

MWMA CENTRE RECORDS – WOMEN

60m - (Started in 2009)					
W30					
W35		Vanessa Story	8.74	North Islands - Palmerston Nth	2009
W40		Hannah Callesen	8.73	Winter T&F Series #2 – PN	14/07/2024
W45		Hannah Callesen	9.07	Nationals - Auckland	30/03/2025
W50		Vanessa Hodge	9.00	Winter T&F Series #3 – PN	24/08/2025
W55		Dale McMillan	9.41	PNAHC Club Night – PN	16/01/2024
W60					
W65		Francie Bayler	10.60	North Islands - Palmerston Nth	2009
W70		Francie Bayler	10.59	Oceania's - Tahiti	2010
W75		Francie Bayler	10.8 (HT)	Colleena Blair - Hastings	24/01/2016
W80		Francie Bayler	11.92	Colleena Blair - Palmerston Nth	31/01/2021
W85		Francie Bayler	13.67	Winter T&F Series #1 – PN	22/06/2025
100m					
W30		Vanessa Story	13.66	North Islands - Inglewood	2007
W35		Vanessa Story	13.36	Nationals - Hastings	2011
W40		Vanessa Story	14.08	North Islands - Wellington	2018
W45		Vanessa Hodge	13.75	Nationals - Christchurch	17/02/2024
W50		Vanessa Hodge	14.16	Winter T&F Series #2 –Masterton	13/07/2025
W55		Dale McMillan	15.06	Winter T&F Series #4 –Masterton	21/09/2025
W60		Francie Bayler	16.21	Nationals - Invercargill	2003
W65		Francie Bayler	16.9 (G)(HT)	North Islands - Whakatane	2006
W70		Francie Bayler	17.23	Oceania's - Tahiti	2010
W75		Francie Bayler	18.77	North Islands - Auckland	2015
W80		Francie Bayler	19.92	Masters Games - Wanganui	2021
W85					
200m					
W30		Vanessa Story	27.69	Nationals - Inglewood	2008
W35		Vanessa Story	27.34	Nationals - Christchurch	2010
W40		Vanessa Story	28.39	North Islands - Wellington	2018
W45		Vanessa Hodge	28.77	Australian Nationals - Hobart	30/03/2024
W50		Vanessa Hodge	29.21	Pan-American Games - Cleveland	17/07/2024
W55		Dale McMillan	31.57	Winter T&F Series #4 –Masterton	21/09/2025
W60		Francie Bayler	34.84	North Islands - Inglewood	2000
W65		Francie Bayler	37.77	Nationals - Christchurch	2010
W70		Francie Bayler	36.45	North Islands - Inglewood	2010
W75		Francie Bayler	44.44	Asia-Pacific Games - Penang	2018
W80					
W85					

400m					
W30		Ellen Schaef	1:00.57	North Islands - Palmerston North	01/12/2023
W35		Vanessa Story	1:01.54	Nationals - Hastings	2011
W40		Vanessa Story	1:04.22	North Islands - Wellington	2018
W45		Vanessa Hodge	1:04.26	Australian Nationals - Hobart	31/03/2024
W50		Vanessa Hodge	1:04.75	Pan-American Games - Cleveland	14/07/2024
W55		Dale McMillan	1:11.39	Nationals - Christchurch	17/02/2024
W60		Inez Lister	1:52.8	Oceania's - Fiji	1982
W65		Pam McKenzie	1:51.52	Oceania's - Hastings	1998
W70					
W75					
W80					
W85					
800m					
W30		Ellen Schaef	2:23.22	North Islands - Palmerston North	03/12/2023
W35		J James	2:49.68	Nationals - Hamilton	1989
W40		Margaret August	2:27.14	Oceania's - Auckland	1990
W45		Vanessa Hodge	2:32.41	Australian Nationals - Hobart	29/03/2024
W50		Vanessa Hodge	2:35.66	Pan-American Games - Cleveland	17/07/2024
W55		Sally Gibbs	2:46.32	NZ Masters Games - Whanganui	05/02/2023
W60		Sally Gibbs	2:39.12	North Islands - Palmerston North	03/12/2023
W65		Pam McKenzie	4:02.87	Oceania's - Hastings	1998
W70					
W75					
W80					
W85					
1500m					
W30					
W35		P Davey	4:44.9	Nationals - Napier	1983
W40		Viv Evers	5:26.00	Centre Champs - Wanganui	1996
W45		Pat Davey	5:27.46	Nationals - Auckland	1993
W50		Margaret August	5:57.39	Nationals - Christchurch	1999
W55		Sally Gibbs	5:06.77	North Islands - Masterton	14/01/2023
W60		Sally Gibbs	5:06.04	North Islands - Palmerston Nth	02/12/2023
W65		Pam McKenzie	8:00.65	Oceania's - Hastings	1998
W70					
W75					
W80					
W85					

3000m					
W30		Juanita Paterson	12:58.90	North Islands - Palmerston Nth	2009
W35		Bev Shingles	10:10.6	Nationals - Hamilton	1976
W40					
W45		Leanne Porritt	12:24.0	North Islands - Palmerston Nth	2016
W50		Sian Cass	12:50.0	North Islands - Palmerston Nth	2016
W55		Sally Gibbs	10:44.32	North Islands - Masterton	14/01/2023
W60		Sally Gibbs	10:39.48	North Islands - Palmerston Nth	03/12/2023
W65		Pam McKenzie	17:40.6	North Islands - Tauranga	1999
W70					
W75					
W80					
W85					
5000m					
W30		L Blackmore	17:04.41	North Islands – Hastings	2003
W35		Vicki Adams	17:50.90	WMA - Finland	1991
W40		Wendy Cottrell-Teahan	19:00.23	North Islands - Wellington	2011
W45		B O'Connell	18:59.20	NI Road Race - Whanganui	1992
W50		Margaret August	21:58.60	North Islands - Gisborne	1995 (Jan 96)
W55		Sally Gibbs	18:28.71	North Islands - Masterton	15/01/2023
W60		Sally Gibbs	18:17.11	Nationals - Christchurch	18/02/2024
W65		Pam McKenzie	29:06.89	Nationals - Wanganui	1998
W70		Inez Lister	41:13.00	Centre Road Champs?	1993
W75					
W80					
W85					
3000m Track Walk					
W30		Christine Tuka	15:31.60	North Islands - Wanganui	1992
W35		Michelle Lei	16:27.08	Nationals - Wanganui	2006
W40		Christine Tuka	18:34.04	Nationals - Wanganui	2006
W45		Lois Blackmore	18:48.23	Nationals - Wanganui	2006
W50		Theresa Large	19:01.7	North Islands - Palmerston Nth	2009
W55		Sue Hoskin	16:58.23		2007
W60		Sue Hoskin	17:44.17	Nationals - Wellington	01/03/2013
W65		Pam McKenzie	22:20.60	North Islands - Tauranga	1999
W70		Pam McKenzie	24:44.41	North Islands - Palmerston Nth	2002
W75					
W80					
W85					

