



New Zealand National Records **MEN**

A NEW ZEALAND NATIONAL RECORD CAN ONLY BE HELD BY A NEW ZEALAND CITIZEN

*RECORDS ARE CORRECT AS AT 28 FEBRUARY 2020

Event	Result	Athlete	Date
100m	10.11	Augustine Nketia	22/08/94
200m	20.37	Joseph Millar	19/03/17
400m	46.09	Shaun Farrell	07/03/98
800m	1:44.3	Peter Snell	03/02/62
1500m	3:29.66	Nicholas Willis	17/07/15
5000m	13:10.19	Adrian Blincoe	20/07/08
3000m Steeplechase	8:14.05	Peter Renner	29/08/84
110m Hurdles	13.69	Joshua Hawkins	29/03/15
400m Hurdles	49.33	Cameron French	27/01/18
High Jump	2.30	Glenn Howard	12/03/00
		Hamish Kerr	26/06/19
Pole Vault	5.51	Paul Gibbons,	09/07/97
		Paul Gibbons	25/01/92
Long Jump	8.05	Bob Thomas	20/01/68
Triple Jump	16.22	Phil Wood	02/08/78
Shot Put	22.90	Tomas Walsh	05/10/19
Discus	65.03	Ian Winchester	21/05/02
Hammer	73.10	Angus Cooper	23/01/94
Javelin	88.20	Gavin Lovegrove	05/07/96
4x100m Relay	38.99	New Zealand (Roberts, Faleaalili, Dolphin, Donaldson)	19/11/05
4x400m Relay	3:05.84	New Zealand (Farrell, Cowan, Dale, Keddell)	21/08/93
10,000m Walk (Track)	41:04.00	Quentin Rew	12/01/20

New Zealand National Records WOMEN

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Event	Result	Athlete	Date
100m	11.32	Michelle Seymour	25/02/93
200m	22.90	Monique Williams	20/08/09
400m	51.60	Kim Robertson	19/01/80
800m	1:58.25	Toni Hodgkinson	27/07/96
1500m	4:04.82	Nikki Hamblin	22/07/11
5000m	14:45.93	Kimberley Smith	11/07/08
3000m Steeplechase	9:32.54	Kate McIlroy	22/07/06
100m Hurdles	13.10	Andrea Miller	06/06/09
		Rochelle Coster	03/04/16
400m Hurdles	55.86	Portia Bing	07/04/19
High Jump	1.92	Tania Murray	26/01/91
Pole Vault	4.94	Eliza McCartney	17/07/18
Long Jump	6.68	Chantal Brunner	01/03/97
	6.68	Chantal Brunner	25/03/01
Triple Jump	13.91	Nneka Okpala	02/04/16
Shot Put	21.24	Dame Valerie Adams	29/08/11
Discus	68.52	Beatrice Faumuina	04/07/97
Hammer	72.35	Julia Ratcliffe	15/02/20
Javelin	62.04	Tori Peeters	22/02/20
4x100m Relay	44.20	New Zealand (Wilson, Hobbs, Hulls, Elliott)	13/02/20
4x400m Relay	3:34.62	New Zealand (Bing, Cull, Ballantyne, Jones)	01/08/14
10,000m Walk (Track)	43:01.60	Anne-Marie Judkins	04/07/92



New Zealand Resident Records MEN

A NEW ZEALAND RESIDENT RECORD CAN ONLY BE HELD BY A NEW ZEALAND RESIDENT AND THE PERFORMANCE MUST HAVE BEEN MADE IN COMPETITION IN NEW ZEALAND

*RECORDS ARE CORRECT AS AT 28 FEBRUARY 2020

Event	Result	Athlete	Date
100m	10.18	Joseph Millar	17/03/17
200m	20.37	Joseph Millar	19/03/17
400m	46.09	Shaun Farrell	07/03/98
800m	1:44.3	Peter Snell	03/02/62
1500m	3:32.52	John Walker	02/02/74
5000m	13:22.11	Nicholas Willis	26/02/15
3000m Steeplechase	8:23.28	Peter Renner	23/02/83
110m Hurdles	13.98	Joshua Hawkins	11/02/17
400m Hurdles	49.94	Michael Cochrane	02/03/14
High Jump	2.30	Glenn Howard	12/03/00
Pole Vault	5.51	Paul Gibbons	25/01/92
Long Jump	8.05	Bob Thomas	20/01/68
Triple Jump	15.94	David Norris	06/03/65
Shot Put	22.67	Tomas Walsh	25/03/18
Discus	63.57	Ian Winchester	31/01/98
Hammer	73.10	Angus Cooper	23/01/94
Javelin	86.80	Gavin Lovegrove	20/02/96
4x100m Relay	39.42	New Zealand (Macdonald, Donaldson, Cowan, Nketia)	14/01/97
4x400m Relay	3:06.23	New Zealand (Dale, Collins, Green, McCunnie)	03/02/90



New Zealand Resident Records WOMEN

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Event	Result	Athlete	Date
100m	11.37	Zoe Hobbs	26/01/19
200m	23.15	Monique Williams	29/03/09
400m	51.60	Kim Robertson	19/01/80
800m	2:00.83	Toni Hodgkinson	14/01/97
1500m	4:07.33	Toni Hodgkinson	22/01/00
5000m	15:09.32	Nyla Carroll	13/01/07
3000m Steeplechase	9:47.99	Kate McIlroy	28/01/06
100m Hurdles	13.21	Fiona Morrison	08/03/16
400m Hurdles	56.25	Rebecca Wardell	23/03/03
High Jump	1.92	Tania Murray	26/01/91
Pole Vault	4.85	Eliza McCartney	26/01/19
Long Jump	6.65	Chantal Brunner	11/03/95
Triple Jump	13.39	Tania Dixon	23/03/97
Shot Put	20.54	Dame Valerie Adams	26/03/11
Discus	67.58	Beatrice Faumuina	20/02/98
Hammer	72.35	Julia Ratcliffe	15/02/20
Javelin	56.84	Tori Peeters	28/10/17
4x100m Relay	44.60	New Zealand (Brunner, Arnott, Wardell, Hunt)	31/03/01
4x400m Relay	3:37.50	New Zealand (Sommervell, Gukilau, Tong, Hunt)	02/02/74
10,000m Walk (Track)	44:44	Anne-Marie Judkins	25/04/92