

Wellington Masters Records to 1 March 26

Combined Records 32 Pages

Wellington Women's Masters Records to 1 March 26

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Version Control

Original Version from Website PDF	07-May-2023
Version 1 with Updates	25-Jan-2025
Version 2 with Updates	01-Mar-2026

Changes in Version 2

Updated Records in this Version shown as	Date of Record
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Event	Grade	Recommendation	Name	Club	Result	Wind	Location	Date
Mile	W65	Existing Record	Michele Allison	Scottish	6m 46.87s		Newtown Park	19-Dec-20
Mile	W65	New Record	Betty Harp	Scottish	6m 43.12s		Newtown Park	19-Dec-25
Mile	W65		Betty Harp	Scottish	6m 45.75s		Saxton Field, Stoke	24-Jan-26
Marathon	W65	Existing Record	Michele Allison	Scottish	3h 47m 05s		Rotorua	8-May-21
Marathon	W65	New Record	Betty Harp	Scottish	3h 45m 50s		Rotorua	3-May-25
Mile	W45	Existing Record	H Matthews	Auckland	5m 2.31s			1991
Mile	W45	Existing Record	Anne Hare	Scottish	5m 38.34s		Newtown Park	21-Dec-13
Mile	W45		Tamara Winkler	Wellington Harriers	5m 11.34s		Newtown Park	19-Dec-25
Mile	W45	New Record	Tamara Winkler	Wellington Harriers	5m 2.90s		Cooks Gardens	24-Jan-26
800m	W45	Existing Record	S Gibbs	WBP	2m 19.72s			2010
800m	W45	Existing Record	Anne Hare	Scottish	2m 23.72s		Palmerston North	28-Nov-09
800m	W45	New Record	Tamara Winkler	Wellington Harriers	2m 18.16s		Newtown Park	1-Feb-26
800m	W45	NZ Record	Tamara Winkler	Wellington Harriers	2m 18.16s		Newtown Park	1-Feb-26
3000m	W70	No Record	no record					
3000m	W70	New Record	Michele Allison	Scottish	13m 48.81s		Saxton Field, Stoke	24-Jan-26
5000m	W70	Existing Record	Betty Meyers		33m 32.00s		Hamilton	1996
5000m	W70	New Record	Michele Allison	Scottish	23m19.99s		Saxton Field, Stoke	24-Jan-26
2000m SC	W50	Existing Record						
0.762m/30"	W50	Existing Record	Michelle Van Looy	Olympic	9m 11m 24s		Newtown Park	9-Nov-24
2000m SC	W50	New Record						
0.762m/30"	W50	New Record	Katie Jenkins	Olympic	8m 01.61s		Newtown Park	22-Feb-26
Half Marathon	W35	New Record	Sarah Drought	Wellington Harriers	1h 13.41s		Christchurch	21-Apr-23
Half Marathon	W65	New Record	Betty Harp	Scottish	1h 37.25s		Wellington	29-Jun-25

Wellington Women's Masters Records to 1 March 26

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5	Distance	5000m
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5	Distance	Half Marathon (Best Performances)
5	Distance	Marathon (Best Performances)
6	Steeplechase	2000m SC
7	Short Hurdles	80mH (7m between hurdles)
7	Short Hurdles	100mH
7	Short Hurdles	110mH
7	Long Hurdles	200mH
7	Long Hurdles	300mH
7	Long Hurdles	400mH
8	Walks	1500mW
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9	Walks	10km Road Walk (Best Performances)
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13	Combined Events	Pentathlon (International Men: Long, Javelin, 200m, Discus, 1500m)
13	Combined Events	Decathlon (100m, Long, Shot, High, 400m, Short Hurdles, Discus, Pole Vault, Javelin, 1500m)
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15	Archived Records no longer maintained	<i>Retired implements or non-standard distances and W30</i>
15	Archived Records no longer maintained	100m
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15	Archived Records no longer maintained	Marathon
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15	Archived Records no longer maintained	Discus
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16	Archived Records no longer maintained	Weight Pentathlon (Hammer, Shot, Discus, Javelin, Weight)
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16	Archived Records no longer maintained	Pentathlon (NZ Women: 200m, Long, Shot, Javelin [old weight 4.0kg], 800m)
16	Archived Records no longer maintained	Weight Pentathlon (Hammer, Shot, Discus, Javelin [old weight 4.0kg or pre-1999 model], Weight)
16	Archived Records no longer maintained	Heptathlon (Short Hurdles, High, Shot, 200m, Long, Javelin [old weight 4.0kg], 800m)

Wellington Women's Masters Records to 1 March 26

Women

Event	Grade	Name	Club	Result	Wind	Location	Date
Sprints							

60m

W35	Vanessa Story	Wellington Masters	8.60s			Nelson	1-Dec-12
W40	Vanessa Story	Wellington Masters	8.43s	-1.1		Otago	27-Feb-16
W45	Petra Stoeveken	Wellington Masters	8.82s	1.2		Newton Park	14-Feb-15
W50	Petra Stoeveken	Wellington Masters	8.76s	-1.4		Otago	27-Feb-16
W55	Petra Stoeveken	Wellington Masters	9.18s	-0.9		Newtown Park	12-Feb-22
W60	Veronica Gould	Wellington Masters	9.40s			Newtown Park	9-Mar-13
W65	Veronica Gould	Wellington Masters	9.66s	0.9		Newtown Park	24-Mar-18
W70	Veronica Gould	Wellington Masters	9.82s	0.8		Hastings	29-Feb-20
W75	Judy Hammond	Wellington Masters	11.01s	1.1		Hamilton	23-Nov-12
W80	Judy Hammond	Wellington Masters	11.86s	-0.3		Dunedin	22-Jan-18

100m

W35	Penny Hunt		12.70s			Wellington	1984
W40	Penny Hunt		13.20s			Christchurch	1992
W45	Penny Hunt		13.56s			Auckland	1993
W50	Petra Stoeveken	Wellington Masters	13.76s	-0.1		Dunedin	27-Feb-16
W55	Veronica Gould	Wellington Harriers	14.10s	-1.2		Newtown Park	26-Jan-08
W60	Colleena Blair	Wellington Masters	14.90s				
W65	Veronica Gould	Wellington Masters	15.20s			Newtown Park	12-Oct-13
W70	Veronica Gould	Wellington Masters	16.06s	1.2		Newtown Park	25-Jan-20
W75	Judy Hammond	Wellington Masters	18.41s	-1.2		Hamilton	23-Nov-12
W80	Judy Hammond	Wellington Masters	19.98s	0.16		Inglewood	26-Nov-17

200m

W35	Penny Hunt		26.36s				
W40	Vanessa Story	Wellington Masters	27.21s	-0.3		Otago	28-Feb-16
W45	Penny Hunt		27.54s			Auckland	1993
W50	Petra Stoeveken	Kiwi Athletic	29.18s	-0.6		Newtown Park	15-Dec-18
W55	Veronica Gould	Wellington Harriers	30.26s				
W60	Judy Hammond	Kapiti	31.90s				
W65	Veronica Gould	Wellington Masters	33.09s	0.0		Newtown Park	19-Feb-17
W70	Veronica Gould	Wellington Masters	34.73s	1.5		Newtown Park	25-Jan-20
W75	Judy Hammond	Wellington Masters	41.53s			Darwin	10-Jun-17
W80	Judy Hammond	Wellington Masters	43.48s	1.8		Dunedin	20-Jan-18

400m

W35	Pam Graham	Scottish	64.87s				
W40	Vanessa Story	Wellington Masters	60.35s			Newtown Park	19-Nov-16
W45	Vanessa Story	Wellington Masters	65.87s			Hastings	28-Feb-20
W50	Petra Stoeveken	Kiwi Athletic	69.15s			Newtown Park	23-Nov-18
W55	Judy Hammond	Kapiti	73.90s				
W60	Judy Hammond	Kapiti	74.30s				
W65	Judy Hammond	Kapiti	85.44s				
W70	Judy Hammond	Kapiti	88.51s			Inglewood	18-Feb-09
W75	Judy Hammond	Wellington Masters	97.02s			Whangarei	2013

Wellington Women's Masters Records to 1 March 26

Women

Event	Grade	Name	Club	Result	Wind	Location	Date
Middle Distance							

800m

W35	Renaë Creser	Olympic		2m 26.56s			2011
W40	Anne Hare	Scottish		2m 17.06s		Newtown Park	18-Feb-06
W45	Tamara Winkler	Wellington Harriers		2m 18.16s		Newtown Park	1-Feb-26
W50	Heather Walker	Scottish		2m 24.52s		Masterton	15-Jan-23
W55	Liz Bentley	Scottish		2m 53.40s		Newtown Park	27-Mar-21
W60	Liz Bentley	Scottish		2m 54.67s		Newtown Park	4-Feb-22
W65	Peggy Fletcher			3m 10.29s			1996
W70	Judy Hammond	Kapiti		3m 53.14s		Townsville	29-Jul-08
W75	Judy Hammond	Wellington Masters		4m 36.70s		Palmerston North	7-Oct-12
W80	Judy Hammond	Wellington Masters		5m 07.55s		Dunedin	21-Jan-18

