



WAIKATO/BOP MASTERS ATHLETICS ASSOCIATION

Best Performances from Members of Waikato/Bay of Plenty

Updated: 18 March 2025

Contact: Bruce Solomon

Email: [bruce@play-time.co.nz](mailto:bruce@play-time.co.nz)

**NZR = Official NZ Records**

NZ = NZ National Champs

NI = North Island Champs

SI = South Island Champs

**WR = World Record**

W = Worlds

O = Oceania Champs

Aust = Australia Champs

SAMA = South Africa

WC = Waikato Champs

WM = Waikato/BOP Meeting

Reg = Regional meeting

TT = Twilight Tauranga

TD = Trophy Day

PC = Porritt Classic

CC = Cooks Classic

NZCE = NZ Combined events

NZP = NZ Postal Champs

AWD = Athlete with Disability

RW/LD = Long Distance Race Walk

AKL = Auckland

NC = Nothland Champs

NZMG = NZ Masters Games

Club = Club

**2025 Best performances/Records**

You must be a paid up WBOP Masters member to qualify for a Record

**60m:**

M30:	L Combie	8.04	2019 (NZ)	W30:	K Wells	8.36	2013 (NI)
M35:	M Pilcher	7.49	2012 (NZ)	<b>W35:</b>	<b>S Hockley</b>	<b>9.26</b>	<b>2025 (WC)</b>
<b>M40:</b>	<b>M Foster</b>	<b>7.19</b>	<b>2018 (NZR)</b>	W40:	J Lile	8.09	2012 (O)
M45:	S Te Whaiti	7.65	2012 (NI)	W45:	A Poaneki	9.50	2024 (WM)
M50:	B Solomon	7.72	2015 (WM)	W50:	A Graham	9.68	2015 (NZ)
M55:	S Te Whaiti	7.89	2018 (NZ)	W55:	C Kerrison	11.26	2012 (NI)
M60:	S Burden	8.24	2020 (NZ)	W60:	S Gower	9.58	2012 (NZ)
M65:	S Burden	8.10h	2024 (WM)	<b>W65:</b>	<b>S Gower</b>	<b>9.66</b>	<b>2015 (NZR)</b>
M70:	T Watson	9.15	2024 (NI)	<b>W70:</b>	<b>S Gower</b>	<b>9.75</b>	<b>2019 (NZR)</b>
M75:	S Foster	9.71	2012 (NI)	<b>W75:</b>	<b>S Gower</b>	<b>10.24</b>	<b>2023 (NZR)</b>
M80:	S Foster	10.71	2018 (O)	W80:	M Petley	12.99	2012 (NZ)
M85:	J Jones	11.30	2019 (NZ)	<b>W85:</b>	<b>M Petley</b>	<b>14.00</b>	<b>2015 (NZR)</b>
M90:	E de Lautour	14.88	2011(WM)				
<b>M95:</b>	<b>E de Lautour</b>	<b>17.84</b>	<b>2016(NZR)</b>				

**100m:**

M30:	S Te Whaiti	11.50	2001 (TT)	W30:	T Assink	12.30	2007 (NI)
M35:	M Brooking	11.20h	1984 (NZ)	W35:	A Williams	13.10	1984 (NZ)
M40:	M Foster	11.40	2019 (WM)	W40:	J Lile	13.40	2013 (WC)
<b>M45:</b>	<b>M Foster</b>	<b>11.48</b>	<b>2022 (NZR)</b>	W45:	L Wana	14.20	1986 (NI)
M50:	S Te Whaiti	12.14	2015 (NZ)	W50:	S Gower	14.24	2002 (NZ)
M55:	A Hill	12.00	1982 (NZ)	W55:	S Gower	14.46	2006 (NZ)
M60:	S Burden	12.60	2020 (NZ)	W60:	S Gower	15.19	2011 (W)
M65:	D Hilton	13.15	1989 (NI)	W65:	S Gower	15.47	2013 (WC)
M70:	T Watson	14.39	2024 (PP)	W70:	S Gower	16.00	2018 (NZ)
M75:	S Foster	15.23	2012 (NI)	<b>W75:</b>	<b>S Gower</b>	<b>17.66</b>	<b>2025 (WC)</b>
M80:	S Foster	17.70	2018 (O)	W80:	M Petley	20.05	2011(WM)
M85:	E de Lautour	20.05	2006 (O)	<b>W85:</b>	<b>M Petley</b>	<b>22.43</b>	<b>2014 (NZR)</b>
<b>M90:</b>	<b>F Cox</b>	<b>21.30</b>	<b>2002 (NZR)</b>				
<b>M95:</b>	<b>E de Lautour</b>	<b>28.35</b>	<b>2015 (NZR)</b>				

**150m:**

M40:	P Ranginui	18.74 h	2011 (WM)	W40:			
M45:	B Solomon	17.50 h	2012 (club)	W45:			
M50:	B Solomon	17.49 h	2013 (club)	W50:			
M55:	S Burden	18.30 h	2014 (WM)	W55:			
<b>M60:</b>	<b>B Solomon</b>	<b>20.34</b>	<b>2025 (WM)</b>	W60:	S Gower	22.86 h	2011 (WM)
M70:	S Foster	23.10 h	2011 (WM)	W70:	J Sherburn	29.20 h	2011 (WM)
M75:	L Williams	27.10 h	2011 (WM)	W75:			
M80:	H Mein	32.20 h	2014 (WM)	W80:	M Petley	32.60 h	2011 (WM)
M85:				W85:	M Petley	37.09 h	2015 (WM)
M90:	E de Lautour	36.90 h	2012 (club)				

