

NZMA Men's Track & Field National and Championship Records

(Updated 04/May/2026)

This document contains the following information in **THREE** sections:

- NZMA Championship Event Records:** A list of all NZMA National / Track & Field Championship records for the events that are regularly held at the NZMA Track & Field Championships. A separate document contains a list of all individual event performances & points scored for the **NZMA Throws Pentathlon & Track Pentathlon** events can also be viewed on the NZMA website (see **Appendix A**). This has been included so that new points totals can be re-calculated if age factors change in the future.
- Non NZMA Championship Events:** A list of all other stadia and non-stadia NZMA National / Championship records on file, including records archived due to age factor or implement changes.
- NZMA Indoor Records:**

Note: A Microsoft Word version of these records is available on request for Centres hosting the NZMA Championships, so the records can be included in the Championship booklet.

Where known, the athlete's centre as at the time of their setting of a record is designated. This has only recently been included and we think we have identified correctly when an athlete changed centre. Please email nzmastersathletics@extra.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.

60m		NZMA National Record		NZMA Championship Record	
M30	B Grant [MWA]	7.35 (+1.2)	29/02/2020	B Grant [MWA]	7.35 (+1.2) 29/02/2020
M35	B Potter [AKL]	7.14 (+1.6)	14/11/2015	R Le Brun [TAS]	7.23 (+0.4) 30/03/2025
M40	M Foster [WBP]	7.19 (+1.8)	18/11/2018	W Holroyd [AKL]	7.41 (+0.2) 03/03/2018
M45	M Foster [WBP]	7.22 (+1.7)	02/03/2024	I Lathwood [AKL]	7.44 (-2.2) 30/03/2025
M50	M Lambert [AKL]	7.52 (+1.8)	02/12/2023	W Holroyd [AKL]	7.59 (0.0) 14/03/2026
M55	J Campbell [AKL]	7.71 (+0.1)	02/03/2019	J Campbell [AKL]	7.71 (+0.1) 02/03/2019
M60	D Blackford [AKL]	8.10 (-1.8)	01/12/2024	D Blackford [AKL]	8.12 (-0.6) 15/03/2026
M65	L Malcolmson [MWA]	8.45 (-2.0)	29/11/2014	L Malcolmson [MWA]	8.47 (-0.9) 27/02/2016
M70	L Malcolmson [MWA]	8.70 (+1.3)	29/02/2020	L Malcolmson [MWA]	8.70 (+1.3) 29/02/2020
M75	L Malcolmson [MWA]	8.94 (-0.0)	30/11/2024	L Malcolmson [MWA]	9.38 (-2.4) 30/03/2025
M80	B Baxter [OTG]	10.14 (+0.7)	17/12/2022	D Anstiss [AKL]	10.50 (-0.3) 15/03/2026
M85	M Wood [CAN]	11.55 (+0.5)	02/03/2019	M Wood [CAN]	11.55 (+0.5) 02/03/2019
M90	J Feist [AKL]	14.73 (-0.7)	30/03/2025	J Feist [AKL]	14.73 (-0.7) 30/03/2025
M95	E de Lautour [WBP]	17.84	11/12/2016		
100m					
		NZMA National Record		NZMA Championship Record	
M30	S Sos [WLG]	11.17 (+1.7)	20/02/2021	M O'Connor [HBG]	11.41 (+1.4) 05/03/2011
M35	C Van Der Speck [AKL]	10.87	26/10/2016	R Le Brun [TAS]	11.16 (-0.5) 14/03/2026
M40	A Wall [AKL]	11.29	2011	A Wall [AKL]	11.39 (+1.4) 05/03/2011
M45	I Lathwood	11.40 (+1.9)	22/11/2025	B McPhail [CAN]	11.4h 1984
				J Campbell [AKL]	11.55 (-0.6) 03/03/2012
M50	M Lambert [AKL]	11.56 (+2.0)	02/03/2024	L Malcolmson [MWA]	11.98 04/03/2000
M55	J Campbell [AKL]	12.02 (1.3)	24/07/2021	D Blackford [AKL]	12.29 (+1.9) 18/02/2024
M60	D Blackford [AKL]	12.41 (+0.5)	19/03/2025	D Blackford [AKL]	12.57 (+1.2) 14/03/2026
M65	B McPhail [CAN]	13.14	2002	S Burden [WBP]	13.37 (+0.3) 14/03/2026
M70	T Guptill [AKL]	13.78 (+1.5)	06/09/2018	T Guptill [AKL]	13.96 (+1.8) 03/03/2018
M75	L Malcolmson [MWA]	14.35 (+1.9)	30/11/2024	M Wood [CAN]	14.91 07/03/2009
M80	B Kaiser [WLG]	15.8h	1992	B Kaiser [WLG]	16.29 1993
	B Kaiser [WLG]	16.03	1992		
M85	A Mackay [STH]	18.90	02/02/2014	M Wood [CAN]	19.27 (-1.7) 02/03/2019
M90	F Cox [WBP]	21.30	2002	S Taylor [AKL]	21.51 2006

M95	E de Lautour [WBP]	28.35	07/10/2015			
200m		NZMA National Record			NZMA Championship Record	
M30	N Ash [CAN]	22.50 (+1.3)	01/02/2020	B Grant [MWA]	23.01 (+0.2)	01/03/2020
M35	B Potter [AKL]	22.14 (+0.6)	26/04/2017	M Brooking [WBP]	23.0h	1984
				L Malcolmson [MWA]	23.21	1987
M40	J Nightingale [AKL]	22.80 (+1.8)	28/04/2019	B McPhail [CAN]	22.9h	1980
M45	B McPhail [CAN]	23.0h	1983	B McPhail [CAN]	23.27	1983
	B McPhail [CAN]	23.14	1983			
M50	M Lambert [AKL]	23.10 (+1.8)	18/02/2024	M Lambert [AKL]	23.10 (+1.8)	18/02/2024
M55	J Campbell [CAN]	24.32 (+0.7)	07/02/2021	B McPhail [CAN]	24.7h	1992
M60	D Blackford [AKL]	25.26 (-0.2)	19/03/2025	D Blackford [AKL]	25.57 (+0.5)	15/03/2026
M65	T Guptill [AKL]	27.25 (+1.4)	11/01/2014	T Turner [AKL]	27.63 (+0.5)	15/03/2026
M70	T Guptill [AKL]	27.98 (+1.8)	26/10/2016	A Dougall [AKL]	29.25 (+1.1)	01/03/2020
M75	T Deleiros [AKL]	30.61 (+1.7)	26/02/2022	B Kaiser [WLG]	30.7h	1991
M80	D Reade [WLG]	32.63 (-0.9)	26/04/2017	B Kaiser [WLG]	35.09	1994
M85	J Jones [WBP]	39.67 (-0.4)	19/01/2020	J Jones [WBP]	40.60 (+1.7)	01/03/2020
M90	S Taylor [AKL]	47.38	2006	S Taylor [AKL]	52.38	2006
M95	E de Lautour [WBP]	59.95	08/10/2015			
400m		NZMA National Record			NZMA Championship Record	
M30	B Grant [MWA]	49.17	17/07/2019	B Grant [MWA]	50.26	02/03/2018
M35	B Grant [MWA]	50.16	26/02/2021	B Grant [MWA]	50.16	26/02/2021
M40	B Grant [MWA]	51.80	18/02/2026	B Grant [MWA]	52.07	14/03/2026
M45	B McPhail [CAN]	52.1	1983	W Holroyd [AKL]	53.50	30/03/2025
M50	A Pinna [WLG]	52.95	25/11/2017	W Holroyd [AKL]	52.97	14/03/2026
M55	R Hanna [AKL]	55.61	10/03/2023	A Hill [WBP]	56.6	1981
M60	F Evans [AKL]	58.11	1985	D Blackford [AKL]	58.19	30/03/2025
M65	F Evans [AKL]	61.75	1990	M Fraser [CAN]	63.53	03/03/2007
M70	M Wood [CAN]	66.29	2003	I Carter [TAS]	68.95	26/02/2021
M75	I Carter [AKL]	70.12	21/02/2026	M Wood [CAN]	74.27	03/04/2010
M80	D Reade [WLG]	78.34	26/04/2017	E de Lautour [WBP]	83.77	16/03/2002
M85	E de Lautour [WBP]	89.82	2006	J Jones [WBP]	92.86	28/02/2020
M90	D Campbell [OTG]	1:53.41	03/02/2024	J Feist [AKL]	2:44.34	14/03/2026
800m		NZMA National Record			NZMA Championship Record	
M30	S Rogers [AKL]	1:53.00	25/02/2021	J Reid [AKL]	1:56.78	30/03/2025
M35	N Willis [WLG]	1:49.23	10/07/2019	R Sewell [AKL]	2:00.0	1980
M40	Craig Oliver [CAN]	1:57.78	10/01/2026	B Hunter [CAN]	1:58.7	1992
M45	D Sirl [AKL]	1:58.42	1987	D Sirl [AKL]	2:01.11	1988
M50	I Babe [NTH]	2:01.97	1987	I Babe [NTH]	2:02.36	1987
M55	D Turnbull [STH]	2:06.6	1982	D Turnbull [STH]	2:08.3	1982
M60	D Turnbull [STH]	2:12.62	1989	R Brent [WLG]	2:18.84	03/03/2013
M65	D Turnbull [STH]	2:17.8	1992	D Turnbull [STH]	2:17.8	1992
M70	J Downey [MWA]	2:27.94	2001	I Carter [TAS]	2:34.60	28/02/2021
M75	I Carter [AKL]	2:39.80	15/03/2026	I Carter [AKL]	2:39.80	15/03/2026
M80	E de Lautour [WBP]	3:13.16	11/03/2001	E de Lautour [WBP]	3:13.16	11/03/2001
M85	E de Lautour [WBP]	3:36.30	04/03/2007	E de Lautour [WBP]	3:36.30	04/03/2007

