

Auckland Masters Records

Men



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

Event/Age	Performance	Athlete's Name	Date/Year	Wind	Record
60m					
		(New in 2008). (National records/best times for this event introduced in 2011)			
M30	7.27	Josh Tautari	1/3/2026 McKinnon # 9	0.2m/s	
M35	7.14	Benjamin Potter	14/11/2015		NZR
M40	7.30	James Nightingale	2/11/2019	-0.7m/s	
M45	7.24	Ian Lathwood	11/10/2025 AAI Pre-meet Mt Smart	1/9m/s	NZR
M50	7.52	Mark Lambert	2/11/2023 NI Palmerston North	1.8 m/s	NZR
M55	7.71	John Campbell	2019 Nationals	0.1 m/s	NZR
M60	8.10	David Blackford	1/02/2025	-1.8m/s	NZR
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	
M75	9.44	Alan Dougall	Oceania Champs Fiji 1st-8th June 2024	0.1m/s	
M80	10.45	Wolfgang Schenk	21/2/2026 Auckland masters Champs	1.8m/s	
M85	16.50	Wallace Opperman	2012		
M90	14.73	Jim Fiest	30/3/2025 NZMA Nationals Mt Smart	0.7m/s	NZR
100m					
M30	11.19	Brent Newdick	Kladno CZE 10/06/2016		
M35	10.87	Carl van der Speck	26/10/2016		NZR
M40	11.29	Anthony Wall	20/03/2011		NZR
M45	11.40	Ian Lathwood	22/11/2025 McKinnon # 4 Mt Smart	1.9m/s	NZR
M50	11.56	Mark Lambert	2/3/2024 Mt Smart	2.00m/s	NZR
M55	12.02	John Campbell	2021 NCCWMA Champs USA	1.3 m/s	NZR
M60	12.41	David Blackford	22/3/2025 Mt Smart	0.5m/s	NZR
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	15.08	Tony Deleiros	AAI Mt Smart 26/02/2022	1.1 m/s	
M80	16.57	David Anstiss	22/3/2025 NZ Multi Champs Mt Smart	0.4m/s	
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	NZR
M40	22.80	James Nightingale	2019 Aust Masters Champs	1.8 m/s	NZR
M45	23.22	Mark Lambert	AAI MS 9 Mt Smart 23/02/2022	1.4 m/s	
M50	23.10	Mark Lambert	16-18th 2024 NZMA Champs Christchurch	1.8m/s	NZR
M55	24.94	John Campbell	2021 NCCWMA Champs USA	1.5 m/s	
M60	25.26	David Blackford	22/3/2025 Mt Smart	0.0m/s	NZR
M65	27.26	Trevor Guptill	2014 Oceania Bendigo	1.4 m/s	NZR
M70	27.98	Trevor Guptill	2016 WMA Perth	1.8 m/s	NZR
M75	30.61	Tony Deleiros	AAI Centre Mt Smart 26/02/2022	1.7m/s	NZR
M80	37.96	David Anstiss	21/3/2026 ANZ Combined Chamsp	-1.4m/s	
M85	40.21	Syd Taylor	2001		
M90	47.38	Syd Taylor	2006 Nationals		NZR
400m					
M30	50.64	Brent Newdick	Kladno CZE 10/06/2016		
M35	50.30	Benjamin Potter	2017 WMG Auckland		
M40	52.38	Wayne Holroyd	2018 Nationals		
M45	52.56	Wayne Holroyd	25/3/2023 McKinnon AUT Millennium		
M50	52.97	Wayne Holroyd	2026 NZMA Nationals New Plymouth		
M55	56.39	Lee Fairclough	10/1/2026 McKinnon Shield # 7		
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	70.12	Ian Carter	21/2/2026 Auckland masters Champs		NZR

M80	1.30.99	David Anstiss	22/3/2025 NZ Multi Champs Mt Smart		
M85	1.42.99	Ron Johnson	2018 Oceania Dunedin		
M90	2.44.34	Jim Fiest	2026 NZMA Nationals New Plymouth		

800m

M30	1.53.00	S Rogers	25/02/2021		
M35	2.00.61	David Catherwood	9/03/2018		
M40	2.00.01	Dave Sirl	1985		
M45	1.58.42	Dave Sirl	1987		NZR
M50	2.05.00	Bill Baillie	1984		
M55	2.07.28	Wim Luijper	22/3/2025 Mt Smart Auckland		
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	2.39.82	Ian Carter	2026 NZMA Nationals New Plymouth		NZR
M85	6.54.80	Chris Strom	22/11/2025 McKinnon # 4		
M90	7.04.44	Jim Fiest	2026 NZMA Nationals New Plymouth		

