

NZMA Women's Track & Field National and Championship Records (Updated 15 July 2024)

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

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

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

Where known, the athlete's centre as at the time of their setting of a record is designated. This has only recently been included and we think we have identified correctly when an athlete changed centre. Please email nzmastersathletics@xtra.co.nz if you can correct or populate for those we don't have recorded. Similarly, we have only recently added wind-readings for the relevant events so please contact us if you can provide this information for those we don't have.

| 60m | | NZMA National Record | | NZMA Championship Record | |
|-------------|------------------------------|-----------------------------|-------------------|---------------------------------|--------------------------------|
| W30 | R Coster [AKL] | 7.56 (+1.7) | 23/03/2019 | F Centers [OTG] | 8.00 (+1.2) 02/03/2019 |
| W35 | H Dinnissen [CAN] | 7.85 (+1.6) | 15/01/2022 | E Milne [TAS] | 8.26 (+1.4) 29/02/2020 |
| W40 | J Jones [TAS] | 8.20 (+0.7) | 10/03/2021 | J Jones [TAS] | 8.27 (0.0) 18/02/2024 |
| W45 | C Brunner [AKL] | 8.21 (+0.8) | 15/03/2017 | S Rothkopf [AKL] | 8.71 (-0.2) 04/03/2012 |
| W50 | E Wilson [OTG] | 8.46 (+0.1) | 8/11/2014 | E Wilson [OTG] | 8.47 (-1.4) 27/02/2016 |
| W55 | E Wilson [OTG] | 8.54 (+1.7) | 22/01/2018 | P Green [AKL] | 8.84 (-0.1) 18/02/2024 |
| W60 | E Mitchell [WLG] | 9.12 (-1.4) | 18/11/2023 | E Mitchell [WLG] | 9.19 (-0.1) 18/02/2024 |
| W65 | S Gower [WBP] | 9.66 | 06/10/2015 | S Gower [WBP] | 9.68 (-1.2) 03/03/2013 |
| W70 | S Gower [WBP] | 9.75 (-0.4) | 02/03/2019 | S Gower [WBP] | 9.75 (-0.4) 02/03/2019 |
| W75 | S Gower [WBP] | 10.24 (+0.3) | 02/12/2023 | C Waring [AKL] | 10.38 (+0.5) 02/03/2019 |
| W80 | C Waring [AKL] | 10.87 (+1.7) | 18/02/2024 | C Waring [AKL] | 10.87 (+1.7) 18/02/2024 |
| W85 | M Petley [WBP] | 14.00 (-0.7) | 28/02/2015 | M Petley [WBP] | 14.00 (-0.7) 28/02/2015 |
| W90 | C Van der Veeke [NTH] | 19.91 (-0.8) | 07/10/2023 | | |
| 100m | | NZMA National Record | | NZMA Championship Record | |
| W30 | R Coster [AKL] | 11.83 (+1.6) | 21/03/2019 | W Brown [NTH] | 12.2h 1980 |
| | | | | B Peterson [CAN] | 12.2h 1992 |
| W35 | B Peterson [CAN] | 12.15 | 1993 | W Brown [NTH] | 12.5h 1987 |
| W40 | W Brown [NTH] | 12.50 | 1990 | W Brown [NTH] | 13.05 1991 |
| | | | | J Parker [TAS] | 12.9h 1977 |
| W45 | C Mills [AKL] | 12.71 | 1979 | C Mills [AKL] | 13.03 1979 |
| W50 | E Wilson [OTG] | 13.19 | 8/11/2014 | E Wilson [OTG] | 13.41 (-0.1) 27/02/2016 |
| W55 | E Wilson [OTG] | 13.49 (+1.7) | 22/01/2018 | P Green [AKL] | 13.91 (+1.2) 02/03/2019 |
| W60 | S Peterson [CAN] | 13.9h | 1989 | E Mitchel [OTG] | 14.33 (+1.7) 18/02/2024 |
| W65 | S Peterson [CAN] | 14.62 | 1994 | M Peters [AKL] | 15.12 04/03/2000 |
| W70 | M Peters [AKL] | 15.16 | 21/03/2004 | M Peters [AKL] | 15.82 06/03/2004 |
| W75 | M Peters [AKL] | 16.03 | 2009 | M Peters [AKL] | 16.70 (-0.7) 07/03/2009 |
| W80 | C Waring [AKL] | 18.09 (+0.8) | 16/12/2023 | C Waring [AKL] | 18.24 (1.6) 18/02/2024 |
| W85 | M Petley [WBP] | 22.43 (+1.8) | 01/03/2014 | M Petley [WBP] | 22.43 (+1.8) 01/03/2014 |
| W90 | C Van der Veeke [NTH] | 35.94 (+1.4) | 07/10/2023 | | |
| 200m | | NZMA National Record | | NZMA Championship Record | |
| W30 | 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 | | |
| W35 | B Peterson [CAN] | 24.89 | 1993 | W Brown [NTH] | 25.72 1987 |
| W40 | W Brown [NTH] | 26.00 | 1990 | W Brown [NTH] | 25.7h 1991 |

| | | | | | | |
|--------------|-------------------------|-----------------------------|-------------------|-------------------------|---------------------------------|-------------------|
| | W Brown [NTH] | 25.7h | 1991 | | | |
| W45 | C Mills [AKL] | 26.58 | 1979 | C Mills [AKL] | 26.58 | 1979 |
| W50 | E Wilson [OTG] | 26.83 | 01/11/2016 | E Wilson [OTG] | 27.44 (-1.3) | 28/02/2016 |
| W55 | E Wilson [OTG] | 27.74 (+0.2) | 09/09/2018 | E Wilson [OTG] | 28.84 (-1.3) | 03/03/2019 |
| W60 | S Peterson [CAN] | 30.00 | 1989 | M Peters [AKL] | 30.10 | 1994 |
| W65 | M Peters [AKL] | 31.00 | 1999 | S Peterson [CAN] | 31.38 | 1994 |
| W70 | M Peters [AKL] | 31.45 | 2004 | M Peters [AKL] | 32.22 | 07/03/2004 |
| W75 | M Peters [AKL] | 34.55 | 2009 | M Peters [AKL] | 35.53 | 08/03/2009 |
| W80 | C Waring [AKL] | 39.93 (-0.5) | 02/12/2023 | C Waring [AKL] | 40.00 (-1.5) | 18/02/2024 |
| W85 | M Petley [WBP] | 52.21 | 10/08/2015 | M Petley [WBP] | 54.58 | 01/03/2015 |
| | | | | | | |
| 400m | | NZMA National Record | | | NZMA Championship Record | |
| W30 | M Stephen [CAN] | 56.45 | 2001 | M Stephen [CAN] | 59.28 | 16/03/2002 |
| | | | | C Sole [TAR] | 59.1h | 1978 |
| W35 | M Stephen [CAN] | 56.98 | 2002 | C Turner [TAR] | 58.3h | 1984 |
| W40 | C Mills [AKL] | 58.9h | 1975 | C Turner [TAR] | 60.1h | 1992 |
| W45 | C Mills [AKL] | 59.68 | 1981 | A Hathaway [NTH] | 63.0h | 1993 |
| W50 | G Kirkman [CAN] | 60.83 | 16/03/2002 | G Kirkman [CAN] | 60.83 | 16/03/2002 |
| W55 | E Wilson [OTG] | 63.98 | 14/09/2018 | E Wilson [OTG] | 66.50 | 01/03/2019 |
| W60 | G Kirkman [STH] | 67.93 | 16/10/2013 | G Kirkman [STH] | 68.93 | 02/03/2013 |
| W65 | G Kirkman [STH] | 71.83 | 25/01/2018 | L Laban [CAN] | 77.40 | 03/03/2017 |
| W70 | S Gower [WBP] | 77.76 | 14/09/2018 | G Kirkman [STH] | 1:19.53 | 04/12/2022 |
| W75 | M Peters [AKL] | 87.2 | 2009 | C Waring [AKL] | 1:28.54 | 01/03/2019 |
| W80 | M Petley [WBP] | 91.1 | 2009 | C Waring [AKL] | 1:46.20 | 18/02/2024 |
| W85 | C van der Veecken [NTH] | 137.54 | 26/10/2016 | C van der Veecken [NTH] | 2:49.00 | 02/03/2018 |
| W90 | | | | | | |
| 800m | | NZMA National Record | | | NZMA Championship Record | |
| W30 | L Nagel [AKL] | 2:05.37 | 20/01/2024 | G Talbot [CAN] | 2:23.1 | 1985 |
| W35 | J Merrifield | 2:09.7 | 1991 | E Smeaton [CAN] | 2:18.7 | 1992 |
| W40 | E Smeaton [CAN] | 2:15.87 | 1993 | A Hare [WLG] | 2:20.34 | 05/03/2006 |
| W45 | S Gibbs [WBP] | 2:19.72 | 2010 | S Gibbs [WBP] | 2:22.48 | 06/03/2011 |
| W50 | G Kirkman [CAN] | 2:20.01 | 17/03/2002 | G Kirkman [CAN] | 2:20.01 | 17/03/2002 |
| W55 | M Orman [TAS] | 2:32.6 | 1997 | J McDonald [WLG] | 2:36.39 | 06/03/2011 |
| W60 | S Gibbs [MWA] | 2:39.12 | 02/12/2023 | S Gibbs [MWA] | 2:39.91 | 18/02/2024 |
| W65 | G Kirkman [STH] | 2:46.39 | 04/02/2017 | C Adamson [AKL] | 3:01.35 | 04/12/2022 |
| W70 | G Kirkman [STH] | 3:04.67 | 10/12/2021 | G Kirkman [STH] | 3:15.11 | 18/02/2024 |
| W75 | L Reed [WBP] | 3:28.78 | 18/02/2024 | L Reed [WBP] | 3:28.78 | 18/02/2024 |
| W80 | M Rough [OTG] | 3:55.65 | 15/11/2020 | | | |
| W85 | C van der Veecken [NTH] | 5:46.06 | 26/10/2016 | | | |
| | | | | | | |
| 1500m | | NZMA National Record | | | NZMA Championship Record | |
| W30 | C Buscomb [WBP] | 4:12.30 | 01/04/2021 | M Benjamin | 4:52.3 | 1980 |
| W35 | T Faulkner [WLG] | 4:26.93 | 19/12/2017 | P Davey [MWA] | 4:44.9 | 1983 |
| W40 | A Hare [WLG] | 4:35.74 | 2006 | A Hare [WLG] | 4:46.54 | 04/03/2006 |
| W45 | H Matthews [AKL] | 4:36.58 | 1992 | S Gibbs [WBP] | 4:42.89 | 05/03/2011 |
| W50 | S Gibbs [WBP] | 4:45.94 | 28/02/2015 | S Gibbs [WBP] | 4:45.94 | 28/02/2015 |
| W55 | S Gibbs [WBP] | 4:54.96 | 16/09/2018 | S Gibbs [WBP] | 5:05.46 | 29/02/2020 |
| W60 | S Gibbs [MWA] | 5:06.04 | 02/12/2023 | S Gibbs [MWA] | 5:14.21 | 18/02/2024 |
| W65 | L Reed [CAN] | 6:02.81 | 01/12/2012 | L Reed [CAN] | 6:03.09 | 02/03/2013 |
| W70 | M Rough [OTG] | 6:30.41 | 2010 | M Rough [OTG] | 6:48.40 | 01/03/2014 |

