

NZMA Women's Track & Field National and Championship Records (Updated 12 February 2018)

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 B**). 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.

60m		NZMA National Record		NZMA Championship Record	
W30	H Dinnissen	8.21	22/01/2018	J Jones	8.56 27/02/2016
W35	T Excell	8.34	22/01/2018	J Jones	8.80 4/03/2017
W40	V Story	8.43	27/02/2016	V Story	8.43 27/02/2016
W45	C Brunner	8.21	15/03/2017	S Rothkopf	8.71 2012
W50	E Wilson	8.46	8/11/2014	E Wilson	8.47 27/02/2016
W55	E Wilson	8.54	22/01/2018	J Hayman	9.23 04/03/2017
W60	V Gould	9.40	16/03/2013	S Gower	9.58 2012
W65	S Gower	9.66	06/10/2015	S Gower	9.68 2013
W70	C Waring	10.00	18/01/2015	C Waring	10.26 2015
W75	M Peters	10.61	2010	M Peters	11.13 2011
W80	M Peters	11.01	23/03/2014	M Petley	12.99 2012
W85	M Petley	14.00	28/02/2015	M Petley	14.00 2015
100m					
		NZMA National Record		NZMA Championship Record	
W30	B Peterson	12.01	1992	W Brown	12.2h 1980
				B Peterson	12.2h 1992
W35	B Peterson	12.15	1993	W Brown	12.5h 1987
W40	W Brown	12.50	1990	W Brown	13.05 1991
				J Parker	12.9h 1977
W45	C Mills	12.71	1979	C Mills	13.03 1979
W50	E Wilson	13.19	8/11/2014	E Wilson	13.41 27/02/2016
W55	E Wilson	13.49	22/01/2018	V Gould	14.18 2005
W60	S Peterson	13.9h	1989	M Peters	14.49 1994
W65	S Peterson	14.62	1994	M Peters	15.12 2000
W70	M Peters	15.16	2004	M Peters	15.82 2004
W75	M Peters	16.03	2009	M Peters	16.7 2009
W80	M Peters	18.28	23/03/2014	S Peterson	20.44 2010
W85	M Petley	22.43	01/03/2014	M Petley	22.43 2014
200m					
		NZMA National Record		NZMA Championship Record	
W30	W Brown	24.7h	1980	W Brown	24.7h 1980
	B Peterson	24.87	1992		
W35	B Peterson	24.89	1993	W Brown	25.72 1987
W40	W Brown	26.00	1990	W Brown	25.7h 1991
	W Brown	25.7h	1991		
W45	C Mills	26.58	1979	C Mills	26.58 1979
W50	E Wilson	26.83	01/11/2016	E Wilson	27.44 28/02/2016

W55	E Wilson	28.09	25/11/2017	S Peterson	29.7h	1985	
W60	S Peterson	30.00	1989	M Peters	30.1	1994	
W65	M Peters	31.00	1999	S Peterson	31.38	1994	
W70	M Peters	31.45	2004	M Peters	32.22	2004	
W75	M Peters	34.55	2009	M Peters	35.53	2009	
W80	J Hammond	43.48	20/01/2018	S Peterson	44.7	2010	
W85	M Petley	52.21	10/08/2015	M Petley	54.58	2015	
400m				NZMA National Record		NZMA Championship Record	
W30	M Stephen	56.45	2001	M Stephen	59.28	2002	
				C Sole	59.1h	1978	
W35	M Stephen	56.98	2002	C Turner	58.3h	1984	
W40	C Mills	58.9h	1975	C Turner	60.1h	1992	
W45	C Mills	59.68	1981	A Hathaway	63.0h	1993	
W50	G Kirkman	60.83	2002	G Kirkman	60.83	2002	
W55	G Kirkman	64.13	2007	G Kirkman	67.55	2007	
W60	G Kirkman	67.93	16/10/2013	G Kirkman	68.93	2013	
W65	G Kirkman	71.83	25/01/2018	L Laban	77.40	03/03/2017	
W70	C Waring	80.78	16/10/2013	C Waring	88.43	2015	
W75	M Peters	87.2	2009	A Sole	1:41.0h	1991	
W80	M Petley	91.1	2009	M Petley	2:00.21	2010	
W85	C van der Veeken	137.54	26/10/2016				
800m				NZMA National Record		NZMA Championship Record	
W30	G Talbot	2:18.72	1985	G Talbot	2:23.1	1985	
W35	J Merrifield	2:09.7	1991	E Smeaton	2:18.7	1992	
W40	E Smeaton	2:15.87	1993	A Hare	2:20.34	2006	
W45	S Gibbs	2:19.72	2010	S Gibbs	2:22.48	2011	
W50	G Kirkman	2:20.01	2002	G Kirkman	2:20.01	2002	
W55	M Orman	2:32.6	1997	J McDonald	2:36.39	2011	
W60	G Kirkman	2:42.71	16/10/2013	L Reed	2:56.90	2010	
W65	G Kirkman	2:46.39	04/02/2017	L Reed	3:05.30	28/02/2016	
W70	M Rough	3:19.71	2010	M Rough	3:32.18	2014	
W75	M Rough	3:31.16	05/12/2015	M Rough	3:32.01	28/02/2016	
W80	M Petley	4:37.69	2009				
W85	C van der Veeken	5:46.06	26/10/2016				
1500m				NZMA National Record		NZMA Championship Record	
W30	C Alderton	4:46.7	1992	M Benjamin	4:52.3	1980	
W35	T Faulkner	4:26.93	19/12/2017	P Davey	4:44.9	1983	
W40	A Hare	4:35.74	2006	A Hare	4:46.54	2006	
W45	H Mathews	4:36.58	1992	S Gibbs	4:42.89	2011	
W50	S Gibbs	4:45.94	28/02/2015	S Gibbs	4:45.94	2015	
W55	M Orman	5:15.15	1997	J McDonald	5:16.82	2011	
W60	L Reed	5:40.67	2008	L Reed	5:44.66	2010	
W65	L Reed	6:02.81	01/12/2012	L Reed	6:03.09	2013	
W70	M Rough	6:30.41	2010	M Rough	6:48.40	2014	
W75	M Rough	7:01.64	21/11/2015	M Rough	7:06.32	27/02/2016	
W80	C van der Veeken	9:43.45	2012	C van der Veeken	9.43.45	2012	
W85	E Mercier	11:07.40	2008				
5000m				NZMA National Record		NZMA Championship Record	

