



Chronological Progression of New Zealand National Records

1887-2019



Researched and compiled by Dr Stephen Hollings ©2019

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Men

100y/100m

100y

10.5	JM King	Wellington (BR)	22 January 1889
10.2	HM Reeves	Timaru	8 May 1889
10.2=	HF Greenwood	Christchurch	November 1889
10.2=	JH Buchanan	Christchurch (LP)	6 February 1892
10.2=	John Hempton	Christchurch (LP)	6 February 1892
9.8	John Hempton	Christchurch (LP)	6 February 1892
9.8=	Arthur Porritt	London GBR	13 June 1925
9.8=	Malcolm Leadbetter	Auckland (D)	12 February 1927
9.8=	Charles Jenkins	Masterton (?)	23 January 1928
9.8=	Allan Elliot	Auckland (D)	11 March 1932
9.8=	William Fitzimmons	Napier	27 February 1937
9.8=	Ronald Agate		31 March 1945
9.8=	Ross Meban	New Plymouth	11 March 1950
9.8=	Maurice Rae	Auckland	14 February 1955
9.7	Maurice Rae	Auckland (OS)	19 February 1955
9.6	Maurice Rae	Auckland (OS)	9 February 1957
9.6=	Graham Davy	Invercargill (?)	5 March 1960
9.6=	John Trathen	Nelson	16 March 1963
9.6=	Roderick Heaps	Blenheim	23 March 1963
9.6=	Colin Maguire	Dunedin	15 February 1964
9.5	Donald Mackenzie	Blenheim	19 March 1966

100m (ht)

10.4	Maurice Rae	Auckland (D)	9 February 1957
10.4=	Maurice Rae	Auckland (D)	1 March 1958
10.4=	Steve Erkkila	Auckland (MS)	12 February 1977
10.4=	Gary Henley-Smith	Auckland (MS)	26 March 1977
10.4=	Laud Codjoe	Christchurch	16 February 1992
10.4=	Paul Gibbons	Auckland	20 November 1994

100m (et)

10.68	Maurice Rae	Melbourne AUS	24 November 1956
10.51	Lawrence D'Arcy	Christchurch	25 January 1974
10.48	Augustine Nketia	Auckland (NS)	25 January 1992
10.45	Augustine Nketia	Adelaide AUS	7 March 1992

10.43	Augustine Nketia	Wellington	7 March 1993
10.43	Augustine Nketia	Auckland (NS)	29 January 1994
10.42	Augustine Nketia	Portland USA	6 August 1994
10.11	Augustine Nketia	Victoria CAN	22 August 1994

220y/200m

220y

24.0	J King	Wellington (BR)	23 January 1890
23.7	John Hempton	Sydney AUS	31 May 1890
23.6	John Hempton	Wellington (BR)	24 March 1894
23.0	Alfred Patrick	Christchurch (LP)	4 January 1896
22.8	Alfred Patrick	Wellington (BR)	29 January 1898
22.6	Pat Webster	Dunedin (CB)	29 November 1902
22.4	William Woodger	Wellington (BR)	5 February 1910
22.2	Ronald Opie	Christchurch (LP)	18 March 1911
22.0	Ronald Opie	Christchurch (LP)	18 March 1911
22.0=	George Davidson	Wellington (AP)	25 February 1922
22.0=	Arthur Porritt	London GBR	22 June 1924
21.8	Arthur Porritt	Oxford GBR	21 November 1924
21.6	Stanley Bainbridge	Wellington (BR)	9 March 1935
21.6=	John McFarlane	Wellington (BR)	9 March 1935
21.6=	Clement Parker	Napier	31 December 1939
21.2	David Batten	Napier	2 January 1950
21.2=	Maurice Rae	Hamilton (SP)	2 February 1957
20.9	Maurice Rae	Lower Hutt	8 March 1958

200m (ht)

21.0	Bevan Smith	Auckland (OS)	22 February 1972
20.9	Bevan Smith	Hamilton	4 March 1972
20.8	Bevan Smith	Wellington	21 December 1974

200m (et)

21.57	Maurice Rae	Melbourne AUS	26 November 1956
20.88	Bevan Smith	Hamilton (PO)	4 March 1972
20.85	Cameron Taylor	Houston USA	19 May 1991
20.74	Cameron Taylor	Houston USA	23 May 1992
20.51	Mark Keddell	Sydney AUS	4 February 1995
20.42	Chris Donaldson	Melbourne AUS	2 March 1997

20.37	Joseph Millar	Hamilton	19 March 2017
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440y/400m

440y

53.8	A Williams	Christchurch	28 October 1887
53.6	H Reeves	Timaru	2 May 1888
52.0	H Reeves	Timaru	8 May 1889
50.7	J Hutchison	Auckland (D)	7 February 1891
50.4	Pat Webster	Dunedin (Car)	7 March 1903
50.4=	Arthur Dormer	Auckland	20 December 1913
49.8	John Fleming	New Plymouth	26 December 1930
49.4	Stuart Black	Auckland (D)	11 March 1932
48.8	Stuart Black	Auckland (D)	12 March 1932
48.8=	Douglas Harris	Hamilton	26 April 1943
48.4	Douglas Harris	Hamilton	12 February 1944
48.3	Douglas Harris	Auckland	3 February 1945
47.8	Douglas Harris	Masterton	31 March 1945
47.4	Donald Jowett	Vancouver CAN	7 August 1954
47.4=	Barry Robinson	Otahuhu	13 March 1958
47.4=	John Taylor	Auckland (EP)	28 January 1961
47.2	Barry Robinson	Auckland (EP)	20 January 1962

400m (ht)

46.4	Bevan Smith	Montreal CAN	4 July 1973
46.1	Bevan Smith	Dunedin (Cal)	1 March 1975

400m (et)

48.00	Donald Mackenzie	Christchurch (RP)	5 March 1966
47.69	Michael Cull	Auckland (MS)	28 February 1970
47.18	Stephen Erkkila	Wellington (NP)	3 March 1973
46.90	Philip Kear	Christchurch (QEII)	1 December 1973
46.60	Bevan Smith	Christchurch (QEII)	26 January 1974
46.10	Bevan Smith	Dunedin (Cal)	1 March 1975
46.09	Shaun Farrell	Wanganui	7 March 1998

880y/800m

880y

2:02.0	Peter Morrison	Christchurch	29 October 1887
2:01.8	Peter Morrison	Timaru	1 May 1890
2:00.0	Derisley Wood	Auckland (D)	6 February 1891
1:59.1	William Pollock	Melbourne	1 February 1904
1:58.2	Hector Burke	Dunedin (Car)	11 March 1905
1:57.8	Guy Haskings	Cambridge USA	1 June 1907
1:55.4	Daniel Mason	Glasgow GBR	9 August 1919
1:54.8	Don Evans	Wanganui	19 February 1931
1:54.8=	Denis Anderson	Christchurch (LP)	4 March 1933
1:54.8=	Geoffrey Broadway	Christchurch (LP)	4 March 1933
1:53.4	Patrick Boot	Christchurch (LP)	24 March 1936
1:52.3	Patrick Boot	Sydney AUS	5 February 1938
1:51.2	Patrick Boot	Sydney AUS	7 February 1938
1:49.4	Douglas Harris	Wanganui	25 January 1947
1:49.4=	Donal Smith	London GBR	4 August 1958
1:49.2	Peter Snell	Auckland (OS)	13 February 1960
1:45.1	Peter Snell	Christchurch (LP)	3 February 1962

800m (ht)

1:44.3	Peter Snell	Christchurch (LP)	3 February 1962
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1500m

1500m

3:47.8	Jack Lovelock	Berlin GER	6 August 1936
3:47.2	Murray Halberg	Melbourne AUS	29 November 1956
3:42.8	Neville Scott	Melbourne AUS	1 December 1956
3:38.8	Murray Halberg	Oslo NOR	5 September 1958
3:38.19	Dick Quax	Edinburgh GBR	22 July 1970
3:37.91	Rodney Dixon	Munich GER	9 September 1972
3:37.46	Rodney Dixon	Munich GER	10 September 1972
3:37.3	Rodney Dixon	Oslo NOR	24 July 1973
3:32.52	John Walker	Christchurch (QE2)	2 February 1974
3:32.4	John Walker	Oslo NOR	30 July 1975
3:32.17	Nicholas Willis	Paris FRA	8 July 2006

3:31.79	Nicholas Willis	Monaco MON	22 July 2011
3:30.35	Nicholas Willis	Monaco MON	20 July 2012
3:29.91	Nicholas Willis	Monaco MON	18 July 2014
3:29.66	Nicholas Willis	Monaco MON	17 July 2015