M90	D Campbell [OTG]	4:32.49	25/01/2025	F Cox [WBP]	6:41.73	17/03/2002
M95	E de Lautour [WBP]	6:29.56	06/10/2015			
1500m		NZMA National Record		NZMA Championship Record		
M30	H Carson [WLG]	3:36.86	12/06/2021	A Gallagher [AKL]	4:20.70	3/03/2018
M35	N Willis [WLG]	3:35.25	02/09/2018	A Stark [CAN]	4:06.9	15/03/1997
M40	R Bennett [CAN]	3:55.08	2007	R Bennett [CAN]	3:58.24	03/03/2007
M45	T McManus [CAN]	3:59.95	1995	D Sirl [AKL]	4:05.45	1988
M50	I Babe [NTH]	4:09.41	1987	I Babe [NTH]	4:11.48	1987
M55	R Robertson [HBG]	4:12.5	1997	D Turnbull [STH]	4:18.5	1982
M60	R Robertson [HBG]	4:27.65	2001	T McManus [CAN]	4:29.01	03/04/2010
M65	D Turnbull [STH]	4:39.8	1992	D Turnbull [STH]	4:39.8	1992
M70	R Robertson [HBG]	4:52.95	15/07/2011	I Carter [TAS]	5:20.44	27/02/2021
M75	I Carter [AKL]	5:29.03	14/03/2026	I Carter [AKL]	5:29.03	14/03/2026
M80	P Parkin [CAN]	6:27.12	14/03/2026	P Parkin [CAN]	6:27.12	14/03/2026
M85	E de Lautour [WBP]	7:03.40	2006	E de Lautour [WBP]	7:15.53	04/03/2006
M90	D Campbell [OTG]	9:50.32	14/12/2024	J Feist [AKL]	11:08.42	30/03/2025
M95	E de Lautour [WBP]	14:06.88	08/10/2015			
3000m		NZMA National Record		NZMA Championship Record		
M30	H Carson [WLG]	7:52.93	07/08/2021	A Gallagher [AKL]	9:34.88	02/03/2018
M35	R Hooper [WLG]	8:34.20	20/01/2017	P Taylor [OTG]	10:25.90	13/03/2026
M40	R Bennett [CAN]	8:28.09	2007	B Tingay [CAN]	9:07.26	18/02/2024
M45	R Bennett [CAN]	8:40.48	2010	S Corporaal [WBP]	9:07.59	18/02/2024
M50	W Luijpers [AKL]	9:04.95	20/03/2023	W Luijpers [AKL]	9:16.02	26/02/2021
M55	R Robertson [HBG]	8:57.28	1997	P Stevens [WLG]	9:50.85	26/02/2021
M60	T McManus [CAN]	9:42.97	17/03/2012	P Richards [CAN]	10:50.68	26/02/2021
M65	D Turnbull [STH]	9:47.30	08/02/1992	I Calder [NTH]	10:36.37	18/02/2024
M70	I Carter [TAS]	11:30.28	13/02/2021	K Chapman [WLG]	12:06.26	02/12/2022
M75	R Stevens [CAN]	12:19.68	2010	A Clapcott [NTH]	13:32.52	28/02/2020
M80	P Parkin [CAN]	14:17.80	13/03/2026	P Parkin [CAN]	14:17.80	13/03/2026
M85	E de Lautour [WBP]	17:17.58	2007			
5000m		NZMA National Record		NZMA Championship Record		
M30	E Speakman [HBG]	13:22.08	15/05/2021	G McMillan [WBP]	19:58.42	03/03/2006
M35	N Willis [WLG]	13:49.93	16/05/2019	P Ritchie [WBP]	15:20.59	22/03/1996
M40	J Foster [WBP]	14:21.0	1976	T McLachlan [WLG]	14:43.89	1994
M45	E Gray [CAN]	15:00.5	1992	E Gray [CAN]	15:00.5	1992
M50	R Robertson [HBG]	15:26.2	1992	R Robertson [HBG]	15:26.2	1992
M55	R Robertson [HBG]	15:41.72	1997	D Turnbull [STH]	16:22.5	1982
M60	R Robertson [HBG]	16:16.51	2001	A Galbraith [AKL]	16:56.62	04/03/2005
M65	D Turnbull [STH]	16:38.8	13/03/1992	D Turnbull [STH]	16:38.8	1992
M70	R Robertson [HBG]	18:15.53	09/07/2011	W Nelmes [AKL]	19:37.11	1986
M75	R Stevens [CAN]	21:03.64	2009	R Stevens [CAN]	22:02.34	06/03/2009
M80	E de Lautour [WBP]	24:05.14	2001	E de Lautour [WBP]	24:41.14	09/03/2001
M85	E de Lautour [WBP]	26:18.47	02/03/2007	E de Lautour [WBP]	26:18.47	02/03/2007

1500m Track Walk (Best performances)		NZMA National Record		NZMA Championship Record		
M30						
M35						
M40	S Dean [AKL]	9:25.73	29/11/2025			
M45	J Reed [TAR]	9:01.69	30/03/2025	J Reed [TAR]	9:01.69	30/03/2025
M50						
M55	D Smyth [CAN]	8:53.59	27/01/2025	D Smyth [CAN]	9:01.04	30/03/2025
M60	R Gillum [TAR]	9:04.42	13/03/2026	R Gillum [TAR]	9:04.42	13/03/2026
M65	I Morton [WLG]	9:52.19	18/02/2024	I Morton [WLG]]	9:52.19	18/02/2024
M70	C McGovern [WLG]	8:44.68	03/12/2022	C McGovern [WLG]	8:44.68	03/12/2022
M75	P Hague [TAS]	9:52.32	24/01/2026	C McGovern [WLG]	9:19.63	13/03/2026
M80						
M85						
M90	J Feist [AKL]	13:11.08	13/03/2026	J Feist [AKL]	13:11.08	13/03/2026
3000m Track Walk		NZMA National Record		NZMA Championship Record		
M30	M Rodriguez [HBG]	16:17.21	28/02/2020	M Rodriguez [HBG]	16:17.21	28/02/2020
M35	Q Rew [WLG]	11:58.24	06/03/2020	L McPhillips [WBP]	13:08.87	09/03/2001
M40	R Smyth [WBP]	13:46.28	1991	R Smyth [WBP]	13:46.28	1991
M45	G Little [NTH]	12:05.5	23/11/1991	G Little [NTH]	13:24.83	1989
M50	G Little [AKL]	12:17.25	23/01/1993	M Hinton [AKL]	13:41.43	1986
M55	G Little [AKL]	13:00.0	1997	G Little [AKL]	13:12.62	14/03/1997
M60	M Parker [AKL]	13:57.11	01/03/2014	G Little [AKL]	13:58.13	05/03/2004
M65	M Hinton [AKL]	15:59.20	09/03/2001	M Hinton [AKL]	15:59.20	09/03/2001
M70	L Watkins [CAN]	17:17.0	1990	L Watkins [CAN]	17:26.2	1990
M75	P Davis [TAS]	18:46.73	07/03/2003	P Davis [TAS]	18:46.73	07/03/2003
M80	G Currie [CAN]	22:53.4	1995	F Cox [WBP]	23:19.3	1992
M85						
M90	J Feist [AKL]	26:56.43	13/03/2026	J Feist [AKL]	26:56.43	13/03/2026
5000m Track Walk		NZMA National Record		NZMA Championship Record		
M30	Q Rew [WLG]	19:35.70	10/12/2017	M Rodriguez [HBG]	27:00.25	01/03/2020
M35	K Taylor [AKL]	23:12.58	1990	D Cameron [WBP]	25:08.0	1980
M40	R Green [TAR]	24:19.4	1993	R Nixon [AKL]	27:03.8	1980
M45	G Little [NTH]	20:54.4	1991	M Hinton [AKL]	24:21.0	1980
M50	G Little [NTH]	21:01.0	16/02/1992	L Hohaia [AKL]	27:14.90	04/03/2018
M55	G Little [AKL]	22:14.93	1998	M Gray [WBP]	36:57.08	01/03/2020
M60	G Little [AKL]	23:44.09	2002	M Parker [AKL]	28:26.96	04/03/2018
M65	E Kemsley [TAR]	26:53.78	26/10/2016	P Baillie [WLG]	29:59.76	04/03/2018
M70	C McGovern [WLG]	29:46.28	06/02/2021	C McGovern [WLG]	31:48.11	04/12/2022
M75	C McGovern [WLG]	32:33.56	15/03/2026	C McGovern [WLG]	32:33.56	15/03/2026
M80	R Johnson [AKL]	38:25.81	2015			
M85						
M90	P Tearle [WLG]	48:56.81	26/10/2016			
2000m Steeplechase		NZMA National Record		NZMA Championship Record		
M60	R Robertson [HBG]	6:30.21	14/07/2001	W Hume [CAN]	7:14.27	13/03/1999
M65	R Robertson [HBG]	7:18.10	01/08/2008	R Robertson [HBG]	7:33.36	07/03/2009

