

Wellington Women's Masters Records to 6 September 2026

Version Control

Original Version from Website PDF	07-May-2023
Version 1 with Updates	25-Jan-2025
Version 2 with Updates	01-Mar-2026
Version 3 with Updates	01-Apr-2026
Version 4 with Updates	15-Apr-2026
Version 5 with Updates	10-Jul-2026
Version 6 with Updates	15-Aug-2026
Version 7 with Updates	06-Sep-2026

Changes in Version 3

Updated Records in this Version shown as	Date of Record
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Event	Grade	Record	Name	Club	Result	Wind	Location	Date
1500mW	W80	Existing Record	Daphne Jones	Scottish	11m 23.11s		Sydney	10-Mar-23
1500mW	W80	New Record	Jacqueline Wilson	Trentham United	10m 21.95s		Inglewood	14-Mar-26
3000mW	W80	Existing Record	Daphne Jones	Scottish	22m 53.85s		Newtown Park	20-Feb-22
3000mW	W80	New Record	Jacqueline Wilson	Trentham United	21m 44.86s		Inglewood	13-Mar-26
5000mW	W80	Existing Record	Daphne Jones	Scottish	40m 13.00s		Sydney	11-Mar-23
5000mW	W80	New Record	Jacqueline Wilson	Trentham United	37m 46.13s		Inglewood	15-Mar-26
2000m SC	W50	Existing Record						
0.762m/30"	W50	Existing Record	Katie Jenkins	Olympic	8m 01.61s		Newtown Park	22-Feb-26
2000m SC	W50	New Record						
0.762m/30"	W50	New Record	Katie Jenkins	Olympic	7m 52.85s		Newtown Park	21-Mar-26

Changes in Version 4

Updated Records in this Version shown as	Date of Record
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Event	Grade	Record	Name	Club	Result	Wind	Location	Date
60 m	W60	Existing Record	Veronica Gould	Wellington Masters	9.40s		Newtown Park	9-Mar-13
60 m	W60	New Record	Petra Stoeveken	Kiwi	9.33 s		Newtown Park	21-Mar-26

Changes in Version 5

Updated Records in this Version shown as	Date of Record
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Event	Grade	Record	Name	Club	Result	Wind	Location	Date
Half Marathon	W65	New Zealand Record	Betty Harp	Scottish	1h 37m 25s			29-Jun-25
Half Marathon	W65	Wellington Record	Betty Harp	Scottish	1h 37m 25s		Wellington	29-Jun-25
Half Marathon	W65	New Zealand Record	Betty Harp	Scottish	1h 35m 45s		Wellington	28-Jun-26
Half Marathon	W65	Wellington Record	Betty Harp	Scottish	1h 35m 45s		Wellington	28-Jun-26
Half Marathon	W70	New Zealand Record	Michele Allison	Scottish	1h 49m 19s			18-Feb-26
Half Marathon	W70	Wellington Record	no record					
Half Marathon	W70	New Zealand Record	Michele Allison	Scottish	1h 48m 01s		Wellington	28-Jun-26
Half Marathon	W70	Wellington Record	Michele Allison	Scottish	1h 48m 01s		Wellington	28-Jun-26

Changes in Version 6

Updated Records in this Version shown as	Date of Record
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Event	Grade	Record	Name	Club	Result	Wind	Location	Date
10k Road Race	W35	Wellington Record	Sarah Drought	Wellington Harriers	35m 04s		Wellington	28-Jun-26
10k Road Race	W65	Wellington Record	Michele Allison	Scottish	44m 03s			21-Feb-21
10k Road Race	W70	Wellington Record	Michele Allison	Scottish	48m 50s			18-Jan-26

Changes in Version 7

Updated Records in this Version shown as	Date of Record
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Event	Grade	Record	Name	Club	Result	Wind	Location	Date
5000mW	W80	New Zealand Record	Jacqueline Wilson	Trentham United	37m 46.13s		Inglewood	15-Mar-26
5000mW	W80	Wellington Record	Jacqueline Wilson	Trentham United	37m 46.13s		Inglewood	15-Mar-26
5000mW	W80	New Zealand Record	Jacqueline Wilson	Trentham United	36m 22.30s		Daegu	1-Sep-26
5000mW	W80	Wellington Record	Jacqueline Wilson	Trentham United	36m 22.30s		Daegu	1-Sep-26
10km Road Walk (Best Performances)	W80	New Zealand Record	Daphne Jones	Scottish	1:22.47s		Upper Hutt	25-Sep-22
10km Road Walk (Best Performances)	W80	Wellington Record	Daphne Jones	Scottish	1:22.47s		Upper Hutt	25-Sep-22
10km Road Walk (Best Performance)	W80	New Zealand Record	Jacqueline Wilson	Trentham United	1:12.51s		Daegu	22-Aug-26
10km Road Walk (Best Performance)	W80	Wellington Record	Jacqueline Wilson	Trentham United	1:12.51s		Daegu	22-Aug-26
20km Road Walk (Best Performances)	W80	New Zealand Record	no record					
20km Road Walk (Best Performances)	W80	Wellington Record	no record					
20km Road Walk (Best Performance)	W80	New Zealand Record	Jacqueline Wilson	Trentham United	2:32.54s		Daegu	29-Aug-26
20km Road Walk (Best Performance)	W80	Wellington Record	Jacqueline Wilson	Trentham United	2:32.54s		Daegu	29-Aug-26

