

NEW ZEALAND RECORDS - 2026**(New Grades and Age groups 2021)****MEN****FLAT TRACK**

200m	R Kay	Nelson	1998	23.060
300m	A Nalder	Timaru	2012	27.394
400m	C Morpeth	Wanganui	2023	38.201
500m	K Dobbin	Palm. Nth.	2006	47.751
800m	O Jones	Wanganui	2016	1:15.416
1,000m	O Jones	Auckland	2008	1:46.632
1,500m	O Jones	Wanganui	2016	2:22.727
3,000m	O Jones	Wanganui	2016	4:51.480
5,000m	M Ulrich	Rotorua	1984	9:33.830
10,000m	O Jones	Wanganui	2016	16:57.917

ROAD

100m	D Christoffersen	Spain	2019	9.993
200m	K Dobbin	Auckland	2005	17.146
300m	K Dobbin	Auckland	2000	24.757
400m	A Nalder	Palm. Nth.	2015	34.619
500m	H Beech	China	2025	39.880
1,000m	DJ Nation	Palm. Nth.	2010	1:22.178
1,500m	K Dobbin	Nelson	1998	2:11.760
2,000m	O Jones	Auckland	2008	3:41.587
3,000m	O Jones	Palm. Nth.	2010	4:51.533
5,000m	H Beech	Germany	2024	7:07.628
10,000m	P Michael	Germany	2024	13:44.460
15,000m	A Jones	Palm. Nth.	2025	24:26.790
20,000m	P Michael	Belgium	2013	29:29.959
Jnr. 1/2 Marathon	K McAuley	Timaru	2018	42:02.550
Jnr. Marathon	J Duggan	Timaru	2024	1hr.20:59.312
Snr. Marathon	O Jones	Wanganui	2016	1hr.10:59.84

BANKED TRACK

200m	H Beech	Hamilton	2026	18.620
300m	K Dobbin	Korea	2011	24.760
400m	K Dobbin	Hastings	2003	35.410
500m	O Jones	Belgium	2013	41.286
800m	K Dobbin	Hastings	2003	1:16.020
1,000m	C Morpeth	China	2025	1:20.844
1,500m	J Yeoman	Hastings	1997	2:31.000
2,000m	S Dobbin	Hastings	2003	3:21.590
3,000m	S Dobbin	Hastings	2003	4:57.800
5,000m	K Hughes	Germany	2025	6:48.673
10,000m	P Michael	Germany	2015	13:47.219
15,000m	P Michael	Belgium	2013	22:02.458
20,000m	S Dobbin	Hastings	2003	34:11.960

NEW ZEALAND RECORDS - 2026

LADIES

FLAT TRACK

200m	J Nesbit	Nelson	1998	24.790
300m	N Begg	Timaru	2015	30.247
400m	C Nevin	Wanganui	2016	43.536
500m	K Davies	Wanganui	2016	53.139
800m	N Begg	Wanganui	2016	1:16.739
1,000m	K Davies	Auckland	2017	1:54.813
1,500m	N Begg	Wanganui	2007	2:37.247
3,000m	N Begg	Timaru	2015	5:27.410
5,000m	N Begg	Wanganui	2007	9:03.810

ROAD

100m	L McDonald	China	2017	11.551
200m	L McDonald	Palm. Nth.	2019	19.532
300m	E Green	Germany	2024	28.182
400m	D Gibbs	Palm. Nth.	2015	37.730
500m	E Benson	Palm. Nth.	2019	44.368
1,000m	L McDonald	Palm. Nth	2019	1:35.591
1,500m	S Wooding	Nelson	1998	2:35.690
2,000m	S Michael	Nelson	2004	3:56.700
3,000m	K Davies	Christchurch	2009	5:17.205
5,000m	E Green	Germany	2024	8:30.534
10,000m	S Challis	Belgium	2013	16:06.136
15,000m	S Wooding	Nelson	2001	28:50.170
20,000m	N Begg	Palm, Nth.	2010	36:06.963
Jnr. 1/2Marathon	L Crawford	Timaru	2024	42:52.685
Jnr. Marathon	E Green	Timaru	2024	1hr.23:50.969
Snr.1/2 Marathon	R Wooding	Wanganui	1999	41:18.840
Snr. Marathon	N Begg	Palm. North	2007	1hr.14:27.950

BANKED TRACK

200m	E Green	Timaru	2024	20.082
300m	L McDonald	Timaru	2018	28.359
400m	N Begg	Hastings	2002	43.060
500m	J van Bentum	Geisingen	2015	45.697
800m	N Begg	Hastings	2002	1:25.110
1,000m	R Teers	Hamilton	2020	1:30.288
1,500m	N Begg	Blenheim	2007	2:38.130
2,000m	N Begg	Blenheim	2007	3:32.920
3,000m	S Michael	Blenheim	2007	5:24.486
5,000m	T Parker	Germany	2025	7:56.564
10,000m	J van Bentum	Germany	2015	15:22.354
15,000m	N Begg	Hastings	2006	26:49.677