1 mile

1 mile

4:30.4	Peter Morrison	Christchurch	28 October 1887
4:28.4	W Bennett	Christchurch	2 January 1896
4:23.1	Hector Burk	Sydney AUS	11 November 1905
4:20.6	Guy Haskins	Cambridge USA	1 June 1907
4:20.6=	Daniel Mason	London GBR	3 September 1918
4:18.0	Daniel Mason		00 June 1919
4:17.6	Randolph Rose	Masterton	20 February 1926
4:13.6	Randolph Rose	Masterton	4 March 1926
4:12.0	Jack Lovelock	Oxford GBR	26 May 1932
4:07.6	Jack Lovelock	Princeton USA	15 July 1933
4:04.4	Murray Halberg	Auckland (OS)	13 February 1954
4:02.1	Murray Halberg	Auckland (OS)	28 December 1955
4:01.8	Murray Halberg	Auckland (OS)	11 February 1956
4:01.0	Murray Halberg	Auckland (OS)	16 February 1957
3:57.5	Murray Halberg	Dublin IRL	6 August 1958
3:57.1	Murray Halberg	Oslo NOR	5 September 1958
3:54.4	Peter Snell	Wellington (BR)	27 January 1962
3:54.04	Peter Snell	Auckland	17 November 1964
3:52.54	John Walker	Stockholm SWE	30 June 1975
3:49.4	John Walker	Gothenburg SWE	12 August 1975
3:49.08	John Walker	Oslo NOR	7 July 1982

3 miles/5000m

3 miles

16:03.4	Peter Morrison	Dunedin (Car)	14 December 1889
15:40.4	Derisley Wood	Auckland (Domain)	7 February 1891

15:27.2	William Burke	Dunedin	29 May 1893
14:49.0	William Simpson	Auckland (Domain)	21 December 1901
14:45.2	Randolph Rose	Wanganui	28 February 1925
14:29.2	Randolph Rose	Wellington	26 March 1927
14:14.8	Jack Lovelock	London GBR	15 August 1936
14:07.0	Cecil Matthews	Wellington (BR)	11 December 1937
13:59.6	Cecil Matthews	Sydney AUS	5 February 1938
13:55.8	Ernest Haskell	Auckland (OS)	13 February 1954
13:54.4	Bill Baillie	Auckland (OS)	31 January 1955
13:42.6	Kerry Williams		20 December 1955
13:38.7	Murray Halberg	Otahuhu	2 February 1956
13:14.96	Murray Halberg	Cardiff GBR	22 July 1958
13:11.4	Murray Halberg	Auckland (OS)	13 February 1960

5000m

14:49.6	William Savidan	Los Angeles USA	5 August 1932
13:35.2	Murray Halberg	Stockholm SWE	25 July 1961
13:35.0	Dick Quax	Hamilton (Por)	12 February 1972
13:28.50	Dick Quax	Stockholm SWE	25 July 1973
13:27.2	Dick Quax	Helsinki FIN	30 July 1973
13:18.33	Dick Quax	Stockholm SWE	7 August 1973
13:13.10	Dick Quax	Stockholm SWE	5 July 1976
13:12.86	Dick Quax	Stockholm SWE	5 July 1977
13:10.19	Adrian Blincoe	Heusden BEL	20 July 2008

6 miles/10000m

6 miles

30:49.6	William Savidan	Hamilton	16 August 1930
29:57.4	Harold Nelson	Dunedin (Car)	5 March 1948
29:43.4	Lawrence King	Dunedin (Car)	20 February 1953
29:06.8	Lawrence King	Auckland (OS)	17 January 1955
28:53.8	Bill Rodger	Auckland	6 February 1956
28:34.0	Barry Magee	Auckland (OS)	16 February 1957
27:32.8	Murray Halberg	Auckland	23 March 1964

10000m

31:09.6	William Savidan	Los Angeles USA	31 July 1932
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28:33.0	Murray Halberg	Auckland	17 November 1964
28:15.3	Evan Maguire	Auckland	17 April 1968
27:46.40	Dick Tayler	Christchurch (QEII)	25 January 1974
27:46.0	Dick Quax	Stockholm SWE	9 August 1976
27:41.95	Dick Quax	London GBR	9 September 1977
27:33.67	Zane Robertson	Rio de Janerio BRA	13 August 2016
27:30.90	Jake Robertson	Gold Coast AUS	13 April 2018

Marathon*

Marathon

3:22:30	D Stewart	Invercargill	14 July 1909
2:58:23	Harry Thompson	Wellington	9 November 1909
2:43	Alfred Stevens	Wellington	26 October 1936
2:38:33	George Austin		12 December 1939
2:37:47	John Clarke	Christchurch	10 December 1949
2:35:45	Edwin Rye ¹	Hamilton	6 March 1954
2:31:28	William Richards	Christchurch	15 January 1955
2:29:33	Ray Puckett	Auckland	17 March 1958
2:29:16	Richard Chase	Auckland	7 February 1959
2:27:29	Ray Puckett	Palmerston North	7 March 1959
2:20:13	Bill Baillie	Auckland	22 August 1959
2:17:19	Barry Magee	Rome ITA	10 September 1960
2:16:59	Dave McKenzie	Hamilton	12 March 1966
2:14:05	Mike Ryan	Fukuoka JPN	27 November 1966
2:12:26	Dave McKenzie	Fukuoka JPN	3 December 1967
2:12:18	Jack Foster	Fukuoka JPN	6 December 1970
2:11:19	Jack Foster	Christchurch	31 January 1974
2:11:13	Dick Quax	Eugene USA	9 September 1979
2:10:47	Dick Quax	Eugene USA	7 September 1980
2:10:15	Paul Ballinger	Fukuoka JPN	5 December 1982
2:08:59	Rod Dixon ²	New York USA	23 October 1983
2:08:26	Jake Robertson	Otsu City JPN	4 March 2018

*The marathon list should be regarded as a “Best Performance” list as there are long-standing issues with not only the accurate measurement of courses,

but also with issues surrounding compliance with gradient and whether “point to point” or not.

¹ The nationality/eligibility of Edwin Rye at the time of his performance cannot be verified as being NZL

² The New York marathon course up until 1983 was considered to be “short”. However, the course was altered and remeasured and found to be “compliant” for the 1983 event, where Rod Dixon ran 2:08:59.

120y hurdles

120y

17.2	Godfrey Shaw	Christchurch	28 October 1887
17.0	Harold Batger	-	1889
16.4	Godfrey Shaw	Timaru	8 May 1889
16.2	Harold Batger	Wellington	29 November 1890
16.0	Harold Batger	Christchurch (LP)	6 February 1892
15.8	Godfrey Shaw	London GBR	6 July 1895
15.7	George Smith	Auckland	11 March 1899
15.6	George Smith	Auckland	24 November 1900
15.2	George Smith	Auckland	8 March 1902
15.2	Harry Wilson	Wellington	17 January 1920
15.0	Harry Wilson	Wellington	6 January 1923
15.0	Frank Sharpley	Rotorua	27 December 1937
15.0	Arthur Eustace	Auckland	22 February 1947
15.0	‘Dutch’ Holland	New Plymouth	31 December 1949
14.6	‘Dutch’ Holland	New Plymouth	2 January 1950
14.6	Paul Dallow	Hamilton	11 March 1961
14.6	Ross Pownall	Otahuhu	24 February 1968
14.5	Ross Pownall	Auckland	26 December 1968

110m hurdles

ht

14.6	Roy Williams	Walnut USA	29 August 1964
14.4	Ross Pownall	Auckland	19 February 1972
14.3	Phillip Mills	Christchurch	29 December 1973

14.3	Ross Pownall	Auckland	12 January 1974
14.2	Ross Pownall	Auckland	28 February 1976
14.0	Ross Pownall	Auckland	28 February 1976
13.9	Tim Soper	Brisbane AUS	28 September 1982

FAT

15.27	Roy Williams	Hamilton	12 March 1966
15.24	Bernard Storck	Auckland	28 February 1970
15.02	Roger Main	Wellington	3 March 1973
14.50	Phillip Mills	Christchurch	20 January 1974
14.35	Ross Pownall	Christchurch	25 January 1974
14.25	Ross Pownall	Edmonton CAN	2 August 1978
14.25	Tim Soper	Brisbane AUS	21 March 1982
14.21	Tim Soper	Adelaide AUS	11 September 1982
13.90	Tim Soper	Brisbane AUS	28 September 1982
13.71	James Mortimer	Brisbane AUS	11 March 2007
13.69	Joshua Hawkins	Brisbane AUS	29 March 2015

400m hurdles

FAT

52.22	'Dutch' Holland	Helsinki FIN	20 July 1952
50.48	Roger Johnson	Munich GER	31 August 1972
50.14*	Philip Mills	Westwood USA	1 May 1976
50.40	Zion Armstrong	North Shore	21 February 1998
50.23	Zion Armstrong	Melbourne AUS	19 March 1999
49.95	Zion Armstrong	Christchurch	12 March 2000
49.90	Nic O'Brien	Connecticut USA	4 May 2003
49.72	Michael Cochrane	Perth AUS	22 February 2014
49.58	Michael Cochrane	Beijing CHN	22 August 2015
49.33	Cameron French	Canberra AUS	27 January 2018

