

Appendix A – NZMA Men's National & Championship Combined Event Information: (Updated 16 Oct 2026)

This appendix is to record individual event performances for combined events so that if age factors change, a new points total can be calculated. This will avoid having to archive records in the future. However, if implement specification change records will be archived.

In compiling this table & up-dating the records, every effort was made to local the best performances. All point totals will vary from the original points scored, due to recent age factor changes (January 2023).

However, if you still believe a performance has been over-looked, please send a copy of the meeting results, (including individual event performances) to Andrew Stark (aws@xtra.co.nz) for checking.

To help complete the task, can you supply individual event details for the records highlight in yellow?

These point totals are subject to change once the new age factors are applied.

Where known, the athlete's centre as at the time of their setting of a record is designated. This has only recently been included and we think we have identified correctly when an athlete changed centre. Please email nzmastersathletics@xtra.co.nz if you can correct or populate for those we don't have recorded. Similarly, we have only recently added wind-readings for the relevant events so please contact us if you can provide this information for those we don't have.

NZMA National Throws Pentathlon Records / Individual Event Performances & Points:

Updated using 2023 Age Factors

Men	HT	SP	DT	JT	WT	Total	Date	Venue
M30 T Bates [OTG]	53.11	11.04	30.58	30.94	15.52		30/03/2025	Auckland
Points:	756	548	476	312	765	2857		
M35 M Scholten [OTA]	44.59	11.75	33.47	44.62	12.30		26/10/2016	Perth
Points:	614	624	533	538	581	2890		
M40 A van der Westhuizen [AKL]	50.14	13.30	32.46	38.00	15.61		11/10/2020	Auckland
Points:	748	777	525	480	830	3360		
M45 A van der Westhuizen [AKL]	53.41	13.06	32.40	42.26	15.41		27/03/2022	Auckland
Points:	867	820	567	606	883	3743		
M50 P Hellier [WBP]	49.11	11.52	42.34	33.19	15.83		15/03/2026	Inglewood
Points:	764	686	719	454	780	3403		
M55 M Cumming [AKL]	52.59	10.26	29.85	24.66	19.23		27/04/2017	Auckland
Points:	904	651	513	343	1057	3468		
M60 J Thomas [AKL]	36.90	11.39	42.02	38.62	16.88		13/10/2019	Auckland
Points:	591	725	676	430	849	3271		
M65 J Thomas [AKL]	43.10	12.00	39.80	32.61	17.33		30/11/2025	Tauranga
Points:	795	850	708	581	954	3888		
M70 B Senior [CAN]	36.37	10.89	33.79	27.10	12.62		07/03/2011	Hastings
Points:	646	740	658	474	618	3136		
M75 B Senior [CAN]	35.22	9.60	29.66	30.55	14.01		20/03/2016	Christchurch
Points:	716	716	648	650	777	3507		
M80 B Senior [CAN]	36.30	10.27	28.98	28.00	14.96		24/01/2021	Christchurch
Points:	736	744	741	611	779	3611		
M85 B Senior [CAN]	29.70	8.81	20.06	22.46	12.31		13/04/2025	Christchurch
Points:	701	716	573	576	725	3291		
M90 R Johnson [AKL]							07/11/2022	
						3550		
M95 J Blair [MWA]	14.97	5.50	13.45	13.19	5.90		26/09/2026	Wellington
Points:	701	580	590	529	476	2692		

NZMA Championship Throws Pentathlon Records / Individual Event Performances & Points:

Updated using 2023 Age Factors

Men	HT	SP	DT	JT	WT	Total	Date	Venue
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M30	T Bates [OTG]	53.11	11.04	30.58	30.94	15.52		30/03/2025	Auckland
	<i>Points:</i>	756	548	476	312	765	2857		
M35	M Scholten [OTA]	40.23	11.57	30.11	40.75	11.00		03/03/2014	Invercargill
	<i>Points:</i>	543	612	467	479	508	2609		
M40	A van der Westhuizen [AKL]	48.95	12.80	34.12	38.05	15.39		28/02/2021	Inglewood
	<i>Points:</i>	727	743	559	481	816	3326		
M45	A van der Westhuizen [AKL]	49.66	11.78	31.17	40.32	14.07		04/12/2022	Wellington
	<i>Points:</i>	797	727	540	571	795	3430		
M50	P Hellier [WBP]	49.11	11.52	42.34	33.19	15.83		15/03/2026	Inglewood
	<i>Points:</i>	764	686	719	454	780	3403		
M55	J Van Zyl [WBP]	38.59	11.68	38.86	33.68	14.56		01/03/2015	Tauranga
	<i>Points:</i>	629	759	710	518	768	3384		
M60	J Thomas [AKL]	38.90	11.19	42.40	34.80	15.97		01/03/2020	Hastings
	<i>Points:</i>	630	710	683	553	797	3373		
M65	J Thomas [AKL]	40.09	11.43	40.94	37.59	16.69		20/02/2024	Christchurch
	<i>Points:</i>	730	803	733	694	914	3874		
M70	B Senior [CAN]	36.37	10.89	33.79	27.10	12.62		07/03/2011	Hastings
	<i>Points:</i>	646	740	658	474	618	3136		
M75	B Senior [CAN]	34.10	9.37	28.20	29.44	13.36		28/02/2016	Dunedin
	<i>Points:</i>	689	696	608	621	735	3349		
M80	R Johnson [AKL]	26.33	9.57	24.72	26.52	11.95		01/03/2015	Tauranga
	<i>Points:</i>	500	684	611	571	598	2964		
M85	L Carter [AKL]	17.48	6.53	15.27	13.66	7.36		05/03/2012	Auckland
	<i>Points:</i>	365	499	405	298	389	1956		
M90	R Johnson [AKL]	17.00	6.76	15.07	18.13	9.15		30/03/2025	Auckland
	<i>Points:</i>	450	615	507	573	622	2767		

NZMA National Track Pentathlon Records / Individual Event Performances:

Updated using 2023 Age Factors

Men		LJ	JT	200m	DT	1500m	Total	Date	Venue
M30	R Little [HBG]	4.72 (-0.2)	42.16	26.79 (+1.4)	26.45	5:50.37		04/12/2022	Wellington
	<i>Points:</i>	330	473	463	395	305	1966		
M35	D Hansen [TAS]	5.57 (+5.1)	42.33	24.95 (-3.2)	34.61	5:01.97		03/03/2017	Nelson
	<i>Points:</i>	540	503	655	556	575	2829		
M40	D Hansen [TAS]	5.53 (-0.7)	40.08	24.60 (-0.8)	36.00	4:56.92		03/03/2019	Timaru
	<i>Points:</i>	600	514	754	597	661	3126		
M45	D Hansen [TAS]	5.50 (+1.4)	41.38	24.80 (+1.4)	35.91	5:14.90		04/12/2022	Wellington
	<i>Points:</i>	670	590	807	644	619	3330		
M50	W Doyle [CAN]	5.20 (+0.8)	43.30	26.79 (-1.4)	34.92	5:32.00		01/03/2015	Tauranga
	<i>Points:</i>	673	636	711	567	592	3179		
M55	S Te Whaiti [WBP]	5.11	41.93	25.99	27.95	6:08.63		25/11/2018	Wellington
	<i>Points:</i>	734	682	849	472	480	3217		
M60	S Te Whaiti [WBP]	4.61	36.44	27.33	33.32	6:28.39		16/03/2025	
	<i>Points:</i>	673	586	812	507	463	3041		
M65	J Rawcliffe [TAS]	3.95	32.58	29.53	27.19	6:43.28		10/09/2025	Brisbane