NATIONAL Age Group CHAMPIONSHIP RECORDS 2026**ROAD****SENIOR MEN**

100m	J Wood	Christchurch	2026	10.557
200m	K Dobbin	Auckland	2005	17.146
300m	K Dobbin	Auckland	2000	24.757
500m	J Whyte	Palm. Nth.	2013	40.473
1,000m	DJ Nation	Palm. Nth.	2010	1:22.178
1,500m	K Dobbin	Nelson	1998	2:11.76
3,000m	K Dobbin	Nelson	1995	4:53.43
5,000m	S Arlidge	Palm. Nth.	2010	7:51.923
10,000m	S Arlidge	Palm. Nth.	2010	15:17.925
15,000m	A Jones	Palm. Nth.	2025	24:26.790
20,000m	O Jones	Wanganui	2016	32:45.310

JUNIOR MEN

100m	C Morpeth	Palm. Nth.	2023	10.986
200m	J Duggan	Blenheim	2024	19.343
500m	C Morpeth	Palm. Nth.	2023	43.899
1,000m	C Morpeth	Palm. Nth.	2023	1:30.289
10,000m	C Morpeth	Palm. Nth.	2023	16:51.600

CADET BOYS

100m	C Sandri	Palm. Nth.	2023	12.558
200m	C Sandri	Blenheim	2024	20.685
500m	J Li	Christchurch	2026	47.612
1,000m	J Li	Christchurch	2026	1:40.377
5,000m	B Teague	Palm. Nth.	2025	9:41.530

JUVENILE BOYS

100m	J Li	Palm. Nth.	2025	12.380
200m	H Hu	Blenheim	2024	22.665
500m	E Yang	Christchurch	2026	51.283
1,000m	J Li	Palm. Nth.	2025	1:45.120
3,000m	J Li	Palm. Nth.	2025	5:43.470

PRIMARY BOYS

100m	M Zhang	Christchurch	2026	14.162
200m	J Whyte	Nelson	2004	24.675
500m	M Zhang	Christchurch	2026	56.756
1,000m	M Zhang	Palm. Nth.	2025	1:59.300
1,500m	M Zhang	Palm. Nth.	2025	3:01.250

MASTERS MEN

100m	P Cleave	Palm. Nth.	2023	11.786
200m	G Jameson	Palm. Nth.	2019	19.638
500m	G Jameson	Timaru	2020	44.129
1,000m	G Jameson	Timaru	2020	1:30.890
5,000m	G Jameson	Timaru	2020	8:16.256

VETERAN MEN

100m	I Wood	Palm. Nth.	2025	12.623
200m	J Zhang	Blenheim	2024	21.924
500m	I Wood	Christchurch	2026	53.345
1,000m	A McDonell	Palm. Nth.	2025	1:44.590
5,000m	A McDonell	Palm. Nth.	2025	9:34.900

NATIONAL Age Group CHAMPIONSHIP RECORDS 2026

ROAD

SENIOR LADIES

100m	G Hurley	Palm. Nth.	2023	12.123
200m	L McDonald	Palm. Nth.	2019	19.532
300m	N Wooding	Auckland	2000	29.448
500m	L McDonald	Palm. Nth.	2019	44.728
1,000m	L McDonald	Palm. Nth.	2019	1:35.591
1,500m	M Yeoman	Nelson	1998	2:47.52
3,000m	H Campbell	Nelson	1998	5:44.44
5,000m	S Wooding	Nelson	2001	8:56.69
10,000m	S Challis	Palm. Nth.	2013	18:03.548
15,000m	S Wooding	Nelson	2001	28:50.17
20,000m	N Begg	Palm. Nth.	2010	36:06.963

JUNIOR LADIES

100m	E Green	Palm. Nth.	2023	11.956
200m	N Guliani	Blenheim	2024	20.491
500m	E Green	Palm. Nth.	2023	46.866
1,000m	T Parker	Palm. Nth.	2025	1:40.630
1,500m				
3,000m				
10,000m	M Macdonald	Palm. Nth.	20225	19:01.890

CADET GIRLS

100m	S Liang	Palm. Nth.	2023	12.157
200m	M Macdonald	Wanganui	2021	21.704
500m	M Lu	Christchurch	2026	51.237
1,000m	K McIlhatton	Palm. Nth.	2023	1:47.170
1,500m				
3,000m				
5,000m	K McIlhatton	Palm. Nth.	2023	9:45.694

