [WBP]       | 5:56.79                         | 22/11/1997        |

|                         |                    |                             |                   |                      |                                 |                   |
|-------------------------|--------------------|-----------------------------|-------------------|----------------------|---------------------------------|-------------------|
| <b>M80</b>              | E de Lautour [WBP] | 6:38.86                     | 2001              | E de Lautour [WBP]   | 6:40.29                         | 10/03/2001        |
| <b>M85</b>              | E de Lautour [WBP] | 7:03.40                     | 2006              | E de Lautour [WBP]   | 7:15.53                         | 04/03/2006        |
| <b>M90</b>              | D Campbell [OTG]   | 9:50.32                     | 14/12/2024        | <b>J Feist [AKL]</b> | <b>11.08.42</b>                 | <b>30/03/2025</b> |
| <b>M95</b>              | E de Lautour [WBP] | 14:06.88                    | 08/10/2015        |                      |                                 |                   |
|                         |                    |                             |                   |                      |                                 |                   |
| <b>3000m</b>            |                    | <b>NZMA National Record</b> |                   |                      | <b>NZMA Championship Record</b> |                   |
| <b>M30</b>              | H Carson [WLG]     | 7:52.93                     | 07/08/2021        | A Gallagher [AKL]    | 9:34.88                         | 02/03/2018        |
| <b>M35</b>              | R Hooper [WLG]     | 8:34.20                     | 20/01/2017        | D O'Sullivan [OTG]   | 12:03.03                        | 01/03/2019        |
| <b>M40</b>              | R Bennett [CAN]    | 8:28.09                     | 2007              | B Tingay [CAN]       | 9:07.26                         | 18/02/2024        |
| <b>M45</b>              | R Bennett [CAN]    | 8:40.48                     | 2010              | S Corporaal [WBP]    | 9:07.59                         | 18/02/2024        |
| <b>M50</b>              | W Luijpers [AKL]   | 9:04.95                     | 20/03/2023        | W Luijpers [AKL]     | 9:16.02                         | 26/02/2021        |
| <b>M55</b>              | R Robertson [HBG]  | 8:57.28                     | 1997              | P Stevens [WLG]      | 9:50.85                         | 26/02/2021        |
| <b>M60</b>              | T McManus [CAN]    | 9:42.97                     | 17/03/2012        | P Richards [CAN]     | 10:50.68                        | 26/02/2021        |
| <b>M65</b>              | D Turnbull [STH]   | 9:47.30                     | 08/02/1992        | I Calder [NTH]       | 10:36.37                        | 18/02/2024        |
| <b>M70</b>              | I Carter [TAS]     | 11:30.28                    | 13/02/2021        | K Chapman [WLG]      | 12:06.26                        | 02/12/2022        |
| <b>M75</b>              | R Stevens [CAN]    | 12:19.68                    | 2010              | A Clapcott [NTH]     | 13:32.52                        | 28/02/2020        |
| <b>M80</b>              | R Robinson [WLG]   | 15:13.42                    | 15/01/2023        | R Robinson [WLG]     | 16:12.68                        | 02/12/2022        |
| <b>M85</b>              | E de Lautour [WBP] | 17:17.58                    | 2007              |                      |                                 |                   |
|                         |                    |                             |                   |                      |                                 |                   |
| <b>5000m</b>            |                    | <b>NZMA National Record</b> |                   |                      | <b>NZMA Championship Record</b> |                   |
| <b>M30</b>              | E Speakman [HBG]   | 13:22.08                    | 15/05/2021        | G McMillan [WBP]     | 19:58.42                        | 03/03/2006        |
| <b>M35</b>              | N Willis [WLG]     | 13:49.93                    | 16/05/2019        | P Ritchie [WBP]      | 15:20.59                        | 22/03/1996        |
| <b>M40</b>              | J Foster [WBP]     | 14:21.0                     | 1976              | T McLachlan [WLG]    | 14:43.89                        | 1994              |
| <b>M45</b>              | E Gray [CAN]       | 15:00.5                     | 1992              | E Gray [CAN]         | 15:00.5                         | 1992              |
| <b>M50</b>              | R Robertson [HBG]  | 15:26.2                     | 1992              | R Robertson [HBG]    | 15:26.2                         | 1992              |
| <b>M55</b>              | R Robertson [HBG]  | 15:41.72                    | 1997              | D Turnbull [STH]     | 16:22.5                         | 1982              |
| <b>M60</b>              | R Robertson [HBG]  | 16:16.51                    | 2001              | A Galbraith [AKL]    | 16:56.62                        | 04/03/2005        |
| <b>M65</b>              | D Turnbull [STH]   | 16:38.8                     | 13/03/1992        | D Turnbull [STH]     | 16:38.8                         | 1992              |
| <b>M70</b>              | R Robertson [HBG]  | 18:15.53                    | 09/07/2011        | W Nelmes [AKL]       | 19:37.11                        | 1986              |
| <b>M75</b>              | R Stevens [CAN]    | 21:03.64                    | 2009              | R Stevens [CAN]      | 22:02.34                        | 06/03/2009        |
| <b>M80</b>              | E de Lautour [WBP] | 24:05.14                    | 2001              | E de Lautour [WBP]   | 24:41.14                        | 09/03/2001        |
| <b>M85</b>              | E de Lautour [WBP] | 26:18.47                    | 02/03/2007        | E de Lautour [WBP]   | 26:18.47                        | 02/03/2007        |
|                         |                    |                             |                   |                      |                                 |                   |
|                         |                    |                             |                   |                      |                                 |                   |
| <b>1500m Track Walk</b> |                    | <b>NZMA National Record</b> |                   |                      | <b>NZMA Championship Record</b> |                   |
| <b>M30</b>              |                    |                             |                   |                      |                                 |                   |
| <b>M35</b>              |                    |                             |                   |                      |                                 |                   |
| <b>M40</b>              | S Dean [AKL]       | <b>9:25.73</b>              | <b>29/11/2025</b> |                      |                                 |                   |
| <b>M45</b>              | J Reed [TAR]       | <b>9:01.69</b>              | <b>30/03/2025</b> | <b>J Reed [TAR]</b>  | <b>9:01.69</b>                  | <b>30/03/2025</b> |
| <b>M50</b>              |                    |                             |                   |                      |                                 |                   |
| <b>M55</b>              | D Smyth [CAN]      | <b>8:53.59</b>              | <b>27/01/2025</b> | <b>D Smyth [CAN]</b> | <b>9:01.04</b>                  | <b>30/03/2025</b> |
| <b>M60</b>              | R Gillum [TAR]     | 9:27.08                     | 03/12/2022        | R Gillum [TAR]       | 9:27.08                         | 03/12/2022        |
| <b>M65</b>              | I Morton [WLG]     | 9:52.19                     | 18/02/2024        | I Morton [WLG]       | 9:52.19                         | 18/02/2024        |
| <b>M70</b>              | C McGovern [WLG]   | 8:44.68                     | 03/12/2022        | C McGovern [WLG]     | 8:44.68                         | 03/12/2022        |
| <b>M75</b>              | P Hague [TAS]      | <b>9:52.32</b>              | <b>24/01/2026</b> |                      |                                 |                   |
| <b>M80</b>              |                    |                             |                   |                      |                                 |                   |
| <b>M85</b>              |                    |                             |                   |                      |                                 |                   |
| <b>M90</b>              |                    |                             |                   |                      |                                 |                   |
|                         |                    |                             |                   |                      |                                 |                   |

| <i>3000m Track Walk</i>   |                        | <b>NZMA National Record</b> |                   | <b>NZMA Championship Record</b> |                         |
|---------------------------|------------------------|-----------------------------|-------------------|---------------------------------|-------------------------|
| <b>M30</b>                | M Rodriguez [HBG]      | 16:17.21                    | 28/02/2020        | M Rodriguez [HBG]               | 16:17.21 28/02/2020     |
| <b>M35</b>                | Q Rew [WLG]            | 11:58.24                    | 06/03/2020        | L McPhillips [WBP]              | 13:08.87 09/03/2001     |
| <b>M40</b>                | R Smyth [WBP]          | 13:46.28                    | 1991              | R Smyth [WBP]                   | 13:46.28 1991           |
| <b>M45</b>                | G Little [NTH]         | 12:05.5                     | 23/11/1991        | G Little [NTH]                  | 13:24.83 1989           |
| <b>M50</b>                | G Little [AKL]         | 12:17.25                    | 23/01/1993        | M Hinton [AKL]                  | 13:41.43 1986           |
| <b>M55</b>                | G Little [AKL]         | 13:00.0                     | 1997              | G Little [AKL]                  | 13:12.62 14/03/1997     |
| <b>M60</b>                | M Parker [AKL]         | 13:57.11                    | 01/03/2014        | G Little [AKL]                  | 13:58.13 05/03/2004     |
| <b>M65</b>                | M Hinton [AKL]         | 15:59.20                    | 09/03/2001        | M Hinton [AKL]                  | 15:59.20 09/03/2001     |
| <b>M70</b>                | L Watkins [CAN]        | 17:17.0                     | 1990              | L Watkins [CAN]                 | 17:26.2 1990            |
| <b>M75</b>                | P Davis [TAS]          | 18:46.73                    | 07/03/2003        | P Davis [TAS]                   | 18:46.73 07/03/2003     |
| <b>M80</b>                | G Currie [CAN]         | 22:53.4                     | 1995              | F Cox [WBP]                     | 23:19.3 1992            |
| <b>M85</b>                |                        |                             |                   |                                 |                         |
| <b>M90</b>                | P Tearle [WLG]         | 28:52.43                    | 26/01/2018        | P Tearle [WLG]                  | 29:17.14 02/03/2018     |
|                           |                        |                             |                   |                                 |                         |
| <i>5000m Track Walk</i>   |                        | <b>NZMA National Record</b> |                   | <b>NZMA Championship Record</b> |                         |
| <b>M30</b>                | Q Rew [WLG]            | 19:35.70                    | 10/12/2017        | M Rodriguez [HBG]               | 27:00.25 01/03/2020     |
| <b>M35</b>                | K Taylor [AKL]         | 23:12.58                    | 1990              | D Cameron [WBP]                 | 25:08.0 1980            |
| <b>M40</b>                | R Green [TAR]          | 24:19.4                     | 1993              | R Nixon [AKL]                   | 27:03.8 1980            |
| <b>M45</b>                | G Little [NTH]         | 20:54.4                     | 1991              | M Hinton [AKL]                  | 24:21.0 1980            |
| <b>M50</b>                | G Little [NTH]         | 21:01.0                     | 16/02/1992        | L Hohaia [AKL]                  | 27:14.90 04/03/2018     |
| <b>M55</b>                | G Little [AKL]         | 22:14.93                    | 1998              | M Gray [WBP]                    | 36:57.08 01/03/2020     |
| <b>M60</b>                | G Little [AKL]         | 23:44.09                    | 2002              | M Parker [AKL]                  | 28:26.96 04/03/2018     |
| <b>M65</b>                | E Kemsley [TAR]        | 26:53.78                    | 26/10/2016        | P Baillie [WLG]                 | 29:59.76 04/03/2018     |
| <b>M70</b>                | C McGovern [WLG]       | 29:46.28                    | 06/02/2021        | C McGovern [WLG]                | 31:48.11 04/12/2022     |
| <b>M75</b>                | P Hague [TAS]          | <b>34:13.64</b>             | <b>25/01/2026</b> |                                 |                         |
| <b>M80</b>                | R Johnson [AKL]        | 38:25.81                    | 2015              |                                 |                         |
| <b>M85</b>                |                        |                             |                   |                                 |                         |
| <b>M90</b>                | P Tearle [WLG]         | 48:56.81                    | 26/10/2016        |                                 |                         |
|                           |                        |                             |                   |                                 |                         |
| <i>2000m Steeplechase</i> |                        | <b>NZMA National Record</b> |                   | <b>NZMA Championship Record</b> |                         |
| <b>M60</b>                | R Robertson [HBG]      | 6:30.21                     | 14/07/2001        | W Hume [CAN]                    | 7:14.27 13/03/1999      |
| <b>M65</b>                | R Robertson [HBG]      | 7:18.10                     | 01/08/2008        | R Robertson [HBG]               | 7:33.36 07/03/2009      |
| <b>M70</b>                | R Robertson [HBG]      | 7:10.03                     | 17/07/2011        | J Downey [MWA]                  | 8:22.04 10/03/2001      |
| <b>M75</b>                | D Eastmond [NTH]       | 9:40.42                     | 2006              | M Bond [CAN]                    | 9:43.96 02/03/2019      |
| <b>M80</b>                | J Jamieson [AKL]       | 11:48.22                    | 1989              | J Jamieson [AKL]                | 11:48.22 1989           |
|                           |                        |                             |                   |                                 |                         |
| <i>3000m Steeplechase</i> |                        | <b>NZMA National Record</b> |                   | <b>NZMA Championship Record</b> |                         |
| <b>M30</b>                | M Sutton [WBP]         | <b>9:03.11</b>              | <b>07/03/2025</b> | B Meder [WBP]                   | 9:50.0 1992             |
| <b>M35</b>                | M Rogers [WLG]         | 10:06.38                    | 07/09/2018        | M Rogers [WLG]                  | 10:22.88 04/03/2017     |
| <b>M40</b>                | JD Macdonald [CAN]     | 9:14.4                      | 1977              | JD Macdonald [CAN]              | 9:27.1 1975             |
| <b>M45</b>                | JD Macdonald [CAN]     | 9:22.3                      | 1980              | R Robertson [HBG]               | 9:27.22 1987            |
| <b>M50</b>                | R Robertson [HBG]      | 9:43.97                     | 1991              | R Robertson [HBG]               | 9:44.0 1992             |
| <b>M55</b>                | R Robertson [HBG]      | 9:55.05                     | 27/07/1997        | R Robertson [HBG]               | 9:59.8 15/03/1997       |
|                           |                        |                             |                   |                                 |                         |
| <i>Short Hurdles</i>      |                        | <b>NZMA National Record</b> |                   | <b>NZMA Championship Record</b> |                         |
| <b>M30</b>                | 110mH: B Newdick [AKL] | 15.19 (+1.2)                | 02/02/2019        |                                 |                         |
| <b>M35</b>                | 110mH: B Newdick [AKL] | 16.40 (+1.8)                | 09/02/2020        | S Te Whaiti [WBP]               | 17.95 16/03/2002        |
| <b>M40</b>                | 110mH: S Poelman [WBP] | 15.16                       | 2005              | N Bolton [CAN]                  | 15.41 (-2.5) 28/02/2015 |
| <b>M45</b>                | 110mH: N Bolton [CAN]  | 15.41 (+2.0)                | 27/04/2019        | N Bolton [CAN]                  | 15.94 (-2.7) 03/03/2019 |

