

Auckland Masters Records

Women



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)			
W30	7.48	Livvy Wilson	30/11/2024 Mt Smart	1.3m/s	
W35	8.65	Faith Firestone	2018 Nationals	1.4 m/s	
W40	8.46	Penny Kee	1/2/2025 Auckland Champs Mt Smart	0.3 m/s	
W45	8.21	C Brunner	15/03/2017	0.8m/s	NZR
W50	8.68	Phillipa Green	2020 Nationals	1.2 m/s	
W55	8.78	Phillipa Green	1/2/2025 Auckland Champs Mt Smart	0.3 m/s	
W60	9.23	Jill Hayman	5/9/2025 OMA Champ Brisbane	0.8m/s	
W65	9.52	Chris Waring	28/11/2009	-0.4 m/s	
W70	10.00	Chris Waring	18/01/15 Top Team 2	1.1 m/s	
W75	10.27	Chris Waring	2019 Gideon Tait	0.0m/s	
W80	10.84	Chris Waring	28- 30th Nov/2025 North Island Champs	-1.7 m/s	NZR
W85	30.12	Pam Spiers	20/03/2011		

100m					
W30	11.67	Portia Bing	Senior Nationals 14 - 17/3/2024	0.8m/s	
W35	12.84	Margaret Yates	1981		
W40	12.88	Avis McIntosh	1981		
W45	12.71	Colleen Mills	1979		NZR
W50	13.21	Wendy Brown	2001 WMA Brisbane		
W55	13.91	Phillipa Green	NZMA Champs 2024	1.7m/s	
W60	14.49	Margaret Peters	1994 Nationals		
W65	14.94	Margaret Peters	1999 WMA England	1.1 m/s	
W70	15.16	Margaret Peters	21/03/2004		NZR
W75	16.03	Margaret Peters	2009 WMG Sydney		NZR
W80	17.84	Chris Waring	14/12/2024 Mt Smart Auckland	1.6 m/s	NZR

200m					
W30	24.02	Portia Bing	Senior Nationals 14 - 17/3/2024	0.2m/s	
W35	26.92	Marge Allison	1981		
W40	28.02	Chris Waring	1984		
W45	26.58	Colleen Mills	1979 Nationals		NZR
W50	27.37	Wendy Brown	2001 WMA Brisbane		
W55	29.29	Phillipa Green	WMA Champs, Daegu, 22/8-3/9/26	0.1 m/s	
W60	30.10	Margaret Peters	1994 Nationals		
W65	31.00	Margaret Peters	1999 WMA England		
W70	31.45	Margaret Peters	21/03/2004		NZR
W75	34.55	Margaret Peters	3/08/2009		NZR
W80	38.47	Chris Waring	Australian Masters Champs Adelaide 2025	1.5 m/s	NZR

400m					
W30	52.41	Portia Bing	Sir Graham Douglas meeting The Trusts 10/3/2024		
W35	59.30	Adrienne Cranshaw	1984		
W40	58.9h	Colleen Mills	1975		NZR
W45	59.68	Colleen Mills	1981		NZR
W50	64.81	Meghann Stewart	2015 Australian Masters		
W55	68.80	Chris Waring	1999		
W60	72.55	Chris Waring	2005 WMA Spain		
W65	75.45	Margaret Peters	1999 WMA England		

W70	1.20.78	Chris Waring	2013 WMA Brazil		
W75	1.27.17	Margaret Peters	2009		NZR
W80	1.40.27	Chris Waring	5 -10th Sept 2025 OMA Champs Brisbane		

800m					
W30	2.04.27	Laura Nagel	21/7/2024 Luxembourg		NZR
W35	2.18.65	Christine Brace-Heaven	1999 WMA England		
W40	2.19.60	Val Robinson	1981		
W45	2.25.60	Meghann Stewart	2013 Nationals		
W50	2.24.26	Meghann Stewart	2015 Nationals		
W55	2.28.73	Meghann Stewart	Mckinnon Shield 2019		
W60	2.54.11	Christine Adamson	17/03/2018		
W65	3.01.35	Christine Adamson	Newtown Pk Wellington 4/12/2022		
W70	3.53.00	Isobel Foley	2005 AMA Champs		
W75	4.28.21	Kay Kenneth-Low	1993		

