

# TRACK AND FIELD RECORDS

## NORTHLAND MASTERS ATHLETICS



### Women

### Venue

#### 60 Metres

W30	U. Iyer	Dunedin	2018	8.30
W35	U. Iyer	Mackay, Qld	2019	8.36
W45	D. Smith	Tauranga	2015	10.23
W50	L. Andrews	Dunedin	2018	9.64
W60	N. Bowmar	Whangarei	2014	10.56
W65	M. Crooke	Rarotonga	2015	10.73
W70	M Crooke	Dunedin	2018	10.70
W75	M.Crooke	Wellington	2022	12.13
W80	C. van der Veeken	Bendigo, Australia	2014	14.51
W85	C. van der Veeken	Whangarei	2018	14.48
W90	C. van der Veeken	Adelaide	2023	19.91

#### 100 Metres

W30	U. Iyer	Dunedin	2018	13.38
W35	W. Brown	Wellington	1987	12.50
W40	W. Brown		1990	12.50
W45	W. Brown	Durban	1997	12.87
W50	C. Bruncker	Napier	1983	14.40
W55	B. Vine	Auckland	1986	14.91
W60	C. Bruncker	Christchurch	1992	15.60
W65	Z. E. Pierce	Australia	1981	16.57
W70	Z.E. Pierce	Australia	1984	17.30
W75	Z. E. Pierce	Christchurch	1988	19.46
W80	C. van der Veeken	Whangarei	2016	26.00
W85	C. van der Veeken	Perth, WMA	2016	23.89
W90	C. van der Veeken	Adelaide	2023	35.94

#### 200 Metres

W30	U. Iyer	Dunedin	2018	27.89
W35	W. Brown	Wellington	1987	25.72
W40	W. Brown		1991	25.70
W45	W. Brown	Durban	1997	27.59
W50	A. Hathaway	Hawkes Bay	1998	29.49
W55	B. Vine	Auckland	1985	32.20
W60	C. Bruncker	Christchurch	1992	32.80
W65	Z.E. Pierce	Australia	1981	34.45
W70	M. Crooke	Auckland(WMG)	2017	36.91
W75	Z.E. Pierce	Christchurch	1988	43.50
W85	C. van der Veeken	Perth, WMA	2016	59.66

### 400 Metres

W30	P. Barach	Whangarei	2016	98.30
W35	W. Brown		1990	60.47
W40	C. Bruncker	Hamilton	1976	63.13
W45	A. Hathaway	Auckland	1993	63.00
W50	A. Hathaway	Hawkes Bay	1998	69.51
W55	C. Bruncker	Melbourne	1987	71.40
W60	C. Bruncker	Christchurch	1992	77.00
W65	Z.E. Pierce		1981	88.81
W70	Z.E. Pierce	Australia	1983	92.00
W75	C. van der Veeken	Whangarei	2009	1m 55.89
W80	L. Fraser	Whangarei	2018	2m 58.75
W85	C. van der Veeken	Perth,WMA	2016	2m 17.54

### 800 Metres

W30	P.Barach	Whangarei	2017	3m 48.90
W35	M. Harries	Napier	1983	2m 27.01
W40	M. Harries		1987	2m 27.6
W45	K. Kerr	Hawkes Bay	1998	2m 35.28
W50	I. Idema	Melbourne	1987	2m 44.76
W55	C. Bruncker	Melbourne	1987	2m 56.6
W60	N.Little	Christchurch	1988	3m 14.98
W65	L. Fraser	Christchurch	2004	3m 27.2
W70	J. Stewart	Whangarei	2019	3m28.26 H
W75	C. van der Veeken		2008	4m 28.31
W85	C. van der Veeken	Perth,WMA	2016	5m 46.06

### 1500 Metres

W30	P. Barach	Whangarei	2016	7m 41.8
W35	M. Harries	Napier	1983	5m 02.9
W40	M. Harries	Auckland	1986	4m 59.6
W45	K. Kerr		1995	5m 06.2
W50	K. Kerr		1999	5m 35.9
W55	K. Kerr		2004	6m 03.2
W60	N. Little		1988	6m 20.24
W65	N. Little	Auckland	1993	6m 49.8
W70	J. Stewart	Timaru	2019	6m 48.61
W75	C. van der Veeken		2008	8m 18.16
W80	C. van der Veeken		2012	9m 43.45
W85	C. van der Veeken	Whangarei	2018	11m 12.13

### 3000 Metres

W35	C. Alderton	North Shore	1997	10m 36.0
W40	K. Kerr	Hastings	1991	10m 53.2
W45	K. Kerr		1994	10m 58.2
W50	K. Kerr		1999	11m 18.0
W55	K. Kerr		2004	12m 30.0
W60	K.Murphy	Tauranga	2025	12m 52.4
W65	J. Bradshaw	Whangarei	2019	14m 11.20H
W70	J. Stewart	Timaru	2019	14m 26.98
W75	J. Stewart	Palmerston North	2023	16m 26.96