* Performance was never ratified as a NZL National Record (reason unknown)

3000m Steeplechase

3000m Steeplechase

9:25.0	Kerry Williams	Christchurch (RP)	3 March 1956
9:17.4	Kerry Williams	Auckland	17 December 1958
9:14.0	Kerry Williams	Lower Hutt	16 February 1960
8:56.0	Kerry Williams	Melbourne AUS	12 March 1960
8:50.0	Edward O'Keefe	Sydney AUS	6 December 1962
8:41.4	Peter Welsh	Dunedin	3 February 1966
8:29.44	Peter Welsh	Kingston JAM	6 August 1966
8:29.0	Rod Dixon	Oslo NOR	23 August 1973
8:29.0	Euan Robertson	Wellington	24 January 1976
8:25.34	Euan Robertson	Helsinki FIN	23 June 1976
8:22.8	Euan Robertson	Stockholm SWE	5 July 1976
8:21.08	Euan Robertson	Montreal CAN	28 July 1976
8:18.12	Peter Renner	Los Angeles USA	8 August 1984
8:14.05	Peter Renner	Koblenz GER	29 August 1984

High Jump

1.562	D M Robertson	Dunedin	2 December 1887
1.676	F C White	Napier	6 October 1888
1.695	F Meyrick	Palmerston North	22 January 1892
1.727	H Bailey	Palmerston North	22 January 1895
1.756	R Brownlee	Dunedin	4 February 1899
1.765	Charles Orbell	Dunedin	15 February 1908
1.778	Charles Orbell	Hobart AUS	29 February 1908
1.778	Ernest Sutherland	Sydney AUS	18 March 1922
1.829	Ernest Sutherland	Port Elizabeth RSA	29 September 1922
1.848	Ernest Sutherland	Pretoria RSA	25 May 1923
1.857	Phil Hackett	Auckland	24 March 1934
1.867	Maurice Chadwick	Auckland	19 March 1938
1.870	John Borland	Waimate	12 February 1947
1.899	John Borland	Auckland	1 March 1947
1.911	John Borland	Christchurch	24 January 1948

1.956	John Borland	Auckland	4 February 1950
1.988	Peter Wells	Christchurch	23 January 1954
2.019	Peter Wells	Pukekohe	11 December 1954
2.026	Arthur Jordan	Otahuhu	13 January 1968
2.032	William Speirs	Hamilton	1 March 1969
2.05	Peter Crampton	Sydney AUS	6 April 1975
2.05	Terry Lomax	Hamilton	5 December 1976
2.08	Terry Lomax	Christchurch	11 December 1976
2.08	Lindsay Guthrie	Auckland	11 December 1976
2.09	Lindsay Guthrie	Auckland	8 January 1977
2.10	Terry Lomax	Christchurch	12 January 1977
2.10	Lindsay Guthrie	Auckland	15 January 1977
2.11	Terry Lomax	Christchurch	20 January 1979
2.12	Grant Landery	Christchurch	20 December 1980
2.15	Terry Lomax	Christchurch	1 February 1981
2.15	Roger Te Puni	Melbourne AUS	18 March 1983
2.17	Roger Te Puni	Auckland	26 November 1983
2.18	Roger Te Puni	Berkeley USA	22 June 1985
2.19	Roger Te Puni	Auckland	13 December 1986
2.20	Roger Te Puni	Los Angeles USA	21 May 1989
2.24	Roger Te Puni	Auckland	24 February 1990
2.25	Glenn Howard	Christchurch	9 March 1997
2.30	Glenn Howard	Christchurch	12 March 2000
2.30	Hamish Kerr	Townsville AUS	26 June 2019

Pole Vault

2.997	J E Hume	Wellington	8 March 1890
2.997	T F Upfill	Auckland	7 February 1891
3.048	W M West	Christchurch	6 February 1892
3.099	W M West	Christchurch	29 October 1892
3.150	H L Kingsley	Wanganui	14 February 1895
3.175	H L Kingsley	Napier	22 February 1895
3.210	R Hunter	Nelson	9 November 1895
3.213	Hori Eruera	Auckland	13 February 1897
3.213	Jimmy Te Paa	Auckland	13 February 1897
3.359	Hori Eruera	Auckland	13 March 1897
3.378	Len McKay	Hobart AUS	2 March 1908
3.429	George Harvey	Masterton	26 December 1915

3.454	George Harvey	Masterton	2 April 1923
3.467	John Batstone	Wi	28 March 1932
3.493	Oswald Johnson	Dunedin	4 March 1933
3.677	Wallace Heron	Auckland	2 February 1946
3.689	Wallace Heron	Tauranga	29 March 1948
3.689	Merv Richards		1950
3.886	Wallace Heron	Auckland	11 February 1950
3.912	Merv Richards	Dunedin	16 February 1952
3.975	Merv Richards	Wanganui	1 March 1952
4.000	Merv Richards	Alexandra	1 January 1953
4.026	Merv Richards	Oamaru	13 February 1954
4.045	Merv Richards	Dunedin	31 January 1955
4.115	Merv Richards	Gisborne	7 January 1956
4.191	Merv Richards	Napier	12 January 1956
4.204	Merv Richards	Maheno	31 March 1956
4.229	Merv Richards	Dunedin	8 February 1958
4.267	Merv Richards	Lower Hutt	7 March 1958
4.274	Merv Richards	Invercargill	31 January 1962
4.343	Merv Richards	Auckland	9 March 1962
4.381	Kevin Gibbons	Dunedin	15 February 1963
4.394	Kevin Gibbons	New Plymouth	30 November 1963
4.407	Kevin Gibbons	Rotorua	7 January 1964
4.439	Kevin Gibbons	Wanganui	16 January 1964
4.470	Kevin Gibbons	Napier	5 February 1964
4.496	Kevin Gibbons	Hawera	21 February 1970
4.55	Peter Tracey	Victoria CAN	7 July 1973
4.62	Peter Tracey	Melbourne AUS	2 January 1974
4.70	Peter Tracey	Hamilton	9 March 1974
4.978	Peter Tracey	El Paso USA	1 March 1975
5.08	Peter Tracey	El Paso USA	3 May 1975
5.207	Peter Tracey	El Paso USA	6 March 1976
5.22	Simon Poelman	Wellington	11 March 1990
5.25	Paul Gibbons	Auckland	19 January 1991
5.40	Paul Gibbons	Christchurch	31 March 1991
5.45	Paul Gibbons	Auckland	22 January 1992
5.51	Paul Gibbons	Auckland	25 January 1992
5.51	Paul Gibbons	Blackburn GBR	9 July 1997

Long Jump

6.09	T D Harman	Christchurch	28 October 1887
6.26	T D Harman	Dunedin	14 December 1889
6.32	T F Upfill	Auckland	6 February 1891
6.36	Leonard Cuff	Timaru	6 May 1891
6.39	Jack Taiaroa	Timaru	2 February 1893
6.41	Ross Gore	Wellington	11 February 1893
6.42	Wallingford Mendelson	Dunedin	17 February 1894
6.55	J L Ryan	Wanganui	14 February 1895
6.84	Wallingford Mendelson	London	3 July 1895
7.08	Gerald Keddell	Dunedin	3 March 1906
7.24	Samuel Dawson	Dunedin	14 February 1948
7.41	Bevin Hough	Christchurch	11 March 1949
7.44	Dave Norris	Auckland	3 February 1962
7.45	Dave Norris	Hamilton	17 April 1962
7.62	Dave Norris	Perth AUS	26 November 1962
7.70	Dave Norris	Auckland	26 February 1966
7.86	Bob Thomas	Whangarei	23 December 1967
8.05	Bob Thomas	Whangarei	20 January 1968

Triple Jump

13.41	George Thomson	Dunedin	4 April 1904
13.64	Len McLay	Wellington	9 February 1907
13.71	Len McLay	Wellington	14 January 1911
13.79	Len McLay	Christchurch	18 March 1911
13.92	Gerald Plummer	Auckland	5 March 1921
14.13	Gerald Plummer	Christchurch	12 November 1921
14.15	John Shirley	Auckland	23 January 1926
14.44	John Shirley	Auckland	12 February 1927
14.44	Alister Cameron	Dunedin	2 April 1932
14.45	Alister Cameron	Oamaru	10 December 1932
14.48	Alister Cameron	Christchurch	11 March 1933

14.69	Harold Brainsby	Wellington	17 February 1934
15.16	Harold Brainsby	Auckland	24 March 1934
15.20	Dave Norris	Auckland	21 December 1957
15.46	Dave Norris	Lower Hutt	8 March 1958
15.64	Dave Norris	London GBR	12 July 1958
15.83	Dave Norris	Bunbury CAN	17 November 1962
15.92	Dave Norris	Hamilton	7 December 1963
15.94	Dave Norris	Palmerston North	6 March 1965
16.22	Phil Wood	Edmonton CAN	2 August 1978