1500m

W35	Tina Faulkner	Scottish		4m 26.93s		AUT Millennium, Akl	19-Dec-17
W40	Anne Hare	Scottish		4m 35.74s		Christchurch	27-Jan-06
W45	Anne Hare	Scottish		4m 48.69s		Newtown Park	24-Oct-09
W50	Heather Walker	Scottish		4m 54.42s		Masterton	14-Jan-23
W55	Jenny McDonald			5m 17.82s		Newtown Park	9-Mar-13
W60	Peggy Fletcher			5m 58.04s			
W65	Michele Allison	Scottish		6m 15.85s		Masterton	28-Nov-20
W70	Judy Hammond			8m 28.0s		Palmerston North	16-Oct-11

Mile

W35	Tina Faulkner	Scottish		4m 53.41s		Timaru	6-Jan-18
W40	Anne Hare	Scottish		4m 58.89s		Wanganui	11-Feb-06
W45	Tamara Winkler	Wellington Harriers		5m 2.90s		Cooks Gardens	24-Jan-26
W50	Heather Walker	Scottish		5m 21.85s		Newtown Park	17-Dec-22
W55	Helen Willis	Scottish		7m 02.98s		Newtown Park	14-Dec-19
W60	Liz Bentley	Scottish		7m 10.41s		Newtown Park	17-Dec-22
W65	Betty Harp	Scottish		6m 43.12s		Newtown Park	19-Dec-25
W70	<i>no record</i>						
W75	Kathrine Switzer	Victoria University		8m 39.96s		Cooks Garden	25-Jan-25

3000m

W35	Vicki Humphries	Wellington Harriers		10m 14.87s			
W40	Nyla Caroll			9m 53.94s			
W45	Gabrielle O'Rourke			10m 22.69s		Newtown Park	25-Jan-13
W50	Heather Walker	Scottish		10m 38.80s		Palmerston North	2-Dec-23
W55	Bernie Portenski	Scottish		10m 38.7s			2005
W60	Bernie Portenski	Scottish		11m 10.10s		Newtown Park	19-Feb-11
W65	Michele Allison	Scottish		12m 27.51s		Newtown Park	2-Dec-22
W70	Michele Allison	Scottish		13m 48.81s		Saxton Field, Stoke	24-Jan-26

Wellington Women's Masters Records to 1 March 26

Women

Event	Grade	Name	Club	Result	Wind	Location	Date
Distance							

5000m

W35		Ngaire Drake		16m 47.63s			
W40		Nyla Carol	Scottish	16m 45.74s		QEII, Christchurch	26-Mar-10
W45		Bernie Portenski	Scottish	17m 32.13s			
W50		Bernie Portenski	Scottish	17m 22.22s			
W55		Bernie Portenski	Scottish	17m 56.05s			
W60		Bernie Portenski	Scottish	18m 51.13s			2010
W65		Michele Allison	Scottish	21m 23.94s		Newtown Park	4-Dec-22
W70		Michele Allison	Scottish	23m 19.99s		Saxton Field, Stoke	24-Jan-26

10000m

W35		Ngaire Drake		35m 11.3s			
W40		Bernie Portenski	Scottish	34m 48.95s			1993
W45		Bernie Portenski	Scottish	35m 35.5s			
W50		Bernie Portenski	Scottish	36m 34.24s			
W55		Bernie Portenski	Scottish	37m 22.37s			2006
W60		Bernie Portenski	Scottish	39m 04.23s			2010
W65		Michele Allison	Scottish	44m 41.87s		Newtown Park	5-Dec-20
W70		Betty Meyers		73m 55.63s			

Half Marathon (Best Performances)

W35		Sarah Drought	Wellington Harriers	1h 13.41s		Christchurch	21-Apr-23
M40		no record					
M45		no record					
M50		no record					
M55		no record					
M60		no record					
W65		Betty Harp	Scottish	1h 37.25s		Wellington	29-Jun-25
M70		no record					
M75		no record					
M80		no record					
M85		no record					
M90		no record					

Marathon (Best Performances)

W35		Ingrid Cree	Olympic	2h 50m 39s		Auckland	30-Oct-22
W40		Bernie Portenski	Scottish	2h 34m 39s			1992
W45		Bernie Portenski	Scottish	2h 43m 38s			
W50		Catherine Bradock	Wellington Harriers	3h 07m 43s		Wellington	23-Jun-24
W55		Betty Harp	Scottish	3h 56m 19s		Christchurch	2-Jun-19
W60		Bernie Portenski	Scottish	3h 01m 30s			2010
W65		Betty Harp	Scottish	3h 45m 50s		Rotorua	3-May-25

Wellington Women's Masters Records to 1 March 26

Women

Event	Grade	Name	Club	Result	Wind	Location	Date
Steeple							

2000m SC

0.762m/30"	W35	Vicki Humphries	Wellington Harriers	7m 47.36s			
0.762m/30"	W40	Michelle Van Looy	Olympic	8m 01.88s		Masterton	21-Feb-15
0.762m/30"	W45	J Stewart		8m 10.5s			
0.762m/30"	W50	Katie Jenkins	Olympic	8m 01.61s		Newtown Park	22-Feb-26
0.762m/30"	W55	T Brown		9m 29.8s			
0.762m/30"	W60	F McCracken		11m 32.28s			
0.762m/30"	W65	Michele Alluson	Scottish	9m 18.61s		Masterton	28-Nov-20

Wellington Women's Masters Records to 1 March 26

Women

Event	Grade	Name	Club	Result	Wind	Location	Date
Hurdles							

Short Hurdles 80mH (8m between hurdles)

0.762m/30"	W40	Penny Hunt		13.2s		Christchurch	1992
0.762m/30"	W45	Penny Hunt		13.50s		Auckland	1993

80mH (7m between hurdles)

0.762m/30"	W50	<i>no record</i>					
0.762m/30"	W55	<i>no record</i>					
0.686m/27"	W60	Colleena Blair	Wellington Masters	16.64s			
0.686m/27"	W65	Colleena Blair	Wellington Masters	17.35s			1995
0.686m/27"	W70	<i>no record</i>					

100mH

0.840m/33"	W35	Penny Hunt		15.40s		Wellington	1984
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Long Hurdles**200mH**

0.686m/27"	W70	<i>no record</i>					
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300mH

0.762m/30"	W50	P Scholes		61.81s			
0.762m/30"	W55	<i>no record</i>					
0.686m/27"	W60	Judy Hammond	Kapiti	65.90s			
0.686m/27"	W65	Judy Hammond	Kapiti	71.04s			2004

400mH

0.762m/30"	W35	<i>no record</i>					
0.762m/30"	W40	Andrea Williams		81:04s		Hawkes Bay	29-Nov-14
0.762m/30"	W45	<i>no record</i>					

Wellington Women's Masters Records to 1 March 26

Women

Event	Grade	Name	Club	Result	Wind	Location	Date
Walks							

1500mW

W35	Kathryn Fraser	Scottish		9m 35.18s			
W40	Brenda Burke	Scottish		9m 35.71s			
W45	K Blyth			10m 05.05s			
W50	Robin McArthur			8m 35.44s		Newtown Park	5-Feb-11
W55	Teri Grimmett	Scottish		8m 35.64s		Newtown Park	2013
W60	Barbara Tucker			9m 44.17s		Newtown Park	5-Feb-11
W65	Jacqueline Wilson	Wellington Masters		8m 56.63s		Newtown Park	14-Feb-15
W70	Jacqueline Wilson	Wellington Masters		8m 55.65s		Auckland	26-Apr-17
W75	Jacqueline Wilson	Wellington Masters		9m 52.44s		Sydney	10-Mar-23
W80	Daphne Jones	Scottish		11m 23.11s		Sydney	10-Mar-23

3000mW

W35	Kristeene Parkes	Scottish		20m 54.33s			
W40	Arlene Wong-Tung	Scottish		20m 30.49s		Palmerston North	25-Nov-16
W45	Amelia De Lorenzo	Scottish		16m 40.13s		Newtown Park	28-Oct-06
W50	Robyn McArthur			17m 26.89s		Newtown Park	23-Jan-12
W55	Teri Grimmett	Scottish		17m 44.64s		Newtown Park	2013
W60	F McCracken			19m 02.5s			
W65	Jacqueline Wilson	Wellington Masters		18m 35.89s		Newton Park	15-Feb-15
W70	Jacqueline Wilson	Wellington Masters		18m 27.80s		Dunedin	26-Jan-18
W75	Jacqueline Wilson	Wellington Masters		19m 18.90s		Inglewood	26-Feb-21
W80	Daphne Jones	Scottish		22m 53.85s		Newtown Park	20-Feb-22

5000mW

W35	<i>no record</i>						
W40	Amelia De Lorenzo	Scottish		27m 08.10s			
W45	A Bowles			33m 48.0s			
W50	Terri Grimmett	Scottish		29m .54.22		Melbourne	6-Apr-12
W55	Terri Grimmett	Scottish		32m 40.71s		Palmerston North	27-Nov-16
W60	Barbara Tucker	Scottish		32m45.77			
W65	Sue Hoskin	Scottish		31m 38.35s		Perth	26-Oct-16
W70	Jacqueline Wilson	Wellington Masters		31m 43.15s		Perth	26-Oct-16
W75	Jacqueline Wilson	Wellington Masters		31m 58.65s		Inglewood	28-Feb-21
W80	Daphne Jones	Scottish		40m 13.00s		Sydney	11-Mar-23