### 5000 Metres

W35	C. Raven	Auckland	1993	18m 42.41
W40	N. McCullough		1989	19m 49.3
W45	K. Kerr	Hawkes Bay	1998	18m 51.3
W50	K. Kerr		?	20m 53.2
W55	O. Shanks		1993	23m 25.0
W60	N.Little	Melbourne	1987	21m 51.4
W65	J.Stewart	Dunedin	2018	23m 47.42
W70	J.Stewart	Timaru	2019	23m 54.27
W75	J.Stewart	Palmerston North	2023	27m46.47

### 10000 Metres

W35	C. Raven	Wellington	1994	39m 38.86
W40	M. Harries		1987	40m 58.47
W45	M. Hazelwood		1991	43m 59.8
W50	E. Platt	Canberra	1984	51m 06.0
W55	L. Fraser	Japan	1993	53m 27.0
W60	N. Little	Melbourne	1987	45m 17.5
W65	J. Stewart	Perth, WMA	2016	48m 38.31

### 5 Km Road Race

W65	J.Bradshaw	Auckland	2019	24m 30
-----	------------	----------	------	--------

### 10 Km Road Race

W45	I. Idema		1981	43m 22.0
W50	J. Bradshaw	Auckland	2004	45m 29.0
W65	J.Stewart	Auckland (WMG)	2017	47m 57.0
W70	J.Stewart	Malaga, Spain	2018	49m 23.00

### 8 Km Cross Country

W45	D. Smith	Rarotonga	2015	43m 55.47
W50	D. Smith	Perth, WMA	2016	43m 28.79
W60	L. Fraser	Geelong	2002	51m 40.0
W65	J. Stewart	Perth, WMA	2016	40m 03.79

### 6 Km Cross Country

W70	J. Stewart	Mackay, Qld	2019	28m 30.00
W80	L. Fraser	Dunedin	2018	58m 23.00
W85	C van der Veeken	Dunedin	2018	52m 30.00

### 10 Km Cross Country

W45	R. Willoughby	Melbourne	1981	48m 37.18
W50	I. Idema	Melbourne	1987	47m 15.0
W60	N. Little	Melbourne	1987	46m 18.0

### Half Marathon

W60	Carolyn Smith	Rotorua	2025	1hr 41m 41
W65	J. Bradshaw	Dunedin	2019	1hr 56m 38
W70	J. Bradshaw	Christchurch	2026	1 hr 54m 49
W75	C. van der Veeken		2008	2hrs 26m11
W80	C. van der Veeken	Bendigo, Australia	2014	2hrs 51m 14

### Marathon

W60	N. Little	Melbourne	1987	3hr 34min
W75	C. van der Veeken		2007	5hrs 41m 12

### 2000 Metres Steeplechase

W45	D. Smith	Tauranga	2015	9m 57.29
W50	D. Smith	Perth, WMA	2016	10m 16.62
W55	D. Smith	Whangarei	2021	10m 50.19
W60	K.Murphy	Tauranga	2025	8m 55.09
W65	L. Fraser	Wellington	2002	12m 38.75
W70	C. van der Veeken	Hamilton	2004	12m 39.66
W75	C. van der Veeken		2008	13m 13.97
W80	C. van der Veeken		2012	14m 57.42
W85	C. van der Veeken	Perth, WMA	2016	18m 30.80

### 80 Metres Hurdles

W45	C. Bruncker		1981	15.71
W50	C. Bruncker		1984	15.80
W55	Y. Simeon	Christchurch	1999	16.07
W60	C. Bruncker	Christchurch	1992	17.00
W70	M.Crooke	Malaga, Spain	2018	19.86

### 100 Metres Hurdles

W35	W. Brown	Wellington	1987	16.30
W40	K. Kerr		?	23.50

### 300 Metres Hurdles

W40	K. Kerr		1991	67.60
W50	D. Smith	Palmerston Nth	2016	58.02
W60	B. Vine		1990	68.09

### 1 Mile Track Walk

W45	D. Kelly	Auckland	1995	8m 14.0
W50	N. Johnston	Auckland	2001	8m 53.11

### 1000 Metres Track Walk

W35	C. Alderton		1996	7m 23.40
W40	D. Kelly		1993	4m 45.6
W45	M. Green		1996	9m 31.7
W50	V. Babe		1993	6m 10.9
W55	V. Babe		1996	6m 50.2
W60	P.Lindstrom		1993	7m 05.8

