

NZMA Women's Track & Field National and Championship Records (Updated 16 Aug 2026)

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

1. **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 B**). This has been included so that new points totals can be re-calculated if age factors change in the future.
2. **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.
3. **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@xtra.co.nz if you can correct or populate for those we don't have recorded. Similarly, we have only recently added wind-readings for the relevant events so please contact us if you can provide this information for those we don't have.

60m		NZMA National Record		NZMA Championship Record		
W30	R Coster [AKL]	7.56 (+1.7)	23/03/2019	F Centers [OTG]	8.00 (+1.2)	02/03/2019
W35	H Dinnissen [CAN]	7.85 (+1.6)	15/01/2022	E Milne [TAS]	8.26 (+1.4)	29/02/2020
W40	J Jones [TAS]	8.20 (+0.7)	10/03/2021	J Jones [TAS]	8.27 (0.0)	18/02/2024
W45	C Brunner [AKL]	8.21 (+0.8)	15/03/2017	J Jones [TAS]	8.48 (-0.5)	15/03/2026
W50	E Wilson [OTG]	8.46 (+0.1)	8/11/2014	E Wilson [OTG]	8.47 (-1.4)	27/02/2016
W55	E Wilson [OTG]	8.54 (+1.7)	22/01/2018	P Green [AKL]	8.84 (-0.1)	18/02/2024
W60	L Martin [CAN]	9.03 (+2.0)	28/02/2026	L Mitchell [OTG]	9.04 (0.6)	15/03/2026
W65	S Gower [WBP]	9.66	06/10/2015	S Gower [WBP]	9.68 (-1.2)	03/03/2013
W70	S Gower [WBP]	9.75 (-0.4)	02/03/2019	S Gower [WBP]	9.75 (-0.4)	02/03/2019
W75	S Gower [WBP]	10.24 (+0.3)	02/12/2023	C Waring [AKL]	10.38 (+0.5)	02/03/2019
W80	C Waring [AKL]	10.84 (-1.7)	28/11/2025	C Waring [AKL]	10.87 (+1.7)	18/02/2024
W85	M Petley [WBP]	14.00 (-0.7)	28/02/2015	M Petley [WBP]	14.00 (-0.7)	28/02/2015
W90	C Van der Veen [NTH]	19.91 (-0.8)	07/10/2023			
100m		NZMA National Record		NZMA Championship Record		
W30	R Coster [AKL]	11.83 (+1.6)	21/03/2019	W Brown [NTH]	12.2h	1980
				B Peterson [CAN]	12.2h	1992
W35	B Peterson [CAN]	12.15	1993	W Brown [NTH]	12.5h	1987
W40	W Brown [NTH]	12.50	1990	W Brown [NTH]	13.05	1991
				J Parker [TAS]	12.9h	1977
W45	C Mills [AKL]	12.71	1979	C Mills [AKL]	13.03	1979
W50	E Wilson [OTG]	13.19	8/11/2014	E Wilson [OTG]	13.41 (-0.1)	27/02/2016
W55	E Wilson [OTG]	13.49 (+1.7)	22/01/2018	P Green [AKL]	13.91 (+1.2)	02/03/2019
W60	S Peterson [CAN]	13.9h	1989	L Mitchell [OTG]	14.19 (+0.4)	14/03/2026
W65	S Peterson [CAN]	14.62	1994	M Peters [AKL]	15.12	04/03/2000
W70	M Peters [AKL]	15.16	21/03/2004	M Peters [AKL]	15.82	06/03/2004
W75	M Peters [AKL]	16.03	2009	M Peters [AKL]	16.70 (-0.7)	07/03/2009
W80	C Waring [AKL]	17.84 (+1.6)	14/12/2024	C Waring [AKL]	18.18 (-1.8)	30/03/2025
W85	M Petley [WBP]	22.43 (+1.8)	01/03/2014	M Petley [WBP]	22.43 (+1.8)	01/03/2014
W90	C Van der Veen [NTH]	35.94 (+1.4)	07/10/2023			
200m		NZMA National Record		NZMA Championship Record		
W30	F Morrison [CAN]	24.62 (+0.7)	02/02/2019	W Brown [NTH]	24.7h	1980

	F Centers [OTG]	24.62 (+0.7)	02/02/2019			
W35	B Peterson [CAN]	24.89	1993	W Brown [NTH]	25.72	1987
W40	W Brown [NTH]	26.00	1990	W Brown [NTH]	25.7h	1991
	W Brown [NTH]	25.7h	1991			
W45	C Mills [AKL]	26.58	1979	C Mills [AKL]	26.58	1979
W50	E Wilson [OTG]	26.83	01/11/2016	E Wilson [OTG]	27.44 (-1.3)	28/02/2016
W55	E Wilson [OTG]	27.74 (+0.2)	09/09/2018	E Wilson [OTG]	28.84 (-1.3)	03/03/2019
W60	L Mitchell [OTG]	29.52 (-0.9)	15/03/2026	L Mitchell [OTG]	29.52 (-0.9)	15/03/2026
W65	M Peters [AKL]	31.00	1999	S Peterson [CAN]	31.38	1994
W70	M Peters [AKL]	31.45	2004	M Peters [AKL]	32.22	07/03/2004
W75	M Peters [AKL]	34.55	2009	M Peters [AKL]	35.53	08/03/2009
W80	C Waring [AKL]	38.47 (+1.5)	19/04/2025	C Waring [AKL]	38.79 (-1.2)	15/03/2026
W85	M Petley [WBP]	52.21	10/08/2015	M Petley [WBP]	54.58	01/03/2015
400m	NZMA National Record			NZMA Championship Record		
W30	M Stephen [CAN]	56.45	2001	M Steinegg [CAN]	58.67	14/03/2026
W35	M Stephen [CAN]	56.98	2002	C Turner [TAR]	58.3h	1984
W40	C Mills [AKL]	58.9h	1975	C Turner [TAR]	60.1h	1992
W45	C Mills [AKL]	59.68	1981	P Kee [AKL]	62.14	14/03/2026
W50	G Kirkman [CAN]	60.83	16/03/2002	G Kirkman [CAN]	60.83	16/03/2002
W55	E Wilson [OTG]	63.98	14/09/2018	E Wilson [OTG]	66.50	01/03/2019
W60	G Kirkman [STH]	67.93	16/10/2013	G Kirkman [STH]	68.93	02/03/2013
W65	G Kirkman [STH]	71.83	25/01/2018	L Laban [CAN]	77.40	03/03/2017
W70	S Gower [WBP]	77.76	14/09/2018	G Kirkman [STH]	1:19.53	04/12/2022
W75	M Peters [AKL]	87.2	2009	C Waring [AKL]	1:28.54	01/03/2019
W80	M Petley [WBP]	91.1	2009	C Waring [AKL]	1:46.20	18/02/2024
W85	C van der Veeken [NTH]	137.54	26/10/2016	C van der Veeken [NTH]	2:49.00	02/03/2018
W90						
800m	NZMA National Record			NZMA Championship Record		
W30	L Nagel [AKL]	2:05.37	20/01/2024	G Talbot [CAN]	2:23.1	1985
W35	J Merrifield	2:09.7	1991	E Smeaton [CAN]	2:18.7	1992
W40	E Smeaton [CAN]	2:15.87	1993	A Hare [WLG]	2:20.34	05/03/2006
W45	T Winkler [WLG]	2:18.16	01/02/2026	S Gibbs [WBP]	2:22.48	06/03/2011
W50	G Kirkman [CAN]	2:20.01	17/03/2002	G Kirkman [CAN]	2:20.01	17/03/2002
W55	M Orman [TAS]	2:32.6	1997	J McDonald [WLG]	2:36.39	06/03/2011
W60	S Gibbs [MWA]	2:39.12	02/12/2023	S Gibbs [MWA]	2:39.91	18/02/2024
W65	G Kirkman [STH]	2:46.39	04/02/2017	C Adamson [AKL]	3:01.35	04/12/2022
W70	G Kirkman [STH]	3:04.67	10/12/2021	G Kirkman [STH]	3:15.11	18/02/2024
W75	L Reed [WBP]	3:28.78	18/02/2024	L Reed [WBP]	3:28.78	18/02/2024
W80	M Rough [OTG]	3:55.65	15/11/2020			
W85	C van der Veeken [NTH]	5:46.06	26/10/2016			
1500m	NZMA National Record			NZMA Championship Record		
W30	C Buscomb [WBP]	4:12.30	01/04/2021	M Benjamin	4:52.3	1980
W35	T Faulkner [WLG]	4:26.93	19/12/2017	P Davey [MWA]	4:44.9	1983
W40	A Hare [WLG]	4:35.74	2006	A Hare [WLG]	4:46.54	04/03/2006
W45	H Matthews [AKL]	4:36.58	1992	S Gibbs [WBP]	4:42.89	05/03/2011
W50	S Gibbs [WBP]	4:45.94	28/02/2015	S Gibbs [WBP]	4:45.94	28/02/2015

