

## Auckland Masters Records



## Women

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)					
W35	7.51	Faith Firestone	2018 Nationals	1.4 m/s	
W40	9.72	Zerena Van Toder	29/01/17	0.3 m/s	
W45	8.56	Susann Rothkopf	12/12/10	1.3 m/s	
W50	9.09	Paula Sharpe	4/03/12	0.1 m/s	
W55	9.11	Jill Hayman	2016 NI Champs	-1.5 m/s	
W60	9.89	Tui Ashe	20/03/11	0.4 m/s	
W65	9.52	Chris Waring	28/11/09	-0.4 m/s	
W70	10.00	Chris Waring	18/01/15 Top Team 2	1.1 m/s	NZR
W75	11.28	Margaret Peters	7/04/13	1.0 m/s	
W80	11.01	Margaret Peters	23/03/14 Top Team 3	0.0 m/s	NZR
W85	30.12	Pam Spiers	20/03/11		NBT
<b>100m</b>					
W30	13.40	Anne Goulter	1994 Oceania Suva		
W35	12.84	Margaret Yates	1981		
W40	12.88	Avis Mcintosh	1981		
W45	12.71	Colleen Mills	1979		NZR
W50	13.21	Wendy Brown	2001 WMA Brisbane		
W55	14.20	Chris Waring	15/03/02		
W60	14.49	Margaret Peters	1994 Nationals		
W65	14.94	Margaret Peters	1999 WMA England	1.1 m/s	
W70	15.16	Margaret Peters	21/03/04		NZR
W75	16.03	Margaret Peters	2009 WMG Sydney		NZR
W80	18.28	Margaret Peters	2014 Top Team 3	0.0 m/s	NZR
<b>200m</b>					
W30	28.26	Anne Goulter	1993		
W35	26.92	Marge Allison	1981		
W40	28.02	Chris Waring	1984		
W45	26.58	Colleen Mills	1979 Nationals		NZR
W50	27.37	Wendy Brown	2001 WMA Brisbane		
W55	29.52	Margaret Peters	1989		
W60	30.10	Margaret Peters	1994 Nationals		
W65	31.00	Margaret Peters	1999 WMA England		
W70	31.45	Margaret Peters	21/03/04		NZR
W75	34.55	Margaret Peters	3/08/09		NZR
W80	40.27	Margaret Peters	2014 Oceania Bendigo	1.5 m/s	NZR
<b>400m</b>					
W30	65.20	R Rodger	1987		
W35	59.30	Adrienne Cranshaw	1984		
W40	58.9h	Colleen Mills	1975		NZR
W45	59.68	Colleen Mills	1981		NZR
W50	64.81	Meghann Stewart	2015 Australian Masters		
W55	68.80	Chris Waring	1999		
W60	72.55	Chris Waring	2005 WMA Spain		
W65	75.45	Margaret Peters	1999 WMA England		

W70	1.20.78	Chris Waring	2013 WMA Brazil		
W75	1.27.17	Margaret Peters	2009		NZR

### 800m

W30	2.23.80	Jenny Drummond	March 1997		
W35	2.18.65	Christine Brace-Heaven	1999 WMA England		
W40	2.19.60	Val Robinson	1981		
W45	2.25.60	Meghann Stewart	2013 Nationals		
W50	2.24.26	Meghann Stewart	2015 Nationals		
W55	2.51.80	Tui Ashe	11/11/07 Hamilton		
W60	2.54.11	Christine Adamson	17/03/18		
W65	3.21.74	Judith Stewart	20/11/16		
W70	3.53.00	Isobel Foley	2005 AMA Champs		
W75	4.28.21	Kay Kenneth-Low	1993		

### 1500m

W30	4.56.10	Jenny Drummond	24/02/97		
W35	4.46.44	Christine Brace-Heaven	1999 WMA England		
W40	4.46.10	Val Robinson	1981		
W45	4.36.58	Heather Matthews	1992		
W50	5.01.56	Meghann Stewart	2015 AMA Champs		
W55	5.37.90	Carolyn Smith	2015 WMA Perth		
W60	<b>5.37.61</b>	<b>Christine Adamson</b>	<b>2018 Gideon Tait</b>		<b>NZR</b>
W65	6.23.63	Judith Stewart	2015 Nationals		
W70	8.15.22	Kay Kenneth-Low	1986		
W75	8.54.40	Kay Kenneth-Low	1990 Oceania Auckland		

