

## Appendix B – NZMA Women’s National & Championship Combined Event Information: (Updated 31 Mar 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](mailto: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](mailto:nzmastersathletics@xtra.co.nz) if you can correct or populate for those we don’t have recorded. Similarly, we have only recently added wind-readings for the relevant events so please contact us if you can provide this information for those we don’t have

### NZMA National Throws Pentathlon Records / Individual Event Performances:

Updated using 2023 Age Factors

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

\*\*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
<b>W30</b>	A Lynch [CAN]	40.27	8.79	33.43	21.11	11.92		01/03/2020	Hastings
	Points:	561	451	528	310	518	<b>2368</b>		
<b>W35</b>	A Lynch [CAN]	41.72	9.65	36.89	22.36	12.52		28/02/2021	Inglewood
	Points:	625	529	594	343	572	<b>2663</b>		
<b>W40</b>	K Blackwood [OTG]	32.46	8.28	30.60	30.55	9.60		28/02/2016	Dunedin
	Points:	518	480	516	562	456	<b>2532</b>		
<b>W45</b>	C McCahill [WBP]	38.89	10.20	32.72	22.58	14.38		05/04/2010	Christchurch
	Points:	720	681	625	443	809	<b>3278</b>		
<b>W50</b>	R Bates [OTG]	40.02	11.57	28.48	17.78	11.41		28/02/2016	Dunedin
	Points:	706	734	594	335	584	<b>2953</b>		
<b>W55</b>	<b>B Davis [WBP]</b>	<b>35.47</b>	<b>9.21</b>	<b>25.65</b>	<b>20.33</b>	<b>8.07</b>		<b>15/03/2026</b>	<b>Inglewood</b>
	Points:	<b>692</b>	<b>619</b>	<b>590</b>	<b>450</b>	<b>428</b>	<b>2779</b>		
<b>W60*</b>	<b>C McCahill [WBP]</b>	<b>29.33</b>	<b>9.40</b>	<b>22.61</b>	<b>16.92</b>	<b>13.63</b>		<b>15/03/2026</b>	<b>Inglewood</b>
	Points:	<b>628</b>	<b>709</b>	<b>574</b>	<b>413</b>	<b>731</b>	<b>3055</b>		
<b>W65*</b>	B Savage [WBP]	28.24	8.15	21.50	12.97	11.49		01/03/2015	Tauranga
	Points:	688	672	618	344	677	<b>2999</b>		
<b>W70*</b>	B Austin [NTH]	25.29	8.37	16.74	16.00	10.17		01/03/2015	Tauranga
	Points:	699	789	528	515	671	<b>3202</b>		
<b>W75</b>	A Parlane [WBP]	26.50	7.25	21.73	13.67	10.23		18/02/2024	Christchurch
	Points:	629	600	710	437	630	<b>3006</b>		
<b>W80</b>	G Watts [CAN]	25.65	7.29	17.24	10.62	8.33		28/02/2021	Inglewood
	Points:	723	707	640	383	585	<b>3038</b>		
<b>W85</b>	P Purser [WBP]	13.53	4.04	9.56	6.68	4.54		05/03/2012	Auckland
	Points:	411	410	381	261	339	<b>1802</b>		
<b>W90</b>	P Purser [WBP]	11.77	3.79	8.17	7.01	4.61		03/03/2014	Invercargill
	Points:	444	472	397	352	441	<b>2106</b>		

# 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
<b>W30</b>									
	Points:								
<b>W35</b>	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	<b>3096</b>		
<b>W40</b>	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	<b>2331</b>		
<b>W45</b>	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	<b>2710</b>		
<b>W50</b>	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	<b>2649</b>		
<b>W55</b>	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	<b>2874</b>		
<b>W60*</b>	C Giles [OTG]	16.00	7.91	3.47	14.75	3:20.10		28/01/2017	Dunedin
	Points:	699	575	503	349	562	<b>2688</b>		

<b>W65*</b>	<b>A Hermans [WBP]</b>	<b>16.77</b>	<b>7.62</b>	<b>2.90</b>	<b>12.59</b>	<b>3:27.45</b>		<b>10/09/2025</b>	<b>Brisbane</b>
	Points:	<b>688</b>	<b>585</b>	<b>371</b>	<b>331</b>	<b>588</b>	<b>2563</b>		
<b>W70</b>	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	<b>2574</b>		
<b>W75</b>	J Hammond [WLG]	18.41	6.48	2.93	12.64	4:40.08		25/11/2012	Hamilton
	Points:	670	523	546	398	263	<b>2400</b>		
<b>W80</b>	J Hammond [WLG]	19.98	5.82	2.58	11.17	5:31.21		26/11/2017	Inglewood
	Points:	593	539	498	407	134	<b>2171</b>		
<b>W85</b>	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	<b>1414</b>		

### NZMA Championship Track Pentathlon Records / Individual Event Performances:

Updated using 2023 Age Factors

Women	100m	SP	LJ	JT	800m	Total	Date	Venue	
<b>W30</b>									
	Points:								
<b>W35</b>	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	<b>2122</b>		
<b>W40</b>	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	<b>2331</b>		
<b>W45</b>	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	<b>2691</b>		
<b>W50</b>	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	<b>2649</b>		
<b>W55</b>	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	<b>2874</b>		
<b>W60*</b>	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	<b>2455</b>		
<b>W65*</b>	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	<b>2331</b>		
<b>W70*</b>	T Ashe [AKL]	18.65 (+1.1)	6.53	2.78 (+0.2)	15.08	4:11.25		04/12/2022	Wellington
	Points:	547	586	398	480	344	<b>2355</b>		
<b>W75</b>	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	<b>2019</b>		
<b>W80</b>	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	<b>1494</b>		
<b>W85</b>	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	<b>1387</b>		
<b>W90</b>									
	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
<b>W30</b>									
	<i>Points:</i>								
<b>W35</b>									
	<i>Points:</i>								
<b>W40</b>	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	<b>2996</b>
<b>W45</b>	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	<b>3866</b>
<b>W50</b>									
	<i>Points:</i>								
<b>W55</b>	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	<b>3306</b>
<b>W60</b>	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	<b>4889</b>
<b>W65</b>	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	<b>5005</b>
<b>W70</b>	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	<b>3312</b>
<b>W75</b>	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	<b>2519</b>
<b>W80</b>	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	<b>2828</b>