W30	G O'Rourke	16:31.72	2000	C Alderton	18 10.45	1993
W35	M O'Connor	16:03.12	1993	V Humphries	17:41.15	2002
W40	M O'Connor	16:43.03	1996	N Carroll	16:48.28	2010
W45	S Gibbs	16:44.53	2012	S Gibbs	16:46.97	2012
W50	S Gibbs	17:24.54	01/03/2015	S Gibbs	17:24.54	2015
W55	B Portenski	17:58.05	2005	L Reed	19:37.53	2004
W60	B Portenski	18:51.13	2010	C Adamson	20:40.54	03/03/2017
W65	L Reed	21:56.10	01/12/2012	J Stewart	22:55.24	2015
W70	M Rough	24:06.02	2010	I Foley	24:48.27	2004
W75	M Rough	25:30.17	13/02/2016	A Forbes	31:55.70	1986
W85	E Mercier	39:50.80	2008			
W90						
10,000m		NZMA National Record			NZMA Championship Record	
W30	G O'Rourke	34:28.31	2000	S Rees	37:54.1	1985
W35	M O'Connor	33:58.54	1994	L Sharp	35:27.15	2004
W40	B Portenski	34:48.95	1993	B Portenski	35:36.08	1994
W45	S Gibbs	34:45.21	2012	S Gibbs	34:57.59	2012
W50	S Gibbs	35:38.51	02/03/2014	S Gibbs	35:38.51	2014
W55	B Portenskii	37:22.37	2006	B Patrick	42:36.01	2003
W60	B Portenski	39:04.23	2010	C Adamson	43:16.27	05/03/2017
W65	B Patrick	46:36.27	15/12/2012	J Stewart	48:12.72	2015
W70	M Rough	49:57.34	2010	E Mercier	53:16.6	1995
W75	M Rough	53:08.11	19/12/2015	A Forbes	67:24.35	1986
W80						
3000m Track Walk		NZMA National Record			NZMA Championship Record	
W30	C Tuka	15:31.6	1992	S Jerrett	18:19.8	1992
W35	G Gorst	13:35.12	2002	G Gorst	13:48.24	2003
W40	D Barrett	14:36.47	2000	D Barrett	14:49.02	2000
W45	N Amyes	14:48.06	2001	C Smith	15:21.22	2015
W50	C Smith	15:14.78	17/03/2017	L Foster	16:19.3	1992
W55	S Hoskin	16:58.23	2007	L Foster	17:34.5	1996
W60	S Hoskin	17:44.17	01/03/2013	S Hoskin	17:44.17	2013
W65	J Wilson	18:35.89	15/02/2015	J Wilson	19:01.72	2015
W70	J Wilson	18:27.80	26/01/2018	J Wilson	19:02.85	03/03/2017
W75	D Jones	20:33.59	25/11/2016	A Forbes	21:23.57	1986
10km Road Walk		NZMA National Record			NZMA Championship Record	
W30	C Matthews	46:53	1990	R Gilbred	56:18.8	2008
W35	G Gorst	47:01	2003	G Gorst	47:29	2003
W40	J Jackson	49:58.03	1989	D Barrett	53:04	2000
W45	J Jackson	52:57	1992	N Amyes	54:54	2002
W50	L Foster	57:16	1991	B Lambert	57:50	2001
W55	S Hoskin	61:02	2007	W Pepene	62:54.5	1986
W60	S Hoskin	61:21	03/03/2013	S Hoskin	61:21	2013
W65	J Wilson	64:11	22/08/2015	J Wilson	66:46	2015
W65	S Hoskin	64:11	03/10/2016			
W70	J Wilson	1:02:52	24/03/2017	J Wilson	65:40	28/02/2016

