

# NZMA Women's Track & Field National and Championship Records (Updated 06 April 2025)

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](mailto: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.

<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>	<b>L Mitchell [OTG]</b>	<b>9.09 (1.6)</b>	<b>16/02/2025</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>	C Waring [AKL]	10.86 (+0.7)	10/11/2024	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 (-1.8) 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>	S Peterson [CAN]	30.00	1989	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>	<b>M Peters [AKL]</b>	<b>34.55</b>	<b>2009</b>	M Peters [AKL]	35.53	08/03/2009
<b>W80</b>	<b>C Waring [AKL]</b>	<b>39.08 (-2.0)</b>	<b>18/01/2025</b>	<b>C Waring [AKL]</b>	<b>39.30 (-1.8)</b>	<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 Veecken [NTH]	137.54	26/10/2016	C van der Veecken [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>	S Gibbs [WBP]	2:19.72	2010	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 Veecken [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	<b>A McKenzie [NTH]</b>	<b>11:00.80</b>	<b>30/03/2025</b>
<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>	J Stewart [NTH]	23:54.27	03/03/2019	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>	Best performances	<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>	A Wong-Tung [WLG]	10:45.76	03/12/2022	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>	A Newall [OTG]	09:54.34	18/02/2024	A Newall [OTG]	09:54.34	18/02/2024
<b>W65</b>	<b>D Sanderson [OTG]</b>	<b>11:18.08</b>	<b>27/01/2025</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	<b>03/12/2022</b>	<b>D Jones [WLG]</b>	<b>11:27.76</b>	<b>18/02/2024</b>
<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 Veeke [NTH]	14:47.28	03/03/2012	C van der Veeke [NTH]	14:47.28	03/03/2012
<b>W85</b>	C van der Veeke [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>						
<b>Long Jump</b>		<b>NZMA National Record</b>			<b>NZMA Championship Record</b>	
<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>	L Osmer [CAN]	5.14	2002	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>	C van der Veeken [NTH]	1.87 (-0.1)	22/01/2018	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			
<b>High Jump</b>		<b>NZMA National Record</b>			<b>NZMA Championship Record</b>	
<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 Osmer [CAN]	1.57	2002	L Osmer [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 Osmer [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>1.39</b>	<b>30/03/2025</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
<b>Triple Jump</b>		<b>NZMA National Record</b>			<b>NZMA Championship Record</b>	
<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 Osmer [CAN]	10.55	2002	L Osmer [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			



<b>Pole Vault</b>		<b>NZMA National Record</b>		<b>NZMA Championship Record</b>		
<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: R Bates [OTG]	10.78	20/11/2021	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]	8.40	21/02/2021	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 Osmers [CAN]	33.36	2010	L Rawlins [WLG]	31.59	03/12/2022
<b>W55</b>	500gm: L Osmers [CAN]	29.80	26/02/2016	L Osmers [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 4/03/2011	C McCahill [WBP]	14.40	02/04/2010 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 Davis [WBP]	12.89	30/11/2024	<b>B Davis [WBP]</b>	<b>12.80</b>	<b>30/03/2025</b>
<b>W60</b>	5.45kg: A Goulter [AKL]	13.71	19/02/2023	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 Bruncker [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</b>	Updated using 2023 Age Factors				<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>	K Blackwood [OTG]	2532pts	28/02/2016	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]	3180	30/11/2024	T Hodges [WBP]	2742 pts	01/03/2020
<b>W60</b>	A Boxall [AKL]	2956 pts	16/11/2019	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>yet to be confirmed if correct age factors used for points total</b>		

<b>Track Pentathlon</b> Updated using 2023 Age Factors				<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 Osmers [CAN]	2649 pts	03/03/2014	L Osmers [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>2356 pts</b>	<b>16/03/2025</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 Veecken [NTH]	1494 pts	05/03/2012
<b>W85</b>	C van der Veecken [NTH]	1414 pts	25/01/2018	C van der Veecken [NTH]	1387 pts	04/03/2018
<b>W90</b>				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)

