

## Auckland Masters Records



Men

as @ Oct 2018

WR - World Record: NZR - NZ Record: BP - Best Performance

| Event/Age   | Performance  | Athlete's Name        | Date/Year                        | Wind           | Record     |
|---|--------------|-----------------------|----------------------------------|----------------|------------|
| <b>60m</b> (New in 2008). (National records/best times for this event introduced in 2011) |              |                       |                                  |                |            |
| M30   | 7.73         | Alaric Fernandes      | 2015 AMA Champs                  | -1.7 m/s       |            |
| M35   | 7.14         | Benjamin Potter       | 14/11/15                         |                | NZR        |
| M40   | 7.36         | Anthony Wall          | 2011 (before records introduced) | -0.9 m/s       |            |
| M45   | 7.55         | John Campbell         | 2012 Nationals                   | -0.6 m/s       | NZR        |
| M50   | 7.58         | John Campbell         | 2013 Gideon Tait                 | 0.9 m/s        | NZR        |
| M55   | 8.14         | Seelan Ramiah         | 2015 Oceania Rarotonga           | 1.2 m/s        |            |
| M60   | 8.36         | Tony Deleiros         | 26/01/08                         | -1.4 m/s       |            |
| M65   | 8.52         | Trevor Guptill        | 2016 Aust Masters Champs         | 0.0 m/s        |            |
| M70   | 8.71         | Trevor Guptill        | 2018 Aust Masters Champs         | 0.2 m/s        | NZR        |
| M75   | 10.23        | John Lester           | 2018 AMA Meet 2                  | -1.6 m/s       |            |
| M80   | 11.22        | Ron Johnson           | 2015 AMA Champs                  | -1.4 m/s       |            |
| M85   | 16.5         | Wallace Opperman      | 2012                             |                | NZR        |
| <b>100m</b>   |              |                       |                                  |                |            |
| M30   | 11.59        | Corney Carstens       | 2006 Nationals                   |                |            |
| M35   | 10.87        | Carl van der Speck    | 26/10/16                         |                | NZR        |
| M40   | 11.29        | Anthony Wall          | 20/03/11                         |                | NZR        |
| M45   | 11.71        | John Campbell         | 2012 Oceania Tauranga            | 1.6 m/s        |            |
| M50   | 11.85        | John Campbell         | 2013 WMA Brazil                  | 0.0 m/s        |            |
| M55   | 12.8h        | Frank Evens           | 1982                             |                |            |
| M60   | 13.01        | Tony Deleiros         | 2007 WMA Riccione                | 0.1 m/s        |            |
| M65   | 13.31        | Trevor Guptill        | 2013 WMA Brazil                  | 0.0 m/s        |            |
| M70   | <b>13.78</b> | <b>Trevor Guptill</b> | <b>2018 WMA Malaga</b>           | <b>1.5 m/s</b> | <b>NZR</b> |
| M75   | 15.41        | John Lester           | 25/02/18                         |                |            |
| M80   | 17.5h        | Syd Taylor            | 1996 AMA Champs                  |                |            |
| M85   | 19.46        | Syd Taylor            | 2001                             |                |            |
| M90   | 21.51        | Syd Taylor            | 2006 Nationals                   |                |            |
| <b>200m</b>   |              |                       |                                  |                |            |
| M30   | 23.8h        | Corney Carstens       | 2006 Top Team 3                  |                |            |
| M35   | 22.14        | Benjamin Potter       | 2017 WMG Auckland                | 0.6 m/s        |            |
| M40   | 23.33        | Anthony Wall          | 20/03/11                         | -0.9 m/s       |            |
| M45   | 24.05        | Doug Barry            | 1979                             |                |            |
| M50   | 24.21        | John Campbell         | 2013 WMA Brazil                  | 0.5 m/s        |            |
| M55   | 25.9h        | Tony Deleiros         | 2006 Top Team 1                  |                |            |
| M60   | 25.94        | Tony Deleiros         | 2007 WMA Riccione                | -0.8 m/s       |            |
| M65   | 27.25        | Trevor Guptill        | 2014 Oceania Bendigo             | 1.4 m/s        | NZR        |
| M70   | 27.98        | Trevor Guptill        | 2016 WMA Perth                   | 1.8 m/s        | NZR        |
| M75   | 33.54        | John Lester           | 2018 Nationals                   | 1.1 m/s        |            |
| M80   | 36.8h        | Syd Taylor            | 25/02/96                         |                |            |
| M85   | 40.21        | Syd Taylor            | 2001                             |                |            |
| M90   | 47.38        | Syd Taylor            | 2006 Nationals                   |                | NZR        |
| <b>400m</b>   |              |                       |                                  |                |            |
| M35   | 50.30        | Benjamin Potter       | 2017 WMG Auckland                |                |            |
| M40   | 52.38        | Wayne Holroyd         | 2018 AMA Champs                  |                |            |
| M45   | 54           | Lee Fairclough        | 2018 Nationals                   |                |            |

|     |         |               |                           |  |     |
|-----|---------|---------------|---------------------------|--|-----|
| M50 | 56.17   | Frank Evens   | 1979                      |  |     |
| M55 | 56.7h   | Frank Evens   | 1981                      |  |     |
| M60 | 58.11   | Frank Evens   | 1985 WMA Rome             |  | NZR |
| M65 | 61.75   | Frank Evens   | 1990 Oceania Auckland     |  | NZR |
| M70 | 67.04   | Tony Deleiros | 2017 WMG Auckland         |  |     |
| M75 | 82.02   | Hector Mein   | 2006 Oceania Christchurch |  |     |
| M80 | 96.83   | Ron Johnson   | 2013 WMA Brazil           |  |     |
| M85 | 1.42.99 | Ron Johnson   | 2018 Oceania Dunedin      |  |     |