W75	D Jones	73:30	31/10/2016	D Torbit	75:36	2004
2000m Steeplechase			NZMA National Record	NZMA Championship Record		
W30	S Taylor	7:40.5h	1993	L Reynolds	8:34.09	2000
W35	S Taylor	7:19.88	1993	S Taylor	7:19.88	1993
W40	K Gillum-Green	7:37.90	2001	K Gillum-Green	7:39.42	2001
W45	M Orman	7:38.08	1991	M Orman	7:52.8h	1991
W50	M Orman	7:43.99	1993	M Orman	7:43.99	1993
W55	M Orman	7:58.43	1997	M Orman	8:13.4h	1997
W60	L Reed	8:45.43	2008	L Reed	8:58.09	2010
W65	L Reed	9:20.23	01/12/2012	L Reed	9:37.70	27/02/2016
W70	D Cumming	11:25.81	2007	D Cumming	11:25.81	2007
W75	D Cumming	12:03.04	2009	D Cumming	12:12.84	2010
W80	C van der Veecken	14:47.28	03/03/2012	C van der Veecken	14:47.28	2012
W85	C van der Veecken	18:30.80	26/10/2016			
Short Hurdles			NZMA National Record	NZMA Championship Record		
W30	100mH: T Genge	14.95	1991	C Sole	15.58	1980
W35	100mH: P Hunt	15.40	1984	P Hunt	15.40	1984
W40	100mH: A McIntosh	12.74	1981	P Hunt	13.2h	1992
W45	100mH: P Hunt	13.50	1993	P Hunt	13.50	1993
W50	80mH: G Kirkman	13.63	2002	G Kirkman	13.63	2002
W55	80mH: G Kirkman	14.19	2007	G Kirkman	15.28	2007
W60	80mH: G Kirkman	15.50	15/12/2012	G Kirkman	15.56	2013
W65	80mH: G Kirkman	15.71	20/01/2018	S Peterson	18.44	1997
W70	80mH: S Peterson	17.72	2000	S Peterson	19.35	2003
Long Hurdles			NZMA National Record	NZMA Championship Record		
W30	400mH: T Genge	65.23	1991	M Stephen	66.98	2002
W35	400mH: K Green	66.73	1996	K Green	66.73	1996
W40	400mH: C Turner	65.03	1987	K Gillum-Green	70.60	2001
W45	400mH: G Kirkman	68.59	2001	G Kirkman	72.39	2001
W50	300mH: G Kirkman	48.17	2002	G Kirkman	48.17	2002
W55	300mH: G Kirkman	50.75	2007	G Kirkman	54.57	2007
W60	300mH: G Kirkman	55.05	05/10/2015	G Kirkman	56.86	2013
W65	300mH: G Kirkman	56.94	26/01/2018	J Hammond	71.04	2004
Long Jump			NZMA National Record	NZMA Championship Record		
W30	T Genge	5.30	1990	C Sole	5.10	1979
W35	S Mene	5.63	1987	A Williams	5.31	1984
W40	L Osmer	5.14	2002	J Parker	5.05	1976
W45	C Brunner	5.21	23/04/2017	A Hunter	4.70	1997
W50	A Hunter	4.80	1998	G Kirkman	4.64	2002
W55	S Peterson	4.60	1985	S Peterson	4.44	1985
W60	S Peterson	4.32	1989	S Peterson	4.22	1990
W65	S Peterson	4.17	1995	S Peterson	3.76	1994
W70	S Peterson	3.48	2000	S Peterson	3.27	2003
W75	S Peterson	3.20	2003	S Peterson	2.79	2007
W80	J Hammond	2.73	22/01/2018	S Peterson	2.34	2010
W85	C van der Veecken	1.87	22/01/2018			