5000m Track Walk					
W30					
W35					
W40					
W45		Gabrielle Wildbore	34:22.30	North Islands - Palmerston North	01/12/2023
W50		Theresa Large	33:47.09	North Islands - Palmerston Nth	2009
W55		Sue Hoskin	29:52.70	North Islands - Palmerston Nth	2009
W60		Sue Hoskin	30:59.00		2012
W65					
W70		Kay Davenport	35:46.29	North Islands - Palmerston Nth	2009
W75					
W80					
W85					
2000m Steeplechase					
W30					
W35		Vicki Adams	7:48.32	WMA - Finland	1991
W40					
W45					
W50					
W55					
W60					
W65					
W70					
W75					
W80					
W85					
Short Hurdles					
W30	100m	Vanessa Story	19.80	Nationals - Inglewood	2008
W35	100m	Vanessa Story	19.81	Nationals - Christchurch	2010
W40	80m	J James	16.4 (G)(HT)	North Islands - Feilding	1993
W45	80m	Hannah Callesen	13.90	Nationals – Auckland	29/03/2025
W50	80m				
W55	80m				
W60	80m	Mavis Carter	19.60	Centre Champs - Wanganui	1997
W65	80m				
W70	80m				
W75	80m				
W80	80m				
W85	80m				

Long Hurdles					
W30	400m				
W35	400m				
W40	400m	J James	1:18.19?		
W45	400m	J James	1:24.52	Nationals - Hamilton	1996
W50	300m				
W55	300m				
W60	300m				
W65	300m				
W70	200m				
W75	200m				
W80	200m				
W85	200m				
Long Jump					
W30		Vanessa Story	4.33	Nationals - Christchurch	2007
W35		Vanessa Story	4.45	Nationals - Hastings	2011
W40		Liz Solly	3.91	Centre Champs - Wanganui	1996
W45		Judy Brock	3.61		
W50		Francie Bayler	3.88	Masters Games - Alice Springs	1994
W55		Dale McMillan	3.66	Winter T&F Series #2 –Masterton	13/07/2025
W60		Mavis Carter	3.71	Centre Champs - Wanganui	1997
W65		Mavis Carter	3.10	WMA Champs - Brisbane	2001
W70		Francie Bayler	3.01	Oceania's - Tahiti	2010
W75		Francie Bayler	2.76	Nationals - Nelson	2017
W80		Francie Bayler	2.52	Spring Pentathlon - PN	2021
W85		Francie Bayler	1.94	Winter T&F Series #1 – PN	22/06/2025
High Jump					
W30		Juanita Paterson	1.26	North Islands - Palmerston Nth	2009
W35		J Paterson / V Story	1.40	Nationals - Hastings	2011
W40		Jo Coxon	1.32	Colleena Blair - Palmerston Nth	22/01/2017
W45		Lisa Trow	1.55	North Islands - Inglewood	25/11/2017
W50		Jill Evans	1.15	Nationals - Auckland	2000
W55		Mavis Carter	1.16	Centre Champs - Wanganui	1996
W60		Mavis Carter	1.16		
W65		Mavis Carter	1.11	WMA Champs - Brisbane	2001
W70		Inez Lister	0.99	Nationals - Christchurch	1992
W75					
W80					
W85					

Triple Jump					
W30		Vanessa Story	7.65		
W35		D Watkins	8.09	North Islands - Wanganui	1992
W40		Liz Solly	6.96		
W45		Jill Evans	7.07	Nationals - Dunedin	1997
W50		Francie Bayler	8.18		
W55		Francie Bayler	7.77	Nationals - Hamilton	1996
W60		Mavis Carter	7.89	Oceania's - Hastings	1998
W65		Mavis Carter	7.01	WMA Champs - Brisbane	2001
W70		Francie Bayler	6.90	Oceania's - Tahiti	2010
W75		Francie Bayler	6.24	Oceania's - Rarotonga	2015
W80		Francie Bayler	5.80	Spring Pentathlon - PN	2021
W85		Francie Bayler	4.37	Winter T&F Series #1 – PN	22/06/2025
Pole Vault					
W30					
W35					
W40					
W45					
W50					
W55					
W60					
W65					
W70					
W75					
W80					
W85					
Hammer Throw					
W30	4.00kg	H Kaur	55.80	Nationals - Christchurch	03/04/2010
W35	4.00kg	Viv Hill	42.06	Nationals - Hamilton	1996
W40	4.00kg	Vanessa Pendergrast	24.75	Spring Pentathlon – PN	24/09/2023
W45	4.00kg	Raewyn Grigg	27.83	Nationals - Nelson (Pent)	2017
W50	3.00kg	Jill Evans	31.97	Oceania's - Norfolk Island	2000
W55	3.00kg	Jill Evans	30.67	North Islands - Whangarei (Pent)	2004
W60	3.00kg	Jill Evans	27.32	North Islands - Wellington	2011
W65	3.00kg	Jill Evans	27.07	Nationals - Nelson (Pent)	2017
W70	3.00kg	Jill Evans	25.53	North Islands - Whakatane	2019
W75	2.0kg	Jill Evans	26.52	Central League Comp – PN	09/11/24
W80	2.0kg	Francie Bayler	18.80	Masters Games - Whanganui	05/02/2023
W85	2.0kg				