10000mW

W35	<i>no record</i>						
W40	Arlene Wong-Tung	Scottish		1:11:59.95s		Newtown Park	3-Dec-16
W45	Arlene Wong-Tung	Scottish		1:11:45.45s		Newtown Park	9-Nov-19
W50	Terri Grimmett	Scottish		1.03.18.36s		Newtown Park	17-Mar-12
W55	Teri Grimmett	Scottish		1.02.56s		Palmerston North	8-Sep-13
W60	Noeleen Perry	Wellington Marathon Clinic		1.07m 34.1s			
W65	Jacqueline Wilson	Wellington Masters		1.05.32s		Newtown Park	21-Mar-15
W70	Jacqueline Wilson	Wellington Masters		1:05:07.75s		Newtown Park	3-Dec-16
W75	Daphne Jones	Scottish		1:15:02.85s		Newtown Park	9-Nov-19
W80	Daphne Jones	Scottish		1:23:48.36s		Newtown Park	13-Nov-21

Wellington Women's Masters Records to 1 March 26

Women

Event	Grade	Name	Club	Result	Wind	Location	Date
Walks continued							

10km Road Walk (Best Performances)

W35	Melanie Watson	Wellington Masters	75m 32s				
W40	Amelia De Lorenzo	Scottish	57m 00s				
W45	Maryanne Palmer	Scottish	68m 22s				
W50	Robyn McArthur	Scottish	59m 24.36s				
W55	Teri Grimmett	Scottish	61m 11s				
W60	Noeleen Perry	Wellington Marathon Clinic	67m 35s				
W65	Jacqueline Wilson Sue Hoskin	Wellington Masters Scottish	64m 11s			Wellington Perth	1 Sep 2012 31 Oct 2016
W70	Jacqueline Wilson	Wellington Masters	62m 52s			Korea	31-Mar-17
W75	Jacqueline Wilson	Wellington Masters	67m 57s			Twin Lakes, Wellington	2-Oct-21
W80	Daphne Jones	Scottish	82m 47s			Upper Hutt	25-Sep-22

20km Road Walk (Best Performances)

W35	<i>no record</i>						
W40	<i>no record</i>						
W45	<i>no record</i>						
W50	Robyn McArthur	Scottish	2hr 16m25s			Trentham C.I.T.	7-Mar-11
W55	Teri Grimmett	Scottish	2hr 09m 54s				8-Sep-13
W60	<i>no record</i>						
W65	Jacqueline Wilson	Wellington Masters	2hr 18m44s			Trentham C.I.T.	7-Oct-13
W70	Jacqueline Wilson	Wellington Masters	2hr 17m02s			Perth	5-Nov-16
W75	Jacqueline Wilson	Wellington Masters	2hr 25m37s			Tampere	6-Jul-22

Wellington Women's Masters Records to 1 March 26

Women

Event	Grade	Name	Club	Result	Wind	Location	Date
Jumps							

High Jump

W35	P Workman			1.32m			
W40	Sahar Lin	Kiwi Athletic		1.40m		Newtown Park	4-Nov-23
W45	G Dick			1.13m			
W50	G Dick			1.17m			
W55	Veronica Gould	Wellington Harriers		1.15m		Newtown Park	4-Feb-07
W60	Heather May			1.17m			
W65	Judy Hammond	Kapiti		1.10m			
W70	Judy Hammond	Kapiti		1.08m		Newtown Park	29-Mar-08
W75	Judy Hammond	Wellington Masters		1.06m		Nelson	15-Jan-13
W80	Judy Hammond	Wellington Masters		0.99m		Wanganui	18-Feb-18

Long Jump

W35	P Workman			4.36m			
W40	Penny Hunt			4.35m		Christchurch	1992
W45	Penny Hunt			4.44m			
W50	Petra Stoeveken	Kiwi Athletic		4.23m	0.00	Newtown Park	24-Nov-18
W55	Veronica Gould	Wellington Harriers		4.15m			
W60	Colleena Blair	Wellington Masters		3.79m			
W65	Veronica Gould	Wellington Masters		3.57m		Newtown Park	25-Feb-17
W70	Veronica Gould	Wellington Masters		3.38m	0.4	Hastings	29-Feb-20
W75	Judy Hammond	Wellington Masters		2.95m		Nelson	1-Dec-12
W80	Judy Hammond	Wellington Masters		2.73m	0.4	Dunedin	22-Jan-18

Triple Jump

W35	P Workman			9.32m			
W40	Lynne Plimmer	Wellington Masters		8.13m		Inglewood	2-Mar-08
W45	Penny Hunt			9.44m		Wellington	1994
W50	P Scholes			7.43m			
W55	Veronica Gould	Wellington Harriers		8.27m			
W60	Colleena Blair	Wellington Masters		7.76m			
W65	Colleena Blair	Wellington Masters		7.30m			
W70	Colleena Blair	Wellington Masters		6.38m			
W75	Colleena Blair	Wellington Masters		5.08m			

Pole Vault

	<i>no records</i>						
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Wellington Women's Masters Records to 1 March 26

Women

Event	Grade	Name	Club	Result	Wind	Location	Date
Throws							

Discus

1.0kg	W35	Nicole Macquet	Wellington Masters	37.31m		Newtown Park	
1.0kg	W40	Nicole Macquet	Wellington Masters	34.98m		Newtown Park	19-Feb-17
1.0kg	W45	Michelle Scriven	Wellington Masters	26.99m		Newton Park	15-Feb-15
1.0kg	W50	Michelle Scriven	Wellington Masters	25.01m		Inglewood	27-Feb-21
1.0kg	W55	Colleena Blair	Wellington Masters	21.86m			
1.0kg	W60	Colleena Blair	Wellington Masters	22.20m			
1.0kg	W65	Heather May		21.98m			
1.0kg	W70	Heather May		20.30m			1993
0.75kg	W75	Colleena Blair	Wellington Masters	15.59m			
0.75kg	W80	Colleena Blair	Wellington Masters	12.98m		Hastings	2011

Hammer

4.0kg	W35	Nicole Macquet	Wellington Masters	27.75m		Newtown Park	20-Mar-13
4.0kg	W40	Michelle Ward	Wellington Masters	29.91m		Newtown Park	2015
4.0kg	W45	Michelle Scriven	Wellington Masters	28.38m		Nelson	4-Mar-17
3.0kg	W50	Michelle Scriven	Wellington Masters	29.51m		Inglewood	27-Feb-21
3.0kg	W55	Veronica Gould	Wellington Harriers	24.20m		Newtown Park	4-Feb-07
3.0kg	W60	Veronica Gould	Wellington Masters	19.30m		Newtown Park	1-Mar-13
3.0kg	W65	Heather May		28.60m			
3.0kg	W70	Heather May		27.30m			1993
2.0kg	W75	Heather May		19.46m			
2.0kg	W80	Colleena Blair	Wellington Masters	13.65m		Newtown Park	2011

Javelin

600g	W35	Kullike Puks	Kiwi Athletic	29.61m		Newtown Park	23-Nov-18
600g	W40	Nicole Macquet	Wellington Masters	24.33m		Masterton	6-Feb-16
600g	W45	E Teahan		21.58m			
500g	W50	Linda Rawlins	Olympic	31.59m		Newtown Park	3-Dec-22
500g	W55	<i>no record</i>					
500g	W60	<i>no record</i>					
500g	W65	<i>no record</i>					
500g	W70	Beryl Rogers	Kiwi Athletic	10.72m		Inglewood	26-Feb-21
400g	W75	Colleena Blair	Wellington Masters	14.30m		Christchurch	2006
400g	W80	Judy Hammond	Wellington Masters	11.45m		Wanganui	18-Feb-18

Shot Put

4.0kg	W35	Nicole Macquet	Wellington Masters	9.89m		Newtown Park	2013
4.0kg	W40	Nicole Macquet	Wellington Masters	9.62m		Newtown Park	19-Feb-17
4.0kg	W45	Michelle Scriven	Wellington Masters	9.34m		Newton Park	15-Feb-15
3.0kg	W50	Michelle Scriven	Wellington Masters	9.21m		Inglewood	27-Feb-21
3.0kg	W55	P Scholes		8.51m			
3.0kg	W60	Heather May		8.38m			
3.0kg	W65	Heather May		8.27m			
3.0kg	W70	Heather May		7.27m			
2.0kg	W75	Judy Hammond	Wellington Masters	6.66m		Newton Park	16-Mar-13
2.0kg	W80	Judy Hammond	Wellington Masters	5.82m		Inglewood	26-Nov-17

Wellington Women's Masters Records to 1 March 26

Women

Event	Grade	Name	Club	Result	Wind	Location	Date
Throws continued							

Weight Throw

9.08kg / 20lb	W35	Nicole Macquet	Wellington Masters	9.04m		Newton Park	2015
9.08kg / 20lb	W40	Michelle Ward		10.70m		Auckland	2012
9.08kg / 20lb	W45	Michelle Scriven	Wellington Masters	10.18m		Nelson	3-Mar-17
7.26kg / 16lb	W50	Michelle Scriven	Wellington Masters	10.86m		Inglewood	26-Feb-21
7.26kg / 16lb	W55	Veronica Gould	Wellington Harriers	10.36m			
5.45kg / 12lb	W60	Colleena Blair	Wellington Masters	9.46m			
5.45kg / 12lb	W65	Colleena Blair	Wellington Masters	9.62m			
5.45kg / 12lb	W70	Colleena Blair	Wellington Masters	10.03m			2004
4.00kg / 8.8lb	W75	Colleena Blair	Wellington Masters	7.80m		Tauranga	2009
4.00kg / 8.8lb	W80	Colleena Blair	Wellington Masters	8.43m		Newton Park	2011