**200m:**

M30:	L Crombie	27.02	2019 (NZ)	W30:	T Assink	25.50	2007 (NI)
M35:	M Brooking	23.00	1984 (NZ)	W35:	A Williams	27.76	1983 (NZ)
M40:	M Foster	23.60	2019 (WM)	W40:	J Lile	27.54	2014 (PC)
M45:	P Daborn	24.82	2012 (NI)	W45:	S Waru	29.99	1995 (WC)
M50:	B Solomon	24.24	2013 (Aust)	W50:	S Gower	26.06	2001(W)
M55:	A Hill	24.90	1980 (NZ)	W55:	S Gower	29.99	2004 (NI)
M60:	S Burden	26.50	2022 (WM)	W60:	S Gower	31.19	2010 (NZ)
M65:	S Burden	27.69	2024 (WM)	W65:	S Gower	32.23	2016 (W)
M70:	S Foster	30.53	2008 (O)	W70:	S Gower	33.06	2019 (NZ)
M75:	S Foster	31.65	2012 (NI)	<b>W75:</b>	<b>S Gower</b>	<b>38.46</b>	<b>2025 (WC)</b>
M80:	H Mein	36.30	2010 ( )	W80:	M Petley	46.18	2010 (NZ)
<b>M85:</b>	<b>J Jones</b>	<b>39.67</b>	<b>2020 (NZR)</b>	<b>W85:</b>	<b>M Petley</b>	<b>52.21</b>	<b>2015 (NZR)</b>
M90:	E de Lautour	50.07	2012 (NI)				
<b>M95:</b>	<b>E de Lautour</b>	<b>59.95</b>	<b>2015 (NZR)</b>				

**300m:**

M35:	R Otto	50.80 h	2006 (SI)	W35:			
M40:	P Ranginui	44.50 h	2011 (WM)	W40:	J Lile	67.20 h	2011(WM)
M45:	B Solomon	39.87	2013 (club)	W45:	P Creighton	48.30 h	2012 (club)
M50:	B Solomon	38.00 h	2016 (club)	W50:			
M55:	S Burden	43.80 h	2014 (WM)	W55:			
<b>M60:</b>	<b>B Solomon</b>	<b>46.23</b>	<b>2025 (WM)</b>	W60:	S Gower	58.40 h	2011(WM)
M70:	S Foster	58.50 h	2011 (WM)	W70:			
M80:	H Mein	90.70 h	2014 (WM)	W80:	M Petley	98.80 h	2011(WM)

**400m:**

M30:	N Gregg	61.52	2012 (O)	W30:	T Assink	59.89	2008 (NI)
M35:	M Brooking	52.09	1984 (NZ)	W35:	J Maxwell	63.40	1984 (NZ)
M40:	K Philpot	53.95	2009 (NZ)	W40:	P Creighton	59.84	2012 (O)
M45:	I Rattray	54.95	2023 (AKL)	W45:	J Chandler	1:05.95	1986 (NZ)
M50:	I Rattray	54.01	2024 (AKL)	W50:	S Gower	1:06.65	2002 (NZ)
M55:	A Hill	56.60	1980 (NZ)	W55:	S Gower	1:07.55	2003 (NZ)
M60:	S Foster	1:01.92	1997 (NZ)	W60:	S Gower	1:13.01	2007 (W)
M65:	R McGregor	1:09.44	2006 (NZ)	W65:	A Acott	1:20.20	1994 (WC)
M70:	A Silvester	1:08.30	2012 (O)	<b>W70:</b>	<b>S Gower</b>	<b>1:17.76</b>	<b>2018 (NZR)</b>
M75:	E de Lautour	1:16.47	1997 (WC)	W75:	M Petley	1:43.40	2005 (W)
M80:	E de Lautour	1:23.77	2002 (NZ)	<b>W80:</b>	<b>M Petley</b>	<b>1:31.10</b>	<b>2009 (NZR)</b>
<b>M85:</b>	<b>E de Lautour</b>	<b>1:29.82</b>	<b>2006 (NZR)</b>				
M90:	E de Lautour	2:14.66	2012 (NZ)				

**Relays:**

4 x 100m	WBOP "A"	51.27	2014 (NZ) - (W42 J Lile, W32 K Wells, M50 P Daborn, M51 B Solomon)			
4 x 100m	WBOP "A"	53.83	2014 (NZ) - (W42 J Lile, M55 S Burden, M65 S Gower, M51 B Solomon)			

**600m:**

M40:	P Ranginui	1.50.00	2011 (WM)	W35:	C Browne	1:59.80	2008 (club)
M45:	I Rattray	1.32.03	2023 (club)	W40:	P Creighton	1:52.60	2008 (club)
M50:	M Cornaga	1.34.71	2023 (WM)	W45:	Y Jarvis	2:30.50	2008 (club)
M55:	M Cornaga	1.30.80	2024 (club)				
M60:	M Clarkson	1.51.20	2008 (club)				
M65:	G Clarkin	2.11.91	2023 (WM)				
M70:	S Pavett	2.26.40	2008 (club)				
M80:	H Mein	3.28.10	2014 (club)				

**800m:**

M30:	W Doney jnr	2.12.04	2016 (NI)	W30:	R Winter	2.29.20	1980 (NZ)
M35:	W Doney snr	2.03.20	1992 (NI)	W35:	P Kenny	2.15.00	1983 (W)
M40:	M Clarkson	2.01.90	1992 (NZ)	W40:	J Chandler	2.20.30	1979 (W)
M45:	M Clarkson	2.04.30	1993 (NZ)	<b>W45:</b>	<b>S Gibbs</b>	<b>2.19.72</b>	<b>2010 (NZR)</b>
M50:	M Clarkson	2.06.26	1997 (NZ)	W50:	S Gibbs	2.30.13	1989 (W)
M55:	D Hilton	2.05.00	1990 (WC)	W55:	S Gibbs	2:39.15	2020 (NI)
M60:	M Clarkson	2.24.55	2007 (W)	W60:	M Petley	3.00.05	1991 (W)
M65:	M Clarkson	2.43.50	2013 (NZ)	W65:	M Petley	3.10.01	1997 (W)
M70:	E de Lautour	2.51.70	1994 (NI)	W70:	A Acott	3.34.20	1998 (NI)
M75:	E de Lautour	2.54.80	1997 (WC)	<b>W75:</b>	<b>L Reed</b>	<b>3.28.78</b>	<b>2024 (NZR)</b>
<b>M80:</b>	<b>E de Lautour</b>	<b>3.13.16</b>	<b>2001 (NZR)</b>	W80:	M Petley	4.37.68	2009 (NZ)
<b>M85:</b>	<b>E de Lautour</b>	<b>3.36.30</b>	<b>2007 (NZR)</b>				
<b>M90:</b>	<b>E de Lautour</b>	<b>5.41.21</b>	<b>2012 (NZR)</b>				
<b>M95:</b>	<b>E de Lautour</b>	<b>6.29.56</b>	<b>2015 (NZR)</b>				