W55	S Gibbs [WBP]	4:54.96	16/09/2018	S Gibbs [WBP]	5:05.46	29/02/2020
W60	S Gibbs [MWA]	5:06.04	02/12/2023	S Gibbs [MWA]	5:14.21	18/02/2024
W65	L Reed [CAN]	6:02.81	01/12/2012	L Reed [CAN]	6:03.09	02/03/2013
W70	M Rough [OTG]	6:30.41	2010	M Rough [OTG]	6:48.40	01/03/2014
W75	L Reed [WBP]	6:55.39	03/12/2022	L Reed [WBP]	6:55.39	03/12/2022
W80	M Rough [OTG]	7:35.93	14/11/2020	C van der Veeke [NTH]	9.43.45	03/03/2012
W85	E Mercier [CAN]	11:07.40	2008			
3000m		NZMA National Record		NZMA Championship Record		
W30	C Buscomb [WBP]	8:58:10	28/05/2021	M Benjamin	10:59.3	1980
W35	M O'Connor [CAN]	9:22.09	1993	B Shingles [MWA]	10:10.6	1976
W40	M O'Connor [CAN]	9.42.45	1996	R Haymes	10:35.8	1979
W45	H Matthews [AKL]	9:47.47	1992	A McKenzie [NTH]	11:00.80	30/03/2025
W50	S Gibbs [WBP]	9:54.83	01/01/2015	S Gibbs [WBP]	10:19.02	02/03/2018
W55	S Gibbs [WBP]	10:20.55	02/11/2019	S Gibbs [WBP]	10:39.97	28/02/2020
W60	S Gibbs [MWA]	10:39.48	12/01/2023	S Gibbs [MWA]	10:53.50	18/02/2024
W65	M Allison [WLG]	12:27.51	02/12/2022	M All [WLG]	12:27.51	02/12/2022
W70	L Reed [CAN]	13:41.60	10/11/2017	J Stewart [NTH]	14:26.98	01/03/2019
W75	M Rough [OTG]	14:47.97	07/11/2015	L Reed [WBP]	15:03.79	18/02/2024
W80	M Rough [OTG]	17:00.94	06/11/2021			
W85	E Mercier [CAN]	24:19.9	2008			
5000m		NZMA National Record		NZMA Championship Record		
W30	C Buscomb [WBP]	15:23.90	01/07/2021	C Alderton [NTH]	18 10.45	1993
W35	M O'Connor [CAN]	16:03.12	1993	V Humphries [WLG]	17:41.15	15/03/2002
W40	L Cross [AKL]	16:26.53	16/12/2023	L Cross [AKL]	16:30.04	30/03/2025
W45	S Gibbs [WBP]	16:44.53	2012	S Gibbs [WBP]	16:46.97	02/03/2012
W50	S Gibbs [WBP]	17:24.54	01/03/2015	S Gibbs [WBP]	17:24.54	27/02/2015
W55	S Gibbs [WBP]	17:45.52	12/09/2018	S Gibbs [WBP]	17:59.90	01/03/2020
W60	S Gibbs [MWA]	17:50.72	22/03/2024	S Gibbs [MWA]	18:17.11	18/02/2024
W65	M Allison [WLG]	21:23.94	04/12/2022	M Allison [WLG]	21:23.94	04/12/2022
W70	M Allison [WLG]	23:19.99	25/01/2026	J Stewart [NTH]	23:54.27	03/03/2019
W75	M Rough [OTG]	25:30.17	13/02/2016	B Patrick [OTA]	26:13.10	04/12/2022
W80						
W85	E Mercier [CAN]	39:50.80	2008			
1500m Track Walk Best performances		NZMA National Record		NZMA Championship Record		
W30	R Robinson [CAN]	8:07.23	18/02/2024	R Robinson [CAN]	8:07.23	18/02/2024
W35						
W40	S Holliss [TAR]	8:24.11	30/03/2025	S Holliss [TAR]	8:24.11	30/03/2025
W45	C McCarte [TAR]	8:23.64	14/03/2026	C McCarte [TAR]	8:23.64	14/03/2026
W50	R Gilberd [TAR]	8:31.57	29/11/2025	R Gilberd [TAR]	8:34.28	14/03/2026
W55	S Coombes [TAR]	8:47.38	18/02/2024	S Coombes [TAR]	8:47.38	18/02/2024
W60	S Coombes [TAR]	8:49.36	14/03/2026	S Coombes [TAR]	8:49.36	14/03/2026
W65	A Newall [OTG]	10:05.57	08/09/2025	A Newall [OTG]	10:05.96	14/03/2026
W70	L Mackay [TAR]	12:46.23	14/03/2026	L Mackay [TAR]	12:46.23	14/03/2026
W75	J Wilson [WLG]	9:52.44	10/03/2023	J Wilson [WLG]	9:53.25	03/12/2022