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

#### 1 Mile

##### NZMA National Record

<b>W30</b>	C Buscomb [WBP]	4:38.78	30/01/2021			
<b>W35</b>	T Faulkner [WLG]	4:53.41	06/01/2018			
<b>W40</b>	A Hare [WLG]	4:58.89	11/02/2006			
<b>W45</b>	H Matthews [AKL]	5:02.31	1991			
<b>W50</b>	H Walker [WLG]	5:23.63	28/01/2023			
<b>W55</b>	S Gibbs [MWA]	5:34.43	05/02/2023			
<b>W60</b>	<b>S Gibbs [MWA]</b>	<b>5:43.97</b>	<b>25/01/2025</b>			
	L Reed [CAN]	6:10.6H	2008			
<b>W65</b>	C Adamson [AKL]	6:32.27	15/01/2022			
<b>W70</b>						
<b>W75</b>	<b>K Switzer [WLG]</b>	<b>8:39.96</b>	<b>25/01/2025</b>			

#### 10000m

##### NZMA National Record

##### NZMA Championship Record

<b>W30</b>	C Buscomb [WBP]	32:10.49	07/08/2021	S Rees	37:54.1	1985
<b>W35</b>	M O'Connor [CAN]	33:58.54	1994	L Sharp [AKL]	35:27.15	07/03/2004
<b>W40</b>	<b>L Cross [AKL]</b>	<b>33:47.23</b>	<b>18/01/2025</b>	<b>L Cross [AKL]</b>	<b>33:47.23</b>	<b>18/01/2025</b>
<b>W45</b>	S Gibbs [WBP]	34:45.21	2012	S Gibbs [WBP]	34:57.59	04/03/2012
<b>W50</b>	S Gibbs [WBP]	35:38.51	02/03/2014	S Gibbs [WBP]	35:38.51	03/03/2014
<b>W55</b>	S Gibbs [WBP]	36:46.96	09/11/2019	S Gibbs [MWA]	37:40.29	19/11/2022
<b>W60</b>	S Gibbs [MWA]	37:38.98	18/11/2023	C Adamson [AKL]	43:16.27	05/03/2017
<b>W65</b>	M Allison [WLG]	44:41.87	05/12/2020	M Allison [WLG]	44:41.87	05/12/2020
<b>W70</b>	M Rough [OTG]	49:57.34	2010	E Mercier [CAN]	53:16.6	05/03/1995
<b>W75</b>	M Rough [OTG]	53:08.11	19/12/2015	A Forbes [AKL]	67:24.35	1986
<b>W80</b>						

#### 10km Road Race

##### NZMA National Record

<b>W30</b>	S Drought [WLG]	35:15	18/09/2021			
------------	-----------------	-------	------------	--	--	--