Wellington Women's Masters Records to 6 September 2026

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3	Sprints	60m
3	Sprints	100m
3	Sprints	200m
3	Sprints	400m
4	Middle Distance	800m
4	Middle Distance	1500m
4	Middle Distance	Mile
4	Middle Distance	3000m
5	Distance	5000m
5	Distance	10000m
5	Distance	Half Marathon (Best Performances)
5	Distance	Marathon (Best Performances)
6	Steeples	2000m SC
7	Short Hurdles	80mH (7m between hurdles)
7	Short Hurdles	100mH
7	Short Hurdles	110mH
7	Long Hurdles	200mH
7	Long Hurdles	300mH
7	Long Hurdles	400mH
8	Walks	1500mW
8	Walks	3000mW
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9	Walks	10km Road Walk (Best Performances)
9	Walks	20km Road Walk (Best Performances)
10	Jumps	High Jump
10	Jumps	Long Jump
10	Jumps	Triple Jump
10	Jumps	Pole Vault
11	Throws	Discus
11	Throws	Hammer
11	Throws	Javelin
11	Throws	Shot Put
12	Throws	Weight Throw
13	Combined Events	Pentathlon (International Men: Long, Javelin, 200m, Discus, 1500m)
13	Combined Events	Decathlon (100m, Long, Shot, High, 400m, Short Hurdles, Discus, Pole Vault, Javelin, 1500m)
13	Combined Events	Throws Pentathlon (Hammer, Shot, Discus, Javelin, Weight)
14	Combined Events	Pentathlon (International Women: Short Hurdles, High, Shot, Long, 800m)
15	Archived Records no longer maintained	<i>Retired implements or non-standard distances and W30</i>
15	Archived Records no longer maintained	100m
15	Archived Records no longer maintained	200m
15	Archived Records no longer maintained	400m
15	Archived Records no longer maintained	800m
15	Archived Records no longer maintained	1500m
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15	Archived Records no longer maintained	Marathon
15	Archived Records no longer maintained	100mH
15	Archived Records no longer maintained	80mH (8m)
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15	Archived Records no longer maintained	Long Jump
15	Archived Records no longer maintained	Triple Jump
15	Archived Records no longer maintained	Discus
15	Archived Records no longer maintained	Hammer
15	Archived Records no longer maintained	Javelin
15	Archived Records no longer maintained	Shot Put
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16	Archived Records no longer maintained	Pentathlon (NZ Women: 100m, Long, Shot, Javelin, 800m)
16	Archived Records no longer maintained	Weight Pentathlon (Hammer, Shot, Discus, Javelin, Weight)
16	Archived Records no longer maintained	Pentathlon (NZ Women: 200m, Long, Shot, Javelin [pre-1999 model], 800m)
16	Archived Records no longer maintained	Pentathlon (NZ Women: 200m, Long, Shot, Javelin [old weight 4.0kg], 800m)
16	Archived Records no longer maintained	Weight Pentathlon (Hammer, Shot, Discus, Javelin [old weight 4.0kg or pre-1999 model], Weight)
16	Archived Records no longer maintained	Heptathlon (Short Hurdles, High, Shot, 200m, Long, Javelin [old weight 4.0kg], 800m)

Wellington Women's Masters Records to 6 September 2026

Women

Event	Grade	Name	Club	Result	Wind	Location	Date
Sprints							

60m

W35	Vanessa Story	Wellington Masters	8.60s			Nelson	1-Dec-12
W40	Vanessa Story	Wellington Masters	8.43s	-1.1		Otago	27-Feb-16
W45	Petra Stoeveken	Wellington Masters	8.82s	1.2		Newton Park	14-Feb-15
W50	Petra Stoeveken	Wellington Masters	8.76s	-1.4		Otago	27-Feb-16
W55	Petra Stoeveken	Wellington Masters	9.18s	-0.9		Newtown Park	12-Feb-22
W60	Petra Stoeveken	Kiwi	9.33 s			Newtown Park	21-Mar-26
W65	Veronica Gould	Wellington Masters	9.66s	0.9		Newtown Park	24-Mar-18
W70	Veronica Gould	Wellington Masters	9.82s	0.8		Hastings	29-Feb-20
W75	Judy Hammond	Wellington Masters	11.01s	1.1		Hamilton	23-Nov-12
W80	Judy Hammond	Wellington Masters	11.86s	-0.3		Dunedin	22-Jan-18

100m

W35	Penny Hunt		12.70s			Wellington	1984
W40	Penny Hunt		13.20s			Christchurch	1992
W45	Penny Hunt		13.56s			Auckland	1993
W50	Petra Stoeveken	Wellington Masters	13.76s	-0.1		Dunedin	27-Feb-16
W55	Veronica Gould	Wellington Harriers	14.10s	-1.2		Newtown Park	26-Jan-08
W60	Colleena Blair	Wellington Masters	14.90s				
W65	Veronica Gould	Wellington Masters	15.20s			Newtown Park	12-Oct-13
W70	Veronica Gould	Wellington Masters	16.06s	1.2		Newtown Park	25-Jan-20
W75	Judy Hammond	Wellington Masters	18.41s	-1.2		Hamilton	23-Nov-12
W80	Judy Hammond	Wellington Masters	19.98s	0.16		Inglewood	26-Nov-17