W80	J Wilson [WLG]	10:21.95	14/03/2026	J Wilson [WLG]	10:21.95	14/03/2026
W85						
3000m Track Walk		NZMA National Record		NZMA Championship Record		
W30	A Barber [AKL]	13:09.95	06/02/2021	R Robinson [CAN]	17:38.10	18/02/2024
W35	G Gorst [HBG]	13:35.12	2002	G Gorst [HBG]	13:48.24	07/03/2003
W40	D Barrett [NTH]	14:36.47	2000	D Barrett [NTH]	14:49.02	03/03/2000
W45	N Aymes [TAS]	14:48.06	2001	C Smith [NTH]	15:21.22	27/02/2015
W50	C Smith [NTH]	15:14.78	17/03/2017	C Smith [NTH]	15:49.59	02/03/2018
W55	C Smith [NTH]	16:32.09	09/02/2022	L Foster [WBP]	17:34.5	22/03/1996
W60	S Hoskin [MWA]	17:44.17	01/03/2013	S Hoskin [MWA]	17:44.17	01/03/2013
W65	J Wilson [WLG]	18:35.89	15/02/2015	J Wilson [WLG]	19:01.72	27/02/2015
W70	J Wilson [WLG]	18:27.80	26/01/2018	J Wilson [WLG]	18:57.04	02/03/2018
W75	J Wilson [WLG]	19:18.90	26/02/2021	J Wilson [WLG]	19:18.90	26/02/2021
W80	J Wilson [WLG]	21:44.86	13/03/2026	J Wilson [WLG]	21:44.86	13/03/2026
5000m Track Walk		NZMA National Record		NZMA Championship Record		
W30	A Barber [AKL]	21:55.62	28/02/2021	R Robinson [CAN]	30:26.01	18/02/2024
W35	G Gorst [HBG]	23:04.72	2003			
W40	J Jackson [AKL]	24:50.85	1987	S Holliss [TAR]	34:46.11	30/03/2025
W45	N Aymes [TAS]	26:40.36	2001	C McCarte [TAR]	31:05.65	15/03/2026
W50	C Smith [NTH]	27:05.31	27/11/2016	C Smith [NTH]	27:18.83	04/03/2018
W55	S Hoskin [MWA]	29:52.70	2009	S Coombes [TAR]	31:08.22	28/02/2021
W60	S Hoskin [MWA]	30:59 h	2012	T Large [WBP]	34:05.66	04/03/2018
W65	S Hoskin [WLG]	31:38.35	27/10/2016	A Newall [OTG]	36:31.81	15/03/2026
W70	J Wilson [WLG]	31:43:15	27/10/2016	J Wilson [WLG]	32:09.63	04/03/2018
W75	J Wilson [WLG]	31:58.65	28/02/2021	J Wilson [WLG]	31:58.65	28/02/2021
W80	J Wilson [WLG]	37:46.13	15/03/2026	J Wilson [WLG]	37:46.13	15/03/2026
2000m Steeplechase		NZMA National Record		NZMA Championship Record		
W30	S Taylor [HBG]	7:40.5h	1993	L Smidt [TAS]	8:19.63	03/12/2022
W35	S Taylor [HBG]	7:19.88	1993	S Taylor [HBG]	7:19.88	1993
W40	K Gillum-Green [TAR]	7:37.90	2001	K Gillum-Green [TAR]	7:39.42	10/03/2001
W45	M Orman [TAS]	7:38.08	1991	M Orman [TAS]	7:52.8h	1991
W50	M Orman [TAS]	7:43.99	1993	M Orman [TAS]	7:43.99	1993
W55	M Orman [TAS]	7:58.43	27/07/1997	M Orman [TAS]	8:13.4h	15/03/1997
W60	L Reed [CAN]	8:45.43	2008	L Reed [CAN]	8:58.09	03/04/2010
W65	M Allison [WLG]	9:18.51	28/11/2020	L Reed [CAN]	9:37.70	27/02/2016
W70	L Reed [CAN]	9:43.19	11/11/2017	L Reed [WBP]	10:28.35	29/02/2020
W75	L Reed [WBP]	11:21.95	30/03/2025	L Reed [WBP]	11:21.95	30/03/2025
W80	C van der Veeken [NTH]	14:47.28	03/03/2012	C van der Veeken [NTH]	14:47.28	03/03/2012
W85	C van der Veeken [NTH]	18:30.80	06/11/2016			
Short Hurdles		NZMA National Record		NZMA Championship Record		
W30	100mH: F Morrison [CAN]	13.62 (+0.5)	07/03/2020	C Sole [TAR]	15.58	1980
W35	100mH: H Dinnissen [CAN]	14.85 (+0.5)	07/03/2020	P Hunt [WLG]	15.40	1984
W40	80mH: A McIntosh	12.74	1981	P Hunt [WLG]	13.2h	1992
W45	80mH: P Hunt [WLG]	13.50	1993	P Hunt [WLG]	13.50	1993

W50	80mH: L Martin [CAN]	13.55 (+0.4)	03/03/2018	L Martin [CAN]	13.55 (+0.4)	03/03/2018
W55	80mH: G Kirkman [CAN]	14.19	2007	G Kirkman [CAN]	15.28	03/03/2007
W60	80mH: G Kirkman [STH]	15.50	15/12/2012	G Kirkman [STH]	15.56 (+0.4)	03/03/2013
W65	80mH: G Kirkman [STH]	15.71 (+0.6)	20/01/2018	S Peterson [CAN]	18.44	15/03/1997
W70	80mH: S Peterson [CAN]	17.72	2000	S Peterson [CAN]	19.35	08/03/2003
Long Hurdles		NZMA National Record		NZMA Championship Record		
W30	400mH: R Coster [AKL]	62.03	09/02/2019	M Stephen [CAN]	66.98	17/03/2002
W35	400mH: K Green [TAR]	66.73	1996	K Green [TAR]	66.73	24/03/1996
W40	400mH: C Turner [TAR]	65.03	1987	K Gillum-Green [TAR]	70.60	11/03/2001
W45	400mH: G Kirkman [CAN]	68.59	2001	G Kirkman [CAN]	72.39	11/03/2001
W50	300mH: G Kirkman [CAN]	48.17	2002	G Kirkman [CAN]	48.17	17/03/2002
W55	300mH: G Kirkman [CAN]	50.75	2007	G Kirkman [CAN]	54.57	04/03/2007
W60	300mH: G Kirkman [STH]	55.05	05/10/2015	G Kirkman [STH]	56.86	03/03/2013
W65	300mH: G Kirkman [STH]	56.94	26/01/2018	J Hammond [WLG]	71.04	07/03/2004
W70	200mH: G Kirkman [STH]	41.42 (0.5)	04/12/2022	200mH: G Kirkman [STH]	41.42 (0.5)	04/12/2022
W75						
Long Jump		NZMA National Record		NZMA Championship Record		
W30	H Dinnissen [CAN]	5.78 (+1.7)	05/09/2019	M Ririnui [WBP]	5.60 (1.1)	30/03/2025
W35	H Dinnissen [CAN]	5.89 (-0.4)	23/02/2020	A Williams [NTH]	5.31	1984
W40	H Dinnissen [CAN]	5.31 (+0.6)	07/09/2025	J Parker [TAS]	5.05	1976
W45	C Brunner [AKL]	5.21 (-0.3)	23/04/2017	A Hunter [AKL]	4.70	16/03/1997
W50	A Hunter [AKL]	4.80	1998	G Kirkman [CAN]	4.64	15/03/2002
W55	S Peterson [CAN]	4.60	1985	S Peterson [CAN]	4.44	1985
W60	S Peterson [CAN]	4.32	1989	S Peterson [CAN]	4.22	1990
W65	S Peterson [CAN]	4.17	1995	S Peterson [CAN]	3.76	1994
W70	S Peterson [CAN]	3.48	2000	V Gould [WLG]	3.38 (+0.4)	29/02/2020
W75	S Peterson [CAN]	3.20	2003	S Peterson [CAN]	2.79	02/03/2007
W80	J Hammond [WLG]	2.73 (+0.4)	22/01/2018	J Hammond [WLG]	2.67 (-1.1)	03/03/2018
W85	F Bayler [MWA]	1.94 (0.0)	22/06/2025	C van der Veeken [NTH]	1.66 (-0.4)	03/03/2018
W90	C van der Veeken [NTH]	1.16 (+0.1)	07/10/2023			
High Jump		NZMA National Record		NZMA Championship Record		
W30	A McKee [AKL]	1.89	2006	V Largerwall [AKL]	1.60	30/03/2025
W35	H Dinnissen [CAN]	1.63	08/02/2020	C Wills [OTG]	1.55	07/03/2009
W40	L Osmer [CAN]	1.57	2002	L Osmer [CAN]	1.51	16/03/2002
W45	L Trow [MWA]	1.55	25/11/2017	C Wills [OTG]	1.45	02/03/2019
W50	L Osmer [CAN]	1.41	2011	G Kirkman [CAN]	1.40	16/03/2002
W55	H Sun Kim [AKL]	1.47	27/02/2021	H Sun Kim [AKL]	1.47	27/02/2021
W60	H Sun Kim [AKL]	1.40	17/01/2026	H Sun Kim [AKL]	1.39	30/03/2025
W65	G Kirkman [STH]	1.25	24/02/2018	N Bowmar [NTH]	1.18	04/03/2017
W70	G Kirkman [STH]	1.14	18/02/2024	G Kirkman [STH]	1.14	18/02/2024
W75	J Hammond [WLG]	1.06	2012 & 2013	J Hammond [WLG]	1.04	02/03/2013
W80	J Hammond [WLG]	0.99	18/02/2018	J Hammond [WLG]	0.94	03/03/2018
Triple Jump		NZMA National Record		NZMA Championship Record		
W30	S Cowley-Ross [AKL]	12.61 (-0.0)	25/04/2017	H Dinnissen [CAN]	11.38 (-0.4)	02/03/2019
W35	S Cowley-Ross [WBP]	12.66 (+1.7)	08/03/2020	W Brown [NTH]	9.91	1989