|                     |                               |                     |                             |                                 |                     |                   |
|---------------------|-------------------------------|---------------------|-----------------------------|---------------------------------|---------------------|-------------------|
| <b>M50</b>          | 100mH: N Bolton [CAN]         | 14.44               | 18/02/2024                  | N Bolton [CAN]                  | 14.44               | 18/02/2024        |
| <b>M55</b>          | 100mH: R Ball [NTH]           | 16.2h               | 1991                        | P Daborn [WBP]                  | 17.78 (+0.9)        | 29/02/2020        |
| <b>M60</b>          | 100mH: P Daborn [WBP]         | 17.23 (-3.4)        | 19/01/2024                  | L Malcolmson [MWA]              | 18.19               | 03/04/2010        |
| <b>M65</b>          | 100mH: L Malcolmson [MWA]     | 18.75 (-0.1)        | 27/02/2016                  | L Malcolmson [MWA]              | 18.75 (-0.1)        | 27/02/2016        |
| <b>M70</b>          | 80mH: A Dougall [AKL]         | 14.52 (+1.8)        | 13/03/2020                  | L Malcolmson [MWA]              | 15.75 (+0.2)        | 29/02/2020        |
| <b>M75</b>          | 80mH: D Anstiss [AKL]         | 17.15 (+1.6)        | 14/10/2023                  | D Anstiss [AKL]                 | 17.99 (-1.4)        | 27/02/2021        |
| <b>M80</b>          | 80mH: <b>D Anstiss [AKL]</b>  | <b>17.06 (+0.3)</b> | <b>22/03/2025</b>           | <b>D Anstiss [AKL]</b>          | <b>18.13 (+0.9)</b> | <b>30/03/2025</b> |
| <b>Long Hurdles</b> |                               |                     |                             |                                 |                     |                   |
|                     |                               |                     | <b>NZMA National Record</b> | <b>NZMA Championship Record</b> |                     |                   |
| <b>M30</b>          | 400mH: C Lockley [TAR]        | 58.59               | 23/04/2017                  |                                 |                     |                   |
| <b>M35</b>          | 400mH: J Hill [MWA]           | 59.46               | 1998                        | J Hill [MWA]                    | 60.58               | 14/03/1999        |
| <b>M40</b>          | 400mH: J O'Connor [CAN]       | 59.20               | 2008                        | B Turnbull [WLG]                | 60.56               | 24/03/1996        |
| <b>M45</b>          | 400mH: J O'Connor [CAN]       | 60.45               | 04/04/2010                  | J O'Connor [CAN]                | 60.45               | 04/04/2010        |
| <b>M50</b>          | 400mH: J Speerstra [AKL]      | 63.0                | 1986                        | P Daborn [WBP]                  | 63.28               | 05/03/2017        |
| <b>M55</b>          | 400mH: M Callaghan [HBG]      | 65.22               | 2003                        | M Callaghan [HBG]               | 70.64               | 11/03/2001        |
| <b>M60</b>          | 300mH: L Malcolmson [MWA]     | 46.89               | 04/04/2010                  | L Malcolmson [MWA]              | 46.89               | 04/04/2010        |
| <b>M65</b>          | 300mH: L Malcolmson [MWA]     | 49.06               | 05/03/2017                  | L Malcolmson [MWA]              | 49.06               | 05/03/2017        |
| <b>M70</b>          | 400mH: A Dougall [AKL]        | 53.32               | 01/09/2019                  | S Foster [WBP]                  | 57.29               | 08/03/2009        |
| <b>M75</b>          | 300mH: L Malcolmson [MWA]     | <b>57.99</b>        | <b>16/02/2025</b>           | R Johnson [AKL]                 | 66.94               | 02/03/2008        |
| <b>M80</b>          | 200mH: <b>D Anstiss [AKL]</b> | <b>39.85 (-1.5)</b> | <b>06/09/2025</b>           | S Foster [WBP]                  | 49.80               | 04/03/2018        |
| <b>Long Jump</b>    |                               |                     |                             |                                 |                     |                   |
|                     |                               |                     | <b>NZMA National Record</b> | <b>NZMA Championship Record</b> |                     |                   |
| <b>M30</b>          | B Newdick [AKL]               | 7.02 (+1.5)         | 26/01/2019                  | D Lane [WLG]                    | 6.00 (+1.2)         | 03/03/2013        |
| <b>M35</b>          | K Simpson [CAN]               | 6.42                | 1980                        | J Munns                         | 6.19                | 1979              |
| <b>M40</b>          | R Williams [AKL]              | 6.81                | 1975                        | R Williams [AKL]                | 6.53                | 1979              |
| <b>M45</b>          | R Williams [AKL]              | 6.46                | 1981                        | B McPhail [CAN]                 | 6.05                | 1984              |
| <b>M50</b>          | B McPhail [CAN]               | 5.68                | 1990                        | R Williams [AKL]                | 5.60                | 1986              |
| <b>M55</b>          | B McPhail [CAN]               | 5.60                | 1993                        | B McPhail [CAN]                 | 5.60                | 1993              |
| <b>M60</b>          | S Burden [WBP]                | 5.11 (+0.0)         | 29/01/2022                  | S Burden [WBP]                  | 4.90 (+1.8)         | 26/02/2021        |
| <b>M65</b>          | S Burden [WBP]                | 5.02 (1.7)          | 08/06/2024                  | <b>S Burden [WBP]</b>           | <b>4.86 (1.6)</b>   | <b>30/03/2025</b> |
| <b>M70</b>          | <b>D O'Leary [HBG]</b>        | <b>4.23 (-1.0)</b>  | <b>06/09/2025</b>           | I Scown [STH]                   | <b>3.98 (1.9)</b>   | <b>30/03/2025</b> |
| <b>M75</b>          | D Anstiss [AKL]               | 4.00 (+0.8)         | 09/06/2022                  | H Mein [AKL]                    | 3.57                | 04/03/2006        |
| <b>M80</b>          | <b>D Anstiss [AKL]</b>        | <b>3.62 (0.3)</b>   | <b>22/03/2025</b>           | S Taylor [AKL]                  | 2.94                | 23/03/1996        |
| <b>M85</b>          | A Mackay [STH]                | 2.59                | 02/02/2014                  | J Jones [WBP]                   | 2.43 (+1.0)         | 29/02/2020        |
| <b>M90</b>          | A Mackay [STH]                | 2.08 (+0.4)         | 23/01/2018                  | J Blair [OTG]                   | 1.50 (-1.6)         | 03/12/2022        |
| <b>High Jump</b>    |                               |                     |                             |                                 |                     |                   |
|                     |                               |                     | <b>NZMA National Record</b> | <b>NZMA Championship Record</b> |                     |                   |
| <b>M30</b>          | W Crayford [WLG]              | 2.06                | 08/03/2019                  | <b>W Ginige [AKL]</b>           | <b>1.40</b>         | <b>30/03/2025</b> |
| <b>M35</b>          | T Newport [WLG]               | 1.85                | 15/03/1997                  | T Newport [WLG]                 | 1.85                | 15/03/1997        |
| <b>M40</b>          | S Poelman [WBP]               | 1.92                | 2005                        | P Ranginui [WBP]                | 1.78                | 03/04/2010        |
| <b>M45</b>          | A Stringer [NTH]              | 1.72                | 1996                        | A Stringer [NTH]                | 1.72                | 23/03/1996        |
| <b>M50</b>          | Ho Young Do [AKL]             | 1.75                | 06/10/2013                  | R Fletcher [WBP]                | 1.69                | 1992              |
| <b>M55</b>          | D Blackford [AKL]             | 1.67                | 27/02/2021                  | D Blackford [AKL]               | 1.67                | 27/02/2021        |
| <b>M60</b>          | <b>D Blackford [AKL]</b>      | <b>1.66</b>         | <b>02/02/2025</b>           | <b>B Curry [MWA]</b>            | <b>1.48</b>         | <b>30/03/2025</b> |
| <b>M65</b>          | <b>Ho Young Do [AKL]</b>      | <b>1.55</b>         | <b>17/01/2026</b>           | <b>Ho Young Do [AKL]</b>        | <b>1.45</b>         | <b>30/03/2025</b> |
| <b>M70</b>          | M Andersen [HBG]              | 1.37                | 29/02/2020                  | M Andersen [HBG]                | 1.37                | 29/02/2020        |
|                     | D Anstiss [AKL]               | 1.37                | 2017                        |                                 |                     |                   |
| <b>M75</b>          | D Anstiss [AKL]               | 1.36                | 18/03/2023                  | D Anstiss [AKL]                 | 1.31                | 27/02/2021        |
| <b>M80</b>          | <b>D Anstiss [AKL]</b>        | <b>1.30</b>         | <b>22/03/2025</b>           | <b>D Anstiss [AKL]</b>          | <b>1.24</b>         | <b>30/03/2025</b> |
| <b>M85</b>          | J Blair [WLG]                 | 1.12                | 22/01/2017                  | J Blair [WLG]                   | 1.05                | 03/03/2018        |