1500m					
W30	4.06.31	Laura Nagel	12/7/2024 Dublin Ireland		
W35	4.46.44	Christine Brace-Heaven	1999 WMA England		
W40	4.42.60	Penny Peskett	23/02/2018		
W45	4.36.58	Heather Matthews	1992		NZR
W50	5.01.56	Meghann Stewart	2015 AMA Champs		
W55	5.26.32	Meghann Stewart	Mckinnon Shield 5 2019		
W60	5.37.61	Christine Adamson	2018 Gideon Tait		
W65	6.04.90	Christine Adamson	Newton Pk Wellington 3/12/2022		
W70	8.15.22	Kay Kenneth-Low	1986		
W75	8.54.40	Kay Kenneth-Low	1990 Oceania Auckland		

Mile					
W30	4.33.59	Laura Nagle	27/1/2024 Cooks Classic Whanganui		
W35	5.07.50	Marion Macdonald	1990 Papakura		
W40	5.01.99	Penny Peskett	8/12/2018		
W45	5.02.31	Heather Matthews	1991 Papakura		NZR
W50	5.40.26	Meghann Stewart	21/12/14 AA Meet		NZR
W55	5.41.71	Meghann Stewart	McKinnon Shield 2019		
W60	6.30.16	Christine Adamson	20/03/2021		
W65	6.32.47	Christine Adamson	15/01/2022		NZR

3000m					
W30	8.56.05	Laura Nagle	9/7/2024 Cork Ireland		
W35	11.04.80	Kristine Reid	2005 Gideon Tait		
W40	9.36.15	Lisa Cross	13/12/2025 McKinnon Shield # 6		NZR
W45	9.47.47	Heather Matthews	1992		NZR
W50	11.17.34	Rose Gammie	2012 AMA Champs		
W55	12.08.57	Carolyn Smith	28/01/2017		
W60	11.55.13	Christine Adamson	12/01/2017		
W65	12.42.22	Christine Adamson	AAI Mt Smart 22/01/2022		
W70	16.31.03	Liz Hardley	30/3/2025 NZMA National Champs Mt Smart		

5000m					
W30	15.35.05	Laura Nagel	9/6/2024 Portland USA		
W35	17.18.30	Marion Macdonald	1990		
W40	16.14.99	Lisa Cross	17/3/2024 Senior Nationals		
W45	18.48.47	Judith Stewart	1998		
W50	19.55.09	Rose Gammie	2012 Oceania Tauranga		
W55	20.31.79	Judith Stewart	2007 AMA Champs		

W60	20.31.05	Christine Adamson	12/02/2017		
W65	21.59.83	Christine Adamson	Daikin Night of 5's 23/03/2022		
W70	24.48.27	Isabel Foley	2004 Nationals		
W75	31.55.70	Ailsa Forbes	1986		

10000m					
W30	38.25.50	Ronnie Cole	3/02/1997		
W35	38.24.42	Jenny Smith	1988		
W40	33.47.23	Lisa Cross	18/1/2025 Inglewood		NZR
W45	40.17.30	Judith Stewart	3/02/1997		
W50	40.48.60	Judith Stewart	2000 Nationals		
W55	43.05.65	Judith Stewart	2007 AMA Champs		
W60	42.42.25	Christine Adamson	2017 WMG Auckland		
W65	46.44.12	Judith Stewart	2015 AMA Champs		
W70	59.20.61	Ailsa Forbes	1981		
W75	67.24.35	Ailsa Forbes	1986		

2000m Steeplechase		(to Mar-97, 91.4cm)			
W35	9.25.39	Dianne Hughes	1989		
W40	9.58.33	Dianne Howell	1993		
W55	11.11.08	June Crisp	1988		
W60	13.55.25	Pam Spiers	1989		

2000m Steeplechase		(after Mar-97, 76.2cm)			
W30	7.59.70	Jenny Drummond	1998		
W40	8.44.74	Rachel O'Brien	28/3/2025 NZMA Championships		
W45	7.51.25	Judith Stewart	1998		
W50	8.13.92	Judith Stewart	1999 WMA England		

80m Hurdles		(8m between hurdles)			
W40	12.74	Avis McIntosh	1981		
W45	12.84	Colleen Mills	1979		
W50	14.45	Colleen Mills	1985 WMA Rome		