High Jump		NZMA National Record		NZMA Championship Record	
W30	A McKee	1.89	2006	C Sole	1.45 1980
W35	L Osmer	1.57	2000	C Wills	1.55 2009
W40	L Osmer	1.57	2002	L Osmer	1.51 2002
W45	L Trow	1.55	25/11/2017	L Osmer	1.40 2010
W50	L Osmer	1.41	2011	G Kirkman	1.40 2002
W55	L Osmer	1.33	04/03/2017	L Osmer	1.33 04/03/2017
W60	G Kirkman	1.30	16/10/2013	G Kirkman	1.27 2013
W65	G Kirkman	1.24	20/01/2018	N Bowmar	1.18 04/03/2017
W70	M Crooke	1.08	28/04/2017	L Anderson	1.08 04/03/2017
	L Anderson	1.08	04/03/2017		
	J Hammond	1.08	2008		
W75	J Hammond	1.06	2012 & 2013	J Hammond	1.04 2013
W80	J Hammond	0.98	24/11/2017		
Triple Jump		NZMA National Record		NZMA Championship Record	
W30	R Bates	10.30	1996	R Bates	10.22 1997
W35	T Genge	10.67	1993	W Brown	9.91 1989
W40	L Osmer	10.55	2002	L Osmer	10.09 2002
W45	A Hunter	10.15	1998	A Hunter	10.00 1997
W50	A Hunter	9.27	1998	A Hunter	8.98 2001
W55	A Hunter	9.00	2003	L Anderson	8.55 2002
W60	S Peterson	8.73	1991	S Peterson	8.46 1992
W65	S Peterson	9.03	1993	S Peterson	8.52 1994
W70	S Peterson	7.87	1999	S Peterson	7.01 2003
W75	S Peterson	6.95	2003	S Peterson	6.42 2005
W80	S Peterson	5.52	2010	S Peterson	5.48 2010
W85	A Sole	4.66	2001		
Pole Vault		NZMA National Record		NZMA Championship Record	
W35	C Kelly	3.90	1998	C Kelly	3.40 2000
W40	J Andersen	2.40	1994	J Andersen	2.20 1992 & 1993
W45	D Murphy	2.90	2005	D Murphy	2.90 2005
W50	A Goulter	2.31	14/10/2017	J Andersen	2.00 2002
W55	A Newall	1.95	25/11/2017	J Andersen	1.90 2006
W60	W Pepene	1.50	1994		
W65	A Deleiros	1.70	12/11/2017	S Peterson	1.35 1995
Hammer Throw		NZMA National Record		NZMA Championship Record	
W30	4.00kg: H Kaur	55.80	2010	H Kaur	55.80 2010
W35	4.00kg: D McCaw	49.97	06/08/2015	C McCahill	45.43 2002
W40	4.00kg: C McCahill	42.73	2006	C McCahill	42.73 2006
W45	4.00kg: C McCahill	42.38	2011	C McCahill	40.95 2010
W50	3.00kg: R Bates	42.90	15/10/2016	R Bates	42.09 27/02/2016
W55	3.00kg: B Savage	41.89	2001	B Savage	41.89 2001
W60	3.00kg: B Savage	34.81	2008	M Stanley	30.76 1994
W65	3.00kg: B Savage	34.86	2012	B Savage	33.18 2012
W70	3.00kg: B Savage	29.27	21/02/2016	B Austin	25.93 2015
W75	2.00kg: G Watts	30.63	20/11/2015	G Watts	27.31 27/02/2016
W80	2.00kg: C Brunner	24.49	23/11/2012	C Brunner	23.34 2012