Shot Put					
W30	4.00kg	Carol McNie	12.14	North Islands - Tauranga	1991
W35	4.00kg	Viv Hill	11.78	Centre Champs - Wanganui	1996
W40	4.00kg	Vanessa Pendergrast	8.25	Spring Pentathlon – PN	24/09/2023
W45	4.00kg	Viv Hill	9.44	North Islands - Palmerston Nth	2009
W50	3.00kg	Jill Evans	10.51	Nationals - Christchurch	1999
W55	3.00kg	Jill Evans	9.45	Nationals - Wanganui	2006
W60	3.00kg	Jill Evans	8.94	Nationals - Christchurch	2010
W65	3.00kg	Jill Evans	8.44	Nationals - Nelson	2017
W70	3.00kg	Jill Evans	8.12	Oceania's - Mackay (AU)	2019
W75	2.0kg	Noni Callander	8.46	Oceania Cup – Tonga	30/10/2025
W80	2.0kg	Francie Bayler	5.04	Spring Pentathlon - PN	2021
W85	2.0kg	Dawn Melrose	4.24	Colleena Blair - PN	23/01/2022
Discus					
W30	1.0kg	Viv Hill	41.50	Nationals - Hastings	1991
W35	1.0kg	Viv Hill	44.14	Centre Champs - Wanganui	1996
W40	1.0kg	Viv Hill	36.77	Nationals - Hastings	2001
W45	1.0kg	Viv Hill	32.11	North Islands - Palmerston Nth	2009
W50	1.0kg	Jill Evans	27.44		
W55	1.0kg	Jill Evans	24.77	North Islands - Whakatane(Pent)	2006
W60	1.0kg	Jill Evans	21.73	Oceania's - Tahiti	2010
W65	1.0kg	Jill Evans	21.13	Nationals - Nelson	2017
W70	1.0kg	Jill Evans	19.31	Oceania's - Mackay (AU)	2019
W75	750gm	Noni Callander	19.01	North Islands – Tauranga	30/11/2025
W80	750gm	Francie Bayler	10.81	Throws Pentathlon - PNAHC	13/09/2020
W85	750gm				
Javelin – (Redesigned in 1999)					
W30	600gm				
W35	600gm				
W40	600gm	Heather Ward	22.02	Centre Champs - Wanganui	1999
W45	600gm	Jill Evans	30.22	Centre Champs - Wanganui	1999
W50	500gm	Jill Evans	29.32	Oceania's - Norfolk Island	2000
W55	500gm	Jill Evans	26.92	North Islands - Whangarei	2004
W60	500gm	Jill Evans	23.40 (400g)	Nationals - Christchurch	2010
W65	500gm	Jill Evans	19.39	Nationals - Nelson	03/03/2017
W70	500gm	Jill Evans	17.71	Nationals - Inglewood	2021
W75	400gm	Jill Evans	14.43	Taranaki Masters Games - Inglewood	16/03/2025
W80	400gm	Francie Bayler	9.37	Throws Pentathlon - PNAHC	13/09/2020
W85	400gm				

Weight Throw – (Introduced as a separate event in 2002)					
W30	9.080kg	Carol McNie	11.16		
W35	9.080kg	Viv Hill	12.36	Centre Champs - Wanganui (Pent)	1996
W40	9.080kg	Vanessa Pendergrast	7.09	Nationals - Wellington	02/12/2022
W45	9.080kg	Raewyn Grigg	9.41	Nationals - Timaru	2019
W50	7.260kg	Jen Fee	12.19	Spring Pentathlon - PNAHC	16/10/2016
W55	7.260kg	Jill Evans	10.41	Winter Weight Pentathlon - PN	2008
W60	5.450kg	Jill Evans	12.00	Winter Weight Pentathlon	2009
W65	5.450kg	Jill Evans	11.25	North Islands - Palmerston Nth	2016
W70	5.450kg	Jill Evans	11.03	Nationals - Inglewood	2021
W75	4.000kg	Noni Callander	11.05	Oceania Throws Postal Pent – Dunedin	11/10/2025
W80	4.000kg	Francie Bayler	5.64	Spring Pentathlon - PNAHC	2021
W85	4.000kg				
Throws Pentathlon – Total Points (Updated using 2023 Age Factors) - Refer to Appendix A for individual events					
W30					
W35					
W40					
W45		Vanessa Pendergrast	2030	Oceania's – Brisbane	10/09/2025
W50					
W55		Dale McMillan	2234	North Islands – Whangarei	01/12/2024
W60		Jen Fee	2237	Oceania Throws Challenge – PN	28/09/2025
W65		Jill Evans	2970	Nationals – Nelson	03/03/2017
W70		Jill Evans	3132	North Islands – Whakatane	2019
W75		Noni Callander	2846	Oceania Throws Postal Pent – Dunedin	11/10/2025
W80		Francie Bayler	1836	Throws Pentathlon – PNAHC	13/09/2020
W85					
Track Pentathlon – Total Points (Updated using 2023 Age Factors) - Refer to Appendix B for individual events					
W30					
W35					
W40					
W45					
W50		Dale McMillan	2382	Nationals – Timaru	03/03/2019
W55		Dale McMillan	2874	Nationals – Christchurch	18/02/2024
W60					
W65					
W70					
W75					
W80					
W85					

10000m					
W30					
W35		Vicki Adams	40:21.10		
W40	Road	B O'Connell	37:49	North Islands – Wellington	1987
W45		M Allen	46:52.08		
W50		Margaret August	46:02.00		
W55		Sally Gibbs	37:40.29		19/11/22
W60	Road	Pam McKenzie	61:31	Saint Patricks Day - Ashhurst?	1997
W65		Pam McKenzie	60:00.35	Nationals - Wanganui	1998
W70					
W75					
W80					
W85					
10000m Walk (Track / Road)					
W30					
W35		Michelle Lei	57:42	Nationals - Wanganui	2006
W40		Christine Tuka	1:06:38	Nationals - Wanganui	2006
W45		Lois Blackmore	1:05:34	Nationals - Wanganui	2006
W50	Road	Elizabeth Marshall	1:09:18	Nationals - Wellington	1994
W55		Sue Hoskin	1:00:55		
W60	Road	Sue Hoskin	1:01:21	Nationals - Wellington	03/03/2013
W65		Pam McKenzie	1:15.55	North Islands - Tauranga	1999
W70	Road	Pam McKenzie	1:24.47	NZ Road Champs - Wellington	2003
W75					
W80					
W85					