|                     |                                    |                    |                             |                                 |                    |                   |
|---------------------|------------------------------------|--------------------|-----------------------------|---------------------------------|--------------------|-------------------|
| <b>M90</b>          | J Blair [OTG]                      | 1.00               | 23/01/2022                  | F Cox [WBP]                     | 0.71               | 16/03/2002        |
| <b>Triple Jump</b>  |                                    |                    |                             |                                 |                    |                   |
|                     |                                    |                    | <b>NZMA National Record</b> | <b>NZMA Championship Record</b> |                    |                   |
| <b>M30</b>          | S Thompson [AKL]                   | <b>14.17</b> (0.4) | <b>30/03/2025</b>           | S Thompson [AKL]                | <b>14.17</b> (0.4) | <b>30/03/2025</b> |
| <b>M35</b>          | B Booker [AKL]                     | 13.55              | 2005                        | J Munns                         | 12.18              | 1979              |
| <b>M40</b>          | K Simpson [CAN]                    | 13.30              | 1987                        | R Fletcher [WBP]                | 12.69              | 1985              |
| <b>M45</b>          | S McKee [CAN]                      | 12.40              | 2006                        | R Fletcher [WBP]                | 11.89              | 1989              |
| <b>M50</b>          | S McKee [CAN]                      | 11.56              | 2010                        | R Fletcher [WBP]                | 11.38              | 1992              |
| <b>M55</b>          | T Walker [AKL]                     | 11.55 (+0.9)       | 24/02/2019                  | W MacIntyre [WLG]               | 10.43              | 1988              |
| <b>M60</b>          | S Burden [WBP]                     | 10.76 (-0.4)       | 31/08/2019                  | S Burden [WBP]                  | 10.74 (+1.5)       | 27/02/2021        |
| <b>M65</b>          | S Burden [WBP]                     | 10.06 (+0.9)       | 20/08/2024                  | <b>S Burden [WBP]</b>           | <b>9.83</b> (0.3)  | <b>30/03/2025</b> |
| <b>M70</b>          | D Anstiss [AKL]                    | 9.16 (+1.0)        | 28/11/2015                  | D Anstiss [AKL]                 | 8.94 (-0.2)        | 02/03/2018        |
| <b>M75</b>          | <b>D Anstiss [AKL]</b>             | <b>8.87</b> (+1.5) | <b>02/02/2025</b>           | D Anstiss [AKL]                 | 8.47 (+0.8)        | 26/02/2021        |
| <b>M80</b>          | <b>D Anstiss [AKL]</b>             | <b>8.17</b> (+1.9) | <b>07/09/2025</b>           | <b>D Anstiss [AKL]</b>          | <b>8.00</b> (+1.1) | <b>30/03/2025</b> |
| <b>M85</b>          | R Johnson [AKL]                    | 5.58 (-1.7)        | 2/03/2018                   | R Johnson [AKL]                 | 5.58 (-1.7)        | 02/03/2018        |
| <b>Pole Vault</b>   |                                    |                    |                             |                                 |                    |                   |
|                     |                                    |                    | <b>NZMA National Record</b> | <b>NZMA Championship Record</b> |                    |                   |
| <b>M30</b>          | E Du Preez [AKL]                   | 4.71               | 20/02/2021                  | <b>J Tautari [AKL]</b>          | <b>4.30</b>        | <b>30/03/2025</b> |
| <b>M35</b>          | P Gibbons [OTG]                    | 4.15               | 2007                        | B Senior [CAN]                  | 3.70               | 1980              |
| <b>M40</b>          | S Poelman [WBP]                    | 4.00               | 2005                        | B Senior [CAN]                  | 3.70               | 1982              |
| <b>M45</b>          | S McKee [CAN]                      | 3.90               | 2006                        | S McKee [CAN]                   | 3.75               | 02/03/2007        |
| <b>M50</b>          | S McKee [CAN]                      | 3.71               | 02/04/2010                  | S McKee [CAN]                   | 3.71               | 02/04/2010        |
| <b>M55</b>          | D Blackford [AKL]                  | 3.45               | 19/02/2024                  | D Blackford [AKL]               | 3.45               | 19/02/2024        |
| <b>M60</b>          | <b>M Lett [AKL]</b>                | <b>3.21</b>        | <b>11/01/2025</b>           | <b>M Lett [AKL]</b>             | <b>3.20</b>        | <b>30/03/2025</b> |
| <b>M65</b>          | M Andersen [HBG]                   | 2.70               | 12/02/2017                  | R Johnson [AKL]                 | 2.30               | 03/03/2000        |
| <b>M70</b>          | M Andersen [HBG]                   | 2.70               | 29/02/2020                  | M Andersen [HBG]                | 2.70               | 29/02/2020        |
| <b>M75</b>          | D Anstiss [AKL]                    | 2.42               | 19/03/2022                  | D Anstiss [AKL]                 | 2.41               | 27/02/2021        |
| <b>M80</b>          | <b>D Anstiss [AKL]</b>             | <b>2.30</b>        | <b>30/03/2025</b>           | <b>D Anstiss [AKL]</b>          | <b>2.30</b>        | <b>30/03/2025</b> |
| <b>M85</b>          | R Johnson [AKL]                    | 1.50               | 12/11/2017 &<br>3/03/2018   | R Johnson [AKL]                 | 1.50               | 03/03/2018        |
| <b>Hammer Throw</b> |                                    |                    |                             |                                 |                    |                   |
|                     |                                    |                    | <b>NZMA National Record</b> | <b>NZMA Championship Record</b> |                    |                   |
| <b>M30</b>          | 7.26kg: W Button [WBP]             | 60.18              | 21/02/2020                  | <b>T Bates [OTG]</b>            | <b>56.72</b>       | <b>30/03/2025</b> |
| <b>M35</b>          | 7.26kg: M Cumming [AKL]            | 48.62              | 2002                        | T Fleming [CAN]                 | 48.32              | 1983              |
| <b>M40</b>          | 7.26kg: P Jensen [WLG]             | 62.53              | 2010                        | A van der Westhuizen [AKL]      | 52.03              | 28/02/2020        |
| <b>M45</b>          | 7.26kg: A van der Westhuizen [AKL] | 56.80              | 25/02/2023                  | A van der Westhuizen [AKL]      | 52.27              | 02/12/2022        |
| <b>M50</b>          | 6.00kg: M Cumming [AKL]            | 56.58              | 13/01/2013                  | M Cumming [AKL]                 | 56.03              | 02/03/2013        |
| <b>M55</b>          | 6.00kg: M Cumming [AKL]            | 52.87              | 23/04/2017                  | M Cumming [AKL]                 | 46.85              | 02/03/2018        |
| <b>M60</b>          | 5.00kg: L Devlin [HBG]             | 50.82              | 1997                        | L Devlin [HBG]                  | 48.36              | 22/11/1997        |
| <b>M65</b>          | 5.00kg: L Devlin [HBG]             | 46.53              | 2001                        | L Devlin [HBG]                  | 43.48              | 08/03/2003        |
| <b>M70</b>          | 4.00kg: L Devlin [HBG]             | 44.54              | 2006                        | L Devlin [HBG]                  | 44.22              | 04/03/2006        |
| <b>M75</b>          | 4.00kg: M Carr [AKL]               | 37.40              | 1997                        | M Carr [AKL]                    | 35.10              | 22/11/1997        |
| <b>M80</b>          | 3.00kg: B Senior [CAN]             | 37.95              | 20/12/2020                  | B Stannius [WBP]                | 35.64              | 06/03/2009        |
| <b>M85</b>          | 3.00kg: <b>B Senior [CAN]</b>      | <b>29.70</b>       | <b>13/04/2025</b>           | R Johnson [AKL]                 | 23.93              | 02/03/2018        |
| <b>M90</b>          | 3.00kg: R Johnson [AKL]            | 21.12              | 05/11/2022                  | J Blair [OTG]                   | 17.23              | 02/12/2022        |
| <b>Shot Put</b>     |                                    |                    |                             |                                 |                    |                   |
|                     |                                    |                    | <b>NZMA National Record</b> | <b>NZMA Championship Record</b> |                    |                   |
| <b>M30</b>          | 7.26kg: K Fowler [OTG]             | 13.91              | 06/11/2021                  | <b>T Bates [OTG]</b>            | <b>11.14</b>       | <b>30/03/2025</b> |
| <b>M35</b>          | 7.26kg: R Thomson [WLG]            | 16.42              | 1998                        | H Smith [WLG]                   | 14.48              | 1994              |

|                     |                           |                             |            |                                 |       |            |
|---------------------|---------------------------|-----------------------------|------------|---------------------------------|-------|------------|
| <b>M40</b>          | 7.26kg: S Poelman [WBP]   | 14.66                       | 2005       | M Mene [CAN]                    | 13.80 | 1987       |
| <b>M45</b>          | 7.26kg: L Inivale [AKL]   | 13.68                       | 07/10/2015 | L Inivale [AKL]                 | 13.18 | 28/02/2014 |
| <b>M50</b>          | 6.00kg: L Inivale [AKL]   | 14.82                       | 22/01/2018 | L Inivale [AKL]                 | 14.27 | 03/03/2017 |
| <b>M55</b>          | 6.00kg: L Inivale [AKL]   | 13.44                       | 08/06/2024 | A Husband [AKL]                 | 13.38 | 1979       |
| <b>M60</b>          | 5.00kg: A Husband [AKL]   | 14.01                       | 1984       | A Husband [AKL]                 | 14.01 | 1984       |
| <b>M65</b>          | 5.00kg: R Harris [WLG]    | 12.95                       | 1999       | J F Thomas [AKL]                | 12.21 | 30/11/2024 |
| <b>M70</b>          | 4.00kg: P Crawford [WBP]  | 12.10                       | 26/04/2017 | P Crawford [WBP]                | 11.72 | 03/03/2017 |
| <b>M75</b>          | 4.00kg: D Scratton [NTH]  | 10.87                       | 1994       | D Scratton [NTH]                | 10.46 | 23/03/1996 |
| <b>M80</b>          | 4.00kg: D Scratton [NTH]  | 9.75                        | 1999       | P Crawford [WBP]                | 9.57  | 18/02/2024 |
| <b>M80</b>          | 3.00kg: B Stannius [NTH]  | 11.97                       | 2009       | B Stannius [NTH]                | 11.97 | 07/03/2009 |
| <b>M85</b>          | 3.00kg: R Johnson [AKL]   | 8.97                        | 12/09/2018 | R Johnson [AKL]                 | 8.30  | 02/03/2018 |
| <b>M90</b>          | 3.00kg: J Blair [OTG]     | 7.38                        | 01/08/2021 | R Johnson [AKL]                 | 6.86  | 30/03/2025 |
|                     |                           |                             |            |                                 |       |            |
| <b>Discus</b>       |                           | <b>NZMA National Record</b> |            | <b>NZMA Championship Record</b> |       |            |
| <b>M30</b>          | 2.0kg: M Hall [STH]       | 61.49                       | 30/03/2019 | J Peters [HBG]                  | 44.09 | 30/03/2025 |
| <b>M35</b>          | 2.0kg: K Fowler [OTG]     | 54.75                       | 22/02/2025 | H Smith [WLG]                   | 47.24 | 1994       |
| <b>M40</b>          | 2.0kg: J Pratten [CAN]    | 43.45                       | 10/01/2026 | R Williams [AKL]                | 43.44 | 1975       |
| <b>M45</b>          | 2.0kg: R Williams [AKL]   | 43.12                       | 1981       | M Clarke [CAN]                  | 39.85 | 04/03/2017 |
| <b>M50</b>          | 1.5kg: A Stockill [WLG]   | 46.82                       | 15/12/2018 | R Ball [NTH]                    | 44.80 | 1986       |
| <b>M55</b>          | 1.5kg: G Lawless [OTG]    | 45.28                       | 1986       | G Lawless [OTG]                 | 40.86 | 1986       |
| <b>M60</b>          | 1.0kg: R Ball [NTH]       | 48.66                       | 1996       | R Ball [NTH]                    | 48.66 | 23/03/1996 |
| <b>M65</b>          | 1.0kg: R Ball [NTH]       | 44.47                       | 2001       | J Thomas [AKL]                  | 40.66 | 19/02/2024 |
| <b>M70</b>          | 1.0kg: S Johnson [AKL]    | 38.20                       | 1992       | R Ball [NTH]                    | 36.72 | 04/03/2006 |
| <b>M75</b>          | 1.0kg: P Crawford [WBP]   | 34.23                       | 02/03/2019 | P Crawford [WBP]                | 34.23 | 02/03/2019 |
| <b>M80</b>          | 1.0kg: B Senior [CAN]     | 28.98                       | 24/01/2021 | D Scratton [NTH]                | 27.70 | 04/03/2000 |
| <b>M85</b>          | 1.0kg: R Johnson [AKL]    | 22.90                       | 20/01/2018 | R Johnson [AKL]                 | 20.54 | 03/03/2018 |
| <b>M90</b>          | 1.0kg: J Blair [OTG]      | 18.16                       | 12/03/2022 | J Blair [OTG]                   | 16.15 | 19/02/2024 |
|                     |                           |                             |            |                                 |       |            |
| <b>Javelin</b>      |                           | <b>NZMA National Record</b> |            | <b>NZMA Championship Record</b> |       |            |
| <b>M30</b>          | 800gm: B Newdick [AKL]    | 55.07                       | 18/01/2019 | L Crombie [HBG]                 | 46.13 | 29/02/2020 |
| <b>M35</b>          | 800gm: J Bradley [HBG]    | 60.02                       | 1992       | J Bradley [HBG]                 | 55.96 | 1991       |
| <b>M40</b>          | 800gm: D Brand [AKL]      | 66.55                       | 2008       | J Bradley [HBG]                 | 55.10 | 04/03/1995 |
| <b>M45</b>          | 800gm: D Brand [AKL]      | 61.97                       | 2009       | J Bradley [HBG]                 | 54.50 | 04/03/2000 |
| <b>M50</b>          | 700gm: N Stainton [AKL]   | 61.74                       | 23/03/2014 | J Bradley [HBG]                 | 50.91 | 06/03/2005 |
| <b>M55</b>          | 700gm: N Stainton [AKL]   | 51.40                       | 29/01/2017 | J Bradley [HBG]                 | 49.51 | 08/03/2009 |
| <b>M60</b>          | 600gm: A Grayburn [CAN]   | 48.96                       | 1987       | A Grayburn [CAN]                | 45.54 | 1989       |
| <b>M65</b>          | 600gm: A Grayburn [CAN]   | 46.94                       | 1994       | A Grayburn [CAN]                | 45.74 | 1993       |
| <b>M70</b>          | 500gm: A Grayburn [CAN]   | 38.93                       | 1998       | A Grayburn [CAN]                | 36.94 | 16/03/1997 |
| <b>M75</b>          | 500gm: L Malcolmson [MWA] | 36.71                       | 30/03/2025 | L Malcolmson [MWA]              | 36.71 | 30/03/2025 |
| <b>M80</b>          | 400gm: R Johnson [AKL]    | 31.59                       | 16/02/2014 | B Stannius [WBP]                | 30.59 | 08/03/2009 |
| <b>M85</b>          | 400gm: R Johnson [AKL]    | 25.42                       | 03/03/2018 | R Johnson [AKL]                 | 25.42 | 3/03/2018  |
| <b>M90</b>          | 400gm: R Johnson [AKL]    | 22.27                       | 07/11/2022 | J Blair [OTG]                   | 18.86 | 30/03/2025 |
|                     |                           |                             |            |                                 |       |            |
| <b>Weight Throw</b> |                           | <b>NZMA National Record</b> |            | <b>NZMA Championship Record</b> |       |            |
| <b>M30</b>          | 15.88kg: T Bates [OTG]    | 15.90                       | 27/01/2025 | T Bates [OTG]                   | 15.04 | 30/03/2025 |
| <b>M35</b>          | 15.88kg: P Jensen [WLG]   | 21.01                       | 2004       | M Cumming [AKL]                 | 14.47 | 17/03/2002 |
| <b>M40</b>          | 15.88kg: P Jensen [WLG]   | 18.23                       | 2009       | M Cumming [AKL]                 | 15.56 | 05/03/2006 |
| <b>M45</b>          | 15.88kg: P Jensen [WLG]   | 17.44                       | 12/04/2014 | M Cumming [AKL]                 | 15.30 | 29/02/2008 |
| <b>M50</b>          | 11.34kg: M Cumming [AKL]  | 20.11                       | 25/11/2012 | M Cumming [AKL]                 | 20.00 | 03/03/2013 |
| <b>M55</b>          | 11.34kg: P Jensen [WLG]   | 19.59                       | 18/02/2023 | M Cumming [AKL]                 | 17.81 | 03/03/2018 |