#### 800m

|     |                |                    |                        |  |     |
|-----|----------------|--------------------|------------------------|--|-----|
| M30 | 2.07.17        | Adam Gallagher     | 2018 Nationals         |  |     |
| M35 | 2.00.61        | David Catherwood   | 9/03/18                |  |     |
| M40 | 2.00.01        | Dave Sirl          | 1985                   |  |     |
| M45 | 1.58.42        | Dave Sirl          | 1987                   |  | NZR |
| M50 | 2.05.00        | Bill Baillie       | 1984                   |  |     |
| M55 | 2.08.00        | Frank Evens        | 1981                   |  |     |
| M60 | 2.14.02        | Frank Evens        | 1985 WMA Rome          |  |     |
| M65 | 2.25.72        | Frank Evens        | 1990 Oceania Auckland  |  |     |
| M70 | 2.40.28        | Barry Jones        | 2014 AMA Champs        |  |     |
| M75 | <b>3.03.46</b> | <b>Barry Jones</b> | <b>2018 WMA Malaga</b> |  |     |

#### 1500m

|     |                |                    |                        |  |  |
|-----|----------------|--------------------|------------------------|--|--|
| M30 | 4.20.70        | Adam Gallagher     | 2018 Nationals         |  |  |
| M35 | 4.13.31        | Dave Drummond      | 2002 Oceania Geelong   |  |  |
| M40 | 4.04.70        | Dave Sirl          | 1985                   |  |  |
| M45 | 4.01.47        | Dave Sirl          | 1987                   |  |  |
| M50 | 4.12.50        | Bill Baillie       | 1984                   |  |  |
| M55 | 4.32.47        | Alan Galbraith     | 2001 WMA Brisbane      |  |  |
| M60 | 4.47.89        | Alan Galbraith     | 2005 Nationals         |  |  |
| M65 | 5.07.60        | Richard Chase      | 2000                   |  |  |
| M70 | 5.40.00        | Anson Clapcott     | 2015 NI Champs         |  |  |
| M75 | <b>6.35.05</b> | <b>Barry Jones</b> | <b>2018 WMA Malaga</b> |  |  |
| M80 | 7.20.75        | Jim Feist          | 2015 NI Champs         |  |  |
| M85 | 9.07.39        | Ron Johnson        | 2018 Oceania Dunedin   |  |  |

#### 1 Mile

|     |         |             |               |  |  |
|-----|---------|-------------|---------------|--|--|
| M40 | 4.18.80 | Rod Dixon   | 1990 Papakura |  |  |
| M45 | 4.16.75 | Dave Sirl   | 6/12/87       |  |  |
| M50 | 4.39.20 | John Davies | 1990 Papakura |  |  |

#### 3000m

|     |          |                    |                    |  |     |
|-----|----------|--------------------|--------------------|--|-----|
| M30 | 9.34.88  | Adam Gallagher     | 2018 Nationals     |  |     |
| M35 | 9.20.88  | Dave Drummond      |                    |  |     |
| M40 | 8.45.80  | Ted Mclachlan      | 1996 Top Team 3    |  |     |
| M45 | 9.33.00  | Murray Nelson      |                    |  |     |
| M50 | 9.52.15  | Ken Walker         | 11/02/15 Auck Open |  |     |
| M55 | 10.01.82 | Alastair Prangnell | 2014 Top Team 2    |  |     |
| M60 | 10.22.00 | Dick Chase         |                    |  |     |
| M65 | 10.34.00 | Dick Chase         | 1998               |  |     |
| M70 | 11.39.19 | Leonard Wigham     | 2002               |  | NZR |
| M75 | 14.26.60 | Hector Mein        | 2006 Top Team 3    |  |     |

#### 5000m

|     |          |             |      |  |  |
|-----|----------|-------------|------|--|--|
| M35 | 15.32.80 | John Sharp  | 1989 |  |  |
| M40 | 15.00.40 | Reg House   | 1986 |  |  |
| M45 | 15.38.15 | Fred Smith  | 1987 |  |  |
| M50 | 15.37.70 | Barry Magee | 1984 |  |  |

|     |          |                |                       |  |  |
|-----|----------|----------------|-----------------------|--|--|
| M55 | 16.56.30 | Barry Magee    | 1990 Oceania Auckland |  |  |
| M60 | 16.56.62 | Alan Galbraith | 2005 Nationals        |  |  |
| M65 | 18.44.76 | Alan Galbraith | 2010 AMA Champs       |  |  |
| M70 | 19.37.11 | Win Nelmes     | 1998                  |  |  |
| M75 | 22.45.00 | Win Nelmes     | 1990                  |  |  |
| M80 | 27.59.60 | Jim Feist      | 2015 NI Champs        |  |  |