M70	R Robertson [HBG]	7:10.03	17/07/2011	J Downey [MWA]	8:22.04	10/03/2001
M75	D Eastmond [NTH]	9:40.42	2006	M Bond [CAN]	9:43.96	02/03/2019
M80	J Jamieson [AKL]	11:48.22	1989	J Jamieson [AKL]	11:48.22	1989
3000m Steeplechase		NZMA National Record		NZMA Championship Record		
M30	M Sutton [WBP]	9:03.11	07/03/2025	B Meder [WBP]	9:50.0	1992
M35	M Rogers [WLG]	10:06.38	07/09/2018	M Rogers [WLG]	10:22.88	04/03/2017
M40	JD Macdonald [CAN]	9:14.4	1977	JD Macdonald [CAN]	9:27.1	1975
M45	JD Macdonald [CAN]	9:22.3	1980	R Robertson [HBG]	9:27.22	1987
M50	R Robertson [HBG]	9:43.97	1991	R Robertson [HBG]	9:44.0	1992
M55	R Robertson [HBG]	9:55.05	27/07/1997	R Robertson [HBG]	9:59.8	15/03/1997
Short Hurdles		NZMA National Record		NZMA Championship Record		
M30	110mH: B Newdick [AKL]	15.19 (+1.2)	02/02/2019			
M35	110mH: B Newdick [AKL]	16.40 (+1.8)	09/02/2020	S Te Whaiti [WBP]	17.95	16/03/2002
M40	110mH: S Poelman [WBP]	15.16	2005	N Bolton [CAN]	15.41 (-2.5)	28/02/2015
M45	110mH: N Bolton [CAN]	15.41 (+2.0)	27/04/2019	N Bolton [CAN]	15.94 (-2.7)	03/03/2019
M50	100mH: N Bolton [CAN]	14.44	18/02/2024	N Bolton [CAN]	14.44	18/02/2024
M55	100mH: R Ball [NTH]	16.2h	1991	P Daborn [WBP]	17.78 (+0.9)	29/02/2020
M60	100mH: D Blackford [AKL]	16.79 (-1.7)	14/03/2026	D Blackford [AKL]	16.79 (-1.7)	14/03/2026
M65	100mH: L Malcolmson [MWA]	18.75 (-0.1)	27/02/2016	L Malcolmson [MWA]	18.75 (-0.1)	27/02/2016
M70	80mH: A Dougall [AKL]	14.52 (+1.8)	13/03/2020	L Malcolmson [MWA]	15.75 (+0.2)	29/02/2020
M75	80mH: D Anstiss [AKL]	17.15 (+1.6)	14/10/2023	D Anstiss [AKL]	17.99 (-1.4)	27/02/2021
M80	80mH: D Anstiss [AKL]	17.06 (+0.3)	22/03/2025	D Anstiss [AKL]	17.55 (-2.0)	14/03/2026
Long Hurdles		NZMA National Record		NZMA Championship Record		
M30	400mH: C Lockley [TAR]	58.59	23/04/2017			
M35	400mH: J Hill [MWA]	59.46	1998	J Hill [MWA]	60.58	14/03/1999
M40	400mH: J O'Connor [CAN]	59.20	2008	B Turnbull [WLG]	60.56	24/03/1996
M45	400mH: J O'Connor [CAN]	60.45	04/04/2010	J O'Connor [CAN]	60.45	04/04/2010
M50	400mH: J Speerstra [AKL]	63.0	1986	P Daborn [WBP]	63.28	05/03/2017
M55	400mH: M Callaghan [HBG]	65.22	2003	M Callaghan [HBG]	70.64	11/03/2001
M60	300mH: L Malcolmson [MWA]	46.89	04/04/2010	L Malcolmson [MWA]	46.89	04/04/2010
M65	300mH: L Malcolmson [MWA]	49.06	05/03/2017	L Malcolmson [MWA]	49.06	05/03/2017
M70	400mH: A Dougall [AKL]	53.32	01/09/2019	S Foster [WBP]	57.29	08/03/2009
M75	300mH: L Malcolmson [MWA]	57.99	16/02/2025	R Johnson [AKL]	66.94	02/03/2008
M80	200mH: D Anstiss [AKL]	39.85 (-1.5)	06/09/2025	D Anstiss [AKL]	43.28	13/03/2026
Long Jump		NZMA National Record		NZMA Championship Record		
M30	B Newdick [AKL]	7.02 (+1.5)	26/01/2019	D Lane [WLG]	6.00 (+1.2)	03/03/2013
M35	K Simpson [CAN]	6.42	1980	J Munns	6.19	1979
M40	R Williams [AKL]	6.81	1975	R Williams [AKL]	6.53	1979
M45	R Williams [AKL]	6.46	1981	B McPhail [CAN]	6.05	1984
M50	B McPhail [CAN]	5.68	1990	R Williams [AKL]	5.60	1986
M55	B McPhail [CAN]	5.60	1993	B McPhail [CAN]	5.60	1993
M60	S Burden [WBP]	5.11 (+0.0)	29/01/2022	S Burden [WBP]	4.90 (+1.8)	26/02/2021
M65	S Burden [WBP]	5.02 (1.7)	08/06/2024	S Burden [WBP]	4.86 (1.6)	30/03/2025
M70	D O'Leary [HBG]	4.23 (-1.0)	06/09/2025	I Scown [STH]	3.98 (1.9)	30/03/2025