200m

W35	Penny Hunt		26.36s				
W40	Vanessa Story	Wellington Masters	27.21s	-0.3		Otago	28-Feb-16
W45	Penny Hunt		27.54s			Auckland	1993
W50	Petra Stoeveken	Kiwi Athletic	29.18s	-0.6		Newtown Park	15-Dec-18
W55	Veronica Gould	Wellington Harriers	30.26s				
W60	Judy Hammond	Kapiti	31.90s				
W65	Veronica Gould	Wellington Masters	33.09s	0.0		Newtown Park	19-Feb-17
W70	Veronica Gould	Wellington Masters	34.73s	1.5		Newtown Park	25-Jan-20
W75	Judy Hammond	Wellington Masters	41.53s			Darwin	10-Jun-17
W80	Judy Hammond	Wellington Masters	43.48s	1.8		Dunedin	20-Jan-18

400m

W35	Pam Graham	Scottish	64.87s				
W40	Vanessa Story	Wellington Masters	60.35s			Newtown Park	19-Nov-16
W45	Vanessa Story	Wellington Masters	65.87s			Hastings	28-Feb-20
W50	Petra Stoeveken	Kiwi Athletic	69.15s			Newtown Park	23-Nov-18
W55	Judy Hammond	Kapiti	73.90s				
W60	Judy Hammond	Kapiti	74.30s				
W65	Judy Hammond	Kapiti	85.44s				
W70	Judy Hammond	Kapiti	88.51s			Inglewood	18-Feb-09
W75	Judy Hammond	Wellington Masters	97.02s			Whangarei	2013

Wellington Women's Masters Records to 6 September 2026

Women

Event	Grade	Name	Club	Result	Wind	Location	Date
Middle Distance							

800m

W35	Renae Creser	Olympic	2m 26.56s			2011
W40	Anne Hare	Scottish	2m 17.06s		Newtown Park	18-Feb-06
W45	Tamara Winkler	Wellington Harriers	2m 18.16s		Newtown Park	1-Feb-26
W50	Heather Walker	Scottish	2m 24.52s		Masterton	15-Jan-23
W55	Liz Bentley	Scottish	2m 53.40s		Newtown Park	27-Mar-21
W60	Liz Bentley	Scottish	2m 54.67s		Newtown Park	4-Feb-22
W65	Peggy Fletcher		3m 10.29s			1996
W70	Judy Hammond	Kapiti	3m 53.14s		Townsville	29-Jul-08
W75	Judy Hammond	Wellington Masters	4m 36.70s		Palmerston North	7-Oct-12
W80	Judy Hammond	Wellington Masters	5m 07.55s		Dunedin	21-Jan-18

1500m

W35	Tina Faulkner	Scottish	4m 26.93s		AUT Millennium, Akl	19-Dec-17
W40	Anne Hare	Scottish	4m 35.74s		Christchurch	27-Jan-06
W45	Anne Hare	Scottish	4m 48.69s		Newtown Park	24-Oct-09
W50	Heather Walker	Scottish	4m 54.42s		Masterton	14-Jan-23
W55	Jenny McDonald		5m 17.82s		Newtown Park	9-Mar-13
W60	Peggy Fletcher		5m 58.04s			
W65	Michele Allison	Scottish	6m 15.85s		Masterton	28-Nov-20
W70	Judy Hammond		8m 28.0s		Palmerston North	16-Oct-11

Mile

W35	Tina Faulkner	Scottish	4m 53.41s		Timaru	6-Jan-18
W40	Anne Hare	Scottish	4m 58.89s		Wanganui	11-Feb-06
W45	Tamara Winkler	Wellington Harriers	5m 2.90s		Cooks Gardens	24-Jan-26
W50	Heather Walker	Scottish	5m 21.85s		Newtown Park	17-Dec-22
W55	Helen Willis	Scottish	7m 02.98s		Newtown Park	14-Dec-19
W60	Liz Bentley	Scottish	7m 10.41s		Newtown Park	17-Dec-22
W65	Betty Harp	Scottish	6m 43.12s		Newtown Park	19-Dec-25
W70	<i>no record</i>					
W75	Kathrine Switzer	Victoria University	8m 39.96s		Cooks Garden	25-Jan-25

3000m

W35	Vicki Humphries	Wellington Harriers	10m 14.87s			
W40	Nyla Carol		9m 53.94s			
W45	Gabrielle O'Rourke		10m 22.69s		Newtown Park	25-Jan-13
W50	Heather Walker	Scottish	10m 38.80s		Palmerston North	2-Dec-23
W55	Bernie Portenski	Scottish	10m 38.7s			2005
W60	Bernie Portenski	Scottish	11m 10.10s		Newtown Park	19-Feb-11
W65	Michele Allison	Scottish	12m 27.51s		Newtown Park	2-Dec-22
W70	Michele Allison	Scottish	13m 48.81s		Saxton Field, Stoke	24-Jan-26