#### 10000m

|     |            |                |                 |  |  |
|-----|------------|----------------|-----------------|--|--|
| M35 | 34.46.30   | Pat Bradley    | 1979            |  |  |
| M40 | 31.23.10   | Paul Sumpter   | 1987            |  |  |
| M45 | 31.57.38   | Fred Smith     | 1987            |  |  |
| M50 | 33.08.60   | Barry Magee    | 1984            |  |  |
| M55 | 35.35.33   | Alan Galbraith | 2001 AMA Champs |  |  |
| M60 | 39.48.00   | George Pearce  | 1993            |  |  |
| M65 | 40.26.90   | Leonard Wigham | 2000            |  |  |
| M70 | 41.04.97   | Leonard Wigham | 2002            |  |  |
| M75 | 50.35.00   | Jim Jamieson   | 1984            |  |  |
| M80 | 1:03.09.53 | Jim Feist      | 11/12/16        |  |  |

#### 2000m Steeplechase

(76.2cm)

|     |          |              |                           |  |     |
|-----|----------|--------------|---------------------------|--|-----|
| M60 | 8.00.10  | Mike Brunt   | 2000                      |  |     |
| M65 | 8.29.29  | Ron Johnson  | 1997 WMA Durban           |  |     |
| M70 | 8.59.48  | Joe Jones    | 1994 WMA Brisbane         |  |     |
| M75 | 9.57.89  | Hector Mein  | 2006 Oceania Christchurch |  | NZR |
| M80 | 11.48.22 | Jim Jamieson | 1989 Nationals            |  | NZR |

#### 3000m Steeplechase

(91.4cm)

|     |          |                  |                |  |     |
|-----|----------|------------------|----------------|--|-----|
| M35 | 10.33.02 | Dave Drummond    | 2003 Nationals |  |     |
| M40 | 9.37.59  | Barry Cooper     | 1987           |  |     |
| M45 | 10.32.50 | Bill Rodger      | 1979           |  |     |
| M50 | 11.12.83 | Norris Wyatt     | 1984           |  |     |
| M55 | 11.53.25 | Norris Wyatt     | 1998           |  |     |
| M60 | 13.22.42 | Wallace Opperman | 1986 Nationals |  | NZR |
| M70 | 15.09.75 | Jim Jamieson     | 1981           |  | NZR |

#### 80m Hurdles

|     |       |               |                   |         |     |
|-----|-------|---------------|-------------------|---------|-----|
| M50 | 12.69 | Roy Williams  | 1986              |         | NZR |
| M60 | 16.74 | Vince Harris  | 1993              |         |     |
| M70 | 16.06 | David Anstiss | 2018 Nationals    | 0.4 m/s |     |
| M75 | 19.12 | Ron Johnson   | 2007 WMA Riccione |         |     |
| M80 | 20.19 | Ron Johnson   | 2014 Nationals    | 0.9 m/s | NZR |

#### 100m Hurdles

|     |       |                |                   |         |  |
|-----|-------|----------------|-------------------|---------|--|
| M40 | 14.39 | R Jenkins      | 1988              |         |  |
| M45 | 19.78 | Allen Smith    | 1996              |         |  |
| M50 | 17.7h | Tony Catchpole | 14/11/10          | 0.4 m/s |  |
| M55 | 17.20 | Jan Speerstra  | 1988              |         |  |
| M60 | 19.35 | Roy Petrie     | 2001 WMA Brisbane |         |  |
| M65 | 21.32 | Ron Johnson    | 1999 Aust Champs  |         |  |

#### 110m Hurdles

|     |       |               |      |  |     |
|-----|-------|---------------|------|--|-----|
| M35 | 17.65 | Brent Booker  | 2005 |  | NZR |
| M40 | 19.60 | Nigel Toy     | 1985 |  |     |
| M45 | 20.40 | Earl Crowley  | 2002 |  |     |
| M50 | 19.23 | Jan Speerstra | 1980 |  |     |

#### 200m Hurdles

|     |       |             |               |  |  |
|-----|-------|-------------|---------------|--|--|
| M80 | 43.30 | Ron Johnson | 2012 Pan Pacs |  |  |
|-----|-------|-------------|---------------|--|--|

### 300m Hurdles

|     |       |               |                   |  |  |
|-----|-------|---------------|-------------------|--|--|
| M45 | 51.40 | Nigel Toy     | 1989              |  |  |
| M50 | 56.99 | John Penny    | 1989              |  |  |
| M55 | 54.50 | Jan Speerstra | 1988              |  |  |
| M60 | 52.16 | Roy Petrie    | 2001 WMA Brisbane |  |  |
| M65 | 50.46 | Alan Dougall  | 2013 WMA Brazil   |  |  |
| M70 | 59.4  | David Anstiss | 19/02/17          |  |  |
| M75 | 69.62 | Hector Mein   | 2006 National     |  |  |

### 400m Hurdles

|     |       |                 |      |  |     |
|-----|-------|-----------------|------|--|-----|
| M35 | 66.49 | Neil Bartlett   | 1996 |  |     |
| M40 | 62.0h | John Redwood    | 1984 |  |     |
| M45 | 63.54 | Peter Philpotts | 1981 |  |     |
| M50 | 63.0h | Jan Speerstra   | 1981 |  | NZR |
| M55 | 66.4h | Jan Speerstra   | 1985 |  |     |
| M60 | 88.83 | Hugh Clark      | 1983 |  |     |