### 1 Mile

W35	5.07.50	Marion Macdonald	1990 Papakura		
W40	5.21.29	Christine Munro	1991 Papakura		
W45	5.02.31	Heather Matthews	1991 Papakura		
W50	5.40.26	Meghann Stewart	21/12/14 AA Meet		NZR
W55	6.19.19	Judith Stewart	2007		
W60	6.43.20	Isobel Foley	1/03/94		NZR
W65	7.25.36	Judith Stewart	2014 AMA Champs		

### 3000m

W30	11.25.80	Helen Gaeta	1982		
W35	11.04.80	Kristine Reid	2005 Gideon Tait		
W40	10.55.00	Lois Grimmer	1994		
W45	9.47.47	Heather Matthews	1992		NZR
W50	11.17.34	Rose Gammie	2012 AMA Champs		
W55	12.08.57	Carolyn Smith	28/01/17		
W60	11.55.13	Christine Adamson	12/01/17		
W65	13.32.42	Judith Stewart	2013 Top Team 1		
W70	18.41.50	Ailsa Forbes	1981		

### 5000m

W30	19.02.70	Ronnie Cole	3/02/97		
W35	17.18.30	Marion Macdonald	1990		
W40	17.26.30	Nyla Carroll	9/02/08		
W45	18.48.47	Judith Stewart	1998		
W50	19.55.09	Rose Gammie	2012 Oceania Tauranga		
W55	20.31.79	Judith Stewart	2007 AMA Champs		
W60	20.31.05	Christine Adamson	12/02/17		
W65	22.24.93	Judith Stewart	2015 AMA Champs		
W70	24.48.27	Isabel Foley	2004 Nationals		

W75	31.55.70	Ailsa Forbes	1986		
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### 10000m

W30	38.25.50	Ronnie Cole	3/02/97		
W35	38.24.42	Jenny Smith	1988		
W40	36.11.19	Nyla Carroll	2007 AMA Champs		
W45	40.17.30	Judith Stewart	3/02/97		
W50	40.48.60	Judith Stewart	2000 Nationals		
W55	43.05.65	Judith Stewart	2007 AMA Champs		
W60	42.42.25	Christine Adamson	2017 WMG Auckland		
W65	46.44.12	Judith Stewart	2015 AMA Champs		
W70	59.20.61	Ailsa Forbes	1981		
W75	67.24.35	Ailsa Forbes	1986		

### 2000m Steeplechase

(to Mar-97, 91.4cm)

W35	9.25.39	Dianne Hughes	1989		
W40	9.58.33	Dianne Howell	1993		
W55	11.11.08	June Crisp	1988		
W60	13.55.25	Pam Spiers	1989		

### 2000m Steeplechase

(after Mar-97, 76.2cm)

W30	7.59.70	Jenny Drummond	1998		
W45	7.51.25	Judith Stewart	1998		
W50	8.13.92	Judith Stewart	1999 WMA England		

### 80m Hurdles

(8m between hurdles)

W40	12.74	Avis Mcintosh	1981		NZR
W45	12.84	Colleen Mills	1979		
W50	14.45	Colleen Mills	1985 WMA Rome		NZR

### 80m Hurdles

(7m between hurdles)

W50	17.50	Anne Goulter	2014 Pan Pacs		
W55	16.34	Colleen Mills	1990 Oceania Auckland		
W60	17.27	Tui Ashe	2015 Nationals	-2.3 m/s	
W65	18.01	Tui Ashe	2015 NI Champs	1.6 m/s	

### 100m Hurdles

W35	17.49	Marge Allison	1981		
W40	22.30	Dianne Howell	1993		
W45	17.12	Hilda Davidson	March 1996		
W55	21.02	Beryl Vine	1983		NZR

### 300m Hurdles

W50	53.22	Colleen Mills	1988		
W55	73.86	Wini Pepene	1988		
W60	65.53	Tui Ashe	2012		
W65	70.36	Tui Ashe	2015 NI Champs		

### 400m Hurdles

W40	69.78	Catherine Bacon	2016 Nationals		
W45	85.79	Catherine Bacon	2018 Oceania Dunedin		

### 4 x 100m Relay

W45	56.27	Peters/Ramanui/Waring/Brown	1997 WMA Durban		
W65	66.32	Waring/Anderson/Deleiros/Gower	2016 WMA Perth		NZR