### 1500 Metres Track Walk

W35	D. Barrett		1996	6m 59.3
W40	NO RECORD			
W45	D. Kelly		1996	7m 26.3
W50	V.Babe		1992	9m 36.0
W55	V.Babe		1995	10m 10.1
W60	P. Lindstrom		1992	10m 52.0
W65	M. Vanasche		1992	12m 46.0

### 3000 Metres Track Walk

W35	D. Barrett	Christchurch	1997	14m 30.27
W40	D. Barrett		2000	14m 36.47
W45	Corinne Smith	Auckland	2015	14m 58.2
W50	Corinne Smith	Palmerston Nth	2016	15m 46.78
W55	Corinne Smith	Auckland	2022	16m 32.09
W60	N. Little		1989	19m 03.5
W65	E. Platt		1998	20m 32.5
W70	C. van der Veeken		2004	20m 45.00
W75	C. van der Veeken		2007	21m 50.00

### 5000 Metres Track Walk

W35	D. Barrett		1999	24m 56.0
W40	N. Dean		1992	27m 59.6
W45	D. Kelly		1996	27m 07.57
W50	Corinne Smith	Palmerston Nth	2016	27m 05.31
W55	Corinne Smith	Finland	2022	30m 01.42
W60	L. Fraser		2002	36m 02.66
W65	L. Fraser	Rarotonga	2004	36m 58.0
W70	C. van der Veeken	Christchurch	2006	38m 18.35

### 5000 Metres Road Walk

W40	D. Kelly		1991	29m 40.0
W45	Corinne Smith	Lyon, France, WMA	2015	27m 16.87
W50	Corinne Smith	Palmerston Nth	2016	27m 05.31

### 10000 Metres Track Walk

W45	Corinne Smith	Auckland	2015	53m 15.5
-----	---------------	----------	------	----------

### 10 Km Road Walk

W35	D. Barrett	Melbourne	1999	50m 05.0
W40	D. Barrett	Papakura	2000	53m 04.0
W45	Corinne Smith	Lyon, France, WMA	2015	54m 23.0
W50	N. Johnston	Auckland	2001	1hr 01m 53.1
W55	Corinne Smith	Finland	2022	1hr 00m 50.0
W60	L. Fraser	Gateshead	1999	1hr 14m 09.0
W65	E. Platt		1998	1hr 11m 59.0
W70	C. van der Veecken		2004	1hr 18m 45.0

### 20 Km Road Walk

W35	D. Barrett		1999	1hr 53m 23.0
W40	D. Barrett		2000	1hr 49m 36.0
W45	Corinne Smith	Wellington	2015	1h 52m 00
W50	N. Johnston	Hastings	2000	2hrs 11m 32.0
W55	Corinne Smith	Auckland	2019	2hr 06m 02

### Pentathlon

W35	W. Brown		1987	2949 pts
W40	A. Hathaway		1990	2879 pts
W45	A. Hathaway		1993	3330 pts
W50	A. Hathaway	Hawkes Bay	1998	3366 pts
W55	C. Bruncker		1987	3282 pts
W60 old spec	B. Vine		1990	3225 pts
W60				
W65	N Bowmar	Nelson	2017	2630pts
W70 old spec	B. Vine		2000	2876 pts
W70	M Crooke	Inglewood	2017	2538pts
W75	C. van der Veecken		2009	2701 pts
W80	C. van der Veecken		2012	3143 pts
W85	C. van der Veecken	Dunedin	2018	2740 pts

### Heptathlon

W40	N. Bowmar		1994	2535 pts
W70	M.Crooke	Malaga Spain	2018	4117pts

## Hammer Throw

W35	C. Read		1993	31.66
W40	T.Morgan	Whangarei	2018	30.57
W45	T.Morgan	Inglewood	2021	32.07
W50	L. Andrews	Whakatane	2019	34.15
W55	V. Babe		1995	32.38
W60	V. Babe	Norfolk I.	2000	31.10
W65	B. Austin		2011	30.29
W70	B. Austin	Inglewood	2017	27.29
W75	B. Austin	Inglewood	2021	26.34
W80	B. Austin	Tauranga	2025	24.31
W85	C. van der Veeken	Perth, WMA	2016	17.29
W90	C. van der Veeken	Adelaide	2023	13.47

## Shot Put

W30	K.Halliday	Christchurch	2024	8.41
W35	W. Brown		1990	8.55
W40	W. Brown		1991	8.74
W45	T.Morgan	Inglewood	2021	9.84
W50	A. Hathaway		2000	9.87
W55	B. Austin		2000	10.11
W60	B. Austin		2005	9.18
W65	B. Austin	Hastings	2014	8.49
W70	B Austin	Tauranga	2015	8.39
W75	B Austin	Hastings	2020	8.08
W80	B.Austin	Tauranga	2025	6.85
W85	C. Van der Veeken	Whangarei	2017	5.22
W90	C. Van der Veeken	Adelaide	2023	3.97