Wellington Women's Masters Records to 6 September 2026

Women

Event	Grade	Name	Club	Result	Wind	Location	Date
Distance							

5000m

W35	Ngaire Drake		16m 47.63s			
W40	Nyla Caroll	Scottish	16m 45.74s		QEII, Christchurch	26-Mar-10
W45	Bernie Portenski	Scottish	17m 32.13s			
W50	Bernie Portenski	Scottish	17m 22.22s			
W55	Bernie Portenski	Scottish	17m 56.05s			
W60	Bernie Portenski	Scottish	18m 51.13s			2010
W65	Michele Allison	Scottish	21m 23.94s		Newtown Park	4-Dec-22
W70	Michele Allison	Scottish	23m 19.99s		Saxton Field, Stoke	24-Jan-26

10000m

W35	Ngaire Drake		35m 11.3s			
W40	Bernie Portenski	Scottish	34m 48.95s			1993
W45	Bernie Portenski	Scottish	35m 35.5s			
W50	Bernie Portenski	Scottish	36m 34.24s			
W55	Bernie Portenski	Scottish	37m 22.37s			2006
W60	Bernie Portenski	Scottish	39m 04.23s			2010
W65	Michele Allison	Scottish	44m 41.87s		Newtown Park	5-Dec-20
W70	Betty Meyers		73m 55.63s			

10k Road Race (Best performance)

W35	Sarah Drought	Wellington Harriers	35m 04s		Wellington	28-Jun-26
W40	no record					
W45	no record					
W50	no record					
W55	no record					
W60	no record					
W65	Michele Allison	Scottish	44m 03s			21-Feb-21
W70	Michele Allison	Scottish	48m 50s			18-Jan-26
W75	no record					

Half Marathon (Best Performances)

W35	Sarah Drought	Wellington Harriers	1h 13.41s		Christchurch	21-Apr-23
W40	no record					
W45	no record					
W50	no record					
W55	no record					
W60	no record					
W65	Betty Harp	Scottish	1h 35m 45s		Wellington	28-Jun-26
W70	Michele Allison	Scottish	1h 48m 01s		Wellington	28-Jun-26
W75	no record					

Marathon (Best Performances)

W35	Ingrid Cree	Olympic	2h 50m 39s		Auckland	30-Oct-22
W40	Bernie Portenski	Scottish	2h 34m 39s			1992
W45	Bernie Portenski	Scottish	2h 43m 38s			
W50	Catherine Bradock	Wellington Harriers	3h 07m 43s		Wellington	23-Jun-24
W55	Betty Harp	Scottish	3h 56m 19s		Christchurch	2-Jun-19
W60	Bernie Portenski	Scottish	3h 01m 30s			2010
W65	Betty Harp	Scottish	3h 45m 50s		Rotorua	3-May-25

Wellington Women's Masters Records to 6 September 2026

Women

Event	Grade	Name	Club	Result	Wind	Location	Date
Steeple							

2000m SC

0.762m/30"	W35	Vicki Humphries	Wellington Harriers	7m 47.36s			
0.762m/30"	W40	Michelle Van Looy	Olympic	8m 01.88s		Masterton	21-Feb-15
0.762m/30"	W45	J Stewart		8m 10.5s			
0.762m/30"	W50	Katie Jenkins	Olympic	7m 52.85s		Newtown Park	21-Mar-26
0.762m/30"	W55	T Brown		9m 29.8s			
0.762m/30"	W60	F McCracken		11m 32.28s			
0.762m/30"	W65	Michele Alluson	Scottish	9m 18.61s		Masterton	28-Nov-20

Wellington Women's Masters Records to 6 September 2026

Women

Event	Grade	Name	Club	Result	Wind	Location	Date
Hurdles							

Short Hurdles 80mH (8m between hurdles)

0.762m/30"	W40	Penny Hunt		13.2s		Christchurch	1992
0.762m/30"	W45	Penny Hunt		13.50s		Auckland	1993

80mH (7m between hurdles)

0.762m/30"	W50	<i>no record</i>					
0.762m/30"	W55	<i>no record</i>					
0.686m/27"	W60	Colleena Blair	Wellington Masters	16.64s			
0.686m/27"	W65	Colleena Blair	Wellington Masters	17.35s			1995
0.686m/27"	W70	<i>no record</i>					

100mH

0.840m/33"	W35	Penny Hunt		15.40s		Wellington	1984
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Long Hurdles**200mH**

0.686m/27"	W70	<i>no record</i>					
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300mH

0.762m/30"	W50	P Scholes		61.81s			
0.762m/30"	W55	<i>no record</i>					
0.686m/27"	W60	Judy Hammond	Kapiti	65.90s			
0.686m/27"	W65	Judy Hammond	Kapiti	71.04s			2004

400mH

0.762m/30"	W35	<i>no record</i>					
0.762m/30"	W40	Andrea Williams		81:04s		Hawkes Bay	29-Nov-14
0.762m/30"	W45	<i>no record</i>					