1500m

M30	3.46.21	Matthew Taylor	25/2/2025 Cooks Classic Whanganui		
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	4.20.98	Wim Luijper	1/3/2025 McKinnon Shield #9 Mt Smart		
M60	4.47.89	Alan Galbraith	2005 Nationals		
M65	5.07.60	Richard Chase	2000		
M70	5.34.81	Ian Carter	8/11/2025 McKinnon Shield #3 Mt Smart		
M75	5.29.03	Ian Carter	2026 NZMA Nationals New Plymouth		
M80	7.20.75	Jim Feist	2015 NI Champs		
M85	9.07.39	Ron Johnson	2018 Oceania Dunedin		
M90	11.08.42	Jim Feist	28-30th Mch 2025 NZMA Champs Mt Smart		

Mile Track

M30	4.02.30	Matthew Taylor	25/2/2025 Cooks Classic Whanganui		
M40	4.18.80	Rod Dixon	1990 Papakura		
M45	4.16.75	Dave Sirl	6/12/1987		
M50	4.37.15	Wim Luijpers	20/03/2021 Auckland		NZR
M55	4.41.63	Wim Luijpers	19/3/2025 ACA Mile meeting Mt Smart		NZR
M60	6.15.72	Gregory Boyd	20/2/2021 Mt Smart		
M65	6.37.68	Gregory Boyd	John Walker Mile Mt Smart 15/1/2022		
M75	5.56.57	Ian Carter	24/1/2026 ANZ Masters Mile Cooks Classic		NZR

3000m

M30	8.00.32	Matthew Taylor	1/2/2025 Potts Classic Hasting		
M35	9.20.88	Dave Drummond			
M40	8.45.80	Ted Mclachlan	1996 Top Team 3		
M45	9.00.85	Nick Moore	AAI Centre Mt Smart 22/1/2022		
M50	9.04.95	Wim Luijpers	20/03/2023 AUT Millennium		NZR
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		
M75	14.26.60	Hector Mein	2006 Top Team 3		
M85	29.35.65	Chris Strom	15/11/2025 Dick Quax Meeting		

5000m

M30	13.52.61	Matthew Taylor	19/2/2025 ACA Race Night Mt Smart		
M35	15.32.80	John Sharp	1989		
M40	15.00.40	Reg House	1986		
M45	15.34.48	Simon Mace	AUT Millennium 17/12/2022		
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 Nemes	1998		
M75	22.45.00	Win Nemes	1990		
M80	27.59.60	Jim Feist	2015 NI Champs		

10000m					
M30	33.01.49	Kieran Coates	11/10/2025 AAI 10000m Champs		
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	9/12/2018		
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	11/12/2016		

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 Brsibane		
M75	9.57.89	Hector Mein	2006 Oceania Christchurch		
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		
M70	15.09.75	Jim Jamieson	1981		

80m Hurdles					
M50	12.69	Roy Williams	1986		
M60	16.74	Vince Harris	1993		
M70	14.52	Alan Dougall	13/03/2020 Auckland	1.8 m/s	NZR
M75	17.15	David Anstiss	14/10/2023 Mt Smart Auckland	1.6 m/s	NZR
M80	17.06	David Anstiss	22/3/2025 NZ Multi Champs Mt Smart	0.3m/s	NZR

80m Hurdles 0.686m New Specifications for M80+ From 01/01/2026 11.00m/60.m/27.00m [8]					
M80+	17.41	David Anstiss	WMA Champs, Daegu 22/8 - 3/9/26	0.3 m/s	NZR

100m Hurdles					
M40	14.39	R Jenkins	1988		
M45	19.78	Allen Smith	1996		
M50	17.7h	Tony Catchpole	14/11/2010	0.4 m/s	
M55	17.20	Jan Speerstra	1988		
M60	16.79	David Blackford	2026 NZMA Nationals New Olymouth	-1.7	NZR
M65	21.32	Ron Johnson	1999 Aust Champs		

110m Hurdles					
M30	13.93	Joshua Hawkins	ITM meeting 24/2/2024	2.0m/s	
M35	16.40	Brent Newdick	2.0m/s	1.8m/s	NZR
M40	19.60	Nigel Toy	1985		
M45	20.40	Earl Crowley	2002		
M50	19.23	Jan Speerstra	1980		

200m Hurdles					
M80	39.85	David Anstiss	5-10th Sept 2025 Oceania Champs Brisbane		NZR