### 4 x 100m Relay

|     |       |                                 |                |  |     |
|-----|-------|---------------------------------|----------------|--|-----|
| M65 | 55.75 | Guptill/Carter/Deleiros/Dougall | 2016 WMA Perth |  | NZR |
|-----|-------|---------------------------------|----------------|--|-----|

### Shotput

|     |             |                    |                        |  |            |
|-----|-------------|--------------------|------------------------|--|------------|
| M30 | 8.64        | Dewald Immink      | 15/10/06               |  |            |
| M35 | 12.25       | Deon Wagner        | 2004                   |  |            |
| M40 | 14.43       | Les Mills          | 1975                   |  |            |
| M45 | 13.68       | Laini Inivale      | 2015 Oceania Rarotonga |  | NZR        |
| M50 | 14.82       | Laini Inivale      | 2018 Oceania Dunedin   |  | NZR        |
| M55 | 13.38       | Arthur Husband     | 1979                   |  |            |
| M60 | 14.62       | Arthur Husband     | 1982 Oceania Suva      |  |            |
| M65 | 11.73       | Tuariki Delamere   | 2018 Oceania Dunedin   |  |            |
| M70 | 12.08       | Sam Johnson        | 1993                   |  |            |
| M75 | 9.34        | Claude Clegg       | 1989                   |  |            |
| M80 | 10.03       | Ron Johnson        | 2013 WMA Brazil        |  |            |
| M85 | <b>8.97</b> | <b>Ron Johnson</b> | <b>2018 WMA Malaga</b> |  | <b>NZR</b> |
| M90 | 3.87        | Syd Taylor         | 2006 Top Team 3        |  |            |

### Discus

|     |       |                 |                          |  |     |
|-----|-------|-----------------|--------------------------|--|-----|
| M30 | 29.95 | Vaughan Hibbert | 15/10/06                 |  |     |
| M35 | 41.51 | Deon Wagner     |                          |  |     |
| M40 | 43.44 | Roy Williams    | 1975 Nationals           |  | NZR |
| M45 | 43.12 | Roy Williams    | 1981                     |  | NZR |
| M50 | 44.20 | Roy Williams    | 1986                     |  |     |
| M55 | 39.46 | Stuart Williams | 2001                     |  |     |
| M60 | 42.34 | Sam Johnson     | 1984                     |  |     |
| M65 | 39.64 | Sam Johnson     | 1990 Oceania Auckland    |  |     |
| M70 | 38.20 | Sam Johnson     | 1992 Oceania Norfolk Is. |  | NZR |
| M75 | 29.66 | Ron Johnson     | 2007 WMA Riccione        |  |     |
| M80 | 27.01 | Ron Johnson     | 2015 Nationals           |  |     |
| M85 | 22.90 | Ron Johnson     | 2018 Oceania Dunedin     |  |     |

### Hammer

|     |       |              |                 |  |     |
|-----|-------|--------------|-----------------|--|-----|
| M35 | 48.62 | Mark Cumming | 2002 Winter Pen |  | NZR |
| M40 | 48.73 | Mark Cumming | 2002            |  |     |
| M45 | 50.77 | Mark Cumming | 2009 WMG Sydney |  | NZR |
| M50 | 56.58 | Mark Cumming | 13/01/13        |  | NZR |

|     |              |                    |                        |  |            |
|-----|--------------|--------------------|------------------------|--|------------|
| M55 | 52.87        | Mark Cumming       | 2017 WMG Auckland      |  | NZR        |
| M60 | 43.58        | Max Carr           | 1985                   |  |            |
| M65 | 45.70        | Max Carr           | 1987                   |  |            |
| M70 | 44.44        | Max Carr           | 1993                   |  |            |
| M75 | 37.40        | Max Carr           | 1997 WMA Durban        |  | NZR        |
| M80 | 34.78        | Ron Johnson        | 2015 WMA Lyon          |  |            |
| M85 | <b>25.39</b> | <b>Ron Johnson</b> | <b>2018 WMA Malaga</b> |  | <b>NZR</b> |

#### Javelin

|     |       |                |                          |  |     |
|-----|-------|----------------|--------------------------|--|-----|
| M30 | 35.57 | Pawan Kumar    | 16/10/16                 |  |     |
| M35 | 42.75 | Keith Adams    | 1982                     |  |     |
| M40 | 66.55 | Daryl Brand    | 9/02/08                  |  | NZR |
| M45 | 61.97 | Daryl Brand    | 2009 Nationals           |  | NZR |
| M50 | 61.74 | Nigel Stainton | 2014 Top Team 3          |  | NZR |
| M55 | 51.40 | Nigel Stainton | 29/01/17                 |  | NZR |
| M60 | 38.22 | Sam Johnson    | 1983                     |  |     |
| M65 | 36.91 | Ron Johnson    | 2000 Oceania Norfolk Is. |  |     |
| M70 | 39.95 | Ron Johnson    | 2003 WMA Carolina        |  |     |
| M75 | 31.14 | Claude Clegg   | 1990 Oceania Auckland    |  |     |
| M80 | 31.59 | Ron Johnson    | 2014 AMA Champs          |  | NZR |
| M85 | 25.42 | Ron Johnson    | 2018 Nationals           |  | NZR |