W40	L Osmers [CAN]	10.55	2002	L Osmers [CAN]	10.09	16/03/2002
W45	A Hunter [AKL]	10.15	1998	A Hunter [AKL]	10.00	16/03/1997
W50	A Hunter [AKL]	9.27	1998	A Hunter [AKL]	8.98	10/03/2001
W55	A Hunter [AKL]	9.00	2003	L Anderson [CAN]	8.55	16/03/2002
W60	S Peterson [CAN]	8.73	1991	S Peterson [CAN]	8.46	1992
W65	S Peterson [CAN]	9.03	1993	S Peterson [CAN]	8.52	1994
W70	S Peterson [CAN]	7.87	1999	S Peterson [CAN]	7.01	08/03/2003
W75	S Peterson [CAN]	6.95	2003	S Peterson [CAN]	6.42	05/03/2005
W80	F Bayler [MWA]	5.71 (+0.0)	14/11/2020	S Peterson [CAN]	5.48	03/04/2010
W85	A Sole [TAR]	4.66	2001	C van der Veeken [NTH]	4.21 (+0.0)	03/03/2018
W90	C van der Veeken [NTH]	3.11 (+0.1)	07/10/2023			
Pole Vault		NZMA National Record		NZMA Championship Record		
W30	A Lovrich [AKL]	3.50	02/03/2024	A Lovrich [AKL]	3.40	30/03/2025
W35	C Kelly [AKL]	3.90	1998	C Kelly [AKL]	3.40	03/03/2000
W40	S Bowe [AKL]	2.61	19/10/2019	S Bowe [AKL]	2.50	03/03/2018
W45	D Murphy [OTG]	2.90	05/03/2005	D Murphy [OTG]	2.90	05/03/2005
W50	D Smith [NTH]	2.45	01/02/2020	D Smith [NTH]	2.40	29/02/2020
W55	D Smith [NTH]	2.46	23/01/2021	D Smith [NTH]	2.35	27/02/2021
W60	A Goulter [AKL]	2.40	11/03/2023	A Newall [OTG]	1.75	27/02/2021
W65	A Deleiros [AKL]	1.70	12/11/2017	S Peterson [CAN]	1.35	03/03/1995
Hammer Throw		NZMA National Record		NZMA Championship Record		
W30	4.00kg: H Kaur [MWA]	55.80	03/04/2010	H Kaur [MWA]	55.80	03/04/2010
W35	4.00kg: D McCaw [OTG]	49.97	06/08/2015	C McCahill [WBP]	45.43	16/03/2002
W40	4.00kg: C McCahill [WBP]	42.73	04/03/2006	C McCahill [WBP]	42.73	04/03/2006
W45	4.00kg: C McCahill [WBP]	42.38	2011	C McCahill [WBP]	40.95	03/04/2010
W50	3.00kg: A Mackie [AKL]	44.05	18/02/2024	A Mackie [AKL]	44.05	18/02/2024
W55	3.00kg: B Savage [WBP]	41.89	10/03/2001	B Savage [WBP]	41.89	10/03/2001
W60	3.00kg: A Goulter [AKL]	38.41	09/11/2023	M Stanley [AKL]	30.76	1994
W65	3.00kg: B Savage [WBP]	34.86	2012	B Savage [WBP]	33.18	02/03/2012
W70	3.00kg: B Savage [WBP]	29.27	21/02/2016	B Austin [NTH]	25.93	28/02/2015
W75	2.00kg: B Savage [WBP]	31.99	21/02/2021	B Savage [WBP]	30.16	27/02/2021
W80	2.00kg: B Savage [WBP]	27.37	21/02/2026	B Savage [WBP]	25.62	14/03/2026
W85	2.00kg: C Maloney [CAN]	18.42	07/11/2024	M Petley [WBP]	16.80	28/02/2015
W90	2.00kg: C van der Veeken [NTH]	13.47	07/10/2023	P Purser [WBP]	12.28	28/02/2014
Shot Put		NZMA National Record		NZMA Championship Record		
W30	4.00kg: V Adams [AKL]	19.31	19/07/2018	R Bates [OTG]	12.82	14/03/1997
W35	4.00kg: V Adams [AKL]	19.75	11/07/2021	C McCahill [WBP]	13.34	17/03/2002
W40	4.00kg: V Young [CAN]	13.31	1981	C McCahill [WBP]	12.33	06/03/2009
W45	4.00kg: C McCahill [WBP]	11.82	2011	C McCahill [WBP]	10.73	02/04/2010
W50	3.00kg: V Young [CAN]	14.85	1987	V Young [CAN]	14.61	1988
W55	3.00kg: T Lutton [CAN]	11.87	18/10/2025	T Lutton [CAN]	11.64	14/03/2026
W60	3.00kg: M Stanley [AKL]	9.85	1994	M Stanley [AKL]	9.62	1994
W65	3.00kg: B Savage [WBP]	8.78	22/11/2013	J Evans [MWA]	8.44	04/03/2017
W70	3.00kg: B Austin [NTH]	8.39	28/02/2015	B Austin [NTH]	8.39	28/02/2015
W75	2.00kg: B Savage [WBP]	8.47	20/02/2025	B Savage [WBP]	8.26	27/02/2021
W80	2.00kg: B Savage [WBP]	7.31	31/01/2026	B Savage [WBP]	7.22	14/03/2026