<i>W85</i>	2.00kg: C van der Veeken	17.29	26/10/2016	M Petley	16.80	2015	
<i>W90</i>	2.00kg: P Purser	12.83	18/01/2014	P Purser	12.28	2014	
Shot Put				NZMA National Record		NZMA Championship Record	
<i>W30</i>	4.00kg: J Maxwell	14.68	1989	R Bates	12.82	1997	
<i>W35</i>	4.00kg: C McCahill	13.90	2001	C McCahill	13.34	2002	
<i>W40</i>	4.00kg: V Young	13.31	1981	C McCahill	12.33	2009	
<i>W45</i>	4.00kg: C McCahill	11.82	2011	C McCahill	10.73	2010	
<i>W50</i>	4.00kg: V Young	14.85	1987	V Young	14.61	1988	
<i>W55</i>	4.00kg: L Osmer	10.57	07/11/2015	L Osmer	10.01	27/02/2016	
<i>W60</i>	3.00kg: M Stanley	9.85	1994	M Stanley	9.62	1994	
<i>W65</i>	3.00kg: B Savage	8.78	22/11/2013	J Evans	8.44	04/03/2017	
<i>W70</i>	3.00kg: B Austin	8.39	28/02/2015	B Austin	8.39	2015	
<i>W75</i>	2.00kg G Watts	8.27	06/10/2015	G Watts	7.77	04/03/2017	
<i>W80</i>	2.00kg: W Pepene	6.30	2011	W Pepene	6.30	2011	
<i>W85</i>	2.00kg: P Purser	4.40	2010	A Williams	4.38	2012	
<i>W90</i>	2.00kg: P Purser	3.80	18/01/2014	P Purser	3.79	2014	
Discus				NZMA National Record		NZMA Championship Record	
<i>W30</i>	1.00kg: R Bates	44.16	1995	R Bates	41.64	1997	
<i>W35</i>	1.00kg: V Hill	44.14	1996	V Hill	43.44	1996	
<i>W40</i>	1.00kg: V Young	43.48	1981	V Hill	36.77	2001	
<i>W45</i>	1.00kg: M Ramshaw	35.56	1975	M Ramshaw	35.56	1975	
<i>W50</i>	1.00kg: V Young	43.82	1988	V Young	39.40	1988	
<i>W55</i>	1.00kg: M Stanley	30.76	1989	B Savage	29.45	2001	
<i>W60</i>	1.00kg: M Stanley	29.64	1994	M Stanley	28.86	1994	
<i>W65</i>	1.00kg: B Savage	24.58	24/11/2012	B Savage	21.38	2015	
<i>W70</i>	1.00kg: H May	20.30	1993	G Watts	18.76	2012	
<i>W75</i>	750gm: J Whitaker	20.36	28/01/2017	J Whitaker	18.77	04/03/2017	
<i>W80</i>	750gm: C Brunner	14.95	03/03/2012	C Brunner	14.95	2012	
<i>W85</i>	750gm: P Purser	11.28	2009	P Purser	10.52	2010	
<i>W90</i>	750gm: D Howells	9.36	2008	P Purser	8.86	2013	
Javelin				NZMA National Record		NZMA Championship Record	
<i>W30</i>	600gm: J Maxwell	40.18	1990	J Maxwell	40.18	1990	
<i>W35</i>	600gm: S Mene	39.78	1987	S Mene	36.50	1987	
<i>W40</i>	600gm: L Osmer	37.67	2002	J Cooper	33.54	1997	
<i>W45</i>	600gm: M Brearley-Tipene	32.04	16/12/2017	L Osmer	29.76	2010	
<i>W50</i>	500gm: L Osmer	33.36	2010	L Osmer	30.58	2014	
<i>W55</i>	500gm: L Osmer	29.80	26/02/2016	L Osmer	29.80	26/02/2016	
<i>W60</i>	400gm: W Pepene	27.36	1993	W Pepene	25.30	1993	
<i>W60</i>	500gm: L Hamilton	19.15	01/03/2015	L Hamilton	19.15	2015	
<i>W65</i>	500gm: J Evans	19.39	03/03/2017	J Evans	19.39	03/03/2017	
<i>W70</i>	500gm: B Austin	17.73	27/11/2015	B Austin	17.51	2015	
<i>W75</i>	400gm: W Pepene	19.67	2006	W Pepene	19.67	2006	
<i>W80</i>	400gm: W Pepene	16.45	2011	W Pepene	15.19	2011	
<i>W85</i>	400gm: P Purser	9.04	2007	A Williams	8.81	2012	
<i>W90</i>	400gm: P Purser	7.77	24/11/2012	P Purser	7.16	2013	

		<i>Points:</i>							
W40	A Beamish-White (Auckland, 28/04/2017)	16.06	1.25	6.82	29.41	4.02	17.97	2:58.26	
		<i>Points:</i>	389	481	372	672	418	300	463
W45	C Wills (Dunedin, 21/01/2018)	15.44	1.42	8.95	30.65	3.93	24.67	3:09.69	
		<i>Points:</i>	612	783	674	668	459	491	432
W50									
		<i>Points:</i>							
W55	J Hayman (Auckland, 28/04/2017)	17.71	1.14	7.30	30.13	3.65	18.81	4:05.97	
		<i>Points:</i>	510	588	529	896	530	424	174
W60	G Kirkman (*400gm javelin) (Porto Alegre, 12/10/2013)	15.50	1.30	7.40	31.17	3.86	*12.61	2:42.70	
		<i>Points:</i>	791	966	602	920	715	278	999
W65	G Kirkman (Dunedin, 21/01/2018)	15.71	1.24	7.45	31.59	3.37	11.36	2:51.08	
		<i>Points:</i>	957	1003	685	997	626	300	1030
W70	M Crooke (Auckland, 28/04/2017)	19.94	1.08	5.35	36.91	3.92	11.00	4:37.05	
		<i>Points:</i>	700	855	524	789	543	347	302
W75	J Hammond (Rarotonga, 6/10/2015)	DNF	0.99	6.10	42.07	2.60	11.65	4:52.5	
		<i>Points:</i>	0	842	606	668	522	411	393
W80	J Hammond (Dunedin, 21/01/2018)	DNF	0.97	5.77	43.48	2.53	11.42	5:07.55	
		<i>Points:</i>	0	991	658	844	691	495	567