Wellington Women's Masters Records to 1 March 26

Women

Event	Grade	Name	Club	Result	Wind	Location	Date
Combined Events							

Pentathlon (NZ Women: 100m, Long, Shot, Javelin, 800m)

W35	P Workman			2038pts*			
<i>individual event scores to be added</i>							
W40	Heidi-Jane Humphries	Masterton		1644pts		Masterton	15-Jan-23
(16.74s, 6.98m, 3.49m, 13.50m, 3:00.05)							
W45	Petra Stoeveken	Wellington Masters		2434pts		Newtown Park	28-Mar-15
(14.01s, 4.28m, 6.47m, 10.22m, 2:58.78)							
W50	Petra Stoeveken	Wellington Masters		2660pts		Otago	28-Feb-16
(14.20s, 7.37m, 3.58m, 15.43m, 2:59.86)							
W55	Veronica Gould	Wellington Harriers		2745pts		Newtown Park	26-Jan-08
(14.1s, 3.93m, 7.84m, 13.08m, 3:36.7)							
W60	<i>no record</i>						
W65	<i>no record</i>						
W70	<i>no record</i>						
W75	Judy Hammond	Wellington Masters		3074pts		Hamilton	23-Nov-12
(18.41s, 6.48m, 2.93m, 12.64m, 4:40.08)							
W80	Judy Hammond	Wellington Masters		3104pts		Inglewood	26-Nov-17
(19.98s, 5.82m, 2.58m, 11.17m, 5:31.21)							

Heptathlon (Short Hurdles, High, Shot, 200m, Long, Javelin, 800m)

W65	<i>no record</i>						
W65	<i>no record</i>						
W70	<i>no record</i>						
W75	Judy Hammond	Wellington Masters		3442pts		Rarotonga	6-Oct-15
(dnf, 0.99m, 6.10m, 42.07s, 2.60m, 11.65m, 4:52.56)							
W80	Judy Hammond	Wellington Masters		4246pts		Dunedin	21-Jan-18
(dnf, 0.97m, 5.77m, 43.48s, 2.53m, 11.42m, 5:07.55)							

Throws Pentathlon (Hammer, Shot, Discus, Javelin, Weight)

W35	Nicole Maquet	Wellington Masters		2541pts		Newtown Park	23-Feb-13
(27.75, 9.89, 36.57, 24.29, 9.04)							
W40	Michelle Ward	Wellington Masters		2198pts*		Newtown Park	2011
<i>individual event scores to be added</i>							
W45	Michelle Scriven	Wellington Masters		2486pts		Newtown Park	4-Feb-18
(23.24m, 8.29m, 25.66m, 20.84m, 9.06m)							
W50	Theresa Bartlett	Athletics Wairarapa		2577pts		Inglewood	28-Feb-21
(25.38, 8.30, 22.42, 23.15, 8.99)							
W55	Veronica Gould	Wellington Harriers		2229pts			3-Feb-08
(22.48, 7.48, 15.00, 14.59, 8.37)							
W60	<i>no record</i>						
W65	<i>no record</i>						
W70	Veronica Gould	Wellington Masters		2271pts		Palmerston North	13-Sep-20
(17.83, 5.88, 9.15, 9.37, 7.57)							
W75	Colleena Blair	Wellington Masters		2524pts		Wanganui	2006
(13.45, 5.58, 14.87, 12.68, 8.75)							

Wellington Women's Masters Records to 1 March 26

Women

Event	Grade	Name	Club	Result	Wind	Location	Date
Combined Events continued							

Pentathlon (International Women: Short Hurdles, High, Shot, Long, 800m)

W35	S Ratapu			1411pts*			
				<i>individual event scores to be added</i>			
W40	<i>no record</i>						
W45	<i>no record</i>						
W50	Colleena Blair	Wellington Masters		2117pts*			
				<i>individual event scores to be added</i>			
W55	F McCracken			649pts*			
				<i>individual event scores to be added</i>			
W60	Heather May			2174pts*			
				<i>individual event scores to be added</i>			

*points require recalculation with 2015 standards

Wellington Women's Masters Records to 1 March 26

Women

Event	Grade	Name	Club	Result	Wind	Location	Date
Archived Records no longer maintained							

Retired implements or non-standard distances and W30

100m	W30	Penny Hunt		12.45s			
200m	W30	Penny Hunt		25.61s			
400m	W30	Penny Hunt		57.16s			
800m	W30	C Clegg		2m 40.0s			
1500m	W30	Bowness		5m 39.0s			
3000m	W30	Gabrielle O'Rourke	Wellington Harriers	9m 38.74s			
5000m	W30	Gabrielle O'Rourke	Wellington Harriers	16m 31.72s			
10000m	W30	Gabrielle O'Rourke	Wellington Harriers	34m 28.31s			
Marathon	W30	Gabrielle O'Rourke	Wellington Harriers	2h 38m 47s			
100mH	W30	Penny Hunt		16.60s			
80mH (8m)	W50	Colleena Blair	Wellington Masters	16.45s			
80mH (8m)	W55	Colleena Blair	Wellington Masters	17.46s			
80mH (8m)	W60	Colleena Blair	Wellington Masters	17.10s			
100mH	W50	Colleena Blair	Wellington Masters	21.30s			
100mH	W60	Colleena Blair	Wellington Masters	22.30s			
200mH	W40	Penny Hunt		31.00s			
200mH	W50	P Scholes		41.70s			
300mH	W40	E Teahan		88.30s			
Long Jump	W30	C Clegg		4.95m			
Triple Jump	W30	B Doherty		9.23m			
Discus	W30	Jeanette Chung		28.42m			
Hammer	W30	Jeanette Chung		21.82m			
Javelin	W30	Jeanette Chung		26.34m			
Shot Put	W30	P Workman		8.44m			
Javelin (400g)	W60	Colleena Blair	Wellington Masters	25.40m			
Javelin (400g)	W65	Heather May		23.74m			
Javelin (400g)	W70	Heather May		21.84m			
Javelin (pre-99)	W50	P Scholes		23.50m			1990
Javelin (pre-99)	W55	Colleena Blair	Wellington Masters	24.88m			
Javelin (pre-99)	W75	Heather May		15.72m			1998
Weight (15.88kg)	W30	Jeanette Chung		8.69m			
Weight (15.88kg)	W35	Michelle Ward	Wellington Masters	9.57m		Inglewood	20-Nov-10
Weight (15.88kg)	W40	Michelle Ward	Wellington Masters	10.62			
Weight (15.88kg)	W45	Michelle Scriven	Wellington Masters	8.95m		Newton Park	27-Feb-15
Weight (15.88kg)	W50	Veronica Gould	Wellington Harriers	8.55m			
Weight (7.26kg)	W65	Heather May		7.74m			
Weight (7.26kg)	W70	Heather May		7.42m			
Weight (5.44kg)	W75	Colleena Blair	Wellington Masters	9.40m			

Wellington Women's Masters Records to 1 March 26

Women

Event	Grade	Name	Club	Result	Wind	Location	Date
Archived Records no longer maintained continued							

Retired implements or non-standard distances and W30

Pentathlon (NZ Women: 100m, Long, Shot, Javelin, 800m)

W30	Jeanette Chung			1472pts*			
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Weight Pentathlon (Hammer, Shot, Discus, Javelin, Weight)

W30	Jeanette Chung			2015pts*			
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Pentathlon (NZ Women: 200m, Long, Shot, Javelin [pre-1999 model], 800m)

W40	Penny Hunt			1921pts*			
W50	P Scholes			2792pts*			

Pentathlon (NZ Women: 200m, Long, Shot, Javelin [old weight 4.0kg], 800m)

W60	Judy Hammond	Kapiti		3275pts*			
W65	Judy Hammond	Kapiti		3441pts*			
W70	Judy Hammond	Kapiti		3482pts*		Inglewood	25-Nov-07

Weight Pentathlon (Hammer, Shot, Discus, Javelin [old weight 4.0kg or pre-1999 model], Weight)

W60	Colleena Blair	Wellington Masters		2619pts*			
W65	Heather May			3099pts*			
W70	Heather May			3659pts*			

Heptathlon (Short Hurdles, High, Shot, 200m, Long, Javelin [old weight 4.0kg], 800m)

W40	Karen Armitage			1959pts*			
W50	G Dick			2935pts*			
W60	Judy Hammond	Kapiti		4466pts*			
W65	Judy Hammond	Kapiti		4773pts*			
W70	Judy Hammond	Kapiti		4371pts*		Townsville	29-Jul-08

Wellington Men's Masters Records to 1 March 26

Version Control

Original Version from Website PDF	25-Feb-2023
Version 1 with Updates	23-Nov-2024
Version 2 with Correction & Updates	24-Nov-2024
Version 3 with Updates	01-Mar-2026