80m Hurdles		(7m between hurdles)			
W40	13.73	Faith Firestone	2019 Oceania Mackay	1.6 m/s	
W45	15.32	Faith Firestone	21/1/2025 Mt Smart Auckland	1.4 m/s	
W50	17.50	Anne Goulter	2014 Pan Pacs		
W55	15.84	Phillipa Green	NI Palmerston North 1/11/2023	0.1 m/s	
W60	17.27	Tui Ashe	2015 Nationals	-2.3 m/s	
W65	18.01	Tui Ashe	2015 NI Champs	1.6 m/s	

80m Hurdles 0.686m		New Specifications for W70+ From 01/01/2026 11.00m/60.m/27.00m [8]			
W70					
W75+					

100m Hurdles					
W30	14.24	Rochelle Coster	9/02/2019	-1.4 m/s	
W35	17.49	Marge Allison	1981		
W40	22.30	Dianne Howell	1993		
W45	17.12	Hilda Davidson	March 1996		
W55	21.02	Beryl Vine	1983		

300m Hurdles					
W50	53.22	Colleen Mills	1988		
W55	73.86	Wini Pepene	1988		
W60	65.53	Tui Ashe	2012		

W65	70.36	Tui Ashe	2015 NI Champs		
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400m Hurdles

W30	55.72	Portia Bing	12/5/2024 Osaka Japan		
W40	69.78	Catherine Bacon	2016 Nationals		
W45	85.79	Catherine Bacon	2018 Oceania Dunedin		

4 x 100m Relay

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

Shotput

W30	19.31	Valerie Adams	19/07/2018		NZR
W35	19.75	Valerie Adams	11/07/2021		NZR
W40	11.46	Christine McCahill	2006 Oceania Christchurch		
W45	9.37	Peta Leitu	2019 Nationals		
W50	10.87	Tina Ryan	2014 NI Champs		
W55	9.83	Miriam Stanley	1992 Oceania Norfolk Is.		
W60	9.85	Miriam Stanley	1994 WMA Brisbane		NZR
W65	8.38	Aggie Boxall	2026 NZMA Nationals New Plymouth		
W70	7.67	Anne Deleiros	2018 APMG		
W75	7.76	Anne Deleiros	29/07/2023 AUT Millennium	2 kg	
W80	5.84	Carol Conte	AUT Millennium 24/3/2024	2 kg	
W85	4.00	Pam Spiers			

Discus

W30	56.06	Te Rina Keenan	2022 NZ Champs Hastings		
W35	40.10	Christine McCahill	2002		
W40	33.97	Christine McCahill	2005 Gideon Tait		
W45	44.86	Beatrice Faumuina	3/02/2024		NZR
W50	31.80	Miriam Stanley	1984		
W55	30.76	Miriam Stanley	1989		NZR
W60	29.64	Miriam Stanley	Mar 1994		NZR
W65	21.87	Aggie Boxall	28/10/2023 Mt Smart		
W70	18.67	Tui Ashe	Tauranga Domain 15/01/2022		
W75	18.82	Anne Deleiros	29/07/2023 AUT Millennium		
W80	12.79	Pam Spiers	2006 AMA Champs		
W85	8.08	Pam Spiers	2013 NI Champs		
W90	9.36	Dulcie Howells	16/03/2008		NZR

Hammer

W30	30.42	Anne Goulter	1996		
W35	49.54	Christine McCahill	2002 Adelaide		
W40	42.73	Christine McCahill	2006 Nationals		NZR
W45	39.12	Anne Goulter	2009 WMG Sydney		
W50	42.76	Anne Goulter	9/11/13 Auck Snr Meet		
W55	39.00	Anne Goulter	AUT Millennium 08/10/2022		
W60	38.41	Anne Goulter	AUT Millennium 11/2023		NZR
W65	30.16	Aggie Boxall	15/11/2025 Summer Throws AUT		
W70	21.33	Anne Deleiros	2018 APMG		
W75	24.96	Carol Conte	26/01/2021 Auckland		
W80	21.28	Carol Conte	AUT Millennium 15/07/2023		
W85	14.46	Pam Spiers	6/11/2011		