300m Hurdles					
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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	53.32	Alan Dougall	1/9/2019 Oceania Mackay		NZR
M75	1.01.44	Alan Dougall	13-24th/8/2024 WMA Gothenburgh		

400m Hurdles					
M35	1.06.49	Neil Bartlett	1996		
M40	1.02.0h	John Redwood	1984		
M45	1.03.54	Peter Philpotts	1981		
M50	1.03.0h	Jan Speerstra	1981		NZR
M55	1.06.4h	Jan Speerstra	1985		
M60	1.28.83	Hugh Clark	1983		

4 x 100m Relay					
M65	55.75	Guptill/Carter/Deleiros/Dougall	2016 WMA Perth		NZR

Shotput					
M30	21.85	Jacko Gill	9/2/2025 Sir Graham Douglas Int		
M35	12.76	John Vea	AAI Auckland Champs Feb 2022		
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	13.44	Laini Inivale	8/6/2024 Oceania Champs Fiji		NZR
M60	14.62	Arthur Husband	1982 Oceania Suva		
M65	12.77	James Thomas	29Nov-1Dec 2024 North Island Ch Whangarei		
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	6.86	Ron Johnson	28/3/2025 NZMA Champs Mt Smart		

Discus					
M30	45.05	Brent Newdick	Gold Coast 9/07/2016		
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	43.73	James Thomas	Auckland Champs 2020		
M65	43.58	James Thomas	20/6/2026 AUT Winter Series 1		
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		
M90	15.07	Ron Johnson	28/3/2025 NZMA Champs Mt Smart		

Hammer					
M30	17.23	Warren Ginige	16-18th/2/2024 NZMA Champs Christchurch		
M35	48.62	Mark Cumming	2002 Winter Pen		NZR
M40	54.59	Arno Van Der Westhuizen	Winter Series Millenium 5/6/2021		
M45	56.80	Arno Van Der Westhuizen	25/02/2023 AUT Millennium		NZR
M50	56.58	Mark Cumming	13/01/2013		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		
M90	21.12	Ron Johnson	25/11/2022		NZR

Javelin

M30	63.80	Brent Newdick	Cooks Gardens Classic 23/01/2018		
M35	45.31	Junior Lupena	28/01/2024 Newtown Park Wellington		
M40	66.55	Daryl Brand	9/02/2008		NZR
M45	61.97	Daryl Brand	2009 Nationals		NZR
M50	61.74	Nigel Stainton	2014 Top Team 3		NZR
M55	51.40	Nigel Stainton	29/01/2017		NZR
M60	38.62	James Thomas	13/10/2019		
M65	38.18	James Thomas	Australian Nationals Hobart 2024		
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
M90	22.27	Ron Johnson	17/11/2022		NZR

		700g New Specifications From 01/01/2026			
Javelin					
M50	23.86	Roland Van der Tillar	2026 Nationals New Plymouth		
M55					

Weight Throw					
M30	6.75	Warren Ginige	16-18th/2/2024 NZMA Champs Christchurch		
M35	15.01	Mark Cumming	2001		
M40	16.14	Mark Cumming	2006 Gideon Tait		
M45	15.57	Arno Van Der Westhuizen	18/11/2023 Mt Smart		
M50	20.11	Mark Cumming	2012 Pan Pacs		NZR
M55	19.55	Mark Cumming	2017 WMG Auckland		
M60	16.88	James Thomas	13/10/2019		
M65	17.46	James Thomas	5-10th Sept 2025 Oceania Champs Brisbane		NZR
M70	17.72	Max Carr	1994 Nationals		
M75	14.8	Max Carr	1997		NZR
M80	12.70	Ron Johnson	2014 Pan Pacs		
M85	10.26	Ron Johnson	2018 WMA Malaga		
M90	9.91	Ron Johnson	28/3/2025 NZMA Champs Mt Smart		NZR

High Jump					
M30	1.92	Brent Newdick	Arona ESP 06/06/2015		
M35	1.90	Peter Galliven	2006 Nationals		
M40	1.85	Roger Westbury	30/03/2008		
M45	1.68	David Ledger	3/04/2010		
M50	1.75	Ho Young Do	2013 Gideon Tait		NZR
M55	1.67	David Blackford	27/02/2021 Inglewood		NZR
M60	1.66	David Blackford	2/2/2025 Auckland Champs Mt Smart		NZR
M65	1.55	Ho Young Do	17/1/2026 McKinnon # 8 Mt Smart		NZR
M70	1.37	David Anstiss	2017 WMG Auckland		NZR
M75	1.36	David Anstiss	18/3/23 Pakuranga		NZR
M80	1.30	David Anstiss	22/3/2025 NZ Muli Champs Mt Smart		NZR
M80	1.30	David Anstiss	WMA Champs, Daegu 22/8 - 3/9/26		NZR
M85	0.99	Ron Johnson	2018 Oceania Dunedin		
M90	0.91	Ron Johnson	28/3/2025 NZMA Champs Mt Smart		