Wellington Women's Masters Records to 6 September 2026

Women

Event	Grade	Name	Club	Result	Wind	Location	Date
Walks							

1500mW

W35	Kathryn Fraser	Scottish	9m 35.18s			
W40	Brenda Burke	Scottish	9m 35.71s			
W45	K Blyth		10m 05.05s			
W50	Robin McArthur		8m 35.44s		Newtown Park	5-Feb-11
W55	Teri Grimmett	Scottish	8m 35.64s		Newtown Park	2013
W60	Barbara Tucker		9m 44.17s		Newtown Park	5-Feb-11
W65	Jacqueline Wilson	Wellington Masters	8m 56.63s		Newtown Park	14-Feb-15
W70	Jacqueline Wilson	Wellington Masters	8m 55.65s		Auckland	26-Apr-17
W75	Jacqueline Wilson	Wellington Masters	9m 52.44s		Sydney	10-Mar-23
W80	Jacqueline Wilson	Trentham United	10m 21.95s		Inglewood	14-Mar-26

3000mW

W35	Kristeene Parkes	Scottish	20m 54.33s			
W40	Arlene Wong-Tung	Scottish	20m 30.49s		Palmerston North	25-Nov-16
W45	Amelia De Lorenzo	Scottish	16m 40.13s		Newtown Park	28-Oct-06
W50	Robyn McArthur		17m 26.89s		Newtown Park	23-Jan-12
W55	Teri Grimmett	Scottish	17m 44.64s		Newtown Park	2013
W60	F McCracken		19m 02.5s			
W65	Jacqueline Wilson	Wellington Masters	18m 35.89s		Newton Park	15-Feb-15
W70	Jacqueline Wilson	Wellington Masters	18m 27.80s		Dunedin	26-Jan-18
W75	Jacqueline Wilson	Wellington Masters	19m 18.90s		Inglewood	26-Feb-21
W80	Jacqueline Wilson	Trentham United	21m 44.86s		Inglewood	13-Mar-26

5000mW

W35	<i>no record</i>					
W40	Amelia De Lorenzo	Scottish	27m 08.10s			
W45	A Bowles		33m 48.0s			
W50	Terri Grimmett	Scottish	29m .54.22		Melbourne	6-Apr-12
W55	Terri Grimmett	Scottish	32m 40.71s		Palmerston North	27-Nov-16
W60	Barbara Tucker	Scottish	32m45.77			
W65	Sue Hoskin	Scottish	31m 38.35s		Perth	26-Oct-16
W70	Jacqueline Wilson	Wellington Masters	31m 43.15s		Perth	26-Oct-16
W75	Jacqueline Wilson	Wellington Masters	31m 58.65s		Inglewood	28-Feb-21
W80	Jacqueline Wilson	Trentham United	36m 22.30s		Daegu	1-Sep-26

10000mW

W35	<i>no record</i>					
W40	Arlene Wong-Tung	Scottish	1:11:59.95s		Newtown Park	3-Dec-16
W45	Arlene Wong-Tung	Scottish	1:11:45.45s		Newtown Park	9-Nov-19
W50	Terri Grimmett	Scottish	1.03.18.36s		Newtown Park	17-Mar-12
W55	Teri Grimmett	Scottish	1.02.56s		Palmerston North	8-Sep-13
W60	Noeleen Perry	Wellington Marathon Clinic	1.07m 34.1s			
W65	Jacqueline Wilson	Wellington Masters	1.05.32s		Newtown Park	21-Mar-15
W70	Jacqueline Wilson	Wellington Masters	1:05:07.75s		Newtown Park	3-Dec-16
W75	Daphne Jones	Scottish	1:15:02.85s		Newtown Park	9-Nov-19
W80	Daphne Jones	Scottish	1:23:48.36s		Newtown Park	13-Nov-21

Wellington Women's Masters Records to 6 September 2026

Women

Event	Grade	Name	Club	Result	Wind	Location	Date
Walks continued							

10km Road Walk (Best Performances)

W35	Melanie Watson	Wellington Masters	75m 32s			
W40	Amelia De Lorenzo	Scottish	57m 00s			
W45	Maryanne Palmer	Scottish	68m 22s			
W50	Robyn McArthur	Scottish	59m 24.36s			
W55	Teri Grimmett	Scottish	61m 11s			
W60	Noeleen Perry	Wellington Marathon Clinic	67m 35s			
W65	Jacqueline Wilson Sue Hoskin	Wellington Masters Scottish	64m 11s		Wellington Perth	1 Sep 2012 31 Oct 2016
W70	Jacqueline Wilson	Wellington Masters	62m 52s		Korea	31-Mar-17
W75	Jacqueline Wilson	Wellington Masters	67m 57s		Twin Lakes, Wellington	2-Oct-21
W80	Jacqueline Wilson	Trentham United	1hr 12m 51s		Daegu	22-Aug-26

20km Road Walk (Best Performances)

W35	<i>no record</i>					
W40	<i>no record</i>					
W45	<i>no record</i>					
W50	Robyn McArthur	Scottish	2hr 16m25s		Trentham C.I.T.	7-Mar-11
W55	Teri Grimmett	Scottish	2hr 09m 54s			8-Sep-13
W60	<i>no record</i>					
W65	Jacqueline Wilson	Wellington Masters	2hr 18m44s		Trentham C.I.T.	7-Oct-13
W70	Jacqueline Wilson	Wellington Masters	2hr 17m02s		Perth	5-Nov-16
W75	Jacqueline Wilson	Wellington Masters	2hr 25m37s		Tampere	6-Jul-22
W80	Jacqueline Wilson	Trentham United	2hr 32m 54s		Daegu	29-Aug-26