| | | | | | | |
|-------------------------|-------------------------|-----------------------------|-------------------|-------------------------|---------------------------------|-------------------|
| W75 | L Reed [WBP] | 6:55.39 | 03/12/2022 | L Reed [WBP] | 6:55.39 | 03/12/2022 |
| W80 | M Rough [OTG] | 7:35.93 | 14/11/2020 | C van der Veeken [NTH] | 9.43.45 | 03/03/2012 |
| W85 | E Mercier [CAN] | 11:07.40 | 2008 | | | |
| | | | | | | |
| 3000m | | NZMA National Record | | | NZMA Championship Record | |
| W30 | C Buscomb [WBP] | 8:58:10 | 28/05/2021 | M Benjamin | 10:59.3 | 1980 |
| W35 | M O'Connor [CAN] | 9:22.09 | 1993 | B Shingles [MWA] | 10:10.6 | 1976 |
| W40 | M O'Connor [CAN] | 9.42.45 | 1996 | R Haymes | 10:35.8 | 1979 |
| W45 | H Matthews [AKL] | 9:47.47 | 1992 | J Miles [CAN] | 11:42.3 | 1980 |
| W50 | S Gibbs [WBP] | 9:54.83 | 01/01/2015 | S Gibbs [WBP] | 10:19.02 | 02/03/2018 |
| W55 | S Gibbs [WBP] | 10:20.55 | 02/11/2019 | S Gibbs [WBP] | 10:39.97 | 28/02/2020 |
| W60 | S Gibbs [MWA] | 10:39.48 | 12/01/2023 | S Gibbs [MWA] | 10:53.50 | 18/02/2024 |
| W65 | M Allison [WLG] | 12:27.51 | 02/12/2022 | M All [WLG] | 12:27.51 | 02/12/2022 |
| W70 | L Reed [CAN] | 13:41.60 | 10/11/2017 | J Stewart [NTH] | 14:26.98 | 01/03/2019 |
| W75 | M Rough [OTG] | 14:47.97 | 07/11/2015 | L Reed [WBP] | 15:03.79 | 18/02/2024 |
| W80 | M Rough [OTG] | 17:00.94 | 06/11/2021 | | | |
| W85 | E Mercier [CAN] | 24:19.9 | 2008 | | | |
| | | | | | | |
| 5000m | | NZMA National Record | | | NZMA Championship Record | |
| W30 | C Buscomb [WBP] | 15:23.90 | 01/07/2021 | C Alderton [NTH] | 18 10.45 | 1993 |
| W35 | M O'Connor [CAN] | 16:03.12 | 1993 | V Humphries [WLG] | 17:41.15 | 15/03/2002 |
| W40 | L Cross [AKL] | 16:26.53 | 16/12/2023 | N Carroll [WLG] | 16:48.28 | 02/04/2010 |
| W45 | S Gibbs [WBP] | 16:44.53 | 2012 | S Gibbs [WBP] | 16:46.97 | 02/03/2012 |
| W50 | S Gibbs [WBP] | 17:24.54 | 01/03/2015 | S Gibbs [WBP] | 17:24.54 | 27/02/2015 |
| W55 | S Gibbs [WBP] | 17:45.52 | 12/09/2018 | S Gibbs [WBP] | 17:59.90 | 01/03/2020 |
| W60 | S Gibbs [MWA] | 17:50.72 | 22/03/2024 | S Gibbs [MWA] | 18:17.11 | 18/02/2024 |
| W65 | M Allison [WLG] | 21:23.94 | 04/12/2022 | M Allison [WLG] | 21:23.94 | 04/12/2022 |
| W70 | J Stewart [NTH] | 23:54.27 | 03/03/2019 | J Stewart [NTH] | 23:54.27 | 03/03/2019 |
| W75 | M Rough [OTG] | 25:30.17 | 13/02/2016 | B Patrick [OTA] | 26:13.10 | 04/12/2022 |
| W80 | | | | | | |
| W85 | E Mercier [CAN] | 39:50.80 | 2008 | | | |
| | | | | | | |
| 1500m Track Walk | Best performances | NZMA National Record | | | NZMA Championship Record | |
| W30 | R Robinson [CAN] | 8:07.23 | 18/02/2024 | R Robinson [CAN] | 8:07.23 | 18/02/2024 |
| W35 | | | | | | |
| W40 | S Holliss [TAR] | 9:15.10 | 18/02/2024 | S Holliss [TAR] | 9:15.10 | 18/02/2024 |
| W45 | C McCarte [TAR] | 8:33.54 | 18/02/2024 | C McCarte [TAR] | 8:33.54 | 18/02/2024 |
| W50 | A Wong-Tung [WLG] | 10:45.76 | 03/12/2022 | A Wong-Tung [WLG] | 10:45.76 | 03/12/2022 |
| W55 | S Coombes [TAR] | 8:47.38 | 18/02/2024 | S Coombes [TAR] | 8:47.38 | 18/02/2024 |
| W60 | A Newall [OTG] | 09:54.34 | 18/02/2024 | A Newall [OTG] | 09:54.34 | 18/02/2024 |
| W65 | | | | | | |
| W70 | | | | | | |
| W75 | J Wilson [WLG] | 9:52.44 | 10/03/2023 | J Wilson [WLG] | 9:53.25 | 03/12/2022 |
| W80 | D Jones [WLG] | 11:23.11 | 03/12/2022 | D Jones [WLG] | 11:27.76 | 18/02/2024 |
| W85 | | | | | | |
| | | | | | | |
| 3000m Track Walk | | NZMA National Record | | | NZMA Championship Record | |
| W30 | A Barber [AKL] | 13:09.95 | 06/02/2021 | R Robinson [CAN] | 17:38.10 | 18/02/2024 |
| W35 | G Gorst [HBG] | 13:35.12 | 2002 | G Gorst [HBG] | 13:48.24 | 07/03/2003 |
| W40 | D Barrett [NTH] | 14:36.47 | 2000 | D Barrett [NTH] | 14:49.02 | 03/03/2000 |