M75	D Anstiss [AKL]	4.00 (+0.8)	09/06/2022	H Mein [AKL]	3.57	04/03/2006
M80	D Anstiss [AKL]	3.62 (0.3)	22/03/2025	D Anstiss [AKL]	3.42(-0.4)	13/03/2026
M85	A Mackay [STH]	2.59	02/02/2014	J Jones [WBP]	2.43 (+1.0)	29/02/2020
M90	A Mackay [STH]	2.08 (+0.4)	23/01/2018	J Blair [OTG]	1.50 (-1.6)	03/12/2022
High Jump		NZMA National Record			NZMA Championship Record	
M30	W Crayford [WLG]	2.06	08/03/2019	W Ginige [AKL]	1.40	30/03/2025
M35	T Newport [WLG]	1.85	15/03/1997	T Newport [WLG]	1.85	15/03/1997
M40	S Poelman [WBP]	1.92	2005	P Ranginui [WBP]	1.78	03/04/2010
M45	A Stringer [NTH]	1.72	1996	A Stringer [NTH]	1.72	23/03/1996
M50	Ho Young Do [AKL]	1.75	06/10/2013	R Fletcher [WBP]	1.69	1992
M55	D Blackford [AKL]	1.67	27/02/2021	D Blackford [AKL]	1.67	27/02/2021
M60	D Blackford [AKL]	1.66	02/02/2025	B Curry [MWA]	1.48	30/03/2025
M65	Ho Young Do [AKL]	1.55	17/01/2026	Ho Young Do [AKL]	1.48	14/03/2026
M70	M Andersen [HBG]	1.37	29/02/2020	M Andersen [HBG]	1.37	29/02/2020
	D Anstiss [AKL]	1.37	2017			
M75	D Anstiss [AKL]	1.36	18/03/2023	D Anstiss [AKL]	1.31	27/02/2021
M80	D Anstiss [AKL]	1.30	22/03/2025	D Anstiss [AKL]	1.25	14/03/2026
M85	J Blair [WLG]	1.12	22/01/2017	J Blair [WLG]	1.05	03/03/2018
M90	J Blair [OTG]	1.00	23/01/2022	F Cox [WBP]	0.71	16/03/2002
Triple Jump		NZMA National Record			NZMA Championship Record	
M30	S Thompson [AKL]	14.17 (0.4)	30/03/2025	S Thompson [AKL]	14.17 (0.4)	30/03/2025
M35	B Booker [AKL]	13.55	2005	J Munns	12.18	1979
M40	K Simpson [CAN]	13.30	1987	R Fletcher [WBP]	12.69	1985
M45	S McKee [CAN]	12.40	2006	R Fletcher [WBP]	11.89	1989
M50	S McKee [CAN]	11.56	2010	R Fletcher [WBP]	11.38	1992
M55	T Walker [AKL]	11.55 (+0.9)	24/02/2019	W MacIntyre [WLG]	10.43	1988
M60	S Burden [WBP]	10.76 (-0.4)	31/08/2019	S Burden [WBP]	10.74 (+1.5)	27/02/2021
M65	S Burden [WBP]	10.06 (+0.9)	20/08/2024	S Burden [WBP]	9.83 (0.3)	30/03/2025
M70	D Anstiss [AKL]	9.16 (+1.0)	28/11/2015	D Anstiss [AKL]	8.94 (-0.2)	02/03/2018
M75	D Anstiss [AKL]	8.87 (+1.5)	02/02/2025	D Anstiss [AKL]	8.47 (+0.8)	26/02/2021
M80	D Anstiss [AKL]	8.23 (+1.2)	1/03/2026	D Anstiss [AKL]	8.00 (+1.1)	30/03/2025
M85	R Johnson [AKL]	5.58 (-1.7)	2/03/2018	R Johnson [AKL]	5.58 (-1.7)	02/03/2018
Pole Vault		NZMA National Record			NZMA Championship Record	
M30	E Du Preez [AKL]	4.71	20/02/2021	J Tautari [AKL]	4.30	30/03/2025
M35	P Gibbons [OTG]	4.15	2007	B Senior [CAN]	3.70	1980
M40	S Poelman [WBP]	4.00	2005	B Senior [CAN]	3.70	1982
M45	S McKee [CAN]	3.90	2006	S McKee [CAN]	3.75	02/03/2007
M50	S McKee [CAN]	3.71	02/04/2010	S McKee [CAN]	3.71	02/04/2010
M55	D Blackford [AKL]	3.45	19/02/2024	D Blackford [AKL]	3.45	19/02/2024
M60	M Lett [AKL]	3.21	11/01/2025	M Lett [AKL]	3.20	30/03/2025
M65	M Andersen [HBG]	2.70	12/02/2017	R Johnson [AKL]	2.30	03/03/2000
M70	M Andersen [HBG]	2.70	29/02/2020	M Andersen [HBG]	2.70	29/02/2020
M75	D Anstiss [AKL]	2.42	19/03/2022	D Anstiss [AKL]	2.41	27/02/2021
M80	D Anstiss [AKL]	2.30	30/03/2025	D Anstiss [AKL]	2.30	30/03/2025

M85	R Johnson [AKL]	1.50	12/11/2017 & 3/03/2018	R Johnson [AKL]	1.50	03/03/2018
Hammer Throw				NZMA National Record		
M30	7.26kg: W Button [WBP]	60.18	21/02/2020	T Bates [OTG]	56.72	30/03/2025
M35	7.26kg: M Cumming [AKL]	48.62	2002	T Fleming [CAN]	48.32	1983
M40	7.26kg: P Jensen [WLG]	62.53	2010	A van der Westhuizen [AKL]	52.03	28/02/2020
M45	7.26kg: A van der Westhuizen [AKL]	56.80	25/02/2023	A van der Westhuizen [AKL]	52.27	02/12/2022
M50	6.00kg: M Cumming [AKL]	56.58	13/01/2013	M Cumming [AKL]	56.03	02/03/2013
M55	6.00kg: M Cumming [AKL]	52.87	23/04/2017	M Cumming [AKL]	46.85	02/03/2018
M60	5.00kg: L Devlin [HBG]	50.82	1997	L Devlin [HBG]	48.36	22/11/1997
M65	5.00kg: L Devlin [HBG]	46.53	2001	L Devlin [HBG]	43.48	08/03/2003
M70	4.00kg: L Devlin [HBG]	44.54	2006	L Devlin [HBG]	44.22	04/03/2006
M75	4.00kg: M Carr [AKL]	37.40	1997	M Carr [AKL]	35.10	22/11/1997
M80	3.00kg: B Senior [CAN]	37.95	20/12/2020	B Stannius [WBP]	35.64	06/03/2009
M85	3.00kg: B Senior [CAN]	29.70	13/04/2025	R Johnson [AKL]	23.93	02/03/2018
M90	3.00kg: R Johnson [AKL]	21.12	05/11/2022	J Blair [OTG]	17.23	02/12/2022
Shot Put				NZMA National Record		
M30	7.26kg: K Fowler [OTG]	13.91	06/11/2021	T Bates [OTG]	11.14	30/03/2025
M35	7.26kg: R Thomson [WLG]	16.42	1998	H Smith [WLG]	14.48	1994
M40	7.26kg: S Poelman [WBP]	14.66	2005	M Mene [CAN]	13.80	1987
M45	7.26kg: L Inivale [AKL]	13.68	07/10/2015	L Inivale [AKL]	13.18	28/02/2014
M50	6.00kg: L Inivale [AKL]	14.82	22/01/2018	L Inivale [AKL]	14.27	03/03/2017
M55	6.00kg: L Inivale [AKL]	13.44	08/06/2024	A Husband [AKL]	13.38	1979
M60	5.00kg: A Husband [AKL]	14.01	1984	A Husband [AKL]	14.01	1984
M65	5.00kg: R Harris [WLG]	12.95	1999	J F Thomas [AKL]	12.21	30/11/2024
M70	4.00kg: P Crawford [WBP]	12.10	26/04/2017	P Crawford [WBP]	11.72	03/03/2017
M75	4.00kg: D Scratton [NTH]	10.87	1994	D Scratton [NTH]	10.46	23/03/1996
M80	4.00kg: D Scratton [NTH]	9.75	1999	P Crawford [WBP]	9.57	18/02/2024
M80	3.00kg: B Stannius [NTH]	11.97	2009	B Stannius [NTH]	11.97	07/03/2009
M85	3.00kg: R Johnson [AKL]	8.97	12/09/2018	R Johnson [AKL]	8.30	02/03/2018
M90	3.00kg: J Blair [OTG]	7.38	01/08/2021	R Johnson [AKL]	6.86	30/03/2025
Discus				NZMA National Record		
M30	2.0kg: M Hall [STH]	61.49	30/03/2019	J Peters [HBG]	44.09	30/03/2025
M35	2.0kg: K Fowler [OTG]	54.75	22/02/2025	H Smith [WLG]	47.24	1994
M40	2.0kg: J Pratten [CAN]	43.69	21/02/2026	R Williams [AKL]	43.44	1975
M45	2.0kg: R Williams [AKL]	43.12	1981	M Clarke [CAN]	39.85	04/03/2017
M50	1.5kg: A Stockill [WLG]	46.82	15/12/2018	R Ball [NTH]	44.80	1986
M55	1.5kg: G Lawless [OTG]	45.28	1986	G Lawless [OTG]	40.86	1986
M60	1.0kg: R Ball [NTH]	48.66	1996	R Ball [NTH]	48.66	23/03/1996
M65	1.0kg: R Ball [NTH]	44.47	2001	J Thomas [AKL]	40.66	19/02/2024
M70	1.0kg: S Johnson [AKL]	38.20	1992	R Ball [NTH]	36.72	04/03/2006
M75	1.0kg: P Crawford [WBP]	34.23	02/03/2019	P Crawford [WBP]	34.23	02/03/2019
M80	1.0kg: B Senior [CAN]	28.98	24/01/2021	D Scratton [NTH]	27.70	04/03/2000
M85	1.0kg: R Johnson [AKL]	22.90	20/01/2018	R Johnson [AKL]	20.54	03/03/2018

