

# NZMA Men's Track & Field National and Championship Records

(Updated 31/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](mailto: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.

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

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

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

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

<b>M70</b>	R Robertson [HBG]	7:10.03	17/07/2011	J Downey [MWA]	8:22.04	10/03/2001
<b>M75</b>	D Eastmond [NTH]	9:40.42	2006	M Bond [CAN]	9:43.96	02/03/2019
<b>M80</b>	J Jamieson [AKL]	11:48.22	1989	J Jamieson [AKL]	11:48.22	1989
<b>3000m Steeplechase</b>		<b>NZMA National Record</b>		<b>NZMA Championship Record</b>		
<b>M30</b>	M Sutton [WBP]	9:03.11	07/03/2025	B Meder [WBP]	9:50.0	1992
<b>M35</b>	M Rogers [WLG]	10:06.38	07/09/2018	M Rogers [WLG]	10:22.88	04/03/2017
<b>M40</b>	JD Macdonald [CAN]	9:14.4	1977	JD Macdonald [CAN]	9:27.1	1975
<b>M45</b>	JD Macdonald [CAN]	9:22.3	1980	R Robertson [HBG]	9:27.22	1987
<b>M50</b>	R Robertson [HBG]	9:43.97	1991	R Robertson [HBG]	9:44.0	1992
<b>M55</b>	R Robertson [HBG]	9:55.05	27/07/1997	R Robertson [HBG]	9:59.8	15/03/1997
<b>Short Hurdles</b>		<b>NZMA National Record</b>		<b>NZMA Championship Record</b>		
<b>M30</b>	110mH: B Newdick [AKL]	15.19 (+1.2)	02/02/2019			
<b>M35</b>	110mH: B Newdick [AKL]	16.40 (+1.8)	09/02/2020	S Te Whaiti [WBP]	17.95	16/03/2002
<b>M40</b>	110mH: S Poelman [WBP]	15.16	2005	N Bolton [CAN]	15.41 (-2.5)	28/02/2015
<b>M45</b>	110mH: N Bolton [CAN]	15.41 (+2.0)	27/04/2019	N Bolton [CAN]	15.94 (-2.7)	03/03/2019
<b>M50</b>	100mH: N Bolton [CAN]	14.44	18/02/2024	N Bolton [CAN]	14.44	18/02/2024
<b>M55</b>	100mH: R Ball [NTH]	16.2h	1991	P Daborn [WBP]	17.78 (+0.9)	29/02/2020
<b>M60</b>	100mH: <b>D Blackford [AKL]</b>	<b>16.79 (-1.7)</b>	<b>14/03/2026</b>	<b>D Blackford [AKL]</b>	<b>16.79 (-1.7)</b>	<b>14/03/2026</b>
<b>M65</b>	100mH: L Malcolmson [MWA]	18.75 (-0.1)	27/02/2016	L Malcolmson [MWA]	18.75 (-0.1)	27/02/2016