Appendix A – Throws Pentathlon Records / Individual Performances:

		HT	SP	DT	JT	WT	Total	Venue	Date
W45	Vanessa Pendergrast	25.92 <i>442</i>	8.06 <i>511</i>	20.28 <i>348</i>	18.58 <i>349</i>	7.64 <i>380</i>	2030	Oceania's – Brisbane	10/09/25
W55	Dale McMillan	20.37 <i>351</i>	9.34 <i>630</i>	17.98 <i>379</i>	20.67 <i>459</i>	7.87 <i>415</i>	2234	North Islands – Whangarei	01/12/24
W60	Jen Fee	23.90 <i>491</i>	6.70 <i>468</i>	18.83 <i>460</i>	12.60 <i>286</i>	10.41 <i>532</i>	2237	Oceania Throws Challenge - PN	28/09/25
W65	Jill Evans	27.07 <i>654</i>	8.18 <i>675</i>	20.92 <i>598</i>	16.94 <i>475</i>	9.91 <i>568</i>	2970	Nationals – Nelson	03/03/17
W70	Jill Evans	25.02 <i>690</i>	7.61 <i>704</i>	17.97 <i>575</i>	16.83 <i>546</i>	9.48 <i>617</i>	3132	North Islands - Whakatane	01/12/19
W75	Noni Callander	22.90 <i>528</i>	8.08 <i>684</i>	18.72 <i>594</i>	11.40 <i>350</i>	11.05 <i>690</i>	2846	Oceania Throws Pent – Dunedin	11/10/25
W80	Francie Bayler	14.82 <i>371</i>	4.74 <i>416</i>	10.81 <i>362</i>	9.37 <i>328</i>	5.59 <i>359</i>	1836	Throws Pentathlon - PN	13/09/20

Appendix B – Track Pentathlon Records / Individual Performances:

		100m	SP	LJ	JT	800m	Total	Venue	Date
W50	Dale McMillan	15.83 <i>546</i>	8.07 <i>473</i>	3.36 <i>331</i>	23.80 <i>479</i>	3:03.54 <i>553</i>	2382	Nationals – Timaru	03/03/19
W55	Dale McMillan	15.53 <i>675</i>	8.55 <i>566</i>	3.48 <i>431</i>	24.57 <i>564</i>	3:04.14 <i>638</i>	2874	Nationals – Christchurch	18/02/24
W60									
W65									

MWMA INDOOR CENTRE RECORDS – WOMEN

50m					
W30					
W35					
W40					
W45					
W50		Dale McMillan	8.13	Nationals - Auckland	11/08/2019
W55		Dale McMillan	8.20	Nationals – Hastings	16/08/2025
W60					
W65					
W70		Beryl McMillan	10.82	Nationals – Hastings	16/08/2025
W75		Francie Bayler	9.72	Nationals - Auckland	24/07/2016
W80					
W85					
60m					
W30					
W35					
W40					
W45					
W50					
W55		Dale McMillan	9.59	Nationals – Hastings	17/08/2025
W60					
W65					
W70		Beryl McMillan	13.02	Nationals – Hastings	17/08/2025
W75					
W80					
W85					
400m					
W30					
W35					
W40					
W45					
W50		Vanessa Hodge	1:04.12	WMA Indoors – Florida (USA)	24/03/2025
W55					
W60					
W65					

W70					
W75					
W80					
W85					
800m					
W30					
W35					
W40					
W45					
W50		Vanessa Hodge	2:31.24	WMA Indoors – Florida (USA)	30/03/2025
W55					
W60					
W65					
W70					
W75					
W80					
W85					
Long Jump					
W30					
W35					
W40					
W45					
W50					
W55		Dale McMillan	3.38	Nationals – Hastings	20/07/2024
W60					
W65					
W70					
W75		Francie Bayler	2.56	Nationals - Auckland	2016
W80					
W85					
Triple Jump					
W30					
W35					
W40					
W45					
W50					
W55					
W60					
W65					
W70					

W75		Francie Bayler	5.93	Nationals - Auckland	24/07/2016
W80					
W85					
Shot Put					
W30	4.00kg				
W35	4.00kg				
W40	4.00kg				
W45	4.00kg				
W50	3.00kg	Dale McMillan	8.03	Nationals - Auckland	10/08/2019
W55	3.00kg	Dale McMillan	9.04	Nationals – Hastings	21/07/2024
W60	3.00kg				
W65	3.00kg				
W70	3.00kg	Beryl McMillan	6.45	Nationals – Hastings	16/08/2025
W75	2.0kg				
W80	2.0kg				
W85	2.0kg				

NB. Electronic timing results required for sprint races. Hand timed results allowed for longer races.

(HT) = Hand Timed

(G) = Grass Track

* = Old Model Javelin

*Please note: These records have been prepared to the best of my knowledge and ability
It has proven to be a difficult task, to try and complete retrospectively and therefore there are bound to be omissions and inaccuracies. Please feel free to contact me if you have any corrections or further information to help fill in the blanks. Email: dalecmillan1967@gmail.com*

Archived Records (due to Age Factor or Implement Changes or Changes in Event Standards)					
Throws Pentathlon (pre 2010)					
W30		Carol McNie	2884	North Islands - Wanganui	1992
W35		Viv Hill	3382	Centre Champs - Wanganui	1996
W40		Heather Ward	1824		?
W45		Jill Evans	2782	Nationals - Dunedin	1997
W50		Jill Evans	3111	Nationals - Auckland	2000
W55		Jill Evans	3284	North Islands – Whangarei	2004
W60		Jill Evans	3389	North Islands – Palmerston Nth	2009
Javelin – (Redesigned in 1999)					
W30	600gm	Viv Hill	30.76	Nationals - Hastings (Pent)	1991
W35	600gm	Viv Hill	28.46	Nationals - Hamilton	1996