M90	1.0kg: J Blair [OTG]	18.16	12/03/2022	J Blair [OTG]	16.15	19/02/2024
Javelin						
NZMA National Record				NZMA Championship Record		
M30	800gm: B Newdick [AKL]	55.07	18/01/2019	L Crombie [HBG]	46.13	29/02/2020
M35	800gm: J Bradley [HBG]	60.02	1992	J Bradley [HBG]	55.96	1991
M40	800gm: D Brand [AKL]	66.55	2008	J Bradley [HBG]	55.10	04/03/1995
M45	800gm: D Brand [AKL]	61.97	2009	J Bradley [HBG]	54.50	04/03/2000
M50	700gm: N Stainton [AKL]	61.74	23/03/2014	J Bradley [HBG]	50.91	06/03/2005
M55	700gm: N Stainton [AKL]	51.40	29/01/2017	J Bradley [HBG]	49.51	08/03/2009
M60	600gm: A Grayburn [CAN]	48.96	1987	A Grayburn [CAN]	45.54	1989
M65	600gm: A Grayburn [CAN]	46.94	1994	A Grayburn [CAN]	45.74	1993
M70	500gm: A Grayburn [CAN]	38.93	1998	A Grayburn [CAN]	36.94	16/03/1997
M75	500gm: L Malcolmson [MWA]	36.71	30/03/2025	L Malcolmson [MWA]	36.71	30/03/2025
M80	400gm: R Johnson [AKL]	31.59	16/02/2014	B Stannius [WBP]	30.59	08/03/2009
M85	400gm: R Johnson [AKL]	25.42	03/03/2018	R Johnson [AKL]	25.42	3/03/2018
M90	400gm: R Johnson [AKL]	22.27	07/11/2022	J Blair [OTG]	18.86	30/03/2025
Weight Throw						
NZMA National Record				NZMA Championship Record		
M30	15.88kg: T Bates [OTG]	15.90	27/01/2025	T Bates [OTG]	15.04	30/03/2025
M35	15.88kg: P Jensen [WLG]	21.01	2004	M Cumming [AKL]	14.47	17/03/2002
M40	15.88kg: P Jensen [WLG]	18.23	2009	M Cumming [AKL]	15.56	05/03/2006
M45	15.88kg: P Jensen [WLG]	17.44	12/04/2014	M Cumming [AKL]	15.30	29/02/2008
M50	11.34kg: M Cumming [AKL]	20.11	25/11/2012	M Cumming [AKL]	20.00	03/03/2013
M55	11.34kg: P Jensen [WLG]	19.59	18/02/2023	M Cumming [AKL]	17.81	03/03/2018
M60	9.08kg: K Bradley [WBP]	17.45	2006	K Bradley [WBP]	16.48	05/03/2005
M65	9.08kg: J Thomas [AKL]	17.46	07/09/2025	L Devlin [HBG]	17.09	17/03/2002
M70	7.26kg: L Devlin [HBG]	18.06	2006	L Devlin [HBG]	17.19	05/03/2006
M75	7.26kg: M Carr [AKL]	14.80	1997	B Senior [CAN]	13.43	04/03/2017
M80	5.45kg: B Senior [CAN]	14.96	24/01/2021	B Stannius [WBP]	14.66	08/03/2009
M85	5.45kg: B Senior [CAN]	12.31	13/04/2025	R Johnson [AKL]	10.46	28/02/2020
M90	5.45kg: R Johnson [AKL]	9.15	30/03/2025	J Blair [OTG]	8.48	03/12/2022
Throws Pentathlon						
Updated using 2023 Age Factors				NZMA Championship Record		
NZMA National Record				NZMA Championship Record		
M30	T Bates [OTG]	2857 pts	30/03/2025	T Bates [OTG]	2857 pts	30/03/2025
M35	M Scholten [OTG]	2890 pts	26/10/2016	M Scholten [OTG]	2609 pts	03/03/2014
M40	A van der Westhuizen [AKL]	3360 pts	11/10/2020	A van der Westhuizen [AKL]	3326 pts	28/02/2021
M45	A van der Westhuizen [AKL]	3743 pts	27/03/2022	A van der Westhuizen [AKL]	3430 pts	04/12/2022
M50	P Hellier [WBP]	3403 pts	15/03/2026	P Hellier [WBP]	3403 pts	15/03/2026
M55	M Cumming [AKL]	3468 pts	27/04/2017	J Van Zyl [WBP]	3384 pts	01/03/2015
M60	J Thomas [AKL]	3271 pts	13/10/2019	J Thomas [AKL]	3373 pts	01/03/2020
M65	J Thomas [AKL]	3888 pts	30/11/2025	J Thomas [AKL]	3874 pts	18/02/2024
M70	B Senior [CAN]	3136 pts	07/03/2011	B Senior [CAN]	3136 pts	07/03/2011
M75	B Senior [CAN]	3507 pts	20/03/2016	B Senior [CAN]	3349 pts	28/02/2016
M80	B Senior [CAN]	3611 pts	24/01/2021	R Johnson [AKL]	2964 pts	01/03/2015
M85	B Senior [CAN]	3291 pts	13/04/2025	L Carter [AKL]	1956 pts	05/03/2012
M90	R Johnson [AKL]	3550 pts	07/11/2022	R Johnson [AKL]	2767 pts	30/03/2025
*Oceania Throws Pentathlon Challenge held during September				yet to be confirmed if correct age factors used for points total		

Track Pentathlon				NZMA National Record			NZMA Championship Record		
Updated using 2023 Age Factors									
M30	R Little [HBG]	1966 pts	04/12/2022	R Little [HBG]	1966 pts	04/12/2022			
M35	D Hansen [TAS]	2829 pts	05/03/2017	D Hansen [TAS]	2829 pts	05/03/2017			
M40	D Hansen [TAS]	3126 pts	03/03/2019	D Hansen [TAS]	3126 pts	03/03/2019			
M45	D Hansen [TAS]	3330 pts	04/12/2022	D Hansen [TAS]	3330 pts	04/12/2022			
M50	W Doyle [CAN]	3179 pts	01/03/2015	W Doyle [CAN]	3179 pts	01/03/2015			
M55	S Te Whaiti [WBP]	3217 pts	25/11/2018	S Te Whaiti [WBP]	3144 pts	01/03/2020			
M60	S Te Whaiti [WBP]	3041 pts	16/03/2025	J Rawcliffe [TAS]	2546 pts	04/12/2022			
M65	J Rawcliffe [TAS]	2913 pts	10/09/2025	J Rawcliffe [TAS]	2731 pts	18/02/2024			
M70	W Green [STH]	2437 pts	04/12/2022	W Green [STH]	2437 pts	04/12/2022			
M75	D Anstiss [AKL]	2416 pts	20/03/2021	W Schenk [AKL]	1964 pts	28/02/2021			
M80	R Johnson [AKL]	2265 pts	02/03/2014	R Johnson [AKL]	2265 pts	02/03/2014			
M85	H Mein [WBP]	910 pts	2016	H Mein [WBP]	570 pts	04/03/2018			
<i>yet to be confirmed if correct age factors used for points total</i>									

See Appendix A:

Individual event performance details and points scored for all the multi-event records listed above are contained within Appendix A. This has been created so that if there are any future age factor changes, a new points total can be recalculated.

Men's Non NZMA Track & Field Championship Records and NZMA Non-Stadia Event Records									
1 Mile									
NZMA National Record				NZMA Championship Record					
M30	E Speakman [HBG]	3:56.66	30/01/2021						
M35	N Willis [WLG]	3:56.77	18/08/2018						
M40	R Dixon [AKL]	4:18.0	1990						
M45	D Sirl [AKL]	4:16.75	06/12/1987						
M50	W Luijpers [AKL]	4:37.15	20/03/2021						
M55	W Luijpers [AKL]	4:41.63	19/03/2025						
M60	T McManus [CAN]	4:51.85	07/01/2012						
M65	D Turnbull [STH]	4:56.4	29/02/1992						
M70	I Carter [TAS]	5:55.47	15/01/2022						
M75	I Carter [AKL]	5:56.57	24/01/2026						
M80	A Clapcott [NTH]	7:57.50	25/01/2025						
M85	M Browne [WLG]	11:16.00	17/12/2016						
10000m									
NZMA National Record				NZMA Championship Record					
M30	H Carson [WLG]	29:39.28	09/11/2019	G McMillan [WBP]	41:49.19	05/03/2006			
M35	N Horspool [WLG]	29:50.71	10/11/2018	K O'Sullivan [CAN]	31:26.3	1985			
M40	J Foster [WBP]	29:35.6	1975	J Foster [WBP]	29:35.6	1975			
M45	E Gray [CAN]	30:58.0	1992	E Gray [CAN]	30:58.0	1992			
M50	R Robertson [HBG]	31:01.9	1991	R Robertson [HBG]	32:06.8	1992			
M55	R Robertson [HBG]	32:46.5	1997	R Robertson [HBG]	32:46.5	16/03/1997			
M60	D Turnbull [STH]	34:30.1	1989	D Turnbull [STH]	35:38.4	1988			
M65	D Turnbull [STH]	34:42.2	13/03/1992	S Opie [CAN]	38:33.4	1992			
M70	D Turnbull [STH]	39:43.67	1997	S Opie [CAN]	40:36.3	16/03/1997			
M75	R Stevens [CAN]	42:04.32	2009	E de Lautour [WBP]	45:43.45	24/03/1996			
M80	E de Lautour [WBP]	50:14.77	2001	S Gawler [CAN]	54:08.44	04/04/2010			