<b>M70</b>	80mH: A Dougall [AKL]	14.52 (+1.8)	13/03/2020	L Malcolmson [MWA]	15.75 (+0.2)	29/02/2020
<b>M75</b>	80mH: D Anstiss [AKL]	17.15 (+1.6)	14/10/2023	D Anstiss [AKL]	17.99 (-1.4)	27/02/2021
<b>M80</b>	80mH: D Anstiss [AKL]	17.06 (+0.3)	22/03/2025	<b>D Anstiss [AKL]</b>	<b>17.55 (-2.0)</b>	<b>14/03/2026</b>
<b>Long Hurdles</b>		<b>NZMA National Record</b>		<b>NZMA Championship Record</b>		
<b>M30</b>	400mH: C Lockley [TAR]	58.59	23/04/2017			
<b>M35</b>	400mH: J Hill [MWA]	59.46	1998	J Hill [MWA]	60.58	14/03/1999
<b>M40</b>	400mH: J O'Connor [CAN]	59.20	2008	B Turnbull [WLG]	60.56	24/03/1996
<b>M45</b>	400mH: J O'Connor [CAN]	60.45	04/04/2010	J O'Connor [CAN]	60.45	04/04/2010
<b>M50</b>	400mH: J Speerstra [AKL]	63.0	1986	P Daborn [WBP]	63.28	05/03/2017
<b>M55</b>	400mH: M Callaghan [HBG]	65.22	2003	<b>M Cornaga [WBP]</b>	<b>68.19</b>	<b>13/03/2026</b>
<b>M60</b>	300mH: L Malcolmson [MWA]	46.89	04/04/2010	L Malcolmson [MWA]	46.89	04/04/2010
<b>M65</b>	300mH: L Malcolmson [MWA]	49.06	05/03/2017	L Malcolmson [MWA]	49.06	05/03/2017
<b>M70</b>	400mH: A Dougall [AKL]	53.32	01/09/2019	S Foster [WBP]	57.29	08/03/2009
<b>M75</b>	300mH: L Malcolmson [MWA]	57.99	16/02/2025	R Johnson [AKL]	66.94	02/03/2008
<b>M80</b>	200mH: <b>D Anstiss [AKL]</b>	<b>39.85 (-1.5)</b>	<b>06/09/2025</b>	<b>D Anstiss [AKL]</b>	<b>43.28</b>	<b>13/03/2026</b>
<b>Long Jump</b>		<b>NZMA National Record</b>		<b>NZMA Championship Record</b>		
<b>M30</b>	B Newdick [AKL]	7.02 (+1.5)	26/01/2019	D Lane [WLG]	6.00 (+1.2)	03/03/2013
<b>M35</b>	K Simpson [CAN]	6.42	1980	J Munns	6.19	1979
<b>M40</b>	R Williams [AKL]	6.81	1975	R Williams [AKL]	6.53	1979
<b>M45</b>	R Williams [AKL]	6.46	1981	B McPhail [CAN]	6.05	1984
<b>M50</b>	B McPhail [CAN]	5.68	1990	R Williams [AKL]	5.60	1986
<b>M55</b>	B McPhail [CAN]	5.60	1993	B McPhail [CAN]	5.60	1993
<b>M60</b>	S Burden [WBP]	5.11 (+0.0)	29/01/2022	S Burden [WBP]	4.90 (+1.8)	26/02/2021
<b>M65</b>	S Burden [WBP]	5.02 (1.7)	08/06/2024	S Burden [WBP]	4.86 (1.6)	30/03/2025
<b>M70</b>	<b>D O'Leary [HBG]</b>	<b>4.23 (-1.0)</b>	<b>06/09/2025</b>	I Scown [STH]	3.98 (1.9)	30/03/2025