Javelin

W30	54.07	Stephanie Wrathall	13/02/2020		NZR
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W35	28.62	Christine McCahill	2002		
W40	27.65	Ness Rogers	2012 Nationals		
W45	33.93	Melissa Brearley-Tipene	7/2/2021 AK Champs		NZR
W50	25.76	Wini Pepene	5/06/1905		
W55	28.32	Wini Pepene	1987		
W60	27.36	Wini Pepene	1993		
W65 (400g to 2013)	26.14	Wini Pepene	1996 Nationals		
W65 (500g)	15.99	Aggie Boxall	2026 NZMA Nationals New Plymouth		
W70	20.14	June Husband	1992		
W70 (500g)	15.10	Tui Ashe	Tauranga Domain 23/01/2022		
W75	13.25	Hilary Weeks	2012 AMA Champs		
W80	12.51	Carol Conte	24/3/2024 AA Throws Pent		
W85	5.04	Pam Spiers	2013 NI Champs		

Weight Throw					
W35	16.67	Christine McCahill	2002 Nationals		NZR
W40	15.19	Christine McCahill	2006 Nationals		NZR
W45	12.30	Anne Goulter	2009 WMG Sydney		
W50	12.39	Tina Ryan	2017 Nationals		
W55	12.57	Anne Goulter	3/11/2018		
W60	14.00	Anne Goulter	18/03/2023 AUT Millennium		
W65	12.70	Aggie Boxall	2026 NZMA Nationals New Plymouth		NZR
W70	8.85	Hilary Weeks	2006 Gideon Tait		
W75	10.22	Anne Deleiros	14/9/2024 Winter Throws AUT	4kgs	
W80	7.77	Carol Conte	AUT Millennium 6/5/2023	4kgs	
W85	5.94	Pam Spiers	2012	4kgs	

High Jump					
W30	1.89	Angela Mckee	2005 ANZ Nationals		NZR
W35	1.40	Catherine Bacon	15/11/2009		
W40	1.50 =	Julie Peacock	2013 Top Team 1		
W40	1.50 =	Melissa Karl	13/12/2025 McKinnon Shield # 6		
W45	1.42	Colleen Mills	1979		
W50	1.35	Phillipa Green	2019 Oceania Mackay		
W55	1.47	Hee Sun Kim	27/02/2021 Inglewood		NZR
W60	1.40	Hee Sun Kim	17/01/2026 McKinnon Shield # 8		NZR
W65	1.13	Anne Deleiros	8/03/2015		
W70	1.10	Margaret Peters	2006 AMA Champs		
W75	1.00	Margaret Peters	22/03/2009		

Long Jump					
W30	5.74	Rochelle Coster	10/2/19	1.7 m/s	
W35	4.83	Lorraine Cate	1990		
W40	4.90	Avis McIntosh	1981		
W45	5.21	Chantal Brunner	2017 WMG Auckland		
W50	4.80	Anne Hunter-Deleiros	1998		NZR
W55	4.20	Anne Hunter-Deleiros	2005 WMA Spain		
W60	3.74	Anne Deleiros	2011 WMA Sacramento		
W65	3.46	Anne Deleiros	2015 WMA Lyon		
W75	1.95	Carol Conte	2018 Pan Pacs	-0.3 m/s	
W80	1.59	Carol Conte	NZMA Champs Wellington	0.5 m/s	

Triple Jump					
W30	12.61	Sarah Cowley-Ross	2017 WMG Auckland	0.0 m/s	NZR
W35	9.80	Joanne Owen	2010 AMA Champs	0.9 m/s	
W40	9.31	Anne Hunter-Deleiros	1993		

W45	10.15	Anne Hunter-Deleiros	1998		NZR
W50	9.85	Anne Hunter-Deleiros	1998 Aspac		NZR
W55	9.00	Anne Hunter-Deleiros	2003		NZR
W60	8.27	Anne Deleiros	2009 WMG Sydney		
W65	7.70	Anne Deleiros	2013 WMA Brazil		
W70	6.19	Anne Deleiros	2018 APMG		