80m Hurdles (8 metre gap)		NZMA National Record		NZMA Championship Record	
W35	L Cate	15.2h	1989	R Henry	16.48
W50	C Mills	14.45	1985	P Scholes	16.6h
W55	Y Simeon	16.22	1998	C Bruncker	16.89
W60	C Blair	17.1h	1993	L Anderson	17.89
W65	A Sole	18.62	1993		
W70	S Peterson	17.46	1998		
100m Hurdles		NZMA National Record		NZMA Championship Record	
W40	D Murphy	18.52	2001		
W45	G Kirkman	19.15	2001		
W50	A Wood	21.2h	1976		
W55	B Vine	21.9h	1983		
W60	C Blair	22.3h	1993		
300m Hurdles		NZMA National Record		NZMA Championship Record	
W50	G Kirkman	48.17	2002	G Kirkman	48.17
W55	G Kirkman	50.75	2007	G Kirkman	54.57
W60	G Kirkman	56.58	16/10/2013	B Vine	67.96
W65	J Hammond	71.04	2004	J Hammond	71.04
400m Hurdles		NZMA National Record		NZMA Championship Record	
W30	T Genge	65.23	1991	M Stephen	66.98
W35	K Green	66.73	1996	K Green	66.73
W40	C Turner	65.03	1987	K Gillum-Green	70.60
W45	G Kirkman	68.59	2001	G Kirkman	72.39
International Track Pentathlon (Hurdles, High Jump, Shot, Long Jump, 800m)					
W35	M Allison	3179 pts	1981		
W40	C Turner	3704 pts	1987		
W45	C Bruncker	2922 pts	1981		
W50	C Mills	3298 pts	1987		
W55	C Bruncker	3282 pts	1987		
W60	H May	2498 pts	1983		

	G Kirkman	2498 pts	16/10/2013			
W65	A Sole	3084 pts	1983			
W70	A Sole	2344 pts	1987			
W75						
1 Mile	NZMA National Record					
W35	T Faulkner	4:53.41	06/01/2018			
W50	M Stewart	5:40.26	20/12/2014			
W60	I Foley	6:43.2	1994			
3000m	NZMA National Record			NZMA Championship Record		
W30	G O'Rourke	9:38.74	2000	M Benjamin	10:59.3	1980
W35	M O'Connor	9:22.09	1993	B Shingles	10:10.6	1976
W40	M O'Connor	9:42.45	1996	R Haymes	10:35.8	1979
W45	H Mathews	9:47.47	1992	J Miles	11:42.3	1980
W50	S Gibbs	9:54.83	01/01/2015	I Gibson	13:19.4	1979
W55	B Portenski	10:38.7	2005	P Spiers	15:44.1	1980
W60	B Portenski	11:13.64	2010			
W65	M Rough	13:48.73	2008			
W70	M Rough	14:01.62	2010			
W75	M Rough	14:47.97	07/11/2015			
W85	E Mercier	24:19.9	2008			
10km Road Race	NZMA National Record					
W35	L-A Sharp	36:06	2004			
W40	K Petley	43:22	2004			
W45	S Gibbs	35:39	2011			
W50	S Gibbs	35:19	31/08/2013			
W55	J Stewart	44:15	2004			
W60	B Portenski	39:22	2010			
W65	J Stewart	47:57	22/04/2017			
Half Marathon						
W30						
W35	L-A Sharp	1:19.59	2004			
W40	A McRae	1:30:56	22/04/2017			
W45	S Gibbs	1:17.03	02/06/2013			
W50	S Gibbs	1:18:58	31/05/2015			
W55	J Wilson	1:30.37	03/11/2013			
W60	B Portenski	1:24.06	2010			
W65	D Rogers	1:47.33	2004			
W70	I Foley	1:55.29	2004			
W75	C Van der Veecken	2:26.11	2008			
Marathon	NZMA National Record					
W30	G O'Rourke	2:35:47	1999			
W35	M O'Connor	2:34.31	1991			
W40	B Portenski	2:34:39	1992			
W45	S Gibbs	2:41:15	2012			
W50	S Gibbs	2:42:59	07/07/2013			
W55	J Wilson	3:18:23	03/05/2014			
W60	B Portenski	3:01:30	2010			
W65	I Foley	3:52:33	2001			
W70	T Lund	4:48:20	13/05/2015			
W75	C Vanderveeken	5:41:12	2007			
5000m Track Walk	NZMA National Record					
W30	W Healey	27:26.33	2006			
W35	G Gorst	23:04.72	2003			