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

<b>W65</b>	S Hoskin [WLG]	64:11	03/10/2016			
<b>W70</b>	J Wilson [WLG]	62:52	24/03/2017	J Wilson [WLG]	65:40	28/02/2016
<b>W75</b>	J Wilson [WLG]	67:57	02/10/2021	D Torbit [AKL]	75:36	07/03/2004
<b>W80</b>	D Jones [WLG]	82:47	25/09/2022			
<b>20km Road Walk</b>						
<b>NZMA National Record</b>				<b>NZMA Championship Record</b>		
<b>W30</b>	A Barber [AKL]	1:31:32	05/05/2018			
<b>W35</b>	G Gorst [HBG]	1:35:59	2003	G Gorst [HBG]	1:38:55	2002
<b>W40</b>	G Gorst [HBG]	1:38:47	2004			
<b>W45</b>	C Smith [NTH]	1:52:00	28/03/2015	S McDonald [TAS]	2:07:56	2000
<b>W50</b>	C Smith [NTH]	1:54:19	19/02/2017	N Johnston [NTH]	2:11:32	2000
<b>W55</b>	S Hoskin [MWA]	2:06:01	2010	L Foster [WBP]	2:19:20	1999
<b>W60</b>	S Hoskin [WLG]	2:10.17	08/03/2015			
<b>W65</b>	J Wilson [WLG]	2:18:46	07/10/2013	P McKenzie [MWA]	2:44:26	1999
<b>W70</b>	J Wilson [WLG]	2:17:02	04/11/2016			
<b>W75</b>	J Wilson [WLG]	2:25:37	06/07/2022			
<b>4 x 100m Relay</b>						
<b>W35</b>	H Callesen [MWG] A Shafi [WLG] V Story [MWG] J Jones [TAS]	55.21	04/12/2022	(NZMA Wellington)		
<b>W40</b>	C Turner N Callander H Clent C Waring	52.30	06/12/1987	(WMA Melbourne 1987)		
<b>W45</b>	M Peters T Ramanui C Waring W Brown	54.53	27/07/1997	(WMA Durban 1997)		
<b>W50</b>	C Waring S Gower L Mackay W Brown	56.48	14/07/2001	(WMA Brisbane 2001)		
<b>W55</b>	P Stoeveken [WLG] J Hayman [AKL] D McMillan [MWG] L Mitchell [OTG]	58.33	04/12/2022	(NZMA Wellington)		
<b>W60</b>	S Gower A Deleiros T Ashe C Waring	61.23	17/07/2011	(WMA Sacramento 2011)		
<b>W65</b>	C Waring L Anderson A Deleiros S Gower	66.32	06/11/2016	(WMA Perth 2016)		
<b>W70</b>	C Waring L Anderson M Crooke S Gower	69.71	06/09/2019	(OMA Mackay 2019)		
<b>4 x 400m Relay</b>						
<b>W35</b>	A Harris A Ross S Gibbs V Story	4:25.70	06/11/2016	(WMA Perth 2016)		
<b>W40</b>	C Turner M August N Callander H Clent	4:09.11	06/12/1987	(WMA Melbourne 1987)		
<b>W45</b>	T Ramanui S Waru	4:29.87	27/07/1997	(WMA Durban 1997)		

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

### NZMA Women's Indoor Records

#### 50m

<b>W30</b>	U Iyer [NTH]	7.60	24/07/2016	Auckland
<b>W35</b>	U Iyer [NTH]	7.20	11/08/2019	Auckland
<b>W40</b>	F Firestone [AKL]	7.64	11/08/2019	Auckland
<b>W45</b>	C Brunner [AKL]	7.15	20/08/2017	Auckland
<b>W50</b>	P Green [AKL]	7.54	11/08/2019	Auckland
<b>W55</b>	J Hayman [AKL]	7.76	20/08/2017	Auckland
<b>W60</b>	J Hayman [AKL]	8.20	20/07/2024	Hastings
<b>W65</b>	A Deleiros [AKL]	8.82	24/07/2016	Auckland
<b>W70</b>	S Gower [WBP]	8.42	05/08/2018	Auckland
<b>W75</b>	C Waring [AKL]	8.95	11/08/2019	Auckland
<b>W80</b>	J Hammond [WLG]	10.19	20/08/2017	Auckland

#### 60m

<b>W30</b>	S Pearce [HBG]	8.22	20/07/2024	Hastings
<b>W50</b>	K Kilmister [WLG]	9.98	20/07/2024	Hastings
<b>W55</b>	D McMillian [MWA]	10.48	20/07/2024	Hastings
<b>W60</b>	J Hayman [AKL]	9.70	20/07/2024	Hastings
<b>W60</b>	A Hunter [AKL]	10.01	01/03/2010	Kamloops
<b>W65</b>	A Deleiros [AKL]	10.56	21/03/2017	Daegu
<b>W70</b>	S Gower [WBP]	9.86	27/03/2019	Torun
<b>W75</b>	C Waring [AKL]	10.30	27/03/2019	Torun
<b>W90</b>	M Petley [WBP]	15.82	27/03/2019	Torun