|            |                         |       |            |                  |       |            |
|------------|-------------------------|-------|------------|------------------|-------|------------|
| <b>M60</b> | 9.08kg: K Bradley [WBP] | 17.45 | 2006       | K Bradley [WBP]  | 16.48 | 05/03/2005 |
| <b>M65</b> | 9.08kg: J Thomas [AKL]  | 17.46 | 07/09/2025 | L Devlin [HBG]   | 17.09 | 17/03/2002 |
| <b>M70</b> | 7.26kg: L Devlin [HBG]  | 18.06 | 2006       | L Devlin [HBG]   | 17.19 | 05/03/2006 |
| <b>M75</b> | 7.26kg: M Carr [AKL]    | 14.80 | 1997       | B Senior [CAN]   | 13.43 | 04/03/2017 |
| <b>M80</b> | 5.45kg: B Senior [CAN]  | 14.96 | 24/01/2021 | B Stannius [WBP] | 14.66 | 08/03/2009 |
| <b>M85</b> | 5.45kg: B Senior [CAN]  | 12.31 | 13/04/2025 | R Johnson [AKL]  | 10.46 | 28/02/2020 |
| <b>M90</b> | 5.45kg: R Johnson [AKL] | 9.15  | 30/03/2025 | J Blair [OTG]    | 8.48  | 03/12/2022 |

| <b>Throws Pentathlon</b>                                   |                            | <b>NZMA National Record</b> |            | <b>NZMA Championship Record</b> |          |            |
|--|----------------------------|-----------------------------|------------|---------------------------------|----------|------------|
| Updated using 2023 Age Factors                             |                            |                             |            |                                 |          |            |
| <b>M30</b>   | T Bates [OTG]              | 2857 pts                    | 30/03/2025 | T Bates [OTG]                   | 2857 pts | 30/03/2025 |
| <b>M35</b>   | M Scholten [OTG]           | 2890 pts                    | 26/10/2016 | M Scholten [OTG]                | 2609 pts | 03/03/2014 |
| <b>M40</b>   | A van der Westhuizen [AKL] | 3360 pts                    | 11/10/2020 | A van der Westhuizen [AKL]      | 3326 pts | 28/02/2021 |
| <b>M45</b>   | A van der Westhuizen [AKL] | 3743 pts                    | 27/03/2022 | A van der Westhuizen [AKL]      | 3430 pts | 04/12/2022 |
| <b>M50</b>   | M Cumming [AKL]            | 3364 pts                    | 04/03/2013 | M Cumming [AKL]                 | 3364 pts | 04/03/2013 |
| <b>M55</b>   | M Cumming [AKL]            | 3468 pts                    | 27/04/2017 | J Van Zyl [WBP]                 | 3384 pts | 01/03/2015 |
| <b>M60</b>   | J Thomas [AKL]             | 3271 pts                    | 13/10/2019 | J Thomas [AKL]                  | 3373 pts | 01/03/2020 |
| <b>M65</b>   | J Thomas [AKL]             | 3888 pts                    | 30/11/2025 | J Thomas [AKL]                  | 3874 pts | 18/02/2024 |
| <b>M70</b>   | B Senior [CAN]             | 3136 pts                    | 07/03/2011 | B Senior [CAN]                  | 3136 pts | 07/03/2011 |
| <b>M75</b>   | B Senior [CAN]             | 3507 pts                    | 20/03/2016 | B Senior [CAN]                  | 3349 pts | 28/02/2016 |
| <b>M80</b>   | B Senior [CAN]             | 3611 pts                    | 24/01/2021 | R Johnson [AKL]                 | 2964 pts | 01/03/2015 |
| <b>M85</b>   | B Senior [CAN]             | 3291 pts                    | 13/04/2025 | L Carter [AKL]                  | 1956 pts | 05/03/2012 |
| <b>M90</b>   | R Johnson [AKL]            | 3550 pts                    | 07/11/2022 | R Johnson [AKL]                 | 2767 pts | 30/03/2025 |
| *Oceania Throws Pentathlon Challenge held during September |                            |                             |            |                                 |          |            |

| <b>Track Pentathlon</b>        |                   | <b>NZMA National Record</b> |            | <b>NZMA Championship Record</b> |          |            |
|--------------------------------|-------------------|-----------------------------|------------|---------------------------------|----------|------------|
| Updated using 2023 Age Factors |                   |                             |            |                                 |          |            |
| <b>M30</b>                     | R Little [HBG]    | 1966 pts                    | 04/12/2022 | R Little [HBG]                  | 1966 pts | 04/12/2022 |
| <b>M35</b>                     | D Hansen [TAS]    | 2829 pts                    | 05/03/2017 | D Hansen [TAS]                  | 2829 pts | 05/03/2017 |
| <b>M40</b>                     | D Hansen [TAS]    | 3126 pts                    | 03/03/2019 | D Hansen [TAS]                  | 3126 pts | 03/03/2019 |
| <b>M45</b>                     | D Hansen [TAS]    | 3330 pts                    | 04/12/2022 | D Hansen [TAS]                  | 3330 pts | 04/12/2022 |
| <b>M50</b>                     | W Doyle [CAN]     | 3179 pts                    | 01/03/2015 | W Doyle [CAN]                   | 3179 pts | 01/03/2015 |
| <b>M55</b>                     | S Te Whaiti [WBP] | 3217 pts                    | 25/11/2018 | S Te Whaiti [WBP]               | 3144 pts | 01/03/2020 |
| <b>M60</b>                     | S Te Whaiti [WBP] | 3041 pts                    | 16/03/2025 | J Rawcliffe [TAS]               | 2546 pts | 04/12/2022 |
| <b>M65</b>                     | J Rawcliffe [TAS] | 2913 pts                    | 10/09/2025 | J Rawcliffe [TAS]               | 2731 pts | 18/02/2024 |
| <b>M70</b>                     | W Green [STH]     | 2437 pts                    | 04/12/2022 | W Green [STH]                   | 2437 pts | 04/12/2022 |
| <b>M75</b>                     | D Anstiss [AKL]   | 2416 pts                    | 20/03/2021 | W Schenk [AKL]                  | 1964 pts | 28/02/2021 |
| <b>M80</b>                     | R Johnson [AKL]   | 2265 pts                    | 02/03/2014 | R Johnson [AKL]                 | 2265 pts | 02/03/2014 |
| <b>M85</b>                     | H Mein [WBP]      | 910 pts                     | 2016       | H Mein [WBP]                    | 570 pts  | 04/03/2018 |

## NZMA Women's Track & Field National and Championship Records (Updated 1 March 2026)

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

1. **NZMA National & 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

| <b>60m</b>  |                         | <b>NZMA National Record</b> |                   | <b>NZMA Championship Record</b> |                                       |
|-------------|-------------------------|-----------------------------|-------------------|---------------------------------|---------------------------------------|
| <b>W30</b>  | R Coster [AKL]          | 7.56 (+1.7)                 | 23/03/2019        | F Centers [OTG]                 | 8.00 (+1.2) 02/03/2019                |
| <b>W35</b>  | H Dinnissen [CAN]       | 7.85 (+1.6)                 | 15/01/2022        | E Milne [TAS]                   | 8.26 (+1.4) 29/02/2020                |
| <b>W40</b>  | J Jones [TAS]           | 8.20 (+0.7)                 | 10/03/2021        | J Jones [TAS]                   | 8.27 (0.0) 18/02/2024                 |
| <b>W45</b>  | C Brunner [AKL]         | 8.21 (+0.8)                 | 15/03/2017        | S Rothkopf [AKL]                | 8.71 (-0.2) 04/03/2012                |
| <b>W50</b>  | E Wilson [OTG]          | 8.46 (+0.1)                 | 8/11/2014         | E Wilson [OTG]                  | 8.47 (-1.4) 27/02/2016                |
| <b>W55</b>  | E Wilson [OTG]          | 8.54 (+1.7)                 | 22/01/2018        | P Green [AKL]                   | 8.84 (-0.1) 18/02/2024                |
| <b>W60</b>  | L Martin [CAN]          | <b>9.03</b> (2.0)           | <b>28/02/2026</b> | E Mitchell [OTG]                | 9.19 (-0.1) 18/02/2024                |
| <b>W65</b>  | S Gower [WBP]           | 9.66                        | 06/10/2015        | S Gower [WBP]                   | 9.68 (-1.2) 03/03/2013                |
| <b>W70</b>  | S Gower [WBP]           | 9.75 (-0.4)                 | 02/03/2019        | S Gower [WBP]                   | 9.75 (-0.4) 02/03/2019                |
| <b>W75</b>  | S Gower [WBP]           | 10.24 (+0.3)                | 02/12/2023        | C Waring [AKL]                  | 10.38 (+0.5) 02/03/2019               |
| <b>W80</b>  | <b>C Waring [AKL]</b>   | <b>10.84</b> (-1.7)         | <b>28/11/2025</b> | C Waring [AKL]                  | 10.87 (+1.7) 18/02/2024               |
| <b>W85</b>  | M Petley [WBP]          | 14.00 (-0.7)                | 28/02/2015        | M Petley [WBP]                  | 14.00 (-0.7) 28/02/2015               |
| <b>W90</b>  | C Van der Veecken [NTH] | 19.91 (-0.8)                | 07/10/2023        |                                 |                                       |
| <b>100m</b> |                         | <b>NZMA National Record</b> |                   | <b>NZMA Championship Record</b> |                                       |
| <b>W30</b>  | R Coster [AKL]          | 11.83 (+1.6)                | 21/03/2019        | W Brown [NTH]                   | 12.2h 1980                            |
|             |                         |                             |                   | B Peterson [CAN]                | 12.2h 1992                            |
| <b>W35</b>  | B Peterson [CAN]        | 12.15                       | 1993              | W Brown [NTH]                   | 12.5h 1987                            |
| <b>W40</b>  | W Brown [NTH]           | 12.50                       | 1990              | W Brown [NTH]                   | 13.05 1991                            |
|             |                         |                             |                   | J Parker [TAS]                  | 12.9h 1977                            |
| <b>W45</b>  | C Mills [AKL]           | 12.71                       | 1979              | C Mills [AKL]                   | 13.03 1979                            |
| <b>W50</b>  | E Wilson [OTG]          | 13.19                       | 8/11/2014         | E Wilson [OTG]                  | 13.41 (-0.1) 27/02/2016               |
| <b>W55</b>  | E Wilson [OTG]          | 13.49 (+1.7)                | 22/01/2018        | P Green [AKL]                   | 13.91 (+1.2) 02/03/2019               |
| <b>W60</b>  | S Peterson [CAN]        | 13.9h                       | 1989              | E Mitchel [OTG]                 | 14.33 (+1.7) 18/02/2024               |
| <b>W65</b>  | S Peterson [CAN]        | 14.62                       | 1994              | M Peters [AKL]                  | 15.12 04/03/2000                      |
| <b>W70</b>  | M Peters [AKL]          | 15.16                       | 21/03/2004        | M Peters [AKL]                  | 15.82 06/03/2004                      |
| <b>W75</b>  | M Peters [AKL]          | 16.03                       | 2009              | M Peters [AKL]                  | 16.70 (-0.7) 07/03/2009               |
| <b>W80</b>  | C Waring [AKL]          | 17.84 (+1.6)                | 14/12/2024        | <b>C Waring [AKL]</b>           | <b>18.18</b> (-1.8) <b>30/03/2025</b> |
| <b>W85</b>  | M Petley [WBP]          | 22.43 (+1.8)                | 01/03/2014        | M Petley [WBP]                  | 22.43 (+1.8) 01/03/2014               |
| <b>W90</b>  | C Van der Veecken [NTH] | 35.94 (+1.4)                | 07/10/2023        |                                 |                                       |
| <b>200m</b> |                         | <b>NZMA National Record</b> |                   | <b>NZMA Championship Record</b> |                                       |
| <b>W30</b>  | F Morrison [CAN]        | 24.62 (+0.7)                | 02/02/2019        | W Brown [NTH]                   | 24.7h 1980                            |
|             | F Centers [OTG]         | 24.62 (+0.7)                | 02/02/2019        |                                 |                                       |
| <b>W35</b>  | B Peterson [CAN]        | 24.89                       | 1993              | W Brown [NTH]                   | 25.72 1987                            |
| <b>W40</b>  | W Brown [NTH]           | 26.00                       | 1990              | W Brown [NTH]                   | 25.7h 1991                            |
|             | W Brown [NTH]           | 25.7h                       | 1991              |                                 |                                       |
| <b>W45</b>  | C Mills [AKL]           | 26.58                       | 1979              | C Mills [AKL]                   | 26.58 1979                            |
| <b>W50</b>  | E Wilson [OTG]          | 26.83                       | 01/11/2016        | E Wilson [OTG]                  | 27.44 (-1.3) 28/02/2016               |
| <b>W55</b>  | E Wilson [OTG]          | 27.74 (+0.2)                | 09/09/2018        | E Wilson [OTG]                  | 28.84 (-1.3) 03/03/2019               |
| <b>W60</b>  | <b>L Mitchell [OTG]</b> | <b>29.97</b> (-0.8)         | <b>10/01/2026</b> | M Peters [AKL]                  | 30.10 1994                            |
| <b>W65</b>  | M Peters [AKL]          | 31.00                       | 1999              | S Peterson [CAN]                | 31.38 1994                            |
| <b>W70</b>  | M Peters [AKL]          | 31.45                       | 2004              | M Peters [AKL]                  | 32.22 07/03/2004                      |
| <b>W75</b>  | M Peters [AKL]          | 34.55                       | 2009              | M Peters [AKL]                  | 35.53 08/03/2009                      |
| <b>W80</b>  | <b>C Waring [AKL]</b>   | <b>38.47</b> (+1.5)         | <b>19/04/2025</b> | <b>C Waring [AKL]</b>           | <b>39.30</b> (-1.8) <b>30/03/2025</b> |