Wellington Women's Masters Records to 6 September 2026

Women

Event	Grade	Name	Club	Result	Wind	Location	Date
Jumps							

High Jump

W35	P Workman			1.32m			
W40	Sahar Lin	Kiwi Athletic		1.40m		Newtown Park	4-Nov-23
W45	G Dick			1.13m			
W50	G Dick			1.17m			
W55	Veronica Gould	Wellington Harriers		1.15m		Newtown Park	4-Feb-07
W60	Heather May			1.17m			
W65	Judy Hammond	Kapiti		1.10m			
W70	Judy Hammond	Kapiti		1.08m		Newtown Park	29-Mar-08
W75	Judy Hammond	Wellington Masters		1.06m		Nelson	15-Jan-13
W80	Judy Hammond	Wellington Masters		0.99m		Wanganui	18-Feb-18

Long Jump

W35	P Workman			4.36m			
W40	Penny Hunt			4.35m		Christchurch	1992
W45	Penny Hunt			4.44m			
W50	Petra Stoeveken	Kiwi Athletic		4.23m	0.00	Newtown Park	24-Nov-18
W55	Veronica Gould	Wellington Harriers		4.15m			
W60	Colleena Blair	Wellington Masters		3.79m			
W65	Veronica Gould	Wellington Masters		3.57m		Newtown Park	25-Feb-17
W70	Veronica Gould	Wellington Masters		3.38m	0.4	Hastings	29-Feb-20
W75	Judy Hammond	Wellington Masters		2.95m		Nelson	1-Dec-12
W80	Judy Hammond	Wellington Masters		2.73m	0.4	Dunedin	22-Jan-18

Triple Jump

W35	P Workman			9.32m			
W40	Lynne Plimmer	Wellington Masters		8.13m		Inglewood	2-Mar-08
W45	Penny Hunt			9.44m		Wellington	1994
W50	P Scholes			7.43m			
W55	Veronica Gould	Wellington Harriers		8.27m			
W60	Colleena Blair	Wellington Masters		7.76m			
W65	Colleena Blair	Wellington Masters		7.30m			
W70	Colleena Blair	Wellington Masters		6.38m			
W75	Colleena Blair	Wellington Masters		5.08m			

Pole Vault

	<i>no records</i>						
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Wellington Women's Masters Records to 6 September 2026

Women

Event	Grade	Name	Club	Result	Wind	Location	Date
Throws							

Discus

1.0kg	W35	Nicole Macquet	Wellington Masters	37.31m		Newtown Park	
1.0kg	W40	Nicole Macquet	Wellington Masters	34.98m		Newtown Park	19-Feb-17
1.0kg	W45	Michelle Scriven	Wellington Masters	26.99m		Newton Park	15-Feb-15
1.0kg	W50	Michelle Scriven	Wellington Masters	25.01m		Inglewood	27-Feb-21
1.0kg	W55	Colleena Blair	Wellington Masters	21.86m			
1.0kg	W60	Colleena Blair	Wellington Masters	22.20m			
1.0kg	W65	Heather May		21.98m			
1.0kg	W70	Heather May		20.30m			1993
0.75kg	W75	Colleena Blair	Wellington Masters	15.59m			
0.75kg	W80	Colleena Blair	Wellington Masters	12.98m		Hastings	2011

Hammer

4.0kg	W35	Nicole Macquet	Wellington Masters	27.75m		Newtown Park	20-Mar-13
4.0kg	W40	Michelle Ward	Wellington Masters	29.91m		Newtown Park	2015
4.0kg	W45	Michelle Scriven	Wellington Masters	28.38m		Nelson	4-Mar-17
3.0kg	W50	Michelle Scriven	Wellington Masters	29.51m		Inglewood	27-Feb-21
3.0kg	W55	Veronica Gould	Wellington Harriers	24.20m		Newtown Park	4-Feb-07
3.0kg	W60	Veronica Gould	Wellington Masters	19.30m		Newtown Park	1-Mar-13
3.0kg	W65	Heather May		28.60m			
3.0kg	W70	Heather May		27.30m			1993
2.0kg	W75	Heather May		19.46m			
2.0kg	W80	Colleena Blair	Wellington Masters	13.65m		Newtown Park	2011

Javelin

600g	W35	Kullike Puks	Kiwi Athletic	29.61m		Newtown Park	23-Nov-18
600g	W40	Nicole Macquet	Wellington Masters	24.33m		Masterton	6-Feb-16
600g	W45	E Teahan		21.58m			
500g	W50	Linda Rawlins	Olympic	31.59m		Newtown Park	3-Dec-22
500g	W55	<i>no record</i>					
500g	W60	<i>no record</i>					
500g	W65	<i>no record</i>					
500g	W70	Beryl Rogers	Kiwi Athletic	10.72m		Inglewood	26-Feb-21
400g	W75	Colleena Blair	Wellington Masters	14.30m		Christchurch	2006
400g	W80	Judy Hammond	Wellington Masters	11.45m		Wanganui	18-Feb-18