**1500m:**

M30:	W Doney jnr	4.35.30	2016 (NI)	W30:	R Winter	4.58.0	1980 (NZ)
M35:	W Doney snr	4.14.05	1993 (NZ)	W35:	D Brown	4.51.87	1986 (NZ)
M40:	D Litt	4.06.30	1992 (NZ)	W40:	J Chandler	4.58.1	1979 (W)
M45:	D Litt	4.15.20	1993 (WC)	W45:	S Gibbs	4.42.89	2011 (NZ)
<b>M50:</b>	<b>S Rees-Jones</b>	<b>4.22.33</b>	<b>2025 (TT)</b>	<b>W50:</b>	<b>S Gibbs</b>	<b>4.45.94</b>	<b>2015 (NZR)</b>
M55:	T Ogilvie	4.31.62	2004 (NZ)	<b>W55:</b>	<b>S Gibbs</b>	<b>4.54.96</b>	<b>2018 (NZR)</b>
M60:	T Ogilvie	4.47.36	2009 (NZ)	W60:	P Hewitt	6.13.5	1996 ( )
M65:	G Adams	5.24.91	2015 (WC)	W65:	P Hewitt	6.50.87	2001 (W)
M70:	E de Lautour	5.57.70	1992 (NI)	W70:	A Jones	7.15.80	2008 (O)
M75:	E de Lautour	5.56.79	1997 (NZ)	W75:	L Reed	7.13.12	2025 (NI)
<b>M80:</b>	<b>E de Lautour</b>	<b>6.38.86</b>	<b>2001 (NZR)</b>				
<b>M85:</b>	<b>E de Lautour</b>	<b>7.03.40</b>	<b>2006 (NZR)</b>				
<b>M90:</b>	<b>E de Lautour</b>	<b>11.37.80</b>	<b>2012 (NZR)</b>				
<b>M95:</b>	<b>E de Lautour</b>	<b>14.06.88</b>	<b>2015 (NZR)</b>				

**One Mile:**

M35:	B Magill	5.03.20	2001 (TT)	W35:			
M40:	R Lake	5.57.17	2014 (club)	W40:			
M45:	C Mumby	5.05.95	2024 (WM)	W45:	S Gibbs	5.02.40	2012 (club)
<b>M50:</b>	<b>C Mumby</b>	<b>4.58.69</b>	<b>2025 (WM)</b>	W50:	S Gibbs	5.15.88	2014 (club)
M55:	M Cornaga	5.10.50	2024 (club)	W55:			
M60:	B Edwards	5.32.96	2023 (CC)	W60:	R Winter	8.43.18	2013 (club)
M65:	G Smith	6.08.70	2019 (club)	W65:			
M70:	H Mein	7.30.09		W70:			
M75:	S Pavett	8.20.63	2013 (club)	W75:			
M80:	S Pavett	8.42.24	2014 (club)				

**3000m:**

M30:	W Doney	10.38.73	2016 (NI)	W30:	L McPhillips	9.34.43	2000 (WC)
M35:	I Macdonald	9.38.00	2021 (TT)	W35:	V Robinson	10.31.60	1976 (NZ)
M40:	C Earwaker	8.47.70	1998 (WC)	W40:	S Crowley	10.43.44	2014 (TT)
M45:	J Cameron	9.39.96	2018 (NZ)	W45:	S Gibbs	9.55.06	2012 (NI)
M50:	B Hussain	9.49.97	2015 (TT)	<b>W50:</b>	<b>S Gibbs</b>	<b>9.54.83</b>	<b>2015 (NZR)</b>
M55:	T Ogilvie	10.05.00	2007 (NI)	<b>W55:</b>	<b>S Gibbs</b>	<b>10:20.55</b>	<b>2019 (NZR)</b>
M60:	B Edwards	10.43.40	2023 (TT)	W60:	P Hewitt	12.52.20	1996 ( )
M65:	G Adams	11.50.95	2015 (WC)	W65:	A Jones	15.08.00	2007 (NI)
M70:	G Adams	13:03.60	2020 (NI)	W70:	F Riley	22.55.33	2012 (NI)
M75:	S Pavett	15.19.95	2012 (club)	W75:	L Reed	15.03.79	2024 (NI)
M80:	E de Lautour	15.06.14	2002 (SI)				
<b>M85:</b>	<b>E de Lautour</b>	<b>17.17.58</b>	<b>2007 (NZR)</b>				

**5000m:**

				W30:	R Winter	18.50.20	1980 ( )
M35:	P Ritchie	15.20.59	1996 ( )	W35:	D Brown	18.23.39	1986 (NZ)
<b>M40:</b>	<b>J Foster</b>	<b>14.21.0</b>	<b>1976 (NZR )</b>	W40:	R MacLoughlin	18.30.10	1985 (W)
M45:	D Litt	15.21.50	1997 (WC)	<b>W45:</b>	<b>S Gibbs</b>	<b>16.44.53</b>	<b>2012 (NZR)</b>
M50:	J Daly	16.29.30	1976 (NZ)	<b>W50:</b>	<b>S Gibbs</b>	<b>17.24.54</b>	<b>2015 (NZR)</b>
M55:	T Ogilvie	16.47.56	2006 (O)	<b>W55:</b>	<b>S Gibbs</b>	<b>17:45.52</b>	<b>2018 (NZR)</b>
M60:	T Ogilvie	17.36.04	2009 (NZ)	W60:	S Waru	23.26.57	2009 (W)
M65:	G Smith	20.12.00	2019 (WM)	W65:	P Hewitt	24.09.22	2001 (W)
M70:	S Pavett	21.00.35	2004 (NZ)	W70:	A Jones	26.01.84	2008 (O)
M75:	E de Lautour	21.54.30	1996 (NI)				
<b>M80:</b>	<b>E de Lautour</b>	<b>24.05.14</b>	<b>2001 (NZR)</b>				
<b>M85:</b>	<b>E de Lautour</b>	<b>26.18.47</b>	<b>2007 (NZR)</b>				