W85	2.00kg: J Sherburn [WBP]	5.43	14/03/2026	J Sherburn [WBP]	5.43	14/03/2026
W90	2.00kg: C van der Veecken [NTH]	3.97	07/10/2023	P Purser [WBP]	3.79	01/03/2014
Discus		NZMA National Record		NZMA Championship Record		
W30	1.00kg: T Keenan [AKL]	56.06	06/03/2022	R Bates [OTG]	41.64	15/03/1997
W35	1.00kg: V Hill [MWA]	44.14	1996	V Hill [MWA]	43.44	24/03/1996
W40	1.00kg: V Young [CAN]	43.48	1981	V Hill [MWA]	36.77	11/03/2001
W45	1.00kg: B Faumuina [AKL]	44.86	03/02/2024	M Ramshaw	35.56	1975
W50	1.00kg: V Young [CAN]	43.82	1988	V Young [CAN]	39.40	1988
W55	1.00kg: M Stanley [AKL]	30.76	1989	B Savage [WBP]	29.45	11/03/2001
W60	1.00kg: M Stanley [AKL]	29.64	1994	M Stanley [AKL]	28.86	1994
W65	1.00kg: B Savage [WBP]	24.58	24/11/2012	B Savage [WBP]	21.38	28/02/2015
W70	1.00kg: H May [WLG]	20.30	1993	G Watts [CAN]	18.76	03/03/2012
W75	750gm: A Parlane [WBP]	22.51	18/02/2024	A Parlane [WBP]	22.51	18/02/2024
W80	750gm: G Watts [CAN]	18.55	13/03/2021	G Watts [CAN]	17.64	27/02/2021
W85	J Sherburn [WBP]	11.92	13/03/2026	J Sherburn [WBP]	11.92	13/03/2026
W90	750gm: D Howells [AKL]	9.36	2008	P Purser [WBP]	8.86	02/03/2013
Javelin		NZMA National Record		NZMA Championship Record		
W30	600gm: S Wrathall [AKL]	54.07	13/02/2020	J Maxwell [CAN]	40.18	1990
W35	600gm: S Mene [CAN]	39.78	1987	E Peychers [WBP]	38.06	14/03/2026
W40	600gm: L Osmers [CAN]	37.67	2002	J Cooper [OTG]	33.54	15/03/1997
W45	600gm: M Brearley-Tipene [AKL]	33.93	07/02/2021	M Brearley-Tipene [AKL]	33.35	02/03/2018
W50	500gm: L Osmers [CAN]	33.36	2010	L Rawlins [WLG]	31.59	03/12/2022
W55	500gm: L Osmers [CAN]	29.80	26/02/2016	L Osmers [CAN]	29.80	26/02/2016
W60	500gm: S Stein-Abel [CAN]	27.93	23/02/2020	J Hayman [AKL]	19.73	02/02/2022
W65	500gm: F Harvey [OTG]	22.20	27/01/2025	J Evans [MWA]	19.39	03/03/2017
W70	500gm: B Austin [NTH]	17.73	27/11/2015	G Evans [MWA]	17.71	26/02/2021
W75	400gm: W Pepene [NTH]	19.67	05/03/2006	W Pepene [NTH]	19.67	05/03/2006
W80	400gm: W Pepene [NTH]	16.45	2011	W Pepene [NTH]	15.19	06/03/2011
W85	400gm: J Sherburn [WBP]	11.13	15/03/2026	J Sherburn [WBP]	11.13	15/03/2026
W90	400gm: P Purser [WBP]	7.77	24/11/2012	P Purser [WBP]	7.16	03/03/2013
Weight Throw		NZMA National Record		NZMA Championship Record		
W30	9.08kg: R Bates [OTG]	12.89	1998	A McNab [CAN]	12.27	03/03/2017
W35	9.08kg: C McCahill [WBP]	16.67	17/03/2002	C McCahill [WBP]	16.67	17/03/2002
W40	9.08kg: C McCahill [WBP]	15.19	2006	C McCahill [WBP]	14.82	05/03/2006
W45	9.08kg: C McCahill [WBP]	14.40	02/04/2010 4/03/2011	C McCahill [WBP]	14.40	02/04/2010 04/03/2011
W50	7.26kg: B Davis [WBP]	15.04	18/02/2024	B Davis [WBP]	15.04	18/02/2024
W55	7.26kg: B Davis [WBP]	13.27	06/09/2025	B Davis [WBP]	12.97	14/03/2026
W60	5.45kg: C McCahill [WBP]	14.44	30/11/2025	C McCahill [WBP]	13.19	14/03/2026
W65	5.45kg: A Boxall [AKL]	12.70	14/03/2026	A Boxall [AKL]	12.70	14/03/2026
W70	5.45kg: B Savage [WBP]	11.46	21/02/2016	G Evans [MWA]	11.03	26/02/2021
W75	4.00kg: B Savage [WBP]	12.50	14/02/2021	B Savage [WBP]	11.17	26/02/2021
W80	4.00kg: B Austin [NTH]	10.46	30/03/2025	C Brunner [NTH]	9.86	03/03/2012
W85	4.00kg: C Maloney [CAN]	8.44	18/01/2025	M Petley [WBP]	7.33	27/02/2015
W90	4.00kg: P Purser [WBP]	4.60	02/03/2013	P Purser [WBP]	4.60	02/03/2013

Throws Pentathlon Updated using 2023 Age Factors				NZMA Championship Record		
W30	A Lynch [CAN]	2392pts	19/09/2016	A Lynch [CAN]	2368 pts	01/03/2020
W35	D McCaw [OTG]	2755pts	06/08/2015	A Lynch [CAN]	2663 pts	28/02/2021
W40	A Lynch [CAN]	2612 pts	25/01/2026	K Blackwood [OTG]	2532 pts	28/02/2016
W45	C McCahill [WBP]	3278 pts	05/04/2010	C McCahill [WBP]	3278 pts	05/04/2010
W50	R Bates [OTG]	3488pts	26/10/2016	R Bates [OTG]	2953 pts	28/02/2016
W55	B Davis [WBP]	3111pts	30/11/2024	B Davis [WBP]	2779 pts	15/03/2026
W60	C McCahill [WBP]	3145pts	30/11/2025	C McCahill [WBP]	3055 pts	15/03/2026
W65*	B Savage [WBP]	2999 pts	01/03/2015	B Savage [WBP]	2999 pts	01/03/2015
W70*	B Austin [NTH]	3202 pts	01/03/2015	B Austin [NTH]	3202 pts	01/03/2015
W75	A Parlane [WBP]	3006pts	18/02/2024	A Parlane [WBP]	3006 pts	18/02/2024
W80	G Watts [CAN]	3105 pts	13/03/2021	G Watts [CAN]	3038 pts	28/02/2021
W85	C Maloney [CAN]	2277 pts	27/01/2025	P Purser [WBP]	1802 pts	05/03/2012
W90	P Purser [WBP]	2266 pts	**Oct 2013	P Purser [WBP]	2106 pts	03/03/2014
**Oceania Throws Pentathlon Challenge				yet to be confirmed if correct age factors used for points total		
Track Pentathlon Updated using 2023 Age Factors				NZMA Championship Record		
W30						
W35	H Dinnissen [CAN]	3096 pts	22/01/2023	J Jones [TAS]	2122 pts	28/02/2021
W40	J Jones [TAS]	2331 pts	21/11/2021	J Jones [TAS]	2120 pts	04/12/2022
W45	C Wills [OTG]	2710 pts	25/01/2018	C Wills [OTG]	2691 pts	03/03/2019
W50	L Osmers [CAN]	2649 pts	03/03/2014	L Osmers [CAN]	2649 pts	03/03/2014
W55	D McMillan [MWG]	2874 pts	18/02/2024	D McMillan [MWG]	2874 pts	18/02/2024
W60*	C Giles [OTG]	2688 pts	28/01/2017	T Ashe [AKL]	2455 pts	01/03/2015
W65	A Hermans [WBP]	2563 pts	10/09/2025	N Bowmar [NTH]	2331 pts	05/03/2017
W70	T Ashe [AKL]	2574 pts	13/04/2023	T Ashe [AKL]	2355 pts	04/12/2022
W75	J Hammond [WLG]	2400 pts	25/11/2012	J Hammond [WLG]	2019 pts	01/03/2015
W80	J Hammond [WLG]	2171 pts	26/11/2017	C van der Veeken [NTH]	1494 pts	05/03/2012
W85	C van der Veeken [NTH]	1414 pts	25/01/2018	C van der Veeken [NTH]	1387 pts	04/03/2018
W90				yet to be confirmed if correct age factors used for points total		
Women's NZMA Non Track & Field Championship Records and NZMA Non-Stadia Event Records						
International Track Pentathlon (Hurdles, High Jump, Shot, Long Jump, 800m)						
W35	M Allison [AKL]	3179 pts	1981			
W40	C Turner [TAR]	3704 pts	1987			
W45	C Brunner [NTH]	2922 pts	1981			
W50	C Mills [AKL]	3298 pts	1987			
W55	C Brunner [NTH]	3282 pts	1987			
W60	H May [WLG]	2498 pts	1983			
W65	A Sole [TAR]	3084 pts	1983			
W70	A Sole [TAR]	2344 pts	1987			
W75						
1 Mile		NZMA National Record				
W30	C Buscomb [WBP]	4:38.78	30/01/2021			
W35	T Faulkner [WLG]	4:53.41	06/01/2018			
W40	A Hare [WLG]	4:58.89	11/02/2006			
W45	H Matthews [AKL]	5:02.31	1991			
W50	H Walker [WLG]	5:23.63	28/01/2023			
W55	S Gibbs [MWA]	5:34.43	05/02/2023			
W60	S Gibbs [MWA]	5:43.97	25/01/2025			