#### Weight Throw

|     |              |                    |                        |  |     |
|-----|--------------|--------------------|------------------------|--|-----|
| M35 | 15.01        | Mark Cumming       | 2001                   |  |     |
| M40 | 16.14        | Mark Cumming       | 2006 Gideon Tait       |  |     |
| M45 | 15.49        | Mark Cumming       | 2009 WMG Sydney        |  |     |
| M50 | 20.11        | Mark Cumming       | 2012 Pan Pacs          |  | NZR |
| M55 | 19.55        | Mark Cumming       | 2017 WMG Auckland      |  | NZR |
| M60 | 14.09        | Hans Barnard       | 2017 WMG Auckland      |  |     |
| M65 | 14.30        | Max Carr           | 13/03/92               |  |     |
| M70 | 17.72        | Max Carr           | 1994 Nationals         |  |     |
| M75 | 10.99        | Laurie Carter      | 2002                   |  |     |
| M80 | 12.70        | Ron Johnson        | 2014 Pan Pacs          |  |     |
| M85 | <b>10.26</b> | <b>Ron Johnson</b> | <b>2018 WMA Malaga</b> |  |     |

#### High Jump

|     |      |                  |                      |  |     |
|-----|------|------------------|----------------------|--|-----|
| M35 | 1.90 | Peter Galliven   | 2006 Nationals       |  |     |
| M40 | 1.85 | Roger Westbury   | 30/03/08             |  |     |
| M45 | 1.68 | David Ledger     | 3/04/10              |  |     |
| M50 | 1.75 | Ho Young Do      | 2013 Gideon Tait     |  | NZR |
| M55 | 1.55 | Trevor Walker    | 9/04/17              |  |     |
| M60 | 1.45 | Ray Hooper       | 2017 WMG Auckland    |  |     |
| M65 | 1.45 | Tuariki Delamere | 14/01/17             |  | NZR |
| M70 | 1.37 | David Anstiss    | 2017 WMG Auckland    |  | NZR |
| M75 | 1.15 | Hector Mein      | 2007 AMA Champs      |  |     |
| M80 | 1.07 | Ron Johnson      | 2013 AMA Champs      |  |     |
| M85 | 0.99 | Ron Johnson      | 2018 Oceania Dunedin |  |     |

#### Long Jump

|     |      |                 |                   |  |     |
|-----|------|-----------------|-------------------|--|-----|
| M30 | 5.08 | Corney Carstens | 2006 Nationals    |  |     |
| M35 | 6.19 | Jim Munns       | 1979              |  |     |
| M40 | 6.81 | Roy Williams    | 1975              |  | NZR |
| M45 | 6.46 | Roy Williams    | 1981              |  | NZR |
| M50 | 5.60 | Roy Williams    | 1986              |  |     |
| M55 | 5.51 | Trevor Walker   | 2017 WMG Auckland |  |     |
| M60 | 4.78 | Roy Petrie      | 1/12/00           |  |     |

|     |      |             |                      |  |     |
|-----|------|-------------|----------------------|--|-----|
| M65 | 4.36 | Ron Johnson | 1997 Nationals       |  | NZR |
| M70 | 4.02 | Syd Taylor  | 1986                 |  |     |
| M75 | 3.57 | Hector Mein | 2006 Nationals       |  | NZR |
| M80 | 3.16 | Ron Johnson | 2013 WMA Brazil      |  | NZR |
| M85 | 2.55 | Ron Johnson | 2018 Oceania Dunedin |  |     |

### Triple Jump

|     |       |                  |                   |          |     |
|-----|-------|------------------|-------------------|----------|-----|
| M30 | 10.92 | Alaric Fernandes | 2015 AMA Champs   | 2.0 m/s  |     |
| M35 | 13.55 | Brent Booker     | 2005              |          | NZR |
| M40 | 12.31 | Kevin Todd       | 1990              |          |     |
| M45 | 11.27 | Steve Priest     | 2/03/97           |          |     |
| M50 | 11.19 | Ho Young Do      | 7/04/13           |          |     |
| M55 | 11.52 | Trevor Walker    | 2017 WMG Auckland |          | NZR |
| M60 | 8.99  | Trevor Cowley    | 26/02/95          |          |     |
| M65 | 9.23  | David Anstiss    | 2013 AMA Champs   |          |     |
| M70 | 9.16  | David Anstiss    | 2015 NI Champs    | 1.0 m/s  | NZR |
| M75 | 7.04  | Ron Johnson      | 7/03/09           |          |     |
| M80 | 6.53  | Ron Johnson      | 2014 Nationals    |          | NZR |
| M85 | 5.58  | Ron Johnson      | 2018 Nationals    | -1.7 m/s | NZR |