|              |                             |          |            |                                 |          |            |
|--------------|-----------------------------|----------|------------|---------------------------------|----------|------------|
| <b>W85</b>   | M Petley [WBP]              | 52.21    | 10/08/2015 | M Petley [WBP]                  | 54.58    | 01/03/2015 |
| <b>400m</b>  | <b>NZMA National Record</b> |          |            | <b>NZMA Championship Record</b> |          |            |
| <b>W30</b>   | M Stephen [CAN]             | 56.45    | 2001       | M Stephen [CAN]                 | 59.28    | 16/03/2002 |
|              |                             |          |            | C Sole [TAR]                    | 59.1h    | 1978       |
| <b>W35</b>   | M Stephen [CAN]             | 56.98    | 2002       | C Turner [TAR]                  | 58.3h    | 1984       |
| <b>W40</b>   | C Mills [AKL]               | 58.9h    | 1975       | C Turner [TAR]                  | 60.1h    | 1992       |
| <b>W45</b>   | C Mills [AKL]               | 59.68    | 1981       | A Hathaway [NTH]                | 63.0h    | 1993       |
| <b>W50</b>   | G Kirkman [CAN]             | 60.83    | 16/03/2002 | G Kirkman [CAN]                 | 60.83    | 16/03/2002 |
| <b>W55</b>   | E Wilson [OTG]              | 63.98    | 14/09/2018 | E Wilson [OTG]                  | 66.50    | 01/03/2019 |
| <b>W60</b>   | G Kirkman [STH]             | 67.93    | 16/10/2013 | G Kirkman [STH]                 | 68.93    | 02/03/2013 |
| <b>W65</b>   | G Kirkman [STH]             | 71.83    | 25/01/2018 | L Laban [CAN]                   | 77.40    | 03/03/2017 |
| <b>W70</b>   | S Gower [WBP]               | 77.76    | 14/09/2018 | G Kirkman [STH]                 | 1:19.53  | 04/12/2022 |
| <b>W75</b>   | M Peters [AKL]              | 87.2     | 2009       | C Waring [AKL]                  | 1:28.54  | 01/03/2019 |
| <b>W80</b>   | M Petley [WBP]              | 91.1     | 2009       | C Waring [AKL]                  | 1:46.20  | 18/02/2024 |
| <b>W85</b>   | C van der Veeken [NTH]      | 137.54   | 26/10/2016 | C van der Veeken [NTH]          | 2:49.00  | 02/03/2018 |
| <b>W90</b>   |                             |          |            |                                 |          |            |
| <b>800m</b>  | <b>NZMA National Record</b> |          |            | <b>NZMA Championship Record</b> |          |            |
| <b>W30</b>   | L Nagel [AKL]               | 2:05.37  | 20/01/2024 | G Talbot [CAN]                  | 2:23.1   | 1985       |
| <b>W35</b>   | J Merrifield                | 2:09.7   | 1991       | E Smeaton [CAN]                 | 2:18.7   | 1992       |
| <b>W40</b>   | E Smeaton [CAN]             | 2:15.87  | 1993       | A Hare [WLG]                    | 2:20.34  | 05/03/2006 |
| <b>W45</b>   | T Winkler [WLG]             | 2:18.16  | 01/02/2026 | S Gibbs [WBP]                   | 2:22.48  | 06/03/2011 |
| <b>W50</b>   | G Kirkman [CAN]             | 2:20.01  | 17/03/2002 | G Kirkman [CAN]                 | 2:20.01  | 17/03/2002 |
| <b>W55</b>   | M Orman [TAS]               | 2:32.6   | 1997       | J McDonald [WLG]                | 2:36.39  | 06/03/2011 |
| <b>W60</b>   | S Gibbs [MWA]               | 2:39.12  | 02/12/2023 | S Gibbs [MWA]                   | 2:39.91  | 18/02/2024 |
| <b>W65</b>   | G Kirkman [STH]             | 2:46.39  | 04/02/2017 | C Adamson [AKL]                 | 3:01.35  | 04/12/2022 |
| <b>W70</b>   | G Kirkman [STH]             | 3:04.67  | 10/12/2021 | G Kirkman [STH]                 | 3:15.11  | 18/02/2024 |
| <b>W75</b>   | L Reed [WBP]                | 3:28.78  | 18/02/2024 | L Reed [WBP]                    | 3:28.78  | 18/02/2024 |
| <b>W80</b>   | M Rough [OTG]               | 3:55.65  | 15/11/2020 |                                 |          |            |
| <b>W85</b>   | C van der Veeken [NTH]      | 5:46.06  | 26/10/2016 |                                 |          |            |
|              |                             |          |            |                                 |          |            |
| <b>1500m</b> | <b>NZMA National Record</b> |          |            | <b>NZMA Championship Record</b> |          |            |
| <b>W30</b>   | C Buscomb [WBP]             | 4:12.30  | 01/04/2021 | M Benjamin                      | 4:52.3   | 1980       |
| <b>W35</b>   | T Faulkner [WLG]            | 4:26.93  | 19/12/2017 | P Davey [MWA]                   | 4:44.9   | 1983       |
| <b>W40</b>   | A Hare [WLG]                | 4:35.74  | 2006       | A Hare [WLG]                    | 4:46.54  | 04/03/2006 |
| <b>W45</b>   | H Matthews [AKL]            | 4:36.58  | 1992       | S Gibbs [WBP]                   | 4:42.89  | 05/03/2011 |
| <b>W50</b>   | S Gibbs [WBP]               | 4:45.94  | 28/02/2015 | S Gibbs [WBP]                   | 4:45.94  | 28/02/2015 |
| <b>W55</b>   | S Gibbs [WBP]               | 4:54.96  | 16/09/2018 | S Gibbs [WBP]                   | 5:05.46  | 29/02/2020 |
| <b>W60</b>   | S Gibbs [MWA]               | 5:06.04  | 02/12/2023 | S Gibbs [MWA]                   | 5:14.21  | 18/02/2024 |
| <b>W65</b>   | L Reed [CAN]                | 6:02.81  | 01/12/2012 | L Reed [CAN]                    | 6:03.09  | 02/03/2013 |
| <b>W70</b>   | M Rough [OTG]               | 6:30.41  | 2010       | M Rough [OTG]                   | 6:48.40  | 01/03/2014 |
| <b>W75</b>   | L Reed [WBP]                | 6:55.39  | 03/12/2022 | L Reed [WBP]                    | 6:55.39  | 03/12/2022 |
| <b>W80</b>   | M Rough [OTG]               | 7:35.93  | 14/11/2020 | C van der Veeken [NTH]          | 9:43.45  | 03/03/2012 |
| <b>W85</b>   | E Mercier [CAN]             | 11:07.40 | 2008       |                                 |          |            |
|              |                             |          |            |                                 |          |            |
| <b>3000m</b> | <b>NZMA National Record</b> |          |            | <b>NZMA Championship Record</b> |          |            |
| <b>W30</b>   | C Buscomb [WBP]             | 8:58:10  | 28/05/2021 | M Benjamin                      | 10:59.3  | 1980       |
| <b>W35</b>   | M O'Connor [CAN]            | 9:22.09  | 1993       | B Shingles [MWA]                | 10:10.6  | 1976       |
| <b>W40</b>   | M O'Connor [CAN]            | 9:42.45  | 1996       | R Haymes                        | 10:35.8  | 1979       |
| <b>W45</b>   | H Matthews [AKL]            | 9:47.47  | 1992       | A McKenzie [NTH]                | 11:00.80 | 30/03/2025 |

|                         |                        |                             |                   |                        |                                 |                   |
|-------------------------|------------------------|-----------------------------|-------------------|------------------------|---------------------------------|-------------------|
| <b>W50</b>              | S Gibbs [WBP]          | 9:54.83                     | 01/01/2015        | S Gibbs [WBP]          | 10:19.02                        | 02/03/2018        |
| <b>W55</b>              | S Gibbs [WBP]          | 10:20.55                    | 02/11/2019        | S Gibbs [WBP]          | 10:39.97                        | 28/02/2020        |
| <b>W60</b>              | S Gibbs [MWA]          | 10:39.48                    | 12/01/2023        | S Gibbs [MWA]          | 10:53.50                        | 18/02/2024        |
| <b>W65</b>              | M Allison [WLG]        | 12:27.51                    | 02/12/2022        | M All [WLG]            | 12:27.51                        | 02/12/2022        |
| <b>W70</b>              | L Reed [CAN]           | 13:41.60                    | 10/11/2017        | J Stewart [NTH]        | 14:26.98                        | 01/03/2019        |
| <b>W75</b>              | M Rough [OTG]          | 14:47.97                    | 07/11/2015        | L Reed [WBP]           | 15:03.79                        | 18/02/2024        |
| <b>W80</b>              | M Rough [OTG]          | 17:00.94                    | 06/11/2021        |                        |                                 |                   |
| <b>W85</b>              | E Mercier [CAN]        | 24:19.9                     | 2008              |                        |                                 |                   |
|                         |                        |                             |                   |                        |                                 |                   |
| <b>5000m</b>            |                        | <b>NZMA National Record</b> |                   |                        | <b>NZMA Championship Record</b> |                   |
| <b>W30</b>              | C Buscomb [WBP]        | 15:23.90                    | 01/07/2021        | C Alderton [NTH]       | 18 10.45                        | 1993              |
| <b>W35</b>              | M O'Connor [CAN]       | 16:03.12                    | 1993              | V Humphries [WLG]      | 17:41.15                        | 15/03/2002        |
| <b>W40</b>              | L Cross [AKL]          | 16:26.53                    | 16/12/2023        | <b>L Cross [AKL]</b>   | <b>16:30.04</b>                 | <b>30/03/2025</b> |
| <b>W45</b>              | S Gibbs [WBP]          | 16:44.53                    | 2012              | S Gibbs [WBP]          | 16:46.97                        | 02/03/2012        |
| <b>W50</b>              | S Gibbs [WBP]          | 17:24.54                    | 01/03/2015        | S Gibbs [WBP]          | 17:24.54                        | 27/02/2015        |
| <b>W55</b>              | S Gibbs [WBP]          | 17:45.52                    | 12/09/2018        | S Gibbs [WBP]          | 17:59.90                        | 01/03/2020        |
| <b>W60</b>              | S Gibbs [MWA]          | 17:50.72                    | 22/03/2024        | S Gibbs [MWA]          | 18:17.11                        | 18/02/2024        |
| <b>W65</b>              | M Allison [WLG]        | 21:23.94                    | 04/12/2022        | M Allison [WLG]        | 21:23.94                        | 04/12/2022        |
| <b>W70</b>              | <b>M Allison [WLG]</b> | <b>23:19.99</b>             | <b>25/01/2026</b> | J Stewart [NTH]        | 23:54.27                        | 03/03/2019        |
| <b>W75</b>              | M Rough [OTG]          | 25:30.17                    | 13/02/2016        | B Patrick [OTA]        | 26:13.10                        | 04/12/2022        |
| <b>W80</b>              |                        |                             |                   |                        |                                 |                   |
| <b>W85</b>              | E Mercier [CAN]        | 39:50.80                    | 2008              |                        |                                 |                   |
|                         |                        |                             |                   |                        |                                 |                   |
| <b>1500m Track Walk</b> |                        | <b>NZMA National Record</b> |                   |                        | <b>NZMA Championship Record</b> |                   |
| <b>W30</b>              | R Robinson [CAN]       | 8:07.23                     | 18/02/2024        | R Robinson [CAN]       | 8:07.23                         | 18/02/2024        |
| <b>W35</b>              |                        |                             |                   |                        |                                 |                   |
| <b>W40</b>              | <b>S Holliss [TAR]</b> | <b>8:24.11</b>              | <b>30/03/2025</b> | <b>S Holliss [TAR]</b> | <b>8:24.11</b>                  | <b>30/03/2025</b> |
| <b>W45</b>              | C McCarte [TAR]        | 8:33.54                     | 18/02/2024        | C McCarte [TAR]        | 8:33.54                         | 18/02/2024        |
| <b>W50</b>              | <b>R Gilberd [TAR]</b> | <b>8:31.57</b>              | <b>29/11/2025</b> | A Wong-Tung [WLG]      | 10:45.76                        | 03/12/2022        |
| <b>W55</b>              | S Coombes [TAR]        | 8:47.38                     | 18/02/2024        | S Coombes [TAR]        | 8:47.38                         | 18/02/2024        |
| <b>W60</b>              | <b>S Coombes [TAR]</b> | <b>8:51.74</b>              | <b>29/11/2025</b> | A Newall [OTG]         | 09:54.34                        | 18/02/2024        |
| <b>W65</b>              | <b>A Newall [OTG]</b>  | <b>10:05.57</b>             | <b>08/09/2025</b> |                        |                                 |                   |
| <b>W70</b>              |                        |                             |                   |                        |                                 |                   |
| <b>W75</b>              | J Wilson [WLG]         | 9:52.44                     | 10/03/2023        | J Wilson [WLG]         | 9:53.25                         | 03/12/2022        |
| <b>W80</b>              | D Jones [WLG]          | 11:23.11                    | 03/12/2022        | D Jones [WLG]          | 11:27.76                        | 18/02/2024        |
| <b>W85</b>              |                        |                             |                   |                        |                                 |                   |
|                         |                        |                             |                   |                        |                                 |                   |
| <b>3000m Track Walk</b> |                        | <b>NZMA National Record</b> |                   |                        | <b>NZMA Championship Record</b> |                   |
| <b>W30</b>              | A Barber [AKL]         | 13:09.95                    | 06/02/2021        | R Robinson [CAN]       | 17:38.10                        | 18/02/2024        |
| <b>W35</b>              | G Gorst [HBG]          | 13:35.12                    | 2002              | G Gorst [HBG]          | 13:48.24                        | 07/03/2003        |
| <b>W40</b>              | D Barrett [NTH]        | 14:36.47                    | 2000              | D Barrett [NTH]        | 14:49.02                        | 03/03/2000        |
| <b>W45</b>              | N Aymes [TAS]          | 14:48.06                    | 2001              | C Smith [NTH]          | 15:21.22                        | 27/02/2015        |
| <b>W50</b>              | C Smith [NTH]          | 15:14.78                    | 17/03/2017        | C Smith [NTH]          | 15:49.59                        | 02/03/2018        |
| <b>W55</b>              | C Smith [NTH]          | 16:32.09                    | 09/02/2022        | L Foster [WBP]         | 17:34.5                         | 22/03/1996        |
| <b>W60</b>              | S Hoskin [MWA]         | 17:44.17                    | 01/03/2013        | S Hoskin [MWA]         | 17:44.17                        | 01/03/2013        |
| <b>W65</b>              | J Wilson [WLG]         | 18:35.89                    | 15/02/2015        | J Wilson [WLG]         | 19:01.72                        | 27/02/2015        |
| <b>W70</b>              | J Wilson [WLG]         | 18:27.80                    | 26/01/2018        | J Wilson [WLG]         | 18:57.04                        | 02/03/2018        |
| <b>W75</b>              | J Wilson [WLG]         | 19:18.90                    | 26/02/2021        | J Wilson [WLG]         | 19:18.90                        | 26/02/2021        |
| <b>W80</b>              | D Jones [WLG]          | 22:53.85                    | 20/02/2022        | D Jones [WLG]          | 23:34.38                        | 18/02/2024        |
|                         |                        |                             |                   |                        |                                 |                   |