| | | | | | | |
|---------------------------|--------------------------|-----------------|-----------------------------|---------------------------------|-----------------|-------------------|
| W45 | N Aymes [TAS] | 14:48.06 | 2001 | C Smith [NTH] | 15:21.22 | 27/02/2015 |
| W50 | C Smith [NTH] | 15:14.78 | 17/03/2017 | C Smith [NTH] | 15:49.59 | 02/03/2018 |
| W55 | C Smith [NTH] | 16:32.09 | 09/02/2022 | L Foster [WBP] | 17:34.5 | 22/03/1996 |
| W60 | S Hoskin [MWA] | 17:44.17 | 01/03/2013 | S Hoskin [MWA] | 17:44.17 | 01/03/2013 |
| W65 | J Wilson [WLG] | 18:35.89 | 15/02/2015 | J Wilson [WLG] | 19:01.72 | 27/02/2015 |
| W70 | J Wilson [WLG] | 18:27.80 | 26/01/2018 | J Wilson [WLG] | 18:57.04 | 02/03/2018 |
| W75 | J Wilson [WLG] | 19:18.90 | 26/02/2021 | J Wilson [WLG] | 19:18.90 | 26/02/2021 |
| W80 | D Jones [WLG] | 22:53.85 | 20/02/2022 | D Jones [WLG] | 23:34.38 | 18/02/2024 |
| 5000m Track Walk | | | NZMA National Record | NZMA Championship Record | | |
| W30 | A Barber [AKL] | 21:55.62 | 28/02/2021 | R Robinson [CAN] | 30:26.01 | 18/02/2024 |
| W35 | G Gorst [HBG] | 23:04.72 | 2003 | | | |
| W40 | J Jackson [AKL] | 24:50.85 | 1987 | S Holliss [TAR] | 35:43.48 | 18/02/2024 |
| W45 | N Aymes [TAS] | 26:40.36 | 2001 | C McCarte | 32:19.44 | 18/02/2024 |
| W50 | C Smith [NTH] | 27:05.31 | 27/11/2016 | C Smith [NTH] | 27:18.83 | 04/03/2018 |
| W55 | S Hoskin [MWA] | 29:52.70 | 2009 | S Coombes [TAR] | 31:08.22 | 28/02/2021 |
| W60 | S Hoskin [MWA] | 30:59 h | 2012 | T Large [WBP] | 34:05.66 | 04/03/2018 |
| W65 | S Hoskin [WLG] | 31:38.35 | 27/10/2016 | | | |
| W70 | J Wilson [WLG] | 31:43:15 | 27/10/2016 | J Wilson [WLG] | 32:09.63 | 04/03/2018 |
| W75 | J Wilson [WLG] | 31:58.65 | 28/02/2021 | J Wilson [WLG] | 31:58.65 | 28/02/2021 |
| W80 | D Jones [WLG] | 40:10.89 | 02/12/2023 | D Jones [WLG] | 40:53.19 | 18/02/2024 |
| 2000m Steeplechase | | | NZMA National Record | NZMA Championship Record | | |
| W30 | S Taylor [HBG] | 7:40.5h | 1993 | L Smidt [TAS] | 8:19.63 | 03/12/2022 |
| W35 | S Taylor [HBG] | 7:19.88 | 1993 | S Taylor [HBG] | 7:19.88 | 1993 |
| W40 | K Gillum-Green [TAR] | 7:37.90 | 2001 | K Gillum-Green [TAR] | 7:39.42 | 10/03/2001 |
| W45 | M Orman [TAS] | 7:38.08 | 1991 | M Orman [TAS] | 7:52.8h | 1991 |
| W50 | M Orman [TAS] | 7:43.99 | 1993 | M Orman [TAS] | 7:43.99 | 1993 |
| W55 | M Orman [TAS] | 7:58.43 | 27/07/1997 | M Orman [TAS] | 8:13.4h | 15/03/1997 |
| W60 | L Reed [CAN] | 8:45.43 | 2008 | L Reed [CAN] | 8:58.09 | 03/04/2010 |
| W65 | M Allison [WLG] | 9:18.51 | 28/11/2020 | L Reed [CAN] | 9:37.70 | 27/02/2016 |
| W70 | L Reed [CAN] | 9:43.19 | 11/11/2017 | L Reed [WBP] | 10:28.35 | 29/02/2020 |
| W75 | D Cumming [HBG] | 12:03.04 | 2009 | D Cumming [HBG] | 12:12.84 | 03/04/2010 |
| W80 | C van der Veeken [NTH] | 14:47.28 | 03/03/2012 | C van der Veeken [NTH] | 14:47.28 | 03/03/2012 |
| W85 | C van der Veeken [NTH] | 18:30.80 | 06/11/2016 | | | |
| Short Hurdles | | | NZMA National Record | NZMA Championship Record | | |
| W30 | 100mH: F Morrison [CAN] | 13.62 (+0.5) | 07/03/2020 | C Sole [TAR] | 15.58 | 1980 |
| W35 | 100mH: H Dinnissen [CAN] | 14.85 (+0.5) | 07/03/2020 | P Hunt [WLG] | 15.40 | 1984 |
| W40 | 80mH: A McIntosh | 12.74 | 1981 | P Hunt [WLG] | 13.2h | 1992 |
| W45 | 80mH: P Hunt [WLG] | 13.50 | 1993 | P Hunt [WLG] | 13.50 | 1993 |
| W50 | 80mH: L Martin [CAN] | 13.55 (+0.4) | 03/03/2018 | L Martin [CAN] | 13.55 (+0.4) | 03/03/2018 |
| W55 | 80mH: G Kirkman [CAN] | 14.19 | 2007 | G Kirkman [CAN] | 15.28 | 03/03/2007 |
| W60 | 80mH: G Kirkman [STH] | 15.50 | 15/12/2012 | G Kirkman [STH] | 15.56 (+0.4) | 03/03/2013 |
| W65 | 80mH: G Kirkman [STH] | 15.71 (+0.6) | 20/01/2018 | S Peterson [CAN] | 18.44 | 15/03/1997 |
| W70 | 80mH: S Peterson [CAN] | 17.72 | 2000 | S Peterson [CAN] | 19.35 | 08/03/2003 |
| Long Hurdles | | | NZMA National Record | NZMA Championship Record | | |
| W30 | 400mH: R Coster [AKL] | 62.03 | 09/02/2019 | M Stephen [CAN] | 66.98 | 17/03/2002 |
| W35 | 400mH: K Green [TAR] | 66.73 | 1996 | K Green [TAR] | 66.73 | 24/03/1996 |

| | | | | | | |
|--------------------|------------------------------|-----------------------------|-------------------|------------------------|---------------------------------|-------------------|
| W40 | 400mH: C Turner [TAR] | 65.03 | 1987 | K Gillum-Green [TAR] | 70.60 | 11/03/2001 |
| W45 | 400mH: G Kirkman [CAN] | 68.59 | 2001 | G Kirkman [CAN] | 72.39 | 11/03/2001 |
| W50 | 300mH: G Kirkman [CAN] | 48.17 | 2002 | G Kirkman [CAN] | 48.17 | 17/03/2002 |
| W55 | 300mH: G Kirkman [CAN] | 50.75 | 2007 | G Kirkman [CAN] | 54.57 | 04/03/2007 |
| W60 | 300mH: G Kirkman [STH] | 55.05 | 05/10/2015 | G Kirkman [STH] | 56.86 | 03/03/2013 |
| W65 | 300mH: G Kirkman [STH] | 56.94 | 26/01/2018 | J Hammond [WLG] | 71.04 | 07/03/2004 |
| W70 | 200mH: G Kirkman [STH] | 41.42 (0.5) | 04/12/2022 | 200mH: G Kirkman [STH] | 41.42 (0.5) | 04/12/2022 |
| W75 | | | | | | |
| | | | | | | |
| Long Jump | | NZMA National Record | | | NZMA Championship Record | |
| W30 | H Dinnissen [CAN] | 5.78 (+1.7) | 05/09/2019 | C Sole [TAR] | 5.10 | 1979 |
| | | | | H Dinnissen [CAN] | 5.10 (+0.8) | 02/03/2019 |
| W35 | H Dinnissen [CAN] | 5.89 (-0.4) | 23/02/2020 | A Williams [NTH] | 5.31 | 1984 |
| W40 | L Osmer [CAN] | 5.14 | 2002 | J Parker [TAS] | 5.05 | 1976 |
| W45 | C Brunner [AKL] | 5.21 (-0.3) | 23/04/2017 | A Hunter [AKL] | 4.70 | 16/03/1997 |
| W50 | A Hunter [AKL] | 4.80 | 1998 | G Kirkman [CAN] | 4.64 | 15/03/2002 |
| W55 | S Peterson [CAN] | 4.60 | 1985 | S Peterson [CAN] | 4.44 | 1985 |
| W60 | S Peterson [CAN] | 4.32 | 1989 | S Peterson [CAN] | 4.22 | 1990 |
| W65 | S Peterson [CAN] | 4.17 | 1995 | S Peterson [CAN] | 3.76 | 1994 |
| W70 | S Peterson [CAN] | 3.48 | 2000 | V Gould [WLG] | 3.38 (+0.4) | 29/02/2020 |
| W75 | S Peterson [CAN] | 3.20 | 2003 | S Peterson [CAN] | 2.79 | 02/03/2007 |
| W80 | J Hammond [WLG] | 2.73 (+0.4) | 22/01/2018 | J Hammond [WLG] | 2.67 (-1.1) | 03/03/2018 |
| W85 | C van der Veeke [NTH] | 1.87 (-0.1) | 22/01/2018 | C van der Veeke [NTH] | 1.66 (-0.4) | 03/03/2018 |
| W90 | C van der Veeke [NTH] | 1.16 (+0.1) | 07/10/2023 | | | |
| High Jump | | NZMA National Record | | | NZMA Championship Record | |
| W30 | A McKee [AKL] | 1.89 | 2006 | H Dinnissen [CAN] | 1.55 | 02/03/2019 |
| W35 | H Dinnissen [CAN] | 1.63 | 08/02/2020 | C Wills [OTG] | 1.55 | 07/03/2009 |
| W40 | L Osmer [CAN] | 1.57 | 2002 | L Osmer [CAN] | 1.51 | 16/03/2002 |
| W45 | L Trow [MWA] | 1.55 | 25/11/2017 | C Wills [OTG] | 1.45 | 02/03/2019 |
| W50 | L Osmer [CAN] | 1.41 | 2011 | G Kirkman [CAN] | 1.40 | 16/03/2002 |
| W55 | H Sun Kim [AKL] | 1.47 | 27/02/2021 | H Sun Kim [AKL] | 1.47 | 27/02/2021 |
| W60 | G Kirkman [STH] | 1.30 | 16/10/2013 | G Kirkman [STH] | 1.27 | 02/03/2013 |
| W65 | G Kirkman [STH] | 1.25 | 24/02/2018 | N Bowmar [NTH] | 1.18 | 04/03/2017 |
| W70 | G Kirkman [STH] | 1.14 | 18/02/2024 | G Kirkman [STH] | 1.14 | 18/02/2024 |
| W75 | J Hammond [WLG] | 1.06 | 2012 & 2013 | J Hammond [WLG] | 1.04 | 02/03/2013 |
| W80 | J Hammond [WLG] | 0.99 | 18/02/2018 | J Hammond [WLG] | 0.94 | 03/03/2018 |
| | | | | | | |
| Triple Jump | | NZMA National Record | | | NZMA Championship Record | |
| W30 | S Cowley-Ross [AKL] | 12.61 (-0.0) | 25/04/2017 | H Dinnissen [CAN] | 11.38 (-0.4) | 02/03/2019 |
| W35 | S Cowley-Ross [WBP] | 12.66 (+1.7) | 08/03/2020 | W Brown [NTH] | 9.91 | 1989 |
| W40 | L Osmer [CAN] | 10.55 | 2002 | L Osmer [CAN] | 10.09 | 16/03/2002 |
| W45 | A Hunter [AKL] | 10.15 | 1998 | A Hunter [AKL] | 10.00 | 16/03/1997 |
| W50 | A Hunter [AKL] | 9.27 | 1998 | A Hunter [AKL] | 8.98 | 10/03/2001 |
| W55 | A Hunter [AKL] | 9.00 | 2003 | L Anderson [CAN] | 8.55 | 16/03/2002 |
| W60 | S Peterson [CAN] | 8.73 | 1991 | S Peterson [CAN] | 8.46 | 1992 |
| W65 | S Peterson [CAN] | 9.03 | 1993 | S Peterson [CAN] | 8.52 | 1994 |
| W70 | S Peterson [CAN] | 7.87 | 1999 | S Peterson [CAN] | 7.01 | 08/03/2003 |
| W75 | S Peterson [CAN] | 6.95 | 2003 | S Peterson [CAN] | 6.42 | 05/03/2005 |
| W80 | F Bayler [MWA] | 5.71 (+0.0) | 14/11/2020 | S Peterson [CAN] | 5.48 | 03/04/2010 |
| W85 | A Sole [TAR] | 4.66 | 2001 | C van der Veeke [NTH] | 4.21 (+0.0) | 03/03/2018 |