W40	J Jackson	24:50.85	1987		
W45	N Amyes	26:40.36	2001		
W50	C Smith	27:05.31	27/11/2016		
W55	S Hoskin	29:52.70	2009		
W60	S Hoskin	30:59 h	2012		
W65	S Hoskin	31:38:35	27/10/2016		
W70	J Wilson	31:43:15	27/10/2016		
W75	D Jones	35:39.39	27/11/2016		
10,000m Track Walk		NZMA National Record			
W35	W Healey	56:16.92	2011		
W40	N Sunderland	56:34.65	2011		
W45	C Smith	53:15.5	29/11/2015		
W50	B Lambert	62:23.4	2002		
W55	N Aymes	57:30.72	2011		
W60	S Hoskin	1:01.46	2012		
W65	J Wilson	1:05.33	21/03/2015		
W70	J Wilson	1:05.08	03/12/2016		
W75	D Jones	1:15.44 ^{Best performance}	03/12/2016		
20km Road Walk		NZMA National Record		NZMA Championship Record	
W35	G Gorst	1:35:59	2003	G Gorst	1:38:55 2002
W40	G Gorst	1:38:47	2004		
W45	C Smith	1:52:00	28/03/2015	S McDonald	2:07:56 2000
W50	C Smith	1:54:19	19/02/2017	N Johnston	2:11:32 2000
W55	S Hoskin	2:06:01	2010	L Foster	2:19:20 1999
W60	S Hoskin	2:10.17	08/03/2015		
W65	J Wilson	2:18:46	2013	P McKenzie	2:44:26 1999
W70	J Wilson	2:17:02	04/11/2016		
4 x 100m Relay					
W40	NZ	53.95	2001		
W45	NZ	59.21	2001		
W50	NZ	56.48	2001		
W60	NZ	64.28	2001		
W65	NZ	66.32	2016	(WMA Perth 2016)	
4 x 400m Relay					
W40	NZ	4:33.63	2001		
W45	NZ	5:01.69	2001		
W50	NZ	4:43.32	2001		
W60	NZ	5:25.8	2011		
W75	NZ	6 58.70	2009		
Archived Events (due to Age Factor or Implement weight changes)					
Throws Pentathlon (pre May 2010)		NZMA National Record		NZMA Championship Record	
W30	R Bates	3354 pts	1997	R Bates	3354 pts 1997
W35	C McCahill	3884 pts	2002	C McCahill	3818 pts 2002
W40	C McCahill	3948 pts	2008	C McCahill	3934 pts 2009
W45	C McCahill	4285 pts	2009	C McCahill	4234 pts 2010
W50	V Hood	3360 pts	1994	V Hood	3360 pts 1994
W55	B Savage	3848 pts	2001	B Savage	3848 pts 2001
W60	M Stanley	3990 pts	1994	M Stanley	3759 pts 1994
W65	G Watts	3567 pts	2006	G Watta	3417 pts 2006
W70	H May	3659 pts	1993	C Bruncker	3631 pts 2004
W75	C Bruncker	4006 pts	2009	C Bruncker	3827 pts 2007

W80	P Purser	2958 pts	2004	P Purser	2958 pts	2004
W85	R Smith	3472 pts	2003	R Smith	2956 pts	2007
W90						
Track Pentathlon (pre May 2010)				NZMA Championship Record		
W30	T Genge	2816 pts	1990	T Assink	2299 pts	2007
W35	C Turner	2961 pts	1986	C Turner	2961 pts	1986
W40	C Turner	3021 pts	1991	C Turner	3021 pts	1991
W45	A Hathaway	3328 pts	1993	A Hathaway	3328 pts	1993
W50	A Hathaway	3366 pts	1998	T Ashe	2972 pts	2002
W55	A Hathaway	3258 pts	2004	A Hathaway	3258 pts	2004
W60	T Ashe	3278 pts	2010	S Peterson	3204 pts	1992
W65	J Hammond	3441 pts	2004	J Hammond	3441 pts	2004
W70	J Hammond	3482 pts	2007	J Hammond	2966 pts	2009
W75	C Van der Veecken	2701 pts	2009	C Van der Veecken	2701 pts	2009
Heptathlon (pre May 2010)				NZMA National Record		
				NZMA Championship Record		
W30	T Genge	4798 pts	1991	T Mason	993 pts	1998
W35	T Genge	4927 pts	1993	J Hitchings	2943 pts	2001
W40	L Osmer	5038 pts	2003	L Osmer	4778 pts	2003
W45	G Kirkman	4757 pts	2001	J Andersen	4442 pts	1996
W50	G Kirkman	5697 pts	2002	G Kirkman	5697 pts	2002
W55	G Jones	3827 pts	2002	G Jones	3827 pts	2002
W60	J Hammond	4666 pts	2000	J Hammond	4466 pts	2000
W65	S Peterson	5275 pts	1996	S Peterson	5275 pts	1996
W70	J Hammond	4371 pts	2008			
Javelin (pre January 2014)				NZMA National Record		
				NZMA Championship Record		
W60	400gm: W Pepene	27.36	1993	W Pepene	25.30	1993
W65	400gm: W Pepene	26.14	1996	W Pepene	26.14	1996
W70	400gm: W Pepene	23.76	2002	W Pepene	23.30	2001

