

Appendix B – NZMA Women’s National & Championship Combined Event Information: (Updated 08 Feb 2026)

This appendix is to record individual event performances for combined events so that if age factors change, a new points total can be calculated. This will avoid having to archive records in the future. However, if implement specification change records will be archived.

In compiling this table & up-dating the records, every effort was made to local the best performances. Some point totals will vary from the original points scored, due to recent age factor changes (January 2023).

However, if you still believe a performance has been over-looked, please send a copy of the meeting results, (including individual event performances) to Andrew Stark (aws@xtra.co.nz) for checking.

To help complete the task, can you supply individual event details for the records highlight in yellow?

These point totals are subject to change once the new age factors are applied.

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

NZMA National Throws Pentathlon Records / Individual Event Performances:

Updated using 2023 Age Factors

Women	HT	SP	DT	JT	WT	Total	Date	Venue
W30 A Lynch [CAN]	40.34	9.15	34.22	21.33	11.55		19/09/2016	Christchurch
Points:	562	474	543	314	499	2392		
W35 D McCaw	46.77	9.96	31.91	23.43	13.54		6/08/2015	Lyon, France
Points:	715	550	499	363	628	2755		
W40 A Lynch [CAN]	36.96	8.66	30.99	23.45	11.25		25/01/2026	Nelson
Points:	605	507	524	410	566	2612		
W45 C McCahill [WBP]	38.89	10.20	32.72	22.58	14.38		05/04/2010	Christchurch
Points:	720	681	625	443	809	3278		
W50 R Bates [OTG]	40.80	12.81	34.58	23.63	13.57		26/10/2016	Dunedin
Points:	722	828	748	475	715	3488		
W55 B Davis [WBP]	36.99	9.77	25.67	19.41	12.23		30/11/2024	Whangarei
Points:	795	665	590	426	704	3111		
W60 C McCahill [WBP]	32.58	9.11	22.27	16.73	14.44		30/11/2025	Tauranga
Points:	711	682	564	407	781	3145		
W65* B Savage [WBP]	28.24	8.15	21.50	12.97	11.49		01/03/2015	Tauranga
Points:	688	672	618	344	677	2999		
W70* B Austin [NTH]	25.29	8.37	16.74	16.00	10.17		01/03/2015	Tauranga
Points:	699	789	528	515	671	3202		
W75 A Parlane [WBP]	26.50	7.25	21.73	13.67	10.23		18/02/2024	Christchurch
Points:	629	600	710	437	630	3006		
W80 G Watts [CAN]	25.61	6.72	18.55	11.81	8.59		13/03/2021	Christchurch
Points:	722	642	698	436	607	3105		
W85 C Maloney [CAN]	17.80	3.95	10.13	6.83	7.47		27/01/2025	Christchurch
Points:	575	399	410	269	624	2277		
W90 P Purser [WBP]	12.92	3.92	10.00	6.70	4.55		**Oct 2013	Tauranga
Points:	498	492	509	333	434	2266		

**Oceania Throws Pentathlon Challenge held annually during September / October

NZMA Championship Throws Pentathlon Records / Individual Event Performances:

Updated using 2023 Age Factors

Women		HT	SP	DT	JT	WT	Total	Date	Venue
W30	A Lynch [CAN]	40.27	8.79	33.43	21.11	11.92		01/03/2020	Hastings
	Points:	561	451	528	310	518	2368		
W35	A Lynch [CAN]	41.72	9.65	36.89	22.36	12.52		28/02/2021	Inglewood
	Points:	625	529	594	343	572	2663		
W40	K Blackwood [OTG]	32.46	8.28	30.60	30.55	9.60		28/02/2016	Dunedin
	Points:	518	480	516	562	456	2532		
W45	C McCahill [WBP]	38.89	10.20	32.72	22.58	14.38		05/04/2010	Christchurch
	Points:	720	681	625	443	809	3278		
W50	R Bates [OTG]	40.02	11.57	28.48	17.78	11.41		28/02/2016	Dunedin
	Points:	706	734	594	335	584	2953		
W55	T Hodges [WBP]	24.44	9.83	25.46	18.20	11.46		01/03/2020	Hastings
	Points:	442	670	584	394	652	2742		
W60*	A Newall [OTA]	24.80	7.36	16.40	18.26	9.60		04/12/2022	Wellington
	Points:	514	527	388	452	483	2364		
W65*	B Savage [WBP]	28.24	8.15	21.50	12.97	11.49		01/03/2015	Tauranga
	Points:	688	672	618	344	677	2999		
W70*	B Austin [NTH]	25.29	8.37	16.74	16.00	10.17		01/03/2015	Tauranga
	Points:	699	789	528	515	671	3202		
W75	A Parlane [WBP]	26.50	7.25	21.73	13.67	10.23		18/02/2024	Christchurch
	Points:	629	600	710	437	630	3006		
W80	G Watts [CAN]	25.65	7.29	17.24	10.62	8.33		28/02/2021	Inglewood
	Points:	723	707	640	383	585	3038		
W85	P Purser [WBP]	13.53	4.04	9.56	6.68	4.54		05/03/2012	Auckland
	Points:	411	410	381	261	339	1802		
W90	P Purser [WBP]	11.77	3.79	8.17	7.01	4.61		03/03/2014	Invercargill
	Points:	444	472	397	352	441	2106		

NOTE: All points decreased by an average of 83.17%. Therefore, the W75 (3842 points) has been recalculated as **3196** points.

NZMA National Track Pentathlon Records / Individual Event Performances:

Updated using 2023 Age Factors

Women		100m	SP	LJ	JT	800m	Total	Date	Venue
W30									
	Points:								
W35	H Dinnissen [CAN]	13.24 (+0.3)	10.09	5.40 (+0.9)	26.68	2:33.44		22/01/2023	Christchurch
	Points:	726	560	720	426	664	3096		
W40	J Jones [TAS]	13.33 (+1.9)	6.91	4.29 (+0.9)	10.46	2:46.30		04/12/22	Wellington
	Points:	755	381	472	139	584	2331		
W45	C Wills [OTA]	14.68 (-0.3)	9.42	4.00 (-0.6)	28.49	3:09.00		25/01/2018	Dunedin
	Points:	626	619	456	583	426	2710		
W50	L Osmer [CAN]	15.32 (+2.0)	10.15	4.12 (+0.7)	30.09	3:45.95		03/03/2014	Invercargill
	Points:	617	627	567	630	208	2649		
W55	D McMillian [MWG]	15.53 (-1.2)	8.55	3.48 (1.0)	24.57	3:03.14		18/02/2024	Christchurch
	Points:	675	566	431	654	638	2874		
W60*	C Giles [OTG]	16.00	7.91	3.47	14.75	3:20.10		28/01/2017	Dunedin
	Points:	699	575	503	349	562	2688		

W65*	A Hermans [WBP]	16.77	7.62	2.90	12.59	3:27.45		10/09/2025	Brisbane
	Points:	688	585	371	331	588	2563		
W70	T Ashe [AKL]	18.29 (0.8)	6.74	3.14 (1.5)	14.61	4:07.05		13/04/2023	Sydney
	Points:	589	608	543	462	372	2574		
W75	J Hammond [WLG]	18.41	6.48	2.93	12.64	4:40.08		25/11/2012	Hamilton
	Points:	670	523	546	398	263	2400		
W80	J Hammond [WLG]	19.98	5.82	2.58	11.17	5:31.21		26/11/2017	Inglewood
	Points:	593	539	498	407	134	2171		
W85	C van der Veecken [NTH]	26.89 (-0.0)	4.93	1.78 (-0.5)	8.25	6:00.89		25/01/2018	Dunedin
	Points:	152	528	239	342	153	1414		

NZMA Championship Track Pentathlon Records / Individual Event Performances:

Updated using 2023 Age Factors

Women	100m	SP	LJ	JT	800m	Total	Date	Venue	
W30									
	Points:								
W35	J Jones [TAS]	13.60 (-0.5)	6.64	3.91 (-1.0)	16.35	2:39.97		01/03/2020	Hastings
	Points:	666	327	315	228	586	2122		
W40	J Jones [TAS]	13.33 (1.9)	6.91	4.29	10.46	2:46.30		04/12/2022	
	Points:	755	381	472	139	584	2331		
W45	C Wills [OTG]	15.02 (-2.2)	9.36	4.00 (-1.2)	28.50	3:04.97		03/03/2019	Timaru
	Points:	575	614	456	583	463	2691		
W50	L Osmer [CAN]	15.32 (+2.0)	10.15	4.12 (+0.7)	30.09	3:45.95		03/03/2014	Invercargill
	Points:	617	627	567	630	208	2649		
W55	D McMillian [MWG]	15.53 (-1.2)	8.55	3.48 (1.0)	24.57	3:03.14		18/02/2024	Christchurch
	Points:	675	566	431	654	638	2874		
W60*	T Ashe [AKL]	16.96 (-2.1)	7.65	3.19 (+0.3)	17.75	3:27.83		01/03/2015	Tauranga
	Points:	570	552	403	437	493	2455		
W65*	N Bowmar [NTH]	18.37 (-4.6)	6.67	3.25 (+4.4)	12.81	3:40.52		05/03/2017	Nelson
	Points:	489	527	500	338	477	2331		
W70*	T Ashe [AKL]	18.65 (+1.1)	6.53	2.78 (+0.02)	15.08	4:11.25		04/12/2022	Wellington
	Points:	547	586	398	480	344	2355		
W75	J Hammond [WLG]	18.98 (-1.9)	5.73	2.75 (+0.5)	12.23	5:10.86		01/03/2015	Tauranga
	Points:	602	448	466	382	121	2019		
W80	C Van der Veecken [NTH]	23.25	5.19	2.25	9.65	4:56.45		05/03/2012	Auckland
	Points:	286	467	345	340	56	1494		
W85	C Van der Veecken [NTH]	25.26 (-0.6)	5.22	1.27 (-0.0)	8.03	5:52.18		04/03/2018	Whangarei
	Points:	255	566	50	331	185	1387		
W90									
	Points:								

NOTE: All points decreased by an average of 83.17%. Therefore, the W55 (2878 points) has been recalculated as **2394** points.

Women's NZMA Non Track & Field Championship Records - Updated using 2023 Age Factors
Heptathlon Records / Individual Event Performances: (post May 2010 for all, except W60-W70 javelin 500gms, i.e. post January 2014)

	SHurd	HJ	SP	200m	LJ	JT	800m	Total	
W30									
	<i>Points:</i>								
W35									
	<i>Points:</i>								
W40	A Beamish-White [HBG] (Auckland, 28/04/2017)	16.06	1.25	6.82	29.41	4.02	17.97	2:58.26	
	<i>Points:</i>	462	439	374	570	398	294	459	2996
W45	C Wills [OTG] (Christchurch, 17/02/2019)	15.11	1.38	9.05	30.91	3.98	27.35	3:11.92	
	<i>Points:</i>	645	678	589	548	451	556	399	3866
W50									
	<i>Points:</i>								
W55	J Hayman [AKL] (Auckland, 28/04/2017)	17.71	1.14	7.30	30.13	3.65	18.81	4:05.97	
	<i>Points:</i>	483	523	465	785	487	410	153	3306
W60	G Kirkman [STH] (*400gm javelin) (Porto Alegre, 12/10/2013)	15.50	1.30	7.40	31.17	3.86	*12.61	2:42.70	
	<i>Points:</i>	822	842	530	806	651	286	952	4889
W65	G Kirkman [STH] (Dunedin, 21/01/2018)	15.71 (+0.6)	1.24	7.45	31.59 (+1.8)	3.37 (-0.5)	11.36	2:51.08	
	<i>Points:</i>	882	855	603	876	548	290	951	5005
W70	M Croke [NTH] (Malaga, 05/09/2018)	19.86	1.05	5.70	38.59	3.03	11.71	4:22.71	
	<i>Points:</i>	530	632	495	531	498	353	273	3312
W75	J Hammond [WLG] (Rarotonga, 6/10/2015)	DNF	0.99	6.10	42.07	2.60	11.65	4:52.50	
	<i>Points:</i>	0	621	485	450	403	360	200	2519
W80	J Hammond [WLG] (Dunedin, 21/01/2018)	DNF	0.97	5.77	43.48 (+1.8)	2.53 (-0.7)	11.42	5:07.55	
	<i>Points:</i>	0	678	533	489	474	419	235	2828