#### 200m

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

#### 400m

<b>W40</b>	V Story [WLG]	60.22	25/03/2017	Daegu
<b>W70</b>	S Gower [WBP]	1:22.55	26/03/2019	Torun
<b>W75</b>	C Waring [AKL]	1:32.10	26/03/2019	Torun
<b>800m</b>				
<b>W40</b>	V Story [WLG]	2:24.71	23/03/2017	Daegu
<b>W45</b>	A Harris [WLG]	2:32.25	23/03/2017	Daegu
<b>1500m</b>				
<b>W45</b>	A Harris [WLG]	5:17.01	30/03/2019	Torun
<b>W60</b>	C Adamson [AKL]	5:37.20	30/03/2019	Torun
<b>3000m</b>				
<b>W45</b>	A Harris [WLG]	11:10.00	22/03/2017	Daegu
<b>W60</b>	C Adamson [AKL]	12:07.38	24/03/2019	Torun
<b>50m Hurdles</b>				
<b>W35</b>	F Firestone [AKL]	9.16	05/08/2018	Auckland
<b>W40</b>	F Firestone [AKL]	8.62	11/08/2019	Auckland
<b>W45</b>	P Green [AKL]	10.06	05/08/2018	Auckland
<b>3000m TW</b>				
<b>W70</b>	J Wilson [WLG]	18:36.47	19/03/2017	Daegu
<b>High Jump</b>				
<b>W35</b>	V Drotsky [AKL]	1.35m	24/07/2016	Auckland
<b>W40</b>	F Firestone [AKL]	1.35m	11/08/2019	Auckland
<b>W45</b>	P Green [AKL]	1.30m	20/08/2017 05/08/2018	Auckland
<b>W50</b>	P Green [AKL]	1.25m	11/08/2019	Auckland
<b>W55</b>	K Hulena [AKL]	1.20m	11/08/2019	Auckland
<b>W60</b>	H Kim [AKL]	1.35m	20/07/2024	Hastings
<b>W65</b>	N Bowmar [NTH]	1.15m	20/08/2017	Auckland
<b>W70</b>	M Croke [NTH]	1.05m	20/08/2017	Auckland
	A Deleiros [AKL]	1.05m	05/08/2018	Auckland
<b>W75</b>	J Hammond [WLG]	1.03m	15/03/2015	Toronto
<b>W80</b>	J Hammond [WLG]	0.93m	20/08/2017	Auckland
<b>Long Jump</b>				
<b>W35</b>	F Firestone [AKL]	4.49m	05/08/2018	Auckland
<b>W40</b>	F Firestone [AKL]	4.23m	11/08/2019	Auckland
<b>W45</b>	C Brunner [AKL]	5.01m	20/08/2017	Auckland
<b>W50</b>	J Warbrick [AKL]	3.35m	20/08/2017	Auckland
<b>W55</b>	K Hulena [AKL]	3.39m	11/08/2019	Auckland
<b>W60</b>	H Kim [AKL]	3.68m	20/07/2024	Hastings
<b>W65</b>	A Deleiros [AKL]	3.17m	20/03/2017	Daegu
<b>W70</b>	A Deleiros [AKL]	2.87m	05/08/2018	Auckland
<b>W75</b>	J Hammond [WLG]	2.89m	19/03/2016	Canada
<b>W80</b>	J Hammond [WLG]	2.58m	20/08/2017	Auckland