Changes in Version 3

Updated Records in this Version shown as **Date of Record**

Event	Grade	Recommendation	Name	Club	Result	Wind	Location	Date
Mile	M65	Existing Record	John Skinnon	Scottish	7m 06.00s		Newtown Park	17-Dec-16
Mile	M65	New Record	Todd Kriebler	Wellington Harriers	6m 05.86s		Newtown Park	19-Dec-25
3000m	M65	Existing Record	Michael Browne	Scottish	12m 37.01s			
3000m	M65	New Record	Todd Kriebler	Wellington Harriers	11m 49.83		Newtown Park	11-Feb-26
Hammer	M80	Existing Record						
3.0kg	M80	Existing Record	Jim Blair	Wellington Masters	22.04m		Newtown Park	2011
Hammer	M80	New Record						
3.0kg	M80	New Record	Graham Cook	Kiwi	22.22m		Newtown Park	22-Feb-26
Half Marathon	M40	New Record	Ted McLachlan	Trentham United	1h 08:15s			1993
Half Marathon	M60	New Record	Paul Hewitson	Wellington Harriers	1h 17:46s			21-Apr-24
Half Marathon	M80	New Record	Roger Robinson	VUW Athletics	2h 00:51s			16-Apr-23

Wellington Men's Masters Records to 1 March 26

Sheet	Event Class	Event
1	Cover Sheet	
2	Index	
3	Sprints	60m
3	Sprints	100m
3	Sprints	200m
3	Sprints	400m
4	Middle Distance	800m
4	Middle Distance	1500m
4	Middle Distance	Mile
4	Middle Distance	3000m
5	Distance	5000m
5	Distance	10000m
5	Distance	Half Marathon (Best Performances)
5	Distance	Marathon (Best Performances)
6	Steeplechase	2000m SC
6	Steeplechase	3000m SC
7	Short Hurdles	80mH (7m between hurdles)
7	Short Hurdles	100mH
7	Short Hurdles	110mH
7	Long Hurdles	200mH
7	Long Hurdles	300mH
7	Long Hurdles	400mH
8	Walks	1500mW
8	Walks	3000mW
8	Walks	5000mW
8	Walks	10000mW
9	Walks	10km Road Walk (Best Performances)
9	Walks	20km Road Walk (Best Performances)
9	Walks	50km Road Walk (Best Performances)
10	Jumps	High Jump
10	Jumps	Long Jump
10	Jumps	Triple Jump
10	Jumps	Pole Vault
11	Throws	Discus
11	Throws	Hammer
11	Throws	Javelin
11	Throws	Shot Put
12	Throws	Weight Throw
13	Combined Events	Pentathlon (International Men: Long, Javelin, 200m, Discus, 1500m)
13	Combined Events	Decathlon (100m, Long, Shot, High, 400m, Short Hurdles, Discus, Pole Vault, Javelin, 1500m)
14	Combined Events	Throws Pentathlon (Hammer, Shot, Discus, Javelin, Weight)
15	Archived Records no longer maintained	3000m SC
15	Archived Records no longer maintained	80mH (8m)
15	Archived Records no longer maintained	100mH
15	Archived Records no longer maintained	110mH
15	Archived Records no longer maintained	200mH
15	Archived Records no longer maintained	300mH
15	Archived Records no longer maintained	Long Jump
15	Archived Records no longer maintained	Triple Jump
15	Archived Records no longer maintained	Weight (9.072kg)
15	Archived Records no longer maintained	Weight (7.26kg)
15	Archived Records no longer maintained	Pentathlon (International Men: Long, Javelin [Old pre-1986 model], 200m, Discus, 1500m)

Wellington Men's Masters Records to 1 March 26

Men

Event	Grade	Name	Club	Result	Wind	Location	Date
Sprints							

60m

M35	Shaun Broughton	Wellington Masters	7.67s	1.6	Newtown Park	3-Feb-18
M40	Mark Macfarlane	Wellington Masters	7.87s		Townsville	27-Jul-08
M45	Gary Rawson	Wellington Masters	7.67s		Townsville	27-Jul-08
M50	Alessandro Pinna	Scottish	7.58s	1.6	Newtown Park	3-Feb-18
M55	Gary Rawson	Wellington Masters	7.92s	0.9	Tauranga	28-Feb-15
M60	Gary Rawson	Wellington Masters	8.15s	0.8	Hastings	29-Feb-20
M65=	Ross McBeth	Wellington Masters	9.29s	-0.2	Auckland	2012
M65=	Peter Orman	Wellington Masters	9.29s	1.6	Newtown Park	3-Feb-18
M70	Ross McBeth	Wellington Masters	10.47s	-1.0	Inglewood	25-Nov-17
M75	Peter Hanson	Olympic	10.17s		Newtown Park	3-Mar-13
M80	David Reade	Wellington Masters	10.49s	-2.1	Palmerston North	26-Nov-16
M85	Peter Hanson	Olympic	12.71s	-1.4	Masterton	14-Jan-23
M90	Don Quirke	Wellington Masters	17.10s		Palmerston North	2-Dec-23

100m

M35	R Ward		11.70s			
M40	W Sharp		11.80s			
M45	Gary Rawson	Wellington Masters	11.96s			
M50	Alessandro Pinna	Kiwi	12.02s	1.6	Newtown Park	25-Jan-20
M55	Gary Rawson	Wellington Masters	12.78s	0.4	Hastings	29-Nov-14
M60	Gary Rawson	Wellington Masters	13.22s	1.0	Dunedin	14-Nov-20
M65	Rupert Watson	Scottish	14.69s		Newtown Park	2-Mar-13
M70	H Robinson		15.60s			
M75	Brian Hayes	Wellington Harriers	13.77s	-2.5	Masterton	14-Jan-23
M80	Bernie Kaiser		15.80s			1992
M85	Bernie Kaiser		19.20s			

200m

M35	R Ward		23.50s			
M40	Graham McPhail	Kiwi	24.47s	-2.0	Inglewood	2-Mar-08
M45	Gary Rawson	Wellington Masters	24.84s			
M50	Alessandro Pinna	Scottish	25.16s	-5.7	Newtown Park	3-Feb-18
M55	Gary Rawson	Wellington Masters	26.79s	0.6	Mt Smart, Auckland	29-Nov-15
M60	Mark Macfarlane	Wellington Masters	27.63s		Christchurch	2024
M65	Rupert Watson	Scottish	30.35s		Newtown Park	18-Jan-14
M70	Bill Nicholson	Wellington Masters	32.25s			
M75	Bernie Kaiser		30.70s			
M80	David Reade	Wellington Masters	32.63s	-0.9	Auckland	24-Apr-17
M85	Bernie Kaiser		41.00s			

400m

M35	R Ward		54.30s			
M40	Brian Turnbull		52.77s			
M45	Ashley McLaughlin		55.40s			
M50	Alessandro Pinna	Scottish	52.95s		Newtown Park	25-Nov-17
M55	Peter Stevens	Scottish	60.02s		Newtown Park	12-Feb-22
M60	Peter Stevens	Scottish	61.66s		Newtown Park	23-Nov-24
M65	Richard Brent	Wellington Harriers	67.98s		Newtown Park	17-Dec-16
M70	Richard Brent	Wellington Harriers	75.31s		Newtown Park	8-Dec-21
M75	Bernie Kaiser		76.52s			
M80	David Reade	Wellington Masters	78.34s		Auckland	26-Apr-17
M85	Peter Hanson	Olympic	123.72s		Mackay	10-Jun-22

Wellington Men's Masters Records to 1 March 26

Men

Event	Grade	Name	Club	Result	Wind	Location	Date
Middle Distance							

800m

M35	Nicholas Willis	Lower Hutt		1m 49.23s		San Diego	10-Jul-19
M40	Brian Turnbull			2m 00.19s		Wanganui	1997
M45	A McLaughlin			2m 04.89s			
M50	A McLaughlin			2m 09.41s			
M55	Peter Stevens	Scottish		2m 10.61s		Masterton	16-Jan-21
M60	Peter Stevens	Scottish		2m 17.74s		Newton Park	23-Nov-24
M65	Richard Brent	Capital Harriers		2m.31.31s		Newton Park	19-Nov-16
M70	Ellis Goodyear	Capital Harriers		2m 51.28s			
M75	Brian Hayes	Wellington Harriers		3m 12.21s		Newtown Park	4-Dec-22
M80	Michael Browne	Scottish		3m 59.55s		Newtown Park	19-Mar-11
M85	Michael Browne	Scottish		6m 13.16s		Newtown Park	28-Nov-15

1500m

M35	Nicholas Willis	Lower Hutt		3m 35.25s		Berlin	2-Sep-18
M40	Ted McLachlan			4m 06.0s			
M45	G Blacklaws			4m 14.4s			
M50	Colin MacLachlan	Scottish		4m 23.8s		QEII, Christchurch	1992
M55	Peter Stevens	Scottish		4m 27.71s		Masterton	28-Nov-20
M60	Peter Stevens	Scottish		4m 33.06s		Sweden	24-Aug-24
M65	John Eccles	Masterton Harriers		5m 13.71s			
M70	Keith Chapman	Olympic		5m 46.07s		Newtown Park	3-Dec-22
M75	Brian Hayes	Wellington Harriers		6m 16.59s		Newtown Park	3-Dec-22
M80	Roger Robinson	Victoria University		7m 46.35s		Newtown Park	26-Jan-22
M85	Michael Browne	Scottish		12m 27.77s		Newtown Park	5-Dec-15