Shot Put

4.0kg	W35	Nicole Macquet	Wellington Masters	9.89m		Newtown Park	2013
4.0kg	W40	Nicole Macquet	Wellington Masters	9.62m		Newtown Park	19-Feb-17
4.0kg	W45	Michelle Scriven	Wellington Masters	9.34m		Newton Park	15-Feb-15
3.0kg	W50	Michelle Scriven	Wellington Masters	9.21m		Inglewood	27-Feb-21
3.0kg	W55	P Scholes		8.51m			
3.0kg	W60	Heather May		8.38m			
3.0kg	W65	Heather May		8.27m			
3.0kg	W70	Heather May		7.27m			
2.0kg	W75	Judy Hammond	Wellington Masters	6.66m		Newton Park	16-Mar-13
2.0kg	W80	Judy Hammond	Wellington Masters	5.82m		Inglewood	26-Nov-17

Wellington Women's Masters Records to 6 September 2026

Women

Event	Grade	Name	Club	Result	Wind	Location	Date
Throws continued							

Weight Throw

9.08kg / 20lb	W35	Nicole Macquet	Wellington Masters	9.04m		Newton Park	2015
9.08kg / 20lb	W40	Michelle Ward		10.70m		Auckland	2012
9.08kg / 20lb	W45	Michelle Scriven	Wellington Masters	10.18m		Nelson	3-Mar-17
7.26kg / 16lb	W50	Michelle Scriven	Wellington Masters	10.86m		Inglewood	26-Feb-21
7.26kg / 16lb	W55	Veronica Gould	Wellington Harriers	10.36m			
5.45kg / 12lb	W60	Colleena Blair	Wellington Masters	9.46m			
5.45kg / 12lb	W65	Colleena Blair	Wellington Masters	9.62m			
5.45kg / 12lb	W70	Colleena Blair	Wellington Masters	10.03m			2004
4.00kg / 8.8lb	W75	Colleena Blair	Wellington Masters	7.80m		Tauranga	2009
4.00kg / 8.8lb	W80	Colleena Blair	Wellington Masters	8.43m		Newton Park	2011

Wellington Women's Masters Records to 6 September 2026

Women

Event	Grade	Name	Club	Result	Wind	Location	Date
Combined Events							

Pentathlon (NZ Women: 100m, Long, Shot, Javelin, 800m)

W35	P Workman		2038pts*				
<i>individual event scores to be added</i>							
W40	Heidi-Jane Humphries	Masterton	1644pts			Masterton	15-Jan-23
(16.74s, 6.98m, 3.49m, 13.50m, 3:00.05)							
W45	Petra Stoeveken	Wellington Masters	2434pts			Newtown Park	28-Mar-15
(14.01s, 4.28m, 6.47m, 10.22m, 2:58.78)							
W50	Petra Stoeveken	Wellington Masters	2660pts			Otago	28-Feb-16
(14.20s, 7.37m, 3.58m, 15.43m, 2:59.86)							
W55	Veronica Gould	Wellington Harriers	2745pts			Newtown Park	26-Jan-08
(14.1s, 3.93m, 7.84m, 13.08m, 3:36.7)							
W60	<i>no record</i>						
W65	<i>no record</i>						
W70	<i>no record</i>						
W75	Judy Hammond	Wellington Masters	3074pts			Hamilton	23-Nov-12
(18.41s, 6.48m, 2.93m, 12.64m, 4:40.08)							
W80	Judy Hammond	Wellington Masters	3104pts			Inglewood	26-Nov-17
(19.98s, 5.82m, 2.58m, 11.17m, 5:31.21)							

Heptathlon (Short Hurdles, High, Shot, 200m, Long, Javelin, 800m)

W65	<i>no record</i>						
W65	<i>no record</i>						
W70	<i>no record</i>						
W75	Judy Hammond	Wellington Masters	3442pts			Rarotonga	6-Oct-15
(dnf, 0.99m, 6.10m, 42.07s, 2.60m, 11.65m, 4:52.56)							
W80	Judy Hammond	Wellington Masters	4246pts			Dunedin	21-Jan-18
(dnf, 0.97m, 5.77m, 43.48s, 2.53m, 11.42m, 5:07.55)							

Throws Pentathlon (Hammer, Shot, Discus, Javelin, Weight)

W35	Nicole Maquet	Wellington Masters	2541pts			Newtown Park	23-Feb-13
(27.75, 9.89, 36.57, 24.29, 9.04)							
W40	Michelle Ward	Wellington Masters	2198pts*			Newtown Park	2011
<i>individual event scores to be added</i>							
W45	Michelle Scriven	Wellington Masters	2486pts			Newtown Park	4-Feb-18
(23.24m, 8.29m, 25.66m, 20.84m, 9.06m)							
W50	Theresa Bartlett	Athletics Wairarapa	2577pts			Inglewood	28-Feb-21
(25.38, 8.30, 22.42, 23.15, 8.99)							
W55	Veronica Gould	Wellington Harriers	2229pts				3-Feb-08
(22.48, 7.48, 15.00, 14.59, 8.37)							
W60	<i>no record</i>						
W65	<i>no record</i>						
W70	Veronica Gould	Wellington Masters	2271pts			Palmerston North	13-Sep-20
(17.83, 5.88, 9.15, 9.37, 7.57)							
W75	Colleena Blair	Wellington Masters	2524pts			Wanganui	2006
(13.45, 5.58, 14.87, 12.68, 8.75)							

Wellington Women's Masters Records to 6 September 2026

Women

Event	Grade	Name	Club	Result	Wind	Location	Date
Combined Events continued							

Pentathlon (International Women: Short Hurdles, High, Shot, Long, 800m)