<b>Triple Jump</b>				
<b>W40</b>	M Karl [AKL]	8.31m	20/07/2024	Hastings
<b>W55</b>	A Boxall [AKL]	7.36m	20/08/2017	Auckland
<b>W60</b>	A Hunter [AKL]	7.68m	01/03/2010	Kamloops
<b>W65</b>	A Deleiros [AKL]	7.10m	23/03/2017	Daegu
<b>W70</b>	A Deleiros [AKL]	6.43m	05/08/2018	Auckland
<b>W75</b>	F Bayler [MWA]	5.93m	24/07/2016	Auckland
<b>Pole Vault</b>				
<b>W40</b>	S Bowe [AKL]	2.50m	04/08/2018	Auckland
<b>W45</b>	S Bowe [AKL]	2.55m	07/09/2024	Auckland
<b>W50</b>	D Smith [NTH]	2.45m	10/08/2019	Auckland
<b>W55</b>	D Smith [NTH]	2.50m	29/10/2022	Auckland
<b>W65</b>	A Deleiros [AKL]	1.65m	20/08/2017	Auckland
<b>W70</b>	A Deleiros [AKL]	1.60m	04/08/2018	Auckland
<b>Shot Put</b>				
<b>W30</b>	K Saifiti [AKL]	9.11m	10/08/2019	Auckland
<b>W35</b>	V Drotsky [AKL]	8.50m	24/07/2016	Auckland
<b>W40</b>	V Nuia [AKL]	9.24m	04/08/2018	Auckland
<b>W45</b>	B Davis [WBP]	10.04m	04/08/2018	Auckland
<b>W50</b>	T Hodges [WBP]	11.23m	04/08/2018	Auckland
<b>W55</b>	D McMillan [MWA]	9.04m	20/07/2024	Hastings
<b>W60</b>	A Boxall [AKL]	8.82m	10/08/2019	Auckland
<b>W65</b>	N Callander [OTG]	7.63m	24/07/2016	Auckland
<b>W70</b>	A Deleiros [AKL]	7.98m	04/08/2018	Auckland
<b>W75</b>	N Callander [OTG]	7.84m	20/07/2024	Hastings
<b>W80</b>	J Hammond [WLG]	5.81m	20/08/2017	Auckland
<b>Weight Throw</b>				
<b>W70</b>	N Callander [OTG]	7.38m	26/03/2019	Torun
<b>W90</b>	M Petley [WBP]	5.69m	26/03/2019	Torun
<b>Relay 4x 200m</b>				
<b>W40</b>	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)

<b>80m Hurdles (8 metre gap)</b>		<b>NZMA National Record</b>		<b>NZMA Championship Record</b>	
<b>W35</b>	L Cate [AKL]	15.2h	1989	R Henry [AKL]	16.48 1986
<b>W50</b>	C Mills [AKL]	14.45	1985	P Scholes [WLG]	16.6h 1990
<b>W55</b>	Y Simeon [NTH]	16.22	1998	C Bruncker [NTH]	16.89 1989
<b>W60</b>	C Blair [WLG]	17.1h	1993	L Anderson [CAN]	17.89 07/03/2009
<b>W65</b>	A Sole [TAR]	18.62	1993		
<b>W70</b>	S Peterson [CAN]	17.46	1998		
<b>100m Hurdles</b>		<b>NZMA National Record</b>		<b>NZMA Championship Record</b>	
<b>W40</b>	D Murphy [OTG]	18.52	2001		
<b>W45</b>	G Kirkman [CAN]	19.15	2001		
<b>W50</b>	A Wood [TAS]	21.2h	1976		
<b>W55</b>	B Vine [NTH]	21.9h	1983		