Long Jump					
M30	7.02	Brent Newdick	26/01/2019	+1.5	
M35	6.19	Jim Munns	1979		
M40	6.81	Roy Williams	1975		NZR
M45	6.46	Roy Williams	1981		NZR
M50	5.60	Roy Williams	1986		
M55	5.51	Trevor Walker	2017 WMG Auckland		
M60	4.78	Roy Petrie	1/12/2000		
M65	4.36	Ron Johnson	1997 Nationals		
M70	4.02	Syd Taylor	1986		
M75	4.00	David Anstiss	09/06/2022 Oceania Ch Mackay	+ .8 m/s	NZR
M80	3.62	David Anstiss	22/3/2025 NZ Muli Champs Mt Smart	0.3m/s	NZR
M85	2.55	Ron Johnson	2018 Oceania Dunedin		

Triple Jump

M30	14.71	Scott Thompson	24/02/2024	1.9m/s	NZR
M35	13.55	Brent Booker	2005		NZR
M40	13.40	Daniel Bediako	Auckland Champs 2020		
M45	11.27	Steve Priest	2/03/1997		
M50	11.19	Ho Young Do	7/04/2013		
M55	11.55	Trevor Walker	23/02/2019		NZR
M60	9.90	Ho Young Do	2/3/2024 Mt Smart	-2.0 m/s	
M65	9.58	Ho Young Do	1/3/2026 McKinnon # 9	1.0 m/s	
M70	9.16	David Anstiss	2015 NI Champs	1.0 m/s	NZR
M75	8.87	David Anstiss	2/2/2025 Auckland Champs Mt Smart	1.5m/s	NZR
M80	8.47	David Anstiss	WMA Champs, Daegu 22/8 - 3/9/26	0.1 m/s	NZR
M85	5.58	Ron Johnson	2018 Nationals	-1.7 m/s	NZR

Pole Vault					
M30	4.71	E Du Preez	20/02/2021		NZR
M35	3.90	Brent Booker			
M40	3.01	Tim Frost	1986		
M45	3.02	Peter Philpotts	1981		
M50	3.21	Roy Williams	1986		
M55	3.45	David Blackford	16-18th/Feb/2024 NZMA Champs Ch Ch		NZR
M60	3.21	Mark Lett	11/1/2025 Mt Smart		NZR
M65	2.50	Ron Johnson	2001		
M70	2.47	David Anstiss	2/11/2019		
M75	2.42	David Anstiss	AUT Millennium 19/03/2022		NZR
M80	2.30	David Anstiss	28/3/2025 NZMA Champs Mt Smart		NZR
M85	1.50	Ron Johnson	2018 Oceania Dunedin		NZR

Pentathlon					
		From 1 January 2023	New age grade calculations		
M45	2215	Glenn Riseborough	23/3/2024 AAI Combined Champs		
M50	2277	Glenn Riseborough	21/3/2026 ANZ Combined Champs		
M60	2530	Mark Lett	5-10th Sept 2025 Oceania Champs		
M75	2093	David Anstiss	1/12/2024 N.I. Champs Whangarei		
M80	1906	David Anstiss	21/3/2026 ANZ Combined Champs		

Decathlon					
		From 1 January 2023	New Age Grade calculations		
M55	4513	Gavin Hall	1-2 June 2024 Oceania Champs Fiji		
M75	4685	David Anstiss	1-2 June 2024 Oceania Champs Fiji		
M60	3477	Mark Lett	21-22/3/2026 ANZ Combined Champs		
M80	5634	David Anstiss	22/3/2025 NZ Multi Champs Mt Smart		