Pole Vault					
W30	3.50	Alisha Lovrich	2/03/2024 Mt Smart		NZR
W35	3.90	Cassandra Kelly	13/07/1998		NZR
W40	2.61	Sonja Bowe	19/10/2018		NZR
W45	2.65	Sonja Bowe	3/12/2022 AUT Millennium		
W55	2.40	Anne Goulter	8/12/2018		
W60	2.40	Anne Goulter	11/03/2023 AUT Millennium		NZR
W65	1.70	Anne Deleiros	12/11/2017		NZR
W70	1.50	Anne Deleiros	2018 APMG		NZR

Pentathlon		Track	From 1 January 2023	New age grade calculations		
W30	1126	Cherie McAlister	25/03/2023 AUT Millennium			
W35	1039	Cherie McAlister	22/3/2025 NZ Multi Mt Smart			
W40	1589	Melissa Free	23/2/2024 AA Combined Champs Mt Smart			
W45	2368	Ai Osugai	21/3 2026 ANZ Combined Champs			
W55	1875	Karen Hulena	25/03/2023 AUT Millennium			
W60	2472	Jill Hayman	24/3/2024 Akl Pent Mt Smart			

Heptathlon		Archived	Pre 2023		
W35	2943	Jo Hutchings	2001 NZ Multi Events		
W40	3518	Faith Firestone	2019 Mt Smart Combined Events		
W45	3382	Catherine Bacon	2018 Oceania Dunedin		
W50	2788	Hilda Davidson	2000 NZ Multi Events		
W55	3651	Jill Hayman	2017 WMG Auckland		
W60	4529	Tui Ashe	2011 WMA Sacramento		
W65	3976	Tui Ashe	2017 WMG Auckland		

Heptathlon		From 1 January 2023	New age grade calculations		
W40	1897	Melissa Karl	21-22/3/2026 ANZ Combined Champs		
W45	2368	Ai Osugi	21-22/3/2026 ANZ Combined Champs		

Throws Pentathlon		From 1 January 2023	New age grade calculations		
W35	1898	Melissa Free	26/03/2023 AUT Millennium		
W40	2068	Melissa Free	24/3/2024 AAI Combined Champs		
W45	1863	Florence Alesana	24/3/2024 AAI Combined Champs		
W50	1962	Vavae Nuia	28/3/2025 NZMA Champs Mt Smart		
W60	3150	Anne Goulter	26/03/2023 AUT Millennium		
W65	2840	Aggie Boxall	2026 NZMA Nationals New Plymouth		
W70	2075	Anne Deleiros	26/03/2023 AUT Millennium		
W75	2488	Anne Deleiros	1/12/2024 North Island Champs		
W80	2264	Carol Conte	24/3/2024 AAI Throws Pentathlon		

5km Road Race					
W30	16.37	Laura Nagle	3/5/2025 Rotorua Marathon		NZR
W35	18.05	Gail Rear	1997 Westport		
W40	16.25	Lisa Cross	3/5/2025 Rotorua Marathon		NZR
W45	19.16	Cris Malcolmson	1994 Taranaki		
W50	20.05	Judith Stewart	2001 Hamilton		

W55	21.05	Billie O'halloran	1996 Christchurch		
W60	26.44	Sian Dawson	16/8/2026 AK Road Champs Papakura		
W65	23.51	Isobel Foley	2001 Hamilton		
W70	29.55	Liz Hardley	16/8/2026 AK Road Champs Papakura		

10km Road Race					
W30	34.20	Laura Nagle	26/10/2024 Timaru 10km		
W35	35.45	Lisa Cross	28/08/2019		
W40	34.28	Lisa Cross	30/8/2025 ANZ R/R Championships		NZR
W45					
W50					
W55	44.15	Judith Stewart	2004 Non Stadia		
W60	42.28	Christine Adamson	5/05/2018		
W65	46.29	Christine Adamson	Waterfront Half 2/04/2023		NZR
W70	58.04	Liz Hardley	Waterfront Half 2/04/2024		

Half Marathon					
W30	1.12.35	Laura Nagle	04/07/2026 Gold Coast		
W35	1.19.51	Gail Rear	1996 Nelson		
W40	1.13.37	Lisa Cross	29/10/2025 Wellington Half		
W45	1.29.03	Judith Stewart	1998 Huntly		
W50	1.30.46	Ailsa Scotting	1996 Nelson		
W55	1.32.52	Judith Stewart	2008		
W60	1.44.49	Isobel Foley	1998 Oceania Hastings		
W65	1.48.08	Judith Stewart	2014 Oceania Bendigo		
W70	1.55.29	Isobel Foley	2004 Non Stadia		