Shot Put

10.21	A Sheath	Napier	1 October 1887
10.51	G Hill	Wellington	23 November 1889
10.84	O McCormack	Wellington	29 November 1890
11.48	Tim O'Connor	Auckland	9 February 1891
11.81	Tim O'Connor	Auckland	19 November 1892
11.99	O McCormack	Palmerston North	23 January 1893
12.10	W Madhill	Brisbane AUS	9 November 1899
12.27	R Rains	Christchurch	12 February 1906
14.25	Peter Munro	London GBR	September 1918
14.32	Les Mills	Auckland	12 March 1955
14.57	Cliff Ormsby	Auckland	16 February 1957
14.60	Les Mills	Napier	9 March 1957
14.82	Cliff Ormsby	Auckland	30 March 1957
15.02	Les Mills	Auckland	23 November 1957
15.45	Les Mills	Auckland	21 December 1957
16.53	Les Mills	Auckland	28 December 1957
17.02	Les Mills	Auckland	10 January 1959
17.29	Les Mills	Auckland	17 January 1959
17.57	Les Mills	Auckland	19 January 1959
17.66	Les Mills	Auckland	19 March 1960
17.75	Les Mills	Fresno USA	11 May 1963
17.88	Les Mills	Long Beach USA	10 January 1964
17.94	Les Mills		May 1964
18.04	Les Mills	Corvallis USA	13 June 1964
18.38	Les Mills		20 June 1964
18.40	Les Mills	Los Angeles USA	17 July 1964
18.73	Les Mills	Los Angeles USA	6 August 1964

18.75	Les Mills	Long Beach USA	8 August 1964
18.93	Les Mills	Los Angeles USA	12 August 1964
18.98	Les Mills	Rotorua	28 December 1965
19.51	Les Mills	Auckland	10 December 1966
19.80	Les Mills	Honolulu USA	3 July 1967
19.98	Jacko Gill	North Shore	23 April 2011
20.01	Jacko Gill	North Shore	23 April 2011
20.38	Jacko Gill	North Shore	5 December 2011
20.45	Tom Walsh	Geelong AUS	7 December 2013
20.61	Tom Walsh	Melbourne AUS	12 December 2013
21.26	Tom Walsh	Sopot POL	7 March 2014
21.37	Tom Walsh	Melbourne AUS	21 March 2015
21.50	Tom Walsh	Mutterstadt GER	25 July 2015
21.58	Tom Walsh	Beijing CHN	23 August 2015
21.62	Tom Walsh	Zagreb CRO	7 September 2015
21.78	Tom Walsh	Portland USA	18 March 2016
22.20	Tom Walsh	Zurich SUI	1 September 2016
22.21	Tom Walsh	Zagreb CRO	5 September 2016
22.31	Tom Walsh	Birmingham GBR	3 March 2018
22.67	Tom Walsh	Waitakere	25 March 2018
22.90	Tom Walsh	Doha QAT	9 October 2019

Discus Throw

36.78	Peter Munro	Wellington	27 December 1920
37.18	Peter Munro	Masterton	1 January 1921
39.16	Peter Munro	Wellington	3 December 1921
39.40	Peter Munro	Wellington	28 January 1922
40.22	Peter Munro	Palmerston North	10 February 1923
40.38	Peter Munro	Hobart AUS	10 February 1924
41.76	Peter Munro	Wellington	22 March 1924
42.42	Peter Munro	Petone	22 February 1930
42.44	Alister Cameron	Dunedin	28 February 1936
43.66	Alister Cameron	Dunedin	27 February 1937
43.84	Les Mills	Auckland	26 March 1955
44.30	Les Mills	Napier	26 December 1955

47.34	Les Mills	Auckland	15 December 1956
47.80	Les Mills	Napier	8 March 1957
47.96	Les Mills	Auckland	28 October 1957
49.02	Les Mills	Auckland	4 January 1958
51.00	Les Mills	London GBR	12 July 1958
51.72	Les Mills	Cardiff GBR	22 July 1958
51.74	Les Mills	Wanganui	28 February 1959
52.56	Les Mills	Auckland	14 November 1959
52.88	Les Mills	Auckland	23 January 1960
53.14	Les Mills	Melbourne AUS	12 March 1960
53.22	Les Mills	Papakura	9 December 1961
57.08	Les Mills	San Jose USA	3 May 1963
57.12	Les Mills	Modesto USA	18 May 1963
57.16	Les Mills		June 1964
57.74	Les Mills	Los Angeles USA	6 August 1964
58.22	Les Mills	Long Beach USA	8 August 1964
59.88	Robin Tait	Auckland	4 November 1967
60.48	Robin Tait	Auckland	16 November 1968
60.84	Robin Tait	Auckland	23 November 1968
60.92	Robin Tait	Auckland	30 November 1968
61.04	Robin Tait	Auckland	4 January 1969
61.52	Les Mills	Auckland	31 January 1971
61.78	Robin Tait	Hamilton	11 March 1972
63.08	Robin Tait	Christchurch	31 January 1974
63.32	Ian Winchester	Harrow GBR	6 July 1997
63.57	Ian Winchester	Hamilton	31 January 1998
64.26	Ian Winchester	Modesto USA	13 May 2000
65.03	Ian Winchester	Salinas USA	21 May 2002

Hammer Throw

33.92	J Wallace	Wellington	1 February 1908
37.26	Alfred Bissett	Christchurch	18 March 1911
38.56	John McHolm	Wellington	27 December 1911
41.36	John McHolm	Christchurch	24 February 1912
44.94	John McHolm	Auckland	10 January 1914
46.18	James Leckie	Tokomair	15 February 1930
50.06	Michael Spillaine	Oamaru	10 December 1932
50.34	Duncan Clark	TA	6 February 1954

50.68	Max Carr	Wellington	13 November 1954
52.66	Duncan Clark	Auckland	11 March 1955
52.84	Duncan Clark	Auckland	1 January 1957
53.04	Duncan Clark	Dunedin	13 February 1960
53.90	David Leech	Wellington	3 March 1962
54.10	David Leech	Napier	29 February 1964
54.20	Daryll Gilliland	Lower Hutt	3 March 1967
54.20	Warwick Nicholl	Invercargill	2 December 1967
54.26	Daryll Gilliland	Gisborne	1 January 1968
54.38	Murray Cheater	Auckland	23 November 1968
55.50	Warwick Nicholl	Dunedin	30 November 1968
56.34	Murray Cheater	Auckland	21 December 1968
56.52	Daryll Gilliland	Gisborne	4 January 1969
57.68	Daryll Gilliland	Hamilton	1 February 1969
57.88	Warwick Nicholl	Christchurch	7 February 1970
58.54	Murray Cheater	Auckland	18 March 1970
60.02	Warwick Nicholl	Edinburgh GBR	18 July 1970
60.08	Murray Cheater	Poitiers FRA	16 April 1972
60.84	Murray Cheater	London GBR	13 May 1972
62.26	Murray Cheater	Newham GBR	3 June 1972
62.96	Murray Cheater	London GBR	3 July 1972
63.58	Murray Cheater	London GBR	14 July 1972
64.16	Murray Cheater	London GBR	5 August 1973
65.44	Murray Cheater	Christchurch	1 December 1973
66.16	Murray Cheater	Christchurch	20 January 1974
68.02	Murray Cheater	Auckland	2 November 1974
68.34	Murray Cheater	Pakuranga	30 November 1974
68.94	Murray Cheater	Auckland	22 November 1975
69.16	Murray Cheater	Auckland	17 January 1976
71.20	Murray Cheater	Auckland	31 January 1976
72.16	Angus Cooper	Auckland	14 November 1989
73.10	Angus Cooper	Hamilton	23 January 1994

*73.96 by Angus Cooper in Cleveland USA on 17 June 1989 was never ratified as a record. The reason was as follows: the ground and the throwing circle itself were not compliant for setting records. The ground was uneven, the throw landed in a tree line and the throwing circle had no cage or fixed HT circle within the Discus circle, it was possible HT inner could have moved during a throw if hit by a foot.