	L Reed [CAN]	6:10.6H	2008			
W65	C Adamson [AKL]	6:32.27	15/01/2022			
W70	M Allison [WLG]	7:27.51	24/01/2026			
W75	K Switzer [WLG]	8:39.96	25/01/2025			
10000m	NZMA National Record			NZMA Championship Record		
W30	C Buscomb [WBP]	32:10.49	07/08/2021	S Rees	37:54.1	1985
W35	M O'Connor [CAN]	33:58.54	1994	L Sharp [AKL]	35:27.15	07/03/2004
W40	L Cross [AKL]	33:47.23	18/01/2025	L Cross [AKL]	33:47.23	18/01/2025
W45	S Gibbs [WBP]	34:45.21	2012	S Gibbs [WBP]	34:57.59	04/03/2012
W50	S Gibbs [WBP]	35:38.51	02/03/2014	S Gibbs [WBP]	35:38.51	03/03/2014
W55	S Gibbs [WBP]	36:46.96	09/11/2019	S Gibbs [MWA]	37:40.29	19/11/2022
W60	S Gibbs [MWA]	37:38.98	18/11/2023	C Adamson [AKL]	43:16.27	05/03/2017
W65	M Allison [WLG]	44:41.87	05/12/2020	M Allison [WLG]	44:41.87	05/12/2020
W70	M Allison [WLG]	49:19.57	15/11/2025	E Mercier [CAN]	53:16.6	05/03/1995
W75	M Rough [OTG]	53:08.11	19/12/2015	A Forbes [AKL]	67:24.35	1986
W80						
1 Mile Road Race	NZMA National Record					
W30						
W35						
W40						
W45						
W50						
W55						
W60						
W65						
W70						
5km Road Race	NZMA National Record					
M30	L Nagel	16:37	03/05/2025			
M35						
M40	L Cross [AKL]	16:25	03/05/2025			
M45						
M50						
M55	N Crombie [WBP]	21:59	03/05/2025			
M60	S Gibbs [MWA]	18:44	03/05/2025			
M65	J Speary	24:23	03/05/2025			
M70						
M75						
M80						
10km Road Race	NZMA National Record					
W30	S Drought [WLG]	35:15	18/09/2021			
W35	L Cross [AKL]	35:45	25/08/2019			
W40	P Peskett [AKL]	35:19	02/09/2018			
W45	S Gibbs [WBP]	35:39	2011			
W50	S Gibbs [WBP]	35:19	31/08/2013			
W55	S Gibbs [WBP]	36:50	20/08/2022			
W60	S Gibbs [MWA]	38:31	30/08/2025			
W65	M Allison [WLG]	44:03	21/02/2021			
W70	M Allison [WLG]	48:50	18/01/2026			
W75						

Half Marathon		NZMA National Record		
W30	C Buscomb [WBP]	1:13:45	01/11/2020	
W35	S Drought [WLG]	1:13:41	21/04/2023	
W40	P Peskett [AKL]	1:17:13	18/11/2017	
W45	S Gibbs [WBP]	1:17:03	02/06/2013	
W50	S Gibbs [WBP]	1:18:58	31/05/2015	
W55	S Gibbs [MWA]	1:24:27	16/10/2022	
W60	S Gibbs [MWA]	1:22:38	23/06/2024	
W65	B Harp [WLG]	1:35.37	28/06/2026	
W70	M Allison [WLG]	1:49.17	18/02/2026	
W75	B Patrick [OTG]	2:11.30	10/09/2023	
Marathon		NZMA National Record		NZMA Championship Record
W30	C French[WBP]	2:26:08	03/12/2023	C Stuart [AKL] 3:19:19 02/05/2026
W35	M O'Connor [CAN]	2:34.31	1991	A Mason [WLG] 2:49:17 02/05/2026
W40	B Portenski [WLG]	2:34:39	1992	K MacDonald[AKL] 3:04:14 02/05/2026
W45	S Gibbs [WBP]	2:41:15	2012	W Zhan [AKL] 3:08:52 02/05/2026
W50	S Gibbs [WBP]	2:42:59	07/07/2013	L Hall [AKL] 3:43:03 02/05/2026
W55	S Gibbs [WBP]	2:53:20	01/07/2018	C Porter [WBP] 3:46:15 02/05/2026
W60	S Gibbs [MWA]	2:57:26	15/09/2024	T Wachi [AKL] 3:59:11 02/05/2026
W65	B Harp [WLG]	3:44.06	12/04/2026	D Lucas [AKL] 4:22:35 02/05/2026
W70	M Allison [WLG]	3:56.40	12/04/2026	M Stevenson [AKL] 5:07:25 02/05/2026
W75	C Van der veeken [NTH]	5:41:12	2007	D Mannington [AKL] 6:01:25 02/05/2026
W80				L Bosley [AKL] 7:04:00 02/05/2026
10,000m Track Walk		NZMA National Record		NZMA Championship Record
W30	A Barber [AKL]	44:57.20	12/01/2020	
W35	W Healey [TAS]	56:16.92	2011	
W40	N Sunderland	56:34.65	2011	
W45	C Smith [NTH]	53:15.5	29/11/2015	
W50	C Smith [NTH]	57:37.72	10/03/2019	
	C Smith [NTH]	55:53h	17/03/2018	
W55	N Aymes [TAS]	57:30.72	2011	
W60	S Hoskin [MWA]	1:01:46	2012	
W65	J Wilson [WLG]	1:05:33	21/03/2015	
W70	J Wilson [WLG]	1:05:08	03/12/2016	
W75	J Wilson [WLG]	1:11:09.24	18/11/2023	J Wilson [WLG] 1:11:09.24 18/11/2023
W80	D Jones [WLG]	1:23:48.36	13/11/2021	
10km Road Walk		NZMA National Record		NZMA Championship Record
W30	A Barber [AKL]	44:43	07/09/2019	R Gilbred [TAR] 56:18.8 02/03/2008
W35	G Gorst [HBG]	47:01	2003	G Gorst [HBG] 47:29 09/03/2003
W40	J Jackson [AKL]	49:58.03	1989	D Barrett [NTH] 53:04 05/03/2000
W45	J Jackson [AKL]	52:57	1992	N Amyes [TAS] 54:54 17/03/2002
W50	L Foster [WBP]	57:16	1991	B Lambert [AKL] 57:50 11/03/2001
W55	C Smith [NTH]	60:50	03/07/2022	W Pepene [AKL] 62:54.5 1986
W60	S Hoskin [MWA]	61:21	03/03/2013	S Hoskin [MWA] 61:21 03/03/2013
W65	J Wilson [WLG]	64:11	22/08/2015	J Wilson [WLG] 66:46 01/03/2015
W65	S Hoskin [WLG]	64:11	03/10/2016	
W70	J Wilson [WLG]	62:52	24/03/2017	J Wilson [WLG] 65:40 28/02/2016
W75	J Wilson [WLG]	67:57	02/10/2021	D Torbit [AKL] 75:36 07/03/2004
W80	D Jones [WLG]	82:47	25/09/2022	