MWMA CENTRE RECORDS – MEN

60m - (Started in 2009)					
M30		Brayden Grant	7.35	Nationals - Hastings	29/02/2020
M35		Brayden Grant	7.31	PNAHC Club night - PN	12/01/2021
M40		Brayden Grant	7.70	Oceania's - Brisbane	09/09/2025
M45		Vern Collette	7.88	Colleena Blair - PN	2021
M50		Vern Collette	8.00	North Islands – Palmerston North	02/12/2023
M55		Brian Curry	8.55	Nationals - Whangarei	2018
M60		Laurie Malcolmson	8.19	Oceania's - Tahiti	2010
M65		Laurie Malcolmson	8.27	North Islands - Auckland	2015
M70		Laurie Malcolmson	8.70	Nationals - Hastings	29/02/2020
M75		Laurie Malcolmson	8.94	North Islands - Whangarei	30/11/2024
M80		Tony Tolhurst	10.96	Nationals - Invercargill	2014
M85					
100m					
M30		Brayden Grant	11.36	Potts Classic - Hastings	26/01/2019
M35		Laurie Malcolmson	11.36	Nationals - Wellington	1987
M40		Laurie Malcolmson	11.5 (HT)	NZ Masters Games – Dunedin	1994
M45		Laurie Malcolmson	11.20	Nationals - Invercargill	1995
M50		Laurie Malcolmson	11.74	NZ Multi (Decathlon) - Wanganui	2000
M55		Paul Sharland	12.81	Nationals - Dunedin	2005
M60		Laurie Malcolmson	12.67	Oceania's - Tahiti	2010
M65		Laurie Malcolmson	13.35	North Islands - Auckland	2015
M70		Laurie Malcolmson	13.96	Nationals - Christchurch	17/02/24
M75		Laurie Malcolmson	14.35	North Islands - Whangarei	30/11/2024
M80		A Harper	20.60	Centre Champs – Wanganui	1996
M85					
200m					
M30		Brayden Grant	22.76	Wellington Grand Prix-Masterton	13/01/2018
M35		Laurie Malcolmson	22.90	North Islands - Hamilton	1986
M40		Brayden Grant	23.45	North Island's – Tauranga	30/11/2025
M45		Laurie Malcolmson	23.29	Oceania's – Hastings	1998
M50		Laurie Malcolmson	24.25	Nationals - Auckland	2000
M55		Laurie Malcolmson	25.75	Nationals - Inglewood	2008
M60		Laurie Malcolmson	26.11	Oceania's - Tahiti	2010
M65		Laurie Malcolmson	27.76	Nationals - Tauranga	01/03/2015
M70		John MacFarlane	29.06	Oceania's - Geelong	2002
M75		Laurie Malcolmson	29.74	Taranaki Masters Games - Inglewood	16/03/2025
M80		A Harper	48.30	Centre Champs – Wanganui	1996
M85					

400m					
M30		Brayden Grant	49.17	Pacific Games - Samoa	17/07/2019
M35		Brayden Grant	50.16	Nationals - Inglewood	2021
M40		Brayden Grant	51.98	Winter T&F Series #3 - PN	24/08/2025
M45		Laurie Malcolmson	53.80	Centre Champs – Wanganui	1996
M50		Hayden Robinson	54.61	Nationals - Auckland	29/03/2025
M55		John McDowell	59.06	Nationals - Auckland	2000
M60		Laurie Malcolmson	1:02.60	Oceania's - Tahiti	2010
M65		Laurie Malcolmson	1:05.37	North Islands - Auckland	2015
M70		John Downey	1:07.82	WMA Champs - Brisbane	2001
M75					
M80		A Harper	1:42.03	Centre Champs – Wanganui	1996
M85					
800m					
M30		Brayden Grant	1:59.56	- Wanganui	28/02/2017
M35		Andrew Davenport	2:00.96	Oceania's – Christchurch	2006
M40		Andrew Davenport	2:03.25	Nationals - Tauranga	2009
M45		John McDowell	2:05.74	Oceania's – Auckland	1990
M50		Ian Carter	2:07.77		
M55		Ian Carter	2:13.14	WMA Champs - Riccione	2007
M60		Ian Carter	2:18.41	Oceania's - Tauranga	2012
M65		John Downey	2:27.04	Oceania's – Hastings	1998
M70		John Downey	2:27.94	WMA Champs - Brisbane	2001
M75					
M80		A Harper	4:50.00	Centre Champs – Wanganui	1996
M85					
1500m					
M30		Rob Dabb	4:44.89	Oceania's – Hastings	1998
M35		Andrew Davenport	4:10.48	Oceania's – Christchurch	2006
M40		Bill Kelly	4:12.64	Nationals - Wellington	1994
M45		James Conwell	4:19.35	North Islands – Tauranga	29/11/25
M50		Ian Carter	4:17.84	WMA Champs - Brisbane	2001
M55		Ian Carter	4:27.91	WMA Champs – Riccione	2007
M60		Ian Carter	4:47.36	North Islands - Wellington	2011
M65		John Downey	5:00.67	Nationals - Hamilton	1996
M70		John Downey	5:14.33	WMA Champs - Brisbane	2001
M75		Raymond Langmead	6:38.52	Nationals - Hamilton	2004
M80		Raymond Langmead	7:34.69	Nationals - Tauranga	2009
M85					

3000m					
M30					
M35					
M40					
M45		Andrew Davenport	9:31.55	North Islands - Hastings	2014
M50		Rob Dabb	11:15.73	North Islands - Palmerston North	2009
M55		Ian Carter	10:14.0	North Islands - Whakatane	2006
M60					
M65		Rob Henderson	16:26.05	North Islands - Palmerston North	2016
M70		Jeremy Griffiths	13:36.47	North Islands - Palmerston North	2009
M75		Jeremy Griffiths	15:19.73	North Islands - Auckland	2015
M80					
M85					
5000m					
M30					
M35		Rob Dabb	18:01.40	North Islands - Wellington	1998
M40		Colin Ward	16:50.60	Centre Champs – Wanganui	1997
M45		James Conwell	16:18.89	Central League Comp – Inglewood	01/11/2025
M50		Ian Carter	17:41.8	South Islands - Nelson	2003
M55		Ian Carter	17:38.0	North Islands - Whakatane	2006
M60		John Downey	19:07.7	Nationals - Wellington	1994
M65		John Downey	18:57.66	Oceania's – Hastings	1998
M70		John Eccles	20:29.00	Nationals - Hamilton	1996
M75		Raymond Langmead	24:22.25	Nationals - Hamilton	2004
M80		Raymond Langmead	27:06.76	Nationals - Tauranga	2009
M85					
3000m Track Walk					
M30					
M35		Andrus Lei	16:48.01	Nationals - Wanganui	2006
M40		Robert Radley	16:31.80	Nationals - Wanganui	1998
M45		D Gorrie	19:59.1	North Islands - Feilding	1993
M50		Ian Bailey	16:29.87	North Islands - Wellington	2005
M55		Ian Bailey	17:21.60	North Islands – Palmerston North	2009
M60		Brian Walker	20:54.8	North Islands - Palmerston North	2009
M65					
M70					
M75					
M80		A Harper	24:49.0	Centre Champs – Wanganui	1996