W35	S Ratapu		1411pts*			
<i>individual event scores to be added</i>						
W40	<i>no record</i>					
W45	<i>no record</i>					
W50	Colleena Blair	Wellington Masters	2117pts*			
<i>individual event scores to be added</i>						
W55	F McCracken		649pts*			
<i>individual event scores to be added</i>						
W60	Heather May		2174pts*			
<i>individual event scores to be added</i>						

*points require recalculation with 2015 standards

Wellington Women's Masters Records to 6 September 2026

Women

Event	Grade	Name	Club	Result	Wind	Location	Date
Archived Records no longer maintained							

Retired implements or non-standard distances and W30

100m	W30	Penny Hunt		12.45s			
200m	W30	Penny Hunt		25.61s			
400m	W30	Penny Hunt		57.16s			
800m	W30	C Clegg		2m 40.0s			
1500m	W30	Bowness		5m 39.0s			
3000m	W30	Gabrielle O'Rourke	Wellington Harriers	9m 38.74s			
5000m	W30	Gabrielle O'Rourke	Wellington Harriers	16m 31.72s			
10000m	W30	Gabrielle O'Rourke	Wellington Harriers	34m 28.31s			
Marathon	W30	Gabrielle O'Rourke	Wellington Harriers	2h 38m 47s			
100mH	W30	Penny Hunt		16.60s			
80mH (8m)	W50	Colleena Blair	Wellington Masters	16.45s			
80mH (8m)	W55	Colleena Blair	Wellington Masters	17.46s			
80mH (8m)	W60	Colleena Blair	Wellington Masters	17.10s			
100mH	W50	Colleena Blair	Wellington Masters	21.30s			
100mH	W60	Colleena Blair	Wellington Masters	22.30s			
200mH	W40	Penny Hunt		31.00s			
200mH	W50	P Scholes		41.70s			
300mH	W40	E Teahan		88.30s			
Long Jump	W30	C Clegg		4.95m			
Triple Jump	W30	B Doherty		9.23m			
Discus	W30	Jeanette Chung	Kiwi Athletic	28.42m			
Hammer	W30	Jeanette Chung	Kiwi Athletic	21.82m			
Javelin	W30	Jeanette Chung	Kiwi Athletic	26.34m			
Shot Put	W30	P Workman		8.44m			
Javelin (400g)	W60	Colleena Blair	Wellington Masters	25.40m			
Javelin (400g)	W65	Heather May		23.74m			
Javelin (400g)	W70	Heather May		21.84m			
Javelin (pre-99)	W50	P Scholes		23.50m			1990
Javelin (pre-99)	W55	Colleena Blair	Wellington Masters	24.88m			
Javelin (pre-99)	W75	Heather May		15.72m			1998
Weight (15.88kg)	W30	Jeanette Chung	Kiwi Athletic	8.69m			
Weight (15.88kg)	W35	Michelle Ward	Wellington Masters	9.57m		Inglewood	20-Nov-10
Weight (15.88kg)	W40	Michelle Ward	Wellington Masters	10.62			
Weight (15.88kg)	W45	Michelle Scriven	Wellington Masters	8.95m		Newton Park	27-Feb-15
Weight (15.88kg)	W50	Veronica Gould	Wellington Harriers	8.55m			
Weight (7.26kg)	W65	Heather May		7.74m			
Weight (7.26kg)	W70	Heather May		7.42m			
Weight (5.44kg)	W75	Colleena Blair	Wellington Masters	9.40m			

Wellington Women's Masters Records to 6 September 2026

Women

Event	Grade	Name	Club	Result	Wind	Location	Date
Archived Records no longer maintained continued							

Retired implements or non-standard distances and W30

Pentathlon (NZ Women: 100m, Long, Shot, Javelin, 800m)

W30	Jeanette Chung	Kiwi Athletic	1472pts*				
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Weight Pentathlon (Hammer, Shot, Discus, Javelin, Weight)

W30	Jeanette Chung	Kiwi Athletic	2015pts*				
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Pentathlon (NZ Women: 200m, Long, Shot, Javelin [pre-1999 model], 800m)

W40	Penny Hunt		1921pts*				
W50	P Scholes		2792pts*				

Pentathlon (NZ Women: 200m, Long, Shot, Javelin [old weight 4.0kg], 800m)

W60	Judy Hammond	Kapiti	3275pts*				
W65	Judy Hammond	Kapiti	3441pts*				
W70	Judy Hammond	Kapiti	3482pts*			Inglewood	25-Nov-07

Weight Pentathlon (Hammer, Shot, Discus, Javelin [old weight 4.0kg or pre-1999 model], Weight)

W60	Colleena Blair	Wellington Masters	2619pts*				
W65	Heather May		3099pts*				
W70	Heather May		3659pts*				

Heptathlon (Short Hurdles, High, Shot, 200m, Long, Javelin [old weight 4.0kg], 800m)

W40	Karen Armitage		1959pts*				
W50	G Dick		2935pts*				
W60	Judy Hammond	Kapiti	4466pts*				
W65	Judy Hammond	Kapiti	4773pts*				
W70	Judy Hammond	Kapiti	4371pts*			Townsville	29-Jul-08