M85	E de Lautour [WBP]	58:01.26	2007	
1 Mile Road Race		NZMA National Record		
M30				
M35				
M40				
M45	N Browne	4:37.7	31/12/2025	
M50				
M55				
M60				
M65				
M70				
M75				
M80				
M85				
5km Road Race		NZMA National Record		
M30				
M35				
M40	M Piagentini [AKL]	15:37	03/05/2025	
M45	N Browne [CAN]	15:52	30/11/2025	
M50	N Moore [CAN]	15:46	03/05/2025	
M55				
M60				
M65				
M70				
M75				
M80				
M85				
10km Road Race		NZMA National Record		
M30	H Carson [WLG]	29:56	19/09/2020	
M35	A Good [CAN]	30:34	26/10/2024	
M40	T McLachlan [WLG]	29:58	10/09/1994	
M45	N Browne [CAN]	32:12	11/01/2026	
M50	N Moore [AKL]	32.44	30/08/2025	
M55	T Ogilvie [WBP]	34:15	2004	
M60	A Galbraith [AKL]	35:53	2004	
M65	P Richards [CAN]	38:57.70	25/10/2025	
M70	A Clapcott [NTH]	42:11	06/09/2014	
M75	S Pavett [WBP]	48:13	2011	
M80	P Parkin [CAN]	52:25	12/04/2026	
M85	C Strom [AKL]	1:44.15	18/04/2026	
Half Marathon		NZMA National Record		
M30	J Robertson [WBP]	1:00:12	19/01/2020	

M35	S Wreford [CAN]	1:06:25	05/08/2018			
M40	T McLachlan [WLG]	1:08:15	1993			
M45	N Browne [CAN]	1:09:14	15/02/2026			
M50	N Moore [AKL]	1:12.12	06/04/2025			
M55	T Harold [AKL]	1:16:47	02/11/2025			
M60	P Hewitson [WLG]	1:17:46	21/04/2024			
M65	L Wigham [AKL]	1:23:27	1999			
M70	S Opie [CAN]	1:26:49	1996			
M75	I Mallowes [AKL]	1:27:51	2004			
M80	R Robinson [WLG]	2:00:51	16/04/2023			
Marathon		NZMA National Record			NZMA Championship Record	
M30	M Hicks [AKL]	2:10:04	23/02/2020			
M35	N Horspool [WLG]	2:18:30	01/07/2018	D Rush [OTG]	2:46:34	2004
M40	J Foster [WBP]	2:11:18	1974	J Thirkettle [TAS]	2:29:53	1993
M45	C Hartshorn [WLG]	2:27:28	13/10/2019	G Stevens [AKL]	2:35:56	2004
M50	R Robinson [WLG]	2:28:02	1989	N Read [NPL]	2:44:15	1993
M55	D Turnbull [STH]	2:42:00	1985	S Pavett [WBP]	2:54:26	1993
M60	D Turnbull [STH]	2:42:31	1987	S Pavett [WBP]	2:51:58	1994
M65	D Turnbull [STH]	2:41:57	1992	S Opie [CAN]	3:16:55	1993
M70	D Turnbull [STH]	3:15:58	1997	S Pavett [WBP]	3:19:51	2004
M75	W Nelmes [AKL]	3:40:24	1989	N Hilliam	6:19:39	1996
M80	S Pavett [WBP]	4.43.51	3/05/2014	C Thorne [NTH]	5:33:21	2004
10,000m Track Walk		NZMA National Record				
M30	Q Rew [WLG]	41:02.24	05/04/2019			
M35	Q Rew [WLG]	40:42.11	08/03/2020			
M40	M Morresey [TAR]	50:19.13	03/09/2013			
M45	M Harte [TAS]	54:27.0	2003			
M50	G Little [AKL]	43:48.85	1992			
M55	M Parker [AKL]	48:49.0	2010			
M60	G Little [AKL]	49:22.7	2002			
M65	P Fox [AKL]	1:08:37.09	08/06/2024			
M70	C McGovern [WLG]	1:03:42.63	05/12/2020			
10km Road Walk		NZMA National Record			NZMA Championship Record	
M30	Q Rew [WLG]	43:03.0	13/07/2019			
M35	Q Rew [WLG]	43:40	02/10/2021	L McPhillips [WBP]	47:57.0	11/03/2001
M40	M Hinton [AKL]	44: 39.9	1980	M Hinton [AKL]	44:39.9	1980
M45	G Little [NTH]	43:43.6	1991	G Little [NTH]	46:16.1	1989
M50	G Little [NTH]	42:20.0	1992	M Hinton [AKL]	48:47.11	1986
M55	G Little [AKL]	45:39.0	1998	G Little [AKL]	45:40.9	23/11/1997
M60	G Little [AKL]	49:01.0	07/03/2004	G Little [AKL]	49:01.0	07/03/2004
M65	P Baillie [WLG]	55:38.0	22/08/2015	L Watkins [CAN]	58:25.0	1988
M70	E Saxby [CAN]	60:18.0	2007	L Watkins [CAN]	60:28.0	1990
M75	P Davis [TAS]	67:19.0	09/03/2003	P Davis [TAS]	67:19.0	09/03/2003
M80	R Johnson [AKL]	75:08.0	09/08/2015	J Jamieson [AKL]	90:43.0	1991
M85						

M90	P Tearle [WLG]	1:49:54	21/01/2018	
20 Km Road Walk NZMA National Record				
M30	Q Rew [WLG]	1:21:12	19/02/2017	
M35	Q Rew [WLG]	1:24:37	02/05/2021	
M40				
M45	G Little [NTH]	1:28:32	12/10/1991	
M50	G Little [NTH]	1:26:32	16/02/1992	
M55	G Little [AKL]	1:36:10	09/09/1997	
M60	M Parker [AKL]	1:51:04	06/03/2016	
M65	E Kemsley [TAR]	2:00:41	04/11/2016	
50km Road Walk NZMA National Record NZMA Championship Record				
M30	Q Rew [WLG]	3:46:29.0	13/08/2017	
M35	Q Rew [WLG]	3:57:12	06/08/2021	
M40	R Gillum [TAR]	5:15:22.0	2003	
M45	G Little [NTH]	4:39:27.0	1991	
M50	G Little [AKL]	4:16:36.4	1992	G Little [AKL] 4:16:36.4 1992
M55	G Little [AKL]	4:49:36.0	1997	
M60	G Little [AKL]	5:25:44.0	2003	G Little [AKL] 5:25:44.0 2003
M65	D Harris [AKL]	5:52:58.0	1991	D Harris [AKL] 6:02:13.2 1992
M70	D Harris [AKL]	6: 56:47.0	1998	
4x100m Relay NZMA National Record				
M30	S Belesky [STH] H Robinson [MWA] B Grant [MWA] S Sos [WLG]	47.71	4/12/22	(NZMA Wellington 2022)
M35	R Le Burn R Smith G Singh I Lathwood	45.97	15/03/2026	NZMA Champs Inglewood 2026
M40	G Hustler D Trow K Simpson R Tingy	48.68	06/12/1987	(WMA Melbourne 1987)
M40 (h)	B McPhail M Savage A Hill R Auimatagi	46.2 (h)	1982	(OMA Suva 1982)
M45	M Savage M Fraser J Gilson L Williams	49.33	06/12/1987	(WMA Melbourne 1987)
M50	J Kearns B Savage S Foster B McPhail	48.48	06/12/1987	(WMA Melbourne 1987)
M55	T Turner M Macfarlane K Ogundipe S Te Whaiti	51.88	01/03/2020	(NZMA Hastings 2020)
M60	F Copeman F Evans	54.07	06/12/1987	(WMA Melbourne 1987)