M85					
5000m Track Walk					
M30					
M35					
M40		Andrus Lei	25:48.54	North Islands – Palmerston North	2009
M45					
M50					
M55		Ian Bailey	30:17.33	North Islands – Palmerston North	2009
M60					
M65					
M70					
M75					
M80					
M85					
Steeplechase					
M30	3000m				
M35	3000m	Andrew Davenport	11:09.80	Oceania's – Christchurch	2006
M40	3000m	Andrew Davenport	10:41.97	WMA Champs – Riccione	2007
M45	3000m	Andrew Davenport	11:27.43	North Islands - Palmerston North	2016
M50	3000m	Rob Dabb	12:09.06	Oceania's - Tauranga	2012
M55	3000m	Ian Carter	11:13.14	WMA Champs – Riccione	2007
M60	2000m	John Downey	7:53.90	Nationals - Wellington	1994
M65	2000m	John Downey	7:47.95	Oceania's – Hastings	1998
M70	2000m	John Downey	8:03.47	WMA Champs – Brisbane	2001
M75	2000m				
M80	2000m				
M85	2000m				
Short Hurdles					
M30	110m				
M35	110m				
M40	110m				
M45	110m				
M50	100m	Laurie Malcolmson	17.89	NZ Multi (Decathlon) - Wanganui	2000
M55	100m				
M60	100m	Laurie Malcolmson	18.19	Nationals - Christchurch	2010
M65	100m	Laurie Malcolmson	18.75	Nationals - Dunedin	27/02/2016
M70	80m	Laurie Malcolmson	15.75	Nationals - Hastings	29/02/2020
M75	80m	Allan Roberts	18.82	PN Club-night?	2007?

M80	80m				
M85	80m				
Long Hurdles					
M30	400m				
M35	400m	Jeremy Hill	59.46	North Islands - Wellington	1998
M40	400m	Jeremy Hill	1:05.08	Nationals - Hamilton	2004
M45	400m	Andrew Davenport	1:09.63	North Islands - Palmerston North	2016
M50	400m	Andrew Davenport	1:03.31	WMG - Auckland	2017
M55	400m				
M60	300m	Laurie Malcolmson	46.89	Nationals - Christchurch	2010
M65	300m	Laurie Malcolmson	49.06	Nationals - Nelson	05/03/2017
M70	300m	Laurie Malcolmson	57.70	North Islands - Palmerston North	02/12/2023
M75	300m	Laurie Malcolmson	57.99	Summer Pentathlon - PN	16/02/2025
M80	200m				
M85	200m				
Long Jump					
M30		Rob Dabb	5.39	Oceania's – Hastings	1998
M35		Laurie Malcolmson	6.06	Nationals - Wellington	1987
M40		Brian Baxter	5.26	Centre Champs – Wanganui	1997
M45		Laurie Malcolmson	5.63	NZ Multi (Decathlon) - Wanganui	1995
M50		Laurie Malcolmson	5.08	NZ Multi (Decathlon) - Wanganui	2000
M55		Ross McBeth	4.51	Nationals - Wellington	2002
M60		Ross McBeth	4.37	Nationals - Tauranga	2009
M65		Mike Shepherd	4.15	Nationals - Tauranga	2009
M70		Tony Tolhurst	4.06	North Islands - Hastings	2003
M75		Tony Tolhurst	3.39	Nationals - Tauranga	2009
M75		Laurie Malcolmson	3.39	North Islands - Tauranga	30/11/25
M80		Mike Shepherd	2.18	Spring Pentathlon #1 - PN	03/11/2024
M85					
High Jump					
M30					
M35		Brian Curry	1.60	Nationals - Hastings	2001
M40		Brian Curry	1.65	Nationals - Wellington	2002
M45		Brian Curry	1.68	North Islands - Inglewood	2007
M50		Brian Curry	1.65	Oceania's - Tauranga	2012
M55		Brian Curry	1.66	Oceania's - Dunedin	22/01/2018
M60		Brian Curry	1.48	Nationals - Auckland	29/03/2025
M65		Mike Shepherd	1.24	Nationals - Tauranga	2009
M70		John McFarlane	1.21	Nationals - Wellington	2002

M75		Mike Shepherd	1.08	Nationals - Inglewood	2021
M80		Mike Shepherd	1.05	NZMG - Wanganui	05/02/2023
M85					
Triple Jump					
M30					
M35		Laurie Malcolmson	11.55	Nationals - Auckland	1986
M40		Laurie Malcolmson	11.30	Nationals - Auckland	1993
M45		Paul Sharland	10.61	Nationals - Wanganui	1998
M50		Ross McBeth	10.04	Nationals - Wanganui	1998
M55		R McBeth / L Malcolmson	9.46	Nationals – Invercargill /	2003/
M60		Ross McBeth	9.41	Nationals - Tauranga	2009
M65		Mike Shepherd	8.82		
M70		John MacFarlane	8.63	Nationals – Wellington	2002
M75		J Mowatt-Wilson	7.45	North Islands - Tauranga	1991
M80		Tony Tolhurst	6.44	Nationals - Invercargill	2014
M85					
Pole Vault					
M30					
M35					
M40		Brian Curry	2.80	North Islands – Palmerston North	2002
M45		Brian Curry	2.80	Nationals - Inglewood	2008
M50		Brian Curry	2.70	Nationals – Wellington	2013
M55		Brian Curry	2.65	Nationals - Inglewood	2021
M60		Brian Curry	2.40	Nationals - Christchurch	16/02/2024
M65		Ivan Stevenson	1.50	North Islands – Wellington	1998
M70					
M75					
M80					
M85					
Hammer Throw					
M30	7.26kg	Callum McConachy	37.05	North Islands - Palmerston North	2016
M35	7.26kg	G McNie	43.30	Nationals - Christchurch	1992
M40	7.26kg	G McNie	42.36	Centre Champs – Wanganui	1997
M45	7.26kg	Cam Murch	29.76	Nationals - Hamilton	1996
M50	6.00kg	Laurie Devlin	48.46		
M55	6.00kg	Laurie Devlin	45.10	North Islands - Tauranga	1991
M60	5.00kg	Laurie Devlin	50.82	WMA - South Africa	1997
M65	5.00kg	Laurie Devlin	46.53	WMA Champs – Brisbane	2001