Throws Pentathlon					
		From 1 January 2023	New Gge grade calculations		
M30	1301	Warren Ginige	28/3/2025 NZMA Champs Mt Smart		
M35	2424	Siope Nikua	26/03/2023 AUT Millennium		
M40	2553	Junior Lupena	28/3/2025 NZMA Nationals Mt Smart		
M45	3635	Arno van der Westhuizen	1/12/2024 N.I. Champs Whangarei		
M50	1686	Roland Van der Tiller	2026 NZMA Nationals New Plymouth		
M55	2846	Laini Inivale	18/2/2024 NZMA Champs Christchurch		
M60	2614	Murray Free	11/10/2025 Oceania Challenge Mt Smart		
M65	3888	James Thomas	30/11/2025 North Island Champs Tarunga		NZR
M70	1992	Mark Powell	26/03/2023 AUT Millennium		
M75	2068	Mark Powell	30/3/2025 NZMA Champs Mt Smart		
M90	2767	Ron Johnson	30/3/2025 NZMA Champs Mt Smart		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	32.44	Nick Moore	30/08/2025		
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	46.42	David Spurr	16/08/2026 Ak Road Champs, Papakura		
M85	1.14	Chris Strom	19/4/2026 Auckland Waterfront 10km		NZR

Half Marathon					
M35	1.16.14	Hans Oberst	1994 Auck Vets		
M40	1.08.34	Kerry Rodger	2004 Non Stadia		
M45	1.09.56	Simon Mace	NZ Champs Cambridge 16/10/2022		
M50	1.12.12	Nick Moore	6/4/2025 Auckland Waterfront		NZR
M55	1.16.21	Clive Henderson	1999 Auckland		
M60	1.17.53	Clive Henderson	2003 Huntly		
M65	1.23.27	Len Wigham	1999		NZR
M70	1.35.18	Peter Davis	1996 Auck Vets		
M75	1.27.51	Ian Malloves	2004 Non Stadia		NZR

Marathon					
M30	2.10.04	Malcolm Hicks	23/2/2020 Seville Spain		NZR
M35	2.58.27	Dave Drummond	2004 Non Stadia		
M40	2.27.57	Simon Mace	15/05/2022 Tai Tapu NZ Champs		
M45	2.32.05	Kevin Hamilton	1994 Rotorua		
M50	2.41.09	Kevin Hamilton	1997 Rotorua		
M55	2.39.13	Troy Harold	2026 Rotorua		
M60	2.47.40	Clive Henderson	2002 Melbourne		
M65	3.22.09	Peter Davis	1992 Auckland		
M70	3.48.12	Les Hall	1992 Auckland		
M75	3.40.24	W.Nelmes	1989		NZR

1500m Track Walk					
M60	7.06.20	Mike Parker	2017 World Masters Games Auckland		
M90	13.11.08	Jim Fiest	2026 NZMA Nationals New Plymouth		

3000m Track Walk					
M40	13.48.30	Maurice Hinton	1979		
M45	12.05.50	Gary Little	1991 Auckland		WR
M50	12.18.00	Gary Little	1993 Auckland		WR
M55	13.00.00	Gary Little	29/11/1997		NZR
M60	13.57.11	Mike Parker	8/03/2014		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		
M90	26.56.43	Jim Fiest	2026 NZMA Nationals New Plymouth		

5000m Track Walk					
M35	23.12.58	Kevin Taylor	1990		NZR
M40	24.33.64	Kevin Henwood	1990		
M45	20.54.40	Gary Little	1991 Auckland		
M50	21.01.00	Gary Little	16/02/1992		WR
M55	22.14.93	Gary Little	19/01/1998		NZR
M60	23.44.09	Gary Little	10/09/2002		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		

10000m Track Walk					
M50	43.48.85	Gary Little	1992		NZR
M55	48.49.00	Mike Parker	2010		NZR
M60	49.22.70	Gary Little	2002 Auck		NZR
M80	75.08.00	Ron Johnson	2015 WMA Lyon		

10km Road Walk					
M35	48.44.8	Kevin Taylor	1986		
M40	44.39.9	Morrie Hinton	1980		NZR
M45	43.43.6	Gary Little	1991		NZR
M50	42.20.0	Gary Little	1992 Christchurch		WR
M55	45.39.0	Gary Little	11/10/1997		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	12/10/1991		NZR
M50	1.26.32	Gary Little	16/02/1992		NZR
M55	1.36.10	Gary Little	9/09/1997		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	2/06/1991		NZR
M50	4.16.36.4	Gary Little	1992 Nationals		NZR
M55	4.49.36.0	Gary Little	9/01/1997		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	26/02/1996		
M40	7.03.0	Kevin Henwood	1989		
M45	6.56.2	Morrie Hinton	1982		
M50	6.57.7	Gary Little	25/02/1996		
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	26/02/1995		
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	16/02/1992		NZR
M55	1.09.25	Gary Little	11/10/1997		NZR
M60	1.18.42	Gary Little	18/06/2005		NZR

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