Shotput					
W30	8.41	Anne Goulter	1994 Oceania Suva		
W35	13.90	Christine Mccahill	2001		
W40	11.46	Christine Mccahill	2006 Oceania Christchurch		
W45	9.25	Peta Leitu	2018 Nationals		
W50	10.87	Tina Ryan	2014 NI Champs		
W55	9.83	Miriam Stanley	1992 Oceania Norfolk Is.		
W60	9.85	Miriam Stanley	1994 WMA Brisbane		
W65	8.12	Anne Deleiros	2014 Pan Pacs		
W70	<b>7.67</b>	<b>Anne Deleiros</b>	<b>2018 APMG</b>		
W75	<b>6.91</b>	<b>Tui Ashe</b>	<b>2018 WMA Malaga</b>		
W80	4.82	Pauline Purser	2005		
W85	4.00	Pam Spiers			

Discus					
W30	24.50	Anne Goulter	1994 Oceania Suva		
W35	40.10	Christine Mccahill	2002		
W40	33.97	Christine Mccahill	2005 Gideon Tait		
W45	32.98	Megan Richardson	12/01/17		
W50	31.80	Miriam Stanley	1984		
W55	30.76	Miriam Stanley	1989		NZR
W60	29.64	Miriam Stanley	Mar 1994		NZR
W65	19.21	Anne Deleiros	21/09/13		
W70	17.71	Hilary Weeks	2007 AMA Champs		
W75	17.87	Hilary Weeks	2013 AMA Champs		
W80	12.79	Pam Spiers	2006 AMA Champs		
W85	8.08	Pam Spiers	2013 NI Champs		
W90	10.44	Dulcie Howells	16/03/08		

Hammer					
W30	30.42	Anne Goulter	1996		
W35	49.54	Christine Mccahill	2002 Adelaide		
W40	42.73	Christine Mccahill	2006 Nationals		NZR
W45	39.12	Anne Goulter	2009 WMG Sydney		
W50	42.76	Anne Goulter	9/11/13 Auck Snr Meet		
W55	<b>38.47</b>	<b>Anne Goulter</b>	<b>2018 AMA Indoor Champs</b>		
W60	32.64	Miriam Stanley	1994 WMA Brisbane		
W65	24.59	Anne Deleiros	2014 Pan Pacs		
W70	<b>21.33</b>	<b>Anne Deleiros</b>	<b>2018 APMG</b>		
W75	21.11	Hilary Weeks	18/03/12		
W80	12.92	Pauline Purser	2003 AMA Champs		
W85	14.46	Pam Spiers	6/11/11		

Javelin					
W30	19.50	Anne Goulter	Jul 1994		
W35	28.62	Christine Mccahill	2002		
W40	27.65	Ness Rogers	2012 Nationals		
W45	33.35	Melissa Brearley-Tipene	2018 Nationals		NZR
W50	25.76	Wini Pepene	5/06/05		
W55	28.32	Wini Pepene	1987		
W60	27.36	Wini Pepene	1993		NZR
W65 (400g to 2013)	26.14	Wini Pepene	1996 Nationals		NZR
W65 (500g)	15.79	Anne Deleiros	2014 AMA Champs		
W70	20.14	June Husband	1992		
W75	13.25	Hilary Weeks	2012 AMA Champs		
W80	12.16	Pam Spiers	2006 Nationals		

W85	5.04	Pam Spiers	2013 NI Champs		
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### Weight Throw

W35	16.67	Christine Mccahill	2002 Nationals		NZR
W40	15.19	Christine Mccahill	2006 Nationals		NZR
W45	12.30	Anne Goulter	2009 WMG Sydney		
W50	12.39	Tina Ryan	2017 Nationals		
W55	11.96	Anne Goulter	27/01/18		
W60	12.21	Miriam Stanley	1994 Nationals		
W65	9.32	Anne Deleiros	21/09/13		
W70	8.85	Hilary Weeks	2006 Gideon Tait		
W75	9.69	Hilary Weeks	20/03/11	4kgs	
W80	6.23	Pauline Purser	2006 Pan Pacs		
W85	5.94	Pam Spiers	2012	4kgs	

### High Jump

W30	1.89	Angela Mckee	2005 ANZ Nationals		NZR
W35	1.40	Catherine Bacon	15/11/09		
W40	1.50	Julie Peacock	2013 Top Team 1		
W45	1.42	Colleen Mills	1979		
W50	1.30	Colleen Mills	1987		
W55	1.21	Anne Hunter-Deleiros	2005 WMA Spain		
W60	1.21	Tui Ashe	2011 WMA Sacramento		
W65	1.13	Anne Deleiros	8/03/15		
W70	1.10	Margaret Peters	2006 AMA Champs		
W75	<b>1.02</b>	<b>Tui Ashe</b>	<b>2018 WMA Malaga</b>		