### Pole Vault

|     |      |                 |                      |  |     |
|-----|------|-----------------|----------------------|--|-----|
| M35 | 3.90 | Brent Booker    |                      |  |     |
| M40 | 3.01 | Tim Frost       | 1986                 |  |     |
| M45 | 3.02 | Peter Philpotts | 1981                 |  |     |
| M50 | 3.21 | Roy Williams    | 1986                 |  |     |
| M55 | 2.40 | Jols Pols       | 2005 Top Team 2      |  |     |
| M60 | 2.40 | Ron Johnson     | 1994 Natioanls       |  |     |
| M65 | 2.50 | Ron Johnson     | 2001                 |  |     |
| M70 | 2.40 | Ron Johnson     | 2002                 |  | NZR |
| M75 | 2.10 | Ron Johnson     | 2007 WMA Riccione    |  | NZR |
| M80 | 1.80 | Ron Johnson     | 2014 Pan Pacs        |  | NZR |
| M85 | 1.50 | Ron Johnson     | 2018 Oceania Dunedin |  | NZR |

### Pentathlon

|     |      |               |                |  |     |
|-----|------|---------------|----------------|--|-----|
| M35 | 2418 | Neil Bartlett | 23/02/97       |  |     |
| M40 | 2847 | Robert Purdie | 1994           |  |     |
| M45 | 4156 | Roy Williams  | 1981           |  |     |
| M50 | 3945 | Roy Williams  | 1986           |  |     |
| M55 | 2568 | Trevor Cowley | 1994           |  |     |
| M60 | 3304 | Ron Johnson   | 1995           |  |     |
| M65 | 3693 | Ron Johnson   | 1997           |  | NZR |
| M70 | 3560 | Ron Johnson   | 2002           |  | NZR |
| M75 | 3226 | Ron Johnson   | 2008           |  | NZR |
| M80 | 2838 | Ron Johnson   | 2014 Nationals |  | NZR |

### Decathlon

|     |      |                 |                   |  |     |
|-----|------|-----------------|-------------------|--|-----|
| M35 | 5704 | Brent Booker    | 2005 Com. Events  |  | NZR |
| M40 | 6110 | Roy Williams    | 1975              |  |     |
| M45 | 7870 | Roy Williams    | 1980              |  | NZR |
| M50 | 6058 | Andy Richardson | 2017 WMG Auckland |  |     |
| M55 | 4016 | Jols Pols       | NZ Masters Comb   |  |     |
| M60 | 6246 | Ron Johnson     | 1997 WMA Durban   |  |     |
| M65 | 7114 | Ron Johnson     | 2001              |  | NZR |
| M70 | 6128 | Ron Johnson     | 2004              |  | NZR |
| M75 | 6564 | Ron Johnson     | 2008              |  | NZR |
| M80 | 5869 | Ron Johnson     | 2013 WMA Brazil   |  | NZR |

|     |      |             |                      |  |     |
|-----|------|-------------|----------------------|--|-----|
| M85 | 5513 | Ron Johnson | 2018 Oceania Dunedin |  | NZR |
|-----|------|-------------|----------------------|--|-----|

### Throws Pentathlon

(new Feb 97)

|     |             |                    |                        |  |            |
|-----|-------------|--------------------|------------------------|--|------------|
| M35 | 2793        | Deon Wagner        | 2005 WMA Spain         |  |            |
| M40 | 3100        | Mark Cumming       | 2002 Adelaide          |  | NZR        |
| M45 | 3295        | Mark Cumming       | 2009 WMG Sydney        |  | NZR        |
| M50 | 3500        | Mark Cumming       | 2013 Nationals         |  | NZR        |
| M55 | 3649        | Mark Cumming       | 2017 WMG Auckland      |  |            |
| M60 | 3206        | Ces Scott          | 1993 Nationals         |  |            |
| M65 | 3948        | Sam Johnson        | 1990 Oceania Auckland  |  |            |
| M70 | 4322        | Sam Johnson        | 1993 Nationals         |  | NZR        |
| M75 | 3346        | Max Carr           | 1997 WMA Durban        |  |            |
| M80 | 3789        | Ron Johnson        | 2013 AMA Champs        |  | NZR        |
| M85 | <b>3668</b> | <b>Ron Johnson</b> | <b>2018 WMA Malaga</b> |  | <b>NZR</b> |

### 10km Road Race

|     |       |                 |                       |  |  |
|-----|-------|-----------------|-----------------------|--|--|
| M35 | 34.02 | Dave Drummond   | 2002 Sir Barry Curtis |  |  |
| M40 | 30.45 | Kerry Rodger    | 2004 Non Stadia       |  |  |
| M45 | 32.11 | Dave Sirl       | 1991 Napier           |  |  |
| M50 | 33.53 | Fred Smith      | 1992 Cambridge        |  |  |
| M55 | 34.06 | Clive Henderson | 1998 Wanganui         |  |  |
| M60 | 35.53 | Alan Galbraith  | 2004 Non Stadia       |  |  |
| M65 | 40.02 | Len Wigham      | 1999 Auckland         |  |  |
| M70 | 40.28 | Len Wigham      | 2001 Hamiton          |  |  |
| M75 | 59.06 | Joe Jones       | 1999 Auckland         |  |  |