Javelin Throw

40.84	E Sutherland	Auckland	5 March 1921
52.46	E Sutherland	Christchurch	10 December 1921
53.30	E Sutherland	Sydney AUS	11 March 1922
54.52	E Sutherland	Pietermaritzburg RSA	5 October 1925
54.54	Stan Lay	Hawera	20 January 1926
57.12	Stan Lay		February 1926
57.18	Stan Lay	Wanganui	6 March 1926
60.54	Stan Lay	Brisbane AUS	14 August 1926
62.76	Stan Lay	Hawera	23 February 1927
66.50	Stan Lay	Wellington	26 December 1927
67.90	Stan Lay	London GBR	7 July 1928
69.26	Malcolm Hahn	Auckland	7 November 1959
71.52	Malcolm Hahn	Auckland	21 November 1959
71.92	Murray Speden	Christchurch	19 January 1963
72.86	Mike O'Rourke	Auckland	5 March 1976
76.40	Mike O'Rourke	Hamilton	4 March 1977
78.76	Mike O'Rourke	Auckland	29 October 1977
83.18	Mike O'Rourke	Edmonton CAN	12 August 1978
86.00	Mike O'Rourke	Wanganui	27 December 1978
89.58	Mike O'Rourke	Auckland	14 March 1981
90.58	Mike O'Rourke	Auckland	22 January 1983

New model

70.66	John Stapylton-Smith	Papeete THT	27 March 1986
73.16	Gavin Lovegrove	Swansea GBR	28 June 1986
76.68	Gavin Lovegrove	Athens GRE	5 July 1986
79.58	Gavin Lovegrove	Noumea NCL	31 October 1986
79.60	Gavin Lovegrove	Wellington	8 March 1987
80.20	Gavin Lovegrove	Hamilton	18 November 1987
80.70	Gavin Lovegrove	Auckland	10 December 1988
83.90	Gavin Lovegrove	Wellington	4 November 1989
86.14	Gavin Lovegrove	Wellington	18 January 1992
86.80	Gavin Lovegrove	Auckland	21 February 1996
88.20	Gavin Lovegrove	Oslo NOR	5 July 1996

Decathlon

Table V

5150	E Sutherland	Paris FRA	12 July 1924
5208	Roy Williams	Auckland	20 February 1955
6029	Roy Williams	Auckland	3 March 1956
6040	Roy Williams	Auckland	10 March 1956
6050	Roy Williams	Auckland	15 March 1958
6362	Roy Williams	Christchurch	4 March 1961
6588	Murray Speden	Hawera	9 March 1963
7211	Roy Williams	Walnut USA	26 April 1964
7312	Roy Williams	Walnut USA	29 August 1964

Table VI

6163	Dave Norris	Auckland	27 February 1966
6233	Paul Lothian	Auckland	26 February 1967
7438	Roy Williams	Los Angeles USA	9 July 1967
7499	Simon Poelman	Christchurch	1 April 1984
7557	John Hunt	Christchurch	25 November 1984
7827	Simon Poelman	Auckland	27 January 1985

Table VII

7854	Simon Poelman	Auckland	22 December 1985
7872	Simon Poelman	Auckland	15 March 1986
8158	Simon Poelman	Auckland	30 March 1986
8366	Simon Poelman	Christchurch	22 March 1987

Women

100y/100m

100y

12.4	G Jackson	Wellington (AP)	17 February 1923
12.4	Phyllis Dawson	Wellington (AP)	17 February 1923
11.7	May Wilkins	Masterton	2 April 1923
11.6	Rachel Manttan	Dunedin (CA)	12 February 1927
11.6=	Elaine Martyn	Wellington (AP)	22 February 1929
11.2	Elaine Martyn	Christchurch	9 March 1929
11.2=	Thelma Kench	Wellington (BR)	15 March 1930
11.2=	Ida Campbell	Hamilton	27 February 1937
11.2=	Doreen Lumley	Wellington (BR)	11 December 1937
11.0	Doreen Lumley	Auckland	11 March 1939
11.0=	Colleen Hill	New Plymouth	31 December 1949
11.0=	Ruth Dickey	New Plymouth	31 December 1949
10.9	Dorothea Parker	New Plymouth	2 January 1950
10.9=	Beverly Weigel	Auckland (OS)	6 April 1957
10.9=	Margaret Stuart	New Plymouth	9 January 1958
10.8	Margaret Stuart	Lower Hutt	8 March 1958
10.8=	Ngairé Singer	Lower Hutt	8 March 1958
10.8=	Valerie Morgan	Hamilton (SP)	16 March 1960
10.7	Doreen Porter	Sydney AUS	4 March 1961
10.7=	Valerie Morgan	Sydney AUS	4 March 1961
10.7=	Avis McIntosh	Auckland	27 January 1964
10.6	Doreen Porter	Nelson	4 March 1964

100m

(ht)

11.5	Wendy Brown	Christchurch (QEII)	20 January 1974
11.4	Wendy Brown	Sydney AUS	23 February 1974
11.4=	Morag McMillan	Hamilton (PO)	19 February 1977
11.4=	Kim Robertson	Auckland (MS)	14 January 1978

100m

(et)

11.77	Doreen Porter	Tokyo JPN	15 October 1964
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11.77=	Brenda Matthews	Munich GER	1 September 1972
11.66	Kim Robertson	Christchurch (QEII)	9 December 1973
11.62	Beverley Peterson	Christchurch (QEII)	8 March 1986
11.55	Briar Toop	Auckland	28 January 1990
11.32	Michelle Seymour	Melbourne AUS	25 February 1993

220y/200m

220y

27.0	Shona Oliphant	Wellington (BR)	11 December 1937
26.9	Doris Strachan	Sydney	10 February 1938
26.5	Doreen Lumley	Auckland	11 March 1939
26.0	Leonie Stewart	Auckland (EP)	22 February 1941
25.8	Joan Hart	New Plymouth	24 February 1945
25.8=	Jacqueline Cornwell	New Plymouth	16 February 1946
25.8=	Lesley Rowe	New Plymouth	4 March 1949
25.5	Lesley Rowe	Masterton	16 April 1949
24.8	Lesley Rowe	New Plymouth	31 December 1949
24.8=	Dorothea Parker	New Plymouth	31 December 1949
24.7	Dorothea Parker	New Plymouth	2 January 1950
24.7=	Lesley Rowe	Hamilton (HP)	22 February 1952
24.7=	Joy Crotty	Hamilton (SP)	11 February 1956
24.7=	Marise Chamberlain	Christchurch (RP)	23 November 1957
24.6	Marise Chamberlain	Christchurch (SP)	15 November 1958
24.1	Valerie Morgan	Manawatu	1 March 1960
24.0	Doreen Porter	New Plymouth	29 February 1964
23.8	Penelope Hunt	Wellington (EB)	16 March 1968
23.6	Penelope Hunt	Wellington (EB)	22 September 1969

200m (ht)

23.5	Penelope Hunt	Bloefontaine RSA	19 April 1969
23.4	Penelope Hunt	Wellington (EB)	20 February 1971
23.3	Penelope Hunt	Pretoria RSA	19 February 1972
23.3=	Kim Robertson	Hamilton (PO)	19 November 1977
23.2	Kim Robertson	Auckland (MS)	4 February 1978
23.0	Kim Robertson	Auckland (MS)	22 February 1979

**200m
(et)**

24.67	Doreen Porter	Perth	29 November 1962
24.17	Penelope Hunt	Invercargill (?)	27 February 1971
23.88	Gail Swart	Christchurch	1 December 1973
23.44	Wendy Brown	Christchurch	29 January 1974
23.13	Kim Robertson	Los Angeles USA	15 July 1978
22.98	Monique Williams	Sydney AUS	28 February 2009
22.96	Monique Williams	Berlin GER	19 August 2009
22.90	Monique Williams	Berlin GER	20 August 2009

440y/400m**440y**

71.0	D Barnett	Masterton	18 November 1922
64.0	D Johnston	Masterton	10 February 1923
64.0=	Daphne George	Dunedin (Cal)	10 January 1953
63.5	Daphne George	Invercargill	24 January 1953
60.0	Nerida Kelly	Wanganui	7 February 1953
58.4	Marise Chamberlain	Wellington (BR)	5 March 1955
58.2	Jill Heatley	Hamilton (SP)	2 March 1956
57.7	Marise Chamberlain	Christchurch (RP)	10 November 1956
57.0	Marise Chamberlain	Christchurch (RP)	16 February 1957
56.9	Marise Chamberlain	Dunedin (Car)	1 March 1957
56.6	Marise Chamberlain	Christchurch (RP)	15 February 1958
56.1	Marise Chamberlain	Christchurch (RP)	8 March 1958
55.9	Marise Chamberlain	Christchurch (RP)	14 February 1959
55.6	Marise Chamberlain	Sydney AUS	14 March 1959
54.8	Marise Chamberlain	Sydney AUS	21 March 1959
54.5	Marise Chamberlain	Christchurch (RP)	11 March 1960
54.2	Marise Chamberlain	Dunedin (Cal)	1 March 1963

**400m
(ht)**

53.9	Marise Chamberlain	Dunedin (Cal)	1 March 1963
53.6	Penelope Hunt	Pretoria RSA	20 January 1972
53.4	Penelope Hunt	Munich GER	15 August 1972
52.9	Penelope Hunt	Munich GER	2 September 1972
52.7	Penelope Hunt	Munich GER	3 September 1972
52.7=	Kim Robertson	Auckland (MS)	29 December 1979