## Discus

W30	K.Halliday	Tauranga	2025	28.52
W35	M. Harries		1982	25.64
W40	T.Morgan	Whangarei	2018	26.80
W45	T. Morgan	Dunedin	2020	25.87
W50	B. Austin		1997	26.22
W55	C. Brunker		1988	24.24
W60	C. Brunker		1992	23.60
W65	C. Brunker		1997	20.40
W70	C. Brunker		2003	18.10
W75	B. Austin	Inglewood	2021	17.48
W80	B.Austin	Tauranga	2025	16.46
W85	A Williams	Auckland	2012	10.16

## Javelin

W30	K.Halliday	Christchurch	2024	20.70
W35	V. Luders		1993	24.76
W40	A. Hathaway		1991	21.12
W45	V.Romagnoli	Whangarei	2017	24.57
W50	A. Hathaway	Geelong	2002	34.79
W55	A. Hathaway	Hamilton	2004	27.07
W60 (400g)	A. Williams	Hong Kong	1986	23.58
W65 (400g)	W. Pepene		1998	26.25
W65 (500g)	N.Bowmar	Whangarei	2017	13.32
W70 (400g)	W. Pepene	Geelong	2002	23.76
W70 (500g)	B. Austin	Rarotonga	2015	18.41
W75	W. Pepene		2006	19.67
W80	W. Pepene		2011	16.45
W85	C.Van der Veecken	Whangarei	2017	9.22

## Weight Throw

W30	K.Halliday	Tauranga	2025	9.59
W40	T.Morgan	Whangarei	2018	8.90
W45	T. Morgan	Inglewood	2021	9.49
W50	T.Derbyshire	Inglewood	2026	10.60
W55	B. Austin		2006	11.94
W60	B. Austin		2007	12.54
W65	B. Austin		2011	11.74
W70	B. Austin	Rarotonga	2015	11.76
W75 (4 kg)	B. Austin	Hastings	2020	10.86
W80	B.Austin	Hastings	2025	9.93
W85	C.Van der Veecken	Dunedin	2018	6.02

## Throws Pentathlon

W40	T.Morgan	Whangarei	2018	2066pts
W45	T.Morgan	Inglewood	2021	2378pts
W50	B. Austin		1999	2758 pts
W55	C. Scratton	Auckland	1993	2734 pts
W55 (new spec.)	B. Austin	Hastings	2003	3149 pts
W60	C. Bruncker		1993	3103 pts
W60 (new spec.)	B. Austin	Wellington	2009	3575 pts
W65	A. Williams	Invercargill	1995	2770 pts
W65 (new spec.)	B. Austin		2011	3815 pts
W70	C. Bruncker		2001	3687 pts
W70 (new spec.)	B. Austin	Rarotonga	2015	3812 pts
W75	C. Bruncker		2009	4006 pts
W80	C. Bruncker		2012	4461 pts
W85	W. Pepene		2012	3133 pts

## Long Jump

W30	U.Iyer	Whangarei	2017	4.30
W35	W. Brown		1987	5.10
W40	W. Brown		1991	4.67
W45	B. Macleod		1991	4.53
W50	A. Hathaway		1998	4.16
W55	B. Macleod		2002	4.12
W60	C. Bruncker		1992	3.41
W65	N. Bowmar	Auckland (WMG)	2017	3.45
W70	M.Crooke	Malaga, Spain	2018	3.26
W75	M.Crooke	Wellington	2022	2.51
W80	C. van der Veecken	Whangarei	2013	2.36
W85	C. van der Veecken	Whangarei	2017	2.02
W90	C. van der Veecken	Adelaide	2023	1.16

## Triple Jump

W30	K.Halliday	Christchurch	2024	8.02
W35	W. Brown		1990	9.37
W40	W. Brown		1990	9.68
W45	W. Brown		1996	9.38
W50	N. Bowmar		2003	8.14
W55	Y. Simeon		1999	8.80
W60	C. Bruncker		1992	7.70
W65	N. Bowmar	Auckland (WMG)	2017	7.40
W70	M. Crooke	Malaga, Spain	2018	7.45
W75	M. Crooke	Palmerston North	2023	6.04
W80	C. van der Veecken	Whangarei	2016	4.53
W85	C. van der Veecken	Whangarei	2017	4.75
W90	C. van der Veecken	Adelaide	2023	3.11