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

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

<b>M90</b>	1.0kg: J Blair [OTG]	18.16	12/03/2022	J Blair [OTG]	16.15	19/02/2024
<b>Javelin</b>						
<b>NZMA National Record</b>				<b>NZMA Championship Record</b>		
<b>M30</b>	800gm: B Newdick [AKL]	55.07	18/01/2019	L Crombie [HBG]	46.13	29/02/2020
<b>M35</b>	800gm: J Bradley [HBG]	60.02	1992	J Bradley [HBG]	55.96	1991
<b>M40</b>	800gm: D Brand [AKL]	66.55	2008	J Bradley [HBG]	55.10	04/03/1995
<b>M45</b>	800gm: D Brand [AKL]	61.97	2009	J Bradley [HBG]	54.50	04/03/2000
<b>M50</b>	700gm: N Stainton [AKL]	61.74	23/03/2014	J Bradley [HBG]	50.91	06/03/2005
<b>M55</b>	700gm: N Stainton [AKL]	51.40	29/01/2017	J Bradley [HBG]	49.51	08/03/2009
<b>M60</b>	600gm: A Grayburn [CAN]	48.96	1987	A Grayburn [CAN]	45.54	1989
<b>M65</b>	600gm: A Grayburn [CAN]	46.94	1994	A Grayburn [CAN]	45.74	1993
<b>M70</b>	500gm: A Grayburn [CAN]	38.93	1998	A Grayburn [CAN]	36.94	16/03/1997
<b>M75</b>	500gm: <b>L Malcolmson [MWA]</b>	<b>36.71</b>	<b>30/03/2025</b>	<b>L Malcolmson [MWA]</b>	<b>36.71</b>	<b>30/03/2025</b>
<b>M80</b>	400gm: R Johnson [AKL]	31.59	16/02/2014	B Stannius [WBP]	30.59	08/03/2009
<b>M85</b>	400gm: R Johnson [AKL]	25.42	03/03/2018	R Johnson [AKL]	25.42	3/03/2018
<b>M90</b>	400gm: R Johnson [AKL]	22.27	07/11/2022	J Blair [OTG]	18.86	30/03/2025
<b>Weight Throw</b>						
<b>NZMA National Record</b>				<b>NZMA Championship Record</b>		
<b>M30</b>	15.88kg: T Bates [OTG]	15.90	27/01/2025	T Bates [OTG]	15.04	30/03/2025
<b>M35</b>	15.88kg: P Jensen [WLG]	21.01	2004	M Cumming [AKL]	14.47	17/03/2002
<b>M40</b>	15.88kg: P Jensen [WLG]	18.23	2009	M Cumming [AKL]	15.56	05/03/2006
<b>M45</b>	15.88kg: P Jensen [WLG]	17.44	12/04/2014	M Cumming [AKL]	15.30	29/02/2008
<b>M50</b>	11..34kg: M Cumming [AKL]	20.11	25/11/2012	M Cumming [AKL]	20.00	03/03/2013
<b>M55</b>	11.34kg: P Jensen [WLG]	19.59	18/02/2023	M Cumming [AKL]	17.81	03/03/2018
<b>M60</b>	9.08kg: K Bradley [WBP]	17.45	2006	K Bradley [WBP]	16.48	05/03/2005
<b>M65</b>	9.08kg: <b>J Thomas [AKL]</b>	<b>17.46</b>	<b>07/09/2025</b>	L Devlin [HBG]	17.09	17/03/2002
<b>M70</b>	7.26kg: L Devlin [HBG]	18.06	2006	L Devlin [HBG]	17.19	05/03/2006
<b>M75</b>	7.26kg: M Carr [AKL]	14.80	1997	B Senior [CAN]	13.43	04/03/2017
<b>M80</b>	5.45kg: B Senior [CAN]	14.96	24/01/2021	B Stannius [WBP]	14.66	08/03/2009
<b>M85</b>	5.45kg: B Senior [CAN]	12.31	13/04/2025	R Johnson [AKL]	10.46	28/02/2020
<b>M90</b>	5.45kg: R Johnson [AKL]	9.15	30/03/2025	J Blair [OTG]	8.48	03/12/2022
<b>Throws Pentathlon</b>						
Updated using 2023 Age Factors				<b>NZMA Championship Record</b>		
<b>NZMA National Record</b>				<b>NZMA Championship Record</b>		
<b>M30</b>	T Bates [OTG]	2857 pts	30/03/2025	T Bates [OTG]	2857 pts	30/03/2025
<b>M35</b>	M Scholten [OTG]	2890 pts	26/10/2016	M Scholten [OTG]	2609 pts	03/03/2014
<b>M40</b>	A van der Westhuizen [AKL]	3360 pts	11/10/2020	A van der Westhuizen [AKL]	3326 pts	28/02/2021
<b>M45</b>	A van der Westhuizen [AKL]	3743 pts	27/03/2022	A van der Westhuizen [AKL]	3430 pts	04/12/2022
<b>M50</b>	<b>P Hellier [WBP]</b>	<b>3403 pts</b>	<b>15/03/2026</b>	<b>P Hellier [WBP]</b>	<b>3403 pts</b>	<b>15/03/2026</b>
<b>M55</b>	M Cumming [AKL]	3468 pts	27/04/2017	J Van Zyl [WBP]	3384 pts	01/03/2015
<b>M60</b>	J Thomas [AKL]	3271 pts	13/10/2019	J Thomas [AKL]	3373 pts	01/03/2020
<b>M65</b>	<b>J Thomas [AKL]</b>	<b>3888 pts</b>	<b>30/11/2025</b>	J Thomas [AKL]	3874 pts	18/02/2024
<b>M70</b>	B Senior [CAN]	3136 pts	07/03/2011	B Senior [CAN]	3136 pts	07/03/2011
<b>M75</b>	B Senior [CAN]	3507 pts	20/03/2016	B Senior [CAN]	3349 pts	28/02/2016
<b>M80</b>	B Senior [CAN]	3611 pts	24/01/2021	R Johnson [AKL]	2964 pts	01/03/2015
<b>M85</b>	B Senior [CAN]	3291 pts	13/04/2025	L Carter [AKL]	1956 pts	05/03/2012
<b>M90</b>	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		