### Long Jump

W30	4.55	L. Haddock	1999 AMA Champs		
W35	4.83	Lorraine Cate	1990		
W40	4.90	Avis Mcintosh	1981		
W45	5.21	Chantal Brunner	2017 WMG Auckland		
W50	4.80	Anne Hunter-Deleiros	1998		NZR
W55	4.20	Anne Hunter-Deleiros	2005 WMA Spain		
W60	3.74	Anne Deleiros	2011 WMA Sacramento		
W65	3.46	Anne Deleiros	2015 WMA Lyon		

### Triple Jump

W30	12.61	Sarah Cowley	2017 WMG Auckland		
W35	9.80	Joanne Owen	2010 AMA Champs	0.9 m/s	
W40	9.31	Anne Hunter-Deleiros	1993		
W45	10.15	Anne Hunter-Deleiros	1998		NZR
W50	9.85	Anne Hunter-Deleiros	1998 Aspac		NZR
W55	9.00	Anne Hunter-Deleiros	2003		NZR
W60	8.27	Anne Deleiros	2009 WMG Sydney		
W65	7.70	Anne Deleiros	2013 WMA Brazil		
W70	<b>6.19</b>	<b>Anne Deleiros</b>	<b>2018 APMG</b>		

### Pole Vault

W35	3.90	Cassandra Kelly	13/07/98		NZR
W40	2.50	Sonja Bowe	2018 Nationals		NZR
W55	2.30	Anne Goulter	2018 Nationals		NZR
W60	1.50	Wini Pepene	1994 Oceania Suva		NZR
W65	1.70	Anne Deleiros	12/11/17		NZR
W70	<b>1.50</b>	<b>Anne Deleiros</b>	<b>2018 APMG</b>		NZR

<b>Pentathlon (International)</b>					
W35	3179	Marge Allison	1981		NZR
W50	3312	Colleen Mills	1987		NZR

<b>Pentathlon</b>					
W30	2405	Anne Goulter	1994 Nationals		
W40	2651	Jo Hitchings	1981		
W45	2913	Tui Ramanui	1998 Oceania Hastings		
W50	1883	Karen Hulena	2018 Nationals		
W55	3241	Tui Ashe	2006 Oceania Christchurch		
W60	3278	Tui Ashe	2011 NI Champs		
W65	2897	Wini Pepene	1996 Nationals		

<b>Heptathlon</b>					
W35	2943	Jo Hitchings	2001 NZ Multi Events		
W45	3382	Catherine Bacon	2018 Oceania Dunedin		
W50	2788	Hilda Davidson	2000 NZ Multi Events		
W55	3651	Jill Hayman	2017 WMG Auckland		
W60	4529	Tui Ashe	2011 WMA Sacramento		
W65	3976	Tui Ashe	2017 WMG Auckland		

<b>Throws Pentathlon</b>					
(new Feb 97)					
W30	2010	Anne Goulter	1996 Nationals		
W35	3884	Christine Mccahill	2002 Adelaide		
W40	3777	Christine Mccahill	2006 Nationals		NZR
W45	3040	Anne Goulter	12/10/08		
W50	3137	Tina Ryan	2015 WMA Lyon		NZR
W55	3583	Miriam Stanley	1990 Oceania Auckland		
W60	3990	Miriam Stanley	1994		NZR
W65	3306	Wini Pepene	1996 Nationals		
W70	3183	Hilary Weeks	2007 AMA Champs		
W75	2886	Hilary Weeks	2012 Nationals		
W80	2958	Pauline Purser	2004 Nationals		
W85	2871	Pam Spiers	2013 NI Champs		

<b>5km Road Race</b>					
W35	18.05	Gail Rear	1997 Westport		
W40	18.21	Jenny Smith	1993 Wellington		
W45	19.16	Cris Malcolmson	1994 Taranaki		
W50	20.05	Judith Stewart	2001 Hamilton		
W55	21.05	Billie O'halloran	1996 Christchurch		
W65	23.51	Isobel Foley	2001 Hamilton		

<b>10km Road Race</b>					
W35	38.16	Kristine Reid	3/06/07		
W40	43.22	Karen Petley	2004 Non Stadia		
W55	44.15	Judith Stewart	2004 Non Stadia		
W60	42.28	Christine Adamson	5/05/18		
W65	47.24	Judith Stewart	2013 NI Champs		NZR