	G White M Cook			
M65	T Guptill I Carter A Deleiros A Dougall	55.75	06/11/2016	(WMA Perth 2016)
4x400m Relay NZMA National Record				
M40	D Parker N Hopkins D Rowell R House	3:48.90	06/12/1987	(WMA Melbourne 1987)
M45	D Sirl R Robertson M Savage M Fraser	3:51.65	06/12/1987	(WMA Melbourne 1987)
M50	I Rattray S Rees-Jones C Mumby M Cornaga	3:55.65	15/02/2025	(Porrit Classic Hamilton 2025)
Decathlon (post May 2010) NZMA National Record Updated 2023 Age factors				
M35	V Lusic [CAN]	3871 pts	07/02/2021	
M40	D Hansen [TAS]	6063 pts	07/02/2021	
M45	W Doyle [CAN]	5772 pts	2012	
M50	W Doyle [CAN]	6902 pts	20/02/2016	
M55	W Doyle [CAN]	6646 pts	2019	
M60	P Davies [OTG]	5087 pts	13/11/2022	
M65	W Doyle [CAN]	6117 pts	18/02/2024	
M70	D Anstiss [AKL]	5193 pts	27/10/2016	
M75	D Anstiss [AKL]	5256 pts	27/03/2022	
M80	D Anstiss [AKL]	5634 pts	22/03/2025	
M85	R Johnson [AKL]	3918 pts	21/01/2018	

NZMA Men's Indoor Records

50m

M30	S Paterson [AKL]	6.55	11/08/2019	Auckland
M35	D Garrett [AKL]	6.51	05/08/2018	Auckland
M40	J Nightingale [AKL]	6.39	20/08/2017	Auckland
M45	M Lambert [AKL]	6.59	11/08/2019	Auckland
M50	M Lambert [AKL]	6.55	16/08/2025	Hastings
M55	G Rawson [WLG]	6.96	24/07/2016	Auckland
	B Solomon [WBP]	6.96	05/08/2018	Auckland
M60	D O'Leary [HBG]	7.20	20/08/2017	Auckland
M65	R J Schoeman [CAN]	7.63	16/08/2025	Hastings
M70	D O'Leary [HBG]	7.58	16/08/2025	Hastings
M75	A Dougall [AKL]	8.43	20/07/2024	Hastings
M80	M Callaghan [HBG]	9.26	16/08/2025	Hastings
M85	P Hanson [WLG]	11.32	16/08/2025	Hastings

60m

M30	Z Topping [MWA]	7.07	05/03/2023	London
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M35	G Singh [AKL]	7.80	17/08/2025	Hastings
M40	S Broughton [WLG]	8.31	20/07/2024	Hastings
M45	B Alexander [WBP]	7.83	17/08/2025	Hastings
M50	M Lambert [AKL]	7.68	17/08/2025	Hastings
M55	J Campbell [CAN]	7.68	11/03/2023	Kentucky
M60	P Daborn [WBP]	8.42	20/07/2024	Hastings
M65	T Guptill [AKL]	8.75	25/03/2014	Budapest
M70	T Guptill [AKL]	8.67	27/03/2019	Torun
M75	A Dougall [AKL]	9.66	20/07/2024	Hastings
M80	D Anstiss [AKL]	10.82	17/08/2025	Hastings
M85	P Hanson [WLG]	13.68	17/08/2025	Hastings
200m				
M55	J Campbell [AKL]	25.42	16/02/2019	Angola, Indiana, USA
M60	A Deleiros [AKL]	27.79	01/03/2010	Kamloops
M65	A Dougall [AKL]	28.43	22/03/2017	Daegu
M70	T Guptill [AKL]	28.58	29/03/2019	Torun
M75	P Hanson [WLG]	53.92	20/03/2016	Toronto/Canada
400m				
M60	P Cameron [CAN]	1:02.85	23/03/2025	Florida
M65	A Dougall [AKL]	66.29	24/03/2017	Daegu
M70	A Deleiros [AKL]	68.48	24/03/2017	Daegu
800m				
M30	H Carson [WLG]	1:51.46	16/02/2020	Ghent
M45	N Browne [CAN]	2:10.41	04/01/2026	London
M55	M Cornelius [CAN]	2:26.69	23/03/2025	Florida
M60	I Calder [NTH]	2:18.02	27/03/2019	Torun / Poland
M65	I Carter [NTH]	2:27.48	22/03/2017	Daegu
1500m				
M30	H Carson [WLG]	3:40.16	06/02/2019	Torun / Poland
M35	N Willis [WLG]	3:37.53	13/02/2021	Staten Island
M45	J Cameron [WBP]	4:25.37	25/03/2017	Daegu
M55	P Stevens [WLG]	4:28.23	01/04/2023	Torun / Poland
M50	M Wray [WLG]	4:51.71	25/03/2017	Daegu
M60	I Carter [TAS]	4:44.73	05/04/2012	Jyvasklya / Finland
M65	I Carter [TAS]	5:12.59	25/03/2017	Daegu
3000m				
M45	J Cameron [WBP]	9:37.95	23/03/2017	Daegu
M50	M Wray [WLG]	9:44.14	23/03/2017	Daegu
M55	P Stevens [WLG]	9:46.67	26/03/2023	Torun / Poland
M60	T Price [WLG]	11:04.79	23/03/2017	Daegu
50m Hurdles				
M30				
M35				
M40				

M45	T Wilson [AKL]	9.65	05/08/2018	
M50	S Te Whaiti [WBP]	8.82	05/08/2018	Auckland
M55	S Te Whaiti [WBP]	9.17	11/08/2019	Auckland
M60	P Daborn [WBP]	9.22	20/07/2024	Hastings
M65				
M70	D Anstiss [AKL]	10.04	05/08/2018	Auckland
M75	M Andersen [HBG]	10.50	20/07/2024	Hastings
60m Hurdles				
M50	S Te Whaiti [WBP]	10.61	23/03/2017	Daegu
M55	M Holt [WBP]	14.08	20/07/2024	Hastings
M60	P Daborn [WBP]	10.78	20/07/2024	Hastings
M80	D Anstiss [AKL]	14.45	07/08/2025	Hastings
M85	J Blair [WLG]	20.81	23/03/2017	Daegu
3000m TW				
M40	G Cross [CAN]	15:15.68	20/03/2017	Daegu
M50	J Antcliff [WLG]	19:28.45	25/03/2019	Torun
High Jump				
M35	J Potgieter [AKL]	1.63m	11/08/2019	Auckland
M40	A Maharaj [AKL]	1.55m	12/07/2015	Auckland
M45	J Turner [WLG]	1.60m	24/07/2016	Auckland
M50	S Te Whaiti [WBP]	1.55m	24/07/2016	Auckland
	A Richardson [AKL]	1.55m	11/08/2019	Auckland
M55	S Te Whaiti [WBP]	1.50m	11/08/2019	Auckland
M60	J Thomas [AKL]	1.45m	11/08/2019	Auckland
M65	T Delamere [AKL]	1.35m	20/08/2017	Auckland
M70	D Anstiss [AKL]	1.31m	11/08/2019	Auckland
M75	D Anstiss [AKL]	1.30m	20/07/2024	Hastings
M80	D Anstiss [AKL]	1.25m	17/08/2025	Hastings
M85	J Blair [WLG]	1.08m	20/08/2017	Auckland
Triple Jump				
M30	A Fernandes [AKL]	11.93m	12/07/2015	Auckland
M35	I McGowan [AKL]	10.96m	12/07/2015	Auckland
M40	D Bediako [AKL]	11.94m	05/08/2018	Auckland
M45	A Jack [AKL]	9.02m	11/08/2019	Auckland
M50	A Richardson [AKL]	10.89m	24/07/2016	Auckland
M55	T Walker [AKL]	10.95m	11/08/2019	Auckland
M60	S Burden [WBP]	10.25m	11/08/2019	Auckland
M65	T Delamere [AKL]	8.09m	20/08/2017	Auckland
M70	D Antstiss [AKL]	8.99m	20/08/2017	Auckland
M75	D Antstiss [AKL]	8.69m	20/07/2024	Hastings
M80	D Antstiss [AKL]	8.23m	17/08/2025	Hastings
M85	R Johnson [AKL]	5.56m	20/08/2017	Auckland
Long Jump				
M30	J Peters [HGB]	6.05m	20/07/2024	Hastings