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

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

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

<b>M35</b>	S Wreford [CAN]	1:06:25	05/08/2018	
<b>M40</b>	T McLachlan [WLG]	1:08:15	1993	
<b>M45</b>	<b>N Browne [CAN]</b>	<b>1:09:14</b>	<b>15/02/2026</b>	
<b>M50</b>	N Moore [AKL]	1:12.12	06/04/2025	
<b>M55</b>	<b>T Harold [AKL]</b>	<b>1:16:47</b>	<b>02/11/2025</b>	
<b>M60</b>	P Hewitson [WLG]	1:17:46	21/04/2024	
<b>M65</b>	L Wigham [AKL]	1:23:27	1999	
<b>M70</b>	S Opie [CAN]	1:26:49	1996	
<b>M75</b>	I Mallowes [AKL]	1:27:51	2004	
<b>M80</b>	R Robinson [WLG]	2:00:51	16/04/2023	
<b>Marathon</b>		<b>NZMA National Record</b>		<b>NZMA Championship Record</b>
<b>M30</b>	M Hicks [AKL]	2:10:04	23/02/2020	<b>M Baxter [WBP]</b> <b>2:30.37</b> <b>02/05/2026</b>
<b>M35</b>	N Horspool [WLG]	2:18:30	01/07/2018	<b>D Balchin [CAN]</b> <b>2:19.32</b> <b>02/05/2026</b>
<b>M40</b>	J Foster [WBP]	2:11:18	1974	J Thirkettle [TAS] 2:29:53 1993
<b>M45</b>	C Hartshorn [WLG]	2:27:28	13/10/2019	G Stevens [AKL] 2:35:56 2004
<b>M50</b>	R Robinson [WLG]	2:28:02	1989	N Read [NPL] 2:44:15 1993
<b>M55</b>	<b>T Harold [AKL]</b>	<b>2:39.13</b>	<b>02/05/2026</b>	<b>T Harold [AKL]</b> <b>2:39.13</b> <b>02/05/2026</b>
<b>M60</b>	D Turnbull [STH]	2:42:31	1987	S Pavett [WBP] 2:51:58 1994
<b>M65</b>	D Turnbull [STH]	2:41:57	1992	<b>K Knowles [TAR]</b> <b>3:16:21</b> <b>02/05/2026</b>
<b>M70</b>	D Turnbull [STH]	3:15:58	1997	S Pavett [WBP] 3:19:51 2004
<b>M75</b>	W Nelmes [AKL]	3:40:24	1989	<b>A Harper [AKL]</b> <b>4:01.02</b> <b>02/05/2026</b>
<b>M80</b>	S Pavett [WBP]	4.43.51	3/05/2014	C Thorne [NTH] 5:33:21 2004
<b>10,000m Track Walk</b>		<b>NZMA National Record</b>		
<b>M30</b>	Q Rew [WLG]	41:02.24	05/04/2019	
<b>M35</b>	Q Rew [WLG]	40:42.11	08/03/2020	
<b>M40</b>	M Morresey [TAR]	50:19.13	03/09/2013	
<b>M45</b>	M Harte [TAS]	54:27.0	2003	
<b>M50</b>	G Little [AKL]	43:48.85	1992	
<b>M55</b>	M Parker [AKL]	48:49.0	2010	
<b>M60</b>	G Little [AKL]	49:22.7	2002	
<b>M65</b>	P Fox [AKL]	1:08:37.09	08/06/2024	
<b>M70</b>	C McGovern [WLG]	1:03:42.63	05/12/2020	
<b>10km Road Walk</b>		<b>NZMA National Record</b>		<b>NZMA Championship Record</b>
<b>M30</b>	Q Rew [WLG]	43:03.0	13/07/2019	
<b>M35</b>	Q Rew [WLG]	43:40	02/10/2021	L McPhillips [WBP] 47:57.0 11/03/2001
<b>M40</b>	M Hinton [AKL]	44: 39.9	1980	M Hinton [AKL] 44:39.9 1980
<b>M45</b>	G Little [NTH]	43:43.6	1991	G Little [NTH] 46:16.1 1989
<b>M50</b>	G Little [NTH]	42:20.0	1992	M Hinton [AKL] 48:47.11 1986
<b>M55</b>	G Little [AKL]	45:39.0	1998	G Little [AKL] 45:40.9 23/11/1997
<b>M60</b>	G Little [AKL]	49:01.0	07/03/2004	G Little [AKL] 49:01.0 07/03/2004
<b>M65</b>	P Baillie [WLG]	55:38.0	22/08/2015	L Watkins [CAN] 58:25.0 1988
<b>M70</b>	E Saxby [CAN]	60:18.0	2007	L Watkins [CAN] 60:28.0 1990
<b>M75</b>	P Davis [TAS]	67:19.0	09/03/2003	P Davis [TAS] 67:19.0 09/03/2003
<b>M80</b>	R Johnson [AKL]	75:08.0	09/08/2015	J Jamieson [AKL] 90:43.0 1991
<b>M85</b>				