Mile

M35	Nicholas Willis	Lower Hutt		3m 56.77s		Birmingham	18-Aug-18
M40	Grant McLean	Scottish		4m 34.41s		Newtown Park	18-Dec-10
M45	Daniel Clendon	Wellington Harriers		4m 37.03s		Newtown Park	17-Dec-22
M50	Grant McLean	Scottish		4m 49.66s		Mt Smart	20-Mar-21
M55	Peter Stevens	Scottish		4m 55.18s		Whanganui	30-Jan-21
M60	Todd Krieble	Wellington Harriers		5m 29.43s		Newtown Park	14-Dec-19
M65	Todd Krieble	Wellington Harriers		6m 05.86s		Newtown Park	19-Dec-25
M70	Keith Chapman	Olympic		6m 11.22s		Newtown Park	17-Dec-22
M75	Brian Hayes	Wellington Harriers		6m 44.78s		Cooks Gardens	28-Jan-23
M80	Roger Robinson	Victoria University		8m 09.60s		Cooks Gardens	28-Jan-23
M85	Michael Browne	Scottish		11m 16.00s		Newtown Park	17-Dec-16

3000m

M35	Rowan Hooper	Scottish		8m 34.20s		Newton Park	20-Jan-17
M40	Ted McLachlan			8m 39.39s			
M45	Dan Clendon	Wellington Harriers		9m 03.21s		Newton Park	19-Mar-22
M50	Dallas McCallum	Wellington Harriers		9m 14.08s		Masterton	31-Oct-15
M55	Richard Brent	Scottish		9m 50.63s		Newtown Park	6-Dec-08
M60	Richard Brent	Scottish		10m 14.74s			3-Dec-11
M65	Todd Krieble	Wellington Harriers		11m 49.83		Newtown Park	11-Feb-26
M70	Keith Chapman	Olympic		11m 59.89s		Newtown Park	22-Oct-22
M75	Brian Hayes	Wellington Harriers		13m 55.72s		Newtown Park	2-Dec-22
M80	Roger Robinson	Victoria University		15m.13.42s		Masterton	14-Jan-23

Wellington Men's Masters Records to 1 March 26

Men

Event	Grade	Name	Club	Result	Wind	Location	Date
Distance							

5000m

M35	Nicholas Willis	Lower Hutt		13m 49.93s		Eagle Rock, USA	16-May-19
M40	Ted McLachlan			14m 43.89s			1994
M45	Colin MacLachlan	Scottish		15m 46.03s		Wanganui	1986
M50	J Weatherley			15m 55.55s			
M55	Richard Brent	Scottish		17m 11.62s		Newtown Park	4-Feb-07
M60	Peter Stevens	Scottish		17m 20.14s		Sweden	14-Aug-24
M65	John Eccles	Masterton Harriers		18m 45.0s			
M70	Keith Chapman	Olympic		21m 09.88s		Newtown Park	4-Dec-22
M75	Brian Hayes	Wellington Harriers		22m 56.72s		Masterton	15-Jan-23
M80	Roger Robinson	Victoria University		26m 14.34s		Newtown Park	20-Mar-22

10000m

M35	Nick Horspool	Scottish		29m 50.71s		Newtown Park	10-Nov-18
M40	Ted McLachlan			30m 53.3s			
M45	B Everitt			32m 49.80s		Newtown Park	1984
M50	Roger Robinson	Victoria University		32m 24.00s			
M55	Peter Stevens	Scottish		34m 49.58s		Newtown Park	5-Dec-20
M60	Paul Hewitson	Wellington Harriers		35m 49.11s		Wellington	18-Nov-23
M65	John Eccles	Masterton Harriers		39m 15.00s			
M70	John Eccles	Masterton Harriers		43m 23.77s		Hamilton	1996
M75	Brian Hayes	Wellington Harriers		50m 14.81s		Newtown Park	19-Nov-22
M80	Roger Robinson	Victoria University		54m 15.25s		Newtown Park	19-Nov-22

Half Marathon (Best Performances)

M35	no record						
M40	Ted McLachlan	Trentham United		1h 08:15s			15-Jun-05
M45	no record						
M50	no record						
M55	no record						
M60	Paul Hewitson	Wellington Harriers		1h 17:46s			21-Apr-24
M65	no record						
M70	no record						
M75	no record						
M80	Roger Robinson	VUW Athletics		2h 00:51s			16-Apr-23
M85	no record						
M90	no record						

Marathon (Best Performances)

M35	Nick Horspool	Scottish		2h 18m 30s		Gold Coast	1-Jul-18
M40	K Jury			2h 23m 47s			
M45	Roger Robinson	Victoria University		2h 27m 33s		Boston	1984
M50	Roger Robinson	Victoria University		2h 28m 02s		New York	1989
M55	Paul Hewitson	Wellington Harriers		2h 44m 29s		Christchurch	15-May-22
M60	Ellis Goodyear	Capital Harriers		3h 04m 44s			
M65	Brian Hayes	Wellington Harriers		3h 18m 37s		Auckland	2012
M70	Ellis Goodyear	Capital Harriers		3h 28m 32s			

Wellington Men's Masters Records to 1 March 26

Men

Event	Grade	Name	Club	Result	Wind	Location	Date
Steeplechase							

2000m SC

0.762/30"	M60	Peter Stevens	Scottish	7m 01.43s		Sweden	13-Aug-24
0.762/30"	M65	John Eccles	Masterton Harriers	7m 53.00s			
0.762/30"	M70	John Eccles	Masterton Harriers	8m 39.20s			
0.762/30"	M75	John Eccles	Masterton Harriers	9m 59.0s			
0.762/30"	M80	Peter Hanson	Olympic	13m 54.99s		Inglewood	25-Nov-17

3000m SC

0941/36"	M35	Colin Morris		9m 46.5s			
0941/36"	M40	Stephen Day	Scottish	9m 59.14s		Newtown Park	17-Oct-15
0941/36"	M45	Stephen Day	Scottish	10m 32.85s		Newtown Park	3-Dec-22
0941/36"	M50	Peter Stevens	Scottish	10m 43.73s		Malaga	7-Sep-18
0941/36"	M55	Peter Stevens	Scottish	11m 05.61s		Hastings	29-Feb-20

Wellington Men's Masters Records to 1 March 26

Men

Event	Grade	Name	Club	Result	Wind	Location	Date
Hurdles							

Short Hurdles**80mH (7m between hurdles)**

0.762m/30"

M70	William MacIntyre			15.73s			1999
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0.762m/30"

M75	Jim Blair	Wellington Masters		20.16s		Newtown Park	17-Feb-07
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0.686m/27"

M80	Jim Blair	Wellington Masters		20.39s		Newtown Park	2013
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100mH

0.914m/36"

M50	J Penny			19.52s			
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0.914m/36"

M55	M Keenan			20.82s			
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0.840m/33"

M60	Jim Blair	Wellington Masters		21.13s			
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0.840m/33"

M65	no record						
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110mH

0.991m/39"

M35	John Turner	Wellington Masters		19.36s		Newtown Park	17-Feb-07
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0.991m/39"

M40	J Penny			18.70s			
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0.991m/39"

M45	Gary Rawson	Wellington Masters		19.80s			
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Long Hurdles**200mH**

0.686m/27"

M80	no record						
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300mH

0.762m/30"

M60	J Powell			56.15s			
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0.762m/30"

M65	Rupert Watson	Scottish		60.75s		Newtown Park	13-Feb-16
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0.762m/30"

M70	Peter Hanson	Olympic		62.30s		Christchurch	2010
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0.762m/30"

M75	Bill Nicholson	Wellington Masters		75.20s			
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400mH

0.914m/36"

M35	B Hyslop			64.64s			
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0.914m/36"

M40	Brian Turnbull			60.56s		Hamilton	March 1996
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0.914m/36"

M45	Kelvin Berryman			69.48s			
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0.840m/33"

M50	Francis Campkin	Wellington Harriers		75.02s			
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0.840m/33"

M55	Francis Campkin	Wellington Harriers		75.30s			
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Wellington Men's Masters Records to 1 March 26

Men

Event	Grade	Name	Club	Result	Wind	Location	Date
Walks							

1500mW

M35	<i>no record</i>						
M40	Sean Lake	Scottish		7m 31.80s		Newtown Park	20-Feb-16
M45	Sean Lake	Scottish		7m 34.37s		Newtown Park	25-Feb-17
M50	Ian Blyth	Hutt Valley Harriers		9m 56.49s			
M55	Peter Baillie	Scottish		7m 24.7s			
M60	Peter Baillie	Scottish		7m 30.99s		Newtown Park	5-Feb-11
M65	Peter Baillie	Scottish		7m 38.86s		Newtown Park	2014
M70	Clive McGovern	Wellington Masters		8m 44.68s		Newtown Park	3-Dec-22
M75	<i>no record</i>						
M80	<i>no record</i>						
M85	Peter Tearle	Wellington Masters		13m 16.73s		Newtown Park	2014