**10,000m:**

M30:	G McMillan	41.49.19	2006 (NZ)	W30:	L Sharp	35.27.15	2004 (NZ)
M35:	D Larsen	32.18.43	1996 (NZ)	W35:	R Winter	40.14.00	1987 (NZ)
M40:	D Litt	32.45.82	1996 (NZ)	W40:	S Waru	38.58.00	1991 (WC)
M45:	N Fleming	34.22.00	1983 (NZ)	<b>W45:</b>	<b>S Gibbs</b>	<b>34.45.21</b>	<b>2012 (NZR)</b>
M50:	R Jones	34.48.25	1986 (NZ)	<b>W50:</b>	<b>S Gibbs</b>	<b>35.38.51</b>	<b>2014 (NZR)</b>
M55:	G Moller	37.38.0	1981 (W)	<b>W55:</b>	<b>S Gibbs</b>	<b>36:46.96</b>	<b>2019 (WR)</b>
M60:	G Smith	40.21.11	2015 (club)	W60:	P Hewitt	47.24.20	1997 ( )
M65:	R McPherson	43.59.83	2009 (NZ)	W65:	J McRae	56.51.00	1991 (W)
M70:	S Pavett	42.30.86	2004 (NZ)	W70:	J Fleming	57.04.82	2011 (W)
M75:	E de Lautour	45.43.45	1996 (NZ)				
<b>M80:</b>	<b>E de Lautour</b>	<b>50.14.77</b>	<b>2001 (NZR)</b>				
<b>M85:</b>	<b>E de Lautour</b>	<b>58.01.26</b>	<b>2007 (NZR)</b>				

**Short Hurdles 100m**

<b>Short Hurdles 200 - 80m</b>				W30:	T Genge	14.95	1991 (NZ)
M35: 110H	S Te Whaiti	17.95	2002 (NZ)	W35:	A Williams	17.54	1983(NZ)
<b>M40: 110H</b>	<b>S Poelman</b>	<b>15.16</b>	<b>2005 (NZR )</b>	W40:	S Graham	17.40	2002 (WC)
M45: 110H	P Daborn	18.71	2012 (NR)	W45:			
M50: 100H	P Daborn	16.65	2016 (NZ)	W50:	M Clarke	19.40	1991 (NI)
M55: 100H	P Daborn	17.48	2023 (WM)				
<b>M60: 100H</b>	<b>P Daborn</b>	<b>17.23</b>	<b>2024 (NZR)</b>				
M65: 100H	S Foster	20.03	2003 (NZ)				
M70: 80H	H Mein	23.03	2001 ( )				
M75: 80H	S Foster	18.22	2012 (NI)				

**Long Hurdles 400 - 300m**

M35: 400H	J Edwin	64.79	1983 ( )
M40: 400H	P Daborn	60.03	2008 (NI)
M45: 400H	B Carswell	1:03.84	2007 (W)
M50: 400H	P Daborn	1:03.28	2017 (NZ)
M55: 400H	P Daborn	1:10.80	2020 (NI)
M60: 300H	S Foster	48.75	1997 (NZ)
M65: 300H	S Foster	55.00	2003 (NZ)
M70: 300H	S Foster	57.29	2009 (NZ)
<b>M75: 300H</b>	<b>S Foster</b>	<b>61.26</b>	<b>2014 (NZR)</b>
<b>M80: 200H</b>	<b>S Foster</b>	<b>49.80</b>	<b>2018 (NZR)</b>
M85: 200H			

**Long Hurdles 400 - 300m**

W35 400H:	A Harris	75.50	1996 ( )
W40 400H:			
W45 400H:	A Graham	86.10	2009 (NZ)
W50 300H:	A Graham	61.20	2012 (O)

**Steeple 3000-2000m: 0.914m**

M35: 3000m	W Doney	10.42.00	1992 (O)
M40: 3000m	C Earwaker	10.02.61	2001 (W)
M45: 3000m	C Mumby	10.46.69	2023 (PC)
M50: 3000m	C Mumby	11.11.12	2024 (WM)
M55: 3000m	T Ogilvie	10.48.53	2006 (O)
M60: 2000m	G Smith	8.20.75	2016 (WM)
M65: 2000m	T Ogilvie	7.18.84	2009 (NZ)
M70: 2000m	H Mein	9.10.31	2001 (W)
M75: 2000m	H Mein	9.57.89	2006 (NZ)

**Steeple 2000m: 0.762m**

W35:	K Paulger	7.57.55	2001 (NZ)
W40:	T McRoy	8.28.70	1991 (NZ)
W45:	F Riley	8.32.47	1988 (NZ)
W55:	T McRoy	9.37.12	2006 (O)
W60:	F Riley	10.59.91	2006 (O)
W65:	T McRoy	10.41.83	2012 (NZ)

**2000m Track Walk**

M40:	A Northcote	12.25.00	1981(WM)
M45:	R Longshaw	13.20.00	1981 (WM)
M50:	T Guy	12.18.00	1981(WM)
M55:	F Copeman	12.18.00	1981(WM)

**1500m Track Walk**

M40:	M Bitcheno	15:47.0	2018(Perth)
<b>2000m Track Walk</b>			
W35:	B Savage	14.15.70	1981 (WM)

**3,000m Track Walk**

M35:	L McPhillips	13.08.87	2001(NZ)	W30:	T Mason	22.58.80	1998 (NI)
M40:	R Smythe	13.46.28	1991 ( )	W35:	B Savage	21.28.00	1983 (NZ)
M45:	T Fulcher	16.18.70	1984 (NZ)	W40:			
M50:	T Guy	17.04.60	1984 (NZ)	W45:	L Foster	15.13.51	1990 ( )
M55:	T Guy	17.02.80	1986 (NI)	W50:	L Foster	16.19.30	1992 (NZ)
M60:	T Guy	17.30.80	1989 (NI)	W55:	L Foster	17.34.50	1996 (NZ )
M65:	T Guy	19.08.20	1996 ( )	W60:	L Foster	19.06.77	2002 (SI)
M70:	T Hamilton	20.22.70	1983 (NZ)	W65:	K Kenneth-Low	20.09.20	1983 (NZ)
M75:	G Powley	22.23.94	2004 (NZ)	W70:	K Kenneth-Low	21.04.71	1986 (NZ)
M80:	F Cox	23:19.30	1992 (NZ)	W75:	E Guy	25.57.31	2009 (NZ)