| | | | | | | |
|---------------------|---------------------------------------|-----------------------------|-------------------|---------------------------------|--------------|-------------------|
| W90 | C van der Veeken [NTH] | 3.11 (+0.1) | 07/10/2023 | | | |
| Pole Vault | | NZMA National Record | | NZMA Championship Record | | |
| W30 | A Lovrich [AKL] | 3.50 | 02/03/2024 | | | |
| W35 | C Kelly [AKL] | 3.90 | 1998 | C Kelly [AKL] | 3.40 | 03/03/2000 |
| W40 | S Bowe [AKL] | 2.61 | 19/10/2019 | S Bowe [AKL] | 2.50 | 03/03/2018 |
| W45 | D Murphy [OTG] | 2.90 | 05/03/2005 | D Murphy [OTG] | 2.90 | 05/03/2005 |
| W50 | D Smith [NTH] | 2.45 | 01/02/2020 | D Smith [NTH] | 2.40 | 29/02/2020 |
| W55 | D Smith [NTH] | 2.46 | 23/01/2021 | D Smith [NTH] | 2.35 | 27/02/2021 |
| W60 | A Goulter [AKL] | 2.40 | 11/03/2023 | A Newall [OTG] | 1.75 | 27/02/2021 |
| W65 | A Deleiros [AKL] | 1.70 | 12/11/2017 | S Peterson [CAN] | 1.35 | 03/03/1995 |
| Hammer Throw | | NZMA National Record | | NZMA Championship Record | | |
| W30 | 4.00kg: H Kaur [MWA] | 55.80 | 03/04/2010 | H Kaur [MWA] | 55.80 | 03/04/2010 |
| W35 | 4.00kg: D McCaw [OTG] | 49.97 | 06/08/2015 | C McCahill [WBP] | 45.43 | 16/03/2002 |
| W40 | 4.00kg: C McCahill [WBP] | 42.73 | 04/03/2006 | C McCahill [WBP] | 42.73 | 04/03/2006 |
| W45 | 4.00kg: C McCahill [WBP] | 42.38 | 2011 | C McCahill [WBP] | 40.95 | 03/04/2010 |
| W50 | 3.00kg: A Mackie [AKL] | 44.05 | 18/02/2024 | A Mackie [AKL] | 44.05 | 18/02/2024 |
| W55 | 3.00kg: B Savage [WBP] | 41.89 | 10/03/2001 | B Savage [WBP] | 41.89 | 10/03/2001 |
| W60 | 3.00kg: A Goulter [AKL] | 38.41 | 09/11/2023 | M Stanley [AKL] | 30.76 | 1994 |
| W65 | 3.00kg: B Savage [WBP] | 34.86 | 2012 | B Savage [WBP] | 33.18 | 02/03/2012 |
| W70 | 3.00kg: B Savage [WBP] | 29.27 | 21/02/2016 | B Austin [NTH] | 25.93 | 28/02/2015 |
| W75 | 2.00kg: B Savage [WBP] | 31.99 | 21/02/2021 | B Savage [WBP] | 30.16 | 27/02/2021 |
| W80 | 2.00kg: G Watts [CAN] | 25.61 | 13/03/2021 | G Watts [CAN] | 23.97 | 27/02/2021 |
| W85 | 2.00kg: C van der Veeken [NTH] | 17.29 | 26/10/2016 | M Petley [WBP] | 16.80 | 28/02/2015 |
| W90 | 2.00kg: C van der Veeken [NTH] | 13.47 | 07/10/2023 | P Purser [WBP] | 12.28 | 28/02/2014 |
| Shot Put | | NZMA National Record | | NZMA Championship Record | | |
| W30 | 4.00kg: V Adams [AKL] | 19.31 | 19/07/2018 | R Bates [OTG] | 12.82 | 14/03/1997 |
| W35 | 4.00kg: V Adams [AKL] | 19.75 | 11/07/2021 | C McCahill [WBP] | 13.34 | 17/03/2002 |
| W40 | 4.00kg: V Young [CAN] | 13.31 | 1981 | C McCahill [WBP] | 12.33 | 06/03/2009 |
| W45 | 4.00kg: C McCahill [WBP] | 11.82 | 2011 | C McCahill [WBP] | 10.73 | 02/04/2010 |
| W50 | 3.00kg: V Young [CAN] | 14.85 | 1987 | V Young [CAN] | 14.61 | 1988 |
| W55 | 3.00kg: R Bates [OTG] | 10.78 | 20/11/2021 | T Hodges [WBP] | 10.10 | 27/02/2021 |
| W60 | 3.00kg: M Stanley [AKL] | 9.85 | 1994 | M Stanley [AKL] | 9.62 | 1994 |
| W65 | 3.00kg: B Savage [WBP] | 8.78 | 22/11/2013 | J Evans [MWA] | 8.44 | 04/03/2017 |
| W70 | 3.00kg: B Austin [NTH] | 8.39 | 28/02/2015 | B Austin [NTH] | 8.39 | 28/02/2015 |
| W75 | 2.00kg: B Savage [WBP] | 8.40 | 21/02/2021 | B Savage [WBP] | 8.26 | 27/02/2021 |
| W80 | 2.00kg: G Watts [CAN] | 6.95 | 22/01/2023 | G Watts [CAN] | 6.88 | 27/02/2021 |
| W85 | 2.00kg: C van der Veeken [NTH] | 5.21 | 03/03/2018 | C van der Veeken [NTH] | 5.21 | 03/03/2018 |
| W90 | 2.00kg: C van der Veeken [NTH] | 3.97 | 07/10/2023 | P Purser [WBP] | 3.79 | 01/03/2014 |
| Discus | | NZMA National Record | | NZMA Championship Record | | |
| W30 | 1.00kg: T Keenan [AKL] | 56.06 | 06/03/2022 | R Bates [OTG] | 41.64 | 15/03/1997 |
| W35 | 1.00kg: V Hill [MWA] | 44.14 | 1996 | V Hill [MWA] | 43.44 | 24/03/1996 |
| W40 | 1.00kg: V Young [CAN] | 43.48 | 1981 | V Hill [MWA] | 36.77 | 11/03/2001 |
| W45 | 1.00kg: B Faumuina [AKL] | 44.86 | 03/02/2024 | M Ramshaw | 35.56 | 1975 |
| W50 | 1.00kg: V Young [CAN] | 43.82 | 1988 | V Young [CAN] | 39.40 | 1988 |
| W55 | 1.00kg: M Stanley [AKL] | 30.76 | 1989 | B Savage [WBP] | 29.45 | 11/03/2001 |
| W60 | 1.00kg: M Stanley [AKL] | 29.64 | 1994 | M Stanley [AKL] | 28.86 | 1994 |
| W65 | 1.00kg: B Savage [WBP] | 24.58 | 24/11/2012 | B Savage [WBP] | 21.38 | 28/02/2015 |