### Half Marathon

|     |         |                 |                 |  |     |
|-----|---------|-----------------|-----------------|--|-----|
| M35 | 1.16.14 | Hans Oberst     | 1994 Auck Vets  |  |     |
| M40 | 1.08.34 | Kerry Rodger    | 2004 Non Stadia |  |     |
| M45 | 1.11.34 | Kevin Hamilton  | 1994 Papakura   |  |     |
| M50 | 1.14.08 | Clive Henderson | 1996 Huntly     |  |     |
| M55 | 1.16.21 | Clive Henderson | 1999 Auckland   |  |     |
| M60 | 1.17.53 | Clive Henderson | 2003 Huntly     |  | NZR |
| M65 | 1.23.27 | Len Wigham      | 1999            |  | NZR |
| M70 | 1.35.18 | Peter Davis     | 1996 Auck Vets  |  |     |
| M75 | 1.27.51 | Ian Malloves    | 2004 Non Stadia |  | NZR |

### Marathon

|     |         |                    |                 |  |  |
|-----|---------|--------------------|-----------------|--|--|
| M35 | 2.58.27 | Dave Drummond      | 2004 Non Stadia |  |  |
| M40 | 2.30.44 | Euan Robertson     | 1992 Auckland   |  |  |
| M45 | 2.32.05 | Kevin Hamilton     | 1994 Rotorua    |  |  |
| M50 | 2.41.09 | Kevin Hamilton     | 1997 Rotorua    |  |  |
| M55 | 2.49.01 | Alastair Prangnell | 2013 Auckland   |  |  |
| M60 | 2.47.40 | Clive Henderson    | 2002 Melbourne  |  |  |
| M65 | 3.22.09 | Peter Davis        | 1992 Auckland   |  |  |
| M70 | 3.48.12 | Les Hall           | 1992 Auckland   |  |  |

### 3000m Track Walk

|     |          |                |                |  |     |
|-----|----------|----------------|----------------|--|-----|
| M40 | 13.48.30 | Maurice Hinton | 1979           |  |     |
| M45 | 12.05.50 | Gary Little    | 1991 Auckland  |  | WR  |
| M50 | 12.17.25 | Gary Little    | 1993 Auckland  |  | WR  |
| M55 | 13.00.00 | Gary Little    | 29/11/97       |  | NZR |
| M60 | 13.57.11 | Mike Parker    | 8/03/14        |  | NZR |
| M65 | 15.59.20 | Maurice Hinton | 2001 Nationals |  | NZR |
| M70 | 20.44.10 | Jim Jamieson   | 1983           |  |     |
| M75 | 21.36.70 | Jim Jamieson   | 1984           |  |     |

|     |          |             |               |  |  |
|-----|----------|-------------|---------------|--|--|
| M80 | 22.07.90 | Ron Johnson | 2012 Pan Pacs |  |  |
|-----|----------|-------------|---------------|--|--|

#### 5000m Track Walk

|     |          |                |                      |  |     |
|-----|----------|----------------|----------------------|--|-----|
| M35 | 23.12.58 | Kevin Taylor   | 1990                 |  |     |
| M40 | 24.33.64 | Kevin Henwood  | 1990                 |  |     |
| M45 | 20.54.40 | Gary Little    | 1991 Auckland        |  | WR  |
| M50 | 21.01.00 | Gary Little    | 16/02/92             |  | NZR |
| M55 | 22.14.93 | Gary Little    | 19/01/98             |  | NZR |
| M60 | 23.44.09 | Gary Little    | 10/09/02             |  | NZR |
| M65 | 28.06.26 | Maurice Hinton | 2001                 |  | NZR |
| M75 | 38.36.00 | Arther Paul    | 1990                 |  |     |
| M80 | 38.25.81 | Ron Johnson    | 2015 WMA Lyon        |  | NZR |
| M85 | 39.48.11 | Ron Johnson    | 2018 Oceania Dunedin |  | NZR |

#### 10000m Track Walk

|     |          |             |               |  |     |
|-----|----------|-------------|---------------|--|-----|
| M50 | 43.48.85 | Gary Little | 1992          |  | NZR |
| M55 | 48.49.00 | Mike Parker | 2010          |  | NZR |
| M60 | 49.22.70 | Gary Little | 2002 Auck     |  | NZR |
| M80 | 75.08.00 | Ron Johnson | 2015 WMA Lyon |  |     |

#### 10km Road Walk

|     |           |               |                           |  |     |
|-----|-----------|---------------|---------------------------|--|-----|
| M35 | 48.44.8   | Kevin Taylor  | 1986                      |  |     |
| M40 | 44.39.9   | Morrie Hinton | 1980                      |  | NZR |
| M45 | 43.43.6   | Gary Little   | 1991                      |  | NZR |
| M50 | 42.20.0   | Gary Little   | 1992 Christchurch         |  | WR  |
| M55 | 45.39.0   | Gary Little   | 11/10/97                  |  | NZR |
| M60 | 49.01.0   | Gary Little   | 2004 Nationals            |  | NZR |
| M65 | 57.25.0   | Morrie Hinton | 2001 Auck Vets            |  |     |
| M70 | 1.01.15.0 | Morrie Hinton | 2006 Oceania Christchurch |  |     |
| M75 | 74.25.0   | Jim Jamieson  | 1984                      |  |     |
| M80 | 90.43.0   | Jim Jamieson  | 1991                      |  |     |

#### 20km Road Walk

|     |         |               |                       |  |     |
|-----|---------|---------------|-----------------------|--|-----|
| M45 | 1.28.32 | Gary Little   | 12/10/91              |  | NZR |
| M50 | 1.26.32 | Gary Little   | 16/02/92              |  | NZR |
| M55 | 1.36.10 | Gary Little   | 9/09/97               |  | NZR |
| M60 | 1.51.04 | Mike Parker   | 2016 NZ Senior Champs |  | NZR |
| M65 | 2.03.03 | Morrie Hinton | 2001                  |  |     |