**5,000m Track Walk**

M35:	L McPhillips	24.46.00		W:40			
M45:	M Taylor	27.08.48	2001 ( )	W45:	L Foster	28.29.62	1989 ( )
M50:	M Gray	30.45.00	2013 (Ackl)	W50:	L Foster	27.22.90	1991 (NZ)
M55:	M Gray	30.31.45	2016 (WC)	W55:	L Foster	31.17.72	1998 (NZ)
M60:	T Guy	29.43.00	1990 (O)	W60:	T Large	34.05.66	2018 (NZ)
M65:	T Guy	32.15.02	1995 (WC)	W65:	L Foster	35.46.91	2006 (O)
M70:	T Guy	35.45.69	2004 (WC)	W70:	K Kenneth-Low	34.38.10	1985 (NZ)
M75:	T Guy	38.46.65	2009 (WC)	W75:	D Jones	35:30.14	2019 (NZR)

**10km Track Walk**

M55:	M Gray	1.08.49	2015 (NI)				
				<b>W75:</b>	<b>D Jones</b>	<b>1:15:02.85</b>	<b>2019 (NZR)</b>

**10km Road Walk**

<b>M35:</b>	<b>L McPhillips</b>	<b>47.57.0</b>	<b>2001 (NZR)</b>				
M40:	L McPhillips	54.47.0	2004 (NZ)	W45:	L Foster	58.44.00	1989
M45:	T Fulcher	58.25.5	1984 (NZ)	<b>W50:</b>	<b>L Foster</b>	<b>57.16.00</b>	<b>1991 (NZR)</b>
M50:	T Guy	63.31.1	1984 (NZ)	W55:	L Foster	1.03.14	1999
M55:	T Guy	58.47.0	1988 (NI)	W60:	L Foster	1.05.28	2002 (NZ)
M60:	T Guy	1.01.26	1992(NZ)	W65:	L Foster	1.12.16	2006 (O)
M65:	T Guy	1.01.42	1989 (NI)	<b>W70:</b>	<b>K Kenneth-Low</b>	<b>1.08.42</b>	<b>1987 (NZR)</b>
M70:	T Hamilton	1.15.00	1982 (NZ)	W75:	E Guy	1.29.60	2009 (NZ)
M75:	T Guy	1.22.10	2009 (NZ)				
M80:	E de Lautour	1.57.33	2004 (NZ)				

**20km Road Walk**

M35:	D Cameron	1.52.02.0	2001 (NZ)	W50:	L Foster	2.01.37	1992 (NZ)
	R Smyth	2.03.41	2009 (RW/LD)	W55:	L Foster	2.15.12	1996 (NZ)

**30km Road Walk**

<b>M40:</b>	<b>L McPhillips</b>	<b>2.59.32</b>	<b>2004 (NZR)</b>
-------------	---------------------	----------------	-------------------

**Long Jump**

M30:	V Smith	5.59	2012 (O)	W30:	T Genge	5.30	1990 (NZ)
M35:	S Te Whaiti	6.02	2000 (WC)	W35:	A Williams	5.31	1984 (NZ)
M40:	M Gaukrodger	6.08	1996 (NZ)	W40:	B Scott	4.46	1980 (NZ)
M45:	S Te Whaiti	5.49	2009 (NZ)	W45:	M Clarke	3.66	1988 (NZ)
M50:	S Burden	5.49	2012 (NZ)	W50:	B Windeatt	3.77	1992 (O)
M55:	S Burden	5.32	2017 (W)	W55:	B Windeatt	3.33	1995 (NI)
<b>M60:</b>	<b>S Burden</b>	<b>5.11</b>	<b>2022 (NZR)</b>	W60:	M Petley	3.45	1993 (NZ)
<b>M65:</b>	<b>S Burden</b>	<b>5.02</b>	<b>2024 (NZR)</b>	W65:	M Petley	3.31	1996 ( )
M70:	H Mein	3.63	2001 (W)	W70:	T Ashe	3.14	2023 (Aus)
M75:	H Mein	3.57	2006 (NZ)	W75:	J Sherburn	2.50	2016 (WC)
M80:	H Mein	3.13	2011 (NI)	W80:	J Sherburn	1.86	2022 (WC)
M85:	J Jones	2.43	2020 (NI)				
M90:	F Cox	1.30	2002 (NZ)				

**Triple Jump:**

M30:	W Doney jnr	10.14	2015 (WC)	W30:	N Buchanan	9.16	2001 (NZ)
M35:	W Doney	10.86	1992 (O)	W35:	T Genge	10.67	1993 (NZ)
M40:	R Fletcher	12.69	1985 (NZ)	W40:	L Lochhead	8.01	1996 (NZ)
M45:	R Fletcher	11.89	1989 (NZ)	W45:	I Hansen	7.76	1989 (NI)
M50:	S Burden	11.61	2011 (W)	W50:	B Turbott	7.72	1990 (NZ)
M55:	S Burden	11.40	2016 (W)	W55:	M Petley	6.64	1984?
<b>M60:</b>	<b>S Burden</b>	<b>10.76</b>	<b>2019 (NZR)</b>	W60:	M Petley	7.26	1989 ( )
<b>M65:</b>	<b>S Burden</b>	<b>10.06</b>	<b>2024 (NZR)</b>	W65:	M Petley	7.22	1995 (W)
M70:	B Clarke	7.36	2009 (NZ)	W70:	M Petley	6.38	1999 (NZ)
M75:	L Williams	7.55	2008 (NZ)	W75:	M Petley	5.44	2004 (O)
M80:	L Williams	6.35	2015 (NI)	W80:	J Sherburn	4.52	2022 (WC)
M85:	H Mein	4.64	2016 (NI)				