| <b>5000m Track Walk</b>   |                          | <b>NZMA National Record</b> |                   | <b>NZMA Championship Record</b> |                 |                   |
|---------------------------|--------------------------|-----------------------------|-------------------|---------------------------------|-----------------|-------------------|
| <b>W30</b>                | A Barber [AKL]           | 21:55.62                    | 28/02/2021        | R Robinson [CAN]                | 30:26.01        | 18/02/2024        |
| <b>W35</b>                | G Gorst [HBG]            | 23:04.72                    | 2003              |                                 |                 |                   |
| <b>W40</b>                | J Jackson [AKL]          | 24:50.85                    | 1987              | <b>S Holliss [TAR]</b>          | <b>34:46.11</b> | <b>30/03/2025</b> |
| <b>W45</b>                | N Aymes [TAS]            | 26:40.36                    | 2001              | C McCarte                       | 32:19.44        | 18/02/2024        |
| <b>W50</b>                | C Smith [NTH]            | 27:05.31                    | 27/11/2016        | C Smith [NTH]                   | 27:18.83        | 04/03/2018        |
| <b>W55</b>                | S Hoskin [MWA]           | 29:52.70                    | 2009              | S Coombes [TAR]                 | 31:08.22        | 28/02/2021        |
| <b>W60</b>                | S Hoskin [MWA]           | 30:59 h                     | 2012              | T Large [WBP]                   | 34:05.66        | 04/03/2018        |
| <b>W65</b>                | S Hoskin [WLG]           | 31:38.35                    | 27/10/2016        |                                 |                 |                   |
| <b>W70</b>                | J Wilson [WLG]           | 31:43:15                    | 27/10/2016        | J Wilson [WLG]                  | 32:09.63        | 04/03/2018        |
| <b>W75</b>                | J Wilson [WLG]           | 31:58.65                    | 28/02/2021        | J Wilson [WLG]                  | 31:58.65        | 28/02/2021        |
| <b>W80</b>                | D Jones [WLG]            | 40:10.89                    | 02/12/2023        | D Jones [WLG]                   | 40:53.19        | 18/02/2024        |
|                           |                          |                             |                   |                                 |                 |                   |
| <b>2000m Steeplechase</b> |                          | <b>NZMA National Record</b> |                   | <b>NZMA Championship Record</b> |                 |                   |
| <b>W30</b>                | S Taylor [HBG]           | 7:40.5h                     | 1993              | L Smidt [TAS]                   | 8:19.63         | 03/12/2022        |
| <b>W35</b>                | S Taylor [HBG]           | 7:19.88                     | 1993              | S Taylor [HBG]                  | 7:19.88         | 1993              |
| <b>W40</b>                | K Gillum-Green [TAR]     | 7:37.90                     | 2001              | K Gillum-Green [TAR]            | 7:39.42         | 10/03/2001        |
| <b>W45</b>                | M Orman [TAS]            | 7:38.08                     | 1991              | M Orman [TAS]                   | 7:52.8h         | 1991              |
| <b>W50</b>                | M Orman [TAS]            | 7:43.99                     | 1993              | M Orman [TAS]                   | 7:43.99         | 1993              |
| <b>W55</b>                | M Orman [TAS]            | 7:58.43                     | 27/07/1997        | M Orman [TAS]                   | 8:13.4h         | 15/03/1997        |
| <b>W60</b>                | L Reed [CAN]             | 8:45.43                     | 2008              | L Reed [CAN]                    | 8:58.09         | 03/04/2010        |
| <b>W65</b>                | M Allison [WLG]          | 9:18.51                     | 28/11/2020        | L Reed [CAN]                    | 9:37.70         | 27/02/2016        |
| <b>W70</b>                | L Reed [CAN]             | 9:43.19                     | 11/11/2017        | L Reed [WBP]                    | 10:28.35        | 29/02/2020        |
| <b>W75</b>                | <b>L Reed [WBP]</b>      | <b>11:21.95</b>             | <b>30/03/2025</b> | <b>L Reed [WBP]</b>             | <b>11:21.95</b> | <b>30/03/2025</b> |
| <b>W80</b>                | C van der Veeken [NTH]   | 14:47.28                    | 03/03/2012        | C van der Veeken [NTH]          | 14:47.28        | 03/03/2012        |
| <b>W85</b>                | C van der Veeken [NTH]   | 18:30.80                    | 06/11/2016        |                                 |                 |                   |
|                           |                          |                             |                   |                                 |                 |                   |
| <b>Short Hurdles</b>      |                          | <b>NZMA National Record</b> |                   | <b>NZMA Championship Record</b> |                 |                   |
| <b>W30</b>                | 100mH: F Morrison [CAN]  | 13.62 (+0.5)                | 07/03/2020        | C Sole [TAR]                    | 15.58           | 1980              |
| <b>W35</b>                | 100mH: H Dinnissen [CAN] | 14.85 (+0.5)                | 07/03/2020        | P Hunt [WLG]                    | 15.40           | 1984              |
| <b>W40</b>                | 80mH: A McIntosh         | 12.74                       | 1981              | P Hunt [WLG]                    | 13.2h           | 1992              |
| <b>W45</b>                | 80mH: P Hunt [WLG]       | 13.50                       | 1993              | P Hunt [WLG]                    | 13.50           | 1993              |
| <b>W50</b>                | 80mH: L Martin [CAN]     | 13.55 (+0.4)                | 03/03/2018        | L Martin [CAN]                  | 13.55 (+0.4)    | 03/03/2018        |
| <b>W55</b>                | 80mH: G Kirkman [CAN]    | 14.19                       | 2007              | G Kirkman [CAN]                 | 15.28           | 03/03/2007        |
| <b>W60</b>                | 80mH: G Kirkman [STH]    | 15.50                       | 15/12/2012        | G Kirkman [STH]                 | 15.56 (+0.4)    | 03/03/2013        |
| <b>W65</b>                | 80mH: G Kirkman [STH]    | 15.71 (+0.6)                | 20/01/2018        | S Peterson [CAN]                | 18.44           | 15/03/1997        |
| <b>W70</b>                | 80mH: S Peterson [CAN]   | 17.72                       | 2000              | S Peterson [CAN]                | 19.35           | 08/03/2003        |
|                           |                          |                             |                   |                                 |                 |                   |
| <b>Long Hurdles</b>       |                          | <b>NZMA National Record</b> |                   | <b>NZMA Championship Record</b> |                 |                   |
| <b>W30</b>                | 400mH: R Coster [AKL]    | 62.03                       | 09/02/2019        | M Stephen [CAN]                 | 66.98           | 17/03/2002        |
| <b>W35</b>                | 400mH: K Green [TAR]     | 66.73                       | 1996              | K Green [TAR]                   | 66.73           | 24/03/1996        |
| <b>W40</b>                | 400mH: C Turner [TAR]    | 65.03                       | 1987              | K Gillum-Green [TAR]            | 70.60           | 11/03/2001        |
| <b>W45</b>                | 400mH: G Kirkman [CAN]   | 68.59                       | 2001              | G Kirkman [CAN]                 | 72.39           | 11/03/2001        |
| <b>W50</b>                | 300mH: G Kirkman [CAN]   | 48.17                       | 2002              | G Kirkman [CAN]                 | 48.17           | 17/03/2002        |
| <b>W55</b>                | 300mH: G Kirkman [CAN]   | 50.75                       | 2007              | G Kirkman [CAN]                 | 54.57           | 04/03/2007        |
| <b>W60</b>                | 300mH: G Kirkman [STH]   | 55.05                       | 05/10/2015        | G Kirkman [STH]                 | 56.86           | 03/03/2013        |
| <b>W65</b>                | 300mH: G Kirkman [STH]   | 56.94                       | 26/01/2018        | J Hammond [WLG]                 | 71.04           | 07/03/2004        |
| <b>W70</b>                | 200mH: G Kirkman [STH]   | 41.42 (0.5)                 | 04/12/2022        | 200mH: G Kirkman [STH]          | 41.42 (0.5)     | 04/12/2022        |
| <b>W75</b>                |                          |                             |                   |                                 |                 |                   |