## High Jump

W30	K.Halliday	Palmerston North	2023	1.33
W35	B. Macleod		1983	1.24
W40	N. Bowmar	Auckland	1995	1.33
W45	N. Bowmar	Auckland	1996	1.34
W50	N. Bowmar	Brisbane	2001	1.30
W55	N. Bowmar	Christchurch	2006	1.23
W60	N. Bowmar	Hastings	2011	1.20
W65	N. Bowmar	Nelson	2017	1.18
W70	M.Crooke	Auckland (WMG)	2017	1.08
W75	W. Pepene	Wellington	2005	0.95

## Pole Vault

W50	D.Smith	Auckland	2020	2.45
W55	D.Smith	Auckland	2021	2.46

## Women's Indoor Records

### 50 Metres

W30	U. Iyer	Auckland	2016	7.60
W35	U. Iyer	Auckland	2019	7.20
W65	N. Bowmar	Auckland	2017	9.68
W70	M. Crooke	Auckland	2017	9.28

### 60 Metres

W55	D. Smith	Hastings	2025	10.35
-----	----------	----------	------	-------

### Long Jump

W55	D. Smith	Hastings	2025	3.15m
W65	N. Bowmar	Auckland	2017	3.04m
W70	M. Crooke	Auckland	2017	2.81m

### Triple Jump

W65	N. Bowmar	Auckland	2017	7.01
-----	-----------	----------	------	------

### High Jump

W65	N. Bowmar	Auckland	2017	1.15m
W70	M. Crooke	Auckland	2017	1.05m

### Pole Vault

W50	D. Smith	Auckland	2019	2.45
W55	D. Smith	Auckland	2022	2.50

**Men****Venue****Men****Venue****60 Metres**

M35	G. Hanekom	Auckland	2015	7.48
M50	M. Lett	Tauranga	2015	8.49
M55	M.Holt	Whangarei	2024	8.25
M65	C.Portch	Whangarei	2017	9.40
M75	D. Eastmond	Whangarei	2018	11.38
M80	D. Eastmond	Timaru	2019	11.71

**100 Metres**

M35	G. Hanekom	Auckland	2015	11.79
M40	D. Alderton		1995	11.50
M45	R. Brickland		1983	12.80
M50	M.Lett	Whangarei	2015	12.90
M55	M.Holt	Whangarei	2024	13.23
M60	C. Portch	Tahiti	2010	14.22
M65	C. Portch	Whangarei	2016	15.10
M70	M. Dunn	Auckland	2000	15.60
M75	D. Eastmond	Whangarei	2016	18.60
M80	D. Eastmond	Timaru	2019	18.98

**200 Metres**

M35	D. Alderton	Auckland	1991	24.00
M40	D. Alderton		1995	24.00
M45	R. Brickland		1984	26.40
M50	M. Lett	Bendigo, Australia	2014	27.36
M55	M.Holt	Inglewood	2026	27.33
M60	M.Lett	Wellington	2022	30.08
M65	C. Portch	Auckland	2014	31.23
M70	M. Dunn	Auckland	2000	32.90
M75	C. Macleod	Dunedin	2018	36.21
M80	D. Eastmond	Timaru	2019	40.87

**400 Metres**

M35	D. Alderton		1993	53.30
M40	D. Alderton		1995	53.10
M45	I. Babe		1983	56.00
M50	I. Babe		1988	59.10
M55	I. Calder		2017	61.20
M60	I.Calder	Hastings	2020	61.74
M65	C. Portch	Hobart, Australia	2014	69.43
M70	M. Dunn		2000	72.00
M75	C.Macleod	Dunedin	2018	79.15
M80	D. Eastmond	Timaru	2019	1m 29.28

### 800 Metres

M35	K. Read		1990	2m 02.75
M40	I. Babe		1981	2m 04.3
M45	I. Babe	Canberra	1984	2m 00.3
M50	I. Babe		1987	2m 01.97
M55	I. Babe	Auckland	1996	2m 13.7
M60	I. Babe		1997	2m 12.8
M65	I. Calder	Christchurch	2024	2m 25.89
M70	C. MacLeod	Dunedin	2016	2m 57.77
M75	C. MacLeod	Inglewood	2017	3m 02.18
M80	D. Eastmond	Wellington	2018	3m 48.28

### 1500 Metres

M35	K. Read		1991	4m 15.3
M40	T. Langton		1983	4m 09.0
M45	I. Babe	Wellington	1984	4m 06.3
M50	I. Babe	Melbourne	1987	4m 09.41
M55	I. Calder	Whangarei		4m 39.18
M60	I. Calder	Inglewood	2021	4m 51.75
M65	I. Calder	Whangarei	2024	5m 15.43
M70	A. Clapcott	Auckland(WMG)	2017	6m 00.04
M75	C. Macleod	Dunedin	2018	6m 14.09
M80	D. Eastmond	Timaru	2019	7m 57.07