		(1.8)		(1.7)				
	<i>Points:</i>	550	581	721	588	673	2913	
M70	W Green [STH]	3.36 (-0.2)	31.64	32.08 (+0.3)	26.05	7:43.42		22/01/2023 Christchurch
	<i>Points:</i>	441	578	614	476	328	2437	
M75	D Anstiss [AKL]	3.77 (+0.0)	15.25	34.28 (+0.0)	22.77	7:25.41		20/03/2021 Auckland
	<i>Points:</i>	668	258	547	466	477	2416	
M80	R Johnson [AKL]	2.83 (+1.7)	28.36	39.52 (+1.6)	22.85	8:44.73		02/03/2014 Invercargill
	<i>Points:</i>	425	621	354	554	311	2265	
M85	H Mein [WBP]	2.15	17.42	78.05	9.20	12:31.99		2016 Palmerston North
	<i>Points:</i>	280	415	0	203	12	910	
M90								
	<i>Points:</i>							

NZMA Championship Track Pentathlon Records / Individual Event Performances & Points:

Updated using 2023 Age Factors

Men	LJ	JT	200m	DT	1500m	Total	Date	Venue
M30	R Little [HBG]	4.72 (-0.2)	42.16	26.79 (+1.4)	26.45	5:50.37		04/12/2022 Wellington
	<i>Points:</i>	330	473	463	395	305	1966	
M35	D Hansen [TAS]	5.57 (+5.1)	42.33	24.95 (-3.2)	34.61	5:01.97		05/03/2017 Nelson
	<i>Points:</i>	540	503	655	556	575	2829	
M40	D Hansen [TAS]	5.53 (-0.7)	40.08	24.60 (-0.8)	36.00	4:56.92		03/03/2019 Timaru
	<i>Points:</i>	600	514	754	597	661	3126	
M45	D Hansen [TAS]	5.50 (+0.2)	41.38	24.80 (+1.4)	35.91	5:14.90		04/12/2022 Wellington
	<i>Points:</i>	670	590	807	644	619	3330	
M50	W Doyle [CAN]	5.20 (+0.8)	43.30	26.79 (-1.4)	34.92	5:32.00		01/03/2015 Tauranga
	<i>Points:</i>	673	636	711	567	592	3179	
M55	S Te Whaiti [WBP]	5.03 (+1.1)	42.69	26.33 (+1.1)	27.49	6:14.59		01/03/2020 Hastings
	<i>Points:</i>	711	697	821	462	453	3144	
M60	J Rawcliffe [TAS]	4.06 (-0.4)	30.13	30.02 (+1.4)	35.49	6:38.76		04/12/2022 Wellington
	<i>Points:</i>	508	460	609	549	420	2546	
M65	J Rawcliffe [TAS]	3.86 (+1.5)	31.52	29.95 (+0.8)	31.04	6:51.29		20/02/2024 Christchurch
	<i>Points:</i>	523	557	687	521	443	2731	
M70	W Green [STH]	3.48 (+0.9)	29.82	32.60 (+2.7)	25.37	7:29.12		04/12/2022 Wellington
	<i>Points:</i>	479	536	579	460	378	2432	
M75	W Schenk [AKL]	3.48 (+1.1)	18.54	35.40 (-1.2)	19.53	8:53.00		28/02/2011 Inglewood
	<i>Points:</i>	561	340	481	382	200	1964	
M80	R Johnson [AKL]	2.83 (+1.7)	28.36	39.52 (+1.6)	22.85	8:44.73		02/03/2014 Invercargill
	<i>Points:</i>	425	621	354	554	311	2265	
M85	H Mein [WBP]	1.64 (-0.0)	11.87	61.70 (+0.9)	9.49	13:11.77		04/03/2018 Whangarei
	<i>Points:</i>	115	243	0	212	0	570	

Non NZMA Track & Field Championship

NZMA Decathlon Records / Individual Event Performances (post May 2010):

Updated using 2023 Age Factors

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