| | | | | | | |
|---|--------------------------------|-----------------------------|-------------------------|---------------------------------|---------------------------------|--------------------------|
| W70 | 1.00kg: H May [WLG] | 20.30 | 1993 | G Watts [CAN] | 18.76 | 03/03/2012 |
| W75 | 750gm: A Parlane [WBP] | 22.51 | 18/02/2024 | A Parlane [WBP] | 22.51 | 18/02/2024 |
| W80 | 750gm: G Watts [CAN] | 18.55 | 13/03/2021 | G Watts [CAN] | 17.64 | 27/02/2021 |
| W85 | 750gm: P Purser [WBP] | 11.28 | 2009 | P Purser [WBP] | 10.52 | 03/04/2010 |
| W90 | 750gm: D Howells [AKL] | 9.36 | 2008 | P Purser [WBP] | 8.86 | 02/03/2013 |
| | | | | | | |
| Javelin | | NZMA National Record | | NZMA Championship Record | | |
| W30 | 600gm: S Wrathall [AKL] | 54.07 | 13/02/2020 | J Maxwell [CAN] | 40.18 | 1990 |
| W35 | 600gm: S Mene [CAN] | 39.78 | 1987 | S Mene [CAN] | 36.50 | 1987 |
| W40 | 600gm: L Osmers [CAN] | 37.67 | 2002 | J Cooper [OTG] | 33.54 | 15/03/1997 |
| W45 | 600gm: M Brearley-Tipene [AKL] | 33.93 | 07/02/2021 | M Brearley-Tipene [AKL] | 33.35 | 02/03/2018 |
| W50 | 500gm: L Osmers [CAN] | 33.36 | 2010 | L Rawlins [WLG] | 31.59 | 03/12/2022 |
| W55 | 500gm: L Osmers [CAN] | 29.80 | 26/02/2016 | L Osmers [CAN] | 29.80 | 26/02/2016 |
| W60 | 500gm: S Stein-Abel [CAN] | 27.93 | 23/02/2020 | J Hayman [AKL] | 19.73 | 02/02/2022 |
| W65 | 500gm: J Evans [MWA] | 19.39 | 03/03/2017 | J Evans [MWA] | 19.39 | 03/03/2017 |
| W70 | 500gm: B Austin [NTH] | 17.73 | 27/11/2015 | G Evans [MWA] | 17.71 | 26/02/2021 |
| W75 | 400gm: W Pepene [NTH] | 19.67 | 05/03/2006 | W Pepene [NTH] | 19.67 | 05/03/2006 |
| W80 | 400gm: W Pepene [NTH] | 16.45 | 2011 | W Pepene [NTH] | 15.19 | 06/03/2011 |
| W85 | 400gm: P Purser [WBP] | 9.04 | 2007 | A Williams [NTH] | 8.81 | 04/03/2012 |
| W90 | 400gm: P Purser [WBP] | 7.77 | 24/11/2012 | P Purser [WBP] | 7.16 | 03/03/2013 |
| | | | | | | |
| Weight Throw | | NZMA National Record | | NZMA Championship Record | | |
| W30 | 9.08kg: R Bates [OTG] | 12.89 | 1998 | A McNab [CAN] | 12.27 | 03/03/2017 |
| W35 | 9.08kg: C McCahill [WBP] | 16.67 | 17/03/2002 | C McCahill [WBP] | 16.67 | 17/03/2002 |
| W40 | 9.08kg: C McCahill [WBP] | 15.19 | 2006 | C McCahill [WBP] | 14.82 | 05/03/2006 |
| W45 | 9.08kg: C McCahill [WBP] | 14.40 | 02/04/2010 4/03/2011 | C McCahill [WBP] | 14.40 | 02/04/2010 04/03/2011 |
| W50 | 7.26kg: B Davis [WBP] | 15.04 | 18/02/2024 | B Davis [WBP] | 15.04 | 18/02/2024 |
| W55 | 7.26kg: T Hodges [WBP] | 12.59 | 28/02/2020 | T Hodges [WBP] | 12.59 | 28/02/2020 |
| W60 | 5.45kg: A Goulter [AKL] | 13.71 | 19/02/2023 | B Austin [NTH] | 11.71 | 05/03/2006 |
| W65 | 5.45kg: B Savage [WBP] | 12.38 | 2011 | B Savage [WBP] | 11.91 | 27/02/2015 |
| W70 | 5.45kg: B Savage [WBP] | 11.46 | 21/02/2016 | G Evans [MWA] | 11.03 | 26/02/2021 |
| W75 | 4.00kg: B Savage [WBP] | 12.50 | 14/02/2021 | B Savage [WBP] | 11.17 | 26/02/2021 |
| W80 | 4.00kg: C Bruncker [NTH] | 9.86 | 04/03/2012 | C Bruncker [NTH] | 9.86 | 03/03/2012 |
| W85 | 4.00kg: M Petley [WBP] | 7.33 | 28/02/2015 | M Petley [WBP] | 7.33 | 27/02/2015 |
| W90 | 4.00kg: P Purser [WBP] | 4.60 | 02/03/2013 | P Purser [WBP] | 4.60 | 02/03/2013 |
| | | | | | | |
| Throws Pentathlon Updated using 2023 Age Factors | | | | | NZMA Championship Record | |
| W30 | A Lynch [CAN] | 2392pts | 19/09/2016 | A Lynch [CAN] | 2368 pts | 01/03/2020 |
| W35 | D McCaw [OTG] | 2755pts | 06/08/2015 | A Lynch [CAN] | 2663 pts | 28/02/2021 |
| W40 | K Blackwood [OTG] | 2532pts | 28/02/2016 | K Blackwood [OTG] | 2532 pts | 28/02/2016 |
| W45 | C McCahill [WBP] | 3278 pts | 05/04/2010 | C McCahill [WBP] | 3278 pts | 05/04/2010 |
| W50 | R Bates [OTG] | 3488pts | 26/10/2016 | R Bates [OTG] | 2953 pts | 28/02/2016 |
| W55 | A Goulter [AKL] | 2926pts | 10/12/2017 | T Hodges [WBP] | 2742 pts | 01/03/2020 |
| W60 | A Boxall [AKL] | 2956 pts | 16/11/2019 | A Newall [OTG] | 2364 pts | 04/12/2022 |
| W65* | B Savage [WBP] | 2999 pts | 01/03/2015 | B Savage [WBP] | 2999 pts | 01/03/2015 |
| W70* | B Austin [NTH] | 3202 pts | 01/03/2015 | B Austin [NTH] | 3202 pts | 01/03/2015 |
| W75 | A Parlane [WBP] | 3006pts | 18/02/2024 | A Parlane [WBP] | 3006 pts | 18/02/2024 |
| W80 | G Watts [CAN] | 3105 pts | 13/03/2021 | G Watts [CAN] | 3038 pts | 28/02/2021 |
| W85 | C van der Veecken [NTH] | 2197 pts | 25/01/2018 | P Purser [WBP] | 1802 pts | 05/03/2012 |
| W90 | P Purser [WBP] | 2266 pts | **Oct 2013 | P Purser [WBP] | 2106 pts | 03/03/2014 |

| Track Pentathlon Updated using 2023 Age Factors | | | | NZMA Championship Record | | |
|--|--------------------------|-----------------|-------------------|---------------------------------|-----------------|-------------------|
| W30 | | | | | | |
| W35 | H Dinnissen [CAN] | 3096 pts | 22/01/2023 | J Jones [TAS] | 2122 pts | 28/02/2021 |
| W40 | J Jones [TAS] | 2331 pts | 21/11/2021 | J Jones [TAS] | 2120 pts | 04/12/2022 |
| W45 | C Wills [OTG] | 2710 pts | 25/01/2018 | C Wills [OTG] | 2691 pts | 03/03/2019 |
| W50 | L Osmers [CAN] | 2649 pts | 03/03/2014 | L Osmers [CAN] | 2649 pts | 03/03/2014 |
| W55 | D McMillan [MWG] | 2874 pts | 18/02/2024 | D McMillan [MWG] | 2874 pts | 18/02/2024 |
| W60* | C Giles [OTG] | 2688 pts | 28/01/2017 | T Ashe [AKL] | 2455 pts | 01/03/2015 |
| W65* | N Bowmar [NTH] | 2331 pts | 05/03/2017 | N Bowmar [NTH] | 2331 pts | 05/03/2017 |
| W70 | T Ashe [AKL] | 2574 pts | 13/04/2023 | T Ashe [AKL] | 2355 pts | 04/12/2022 |
| W75 | J Hammond [WLG] | 2400 pts | 25/11/2012 | J Hammond [WLG] | 2019 pts | 01/03/2015 |
| W80 | J Hammond [WLG] | 2171 pts | 26/11/2017 | C van der Veecken [NTH] | 1494 pts | 05/03/2012 |
| W85 | C van der Veecken [NTH] | 1414 pts | 25/01/2018 | C van der Veecken [NTH] | 1387 pts | 04/03/2018 |
| W90 | | | | | | |
| | | | | | | |

yet to be confirmed if correct age factors used for points total

Women's NZMA Non Track & Field Championship Records and NZMA Non-Stadia Event Records**International Track Pentathlon (Hurdles, High Jump, Shot, Long Jump, 800m)**

| | | | | | |
|------------|-----------------|----------|------|--|--|
| W35 | M Allison [AKL] | 3179 pts | 1981 | | |
| W40 | C Turner [TAR] | 3704 pts | 1987 | | |
| W45 | C Brunner [NTH] | 2922 pts | 1981 | | |
| W50 | C Mills [AKL] | 3298 pts | 1987 | | |
| W55 | C Brunner [NTH] | 3282 pts | 1987 | | |
| W60 | H May [WLG] | 2498 pts | 1983 | | |
| W65 | A Sole [TAR] | 3084 pts | 1983 | | |
| W70 | A Sole [TAR] | 2344 pts | 1987 | | |
| W75 | | | | | |