### 1 Mile

M45	I. Babe	Auckland	1985	4m 31.8
-----	---------	----------	------	---------

### 3000 Metres

M35	D. Langford	Whangarei	2016	12m 26.2
M40	D. Langford	Whangarei	2018	11m 48.16
M45	G. Griffin		1993	10m 17.8
M50	I. Calder			9m 32.59
M55	I. Calder	Auckland	2015	10m 08.8
M60	A. Clapcott		2004	10m 41.8
M65	I. Calder	Christchurch	2024	10m36.37
M70	D. Eastmond		2009	14m 52.42
M75	A. Clapcott	Hastings	2020	13m 32.52
M80	D. Eastmond	Timaru	2019	17m 43.56

### 5000 Metres

M45	I. Babe		1982	16m 01
M50	I. Calder		2010	16m 26.88
M55	I. Calder	Bendigo, Australia	2014	17m 41.63
M60	A. Clapcott		2004	18m 28.1
M65	I. Calder	Christchurch	2024	18m 00.96
M70	A. Clapcott	Auckland (WMG)	2017	22m 11.19
M75	D. Eastmond	Invercargill	2014	27m 24.61
M80	D. Eastmond	Timaru	2019	30m 07.84

### 8000 Metres

M40	R. Kaio		1998	29m 55.0
M45	W. Bowmar		1998	32m 05.0
M50	NO RECORD			
M55	NO RECORD			
M60	NO RECORD			
M65	L. Field		1998	30m 28.0

### 10000 Metres

M35	K. Raven		1993	33m 59.7
M40	T. Langton		1985	34m 44.8
M45	I. Babe		1982	35m 15.0
M50	I. Calder			35m 45.72
M55	D. Eastmond		1997	45m 00.4
M60	W. Vine		1987	47m 56.1
M65	NO RECORD			
M75	D. Eastmond	Invercargill	2014	1hr 02:27.15

### 10000 Metres Road race

M55	I. Douglas			39m 28.6
M60	NO RECORD			
M65	J. Kent	Auckland	2019	45m 11
M75	A. Clapcott	Auckland	2019	48m 41
M80	D. Eastmond	Cambridge	2018	1h 02m.51

### Half Marathon

M65	J. Kent	Dunedin	2019	1hr 44m.38
M70	B. Barach	Dunedin	2019	1hr 50m 38

### Marathon

M80	D. Eastmond	Christchurch	2019	5hr 40m 10
-----	-------------	--------------	------	------------

**8K Cross Country**

M65	W.Bowmar	Dunedin	2018	47m 07.00
-----	----------	---------	------	-----------

**6K Cross Country**

M75	D.Eastmond	Dunedin	2018	38m 52.00
-----	------------	---------	------	-----------

**2000 Metres Steeple.**

M60	M.Lett	Suva	2024	9m41.81
M65	D. Eastmond	Christchurch	2006	9m 40.10
M75	D. Eastmond	Whangarei	2013	13m 32.72
M80	D. Eastmond	Timaru	2019	12m 07.59

**3000 Metres Steeple.**

M50	A.Kashammer	Auckland (WMG)	2017	13m 05.19
-----	-------------	----------------	------	-----------

**80 Metres Hurdles**

M65	M. Dunn		1996	17.10
M70	K. Swindells		1995	24.10

**100 Metres Hurdles**

M40	D. Alderton		1996	17.40
M45	C. J. Portch	Pakuranga	1994	16.80
M50	M.Lett	Whangarei	2017	18.10
M55	C. Portch		2004	17.88
M60	C. Portch		2010	19.03
M65	C. Portch	Whangarei	2016	20.40

**110 Metres Hurdles**

M40	D.Langford	Auckland (WMG)	2017	20.57
M45	G. Griffen		1992	23.00

**300 Metres Hurdles**

M60	C. Portch		2010	52.87
M65	C. Portch	Hobart, Australia	2014	54.41
M70	M. Dunn		2000	57.30
M75	D. Eastmond	Whangarei	2016	1m 19.1

### 400 Metres Hurdles

M40		K. Read		1993	64.03
M45		K. Read		1997	65.30
M50		C. Portch	Auckland	2001	70.75
M55		C. Portch	Melbourne	2004	74.00
M60		NO RECORD			
M65		K. Swindells		1992	1m 48.9