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

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

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

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

NZMA Women's Indoor Best Performances / Records				
50m				
W30	U Iyer	7.60	24/07/2016	Auckland
W35	V Drotsky	7.67	24/07/2016	Auckland
W40	Z Van Toder	8.16	24/07/2016	Auckland
W45	C Brunner	7.15	20/08/2017	Auckland
W50	J Warbick	7.95	20/08/2017	Auckland
W55	J Hayman	7.76	20/08/2017	Auckland
W65	A Deleiros	8.82	24/07/2016	Auckland
W70	C Waring	8.95	20/08/2017	Auckland
W75	F Bayler	9.72	24/07/2016	Auckland
W80	J Hammond	10.19	20/08/2017	Auckland
60m				
W60	A Hunter	10.01	01/03/2010	Kamloops
W65	A Deleiros	10.56	21/03/2017	Daegu
W70	C Waring	10.01	26/03/2014	Budapest
W75	F Bayler	11.10	21/03/2017	Daegu
200m				
W40	V Story	27.10	23/03/2017	Daegu
W60	A Hunter	36.46	10/03/2010	Kamloops
W70	C Waring	35.10	28/03/2014	Budapest
W75	J Hammond	41.77	28/03/2014	Budapest
400m				
W40	V Story	60.22	25/03/2017	Daegu
W70	C Waring	1.27.2	31/03/2014	Budapest
800m				
W40	V Story	2:24.71	23/03/2017	Daegu
W45	A Harris	2:32.25	23/03/2017	Daegu
1500m				
W45	A Harris	5:20.41	25/03/2017	Daegu
3000m				
W45	A Harris	11:10.00	22/03/2017	Daegu
3000m TW				
W70	J Wilson	18:36.47	19/03/2017	Daegu
High Jump				
W35	V Drotsky	1.35m	24/07/2016	Auckland
W45	P Green	1.30m	20/08/2017	Auckland
W50	A Goulter	1.20m	20/08/2017	Auckland
W55	J Hayman	1.10m	20/08/2017	Auckland
W60	H May	1.17m	27/07/1983	Wellington
W65	N Bowmar	1.15m	20/08/2017	Auckland
W70	M Croke	1.05m	20/08/2017	Auckland

W75	J Hammond	1.03m	15/03/2015	Toronto
W80	J Hammond	0.93m	20/08/2017	Auckland
Long Jump				
W35	V Drotsky	3.91m	24/07/2016	Auckland
W45	C Brunner	5.01m	20/08/2017	Auckland
W50	J Warbrick	3.55m	20/08/2017	Auckland
W55	J Hayman	3.38m	24/07/2016	Auckland
W60	A Hunter	3.60m	01/03/2010	Kamloops
W65	A Deleiros	3.17m	20/03/2017	Daegu
W70	M Crooke	2.81m	20/08/2017	Auckland
W75	J Hammond	2.89m	19/03/2016	Canada
W80	J Hammond	2.58m	20/08/2017	Auckland
Triple Jump				
W55	A Boxall	7.36m	20/08/2017	Auckland
W60	A Hunter	7.68m	01/03/2010	Kamloops
W65	A Deleiros	7.10m	23/03/2017	Daegu
W75	F Bayler	5.93m	24/07/2016	Auckland
Pole Vault				
W50	A Goulter	2.30m	20/08/2017	Auckland
W65	A Deleiros	1.65m	20/08/2017	Auckland
Shot Put				
W30	E Leitu	9.14m	20/08/2017	Auckland
W35	V Drotsky	8.50m	24/07/2016	Auckland
W40	V Nuia	9.09m	20/08/2017	Auckland
W45	M Scriven	8.60m	20/08/2017	Auckland
W50	T Hodges	11.03m	20/08/2017	Auckland
W55	A Boxall	8.50m	20/08/2017	Auckland
W65	N Callander	7.63m	24/07/2016	Auckland
W70	C Waring	6.84m	24/07/2016	Auckland
W80	J Hammond	5.81m	20/08/2017	Auckland
Relay 4x 200m				
W40	Christine Waring Andrea Harris Anne Deleiros Vanessa Story	2:13.71	25/03/2017	Daegu