| <i>Long Jump</i>   |                          | NZMA National Record |                   | NZMA Championship Record  |                   |                   |
|--------------------|--------------------------|----------------------|-------------------|---------------------------|-------------------|-------------------|
| <b>W30</b>         | H Dinnissen [CAN]        | 5.78 (+1.7)          | 05/09/2019        | <b>M Ririnui [WBP]</b>    | <b>5.60 (1.1)</b> | <b>30/03/2025</b> |
| <b>W35</b>         | H Dinnissen [CAN]        | 5.89 (-0.4)          | 23/02/2020        | A Williams [NTH]          | 5.31              | 1984              |
| <b>W40</b>         | <b>H Dinnissen [CAN]</b> | <b>5.31 (+0.6)</b>   | <b>07/09/2025</b> | J Parker [TAS]            | 5.05              | 1976              |
| <b>W45</b>         | C Brunner [AKL]          | 5.21 (-0.3)          | 23/04/2017        | A Hunter [AKL]            | 4.70              | 16/03/1997        |
| <b>W50</b>         | A Hunter [AKL]           | 4.80                 | 1998              | G Kirkman [CAN]           | 4.64              | 15/03/2002        |
| <b>W55</b>         | S Peterson [CAN]         | 4.60                 | 1985              | S Peterson [CAN]          | 4.44              | 1985              |
| <b>W60</b>         | S Peterson [CAN]         | 4.32                 | 1989              | S Peterson [CAN]          | 4.22              | 1990              |
| <b>W65</b>         | S Peterson [CAN]         | 4.17                 | 1995              | S Peterson [CAN]          | 3.76              | 1994              |
| <b>W70</b>         | S Peterson [CAN]         | 3.48                 | 2000              | V Gould [WLG]             | 3.38 (+0.4)       | 29/02/2020        |
| <b>W75</b>         | S Peterson [CAN]         | 3.20                 | 2003              | S Peterson [CAN]          | 2.79              | 02/03/2007        |
| <b>W80</b>         | J Hammond [WLG]          | 2.73 (+0.4)          | 22/01/2018        | J Hammond [WLG]           | 2.67 (-1.1)       | 03/03/2018        |
| <b>W85</b>         | <b>F Bayler [MWA]</b>    | <b>1.94 (0.0)</b>    | <b>22/06/2025</b> | C van der Veeken [NTH]    | 1.66 (-0.4)       | 03/03/2018        |
| <b>W90</b>         | C van der Veeken [NTH]   | 1.16 (+0.1)          | 07/10/2023        |                           |                   |                   |
| <i>High Jump</i>   |                          | NZMA National Record |                   | NZMA Championship Record  |                   |                   |
| <b>W30</b>         | A McKee [AKL]            | 1.89                 | 2006              | <b>V Largerwall [AKL]</b> | <b>1.60</b>       | <b>30/03/2025</b> |
| <b>W35</b>         | H Dinnissen [CAN]        | 1.63                 | 08/02/2020        | C Wills [OTG]             | 1.55              | 07/03/2009        |
| <b>W40</b>         | L Osmers [CAN]           | 1.57                 | 2002              | L Osmers [CAN]            | 1.51              | 16/03/2002        |
| <b>W45</b>         | L Trow [MWA]             | 1.55                 | 25/11/2017        | C Wills [OTG]             | 1.45              | 02/03/2019        |
| <b>W50</b>         | L Osmers [CAN]           | 1.41                 | 2011              | G Kirkman [CAN]           | 1.40              | 16/03/2002        |
| <b>W55</b>         | H Sun Kim [AKL]          | 1.47                 | 27/02/2021        | H Sun Kim [AKL]           | 1.47              | 27/02/2021        |
| <b>W60</b>         | <b>H Sun Kim [AKL]</b>   | <b>1.40</b>          | <b>17/01/2026</b> | <b>H Sun Kim [AKL]</b>    | <b>1.39</b>       | <b>30/03/2025</b> |
| <b>W65</b>         | G Kirkman [STH]          | 1.25                 | 24/02/2018        | N Bowmar [NTH]            | 1.18              | 04/03/2017        |
| <b>W70</b>         | G Kirkman [STH]          | 1.14                 | 18/02/2024        | G Kirkman [STH]           | 1.14              | 18/02/2024        |
| <b>W75</b>         | J Hammond [WLG]          | 1.06                 | 2012 & 2013       | J Hammond [WLG]           | 1.04              | 02/03/2013        |
| <b>W80</b>         | J Hammond [WLG]          | 0.99                 | 18/02/2018        | J Hammond [WLG]           | 0.94              | 03/03/2018        |
|                    |                          |                      |                   |                           |                   |                   |
| <i>Triple Jump</i> |                          | NZMA National Record |                   | NZMA Championship Record  |                   |                   |
| <b>W30</b>         | S Cowley-Ross [AKL]      | 12.61 (-0.0)         | 25/04/2017        | H Dinnissen [CAN]         | 11.38 (-0.4)      | 02/03/2019        |
| <b>W35</b>         | S Cowley-Ross [WBP]      | 12.66 (+1.7)         | 08/03/2020        | W Brown [NTH]             | 9.91              | 1989              |
| <b>W40</b>         | L Osmers [CAN]           | 10.55                | 2002              | L Osmers [CAN]            | 10.09             | 16/03/2002        |
| <b>W45</b>         | A Hunter [AKL]           | 10.15                | 1998              | A Hunter [AKL]            | 10.00             | 16/03/1997        |
| <b>W50</b>         | A Hunter [AKL]           | 9.27                 | 1998              | A Hunter [AKL]            | 8.98              | 10/03/2001        |
| <b>W55</b>         | A Hunter [AKL]           | 9.00                 | 2003              | L Anderson [CAN]          | 8.55              | 16/03/2002        |
| <b>W60</b>         | S Peterson [CAN]         | 8.73                 | 1991              | S Peterson [CAN]          | 8.46              | 1992              |
| <b>W65</b>         | S Peterson [CAN]         | 9.03                 | 1993              | S Peterson [CAN]          | 8.52              | 1994              |
| <b>W70</b>         | S Peterson [CAN]         | 7.87                 | 1999              | S Peterson [CAN]          | 7.01              | 08/03/2003        |
| <b>W75</b>         | S Peterson [CAN]         | 6.95                 | 2003              | S Peterson [CAN]          | 6.42              | 05/03/2005        |
| <b>W80</b>         | F Bayler [MWA]           | 5.71 (+0.0)          | 14/11/2020        | S Peterson [CAN]          | 5.48              | 03/04/2010        |
| <b>W85</b>         | A Sole [TAR]             | 4.66                 | 2001              | C van der Veeken [NTH]    | 4.21 (+0.0)       | 03/03/2018        |
| <b>W90</b>         | C van der Veeken [NTH]   | 3.11 (+0.1)          | 07/10/2023        |                           |                   |                   |
| <i>Pole Vault</i>  |                          | NZMA National Record |                   | NZMA Championship Record  |                   |                   |
| <b>W30</b>         | A Lovrich [AKL]          | 3.50                 | 02/03/2024        | <b>A Lovrich [AKL]</b>    | <b>3.40</b>       | <b>30/03/2025</b> |
| <b>W35</b>         | C Kelly [AKL]            | 3.90                 | 1998              | C Kelly [AKL]             | 3.40              | 03/03/2000        |
| <b>W40</b>         | S Bowe [AKL]             | 2.61                 | 19/10/2019        | S Bowe [AKL]              | 2.50              | 03/03/2018        |
| <b>W45</b>         | D Murphy [OTG]           | 2.90                 | 05/03/2005        | D Murphy [OTG]            | 2.90              | 05/03/2005        |
| <b>W50</b>         | D Smith [NTH]            | 2.45                 | 01/02/2020        | D Smith [NTH]             | 2.40              | 29/02/2020        |
| <b>W55</b>         | D Smith [NTH]            | 2.46                 | 23/01/2021        | D Smith [NTH]             | 2.35              | 27/02/2021        |
| <b>W60</b>         | A Goulter [AKL]          | 2.40                 | 11/03/2023        | A Newall [OTG]            | 1.75              | 27/02/2021        |
| <b>W65</b>         | A Deleiros [AKL]         | 1.70                 | 12/11/2017        | S Peterson [CAN]          | 1.35              | 03/03/1995        |

| <b>Hammer Throw</b> |                                | <b>NZMA National Record</b> |            | <b>NZMA Championship Record</b> |                  |
|---------------------|--------------------------------|-----------------------------|------------|---------------------------------|------------------|
| <b>W30</b>          | 4.00kg: H Kaur [MWA]           | 55.80                       | 03/04/2010 | H Kaur [MWA]                    | 55.80 03/04/2010 |
| <b>W35</b>          | 4.00kg: D McCaw [OTG]          | 49.97                       | 06/08/2015 | C McCahill [WBP]                | 45.43 16/03/2002 |
| <b>W40</b>          | 4.00kg: C McCahill [WBP]       | 42.73                       | 04/03/2006 | C McCahill [WBP]                | 42.73 04/03/2006 |
| <b>W45</b>          | 4.00kg: C McCahill [WBP]       | 42.38                       | 2011       | C McCahill [WBP]                | 40.95 03/04/2010 |
| <b>W50</b>          | 3.00kg: A Mackie [AKL]         | 44.05                       | 18/02/2024 | A Mackie [AKL]                  | 44.05 18/02/2024 |
| <b>W55</b>          | 3.00kg: B Savage [WBP]         | 41.89                       | 10/03/2001 | B Savage [WBP]                  | 41.89 10/03/2001 |
| <b>W60</b>          | 3.00kg: A Goulter [AKL]        | 38.41                       | 09/11/2023 | M Stanley [AKL]                 | 30.76 1994       |
| <b>W65</b>          | 3.00kg: B Savage [WBP]         | 34.86                       | 2012       | B Savage [WBP]                  | 33.18 02/03/2012 |
| <b>W70</b>          | 3.00kg: B Savage [WBP]         | 29.27                       | 21/02/2016 | B Austin [NTH]                  | 25.93 28/02/2015 |
| <b>W75</b>          | 2.00kg: B Savage [WBP]         | 31.99                       | 21/02/2021 | B Savage [WBP]                  | 30.16 27/02/2021 |
| <b>W80</b>          | 2.00kg: G Watts [CAN]          | 25.61                       | 13/03/2021 | G Watts [CAN]                   | 23.97 27/02/2021 |
| <b>W85</b>          | 2.00kg: C Maloney [CAN]        | 18.42                       | 07/11/2024 | M Petley [WBP]                  | 16.80 28/02/2015 |
| <b>W90</b>          | 2.00kg: C van der Veeken [NTH] | 13.47                       | 07/10/2023 | P Purser [WBP]                  | 12.28 28/02/2014 |
| <b>Shot Put</b>     |                                | <b>NZMA National Record</b> |            | <b>NZMA Championship Record</b> |                  |
| <b>W30</b>          | 4.00kg: V Adams [AKL]          | 19.31                       | 19/07/2018 | R Bates [OTG]                   | 12.82 14/03/1997 |
| <b>W35</b>          | 4.00kg: V Adams [AKL]          | 19.75                       | 11/07/2021 | C McCahill [WBP]                | 13.34 17/03/2002 |
| <b>W40</b>          | 4.00kg: V Young [CAN]          | 13.31                       | 1981       | C McCahill [WBP]                | 12.33 06/03/2009 |
| <b>W45</b>          | 4.00kg: C McCahill [WBP]       | 11.82                       | 2011       | C McCahill [WBP]                | 10.73 02/04/2010 |
| <b>W50</b>          | 3.00kg: V Young [CAN]          | 14.85                       | 1987       | V Young [CAN]                   | 14.61 1988       |
| <b>W55</b>          | 3.00kg: T Lutton [CAN]         | 11.87                       | 18/10/2025 | T Hodges [WBP]                  | 10.10 27/02/2021 |
| <b>W60</b>          | 3.00kg: M Stanley [AKL]        | 9.85                        | 1994       | M Stanley [AKL]                 | 9.62 1994        |
| <b>W65</b>          | 3.00kg: B Savage [WBP]         | 8.78                        | 22/11/2013 | J Evans [MWA]                   | 8.44 04/03/2017  |
| <b>W70</b>          | 3.00kg: B Austin [NTH]         | 8.39                        | 28/02/2015 | B Austin [NTH]                  | 8.39 28/02/2015  |
| <b>W75</b>          | 2.00kg: B Savage [WBP]         | 8.47                        | 20/02/2025 | B Savage [WBP]                  | 8.26 27/02/2021  |
| <b>W80</b>          | 2.00kg: G Watts [CAN]          | 6.95                        | 22/01/2023 | G Watts [CAN]                   | 6.88 27/02/2021  |
| <b>W85</b>          | 2.00kg: C van der Veeken [NTH] | 5.21                        | 03/03/2018 | C van der Veeken [NTH]          | 5.21 03/03/2018  |
| <b>W90</b>          | 2.00kg: C van der Veeken [NTH] | 3.97                        | 07/10/2023 | P Purser [WBP]                  | 3.79 01/03/2014  |
| <b>Discus</b>       |                                | <b>NZMA National Record</b> |            | <b>NZMA Championship Record</b> |                  |
| <b>W30</b>          | 1.00kg: T Keenan [AKL]         | 56.06                       | 06/03/2022 | R Bates [OTG]                   | 41.64 15/03/1997 |
| <b>W35</b>          | 1.00kg: V Hill [MWA]           | 44.14                       | 1996       | V Hill [MWA]                    | 43.44 24/03/1996 |
| <b>W40</b>          | 1.00kg: V Young [CAN]          | 43.48                       | 1981       | V Hill [MWA]                    | 36.77 11/03/2001 |
| <b>W45</b>          | 1.00kg: B Faumuina [AKL]       | 44.86                       | 03/02/2024 | M Ramshaw                       | 35.56 1975       |
| <b>W50</b>          | 1.00kg: V Young [CAN]          | 43.82                       | 1988       | V Young [CAN]                   | 39.40 1988       |
| <b>W55</b>          | 1.00kg: M Stanley [AKL]        | 30.76                       | 1989       | B Savage [WBP]                  | 29.45 11/03/2001 |
| <b>W60</b>          | 1.00kg: M Stanley [AKL]        | 29.64                       | 1994       | M Stanley [AKL]                 | 28.86 1994       |
| <b>W65</b>          | 1.00kg: B Savage [WBP]         | 24.58                       | 24/11/2012 | B Savage [WBP]                  | 21.38 28/02/2015 |
| <b>W70</b>          | 1.00kg: H May [WLG]            | 20.30                       | 1993       | G Watts [CAN]                   | 18.76 03/03/2012 |
| <b>W75</b>          | 750gm: A Parlane [WBP]         | 22.51                       | 18/02/2024 | A Parlane [WBP]                 | 22.51 18/02/2024 |
| <b>W80</b>          | 750gm: G Watts [CAN]           | 18.55                       | 13/03/2021 | G Watts [CAN]                   | 17.64 27/02/2021 |
| <b>W85</b>          | 750gm: P Purser [WBP]          | 11.28                       | 2009       | P Purser [WBP]                  | 10.52 03/04/2010 |
| <b>W90</b>          | 750gm: D Howells [AKL]         | 9.36                        | 2008       | P Purser [WBP]                  | 8.86 02/03/2013  |
| <b>Javelin</b>      |                                | <b>NZMA National Record</b> |            | <b>NZMA Championship Record</b> |                  |
| <b>W30</b>          | 600gm: S Wrathall [AKL]        | 54.07                       | 13/02/2020 | J Maxwell [CAN]                 | 40.18 1990       |
| <b>W35</b>          | 600gm: S Mene [CAN]            | 39.78                       | 1987       | S Mene [CAN]                    | 36.50 1987       |
| <b>W40</b>          | 600gm: L Osmers [CAN]          | 37.67                       | 2002       | J Cooper [OTG]                  | 33.54 15/03/1997 |