3000mW

M35	Quentin Rew	Wellington Harriers		11m 58.24s		Christchurch	6-Mar-20
M40	N Wilton			15m 52.3s			
M45	Mike Burkinshaw	Olympic		15m 59.3s			
M50	D Kirby			15m 59.1s			
M55	Peter Baillie	Scottish		15m 06.26s		Inglewood	2-Mar-07
M60	Peter Baillie	Scottish		15m 25.65s		Newtown Park	13-Feb-09
M65	Peter Baillie	Scottish		16m 03.11s		Newtown Park	2015
M70	Peter Baillie	Scottish		17m 29.04s		Newtown Park	23-Nov-18
M75	Andrew Kefalas			20m 10.7s			
M80	John Hines	Wellington Masters		24m 29.49s		Timaru	1-Mar-19
M85	<i>no record</i>						
M90	Peter Tearle	Scottish		28m 52.43s		Dunedin	26-Jan-18

5000mW

M35	<i>no record</i>						
M40	Robert Bennett	Scottish		27m 46.0s			
M45	Sean Lake	Scottish		28m 39.90s		Palmerston North	27-Nov-16
M50	Robert Bennett	Scottish		29m 31.1s			
M55	Peter Baillie	Scottish		26m 16.3s		Newtown Park	11-Oct-07
M60	Peter Tearle	Scottish		28m 55.3s			
M65	Peter Baillie	Scottish		29m 15.95s		Newtown Park	24-Mar-18
M70	Clive McGovern	Trentham		29m 11.95s		Newtown Park	04-Nov-23
M75	Bernie Kaiser			40m 38.5s		Newtown Park	11-Feb-08
M80	John Hines	Wellington Masters		42m 38.59s		Dunedin	23-Jan-18
M85	<i>no record</i>						
M90	Peter Tearle	Scottish		48m56.81s		Perth	26-Oct-16

10000mW

M35	Quentin Rew	Wellington Harriers		40m 42.11s		Christchurch	8-Mar-20
M40	<i>no record</i>						
M45	Sean Lake	Scottish		1:00:32.06 s		Newtown Park	3-Dec-16
M50	Sean Lake	Scottish		1:06:43.06s		Newtown Park	13-Nov-21
M55	Peter Baillie	Scottish		1:02:57.10s		Hastings	2003
M60	<i>no record</i>						
M65	Peter Baillie	Scottish		61m 10s		Newtown Park	17-Mar-18
M70	Clive McGovern	Wellington Masters		63m 42.63s		Newtown Park	5-Dec-20

Wellington Men's Masters Records to 1 March 26

Men

Event	Grade	Name	Club	Result	Wind	Location	Date
Walks continued							

10km Road Walk (Best Performances)

M35	Quentin Rew	Wellington Harriers		43m 40s		Twin Lakes, Wellington	2-Oct-21
M40	N Wilton			56m 53s			
M45	N Wilton			55m 54s			
M50	D Kirby			57m 48s			
M55	Mike Burkinshaw	Olympic		64m 03s			
M60	Peter Tearle	Scottish		60m 29s			
M65	Peter Baillie	Scottish		55m 38s			22-Aug-15
M70	Clive McGovern	Wellington Masters		62m 21s		Upper Hutt	25-Sep-22
M75	Andrew Kefalas			72m 34s		Hamilton	1989
M80	John Hines	Wellington Masters		83m 35s		Dunedin	21-Jan-18
M85	<i>no record</i>						
M90	Peter Tearle	Scottish		1h 49m 54s		Dunedin	21-Jan-18

20km Road Walk (Best Performances)

M35	Quentin Rew	Wellington Harriers		1h 24m 37s		Melbourne	2-May-21
M40	Robert Bennett	Scottish		2h 02m 47s			
M45	M Lane			2h 00m 41s			
M50	<i>no record</i>						
M55	Peter Baillie	Scottish		1h 49m 56s		Inglewood	4-Mar-07
M60	Peter Tearle	Scottish		2h 07m 47s			

50km Road Walk (Best Performances)

M35	Quentin Rew	Wellington Harriers		3h 57m 13s		Yokohama	6-Aug-21
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Wellington Men's Masters Records to 1 March 26

Men

Event	Grade	Name	Club	Result	Wind	Location	Date
Jumps							

High Jump

M35	Tony Newport			1.90m			
M40	John Turner	Wellington Masters		1.75m		Newtown Park	31-Jan-09
M45	Kelvin Berryman			1.69m			
M50	Mark Macfarlane	Wellington Masters		1.55m		Masterton	15-Nov-14
M55	Gary Rawson	Wellington Masters		1.50m		Tauranga	28-Feb-15
M60	William MacIntyre			1.45m		Hamilton	1989
M65	W MacIntyre/Jim Blair	??/Wellington Masters		1.35m			
M70	Jim Blair	Wellington Masters		1.31m			
M75	Jim Blair	Wellington Masters		1.24m		Newtown Park	18-May-08
M80	Jim Blair	Wellington Masters		1.15m		Hastings	2011
M85	Jim Blair	Wellington Masters		1.12m		Palmerston North	22-Jan-17

Long Jump

M35	Mark Macfarlane	Wellington Masters		5.70m			
M40	Mark Macfarlane	Wellington Masters		5.65m		Dunedin	27-Jun-05
M45	Gary Rawson	Wellington Masters		5.56m		Cooks Gardens	
M50	Gary Rawson	Wellington Masters		5.40m			
M55	Gary Rawson	Wellington Masters		4.95m		Masterton/Newtown	15-Nov-14/23-Nov-18
M60	Gary Rawson	Wellington Masters		4.72m	-0.1	Dunedin	14-Nov-20
M65	William MacIntyre			4.25m			
M70	Bill Nicholson	Wellington Masters		3.88m			
M75	Bill Nicholson	Wellington Masters		3.47m			
M80	Bernie Kaiser			2.83m			
M85	Jim Blair	Wellington Masters		2.13m		Mackay	5-Sep-19

Triple Jump

M35	Mark Macfarlane	Wellington Masters		11.31m			
M40	Kelvin Berryman			11.13m			
M45	Gary Rawson	Wellington Masters		11.15m			2006
M50	Gary Rawson	Wellington Masters		11.05m			
M55	William MacIntyre			10.43m		Christchurch	1988
M60	William MacIntyre			10.17m			
M65	William MacIntyre			9.22m		Wellington	1994
M70	William MacIntyre			8.59m		Christchurch	1999
M75	William MacIntyre			7.66m			2004
M80	Bernie Kaiser			6.35m			
M85	Jim Blair	Wellington Masters		4.92m		Palmerston North	26-Nov-16

Pole Vault

M35	Mark Macfarlane	Wellington Masters		2.80m			
M40	Mark Macfarlane	Wellington Masters		2.80m			
M45	Robin Ball			3.60m		Wellington	1984
M50	Robin Ball			3.81m			
M55	Gary Rawson	Wellington Masters		2.40m		Newtown Park	13-Feb-16
M60	Gary Rawson	Wellington Masters		2.10m		Newtown Park	1-Feb-20
M65	E Drummond			2.16m		Hamilton	1989
M70	Bill Nicholson	Wellington Masters		1.40m		Wellington	1995
M75	Bill Nicholson	Wellington Masters		1.40m			

Wellington Men's Masters Records to 1 March 26

Men

Event	Grade	Name	Club	Result	Wind	Location	Date
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Throws**Discus**

2.0kg	M35	H Smith		47.24m			1994
2.0kg	M40	R Louis		39.32m			
2.0kg	M45	Robin Ball		39.76m			1984
1.5kg	M50	Adrian Stockill	Wellington Masters	46.82m		Newtown Park	15-Dec-18
1.5kg	M55	Adrian Stockill	Wellington Masters	40.43m		Newtown Park	2024
1.0kg	M60	Richard Harris	Kiwi	42.10m			
1.0kg	M65	P Popa		43.38m			
1.0kg	M70	P Popa		37.40m			
1.0kg	M75	P Popa		31.92m			
1.0kg	M80	Jim Blair	Wellington Masters	22.62m		Auckland	2012
1.0kg	M85	Jim Blair	Wellington Masters	18.87m		Dunedin	20-Jan-18
1.0kg	M90	Peter Tearle	Scottish	13.06m		Newtown Park	24-Mar-18

Hammer

7.26kg	M35	W Nicol		52.72m			
7.26kg	M40	Phil Jensen	Lower Hutt	62.53m			2010
7.26kg	M45	Philip Jensen	Lower Hutt	53.40m		Newtown Park	2013
6.0kg	M50	Robin Ball		40.76m			
6.0kg	M55	Adrian Stockill	Kiwi	34.97m		Newtown Park	13-Mar-21
5.0kg	M60	Vic Marks	Kiwi	30.32m			
5.0kg	M65	E Drummond		26.58m			
4.0kg	M70	Richard Harris	Kiwi	26.37m			
4.0kg	M75	Jim Blair	Wellington Masters	22.92m		Newtown Park	2013
3.0kg	M80	Graham Cook	Kiwi	22.22m		Newtown Park	22-Feb-26
3.0kg	M85	Jim Blair	Wellington Masters	21.29m		Nga Puni Wai	16-Nov-19
3.0kg	M90	Peter Tearle	Scottish	13.84m		Timaru	1-Mar-19