**400m
(et)**

51.60	Kim Robertson	Christchurch (QEII)	19 January 1980
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880y/800m**880y**

2:30.8	Daphne George	Dunedin (Cal)	2 February 1953
2:29.0	Daphne George	Dunedin (Cal)	14 February 1953
2:29.0=	Robin Hames	Christchurch (RP)	25 February 1956
2:25.3	Fay McBeath	Christchurch (RP)	3 November 1956
2:21.8	Fay McBeath	Christchurch (RP)	17 November 1956
2:19.8	Fay McBeath	Christchurch (RP)	9 February 1957
2:18.3	Fay McBeath	Christchurch (RP)	23 November 1957
2:15.2	Fay McBeath	Christchurch (RP)	8 February 1958
2:15.0	Fay McBeath	Christchurch (RP)	15 November 1958
2:12.8	Marise Chamberlain	Christchurch (RP)	13 February 1960
2:12.2	Marise Chamberlain	Sydney AUS	4 March 1961
2:11.4	Marise Chamberlain	Christchurch (RP)	28 October 1961
2:08.1	Marise Chamberlain	Christchurch (RP)	11 November 1961
2:04.9	Marise Chamberlain	Los Angeles USA	23 July 1966

**800m
(et)**

2:04.08	Sylvia Potts	Auckland (MS)	28 February 1970
2:03.71	Sue Haden	London GBR	21 July 1973
2:02.04	Sue Haden	Christchurch	29 January 1974
2:01.40	Toni Hodgkinson	Sydney AUS	11 February 1996
2:00.72	Toni Hodgkinson	Melbourne AUS	29 February 1996
1:59.41	Toni Hodgkinson	Durham USA	13 July 1996
1:59.35	Toni Hodgkinson	Atlanta USA	26 July 1996
1:58.25	Toni Hodgkinson	Atlanta USA	27 July 1996

1500m

1500m

4:19.0+	Marise Chamberlain	Perth AUS	8 December 1962
4:15.86	Susan Haden	Stockholm SWE	25 July 1973
4:11.5	Dianne Rodger	Wellington (NP)	24 January 1976
4:10.68	Anne Audain	Montreal CAN	28 July 1976
4:10.62	Dianne Rodger	Vancouver CAN	16 July 1984
4:10.59	Anne Hare	Melbourne AUS	2 March 1985
4:10.35	Lorraine Moller	Brussels BEL	30 August 1985
4:06.47	Christine Pfitzinger	San Jose USA	27 June 1987
4:06.23	Toni Hodgkinson	Melbourne AUS	2 March 2000
4:05.93	Nikki Hamblin	Heusden BEL	10 July 2010
4:04.82	Nikki Hamblin	Barcelona ESP	22 July 2011

1 mile

1 mile

5:31.3	Fay McBeath	Christchurch (RP)	2 November 1957
5:13.6	Robin Hames	Christchurch (RP)	14 November 1959
5:07.2	Robin Hames	Christchurch (RP)	27 February 1960
4:56.8	Marise Chamberlain	Christchurch (RP)	6 January 1962
4:41.4	Marise Chamberlain	Perth AUS	8 December 1962
4:36.7	Diane Rodger	Wellington (BR)	17 January 1976
4:36.6	Linden Franks	Auckland (MS)	26 January 1980
4:33.93	Anne Audain	Christchurch	15 January 1983
4:32.78	Christine Pfitzinger	Vancouver CAN	18 June 1985
4:30.50	Christine Pfitzinger	Eugene USA	6 July 1987

3000m/5000m/10000m

3000m

10:27.0	M O'Reilly	Christchurch (QEII)	17 February 1974
9:23.4	Anne Audain	Auckland	6 March 1974
9:14.80	Dianne Rodger	Christchurch (QEII)	24 January 1975
9:14.61	Dianne Rodger	Auckland (MS)	6 March 1976
9:07.4	Heather Matthews	Auckland (MS)	18 March 1978
8:59.0	Anne Audain	Auckland (MS)	22 March 1980
8:58.20	Anne Audain	Christchurch (QEII)	7 March 1982
8:45.53	Anne Audain	Brisbane AUS	4 October 1982
8:35.31	Kimberley Smith	Monaco MON	25 July 2007

5000m

16:25.5	Mary O'Connor	Christchurch (QEII)	16 December 1978
15:35.32	Dianne Rodger	Christchurch (QEII)	23 January 1982
15:13.22	Anne Audain	Auckland (MS)	17 March 1982
15:09.32	Nyla Carroll	Christchurch (QEII)	13 January 1996
14:45.93	Kimberley Smith	Rome ITA	11 July 2008

10000m

47:14.3	Linda Milne	Christchurch (QEII)	13 January 1979
35:54.9	Mary O'Connor	Christchurch (QEII)	22 December 1979
35:22.7	Wendy Renner	Christchurch (QEII)	13 December 1980
34:38.7	Glenys Quick	Houston USA	May 1981
33:57.82	Glenys Quick	Austin USA	29 May 1981
33:32.93	Alison Roe	Tokyo JPN	7 June 1981
32:21.47	Anne Audain	Auckland (MS)	14 February 1983
32:17.1	Anne Audain	Auckland (MS)	22 February 1986
31:53.31	Anne Audain	Edinburgh GBR	27 July 1986
31:28.12	Nyla Carroll	Hechtel BEL	19 July 1997
30:35.54	Kimberley Smith	Palo Alto USA	4 May 2008

100m hurdles

ht

14.6	Adrea Lowe		27 January 1969
14.5	Adrea Lowe	Hamilton	1 March 1969
13.9	Brenda Matthews	Auckland	22 January 1972
13.7	Brenda Matthews	Auckland	26 February 1972
13.6	Brenda Matthews	Hamilton	15 March 1972
13.4	Brenda Matthews	Auckland	18 March 1972
13.4	Gail Swart	Sydney AUS	6 April 1975
13.4	Lynette Stock	Christchurch	9 March 1986

FAT

13.69	Brenda Matthews	Christchurch	29 January 1974
13.67	Lynette Stock	Berkeley USA	22 June 1985
13.61	Helen Pirovano	Auckland	2 February 1990
13.42A	Rowena Morton	El Paso USA	9 May 1998
13.36w	Rowena Morton	Abilene USA	14 May 1998
13.20	Andrea Miller	Bangkok THA	10 August 2007
13.13	Andrea Miller	Sydney AUS	12 January 2008

13.12	Andrea Miller	Oordegem BEL	26 July 2008
13.10	Andrea Miller	Geneva SUI	6 June 2009
13.10	Rochelle Coster	Sydney AUS	3 April 2016

400m hurdles

62.03	Jan Lothian	Auckland	6 March 1976
60.99	Marion Prior	Hamilton	5 March 1977
60.40	Karen Green	Wellington	4 March 1978
60.32	Yvonne O'Brien	Auckland	9 February 1980
59.70	Terry Genge	Auckland	1 March 1980
59.35	Terry Genge	Auckland	25 January 1981
59.00	Terry Genge	Adelaide AUS	22 March 1981
58.93	Terry Genge	Auckland	13 March 1982
58.66	Terry Genge	Hamilton	12 March 1983
58.11	Lynette Massey	Melbourne AUS	1 April 1984
57.39	Lynette Massey	Dunedin	10 March 1985
57.35	Lynette Massey	Canberra AUS	31 March 1985
57.14	Nicola Kidd	Melbourne AUS	20 March 1999
57.09	Nicola Kidd	Palma ESP	8 July 1999
56.25	Rebecca Wardell	Dunedin	23 March 2003
56.04	Portia Bing	Sydney AUS	23 February 2019
55.86	Portia Bing	Sydney AUS	7 April 2019

Marathon*

Marathon

3:19:33	Mildred Sampson	Auckland	5 December 1964
3:13:58	Mildred Sampson		1967
2:48:46	Bev Shingles	Rotorua	24 April 1976
2:47:16	Bev Shingles	Hamilton	22 October 1977
2:44:11	Gillian Drake	Auckland	12 November 1978
2:37:37	Lorraine Moller	Duluth USA	23 June 1979
2:35:11	Lorraine Moller	London GBR	3 August 1980
2:31:42	Lorraine Moller	Eugene USA	7 September 1980
2:26:46	<i>Alison Roe</i>	<i>Boston USA</i>	<i>20 April 1981</i>
(dh) ¹			
2:29:36	Lorraine Moller	Duluth USA	20 June 1981

2:28:20	Mary O'Connor	London GBR	17 April 1983
2:28:17	Lorraine Moller	Edinburgh GBR	1 August 1986
2:25:21	Kim Smith	London GBR	25 April 2010

*The marathon list should be regarded as a “Best Performance” list as there are long-standing issues with not only the accurate measurement of courses, but also with issues surrounding compliance with gradient and whether “point to point” or not.