### Weight Throw

M35	15.88kg (35lb)	R. Dahl		1996	11.36
M40		R. Dahl		2001	9.99
M45		K. Rogers		1995	8.66
M50	11.34kg (25lb)	B. Avery		1996	11.78
M55		G. Love		1996	10.47
M60	9.08kg (20lb)	G. Love		2003	11.53
M65		R. Ball		2001	12.34
M70	7.26kg (16lb)	R. Ball	Whakatane	2006	12.32
M75		D. Scratton		1995	11.76
M80	5.45kg (12lb)	D. Scratton	Tauranga	1999	12.70
M85		D. Scratton	Rarotonga	2004	10.99
M90		D. Scratton		2010	7.11

### Throws Pentathlon

M35		R. Dahl		1990	2727 pts
M35 (new spec.)		R. Dahl		1996	2669 pts
M40		NO RECORD			
M45		K. Rogers		1995	2067 pts
M50		M. Cumming	Whangarei	2013	3502 pts
M55		G. Love		1998	2566 pts
M60		R. Ball		1998	3625 pts
M65		R. Ball		2002	4007 pts
M70		R. Ball	Whakatane	2006	3630 pts
M75		D. Scratton		1995	3961 pts
M80		D. Scratton		2000	3810 pts
M85		D. Scratton		2004	4074 pts
M90		D. Scratton		2009	3023 pts

## Pentathlon

M35	K. Read		1990	2727 pts
M40	D.Langford	Auckland	2011	2689pts
M45	NO RECORD			
M50	M. Lett	Bendigo, Australia	2014	2566 pts
M55	M. Lett	Inglewood	2017	2834pts
M60	C. Portch		2009	2556 pts
M65	K. Swindells		1987	2113 pts
M70	D. Scratton		1990	1906 pts
M75	C.Macleod	Whangarei	2018	1945pts

## Decathlon

M40	D.Langford	Auckland (WMG)	2017	4485pts
M50	M. Lett	Auckland (WMG)	2017	4781pts
M55	M. Lett	Dunedin	2018	5457pts
M60	C.Portch	Tahiti	2010	4645pts

## Hammer Throw

M35	R. Dahl		1995	43.56
M40	R. Tait	Melbourne	1987	45.05
M45	K. Rogers		1996	28.82
M50	I. Dann		1989	31.52
M55	I. Dann		1992	29.50
M60	R. Ball		2000	38.17
M65	R. Ball		2001	34.96
M70	R. Ball		2006	34.81
M75	K. Swindells		1998	22.51
M80	D. Scratton		2000	24.49
M85	D. Scratton	Rarotonga	2004	25.06
M85 (new weight)	D. Scratton	Christchurch	2006	22.76
M90	D. Scratton		2010	16.86

## Javelin

M35	D. Langford	Tauranga	2015	45.28
M40	D.Langford	Whangarei	2017	46.15
M45	L. Allen		1992	dd
M50	M. Lett	Bendigo, Australia	2014	33.99
M55	E. Archibald	Whakatane	2006	31.92
M60	R. Ball		1999	39.42
M65	R. Ball		2001	37.89
M70	D. Scratton		1989	33.69
M75	D. Scratton		1994	28.74
M80	D. Scratton		1999	25.78
M85	D. Scratton	Rarotonga	2004	21.52
M90	D. Scratton		2010	11.47

## Discus

M35	R. Dahl		1996	36.04
M40	D.Langford	Whangarei	2017	33.06
M45	L. King		1995	28.62
M50	G. Love		1992	36.46
M55	G. Love		1996	31.36
M60	R. Ball		1998	43.91
M65	R. Ball		2001	44.47
M70	R. Ball	Wanganui	2006	36.72
M75	D. Scratton		1995	32.12
M80	D. Scratton		2000	28.80
M85	D. Scratton		2006	21.15
M90	D. Scratton		2010	12.53

## Shot Put

M35	R. Dahl		1995	11.53
M40	R. Dahl		2001	10.11
M45	K. Rogers		1996	9.39
M50	G. Love		1992	11.12
M55	G. Love		1998	9.90
M60	R. Ball		1998	11.31
M65 (5 kg)	D. Scratton		1986	11.19
M70	D. Scratton		1991	11.68
M75	D. Scratton		1994	10.87
M80	D. Scratton	Tauranga	1999	9.75
M85	D. Scratton		2006	7.80
M85 (3 kg)	D. Scratton	Christchurch	2006	7.83

## Long Jump

M35	G.Hanekom	Auckland (WMG)	2017	5.65
M40	D.Langford	Auckland(WMG)	2017	5.31
M45	K. Read	Auckland		5.00
M50	M. Lett	Tauranga	2015	5.23
M55	M. Lett	Inglewood	2017	5.09
M60	M.Lett	Wellington	2022	4.41
M65	G.S. Hardy	Whangarei	2014	3.77
M70	J. Mowatt-Wilson		1986	3.48
M75	J. Mowatt-Wilson		?	3.22