<b>M90</b>	P Tearle [WLG]	1:49:54	21/01/2018	
<b>20 Km Road Walk</b>		<b>NZMA National Record</b>		
<b>M30</b>	Q Rew [WLG]	1:21.12	19/02/2017	
<b>M35</b>	Q Rew [WLG]	1:24:37	02/05/2021	
<b>M40</b>				
<b>M45</b>	G Little [NTH]	1:28:32	12/10/1991	
<b>M50</b>	G Little [NTH]	1:26:32	16/02/1992	
<b>M55</b>	G Little [AKL]	1:36:10	09/09/1997	
<b>M60</b>	M Parker [AKL]	1:51:04	06/03/2016	
<b>M65</b>	E Kemsley [TAR]	2:00:41	04/11/2016	
<b>50km Road Walk</b>		<b>NZMA National Record</b>		<b>NZMA Championship Record</b>
<b>M30</b>	Q Rew [WLG]	3:46:29.0	13/08/2017	
<b>M35</b>	Q Rew [WLG]	3:57:12	06/08/2021	
<b>M40</b>	R Gillum [TAR]	5:15:22.0	2003	
<b>M45</b>	G Little [NTH]	4:39:27.0	1991	
<b>M50</b>	G Little [AKL]	4:16:36.4	1992	G Little [AKL] 4:16:36.4 1992
<b>M55</b>	G Little [AKL]	4:49:36.0	1997	
<b>M60</b>	G Little [AKL]	5:25:44.0	2003	G Little [AKL] 5:25:44.0 2003
<b>M65</b>	D Harris [AKL]	5:52:58.0	1991	D Harris [AKL] 6:02:13.2 1992
<b>M70</b>	D Harris [AKL]	6: 56:47.0	1998	
<b>4x100m Relay</b>		<b>NZMA National Record</b>		
<b>M30</b>	S Belesky [STH] H Robinson [MWA] B Grant [MWA] S Sos [WLG]	47.71	4/12/22	(NZMA Wellington 2022)
<b>M35</b>	<b>R Le Burn</b> <b>R Smith</b> <b>G Singh</b> <b>I Lathwood</b>	<b>45.97</b>	<b>15/03/2026</b>	NZMA Champs Inglewood 2026
<b>M40</b>	G Hustler D Trow K Simpson R Tingy	48.68	06/12/1987	(WMA Melbourne 1987)
<b>M40 (h)</b>	B McPhail M Savage A Hill R Auimatagi	46.2 (h)	1982	(OMA Suva 1982)
<b>M45</b>	M Savage M Fraser J Gilson L Williams	49.33	06/12/1987	(WMA Melbourne 1987)
<b>M50</b>	J Kearns B Savage S Foster B McPhail	48.48	06/12/1987	(WMA Melbourne 1987)
<b>M55</b>	T Turner M Macfarlane K Ogundipe S Te Whaiti	51.88	01/03/2020	(NZMA Hastings 2020)
<b>M60</b>	F Copeman F Evans	54.07	06/12/1987	(WMA Melbourne 1987)

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

### NZMA Men's Indoor Records

#### 50m

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

#### 60m

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

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

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

<b>M65</b>	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)**

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

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