20km Road Walk				NZMA National Record			NZMA Championship Record		
W30	A Barber [AKL]	1:31:32	05/05/2018						
W35	G Gorst [HBG]	1:35:59	2003	G Gorst [HBG]	1:38:55	2002			
W40	G Gorst [HBG]	1:38:47	2004						
W45	C Smith [NTH]	1:52:00	28/03/2015	S McDonald [TAS]	2:07:56	2000			
W50	C Smith [NTH]	1:54:19	19/02/2017	N Johnston [NTH]	2:11:32	2000			
W55	S Hoskin [MWA]	2:06:01	2010	L Foster [WBP]	2:19:20	1999			
W60	S Hoskin [WLG]	2:10:17	08/03/2015						
W65	J Wilson [WLG]	2:18:46	07/10/2013	P McKenzie [MWA]	2:44:26	1999			
W70	J Wilson [WLG]	2:17:02	04/11/2016						
W75	J Wilson [WLG]	2:25:37	06/07/2022						
4 x 100m Relay									
W35	H Callesen [MWG] A Shafi [WLG] V Story [MWG] J Jones [TAS]	55.21	04/12/2022	(NZMA Wellington)					
W40	C Turner N Callander H Clent C Waring	52.30	06/12/1987	(WMA Melbourne 1987)					
W45	M Peters T Ramanui C Waring W Brown	54.53	27/07/1997	(WMA Durban 1997)					
W50	C Waring S Gower L Mackay W Brown	56.48	14/07/2001	(WMA Brisbane 2001)					
W55	P Stoeveken [WLG] J Hayman [AKL] D McMillan [MWG] L Mitchell [OTG]	58.33	04/12/2022	(NZMA Wellington)					
W60	S Gower A Deleiros T Ashe C Waring	61.23	17/07/2011	(WMA Sacramento 2011)					
W65	C Waring L Anderson A Deleiros S Gower	66.32	06/11/2016	(WMA Perth 2016)					
W70	C Waring L Anderson M Crooke S Gower	69.71	06/09/2019	(OMA Mackay 2019)					
4 x 400m Relay									
W30									
W35	A Harris A Ross S Gibbs V Story	4:25.70	06/11/2016	(WMA Perth 2016)					
W40	C Turner M August N Callander H Clent	4:09.11	06/12/1987	(WMA Melbourne 1987)					

W45	T Ramanui S Waru C Waring W Brown	4:29.87	27/07/1997	(WMA Durban 1997)
W50	S Gower C Waring L Mackay W Brown	4:43.32	14/07/2001	(WMA Brisbane 2001)
W55				
W60	S Gower T Ashe C Waring S Barber	5:25.81	17/07/2011	(WMA Sacramento 2011)
W65				
W70				
W75	M Petley D Cumming C van der Veen M Peters	6:58.70	08/08/2009	(WMA Lahti 2009)

NZMA Women's Indoor Records				
50m				
W30	S Pearce [HBG]	7.05	16/08/2025	Hastings
W35	U Iyer [NTH]	7.20	11/08/2019	Auckland
W40	F Firestone [AKL]	7.64	11/08/2019	Auckland
W45	C Brunner [AKL]	7.15	20/08/2017	Auckland
W50	P Green [AKL]	7.54	11/08/2019	Auckland
W55	J Hayman [AKL]	7.76	20/08/2017	Auckland
W60	J Hayman [AKL]	8.20	20/07/2024	Hastings
W65	A Deleiros [AKL]	8.82	24/07/2016	Auckland
W70	S Gower [WBP]	8.42	05/08/2018	Auckland
W75	C Waring [AKL]	8.95	11/08/2019	Auckland
W80	J Hammond [WLG]	10.19	20/08/2017	Auckland
60m				
W30	S Pearce [HBG]	8.22	20/07/2024	Hastings
W35	E Peychers [HBG]	8.51	09/08/2026	Hastings
W40				
W45	R Savage [WBP]	11.78	09/08/2026	Hastings
W50	K Kilmister [WLG]	9.98	20/07/2024	Hastings
W55	D McMillan [MWA]	9.59	17/08/2025	Hastings
W60	J Hayman [AKL]	9.70	20/07/2024	Hastings
W65	A Deleiros [AKL]	10.56	21/03/2017	Daegu
W70	S Gower [WBP]	9.86	27/03/2019	Torun
W75	C Waring [AKL]	10.30	27/03/2019	Torun
W80	S Su [WBP]	13.45	17/08/2025	Hastings
W90	M Petley [WBP]	15.82	27/03/2019	Torun
200m				

W40	V Story [WLG]	27.10	23/03/2017	Daegu
W60	A Hunter [AKL]	36.46	10/03/2010	Kamloops
W70	S Gower [WBP]	34.13	29/03/2019	Torun
W75	C Waring [AKL]	37.50	29/03/2019	Torun
W90	M Petley [WBP]	1:03.52	29/03/2019	Torun
400m				
W40	V Story [WLG]	60.22	25/03/2017	Daegu
W70	S Gower [WBP]	1:22.55	26/03/2019	Torun
W75	C Waring [AKL]	1:32.10	26/03/2019	Torun
800m				
W40	V Story [WLG]	2:24.71	23/03/2017	Daegu
W45	A Harris [WLG]	2:32.25	23/03/2017	Daegu
W50	V Hodge [MWA]	2:31.24	23/03/2025	Florida
1500m				
W45	A Harris [WLG]	5:17.01	30/03/2019	Torun
W60	C Adamson [AKL]	5:37.20	30/03/2019	Torun
3000m				
W45	A Harris [WLG]	11:10.00	22/03/2017	Daegu
W60	C Adamson [AKL]	12:07.38	24/03/2019	Torun
50m Hurdles				
W35	F Firestone [AKL]	9.16	05/08/2018	Auckland
W40	F Firestone [AKL]	8.62	11/08/2019	Auckland
W45	P Green [AKL]	10.06	05/08/2018	Auckland
60m Hurdles				
W35	D Edwards [HBG]	13.12	17/08/2025	Hastings
W40				
W45				
High Jump				
W35	V Drotsky [AKL]	1.35m	24/07/2016	Auckland
W40	F Firestone [AKL]	1.35m	11/08/2019	Auckland
W45	P Green [AKL]	1.30m	20/08/2017 05/08/2018	Auckland
W50	P Green [AKL]	1.25m	11/08/2019	Auckland
W55	K Hulena [AKL]	1.20m	11/08/2019	Auckland
W60	H Kim [AKL]	1.35m	20/07/2024	Hastings
W65	N Bowmar [NTH]	1.15m	20/08/2017	Auckland
W70	M Crooke [NTH]	1.05m	20/08/2017	Auckland
	A Deleiros [AKL]	1.05m	05/08/2018	Auckland
W75	J Hammond [WLG]	1.03m	15/03/2015	Toronto
W80	J Hammond [WLG]	0.93m	20/08/2017	Auckland
Long Jump				
W35	F Firestone [AKL]	4.49m	05/08/2018	Auckland
W40	F Firestone [AKL]	4.23m	11/08/2019	Auckland

W45	C Brunner [AKL]	5.01m	20/08/2017	Auckland
W50	J Warbrick [AKL]	3.35m	20/08/2017	Auckland
W55	D McMillian [MWA]	3.47m	09/08/2026	Hastings
W60	H Kim [AKL]	3.68m	20/07/2024	Hastings
W65	A Deleiros [AKL]	3.17m	20/03/2017	Daegu
W70	A Deleiros [AKL]	2.87m	05/08/2018	Auckland
W75	J Hammond [WLG]	2.89m	19/03/2016	Canada
W80	J Hammond [WLG]	2.58m	20/08/2017	Auckland
Triple Jump				
W30				
W35	D Edwards [HBG]	6.53m	17/08/2025	Hastings
W40	M Karl [AKL]	8.31m	20/07/2024	Hastings
W45	R Savage [WBP]	6.27m	09/08/2026	Hastings
W55	A Boxall [AKL]	7.36m	20/08/2017	Auckland
W60	A Hunter [AKL]	7.68m	01/03/2010	Kamloops
W65	A Deleiros [AKL]	7.10m	23/03/2017	Daegu
W70	A Deleiros [AKL]	6.43m	05/08/2018	Auckland
W75	F Bayler [MWA]	5.93m	24/07/2016	Auckland
Pole Vault				
W35	D Edwards [HBG]	2.20m	16/08/2025	Hastings
W40	S Bowe [AKL]	2.50m	04/08/2018	Auckland
W45	S Bowe [AKL]	2.55m	07/09/2024	Auckland
W50	D Smith [NTH]	2.45m	10/08/2019	Auckland
W55	D Smith [NTH]	2.50m	29/10/2022	Auckland
W65	A Deleiros [AKL]	1.65m	20/08/2017	Auckland
W70	A Deleiros [AKL]	1.60m	04/08/2018	Auckland
Shot Put				
W30	H Robinson [OTG]	12.18	16/08/2025	Hastings
W35	E Peychers [HBG]	11.73	09/08/2026	Hastings
W40	V Nuia [AKL]	9.24m	04/08/2018	Auckland
W45	B Davis [WBP]	10.04m	04/08/2018	Auckland
W50	T Hodges [WBP]	11.23m	04/08/2018	Auckland
W55	B Davis [WBP]	9.72m	16/08/2025	Hastings
W60	A Boxall [AKL]	8.82m	10/08/2019	Auckland
W65	N Callander [OTG]	7.63m	24/07/2016	Auckland
W70	A Deleiros [AKL]	7.98m	04/08/2018	Auckland
W75	N Callander [OTG]	8.47m	16/08/2025	Hastings
W80	J Hammond [WLG]	5.81m	20/08/2017	Auckland
W85				
W90	H Weeks [AKL]	4.74	09/08/2026	Hastings
Weight Throw				
W70	N Callander [OTG]	7.38m	26/03/2019	Torun
W75 (4 Kg)	N Callander [MWA]	10.19	5/07/2026	Melbourne , Australia
W90	M Petley [WBP]	5.69m	26/03/2019	Torun
Relay 4x 200m				