Marathon					
W30	2.38.10	Brigid Dennehy	2/11/2025 Auckland Marathon		
W35	2.46.20	Marion Macdonald	1990 Taranaki		
W40	2.47.13	Nyla Carroll	2008 Rotorua		
W45	2.45.37	Robin Hames	?		
W50	3.20.05	Cris Malcolmson	1999 Auckland		
W55	3.40.19	Joan Cheadle	1994 Rotorua		
W60	3.35.29	Isobel Foley	1997 Rotorua		
W65	3.52.33	Isobel Foley	2001 Rotorua		
W70	3.36.53	Sue Meltzer	2/11/2025 Auckland Marathon		
W75	6.43.00	Kay Kenneth-Low	1992 Auckland		

1500m Track Walk					
W30	10.12.54	Sarah Rhind	28/3/2025 NZMA Nationals Mt Smart		
W40	7.44.00	Barbara Lambert	1992 Oceania Norfolk Is.		
W45	9.29.03	Larissa Wildsmith	2017 World Masters Games Auckland		
W50	10.26.00	Wini Pepene	1982		
W55	10.59.50	Karen Davison	28/3/2025 NZMA Nationals Mt Smart		
W60	11.53.00	Julie Husband	1982		
W70	10.23.00	Ailsa Forbes	1982		
W75	10.00.48	Kay Kenneth-Low	1993		

3000m Track Walk					
W30	13.09.95	Alana Barber	6/02/2021		NZR
W35	14.45.35	Jane Jackson	1986		
W40	15.13.51	Jane Jackson	1989		
W45	16.58.30	Marcia Soanes	2004 Top Team 1		
W50	16.58.40	Barbara Lambert	2000		
W55	18.25.51	Wini Pepene	1986		

W60	18.25.97	Shirley Barber	29/02/2008		
W65	20.26.70	Kay Kenneth-Low	1984		
W70	20.44.30	Doreen Torbit	2002		
W75	21.07.24	Doreen Torbit	2002 Gold Coast		

5000m Track Walk

W30	21.55.62	Alana Barber	28/02/2021		NZR
W40	24.50.85	Jane Jackson	1987		NZR
W45	30.29.93	Barbara Lambert	1998 Oceania Hastings		
W50	29.06.34	Barbara Lambert	2000 Oceania Norfolk Is.		
W55	28.32.25	Jane Jackson	1997 WMA Durban		
W70	34.38.10	Kay Kenneth-Low	1985		
W75	35.48.10	Ailsa Forbes			

10km Road Walk

W30	44.43	Alana Barber	7/09/2019		NZR
W35	53.10.60	Jane Jackson	1986		
W40	49.58.03	Jane Jackson	1989		NZR
W45	52.57.00	Jane Jackson	1992		NZR
W50	57.50.00	Barbara Lambert	Mar 2001		
W55	62.54.50	Wini Pepene	1986		
W60	64.09.00	Shirley Barber	2/09/2006		
W65	67.36.58	Shirley Barber	2011 WMA Sacramento		
W70	68.42.00	Kay Kenneth-Low	1984		
W75	73.38.00	Doreen Torbit	2004		

20km Road Walk

W30	1.31.32	Alana Barber	5/05/2018		NZR
W50	2.08.23	Julie Helean	2007 WMA Riccione		
W60	2.15.16	Shirley Barber	22/10/06 NZ Long Distance		
W65	2.26.53	Shirley Barber	2011 WMA Sacramento		

1 Mile Track Walk

(Non-Standard Distance)

W35	7.53.00	Jane Jackson	1985		
W40	8.04.50	Jane Jackson	1992		
W45	10.20.60	Judy Mildon	1987		
W50	8.48.90	Barbara Lambert	2002		
W55	10.50.70	Jeanette Howden	1993		
W60	9.46.05	Shirley Barber	19/12/2009		
W65	14.13.00	Gladys Parry	1983		
W70	10.41.70	Doreen Torbit	1999 AMA Champs		
W75	11.04.80	Kay Kenneth-Low	1993		

5km Road Walk

(Non-Standard Distance)

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