M70	4.00kg	Laurie Devlin	44.54	Oceania's – Christchurch	2006
M75	4.00kg	Laurie Malcolmson	27.16	Spring Pentathlon #1 – PN	28/09/2025
M80	3.00kg	Mike Shepherd	26.80	North Islands – Whangarei (Pent)	01/12/2024
M85	3.00kg	Barry Krebs	20.47	Masters Games – Wanganui	08/02/2021
M90	3.00kg	Jim Blair	16.94	Oceania Throws Postal Pent - Dunedin	11/10/2025
Shot Put					
M30	7.26kg	Callum McConachy	11.09	North Islands - Palmerston North	2016
M35	7.26kg	G McNie	10.40	Nationals – Wellington	1994
M40	7.26kg	G McNie	10.67	Centre Champs – Wanganui	1997
M45	7.26kg	Cam Murch	9.84		
M50	6.00kg	Bo Cox	12.17	Nationals – Wanganui	1998
M55	6.00kg	Bo Cox	11.50	Nationals – Wellington	2002
M60	5.00kg	Bo Cox	11.73	North Islands - Whakatane (Pent)	2006
M65	5.00kg	Laurie Devlin	10.74	Oceania's – Geelong Australia	2002
M70	4.00kg	Laurie Devlin	10.55	Oceania's – Christchurch	2006
M75	4.00kg	Mike Shepherd	8.28	Nationals - Whangarei	2018
M80	3.00kg	Mike Shepherd	8.50	North Island's – Masterton (Pent)	15/01/2023
M85	3.00kg	Barry Krebs	6.40	Throws Pentathlon – PN	07/11/2021
M90	3.00kg	Jim Blair	6.59	Oceania Cup - Tonga	30/10/2025
Discus					
M30	2.0kg	Callum McConachy	31.77	North Islands - Palmerston North	2016
M35	2.0kg	Stephen Weeks	30.27	Nationals – Wellington	2002
M40	2.0kg	Cam Murch	35.70	Nationals – Auckland	1993
M45	2.0kg	Cam Murch	35.80	Nationals – Hamilton	1996
M50	1.5kg	Cam Murch	36.79	Nationals – Christchurch	1999
M55	1.5kg	Bo Cox	31.69	Nationals - Hastings	2001
M60	1.0kg	Laurie Devlin	36.84	WMA – South Africa	1997
M65	1.0kg	Laurie Devlin	35.02	Oceania's – Geelong Australia	2002
M70	1.0kg	Laurie Devlin	30.10	Oceania's – Christchurch	2006
M75	1.0kg	J Mowatt-Wilson	31.12	North Islands – Tauranga	1991
M80	1.0kg	Mike Shepherd	23.35	North Island's – Masterton (Pent)	15/01/2023
M85	1.0kg	Barry Krebs	14.51	Colleena Blair - Palmerston Nth	2021
M90	1.0kg	Jim Blair	14.61	North Island's - Tauranga	30/11/2025
Javelin – (Redesigned in ?)					
M30	800gm	Callum McConachy	36.80	North Islands - Palmerston North	2016
M35	800gm	Laurie Malcolmson	45.06*	Nationals – Wellington	1987
M40	800gm	Laurie Malcolmson	47.84*	Nationals – Wellington	1994
M45	800gm	Cam Murch	48.68*	Nationals – Hamilton	1996
M50	700gm	Laurie Malcolmson	47.81	North Islands – Inglewood	2000
M55	700gm	Laurie Malcolmson	43.21	Nationals - Inglewood	2008

M60	600gm	Laurie Malcolmson	46.53	Oceania's - Tahiti	2010
M65	600gm	Laurie Malcolmson	40.11	North Islands - Hastings	2014
M70	500gm	Laurie Malcolmson	35.00	Nationals - Inglewood	2021
M75	500gm	Laurie Malcolmson	39.21	NZ Masters Games – Whanganui	02/02/2025
M80	400gm	Mike Shepherd	20.92	North Island's – Masterton (Pent)	15/01/2023
M85	400gm	Barry Krebs	18.40	Nationals - Inglewood	2021
M90	400gm	Jim Blair	16.39	North Island's - Tauranga	29/11/2025
Weight Throw – (Introduced as a separate event in 2002)					
M30	15.88kg	Callum McConachy	10.88	North Islands - Palmerston North	2016
M35	15.88kg	G McNie	12.00		
M40	15.88kg	Stephen Weeks	8.65	Nationals – Wellington	2006
M45	15.88kg	Cam Murch	10.06	Postal Weight Pentathlon	1996
M50	11.34kg	Richard Takarua	14.17	North Islands - Wellington	2018
M55	11.34kg	Laurie Devlin	15.54		1994
M60	9.08kg	Laurie Devlin	17.06		2001
M65	9.08kg	Laurie Devlin	17.09	Nationals – Wellington	2002
M70	7.26kg	Laurie Devlin	18.06	Oceania's – Christchurch	2006
M75	7.26kg	Laurie Malcolmson	13.38	Taranaki Masters Games –Inglewood	16/03/2025
M80	5.45kg	Mike Shepherd	10.36	Nationals – Christchurch	16/02/2024
M85	5.45kg	Barry Krebs	8.46	Nationals - Inglewood	2021
M90	5.45kg	Jim Blair	7.45	Spring Pentathlon #3 - PN	16/11/2025
Throws Pentathlon – Total Points (Updated using 2023 Age Factors) – Refer to Appendix A for Individual events					
M30		Callum McConachy	2478 *		?
M35					
M40					
M45					
M50					
M55					
M60		Brian Curry	2476	Oceania Throws Pentathlon – PN	06/10/2024
M65					
M70					
M75		Laurie Malcolmson	2894	Oceania Throws Pentathlon – PN	28/09/2025
M80		Mike Shepherd	2500	North Island's – Masterton	15/01/2023
M85		Barry Krebs	2040	Throws Pentathlon – PN	07/11/2021
M90		Jim Blair	2276	North Island's - Tauranga	30/11/2025
Track Pentathlon – Total Points (Updated using 2023 Age Factors) – Refer to Appendix B for Individual events					
M30		Mark Searle	1804	North Island's – Masterton	15/01/2023
M35					
M40					
M45					
M50		Brian Curry	2553	Nationals - Wellington	2013