<b>W60</b>	C Blair [WLG]	22.3h	1993				
<b>Throws Pentathlon (pre May 2010)</b>		<b>NZMA National Record</b>			<b>NZMA Championship Record</b>		
<b>W30</b>	R Bates [OTG]	3354 pts	17/03/1997	R Bates [OTG]	3354 pts	17/03/1997	
<b>W35</b>	C McCahill [WBP]	3884 pts	2002	C McCahill [WBP]	3818 pts	18/03/2002	
<b>W40</b>	C McCahill [WBP]	3948 pts	2008	C McCahill [WBP]	3934 pts	09/03/2009	
<b>W45</b>	C McCahill [WBP]	4285 pts	2009	C McCahill [WBP]	4234 pts	05/04/2010	
<b>W50</b>	V Hood [CAN]	3360 pts	1994	V Hood [CAN]	3360 pts	1994	
<b>W55</b>	B Savage [WBP]	3848 pts	12/03/2001	B Savage [WBP]	3848 pts	12/03/2001	
<b>W60</b>	M Stanley [AKL]	3990 pts	1994	M Stanley [AKL]	3759 pts	1994	
<b>W65</b>	G Watts [CAN]	3567 pts	2006	G Watts [CAN]	3417 pts	06/03/2006	
<b>W70</b>	H May [WLG]	3659 pts	1993	C Bruncker [NTH]	3631 pts	08/03/2004	
<b>W75</b>	C Bruncker [NTH]	4006 pts	2009	C Bruncker [NTH]	3827 pts	05/03/2007	
<b>W80</b>	P Purser [WBP]	2958 pts	08/03/2004	P Purser [WBP]	2958 pts	08/03/2004	
<b>W85</b>	R Smith [CAN]	3472 pts	2003	R Smith [CAN]	2956 pts	05/03/2007	
<b>W90</b>							
<b>Track Pentathlon (pre May 2010)</b>		<b>NZMA National Record</b>			<b>NZMA Championship Record</b>		
<b>W30</b>	T Genge [WBP]	2816 pts	1990	T Assink [WBP]	2299 pts	04/03/2007	
<b>W35</b>	C Turner [TAR]	2961 pts	1986	C Turner [TAR]	2961 pts	1986	
<b>W40</b>	C Turner [TAR]	3021 pts	1991	C Turner [TAR]	3021 pts	1991	
<b>W45</b>	A Hathaway [NTH]	3328 pts	1993	A Hathaway [NTH]	3328 pts	1993	
<b>W50</b>	A Hathaway [NTH]	3366 pts	1998	T Ashe [AKL]	2972 pts	17/03/2002	
<b>W55</b>	A Hathaway [NTH]	3258 pts	07/03/2004	A Hathaway [NTH]	3258 pts	07/03/2004	
<b>W60</b>	T Ashe [AKL]	3278 pts	2010	S Peterson [CAN]	3204 pts	1992	
<b>W65</b>	J Hammond [WLG]	3441 pts	07/03/2004	J Hammond [WLG]	3441 pts	07/03/2004	
<b>W70</b>	J Hammond [WLG]	3482 pts	2007	J Hammond [WLG]	2966 pts	08/03/2009	
<b>W75</b>	C Van der Veeken [NTH]	2701 pts	08/03/2009	C Van der Veeken [NTH]	2701 pts	08/03/2009	
<b>Heptathlon (pre May 2010)</b>		<b>NZMA National Record</b>			<b>NZMA Championship Record</b>		
<b>W30</b>	T Genge [WBP]	4798 pts	1991	T Mason [TAR]	993 pts	1998	
<b>W35</b>	T Genge [WBP]	4927 pts	1993	J Hitchings [AKL]	2943 pts	2001	
<b>W40</b>	L Osmer [CAN]	5038 pts	2003	L Osmer [CAN]	4778 pts	2003	
<b>W45</b>	G Kirkman [CAN]	4757 pts	2001	J Andersen [HBG]	4442 pts	1996	
<b>W50</b>	G Kirkman [CAN]	5697 pts	2002	G Kirkman [CAN]	5697 pts	2002	
<b>W55</b>	G Jones [STH]	3827 pts	2002	G Jones [STH]	3827 pts	2002	
<b>W60</b>	J Hammond [WLG]	4666 pts	2000	J Hammond [WLG]	4466 pts	2000	
<b>W65</b>	S Peterson [CAN]	5275 pts	1996	S Peterson [CAN]	5275 pts	1996	
<b>W70</b>	J Hammond [WLG]	4371 pts	2008				
<b>Javelin (pre January 2014)</b>		<b>NZMA National Record</b>			<b>NZMA Championship Record</b>		
<b>W60</b>	400gm: W Pepene [AKL]	27.36	1993	W Pepene [AKL]	25.30	1993	
<b>W65</b>	400gm: W Pepene [AKL]	26.14	23/03/1996	W Pepene [AKL]	26.14	23/03/1996	
<b>W70</b>	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)									
<b>W60</b>	J Evans [MWA]						<b>2870</b>	10/02/2012	Tauranga
<b>W65</b>	B Savage [WBP]						<b>3891</b>	05/03/2012	Auckland
<b>W70</b>	G Watts [CAN]						<b>3272</b>	05/03/2012	Auckland

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

NZMA National Record		100m	SP	LJ	JT (400g)	800m	Total	Date	Venue
----------------------	--	------	----	----	--------------	------	-------	------	-------

Track Pentathlon (2010-2013)								
<b>W60</b>	T Ashe [AKL]						<b>3229</b>	07/03/2011 Hastings
<b>W65</b>	J Hulls [HBG]						<b>2425</b>	04/03/2013 Wellington
<b>W70</b>	J Hammond [WLG]						<b>3027</b>	05/03/2012 Auckland

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