<b>Half Marathon</b>					
W30	1.28.19	Ronnie Cole	1998 Auckland		
W35	1.19.51	Gail Rear	1996 Nelson		
W40	1.15.19	Nyla Carroll	2008 Huntly		
W45	1.29.03	Judith Stewart	1998 Huntly		
W50	1.30.46	Ailsa Scotting	1996 Nelson		

W55	1.32.52	Judith Stewart	2008		
W60	1.44.49	Isobel Foley	1998 Oceania Hastings		
W65	1.48.08	Judith Stewart	2014 Oceania Bendigo		
W70	1.55.29	Isobel Foley	2004 Non Stadia		

#### Marathon

W35	2.46.20	Marion Macdonald	1990 Taranaki		
W40	2.47.13	Nyla Carroll	2008 Rotorua		
W45	2.45.37	Robin Hames			
W50	3.20.05	Cris Malcolmson	1999 Auckland		
W55	3.40.19	Joan Cheadle	1994 Rotorua		
W60	3.35.29	Isobel Foley	1997 Rotorua		
W65	3.52.33	Isobel Foley	2001 Rotorua		NZR
W70	4.42.49	Marion Griffith	2006 New Plymouth		
W75	6.43.00	Kay Kenneth-Low	1992 Auckland		

#### 3000m Track Walk

W30	20.18.90	Chantal Greyling	2018 Nationals		
W35	14.45.35	Jane Jackson	1986		
W40	15.13.51	Jane Jackson	1989		
W45	16.58.30	Marcia Soanes	2004 Top Team 1		
W50	16.58.40	Barbara Lambert	2000		
W55	18.25.51	Wini Pepene	1986		
W60	18.25.97	Shirley Barber	29/02/08		
W65	20.26.70	Kay Kenneth-Low	1984		
W70	20.44.30	Doreen Torbit	2002		
W75	21.07.24	Doreen Torbit	2002 Gold Coast		

#### 5000m Track Walk

W40	24.50.85	Jane Jackson	1987		NZR
W45	30.29.93	Barbara Lambert	1998 Oceania Hastings		
W50	29.06.34	Barbara Lambert	2000 Oceania Norfolk Is.		
W55	28.32.25	Jane Jackson	1997 WMA Durban		
W70	34.38.10	Kay Kenneth-Low			
W75	35.48.10	Ailsa Forbes	1987		

#### 10km Road Walk

W35	53.10.60	Jane Jackson	1986		
W40	49.58.03	Jane Jackson	1989		NZR
W45	52.57.00	Jane Jackson	1992		NZR
W50	57.50.00	Barbara Lambert	Mar 2001		
W55	62.54.50	Wini Pepene	1986		
W60	64.09.00	Shirley Barber	2/09/06		
W65	67.36.58	Shirley Barber	2011 WMA Sacramento		
W70	68.42.00	Kay Kenneth-Low	1984		
W75	73.38.00	Doreen Torbit	2004		

#### 20km Road Walk

W50	2.08.23	Julie Helean	2007 WMA Riccione		
W60	2.15.16	Shirley Barber	22/10/06 NZ Long Distance		
W65	2.26.53	Shirley Barber	2011 WMA Sacramento		

#### 1500m Track Walk

(Non-Standard Distance)

W40	7.44.00	Barbara Lambert	1992 Oceania Norfolk Is.		
W45	10.51.00	Lily Hinton	1982		
W50	10.26.00	Wini Pepene	1982		

W60	11.53.00	Julie Husband	1982		
W70	10.23.00	Ailsa Forbes	1982		
W75	10.00.48	Kay Kenneth-Low	1993		

<b>1 Mile Track Walk</b>
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(Non-Standard Distance)

W35	7.53.00	Jane Jackson	1985		
W40	8.04.50	Jane Jackson	1992		
W45	10.20.60	Judy Mildon	1987		
W50	8.48.90	Barbara Lambert	2002		
W55	10.50.70	Jeanette Howden	1993		
W60	9.46.05	Shirley Barber	19/12/09		
W65	14.13.00	Gladys Parry	1983		
W70	10.41.70	Doreen Torbit	1999 AMA Champs		
W75	11.04.80	Kay Kenneth-Low	1993		

<b>5km Road Walk</b>
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(Non-Standard Distance)

W35	27.30.00	Nini Harris	1985		
W40	24.50.39	Jane Jackson	1987		NZR
W45	34.17.10	Judy Mildon	1987		NZR
W50	33.14.90	Wini Pepene	1985		
W65	33.55.03	Shirley Barber	2011 WMA Sacramento		
W70	35.48.01	Kay Kenneth-Low	1987		
W75	36.22.59	Ailsa Forbes	1987		