¹The Boston Marathon is adjudged to be “downhill” and does not meet the AIMS course ratification standards.

High Jump

1.130	Connie Millar	Wellington	8 December 1928
1.219	? Cowan	Wellington	2 February 1929
1.321	Norma Ingram	Motueka	6 April 1931
1.321	Jean Sharp	Wellington	27 February 1932
1.346	Jean Sharp	Wellington	21 January 1933
1.372	M Turton	Wellington	25 February 1933
1.460	Elizabeth Forbes	Dunedin	3 February 1934
1.473	Elizabeth Forbes	Dunedin	2 March 1935
1.499	Elizabeth Forbes	Dunedin	8 February 1936
1.502	Elizabeth Forbes	Dunedin	6 March 1937
1.527	Elizabeth Forbes	Dunedin	20 November 1937
1.530	Elizabeth Forbes	Wellington	11 December 1937
1.575	Elizabeth Forbes	Sydney AUS	12 February 1938
1.575	Noeline Swinton	Auckland	28 February 1953
1.581	Noeline Swinton	Dannevirke	28 November 1953
1.587	Noeline Swinton	Auckland	27 February 1954
1.603	Mary Donaghy	Kerepehi	26 February 1955
1.632	Mary Donaghy	Paraparaumu	29 March 1955
1.676	Mary Donaghy	Wellington	17 November 1956
1.683	Mary Donaghy	Dunedin	2 March 1957
1.689	Mary Donaghy	Auckland	1 March 1958
1.702	Mary Donaghy	Cardiff GBR	22 July 1958
1.714	Mary Donaghy	Hamilton	11 March 1961
1.73	Clare Ryan	Christchurch	26 January 1975

1.77	Karen Whimp	Christchurch	13 March 1976
1.78	Angela Pule	Christchurch	7 March 1981
1.79	Angela Pule	Auckland	14 March 1981
1.80	Angela Pule	Christchurch	21 March 1981
1.82	Angela Pule	Brisbane AUS	30 August 1982
1.83	Clare Ryan	Auckland	29 January 1983
1.84	Trudy Woodhead	Dunedin	23 February 1985
1.87	Trudy Woodhead	Berkeley USA	23 June 1985
1.88	Trudy Woodhead	Auckland	11 January 1986
1.89	Trudy Woodhead	Christchurch	9 March 1986
1.90	Tania Murray	Dunedin	9 December 1989
1.91	Tania Murray	Christchurch	3 March 1990
1.92	Tania Murray	Dunedin	26 January 1991

Pole Vault

3.25	Melina Hamilton	Hastings	5 December 1992
3.40	Melina Hamilton	Hamilton	3 April 1993
3.56	Sarelle Verkade	North Shore	28 January 1995
3.80	Melina Hamilton	Sydney AUS	9 March 1996
3.90	Melina Hamilton	Christchurch	9 March 1997
4.01	Melina Hamilton	Papakura	22 January 1998
4.06	Jenni Dryburgh	Auckland	13 March 1999
4.15	Melina Hamilton	Wellington	5 February 2000
4.35	Jenni Dryburgh	Brisbane AUS	25 March 2001
4.40	Melina Hamilton	Gold Coast AUS	12 April 2003
4.40	Eliza McCartney	Burnaby CAN	10 July 2014
4.45	Eliza McCartney	Eugene USA	24 July 2014
4.64	Eliza McCartney	Auckland	19 December 2015
4.65	Eliza McCartney	Brisbane AUS	17 January 2016
4.71	Eliza McCartney	North Shore	23 February 2016
4.80	Eliza McCartney	Dunedin	5 March 2016
4.80	Eliza McCartney	Rio de Janeiro BRA	19 August 2016
4.82	Eliza McCartney	North Shore	26 February 2017
4.85	Eliza McCartney	Eugene USA	26 May 2018
4.92	Eliza McCartney	Mannheim GER	23 June 2018
4.94	Eliza McCartney	Jockgrim GER	17 July 2018

Long Jump

4.16	Sybil Swinburne	Wellington	5 November 1927
4.44	Eleanor Sharpe	Wellington	8 December 1928
4.54	Jean Lark	Wellington	1 December 1934
4.71	Doris Strachan	Christchurch	22 February 1935
4.82	Mary Mitchell	Auckland	2 March 1935
5.04	Edna Munro	Raglan	20 April 1935
5.21	Doris Strachan	Te Kuiti	30 November 1935
5.25	Edna Munro	Auckland	8 February 1936
5.38	Doris Strachan	Christchurch	20 February 1937
5.47	Edna Munro	Hamilton	27 February 1937
5.55	Edna Munro	Hamilton	22 January 1938
5.56	Yvette Corlett	Dunedin	19 November 1949
5.65	Yvette Corlett	Dunedin	3 December 1949
5.68	Yvette Corlett	Dunedin	10 December 1949
5.78	Yvette Corlett	Napier	31 December 1949
5.90	Yvette Corlett	Auckland	11 February 1950
6.08	Yvette Corlett	Sydney AUS	13 January 1951
6.13	Yvette Corlett	Melbourne AUS	21 January 1951
6.14	Yvette Corlett	Balclutha	15 March 1952
6.16	Yvette Corlett	Helsinki FIN	23 July 1952
6.24	Yvette Corlett	Helsinki FIN	23 July 1952
6.28	Yvette Corlett	Gisborne	20 February 1954
6.29	Pam Hendren	Auckland	22 December 1973
6.37	Pam Hendren	Christchurch	29 January 1974
6.38	Noeline Hodgins	Auckland	2 January 1982
6.47	Noeline Hodgins	Christchurch	6 March 1982
6.52	Megan Clarcken	Dunedin	10 March 1985
6.55	Jayne Mitchell	Auckland	26 November 1988
6.63	Chantal Brunner	Victoria CAN	27 August 1994
6.65	Chantal Brunner	Dunedin	11 March 1995
6.68	Chantal Brunner	Melbourne AUS	1 March 1997
6.68	Chantal Brunner	Brisbane AUS	25 March 2001

Triple Jump

8.99	Eleanor Sharpe	Wellington	12 November 1927
9.27	Nettie Rowlands	Hawera	16 December 1930
9.38	J Hardie	Westport	4 January 1936
10.11	A E Wilson		February 1940
11.71	Tracy Phillips	Auckland	31 January 1987
11.71	Jayne Mitchell	Auckland	31 January 1987
12.08	Jayne Mitchell	Christchurch	1 November 1987
12.18	Lisa Ball	Auckland	27 February 1988
12.23	Lisa Ball	Auckland	18 December 1988
12.43	Lisa Ball	Auckland	11 March 1989
12.44	Jayne Mitchell	Auckland	24 February 1990
12.78	Jayne Mitchell	Christchurch	3 March 1990
13.00	Jayne Mitchell	Sydney AUS	23 February 1991
13.14	Tanya Murray	Hamilton	6 March 1994
13.38	Tanya Murray	Christchurch	28 December 1995
13.48	Tanya Murray	Melbourne AUS	2 March 1997
13.55	Nneka Okpala	Melbourne AUS	5 April 2014
13.65	Nneka Okpala	Canberra AUS	7 February 2015
13.81	Nneka Okpala	Melbourne AUS	5 March 2016
13.91	Nneka Okpala	Sydney AUS	2 April 2016

Shot Put

7.31	Betty Stevens	Hawera	16 December 1930
7.53	Elsie Sommers	Hamilton	27 February 1937
7.68	Una Amoretti		19 February 1938
8.57	Elsie Sommers	Auckland	11 February 1939
9.24	Elsie Sommers	Auckland	11 March 1939
9.44	Barbara Lipscombe	Auckland	27 January 1940
10.01	Nancy Hanlin	Dunedin	15 February 1941
10.11	Nancy Hanlin	Dunedin	28 February 1942
10.44	Yvette Corlett	Dunedin	22 March 1947
10.53	Yvette Corlett	Dunedin	9 February 1949
11.02	Yvette Corlett	Dunedin	26 February 1949
11.54	Yvette Corlett	Invercargill	26 November 1949
11.85	Yvette Corlett	Dunedin	16 December 1950