1 Mile**NZMA National Record**

| | | | | | |
|------------|-----------------------|----------------|-------------------|--|--|
| W30 | C Buscomb [WBP] | 4:38.78 | 30/01/2021 | | |
| W35 | T Faulkner [WLG] | 4:53.41 | 06/01/2018 | | |
| W40 | A Hare [WLG] | 4:58.89 | 11/02/2006 | | |
| W45 | H Matthews [AKL] | 5:02.31 | 1991 | | |
| W50 | H Walker [WLG] | 5:23.63 | 28/01/2023 | | |
| W55 | S Gibbs [MWA] | 5:34.43 | 05/02/2023 | | |
| W60 | S Gibbs [MWA] | 5:45.11 | 27/01/2024 | | |
| | L Reed [CAN] | 6:10.6H | 2008 | | |
| W65 | C Adamson [AKL] | 6:32.27 | 15/01/2022 | | |

10000m**NZMA National Record****NZMA Championship Record**

| | | | | | | |
|------------|----------------------|-----------------|-------------------|-------------------|----------|------------|
| W30 | C Buscomb [WBP] | 32:10.49 | 07/08/2021 | S Rees | 37:54.1 | 1985 |
| W35 | M O'Connor [CAN] | 33:58.54 | 1994 | L Sharp [AKL] | 35:27.15 | 07/03/2004 |
| W40 | P Peskett [AKL] | 34:30.57 | 16/02/2019 | B Portenski [WLG] | 35:36.08 | 1994 |
| W45 | S Gibbs [WBP] | 34:45.21 | 2012 | S Gibbs [WBP] | 34:57.59 | 04/03/2012 |
| W50 | S Gibbs [WBP] | 35:38.51 | 02/03/2014 | S Gibbs [WBP] | 35:38.51 | 03/03/2014 |
| W55 | S Gibbs [WBP] | 36:46.96 | 09/11/2019 | S Gibbs [MWA] | 37:40.29 | 19/11/2022 |
| W60 | S Gibbs [MWA] | 37:38.98 | 18/11/2023 | C Adamson [AKL] | 43:16.27 | 05/03/2017 |
| W65 | M Allison [WLG] | 44:41.87 | 05/12/2020 | M Allison [WLG] | 44:41.87 | 05/12/2020 |
| W70 | M Rough [OTG] | 49:57.34 | 2010 | E Mercier [CAN] | 53:16.6 | 05/03/1995 |
| W75 | M Rough [OTG] | 53:08.11 | 19/12/2015 | A Forbes [AKL] | 67:24.35 | 1986 |
| W80 | | | | | | |

10km Road Race**NZMA National Record**

| | | | | | |
|------------|-----------------|-------|------------|--|--|
| W30 | S Drought [WLG] | 35:15 | 18/09/2021 | | |
|------------|-----------------|-------|------------|--|--|

| | | | | | | |
|---------------------------------|--------------------------|-------------------|-------------------|-----------------|---------|------------|
| W35 | L Cross [AKL] | 35:45 | 25/08/2019 | | | |
| W40 | P Peskett [AKL] | 35:19 | 02/09/2018 | | | |
| W45 | S Gibbs [WBP] | 35:39 | 2011 | | | |
| W50 | S Gibbs [WBP] | 35:19 | 31/08/2013 | | | |
| W55 | S Gibbs [WBP] | 36:50 | 20/08/2022 | | | |
| W60 | S Gibbs [MWA] | 39:12 | 27/08/2023 | | | |
| W65 | M Allison [WLG] | 44:03 | 21/02/2021 | | | |
| W70 | J Stewart [NTH] | 49:23 | 10/09/2018 | | | |
| Half Marathon | | | | | | |
| W30 | C Buscomb [WBP] | 1:13:45 | 01/11/2020 | | | |
| W35 | S Drought [WLG] | 1:13:41 | 21/04/2023 | | | |
| W40 | P Peskett [AKL] | 1:17:13 | 18/11/2017 | | | |
| W45 | S Gibbs [WBP] | 1:17:03 | 02/06/2013 | | | |
| W50 | S Gibbs [WBP] | 1:18:58 | 31/05/2015 | | | |
| W55 | S Gibbs [MWA] | 1:24:27 | 16/10/2022 | | | |
| W60 | S Gibbs [MWA] | 1:22:38 | 23/06/2024 | | | |
| W65 | M Allison [WLG] | 1:38:26 | 12/12/2020 | | | |
| W70 | B Patrick [OTG] | 1:54:55 | 09/09/2018 | | | |
| W75 | B Patrick [OTG] | 2:11:30 | 10/09/2023 | | | |
| Marathon | | | | | | |
| NZMA National Record | | | | | | |
| W30 | C French [WBP] | 2:26:08 | 03/12/2023 | | | |
| W35 | M O'Connor [CAN] | 2:34:31 | 1991 | | | |
| W40 | B Portenski [WLG] | 2:34:39 | 1992 | | | |
| W45 | S Gibbs [WBP] | 2:41:15 | 2012 | | | |
| W50 | S Gibbs [WBP] | 2:42:59 | 07/07/2013 | | | |
| W55 | S Gibbs [WBP] | 2:53:20 | 01/07/2018 | | | |
| W60 | B Portenski [WLG] | 3:01:30 | 2010 | | | |
| W65 | M Allison [WLG] | 3:47:05 | 08/05/2021 | | | |
| W70 | M Hazelwood [TAS] | 4:12:37 | 11/02/2023 | | | |
| W75 | C Van der veeken [NTH] | 5:41:12 | 2007 | | | |
| 10,000m Track Walk | | | | | | |
| NZMA National Record | | | | | | |
| W30 | A Barber [AKL] | 44:57.20 | 12/01/2020 | | | |
| W35 | W Healey [TAS] | 56:16.92 | 2011 | | | |
| W40 | N Sunderland | 56:34.65 | 2011 | | | |
| W45 | C Smith [NTH] | 53:15.5 | 29/11/2015 | | | |
| W50 | C Smith [NTH] | 57:37.72 | 10/03/2019 | | | |
| | C Smith [NTH] | 55:53h | 17/03/2018 | | | |
| W55 | N Aymes [TAS] | 57:30.72 | 2011 | | | |
| W60 | S Hoskin [MWA] | 1:01:46 | 2012 | | | |
| W65 | J Wilson [WLG] | 1:05:33 | 21/03/2015 | | | |
| W70 | J Wilson [WLG] | 1:05:08 | 03/12/2016 | | | |
| W75 | J Wilson [WLG] | 1:11:09.24 | 18/11/2023 | | | |
| W80 | D Jones [WLG] | 1:23:48.36 | 13/11/2021 | | | |
| 10km Road Walk | | | | | | |
| NZMA National Record | | | | | | |
| NZMA Championship Record | | | | | | |
| W30 | A Barber [AKL] | 44:43 | 07/09/2019 | R Gilbred [TAR] | 56:18.8 | 02/03/2008 |
| W35 | G Gorst [HBG] | 47:01 | 2003 | G Gorst [HBG] | 47:29 | 09/03/2003 |
| W40 | J Jackson [AKL] | 49:58.03 | 1989 | D Barrett [NTH] | 53:04 | 05/03/2000 |
| W45 | J Jackson [AKL] | 52:57 | 1992 | N Aymes [TAS] | 54:54 | 17/03/2002 |
| W50 | L Foster [WBP] | 57:16 | 1991 | B Lambert [AKL] | 57:50 | 11/03/2001 |
| W55 | C Smith [NTH] | 60:50 | 03/07/2022 | W Pepene [AKL] | 62:54.5 | 1986 |
| W60 | S Hoskin [MWA] | 61:21 | 03/03/2013 | S Hoskin [MWA] | 61:21 | 03/03/2013 |
| W65 | J Wilson [WLG] | 64:11 | 22/08/2015 | J Wilson [WLG] | 66:46 | 01/03/2015 |
| W65 | S Hoskin [WLG] | 64:11 | 03/10/2016 | | | |