M35	G Singh [AKL]	5.47m	16/08/2025	Hastings	
M40	D Bediako [AKL]	5.02m	05/08/2018	Auckland	
M45	T Wilson [AKL]	5.23m	05/08/2018	Auckland	
M50	A Richardson [AKL]	5.23m	20/08/2017	Auckland	
M55	S Burden [WBP]	5.11m	24/07/2016	Auckland	
M60	M Lett [NTH]	4.57m	16/08/2025	Hastings	
M65	M O'Leary [HBG]	3.67m	16/08/2025	Hastings	
M70	D O'Leary [HBG]	4.31m	16/08/2025	Hastings	
M75	D Anstiss [AKL]	3.66m	20/07/2024	Hastings	
M80	D Anstiss [AKL]	3.53m	16/08/2025	Hastings	
M85	J Blair [WLG]	2.18m	25/03/2019	Torun	
Shot Put					
M35	J Potgieter [AKL]	9.36m	10/08/2019	Auckland	
M40	T Chitar [AKL]	11.12m	04/08/2018	Auckland	
M45	L Inivale [AKL]	12.52m	24/07/2016	Auckland	
M50	L Inivale [AKL]	14.24m	20/08/2017	Auckland	
M55	L Inivale [AKL]	13.02m	20/07/2024	Hastings	
M60	S Gavet [AKL]	12.15m	20/07/2024	Hastings	
M65	T Delamere [AKL]	10.75m	20/08/2017	Auckland	
M70	P Crawford [WBP]	11.22m	24/07/2016	Auckland	
M75	P Crawford [WBP]	9.68m	10/08/2019	Auckland	
M80	M Shepherd [MWA]	7.87m	20/07/2024	Hastings	
M85	J Blair [WLG]	8.89m	22/03/2017	Daegu	
M90	J Blair [OTG]	6.25m	20/07/2024	Hastings	
Pole Vault					
M45	R van der Tillaar	2.75m	10/08/2019	Auckland	
M50	T Kkulinski [HBG]	2.50m	16/08/2025	Hastings	
M55	M Lett [NTH]	3.40m	04/08/2018	Auckland	
M60	M Lett [NTH]	3.20m	12/11/2022	Auckland	
M70	D Anstiss [AKL]	2.40m	01/09/2018	Auckland	
M75	D Anstiss [AKL]	2.35m	07/09/2024	Auckland	
M75	M Andersen [HBG]	2.30m	20/07/2024	Hastings	
M80	D Anstiss [AKL]	2.00m	16/08/2025	Hastings	
Weight					
M50	L Inivale [AKL]	13.95m	22/03/2017	Daegu	
M75	R Skuse [HBG]	7.12m	24/03/2019	Torun	
M85	J Blair [WLG]	8.91m	22/03/2017	Daegu	
Pentathlon					
M50	S Te Whaiti [WBP]	2921 pts	24/03/2017	Daegu	60mH = 10.87, 599 pts. LJ = 5.01m, 619 pts. SP = 10.32m, 612 pts. HJ = 1.48m, 552 pts. 1000m = 3:40.93, 539 pts.
Relays 4x 200m					
M40	Michael Wray Jason Cameron Tony Price Gregg Cross	2:06.18	25/03/2017	Daegu	

M65	Trevor Guptill Ian Carter Anthony Deleiros Alan Dougall	1:56.57	25/03/2017	Daegu

Men's Archived Records - Archived Events (due to Age Factor or Implement Changes or Changes in Event Standards)

80m Hurdles		NZMA National Record		NZMA Championship Record	
M45	L McGregor [WBP]	13.71	1986	L McGregor [WBP]	13.71 1986
M50	R Williams [AKL]	12.69	1986	R Williams [AKL]	12.69 1986
M55	A Mahan [AKL]	16.25	1986	A Mahan [AKL]	16.25 1986
M60	S Foster [WBP]	14.81	13/03/1999	S Foster [WBP]	14.81 13/03/1999
				W MacIntyre [WLG]	14.7h 1990
M65	C Deacon [HBG]	16.04	1996	I Stevenson [MWA]	16.74 13/03/1999
100m Hurdles		NZMA National Record		NZMA Championship Record	
M40	R Jenkins [AKL]	14.39	1988	R Jenkins [AKL]	14.39 1988
M45	M Andersen [HBG]	15.8h	1993	M Andersen [HBG]	16.1h 1994
110m Hurdles		NZMA National Record		NZMA Championship Record	
M50	S McKee [CAN]	19.14	2010	J Speerstra [AKL]	19.23 1980
M55	A Anderson [OTG]	23.27	1987		
M60	W Fenton [WBP]	31.7	1980	W Fenton [WBP]	31.7 1980
M65	W Fenton [WBP]	25.3	1982	W Fenton [WBP]	25.96 1982
200m Hurdles		NZMA National Record		NZMA Championship Record	
M70	S Foster [WBP]	41.64	2011	S Foster [WBP]	43.41 06/03/2011
300m Hurdles		NZMA National Record		NZMA Championship Record	
M50	S Foster [WBP]	45.68	1991	R Fletcher [WBP]	47.80 1992
M55	S Foster [WBP]	46.3	1992	S Foster [WBP]	47.30 1993
400m Hurdles		NZMA National Record		NZMA Championship Record	
M60	A McIntosh [CAN]	77.4	1985	A McIntosh [CAN]	82.4h 1985
2000m Steeplechase		NZMA National Record		NZMA National Record	
M55	J Mulvaney [CAN]	9:49.3	2007		
3000m Steeplechase		NZMA National Record		NZMA Championship Record	
M60	W Opperman [AKL]	13:22.42	1986	W Opperman [AKL]	13:22.42 1986
M65	T Bartlett [WLG]	13:35.0	1981	T Bartlett [WLG]	14:29.0 1980
M70	J Jamieson [AKL]	15:09.75	1981	J Jamieson [AKL]	15:18.3 1979
Track Pentathlon (pre May 2010)		NZMA Championship Record		NZMA Championship Record	
M35	S Te Whaiti [WBP]	2953 pts	17/03/2002	S Te Whaiti [WBP]	2953 pts 17/03/2002
M40	S Te Whaiti [WBP]	3087 pts	06/03/2005	S Te Whaiti [WBP]	3087 pts 06/03/2005
M45	R Williams [AKL]	3983 pts	1981	S Te Whaiti [WBP]	3215 pts 08/03/2009
M50	R Williams [AKL]	3691 pts	1986	R Williams [AKL]	3691 pts 1986
M55	B McPhail [CAN]	3178 pts	1986	B McPhail [CAN]	3178 pts 1986

M60	P Timings [TAS]	3572 pts	1989	P Timings [TAS]	3572 pts	1989
M65	R Johnson [AKL]	3693 pts	1997	R McGregor [WBP]	3342 pts	05/03/2006
M70	R Johnson [AKL]	3560pts	2002	R Johnson [AKL]	3406 pts	09/03/2003
M75	R Johnson [AKL]	3226 pts	02/03/2008	R Johnson [AKL]	3226 pts	02/03/2008
M80						
M90	F Cox [WBP]	577 pts	2002			
Throws Pentathlon (pre May 2010)			NZMA Championship Record	NZMA Championship Record		
M30				M Scholten [OTG]	1847 pts	05/04/2010
M35	H Smith [WLG]	3097 pts	1994	H Smith [WLG]	3097 pts	1994
M40	M Cumming [AKL]	3100 pts	2002	M Cumming [AKL]	2994 pts	06/03/2006
M45	M Cumming [AKL]	3295 pts	2009	J Bradley [HBG]	3186 pts	06/03/2000
M50						
M55	L Devlin [HBG]	3441 pts	1993	L Devlin [HBG]	3386 pts	1994
M60	R Davison [CAN]	3776 pts	2010	R Davison [CAN]	3776 pts	05/04/2010
M65	L Devlin [HBG]	4148 pts	2001	L Devlin [HBG]	3821 pts	12/03/2001
M70	S Johnson [AKL]	4322 pts	1993	L Devlin [HBG]	3681 pts	06/03/2006
M75	D Scratton [NTH]	3961 pts	1995	D Scratton [NTH]	3961 pts	1995
M80	B Stannius [WBP]	4782 pts	2009	B Stannius [WBP]	4782 pts	09/03/2009
M85	D Scratton [NTH]	4074 pts	2004	D Scratton [NTH]	3808 pts	06/03/2006
M90	D Scratton [NTH]	3023 pts	2009			
Decathlon (pre May 2010)			NZMA Championship Record	NZMA Championship Record		
M35	B Booker [AKL]	5704 pts	2005	B Booker [AKL]	5704 pts	2005
M40	S Poelman [WBP]	8269 pts	2004	S Poelman [WBP]	7603 pts	2004
M45	S Te Whaiti [WBP]	6238 pts	2009	S Te Whaiti [WBP]	6238 pts	2009
M50				M Andersen [HBG]	6566 pts	1999
M55	R McGregor [WBP]	6094 pts	1998	R McGregor [WBP]	6094 pts	1998
M60	R McGregor [WBP]	6970 pts	2001	R McGregor [WBP]	6679 pts	2000
M65	R Johnson [AKL]	7114 pts	2001	R Johnson [AKL]	6630 pts	1998
M70	R Johnson [AKL]	6128 pts	2004	R Johnson [AKL]	6128 pts	2004
M75	R Johnson [AKL]	6564 pts	2008	R Johnson [AKL]	6564 pts	2008