11.93	Yvette Corlett	Christchurch	30 December 1950
12.70	Yvette Corlett	Melbourne AUS	20 January 1951
13.35	Yvette Corlett	Helsinki FIN	26 July 1952
13.96	Yvette Corlett	Vancouver CAN	31 July 1954
14.11	Valerie Young	Christchurch	21 December 1955
14.21	Valerie Young	Wellington	24 March 1956
14.81	Valerie Young	Christchurch	6 October 1956
14.90	Valerie Young	Christchurch	13 October 1956
15.04	Valerie Young	Christchurch	3 November 1956
15.15	Valerie Young	Christchurch	17 November 1956
15.34	Valerie Young	Melbourne AUS	30 November 1956
15.40	Valerie Young	Christchurch	30 March 1957
16.29	Valerie Young	Christchurch	7 December 1957
16.46	Valerie Young	Christchurch	25 October 1958
16.59	Valerie Young	Christchurch	30 January 1960
17.26	Valerie Young	Tokyo JPN	20 October 1964
17.38	Valerie Adams	Auckland	2 February 2002
17.46	Valerie Adams	Hamilton	6 February 2002
17.53	Valerie Adams	Hamilton	2 June 2002
17.54	Valerie Adams	Hamilton	2 June 2002
17.73	Valerie Adams	Kingston JAM	20 July 2002
18.40	Valerie Adams	Madrid ESP	21 September 2002
18.91	Valerie Adams	Dunedin	21 March 2003
18.93	Valerie Adams	Osaka JPN	10 May 2003
18.96	Valerie Adams	Sydney AUS	29 February 2004
19.29	Valerie Adams	Auckland	4 December 2004
19.32	Valerie Adams	Wanganui	12 March 2005
19.52	Valerie Adams	Rio de Janeiro BRA	15 May 2005
19.87	Valerie Adams	Helsinki FIN	12 August 2005
20.11	Valerie Adams	Christchurch	27 January 2006
20.20	Valerie Adams	Christchurch	27 January 2006
20.20	Valerie Adams	Bad Kostritz GER	27 August 2006
20.54	Valerie Adams	Osaka JPN	26 August 2007
20.56	Valerie Adams	Beijing CHN	16 August 2008
20.69	Valerie Adams	Rio de Janeiro BRA	17 May 2009
21.07	Valerie Adams	Thessaloniki GRE	13 September 2009
21.24	Valerie Adams	Daegu KOR	29 August 2011

Discus Throw

18.84	B Stevens	Hawera	16 December 1930
27.92	Edna Munro	Auckland	14 March 1936
29.60	Audrey Craig	Dunedin	24 February 1940
30.36	Dulcie Mullins	Wanganui	8 March 1941
30.38	F Gibson	Dunedin	19 February 1944
31.70	Betty Roberts	Auckland	24 March 1945
33.38	Betty Roberts	Hamilton	2 April 1945
34.82	Betty Roberts	Auckland	23 February 1946
35.84	Yvette Corlett	Melbourne AUS	21 January 1951
36.96	Yvette Corlett	Dunedin	17 February 1951
40.94	Yvette Corlett	Wellington	8 December 1951
41.32	Yvette Corlett	Helsinki FIN	20 July 1952
41.70	Yvette Corlett	Auckland	28 February 1953
44.80	Yvette Corlett	Auckland	14 November 1953
44.94	Yvette Corlett	Hamilton	12 December 1953
46.18	Yvette Corlett	Gisborne	9 January 1954
47.50	Jennifer Thompson	Hamilton	15 February 1958
47.58	Valerie Young	Auckland	15 March 1958
48.26	Jennifer Thompson	Gisborne	3 January 1959
48.46	Jennifer Thompson	Napier	28 February 1959
49.26	Jennifer Thompson	Hamilton	14 March 1959
49.58	Valerie Young	Christchurch	17 October 1959
50.62	Jennifer Thompson		1 December 1959
50.90	Jennifer Thompson	Palmerston North	6 February 1960
52.18	Valerie Young	Palmerston North	6 February 1960
52.22	Jennifer Thompson	Christchurch	12 March 1960
53.78	Valerie Young	Geraldton	17 November 1962
54.36	Elizabeth Ryan	Hamilton	17 January 1990
55.20	Beatrice Faumuina	Auckland	23 January 1993
57.94	Beatrice Faumuina	Auckland	22 January 1994
60.00	Beatrice Faumuina	Dunedin	12 March 1995
64.04	Beatrice Faumuina	Hobart AUS	25 February 1996
64.66	Beatrice Faumuina	Auckland	24 January 1997
68.28	Beatrice Faumuina	Melbourne AUS	2 March 1997
68.52	Beatrice Faumuina	Oslo NOR	4 July 1997

Hammer Throw

49.02	Teresa Came	Hamilton	7 November 1992
52.34	Teresa Came	Auckland	30 January 1993
52.76	Teresa Came	Melbourne AUS	25 February 1993
53.22	Teresa Came	Hamilton	18 February 1995
55.44	Teresa Came	Sydney AUS	3 March 1995
56.02	Tasha Williams	Wanganui	17 January 1998
56.70	Tasha Williams	North Shore	22 February 1998
58.68	Tasha Williams	Brisbane AUS	30 July 1998
59.12	Tasha Williams	Christchurch	9 January 1999
59.12	Tasha Williams	Hamilton	27 February 1999
59.92	Tasha Williams	Bedford GBR	4 July 1999
62.84	Tasha Williams	Palma ESP	16 July 1999
63.34	Tasha Williams	Sydney AUS	27 February 2000
64.60	Tasha Williams	Arizona USA	6 July 2000
67.00	Julia Ratcliffe	Barcelona ESP	14 July 2012
68.80	Julia Ratcliffe	Princeton USA	19 April 2013
69.60	Julia Ratcliffe	Princeton USA	12 April 2014
70.28	Julia Ratcliffe	Princeton USA	19 April 2014
70.75	Julia Ratcliffe	London GBR	9 July 2016
71.39	Julia Ratcliffe	Townsville AUS	28 June 2019

Javelin Throw

28.28	Phyllis Bollond	Hawera	16 December 1930
28.90	Mary Mitchell	Auckland	8 February 1936
29.46	Gwen Tremain	Hamilton	27 February 1937
34.20	Mary Mitchell	Auckland	27 November 1937
35.96	Mary Mitchell	Sydney AUS	10 February 1938
36.76	Mary Mitchell	Auckland	2 March 1940
37.34	Mary Mitchell	Christchurch	16 March 1940
38.30	Mary Mitchell	Auckland	22 February 1941
40.14	Winifred Richards	Invercargill	3 December 1955
42.44	Winifred Richards		3 January 1956
43.36	Winifred Richards		15 March 1956
43.86	Ngaire Nicholson	Auckland	5 December 1959
45.16	Ngaire Nicholson	Hamilton	6 February 1960

47.48	Sally Mene	Christchurch	12 February 1966
47.50	Sally Mene	Christchurch	8 November 1969
49.78	Sally Mene	Christchurch	22 November 1969
50.50	Kirsten Smith (Hellier)	Wellington	6 March 1987
50.96	Kirsten Smith	Auckland	27 November 1987
52.28	Kirsten Smith	Hamilton	20 December 1987
52.76	Kaye Nordstrom	Christchurch	14 January 1989
55.44	Kirsten Smith	Wanganui	17 January 1989
57.36	Kaye Nordstrom	Christchurch	28 January 1989
58.12	Kaye Nordstrom	Christchurch	12 January 1991
58.62	Kirsten Smith	Auckland	7 December 1991
59.60	Kirsten Smith	Wellington	18 January 1992
59.76	Kirsten Smith	Auckland	22 January 1992
61.52	Kirsten Smith	Christchurch	16 February 1992
62.52	Kirsten Hellier (Smith)	Auckland	22 January 1994

New model

54.14	Kirsten Hellier	Hamilton	12 February 1999
54.45	Tori Peeters	Wellington	30 March 2014
55.14	Tori Peeters	Melbourne AUS	21 March 2015
55.74	Tori Peeters	Sydney AUS	1 April 2017
55.84	Tori Peeters	Dunedin	28 October 2017
57.00	Tori Peeters	Dunedin	28 January 2018

Pentathlon/Heptathlon

Pentathlon

3848	Yvette Corlett	Dunedin	1950
4097	Yvette Corlett	Dunedin	March 1951
4219	Yvette Corlett	Dunedin	March 1952
4363	Lesley Wilson	Christchurch	20 January 1962
4459	Valerie Young	Christchurch	1 February 1964
4501	Lesley Wilson	Lower Hutt	7 March 1964

Table II

4021	Barbara Beable	Christchurch	23 February 1972
4158	Barbara Beable	Christchurch	25 January 1974
4247	Barbara Beable	Christchurch	25 January 1975

4329	Barbara Beable	Christchurch	7 February 1976
4343	Barbara Beable	Auckland	14 February 1976
4348	Karen Page	Christchurch	31 January 1981

Heptathlon

5443	Terry Genge	Brisbane AUS	3 October 1981
5590	Terry Genge	Christchurch	21 February 1982
5654	Terry Genge	Auckland	20 March 1982
5679	Terry Genge	Brisbane AUS	4 October 1982
5832	Terry Genge	Adelaide AUS	3 April 1983

Table III

5809	Joanne Henry	Christchurch	20 January 1991
6092	Joanne Henry	Christchurch	17 March 1991
6278	Joanne Henry	Auckland	1 March 1992