| | | | | | | |
|-----------------------|---|---------|------------|-----------------------------|---------|---------------------------------|
| W70 | J Wilson [WLG] | 62:52 | 24/03/2017 | J Wilson [WLG] | 65:40 | 28/02/2016 |
| W75 | J Wilson [WLG] | 67:57 | 02/10/2021 | D Torbit [AKL] | 75:36 | 07/03/2004 |
| W80 | D Jones [WLG] | 82:47 | 25/09/2022 | | | |
| 20km Road Walk | | | | NZMA National Record | | NZMA Championship Record |
| W30 | A Barber [AKL] | 1:31:32 | 05/05/2018 | | | |
| W35 | G Gorst [HBG] | 1:35:59 | 2003 | G Gorst [HBG] | 1:38:55 | 2002 |
| W40 | G Gorst [HBG] | 1:38:47 | 2004 | | | |
| W45 | C Smith [NTH] | 1:52:00 | 28/03/2015 | S McDonald [TAS] | 2:07:56 | 2000 |
| W50 | C Smith [NTH] | 1:54:19 | 19/02/2017 | N Johnston [NTH] | 2:11:32 | 2000 |
| W55 | S Hoskin [MWA] | 2:06:01 | 2010 | L Foster [WBP] | 2:19:20 | 1999 |
| W60 | S Hoskin [WLG] | 2:10.17 | 08/03/2015 | | | |
| W65 | J Wilson [WLG] | 2:18:46 | 07/10/2013 | P McKenzie [MWA] | 2:44:26 | 1999 |
| W70 | J Wilson [WLG] | 2:17:02 | 04/11/2016 | | | |
| W75 | J Wilson [WLG] | 2:25:37 | 06/07/2022 | | | |
| 4 x 100m Relay | | | | | | |
| W35 | H Callesen [MWG] A Shafi [WLG] V Story [MWG] J Jones [TAS] | 55.21 | 04/12/2022 | (NZMA Wellington) | | |
| W40 | C Turner N Callander H Clent C Waring | 52.30 | 06/12/1987 | (WMA Melbourne 1987) | | |
| W45 | M Peters T Ramanui C Waring W Brown | 54.53 | 27/07/1997 | (WMA Durban 1997) | | |
| W50 | C Waring S Gower L Mackay W Brown | 56.48 | 14/07/2001 | (WMA Brisbane 2001) | | |
| W55 | P Stoeveken [WLG] J Hayman [AKL] D McMillan [MWG] L Mitchell [OTG] | 58.33 | 04/12/2022 | (NZMA Wellington) | | |
| W60 | S Gower A Deleiros T Ashe C Waring | 61.23 | 17/07/2011 | (WMA Sacramento 2011) | | |
| W65 | C Waring L Anderson A Deleiros S Gower | 66.32 | 06/11/2016 | (WMA Perth 2016) | | |
| W70 | C Waring L Anderson M Crooke S Gower | 69.71 | 06/09/2019 | (OMA Mackay 2019) | | |
| 4 x 400m Relay | | | | | | |
| W35 | A Harris A Ross S Gibbs V Story | 4:25.70 | 06/11/2016 | (WMA Perth 2016) | | |
| W40 | C Turner M August N Callander H Clent | 4:09.11 | 06/12/1987 | (WMA Melbourne 1987) | | |
| W45 | T Ramanui S Waru | 4:29.87 | 27/07/1997 | (WMA Durban 1997) | | |

| | | | | |
|------------|---|---------|------------|--------------------------|
| | C Waring W Brown | | | |
| W50 | S Gower C Waring L Mackay W Brown | 4:43.32 | 14/07/2001 | (WMA Brisbane 2001) |
| W55 | | | | |
| W60 | S Gower T Ashe C Waring S Barber | 5:25.81 | 17/07/2011 | (WMA Sacramento 2011) |
| W65 | | | | |
| W70 | | | | |
| W75 | M Petley D Cumming C van der Veeken M Peters | 6:58.70 | 08/08/2009 | (WMA Lahti 2009) |
| | | | | |
| | | | | |

NZMA Women's Indoor Records

50m

| | | | | |
|------------|-------------------|-------|------------|----------|
| W30 | U Iyer [NTH] | 7.60 | 24/07/2016 | Auckland |
| W35 | U Iyer [NTH] | 7.20 | 11/08/2019 | Auckland |
| W40 | F Firestone [AKL] | 7.64 | 11/08/2019 | Auckland |
| W45 | C Brunner [AKL] | 7.15 | 20/08/2017 | Auckland |
| W50 | P Green [AKL] | 7.54 | 11/08/2019 | Auckland |
| W55 | J Hayman [AKL] | 7.76 | 20/08/2017 | Auckland |
| W60 | C Adamson [AKL] | 8.53 | 11/08/2019 | Auckland |
| W65 | A Deleiros [AKL] | 8.82 | 24/07/2016 | Auckland |
| W70 | S Gower [WBP] | 8.42 | 05/08/2018 | Auckland |
| W75 | C Waring [AKL] | 8.95 | 11/08/2019 | Auckland |
| W80 | J Hammond [WLG] | 10.19 | 20/08/2017 | Auckland |

60m

| | | | | |
|------------|------------------|-------|------------|----------|
| W60 | J Jones [TAS] | 8.35 | 28/03/2023 | Torun |
| W60 | A Hunter [AKL] | 10.01 | 01/03/2010 | Kamloops |
| W65 | A Deleiros [AKL] | 10.56 | 21/03/2017 | Daegu |
| W70 | S Gower [WBP] | 9.86 | 27/03/2019 | Torun |
| W75 | C Waring [AKL] | 10.30 | 27/03/2019 | Torun |
| W90 | M Petley [WBP] | 15.82 | 27/03/2019 | Torun |

200m

| | | | | |
|------------|----------------|---------|------------|----------|
| W40 | V Story [WLG] | 27.10 | 23/03/2017 | Daegu |
| W60 | A Hunter [AKL] | 36.46 | 10/03/2010 | Kamloops |
| W70 | S Gower [WBP] | 34.13 | 29/03/2019 | Torun |
| W75 | C Waring [AKL] | 37.50 | 29/03/2019 | Torun |
| W90 | M Petley [WBP] | 1:03.52 | 29/03/2019 | Torun |

400m

| | | | | |
|------------|----------------|---------|------------|-------|
| W40 | V Story [WLG] | 60.22 | 25/03/2017 | Daegu |
| W70 | S Gower [WBP] | 1:22.55 | 26/03/2019 | Torun |
| W75 | C Waring [AKL] | 1:32.10 | 26/03/2019 | Torun |

| | | | | |
|--------------------|-------------------|----------|--------------------------|------------|
| 800m | | | | |
| W40 | V Story [WLG] | 2:24.71 | 23/03/2017 | Daegu |
| W45 | A Harris [WLG] | 2:32.25 | 23/03/2017 | Daegu |
| 1500m | | | | |
| W45 | A Harris [WLG] | 5:17.01 | 30/03/2019 | Torun |
| W60 | C Adamson [AKL] | 5:37.20 | 30/03/2019 | Torun |
| 3000m | | | | |
| W45 | A Harris [WLG] | 11:10.00 | 22/03/2017 | Daegu |
| W60 | C Adamson [AKL] | 12:07.38 | 24/03/2019 | Torun |
| 50m Hurdles | | | | |
| W35 | F Firestone [AKL] | 9.16 | 05/08/2018 | Auckland |
| W40 | F Firestone [AKL] | 8.62 | 11/08/2019 | Auckland |
| W45 | P Green [AKL] | 10.06 | 05/08/2018 | Auckland |
| 3000m TW | | | | |
| W70 | J Wilson [WLG] | 18:36.47 | 19/03/2017 | Daegu |
| High Jump | | | | |
| W35 | V Drotsky [AKL] | 1.35m | 24/07/2016 | Auckland |
| W40 | F Firestone [AKL] | 1.35m | 11/08/2019 | Auckland |
| W45 | P Green [AKL] | 1.30m | 20/08/2017 05/08/2018 | Auckland |
| W50 | P Green [AKL] | 1.25m | 11/08/2019 | Auckland |
| W55 | K Hulena [AKL] | 1.20m | 11/08/2019 | Auckland |
| W60 | H May [WLG] | 1.17m | 27/07/1983 | Wellington |
| W65 | N Bowmar [NTH] | 1.15m | 20/08/2017 | Auckland |
| W70 | M Croke [NTH] | 1.05m | 20/08/2017 | Auckland |
| | A Deleiros [AKL] | 1.05m | 05/08/2018 | Auckland |
| W75 | J Hammond [WLG] | 1.03m | 15/03/2015 | Toronto |
| W80 | J Hammond [WLG] | 0.93m | 20/08/2017 | Auckland |
| Long Jump | | | | |
| W35 | F Firestone [AKL] | 4.49m | 05/08/2018 | Auckland |
| W40 | F Firestone [AKL] | 4.23m | 11/08/2019 | Auckland |
| W45 | C Brunner [AKL] | 5.01m | 20/08/2017 | Auckland |
| W50 | J Warbrick [AKL] | 3.35m | 20/08/2017 | Auckland |
| W55 | K Hulena [AKL] | 3.39m | 11/08/2019 | Auckland |
| W60 | A Hunter [AKL] | 3.60m | 01/03/2010 | Kamloops |
| W65 | A Deleiros [AKL] | 3.17m | 20/03/2017 | Daegu |
| W70 | A Deleiros [AKL] | 2.87m | 05/08/2018 | Auckland |
| W75 | J Hammond [WLG] | 2.89m | 19/03/2016 | Canada |
| W80 | J Hammond [WLG] | 2.58m | 20/08/2017 | Auckland |
| Triple Jump | | | | |
| W55 | A Boxall [AKL] | 7.36m | 20/08/2017 | Auckland |
| W60 | A Hunter [AKL] | 7.68m | 01/03/2010 | Kamloops |