### Triple Jump

M35	D. Langford	Whangarei	2016	10.64
M40	J. Parsons		1990	10.71
M45	K. Read		1997	10.78
M50	E. Archibald	Hamilton	2004	10.22
M55	M.Lett	Dunedin	2018	9.84
M60	NO RECORD			
M65	K. Swindells		1991	7.73
M70	J. Mowatt-Wilson	Wellington	1987	8.00
M75	J. Mowatt-Wilson	Tauranga	1991	7.45

### High Jump

M35	K. Read		1991	1.58
M40	A. Stringer		1993	1.72
M45	A. Stringer		1996	1.72
M50	A. Stringer		2001	1.66
M55	M.Lett	Malaga, Spain	2018	1.41
M60	M.Lett	Tauranga	2025	1.35
M65	J. Mowatt-Wilson		1983	1.18

### Pole Vault

M40	L. Allen		1989	2.70
M45	NO RECORD			
M50	M Lett	Perth WMA	2016	2.70
M55	M Lett	Auckland	2019	3.37
M60	M.Lett	Auckland	2025	3.21
M65	R. Ball		2003	2.90

### 1000 Metres Track Walk

M40	K. Read		1993	6m 27.2
M45	G. Griffin		1993	5m 36.3
M50	R. Bennett		1992	6m 15.5
M55	J. Hathaway		1996	7m 03.5
M60	NO RECORD			
M65	C. Thorne		1992	8m 34.3
M70	K. Swindells		?	7m 42.7

### 1500 Metres Track Walk

M55	M.Holt	Inglewood	2026	13m 38.60
M70	K. Swindells		1995	11m 52.6
M75	K. Swindells		1998	13m 09.9

### 3000 Metres Track Walk

M35	K. Read		1992	18m 54.3
M40	H. Lett		1985	19m 50.4
M45	G. Little		1991	12m 05.5
M50	J. McKinstry		2001	17m 45.2
M55	H. Marsh	Invercargill	1982	21m 57.1
M60	K. Swindells		1987	20m 45.28
M65	K. Swindells		1989	20m 34.9
M70	K. Swindells		1993	22m 58.8
M75	K. Swindells		1997	24m 24.1

### 5000 Track Walk

M40	G. Little		1985	26m 37.0
M45	G. Little		1991	20m 54.4
M50	G. Little		1992	21m 08.67
M55	NO RECORD			
M60	NO RECORD			
M65	G. Swindells	Melbourne	1987	33m 49.0

### 10000 Metres Track Walk

M45	G. Little		1991	43m 48.85
-----	-----------	--	------	-----------

### 5 km Road Walk

M45	G. Little	San Jose	1991	21.15.46
-----	-----------	----------	------	----------

### 10 km Road Walk

M45	G. Little		1991	43m 43.6
M50	G. Little		1992	42m 20.0

### 15 km Road Walk

M45	G. Little		1991	1hr 5m 59.5
-----	-----------	--	------	-------------

### 20 km Road Walk

M45	G. Little		1991	1hr 28m 31.8
M50	G. Little		1992	1hr 26m 32.0

### 30 km Road Walk

M45	G. Little		1991	2hrs 18m 41.0
-----	-----------	--	------	---------------

### 50 km Road Walk

M45	G. Little		1991	4hrs 39m 27.0
-----	-----------	--	------	---------------

## Men's Indoor Records

### 50 Metres

M40	D. Langford	Auckland	2016	7.15
M55	M.Holt	Hastings	2024	7.14

### 60 Metres

M55	M.Holt	Hastings	2024	8.56
-----	--------	----------	------	------

### 800 Metres

M60	I. Calder	Torun, Poland	2019	2m 18.69
-----	-----------	---------------	------	----------

### 1500 Metres

M60	I. Calder	Torun, Poland	2019	4m 48.31
-----	-----------	---------------	------	----------

### High Jump

M50	M. Lett	Auckland	2016	1.30
M55	M. Lett	Auckland	2017	1.40

### Long Jump

M50	M. Lett	Auckland	2016	4.57
M55	M. Lett	Auckland	2017	4.53
M60	M.Lett	Hastings	2025	4.57

### Triple Jump

M55	M.Lett	Auckland	2017	10.18
-----	--------	----------	------	-------

### Shot Put

M55	M.Holt	Hastings	2024	6.50
-----	--------	----------	------	------

### Pole Vault

M55	M.Lett	Auckland	2018	3.40
M60	M.Lett	Auckland	2022	3.20
M65	M. Judge	Auckland	2018	3.05

### 50m Hurdles

M55	M.Lett	Auckland	2017	9.31
-----	--------	----------	------	------

### 60m Hurdles

M55	M.Holt	Hastings	2024	14.08
M60	M.Lett	Hastings	2025	11.52