#### 50km Road Walk

|     |           |               |                |  |     |
|-----|-----------|---------------|----------------|--|-----|
| M45 | 4.39.27.0 | Gary Little   | 2/06/91        |  | NZR |
| M50 | 4.16.36.4 | Gary Little   | 1992 Nationals |  | NZR |
| M55 | 4.49.36.0 | Gary Little   | 9/01/97        |  | NZR |
| M60 | 5.25.44.0 | Gary Little   | 2003 Nationals |  | NZR |
| M65 | 5.52.58.0 | Dudley Harris | 1991           |  | NZR |
| M70 | 6.56.47.0 | Dudley Harris | 1998 Melbourne |  |     |

#### 1 Mile Track Walk

(Non-Standard Distance)

|     |         |               |          |  |  |
|-----|---------|---------------|----------|--|--|
| M35 | 7.36.6  | Kevin Burge   | 26/02/96 |  |  |
| M40 | 7.03.0  | Kevin Henwood | 1989     |  |  |
| M45 | 6.56.2  | Morrie Hinton | 1982     |  |  |
| M50 | 6.57.7  | Gary Little   | 25/02/96 |  |  |
| M55 | 7.49.8  | Morrie Hinton | 1991     |  |  |
| M60 | 9.23.1  | Owen Mildon   | 1993     |  |  |
| M65 | 9.45.7  | Keith Sanders | 1993     |  |  |
| M70 | 10.07.5 | Keith Sanders | 26/02/95 |  |  |



|     |         |              |      |  |  |
|-----|---------|--------------|------|--|--|
| M75 | 9.38.0  | Jim Jamieson | 1992 |  |  |
| M80 | 14.44.8 | Jim Jamieson | 1992 |  |  |

|                          |          |                         |      |  |  |
|--------------------------|----------|-------------------------|------|--|--|
| <b>2 Mile Track Walk</b> |          | (Non-Standard Distance) |      |  |  |
| M45                      | 13.21.70 | Gary Little             | 1991 |  |  |
| M50                      | 12.57.73 | Gary Little             | 1992 |  |  |

|                          |            |                         |      |  |  |
|--------------------------|------------|-------------------------|------|--|--|
| <b>15000m Track Walk</b> |            | (Non-Standard Distance) |      |  |  |
| M50                      | 1.07.48.70 | Gary Little             | 1992 |  |  |

|                          |            |                         |      |  |     |
|--------------------------|------------|-------------------------|------|--|-----|
| <b>20000m Track Walk</b> |            | (Non-Standard Distance) |      |  |     |
| M45                      | 1.29.18.00 | Gary Little             | 1991 |  | NZR |
| M60                      | 1.49.37.10 | Gary Little             | 2004 |  | NZR |

|                          |            |                         |      |  |  |
|--------------------------|------------|-------------------------|------|--|--|
| <b>25000m Track Walk</b> |            | (Non-Standard Distance) |      |  |  |
| M50                      | 1.56.10.50 | Gary Little             | 1993 |  |  |

|                          |            |                         |             |  |    |
|--------------------------|------------|-------------------------|-------------|--|----|
| <b>30000m Track Walk</b> |            | (Non-Standard Distance) |             |  |    |
| M45                      | 2.18.41.00 | Gary Little             | 1991 Napier |  | WR |

|                       |         |                         |          |  |     |
|-----------------------|---------|-------------------------|----------|--|-----|
| <b>15km Road Walk</b> |         | (Non-Standard Distance) |          |  |     |
| M45                   | 1.05.00 | Gary Little             | 1991     |  | NZR |
| M50                   | 1.04.18 | Gary Little             | 16/02/92 |  | NZR |
| M55                   | 1.09.25 | Gary Little             | 11/10/97 |  | NZR |
| M60                   | 1.18.42 | Gary Little             | 18/06/05 |  | NZR |

|                       |         |                         |          |  |     |
|-----------------------|---------|-------------------------|----------|--|-----|
| <b>25km Road Walk</b> |         | (Non-Standard Distance) |          |  |     |
| M45                   | 1.52.10 | Gary Little             | 12/10/91 |  | NZR |
| M50                   | 1.53.55 | Gary Little             | 10/10/92 |  | NZR |
| M55                   | 2.11.44 | Gary Little             | 9/11/97  |  | NZR |
| M65                   | 2.56.04 | Dudley Harris           | 1992     |  | NZR |

|                       |         |                         |            |  |     |
|-----------------------|---------|-------------------------|------------|--|-----|
| <b>30km Road Walk</b> |         | (Non-Standard Distance) |            |  |     |
| M45                   | 2.18.41 | Gary Little             | 1991       |  | NZR |
| M50                   | 2.18.14 | Gary Little             | 1992       |  | NZR |
| M55                   | 2.32.43 | Gary Little             | 1998 Japan |  | NZR |
| M60                   | 2.53.17 | Gary Little             | 2003       |  | NZR |
| M65                   | 3.32.38 | Dudley Harris           | 1992       |  | NZR |