

Auckland Masters Records

Men



as @ November 2019

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

Event/Age	Performance	Athlete's Name	Date/Year	Wind	Record
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60m		(New in 2008). (National records/best times for this event introduced in 2011)			
M30	7.69	Sam Paterson	11/3/2018	1.9 m/s	
M35	7.14	Benjamin Potter	11/14/2015		NZR
M40	7.3	James Nightingale	11/2/2019	-0.7	
M45	7.54	Mark Lambert	2019 Gideon Tait	-0.0 m/s	NZR
M50	7.58	John Campbell	2013 Gideon Tait	0.9 m/s	NZR
M55	7.71	John Campbell	2019 Nationals	0.1 m/s	NZR
M60	8.36	Tony Deleiros	1/26/2008	-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

100m					
M30	11.59	Corney Carstens	2006 Nationals		
M35	10.87	Carl van der Speck	10/26/2016		NZR
M40	11.29	Anthony Wall	3/20/2011		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	12.11	John Campbell	2019 NCCWMA Champs	1.3 m/s	NZR
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	13.78	Trevor Guptill	2018 WMA Malaga	1.5 m/s	NZR
M75	15.41	John Lester	2/25/2018		
M80	17.5h	Syd Taylor	1996 AMA Champs		
M85	19.46	Syd Taylor	2001		
M90	21.51	Syd Taylor	2006 Nationals		

200m					
M30	23.8h	Corney Carstens	2006 Top Team 3		
M35	22.14	Benjamin Potter	2017 WMG Auckland	0.6 m/s	
M40	22.8	James Nightingale	2019 Aust Masters Champs	1.8 m/s	NZR
M45	23.90	Mark Lambert	2018 NI Champs	0.0 m/s	
M50	24.21	John Campbell	2013 WMA Brazil	0.5 m/s	
M55	24.94	John Campbell	2019 NCCWMA Champs	1.5 m/s	NZR
M60	25.94	Tony Deleiros	2007 WMA Riccione	-0.8 m/s	
M65	23.90	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	2/25/1996		
M85	40.21	Syd Taylor	2001		
M90	47.38	Syd Taylor	2006 Nationals		NZR

400m					
M30	61.07	Sam Paterson	11/3/2018		
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	66.37	Trevor Guptill	2019 Oceania Mackay		
M75	78.41	Barry Jones	2019 Nationals		
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	3/9/2018		
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	3.03.46	Barry Jones	2018 WMA Malaga		

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	6.16.38	Barry Jones	2019 Nationals		
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	12/6/1987		
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	38.49.33	Alastair Pragnell	12/9/2018		
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	12/11/2016		

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	11/14/2010	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	2/19/2017		
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	10/15/2006		
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	8.97	Ron Johnson	2018 WMA Malaga		NZR
M90	3.87	Syd Taylor	2006 Top Team 3		

Discus					
M30	29.95	Vaughan Hibbert	10/15/2006		
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	1/13/2013		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	25.39	Ron Johnson	2018 WMA Malaga		NZR

Javelin					
M30	44.27	Minas Liarokapis	2/23/2019		
M35	42.75	Keith Adams	1982		
M40	66.55	Daryl Brand	2/9/2008		NZR
M45	61.97	Daryl Brand	2009 Nationals		NZR
M50	61.74	Nigel Stainton	2014 Top Team 3		NZR
M55	51.40	Nigel Stainton	1/29/2017		NZR
M60	38.62	James Thomas	13/10/2019		AMA
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	16.88	Thomas James	13/10/2019		
M65	14.30	Max Carr	3/13/1992		
M70	17.72	Max Carr	1994 Nationals		
M75	10.99	Laurie Carter	2002		
M80	12.70	Ron Johnson	2014 Pan Pacs		

M85	10.26	Ron Johnson	2018 WMA Malaga		
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High Jump

M35	1.90	Peter Galliven	2006 Nationals		
M40	1.85	Roger Westbury	3/30/2008		
M45	1.68	David Ledger	4/3/2010		
M50	1.75	Ho Young Do	2013 Gideon Tait		NZR
M55	1.55	Trevor Walker	4/9/2017		
M60	1.45	Ray Hooper	2017 WMG Auckland		
M65	1.45	Tuariki Delamere	1/14/2017		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	12/1/2000		
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	3/2/1997		
M50	11.19	Ho Young Do	4/7/2013		
M55	11.55	Trevor Walker	2/23/2019		NZR
M60	8.99	Trevor Cowley	2/26/1995		
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	3/7/2009		
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	2.47	David Anstiss	11/2/2019		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	2/23/1997		
M40	2847	Robert Purdie	1994		
M45	4156	Roy Williams	1981		
M50	3945	Roy Williams	1986		
M55	2904	Trevor Walker	12/9/2018		
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	3690	Thomas James	13/10/2019		NZR
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	3668	Ron Johnson	2018 WMA Malaga		NZR

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 Mallowes	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	11/29/1997		NZR
M60	13.57.11	Mike Parker	3/8/2014		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	2/16/1992		NZR
M55	22.14.93	Gary Little	1/19/1998		NZR
M60	23.44.09	Gary Little	9/10/2002		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	10/11/1997		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	10/12/1991		NZR
M50	1.26.32	Gary Little	2/16/1992		NZR
M55	1.36.10	Gary Little	9/9/1997		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	6/2/1991		NZR
M50	4.16.36.4	Gary Little	1992 Nationals		NZR
M55	4.49.36.0	Gary Little	1/9/1997		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	2/26/1996		
M40	7.03.0	Kevin Henwood	1989		
M45	6.56.2	Morrie Hinton	1982		
M50	6.57.7	Gary Little	2/25/1996		
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	2/26/1995		
M75	9.38.0	Jim Jamieson	1992		
M80	14.44.8	Jim Jamieson	1992		

2 Mile Track Walk		(Non-Standard Distance)			
M45	13.21.70	Gary Little	1991		
M50	12.57.73	Gary Little	1992		

15000m Track Walk		(Non-Standard Distance)			
M50	1.07.48.70	Gary Little	1992		

20000m Track Walk		(Non-Standard Distance)			
M45	1.29.18.00	Gary Little	1991		NZR
M60	1.49.37.10	Gary Little	2004		NZR

25000m Track Walk		(Non-Standard Distance)			
M50	1.56.10.50	Gary Little	1993		

30000m Track Walk		(Non-Standard Distance)			
M45	2.18.41.00	Gary Little	1991 Napier		WR

15km Road Walk		(Non-Standard Distance)			
M45	1.05.00	Gary Little	1991		NZR
M50	1.04.18	Gary Little	2/16/1992		NZR
M55	1.09.25	Gary Little	10/11/1997		NZR
M60	1.18.42	Gary Little	6/18/2005		NZR

25km Road Walk		(Non-Standard Distance)			
M45	1.52.10	Gary Little	10/12/1991		NZR
M50	1.53.55	Gary Little	10/10/1992		NZR
M55	2.11.44	Gary Little	11/9/1997		NZR
M65	2.56.04	Dudley Harris	1992		NZR

30km Road Walk		(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