| | | | | |
|----------------------|---|--------------|-------------------|-----------------|
| W65 | A Deleiros [AKL] | 7.10m | 23/03/2017 | Daegu |
| W70 | A Deleiros [AKL] | 6.43m | 05/08/2018 | Auckland |
| W75 | F Bayler [MWA] | 5.93m | 24/07/2016 | Auckland |
| Pole Vault | | | | |
| W40 | S Bowe [AKL] | 2.50m | 04/08/2018 | Auckland |
| W45 | S Bowe [AKL] | 2.45m | 12/11/2022 | Auckland |
| W50 | D Smith [NTH] | 2.45m | 10/08/2019 | Auckland |
| W55 | D Smith [NTH] | 2.50m | 29/10/2022 | Auckland |
| W65 | A Deleiros [AKL] | 1.65m | 20/08/2017 | Auckland |
| W70 | A Deleiros [AKL] | 1.60m | 04/08/2018 | Auckland |
| Shot Put | | | | |
| W30 | K Saifiti [AKL] | 9.11m | 10/08/2019 | Auckland |
| W35 | V Drotsky [AKL] | 8.50m | 24/07/2016 | Auckland |
| W40 | V Nuia [AKL] | 9.24m | 04/08/2018 | Auckland |
| W45 | B Davis [WBP] | 10.04m | 04/08/2018 | Auckland |
| W50 | T Hodges [WBP] | 11.23m | 04/08/2018 | Auckland |
| W55 | A Goulter [AKL] | 8.79m | 10/08/2019 | Auckland |
| W60 | A Boxall [AKL] | 8.82m | 10/08/2019 | Auckland |
| W65 | N Callander [OTG] | 7.63m | 24/07/2016 | Auckland |
| W70 | A Deleiros [AKL] | 7.98m | 04/08/2018 | Auckland |
| W75 | J Whitaker [CAN] | 7.60m | 04/08/2018 | Auckland |
| W80 | J Hammond [WLG] | 5.81m | 20/08/2017 | Auckland |
| Weight Throw | | | | |
| W70 | N Callander [OTG] | 7.38m | 26/03/2019 | Torun |
| W90 | M Petley [WBP] | 5.69m | 26/03/2019 | Torun |
| Relay 4x 200m | | | | |
| W40 | Christine Waring Andrea Harris Anne Deleiros Vanessa Story | 2:13.71 | 25/03/2017 | Daegu |

| Women's Archived Records - Archived Events (due to Age Factor or Implement Changes or Changes in Event Standards) | | | | | | |
|--|------------------|-----------------------------|------------|------------------|---------------------------------|------------|
| 80m Hurdles (8 metre gap) | | NZMA National Record | | | NZMA Championship Record | |
| W35 | L Cate [AKL] | 15.2h | 1989 | R Henry [AKL] | 16.48 | 1986 |
| W50 | C Mills [AKL] | 14.45 | 1985 | P Scholes [WLG] | 16.6h | 1990 |
| W55 | Y Simeon [NTH] | 16.22 | 1998 | C Bruncker [NTH] | 16.89 | 1989 |
| W60 | C Blair [WLG] | 17.1h | 1993 | L Anderson [CAN] | 17.89 | 07/03/2009 |
| W65 | A Sole [TAR] | 18.62 | 1993 | | | |
| W70 | S Peterson [CAN] | 17.46 | 1998 | | | |
| 100m Hurdles | | NZMA National Record | | | NZMA Championship Record | |
| W40 | D Murphy [OTG] | 18.52 | 2001 | | | |
| W45 | G Kirkman [CAN] | 19.15 | 2001 | | | |
| W50 | A Wood [TAS] | 21.2h | 1976 | | | |
| W55 | B Vine [NTH] | 21.9h | 1983 | | | |
| W60 | C Blair [WLG] | 22.3h | 1993 | | | |
| Throws Pentathlon (pre May 2010) | | NZMA National Record | | | NZMA Championship Record | |
| W30 | R Bates [OTG] | 3354 pts | 17/03/1997 | R Bates [OTG] | 3354 pts | 17/03/1997 |
| W35 | C McCahill [WBP] | 3884 pts | 2002 | C McCahill [WBP] | 3818 pts | 18/03/2002 |

| | | | | | | |
|--|------------------------|----------|-----------------------------|------------------------|---------------------------------|------------|
| W40 | C McCahill [WBP] | 3948 pts | 2008 | C McCahill [WBP] | 3934 pts | 09/03/2009 |
| W45 | C McCahill [WBP] | 4285 pts | 2009 | C McCahill [WBP] | 4234 pts | 05/04/2010 |
| W50 | V Hood [CAN] | 3360 pts | 1994 | V Hood [CAN] | 3360 pts | 1994 |
| W55 | B Savage [WBP] | 3848 pts | 12/03/2001 | B Savage [WBP] | 3848 pts | 12/03/2001 |
| W60 | M Stanley [AKL] | 3990 pts | 1994 | M Stanley [AKL] | 3759 pts | 1994 |
| W65 | G Watts [CAN] | 3567 pts | 2006 | G Watts [CAN] | 3417 pts | 06/03/2006 |
| W70 | H May [WLG] | 3659 pts | 1993 | C Bruncker [NTH] | 3631 pts | 08/03/2004 |
| W75 | C Bruncker [NTH] | 4006 pts | 2009 | C Bruncker [NTH] | 3827 pts | 05/03/2007 |
| W80 | P Purser [WBP] | 2958 pts | 08/03/2004 | P Purser [WBP] | 2958 pts | 08/03/2004 |
| W85 | R Smith [CAN] | 3472 pts | 2003 | R Smith [CAN] | 2956 pts | 05/03/2007 |
| W90 | | | | | | |
| Track Pentathlon (pre May 2010) | | | NZMA National Record | | NZMA Championship Record | |
| W30 | T Genge [WBP] | 2816 pts | 1990 | T Assink [WBP] | 2299 pts | 04/03/2007 |
| W35 | C Turner [TAR] | 2961 pts | 1986 | C Turner [TAR] | 2961 pts | 1986 |
| W40 | C Turner [TAR] | 3021 pts | 1991 | C Turner [TAR] | 3021 pts | 1991 |
| W45 | A Hathaway [NTH] | 3328 pts | 1993 | A Hathaway [NTH] | 3328 pts | 1993 |
| W50 | A Hathaway [NTH] | 3366 pts | 1998 | T Ashe [AKL] | 2972 pts | 17/03/2002 |
| W55 | A Hathaway [NTH] | 3258 pts | 07/03/2004 | A Hathaway [NTH] | 3258 pts | 07/03/2004 |
| W60 | T Ashe [AKL] | 3278 pts | 2010 | S Peterson [CAN] | 3204 pts | 1992 |
| W65 | J Hammond [WLG] | 3441 pts | 07/03/2004 | J Hammond [WLG] | 3441 pts | 07/03/2004 |
| W70 | J Hammond [WLG] | 3482 pts | 2007 | J Hammond [WLG] | 2966 pts | 08/03/2009 |
| W75 | C Van der Veeken [NTH] | 2701 pts | 08/03/2009 | C Van der Veeken [NTH] | 2701 pts | 08/03/2009 |
| Heptathlon (pre May 2010) | | | NZMA National Record | | NZMA Championship Record | |
| W30 | T Genge [WBP] | 4798 pts | 1991 | T Mason [TAR] | 993 pts | 1998 |
| W35 | T Genge [WBP] | 4927 pts | 1993 | J Hitchings [AKL] | 2943 pts | 2001 |
| W40 | L Osmer [CAN] | 5038 pts | 2003 | L Osmer [CAN] | 4778 pts | 2003 |
| W45 | G Kirkman [CAN] | 4757 pts | 2001 | J Andersen [HBG] | 4442 pts | 1996 |
| W50 | G Kirkman [CAN] | 5697 pts | 2002 | G Kirkman [CAN] | 5697 pts | 2002 |
| W55 | G Jones [STH] | 3827 pts | 2002 | G Jones [STH] | 3827 pts | 2002 |
| W60 | J Hammond [WLG] | 4666 pts | 2000 | J Hammond [WLG] | 4466 pts | 2000 |
| W65 | S Peterson [CAN] | 5275 pts | 1996 | S Peterson [CAN] | 5275 pts | 1996 |
| W70 | J Hammond [WLG] | 4371 pts | 2008 | | | |
| Javelin (pre January 2014) | | | NZMA National Record | | NZMA Championship Record | |
| W60 | 400gm: W Pepene [AKL] | 27.36 | 1993 | W Pepene [AKL] | 25.30 | 1993 |
| W65 | 400gm: W Pepene [AKL] | 26.14 | 23/03/1996 | W Pepene [AKL] | 26.14 | 23/03/1996 |
| W70 | 400gm: W Pepene [NTH] | 23.76 | 2002 | W Pepene [NTH] | 23.30 | 10/03/2001 |

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

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

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

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