Javelin

800g	M35	H Smith		36.46m			
800g	M40	T Jones		41.04m			
800g	M45	Robin Ball		51.00m			
700g	M50	Robin Ball		53.24m			
700g	M55	Vic Marks	Kiwi	39.36m			
600g	M60	Vic Marks	Kiwi	40.20m			
600g	M65	Fred Goodall	Wellington Harriers	34.98m			
500g	M70	Fred Goodall	Wellington Harriers	37.08m		Newtown Park	12-Jan-08
500g	M75	Jim Blair	Wellington Masters	27.10m		Newtown Park	13-Jan-07
400g	M80	Jim Blair	Wellington Masters	22.76m		Palmerston North	16-Oct-11
400g	M85	Jim Blair	Wellington Masters	22.92m		Newtown Park	19-Nov-16
400g	M90	Peter Tearle	Scottish	11.33m		Inglewood	25-Nov-17

Shot Put

7.26kg	M35	Richard Thomson	Wellington Harriers	16.42m			1998
7.26kg	M40	Laurence Voight	Kiwi	11.05m			
7.26kg	M45	Richard Harris	Kiwi	13.02m			
6.0kg	M50	Richard Harris	Kiwi	14.39m			1985
6.0kg	M55	Richard Harris	Kiwi	13.41m			1990
5.0kg	M60	Richard Harris	Kiwi	13.51m			
5.0kg	M65	Richard Harris	Kiwi	12.95m			1999
4.0kg	M70	Richard Harris	Kiwi	11.40m			
4.0kg	M75	Peter Hanson	Wellington Masters	8.89m		Newtown Park	7-Oct-13
3.0kg	M80	Peter Hanson	Wellington Masters	8.95m		Whanganui	2-Feb-19
3.0kg	M85	Peter Hanson	Wellington Masters	8.15m		Mackay	10-Jun-22
3.0kg	M90	Peter Tearle	Scottish	6.26m		Dunedin	22-Jan-18

Wellington Men's Masters Records to 1 March 26

Men

Event	Grade	Name	Club	Result	Wind	Location	Date
Throws continued							

Weight Throw

<i>15.88kg / 35lb</i>	M35	Phil Jensen	Wellington Masters	21.01m			2004
<i>15.88kg / 35lb</i>	M40	Phil Jensen	Lower Hutt	18.23m		Newtown Park	14-Feb-09
<i>15.88kg / 35lb</i>	M45	Phil Jensen	Lower Hutt	17.44m			2004
<i>11.34kg / 25lb</i>	M50	Adrian Stockill	Wellington Masters	15.14m		Nga Puni Wai	16-Nov-19
<i>11.34kg / 25lb</i>	M55	Phil Jensen	Lower Hutt	19.59m		Newtown Park	19-Feb-23
<i>9.08kg / 20lb</i>	M60	Vic Marks	Kiwi	12.50m			
<i>9.08kg / 20lb</i>	M65	Vic Marks	Kiwi	11.40m			
<i>7.26kg / 16lb</i>	M70	Graham Cook	Kiwi	9.68m		Newtown Park	4-Feb-18
<i>7.26kg / 16lb</i>	M75	P Popa		10.04m			
<i>5.45kg / 12lb</i>	M80	Stanley Hogg		11.34m			
<i>5.45kg / 12lb</i>	M85	Jim Blair	Wellington Masters	9.32m		Mackay	31-Aug-19
<i>5.45kg / 12lb</i>	M90	Peter Tearle	Scottish	7.27m		Dunedin	22-Jan-18

Wellington Men's Masters Records to 1 March 26

Men

Event	Grade	Name	Club	Result	Wind	Location	Date
Combined Events							

Pentathlon (International Men: Long, Javelin, 200m, Discus, 1500m)

M35	John Turner	Wellington Masters	1887pts			Newtown Park	5-Nov-05
(4.73, 29.08, 26.93, 22.66, 5:27.94)							
M40	John Turner	Wellington Masters	2518pts			Newtown Park	26-Jan-08
(4.93, 34.21, 25.0, 24.53, 5:13.6)							
M45	Gary Rawson	Wellington Masters	2485pts			Newtown Park	2006
(5.22, 30.22, 25.0, 26.68, 6:32.9)							
M50	Gary Rawson	Wellington Masters	2543pts			Tauranga	2012
(5.31, 29.71, 26.10, 27.76, 6:52.54)							
M55	Gary Rawson	Wellington Masters	2577pts			Mt Smart, Auckland	29-Nov-15
(4.92m, 29.13m, 26.79s, 26.04m, 7:16.58)							
M60	J Powell		2523pts*				
<i>individual event scores to be added</i>							
M65	Rupert Watson	Scottish	2290pts			Tauranga	1-Mar-15
(2.95m, 17.90m, 31.15s, 26.86m, 6:21.40)							
M70	Bill Nicholson	Wellington Masters	2915pts*				
<i>individual event scores to be added</i>							
M75	Bill Nicholson	Wellington Masters	2702pts*				
<i>individual event scores to be added</i>							
M80	Bill Nicholson	Wellington Masters	2270 pts				2003
(2.81m, 20.07m, 39.12s, 15.77m, 9:15.10)							

Decathlon (100m, Long, Shot, High, 400m, Short Hurdles, Discus, Pole Vault, Javelin, 1500m)

M35	Mark Macfarlane	Wellington Masters	4553pts*				
<i>individual event scores to be added</i>							
M40	Mark Macfarlane	Wellington Masters	4975pts*				
<i>individual event scores to be added</i>							
M45	Kelvin Berryman		5777pts*				
<i>individual event scores to be added</i>							
M50	<i>no record</i>						
M55	<i>no record</i>						
M60	J Powell		4771pts*				
<i>individual event scores to be added</i>							
M65	<i>no record</i>						
M70	Bill Nicholson	Wellington Masters	4142pts*				
<i>individual event scores to be added</i>							
M75	Bill Nicholson	Wellington Masters	4704pts*				
<i>individual event scores to be added</i>							

Wellington Men's Masters Records to 1 March 26

Men

Event	Grade	Name	Club	Result	Wind	Location	Date
Combined Events							

Throws Pentathlon (Hammer, Shot, Discus, Javelin, Weight)

M35	H Smith			3265pts*			
<i>individual event scores to be added</i>							
M40	Laurence Voight	Kiwi		2274pts*			
<i>individual event scores to be added</i>							
M45	Geoff Guenole			2540pts*			
<i>individual event scores to be added</i>							
M50	Adrian Stockill	Wellington Masters		3206pts		Newtown Park	3-Feb-19
<i>(35.38, 11.97, 44.08, 32.03, 14.25)</i>							
M55	Adrian Stockill	Wellington Masters		3169pts		Mt Smart	27-Mar-22
<i>(33.36m, 10.54m, 37.77m, 33.77m, 12.49m)</i>							
M60	Vic Marks	Kiwi		3072pts*			
<i>individual event scores to be added</i>							
M65	Vic Marks	Kiwi		2925pts*			
<i>individual event scores to be added</i>							
M70	Richard Harris	Kiwi		2512pts		Wanganui	2006
<i>(23.21, 11.25, 33.48, 11.82, 9.03)</i>							
M75	P Popa			3307pts*			
<i>individual event scores to be added</i>							
M80	Jim Blair	Wellington Masters		3089 pts*		Palmerston North	21-Aug-11
<i>individual event scores to be added</i>							
M85	Jim Blair	Wellington Masters		2915pts		Dunedin	Sep-19
<i>(19.38m, 6.95m, 16.51m, 21.38m, 8.38m)</i>							
M90	Peter Tearle	Scottish		1982pts		Newtown Park	25-Nov-18
<i>(13.11m, 5.22m, 11.11m, 8.09m, 5.61m)</i>							

Wellington Men's Masters Records to 1 March 26

Men

Event	Grade	Name	Club	Result	Wind	Location	Date
Archived Records no longer maintained							

Retired implements or non-standard distances and M30

3000m SC	M60	Clem Green		13m 48.25s			
3000m SC	M65	T Bartlett		13m 35.0s			
80mH (8m)	M45	J Penny		14.26s			
80mH (8m)	M50	Robin Ball		13.60s			
80mH (8m)	M55	Jim Blair	Wellington Masters	16.37s			
80mH (8m)	M60	William MacIntyre		14.70s			
80mH (8m)	M65	L Frances		17.40s			
100mH	M40	R Whiteman		17.80s			
100mH	M45	Robin Ball		16.80s			
110mH	M50	Jim Blair	Wellington Masters	21.10s			
200mH	M40	B Turnbull		34.10s			
200mH	M45	T Jones		31.70s			
200mH	M55	J Powell		37.10s			
200mH	M60	J Parker		35.58s			
200mH	M65	J Powell		38.40s			
300mH	M50	J Penny		49.64s			
300mH	M55	J Powell		53.70s			
Long Jump	M30	David Lane		6.00m		Newtown Park	9-Mar-13
Triple Jump	M30	David Lane		12.76m		Newtown Park	1-Mar-13
Weight (9.072kg)	M70	Jim Blair	Wellington Masters	10.11m			
Weight (7.26kg)	M80	Stanley Hogg		9.08m			

Pentathlon (International Men: Long, Javelin [Old pre-1986 model], 200m, Discus, 1500m)

M50	Vic Marks	Kiwi	2743pts*				
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individual event scores to be added