M55		Brian Curry	2251	North Islands - Inglewood	2017
M60					
M65					
M70					
M75		Laurie Malcolmson	2286	North Island's - Tauranga	30/11/2025
M80					
M85					
10000m					
M30					
M35					
M40		Don Humphrey	34:10.00	NZ Road Champs – Wanganui	1998
M45		Jim Sheridan	34:34.00	Centre Road Champs	1996
M50		Dale White	34:07.00	National Road Champs - Wellington	1993
M55		Dale White	34:41.00	National Road Champs - Auckland	1995
M60		John Downey	37:23.20	North Islands - Wanganui	1992
M65		John Downey	40:36.24	Nationals - Wanganui	1998
M70		John Eccles	43:23.77	Nationals - Hamilton	1996
M75		Raymond Langmead	49:29.44	Nationals - Hamilton	2004
M80					
M85					
10000m Walk (Track / Road)					
M30					
M35					
M40		Robert Radley	55:10	Nationals - Wanganui	1998
M45		D Gorrie	1:09.45	North Islands – Feilding	1993
M50		Ian Bailey	1:00.20	Nationals – Wanganui	2006
M55		Darol Pointon	1:15.22	Nationals - Wanganui	1998
M60		D Young	1:09.10	North Islands – Feilding	1993
M65					
M70					
M75					
M80					
M85					

Appendix A – Throws Pentathlon Records / Individual Performances:

		HT	SP	DT	JT	WT	Total	Venue	Date
M30	Callum McConachy						2478*		?
M60	Brian Curry	28.20 425	9.24 565	32.11 484	28.19 421	12.22 581	2476	Oceania Throws Pentathlon – PN	06/10/24
M75	Laurie Malcolmson	27.16 524	7.67 548	23.18 476	30.68 654	12.69 692	2894	Oceania Throws Pentathlon – PN	28/09/25
M80	Mike Shepherd	23.27 429	8.50 594	23.35 569	20.92 420	10.11 488	2500	North Island's - Masterton	15/01/23
M85	Barry Krebs	19.23 412	6.40 487	12.24 303	17.75 424	7.72 412	2040	Throws Pentathlon – PN	07/11/21
M90	Jim Blair	16.94 448	5.67 496	13.95 460	13.32 384	6.87 439	2227	Oceania Throws Postal Pentathlon – Dunedin	11/10/25

* Total Points Adjusted by average % of 82.595

Appendix B – Track Pentathlon Records / Individual Performances:

		LJ	JT	200m	DT	1500m	Total	Venue	Date
M30	Mark Searle	4.40 273	30.79 310	28.43 348	19.25 258	4:50.64 615	1804	North Island's – Masterton	15/01/23
M50	Brian Curry						2508*	Nationals – Wellington	2013
M55	Brian Curry	4.21 479	31.52 476	29.13 603	22.83 364	6:55.11 289	2211	North Island's – Inglewood	2017
M75	Laurie Malcolmson	3.39	34.68	35.12	22.93	10:27.29	2286	North Island's - Tauranga	30/11/25

* Total Points Adjusted by average % of 98.22

MWMA INDOOR CENTRE RECORDS – MEN

50m					
M30					
M35					
M40					
M45					
M50					
M55					
M60					
M65					
M70		Laurie Malcolmson	7.77	Nationals – Hastings	20/07/2024
M75					
M80					
M85					
60m					
M30					
M35					
M40					
M45					
M50					
M55					
M60					
M65					
M70		Laurie Malcolmson	9.08	Nationals – Hastings	21/07/2024
M75					
M80					
M85					
M85					
Long Jump					

M30					
M35					
M40					
M45					
M50					
M55					
M60					
M65					
M70					
M75					
M80					
M85					
Triple Jump					
M30					
M35					
M40					
M45					
M50					
M55					
M60					
M65					
M70					
M75					
M80					
M85					
Shot Put					
M30	7.26kg				
M35	7.26kg				
M40	7.26kg				
M45	7.26kg				
M50	6.00kg				
M55	6.00kg				
M60	5.00kg				
M65	5.00kg				
M70	4.00kg				
M75	4.00kg				
M80	3.00kg	Mike Shepherd	7.87	Nationals – Hastings	21/07/24
M85	3.00kg				

NB. Electronic timing results required for sprint races. Hand timed results allowed for longer races.

(HT) = Hand Timed

(G) = Grass Track

* = Old Model Javelin

*Please note: These records have been prepared to the best of my knowledge and ability
It has proven to be a difficult task, to try and complete retrospectively and therefore there are bound to be omissions and inaccuracies. Please feel free to contact me if you have any corrections or further information to help fill in the blanks.*

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Archived Records (due to Age Factor or Implement Changes or Changes in Event Standards)					
Throws Pentathlon (pre 2010)					
M30					
M35		G McNie	2548	National Weight Pentathlon	1994
M40		Stephen Weeks	1785	Nationals – Wanganui	2006
M45		Cam Murch	2997	Nationals – Hamilton	1996
M50		Cam Murch	3083	Nationals – Christchurch	1999
M55		Laurie Devlin	3746		?
M60		Laurie Devlin	3814		?
M65		Laurie Devlin	4148	WMA Champs – Brisbane	2001
M70		Laurie Devlin	3681	Nationals – Wanganui	2006

Track Pentathlon (pre 2010)					
M35		Brian Curry	1923	Nationals – Hastings	2001
M40		Laurie Malcolmson	2606	Nationals - Christchurch	1992
M45		Laurie Malcolmson	2763	Nationals - Christchurch	1999
M70		John MacFarlane	3008	Nationals - Wellington	2002