**High Jump:**

M30:	W Doney jnr	1.75	2015 (WC)	W30:	T Genge	1.55	1991 ( )
M35:	S Te Whaiti	1.70	2000 (NZ)	W35:	A Harris	1.50	1996 (NZ)
<b>M40:</b>	<b>S Poelman</b>	<b>1.92</b>	<b>2005 (NZR)</b>	W40:	A Harris	1.30	2001 (WMA)
M45:	R Fletcher	1.71	1988 (NZ)	W45:	A Poaneki	1.30	2024 (WM)
M50:	R Fletcher	1.69	1992 (NZ)	W50:	M Clarke	1.16	1990 (NZ)
M55:	S Te Whaiti	1.46	2018 (NZCE)	W55:	B Turbott	1.15	1993 (W)
M60:	R McGregor	1.40	2000 (NZ)	W60:	J Jacobs	1.03	1994 (NZ)
M65:	R McGregor	1.38	2006 (NZ)	W65:	A Hermans	1.15	2024 (WM)
M70:	R McGregor	1.15	2013 (NZ)	W75:	J Sherburn	0.85	2016(WM)
M75:	L Williams	1.00	2012 (O)				
M80:	H Mein	1.10	2011(WM)				
M85:	H Mein	0.93	2016 (NI)				
M90:	F Cox	0.71	2002 (NZ)				

**Pole Vault:**

M35:	D Rondon	3.20	1998 (NZ)
<b>M40:</b>	<b>S Poelman</b>	<b>4.00</b>	<b>2005 (NZR)</b>
M45:	R Ball	3.60	1984 (NZ)
M50:	S Te Whaiti	3.70	2015 (NZ)
M55:	S Te Whaiti	3.00	2018 (NZCE)
M60:	R Ball	3.10	1996 (NZ)
M65:	R McGregor	2.20	2007 (NI)
M70:	R McGregor	2.00	2013 (NZ)
M80:	H Mein	2.00	2012 (O)

**Shot Put:**

M30:	P Martin (AWD)	8.09	2000 (NZ)	W30:	T Genge	11.81	1990 (O)
MPV	V Smith	11.55	2012 (O)				
M35:	R Otto	12.18	2006 (O)	<b>W35:</b>	<b>C McCahill</b>	<b>13.90</b>	<b>2001 (NZR)</b>
<b>M40:</b>	<b>S Poelman</b>	<b>14.66</b>	<b>2005 (NZR)</b>	W40:	C McCahill	12.33	2009 (NZ)
M45:	R Otto	12.00	2012 (NZ)	<b>W45:</b>	<b>C McCahill</b>	<b>11.82</b>	<b>2011 (NZR)</b>
M50:	R Ball	11.99	1986 ( )	W50:	T Hodges	10.78	2016 (Putaruru)
M55:	J van Zyl	12.35	2015 (NZ)	W55:	T Hodges	10.10	2021 (NZ)
M60:	B Solomon	12.10	2024 (OC)	W60:	C McCahill	8.45	2024 (NI)
M65:	G Allingham	10.18	1980 (NZ)	<b>W65:</b>	<b>B Savage</b>	<b>8.78</b>	<b>2013 (NZR)</b>
<b>M70:</b>	<b>P Crawford</b>	<b>12.10</b>	<b>2017 (NZR)</b>	W70:	B Savage	7.90	2016 (WC)
M75:	P Crawford	10.29	2020 (NI)	<b>W75:</b>	<b>B Savage</b>	<b>8.40</b>	<b>2021 (NZR)</b>
M80:	P Crawford	9.57	2024 (NZ)	W80:	J Sherburn	5.74	2022 (WC)
M85:	S Foster	5.52	2024 (WM)	W85:	P Purser	4.40	2010 (NZ)
M90:	F Cox	3.05	2002 (NZ)	<b>W90:</b>	<b>P Purser</b>	<b>3.80</b>	<b>2014 (NZR)</b>

**Discus:**

MPV	P Martin (AWD)	14.76	2000 (WC)				
M30:	V Smith	34.43	2012 (O)	W30:	B Savage	33.80	1979 ( )
<b>M35:</b>	<b>K Nelson</b>	<b>48.61</b>	<b>2017 (NZR)</b>	W35:	D Strange	34.98	1992 (O)
M40:	R Otto	39.32	2009 (WMG)	W40:	C McCahill	36.67	2009 (NI)
M45:	R Otto	36.74	2012 (O)	W45:	C McCahill	35.34	2010 (NZ)
M50:	R Otto	40.62	2017 (WMG)	W50:	C McCahill	30.54	2000 (WC)
M55:	J van Zyl	39.83	2015 (NZ)	W55:	B Savage	29.45	2001 (NZ)
<b>M60:</b>	<b>B Solomon</b>	<b>38.85</b>	<b>2025 (TT)</b>	<b>W60:</b>	<b>C McCahill</b>	<b>24.13</b>	<b>2025 (WC)</b>
M65:				<b>W65:</b>	<b>B Savage</b>	<b>24.58</b>	<b>2012 (NZR)</b>
M70:				W70:	B Savage	20.23	2016 (WC)
<b>M75:</b>	<b>P Crawford</b>	<b>34.23</b>	<b>2019 (NZR)</b>	<b>W75:</b>	<b>A Parlane</b>	<b>22.51</b>	<b>2024 (NZR)</b>
M80:				W80:	J Sherburn	12.62	2022 (WC)
M85:				<b>W85:</b>	<b>P Purser</b>	<b>11.28</b>	<b>2009 (NZR)</b>
M90:	F Cox	7.22	2002 (NZ)	W90:	P Purser	8.86	2013 (NZ)