W40	Christine Waring Andrea Harris Anne Deleiros Vanessa Story	2:13.71	25/03/2017	Daegu
------------	---	---------	------------	-------

Women's Archived Records - Archived Events (due to Age Factor or Implement Changes or Changes in Event Standards)						
80m Hurdles (8 metre gap)		NZMA National Record		NZMA Championship Record		
W35	L Cate [AKL]	15.2h	1989	R Henry [AKL]	16.48	1986
W50	C Mills [AKL]	14.45	1985	P Scholes [WLG]	16.6h	1990
W55	Y Simeon [NTH]	16.22	1998	C Brunker [NTH]	16.89	1989
W60	C Blair [WLG]	17.1h	1993	L Anderson [CAN]	17.89	07/03/2009
W65	A Sole [TAR]	18.62	1993			
W70	S Peterson [CAN]	17.46	1998			
100m Hurdles		NZMA National Record		NZMA Championship Record		
W40	D Murphy [OTG]	18.52	2001			
W45	G Kirkman [CAN]	19.15	2001			
W50	A Wood [TAS]	21.2h	1976			
W55	B Vine [NTH]	21.9h	1983			
W60	C Blair [WLG]	22.3h	1993			
Throws Pentathlon (pre May 2010)		NZMA National Record		NZMA Championship Record		
W30	R Bates [OTG]	3354 pts	17/03/1997	R Bates [OTG]	3354 pts	17/03/1997
W35	C McCahill [WBP]	3884 pts	2002	C McCahill [WBP]	3818 pts	18/03/2002
W40	C McCahill [WBP]	3948 pts	2008	C McCahill [WBP]	3934 pts	09/03/2009
W45	C McCahill [WBP]	4285 pts	2009	C McCahill [WBP]	4234 pts	05/04/2010
W50	V Hood [CAN]	3360 pts	1994	V Hood [CAN]	3360 pts	1994
W55	B Savage [WBP]	3848 pts	12/03/2001	B Savage [WBP]	3848 pts	12/03/2001
W60	M Stanley [AKL]	3990 pts	1994	M Stanley [AKL]	3759 pts	1994
W65	G Watts [CAN]	3567 pts	2006	G Watts [CAN]	3417 pts	06/03/2006
W70	H May [WLG]	3659 pts	1993	C Brunker [NTH]	3631 pts	08/03/2004
W75	C Brunker [NTH]	4006 pts	2009	C Brunker [NTH]	3827 pts	05/03/2007
W80	P Purser [WBP]	2958 pts	08/03/2004	P Purser [WBP]	2958 pts	08/03/2004
W85	R Smith [CAN]	3472 pts	2003	R Smith [CAN]	2956 pts	05/03/2007
W90						
Track Pentathlon (pre May 2010)		NZMA National Record		NZMA Championship Record		
W30	T Genge [WBP]	2816 pts	1990	T Assink [WBP]	2299 pts	04/03/2007
W35	C Turner [TAR]	2961 pts	1986	C Turner [TAR]	2961 pts	1986
W40	C Turner [TAR]	3021 pts	1991	C Turner [TAR]	3021 pts	1991
W45	A Hathaway [NTH]	3328 pts	1993	A Hathaway [NTH]	3328 pts	1993
W50	A Hathaway [NTH]	3366 pts	1998	T Ashe [AKL]	2972 pts	17/03/2002
W55	A Hathaway [NTH]	3258 pts	07/03/2004	A Hathaway [NTH]	3258 pts	07/03/2004
W60	T Ashe [AKL]	3278 pts	2010	S Peterson [CAN]	3204 pts	1992
W65	J Hammond [WLG]	3441 pts	07/03/2004	J Hammond [WLG]	3441 pts	07/03/2004
W70	J Hammond [WLG]	3482 pts	2007	J Hammond [WLG]	2966 pts	08/03/2009
W75	C Van der Veen [NTH]	2701 pts	08/03/2009	C Van der Veen [NTH]	2701 pts	08/03/2009
Heptathlon (pre May 2010)		NZMA National Record		NZMA Championship Record		
W30	T Genge [WBP]	4798 pts	1991	T Mason [TAR]	993 pts	1998
W35	T Genge [WBP]	4927 pts	1993	J Hitchings [AKL]	2943 pts	2001
W40	L Osmer [CAN]	5038 pts	2003	L Osmer [CAN]	4778 pts	2003
W45	G Kirkman [CAN]	4757 pts	2001	J Andersen [HBG]	4442 pts	1996
W50	G Kirkman [CAN]	5697 pts	2002	G Kirkman [CAN]	5697 pts	2002
W55	G Jones [STH]	3827 pts	2002	G Jones [STH]	3827 pts	2002
W60	J Hammond [WLG]	4666 pts	2000	J Hammond [WLG]	4466 pts	2000
W65	S Peterson [CAN]	5275 pts	1996	S Peterson [CAN]	5275 pts	1996

W70	J Hammond [WLG]	4371 pts	2008			
Javelin (pre January 2014)				NZMA National Record		NZMA Championship Record
W60	400gm: W Pepene [AKL]	27.36	1993	W Pepene [AKL]	25.30	1993
W65	400gm: W Pepene [AKL]	26.14	23/03/1996	W Pepene [AKL]	26.14	23/03/1996
W70	400gm: W Pepene [NTH]	23.76	2002	W Pepene [NTH]	23.30	10/03/2001

NZMA National Record Throws Pentathlon (2010-2013)		HT	SP	DT	JT (400g)	WT	Total	Date	Venue
W60	J Evans [MWA]						2870	10/02/2012	Tauranga
W65	B Savage [WBP]						3891	05/03/2012	Auckland
W70	G Watts [CAN]						3272	05/03/2012	Auckland

NZMA Championship Record Throws Pentathlon (2010-2013)		HT	SP	DT	JT (400g)	WT	Total	Date	Venue
W60	B Church [CAN]						2806	07/03/2011	Hastings
W65	B Savage [WBP]						3891	05/03/2012	Auckland
W70	G Watts [CAN]						3272	05/03/2012	Auckland

NZMA National Record Track Pentathlon (2010-2013)		100m	SP	LJ	JT (400g)	800m	Total	Date	Venue
W60	T Ashe [AKL]						3229	07/03/2011	Hastings
W65	J Hulls [HBG]						2425	04/03/2013	Wellington
W70	J Hammond [WLG]						3027	05/03/2012	Auckland

NZMA Championship Record Track Pentathlon (2010-2013)		100m	SP	LJ	JT (400g)	800m	Total	Date	Venue
W60	T Ashe [AKL]						3004	11/02/2012	Tauranga
W65									
W70	J Hammond [WLG]						3027	05/03/2012	Auckland