|   |                                 |                 |                                 |                                 |              |                          |
|---|---------------------------------|-----------------|---------------------------------|---------------------------------|--------------|--------------------------|
| <b>W45</b>  | 600gm: M Brearley-Tipene [AKL]  | 33.93           | 07/02/2021                      | M Brearley-Tipene [AKL]         | 33.35        | 02/03/2018               |
| <b>W50</b>  | 500gm: L Osmer [CAN]            | 33.36           | 2010                            | L Rawlins [WLG]                 | 31.59        | 03/12/2022               |
| <b>W55</b>  | 500gm: L Osmer [CAN]            | 29.80           | 26/02/2016                      | L Osmer [CAN]                   | 29.80        | 26/02/2016               |
| <b>W60</b>  | 500gm: S Stein-Abel [CAN]       | 27.93           | 23/02/2020                      | J Hayman [AKL]                  | 19.73        | 02/02/2022               |
| <b>W65</b>  | 500gm: <b>F Harvey [OTG]</b>    | <b>22.20</b>    | <b>27/01/2025</b>               | J Evans [MWA]                   | 19.39        | 03/03/2017               |
| <b>W70</b>  | 500gm: B Austin [NTH]           | 17.73           | 27/11/2015                      | G Evans [MWA]                   | 17.71        | 26/02/2021               |
| <b>W75</b>  | 400gm: W Pepene [NTH]           | 19.67           | 05/03/2006                      | W Pepene [NTH]                  | 19.67        | 05/03/2006               |
| <b>W80</b>  | 400gm: W Pepene [NTH]           | 16.45           | 2011                            | W Pepene [NTH]                  | 15.19        | 06/03/2011               |
| <b>W85</b>  | 400gm: P Purser [WBP]           | 9.04            | 2007                            | A Williams [NTH]                | 8.81         | 04/03/2012               |
| <b>W90</b>  | 400gm: P Purser [WBP]           | 7.77            | 24/11/2012                      | P Purser [WBP]                  | 7.16         | 03/03/2013               |
| <b>Weight Throw</b>                                     |                                 |                 |                                 |                                 |              |                          |
|   |                                 |                 | <b>NZMA National Record</b>     | <b>NZMA Championship Record</b> |              |                          |
| <b>W30</b>  | 9.08kg: R Bates [OTG]           | 12.89           | 1998                            | A McNab [CAN]                   | 12.27        | 03/03/2017               |
| <b>W35</b>  | 9.08kg: C McCahill [WBP]        | 16.67           | 17/03/2002                      | C McCahill [WBP]                | 16.67        | 17/03/2002               |
| <b>W40</b>  | 9.08kg: C McCahill [WBP]        | 15.19           | 2006                            | C McCahill [WBP]                | 14.82        | 05/03/2006               |
| <b>W45</b>  | 9.08kg: C McCahill [WBP]        | 14.40           | 02/04/2010<br>4/03/2011         | C McCahill [WBP]                | 14.40        | 02/04/2010<br>04/03/2011 |
| <b>W50</b>  | 7.26kg: B Davis [WBP]           | 15.04           | 18/02/2024                      | B Davis [WBP]                   | 15.04        | 18/02/2024               |
| <b>W55</b>  | 7.26kg: <b>B Davis [WBP]</b>    | <b>13.27</b>    | <b>06/09/2025</b>               | <b>B Davis [WBP]</b>            | <b>12.80</b> | <b>30/03/2025</b>        |
| <b>W60</b>  | 5.45kg: <b>C McCahill [WBP]</b> | <b>14.44</b>    | <b>30/11/2025</b>               | B Austin [NTH]                  | 11.71        | 05/03/2006               |
| <b>W65</b>  | 5.45kg: B Savage [WBP]          | 12.38           | 2011                            | B Savage [WBP]                  | 11.91        | 27/02/2015               |
| <b>W70</b>  | 5.45kg: B Savage [WBP]          | 11.46           | 21/02/2016                      | G Evans [MWA]                   | 11.03        | 26/02/2021               |
| <b>W75</b>  | 4.00kg: B Savage [WBP]          | 12.50           | 14/02/2021                      | B Savage [WBP]                  | 11.17        | 26/02/2021               |
| <b>W80</b>  | 4.00kg: <b>B Austin [NTH]</b>   | <b>10.46</b>    | <b>30/03/2025</b>               | C Brunner [NTH]                 | 9.86         | 03/03/2012               |
| <b>W85</b>  | 4.00kg: <b>C Maloney [CAN]</b>  | <b>8.44</b>     | <b>18/01/2025</b>               | M Petley [WBP]                  | 7.33         | 27/02/2015               |
| <b>W90</b>  | 4.00kg: P Purser [WBP]          | 4.60            | 02/03/2013                      | P Purser [WBP]                  | 4.60         | 02/03/2013               |
| <b>Throws Pentathlon Updated using 2023 Age Factors</b> |                                 |                 |                                 |                                 |              |                          |
|   |                                 |                 | <b>NZMA Championship Record</b> |                                 |              |                          |
| <b>W30</b>  | A Lynch [CAN]                   | 2392pts         | 19/09/2016                      | A Lynch [CAN]                   | 2368 pts     | 01/03/2020               |
| <b>W35</b>  | D McCaw [OTG]                   | 2755pts         | 06/08/2015                      | A Lynch [CAN]                   | 2663 pts     | 28/02/2021               |
| <b>W40</b>  | <b>A Lynch [CAN]</b>            | <b>2612 pts</b> | <b>25/01/2026</b>               | K Blackwood [OTG]               | 2532 pts     | 28/02/2016               |
| <b>W45</b>  | C McCahill [WBP]                | 3278 pts        | 05/04/2010                      | C McCahill [WBP]                | 3278 pts     | 05/04/2010               |
| <b>W50</b>  | R Bates [OTG]                   | 3488pts         | 26/10/2016                      | R Bates [OTG]                   | 2953 pts     | 28/02/2016               |
| <b>W55</b>  | B Davis [WBP]                   | 3111pts         | 30/11/2024                      | T Hodges [WBP]                  | 2742 pts     | 01/03/2020               |
| <b>W60</b>  | <b>C McCahill [WBP]</b>         | <b>3145pts</b>  | <b>30/11/2025</b>               | A Newall [OTG]                  | 2364 pts     | 04/12/2022               |
| <b>W65*</b>   | B Savage [WBP]                  | 2999 pts        | 01/03/2015                      | B Savage [WBP]                  | 2999 pts     | 01/03/2015               |
| <b>W70*</b>   | B Austin [NTH]                  | 3202 pts        | 01/03/2015                      | B Austin [NTH]                  | 3202 pts     | 01/03/2015               |
| <b>W75</b>  | A Parlane [WBP]                 | 3006pts         | 18/02/2024                      | A Parlane [WBP]                 | 3006 pts     | 18/02/2024               |
| <b>W80</b>  | G Watts [CAN]                   | 3105 pts        | 13/03/2021                      | G Watts [CAN]                   | 3038 pts     | 28/02/2021               |
| <b>W85</b>  | <b>C Maloney [CAN]</b>          | <b>2277 pts</b> | <b>27/01/2025</b>               | P Purser [WBP]                  | 1802 pts     | 05/03/2012               |
| <b>W90</b>  | P Purser [WBP]                  | 2266 pts        | **Oct 2013                      | P Purser [WBP]                  | 2106 pts     | 03/03/2014               |
| <b>**Oceania Throws Pentathlon Challenge</b>            |                                 |                 |                                 |                                 |              |                          |
| <b>Track Pentathlon Updated using 2023 Age Factors</b>  |                                 |                 |                                 |                                 |              |                          |
|   |                                 |                 | <b>NZMA Championship Record</b> |                                 |              |                          |
| <b>W30</b>  |                                 |                 |                                 |                                 |              |                          |
| <b>W35</b>  | H Dinnissen [CAN]               | 3096 pts        | 22/01/2023                      | J Jones [TAS]                   | 2122 pts     | 28/02/2021               |
| <b>W40</b>  | J Jones [TAS]                   | 2331 pts        | 21/11/2021                      | J Jones [TAS]                   | 2120 pts     | 04/12/2022               |
| <b>W45</b>  | C Wills [OTG]                   | 2710 pts        | 25/01/2018                      | C Wills [OTG]                   | 2691 pts     | 03/03/2019               |
| <b>W50</b>  | L Osmer [CAN]                   | 2649 pts        | 03/03/2014                      | L Osmer [CAN]                   | 2649 pts     | 03/03/2014               |
| <b>W55</b>  | D McMillan [MWG]                | 2874 pts        | 18/02/2024                      | D McMillan [MWG]                | 2874 pts     | 18/02/2024               |
| <b>W60*</b>   | C Giles [OTG]                   | 2688 pts        | 28/01/2017                      | T Ashe [AKL]                    | 2455 pts     | 01/03/2015               |
| <b>W65</b>  | <b>A Hermans [WBP]</b>          | <b>2563 pts</b> | <b>10/09/2025</b>               | N Bowmar [NTH]                  | 2331 pts     | 05/03/2017               |

|            |                       |          |            |                       |          |            |
|------------|-----------------------|----------|------------|-----------------------|----------|------------|
| <b>W70</b> | T Ashe [AKL]          | 2574 pts | 13/04/2023 | T Ashe [AKL]          | 2355 pts | 04/12/2022 |
| <b>W75</b> | J Hammond [WLG]       | 2400 pts | 25/11/2012 | J Hammond [WLG]       | 2019 pts | 01/03/2015 |
| <b>W80</b> | J Hammond [WLG]       | 2171 pts | 26/11/2017 | C van der Veeke [NTH] | 1494 pts | 05/03/2012 |
| <b>W85</b> | C van der Veeke [NTH] | 1414 pts | 25/01/2018 | C van der Veeke [NTH] | 1387 pts | 04/03/2018 |
| <b>W90</b> |                       |          |            |                       |          |            |
|            |                       |          |            |                       |          |            |

## MORE Awesome Things to Do In New Plymouth

### BROOKLANDS ZOO

Brooklands Zoo is one of the country's best little zoos that always delivers a great day out. It's home to a lovely bunch of animals including farm animals, reptiles, meerkats, monkeys, tamarins and more. It's also got a fantastic bird aviary that you can walk through and an awesome playground for the kids to play in. Our favourites are the guinea pigs but there are plenty of stars at Brooklands to choose from. Entry to the zoo is free but it's partly maintained by donations at the gate so any bit you can give goes a long way.



### FESTIVAL OF LIGHTS

Another great thing to do in New Plymouth is to go to a festival like the Festival of Lights. The Festival of Lights is a magnificent showcase of light through a variety of creative and colourful light installations. Hosted at the iconic Pukekura Park (more on this later) the festival takes place during the summer between December – February and draws crowds from far and wide. The festival is free to all and is a great bonus thing to include as part of your holiday.

### FITZROY BEACH

New Plymouth is blessed with an amazing coastline and one of the best bits of it can be enjoyed at Fitzroy Beach. A popular spot for locals, it's a great all-round beach where you can swim, relax and it's also considered a great surf beach (officially part of the Surf Highway 45). There's also a motor camp nearby for a beachside stay and has great recreational facilities as well. The Surf Life Saving crew make sure no one gets into trouble out on the water and the sunset there is pretty special too.



### GOVETT BREWSTER ART GALLERY

The Govett Brewster Art Gallery (also known as the Len Lye Centre) is one of the most respected contemporary art museums in the Pacific. The museum has a constantly evolving collection that includes paintings, photography and kinetic sculptures for which the great Len Lye himself was famed. Situated in a stunning new building (that really needs to be seen to be believed) it also has a boutique cinema that regularly hosts film events too.

### MT TARANAKI AND EGMONT NATIONAL PARK

The main attraction that draws people to New Plymouth is undoubtedly the mighty Mt Taranaki and the Egmont National Park. A stratovolcano, Mt Taranaki is incredibly easy on the eye, so much so that it was used as Mt Fuji in the Tom Cruise film, The Last Samurai. Sitting in the heart of the Egmont National Park visitors can choose from a good number of fantastic walks from short walks of a couple of hours to multi-day adventures.

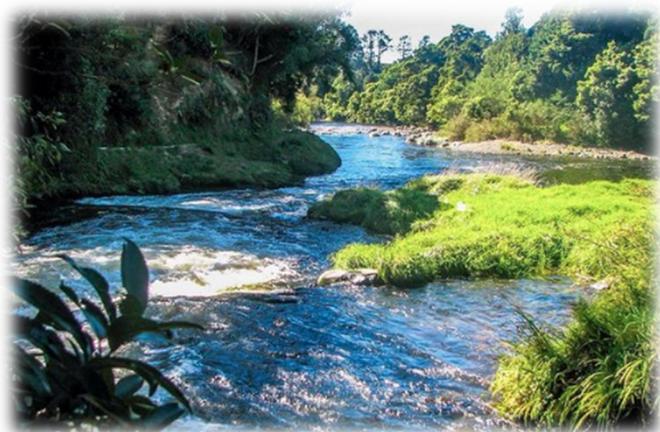


### NEW PLYMOUTH COASTAL WALKWAY

If you're after a walk of the coastal variety, the New Plymouth Coastal Walkway is a 13km walkway that is nothing short of spectacular. Starting from Hickford Park, the route takes you past some great highlights before finishing at Ngamotu Beach. Some of these highlights include the stunning Te Rewa Rewa Bridge, the Len Lye Wind Wand and the view of the glorious South Pacific Ocean itself.

### MEETING OF THE WATERS SCENIC RESERVE

The Meeting of the Waters Scenic Reserve is one of the best-kept secrets in New Plymouth and a unique place too. It offers two pleasant tracks to walk (20 minute and 45 minute walk) around the spot where the Waiwhakaiho River splits in two. There are plenty of native trees to see including tawa, kahikatea, matai, rimu and totara and a suspension bridge to cross as well. A nice place to visit where you can easily take a picnic and even go for a dip to cool off.



### PUKEITI

Pukeiti is a lovely little garden sanctuary that is the place to be for some tranquil peace in quiet. It's known for its collection of rhododendrons that burst through with colourful in the native rainforest you'll find there. The gardens there are great and can easily preoccupy you for a few hours before a rest and a cup of tea at the fantastic Founders Cafe. If you're travelling with kids you can send them on the Kids Treehouse Trail for their own little adventure.