**Javelin:**

MPV:	P Martin (AWD)	16.33	2000 (WC)				
M30:	D Couper	46.76	2012 (O)	W30:	D Hustler	27.08	1981 (NZ)
M35:	D Couper	48.50	2014 (WC)	W35:	T Genge	30.56	1993 (WC)
M40:	D Couper	46.72	2020 (NZCE)	W40:	C Browne	30.55	2009 (NZ)
M45:	S Te Whaiti	43.96	2010 (NZ)	W45:	B Davis	27.64	2016 (O)
M50:	C Murch	46.28	2002 (NZ)	W50:	B Davis	24.53	2020 (NI)
M55:	R Ball	50.74	1991 (NZ)	W55:	T Hodges	21.33	2020 (NI)
M60:	R Ball	43.00	1996 ( )	W60:	C McCahill	16.44	2024 (NI)
M65:	S Burden	36.50	2024 (NI)	W65:	P McArthur	18.62	1992 (O)
M70:	P Crawford	31.83	2014 (NI)	W70:	P McArthur	16.46	1996 (O)
M75:	P Crawford	30.01	2019 (NZ)	W75:	P McArthur	15.91	2000 (WC)
M80	*B Stannius	30.59	2009 (NZ)	W80:	J Sherburn	12.26	2022 (WC)
M85:	* B Stannius	23.44	2014 (NI)	<b>W85:</b>	<b>P Purser</b>	<b>9.04</b>	<b>2007 (NZR)</b>
M90:	F Cox	7.57	2002 (NZ)	<b>W90:</b>	<b>P Purser</b>	<b>7.77</b>	<b>2012 (NZR)</b>

**Hammer:**

<b>M30:</b>	<b>W Button</b>	<b>60.18</b>	<b>2020 (NZR)</b>	W30:	M Taylor	21.71	2010 (NZ)
M35:	R Otto	40.15	2006 (SI)	W35:	C McCahill	45.43	2002 (NZ)
M40:	R Otto	43.85	2008 (WT)	<b>W40:</b>	<b>C McCahill</b>	<b>42.73</b>	<b>2006 (NZR)</b>
M45:	R Otto	39.33	2012 (O)	<b>W45:</b>	<b>C McCahill</b>	<b>42.38</b>	<b>2011 (NZR)</b>
M50:	K Bradley	42.19	1998 (O)	W50:	B Davis	41.06	2024 (Aust)
M55:	K Bradley	43.97	2002 (O)	<b>W55:</b>	<b>B Savage</b>	<b>41.89</b>	<b>2001 (NZR)</b>
M60:	K Bradley	46.74	2008 (O)	<b>W60:</b>	<b>B Savage</b>	<b>34.81</b>	<b>2008 (NZR)</b>
M65:	K Bradley	37.77	2009 (NZ)	<b>W65:</b>	<b>B Savage</b>	<b>34.86</b>	<b>2012 (NZR)</b>
M70:	K Bradley	37.50	2016 (WC)	<b>W70:</b>	<b>B Savage</b>	<b>29.27</b>	<b>2016 (NZR)</b>
M75:	*B Stannius	28.46	2004 (NI)	<b>W75:</b>	<b>B Savage</b>	<b>31.99</b>	<b>2021 (NZR)</b>
M80:	*B Stannius	35.64	2009 (NZ)	W80:	M Petley	17.01	2012 (WM)
M85:	H Mein	15.31	2015 (NI)	W85:	M Petley	16.80	2015 (NZ)
M90:	F Cox	7.64	2002 (NZ)	<b>W90:</b>	<b>M Petley</b>	<b>13.01</b>	<b>2019 (NZR)</b>

**Weight Throw:**

M30:	V Smith	13.09	2012 (WM)	W30:	V Temo	9.25	2013 (WC)
M35:	R Otto	14.10	2006 (NZ)	<b>W35:</b>	<b>C McCahill</b>	<b>16.67</b>	<b>2002 (NZR)</b>
M40:	R Otto	13.84	2007 (NZ)	<b>W40:</b>	<b>C McCahill</b>	<b>15.19</b>	<b>2006 (NZR)</b>
M45:	R Otto	13.46	2012 (O)	<b>W45:</b>	<b>C McCahill</b>	<b>14.40</b>	<b>2011 (NZR)</b>
M50:	K Bradley	13.10	2000 (NZ)	<b>W50:</b>	<b>B Davis</b>	<b>15.04</b>	<b>2024 (NZR)</b>
M55:	J van Zyl	14.67	2015 (NZ)	<b>W55:</b>	<b>B Davis</b>	<b>13.00</b>	<b>2025 (NZR)</b>
<b>M60:</b>	<b>K Bradley</b>	<b>17.45</b>	<b>2006 (NZR)</b>	<b>W60:</b>	<b>B Savage</b>	<b>13.34</b>	<b>2008 (NZR)</b>
M65:	K Bradley	16.44	2009 (NZ)	<b>W65:</b>	<b>B Savage</b>	<b>12.38</b>	<b>2011 (NZR)</b>
M70:	K Bradley	16.36	2015 (WC)	<b>W70:</b>	<b>B Savage</b>	<b>11.46</b>	<b>2016 (NZR)</b>
M75:	B Clarke	10.38	2014 (WC)	<b>W75:</b>	<b>B Savage</b>	<b>12.50</b>	<b>2021 (NZR)</b>
M80:	B Stannius	14.66	2009 (NZ)	W80:	M Petley	8.94	2012 (NZ)
M85:	*B Stannius	10.45	2014 (NI)	<b>W85:</b>	<b>M Petley</b>	<b>7.33</b>	<b>2015 (NZR)</b>
				<b>W90:</b>	<b>P Purser</b>	<b>4.60</b>	<b>2013 (NZR)</b>

**Throws Pentathlon (Weight Pentathlon)**

<b>M30:</b>	<b>V Smith</b>	<b>2657 pts</b>	<b>2012 (NZR)</b> <small>update</small>	W30:	V Temo	1798 pts	2013 (WC)
M35:	D Couper	2481 pts	2015 (NI) <small>updated</small>	<b>W35:</b>	<b>A Ngahe</b>	<b>1752 pts</b>	<b>2025 (WC)</b>
M40:	D Couper	2679 pts	2017 (NI) <small>updated</small>	W40:	J Kavetoa	1553 pts	2024 (NI)
M45:	R Otto	3143 pts	2012 (O)	<b>W45:</b>	<b>C McCahill</b>	<b>3278 pts</b>	<b>2010 (NZR)</b> <small>Updated</small>
M50:				W50:	B Davis	2902 pts	2023 (NI) <small>Updated</small>
M55:	J van Zyl	3384 pts	2015 (NZ) <small>update</small>	W55:	B Davis	3180 pts	2024 (NI)
M60:	B Solomon	2575 pts	2024 (OC)	W60:	C McCahill	2847 pts	2024 (NI)
M65:				<b>W65:</b>	<b>B Savage</b>	<b>2999 pts</b>	<b>2015 (NZR)</b> <small>Updated</small>
M70:				W70:	A Parlane	3018 pts	2020 (NI)
M75:	B Clarke	2179 pts	2014 (NI) <small>updated</small>	<b>W75:</b>	<b>A Parlane</b>	<b>3006 pts</b>	<b>2024 (NZR)</b>
M80:	H Mein	1977 pts	2012 (O)	W80:			
M85:	H Mein	1985 pts	2015 (NI)	W85:	P Purser	1802 pts	2012 (NZ) <small>Updated</small>
				<b>W90:</b>	<b>P Purser</b>	<b>2266 pts</b>	<b>2013 (NZR)</b> <small>Updated</small>

**Track & Field Pentathlon:**

M30:	L Crombie	1717 pts	2019 (NI)	W30:			
M35:				W35:			
M40:				W40:	J Lile	1748 pts	2012 (NI) <small>Updated</small>
M45:	S Te Whaiti	2702 pts	2012 (NI) <small>updated</small>	W45:			
M50:	B Solomon	3030 pts	2013 (NI)	W50:			
<b>M55:</b>	<b>S Te Whaiti</b>	<b>3217 pts</b>	<b>2018 (NZR)</b> <small>update</small>	W55:			
<b>M60:</b>	<b>S Te Whaiti</b>	<b>3041 pts</b>	<b>2025 (WC)</b>	W60:			
M65:				<b>W65:</b>	<b>A Hermans</b>	<b>2356 pts</b>	<b>2025 (WC)</b>
M70:	B Clarke	1949 pts	2010 (NI)	<b>W70:</b>	<b>T Ashe</b>	<b>2574 pts</b>	<b>2023 (NZR)</b>
M80:	H Mein	1444 pts	2013 (NI) <small>updated</small>	W75:			
<b>M85:</b>	<b>H Mein</b>	<b>910 pts</b>	<b>2016 (NZR)</b> <small>updated</small>				
M90:							



**Decathlon:**

M35:			
M40:	P Ranginui	4854 pts	2014 (NI)
M45:			
M50:	S Te Whaiti	6504 pts	2014 (NZCE)
M55:	S Te Whaiti	6677 pts	2018 (NI)
M60:	B Solomon	5047 pts	2023 (SAMA)
M65:			
M70:			
M75:			

Due to age factors and implement specification changes (since May 2023), Pentathlon, Decathlon and Heptathlon event records have been archived.

Existing records will remain and will be archived as soon as a 2023 or updated NZMA record has been achieved.

AKL = Auckland  
HAS = Hastings

2025 Best performances/Records

Indoor Championships

There have been no indoor champs since 2019  
2020 - 22 (cancelled due to Covid)

50M

M40:	Rob Lyle	7.09	2016 (AKL)	W40	M Bitcheno	12.24	2017 (AKL)
M50:	S Te Whaiti	6.79	2018 (NZR)	W50	T Hodges	8.83	2018 (AKL)
M55:	B Solomon	6.96	2018 (NZR)	W70	S Gower	8.42	2018 (NZR)
M60:	P Daborn	7.32	2024 (HAS)	W75	S Gower	9.07	2024 (NZR)
M65:	T Watson	7.96	2024 (NZR)				

60M

M50:	I Rattray	8.01	2024 (HAS)	W70	S Gower	9.86	2019 (NZR)
M60:	P Daborn	8.42	2024 (NZR)	W75	S Gower	11.03	2024 (NZR)
M65:	T Watson	9.62	2024 (HAS)				
				W90	M Petley	15.82	2019 (NZR)

1500M

200M

M45:	J Cameron	04:25.4	2017 (NZR)	W70	S Gower	34.13	2019 (NZR)
------	-----------	---------	------------	-----	---------	-------	------------

3000M

400M

M45:	J Cameron	09:37.9	2017 (NZR)	W70	S Gower	01:22.60	2019 (NZR)
				W90	M Petley	01:03.52	2019 (NZR)

Short Hurdles 50m

M50:	S Te Whaiti	8.82	2018 (NZR)
M55:	S Te Whaiti	9.17	2019 (NZR)
M60:	P Daborn	9.22	2024 (NZR)

Short Hurdles 60m

M50:	S Te Whaiti	10.61	2017 (NZR)
M60:	P Daborn	10.78	2024 (NZR)

Long Jump

M40:	Rob Lyle	4.37	2016 (AKL)
M50:	S Te Whaiti	5.14	2017 (AKL)
M55:	S Burden	5.11	2016 (NZR)
M60:	P Daborn	4.04	2024 (HAS)

Triple Jump

M45:	A Jack	9.02	2019 (NZR)
M50:	I Rattray	10.30	2024 (HAS)
M55:	S Burden	10.80	2016 (NZR)
M60:	S Burden	10.25	2019 (NZR)

High Jump

M40:	Rob Lyle	1.50	2016 (AKL)
M50:	S Te Whaiti	1.55	2016 (NZR)
M55:	S Te Whaiti	1.50	2019 (NZR)

Pole Vault

M55:	B Solomon	1.70	2018 (AKL)
------	-----------	------	------------

Shot Put

M40:	D Couper	10.46	2018 (AKL)	W40:	M Bitcheno	7.18	2018 (AKL)
M50:	S Te Whaiti	10.84	2016 (AKL)	W45:	B Davis	10.04	2018 (NZR)
M55:	B Solomon	10.92	2018 (AKL)	W50:	T Hodges	11.23	2018 (NZR)
M60:	B Solomon	10.97	2024 (HAS)				
M70:	P Crawford	11.22	2016 (NZR)				
M75:	P Crawford	9.68	2019 (NZR)	W75:	A Parlane	7.47	2024 (HAS)

Weight Throw

W90:	M Petley	5.69	2019 (NZR)
------	----------	------	------------

Pentathlon

M50:	S Te Whaiti	2921	2017 (NZR)
------	-------------	------	------------