JUVENILE GIRLS

100m	M Lu	Palm. Nth.	2025	12.910
200m	G Thornley	Blenheim	2024	23.512
500m	N Ricketts	Christchurch	2026	55.127
1,000m	M Lu	Palm. Nth.	2025	1:57.090
1,500m				
2,000m				
3,000m	G Thornley	Palm. Nth.	2025	6:01.250

PRIMARY GIRLS

100m	O Purukamu	Palm. Nth.	2023	13.923
200m	E Benson	Timaru	2012	23.948
500m	E Benson	Timaru	2012	59.387
1,000m	K Beveridge	Palm. Nth.	2019	2:06.892
1,500m	K Beveridge	Palm. Nth.	2019	2:57.692

MASTERS LADIES

100m	S Wooding	Palm. Nth.	2023	12.796
200m	S Wooding	Blenheim	2024	21.579
500m	S Wooding	Palm. Nth.	2023	50.826
1,000m	K Davies	Palm. Nth.	2019	1:43.439
1,500m				
5,000m	K Davies	Palm. Nth.	2010	8:54.892

NATIONAL Age Group CHAMPIONSHIP RECORDS 2026

FLAT TRACK

SENIOR MEN

300m	A Nalder	Timaru	2012	27.394
500m	T Barr	Nelson	1982	56.97
800m	O Jones	Wanganui	2016	1:15.416
1,000m	J Yeoman	Auckland	1996	1:47.55
1,500m	M McCormack	Wanganui	2021	2:18.849
3,000m	O Jones	Wanganui	2016	4:51.480
5,000m	M Ulrich	Rotorua	1984	9:33.830
10,000m	O Jones	Wanganui	2016	16:57.917

JUNIOR MEN

300m	M Zhang	Christchurch	2026	28.671
500m				
800m	M Zhang	Christchurch	2026	1:16.590
1,000m				
1,500m	M Zhang	Christchurch	2026	2:38.711
3,000m	C Morpeth	Palm. Nth.	2023	5:17.329
5,000m				
10,000m				

CADET BOYS

300m	J Li	Christchurch	2026	30.897
400m				
800m	J Li	Christchurch	2026	1:24.447
1,500m	J Li	Christchurch	2026	2:43.749
3,000m	J Li	Christchurch	2026	5:56.340

JUVENILE BOYS

300m	J Li	Wanganui	2025	32.535
400m	E Yang	Christchurch	2026	42.855
800m	E Yang	Christchurch	2026	1:29.178
1,000m				
1,500m	J Li	Wanganui	2025	2:59.750

PRIMARY BOYS

200m	M Zhang	Christchurch	2026	22.687
400m	M Zhang	Christchurch	2026	45.727
800m	M Zhang	Wanganui	2025	1:35.450

MASTERS MEN

300m	P Cleeve	Wanganui	2021	31.520
500m	S Moody	Wanganui	2016	50.554
1,000m	B McCormack	Timaru	2012	1:45.965
3,000m	B McCormack	Timaru	2012	5:42.991

VETERAN MEN

300m	C Campbell	Christchurch	2026	34.120
500m	I Wood	Wanganui	2025	55.760
1,000m	I Wood	Wanganui	2025	1:59.020
3,000m	I Wood	Wanganui	2025	6:24.200

NATIONAL Age Group CHAMPIONSHIP RECORDS 2026

FLAT TRACK

SENIOR LADIES

300m	N Begg	Timaru	2015	30.247
500m	C Gillard	Nelson	1982	59.54
800m	N Begg	Wanganui	2016	1:16.739
1,000m	D Sandall	Rotorua	1984	1:57.780
1,500m	N Begg	Wanganui	2007	2:37.247
3,000m	N Begg	Timaru	2015	5:27.410
5,000m	N Begg	Wanganui	2007	9:03.810

JUNIOR LADIES

300m	T Parker	Christchurch	2026	30.541
500m				
800m	T Parker	Christchurch	2026	1:20.632
1,000m				
1,500m	T Parker	Wanganui	2025	2:45.870
3,000m	T Parker	Wanganui	2025	5:30.160

CADET GIRLS

300m	Baihe Bai	Wanganui	2025	33.168
400m				
800m	Baihe Bai	Wanganui	2025	1:29.160
1,500m	T Parker	Wanganui	2021	2:57.947
3,000m	K Beveridge	Blenheim	2024	6:03.352

JUVENILE GIRLS

200m				
300m	M Lu	Wanganui	2025	35.777
400m	G Worner	Wanganui	2021	45.411
500m				
800m	M Lu	Wanganui	2025	1:34.030
1,000m				
1,500m	M Lu	Wanganui	2025	2:55.110

PRIMARY GIRLS

200m	A Han	Wanganui	2025	24.140
400m	A Han	Wanganui	2025	48.530
800m	A Han	Wanganui	2025	1:40.660

MASTERS LADIES

300m	S Wooding	Wanganui	2025	33.105
500m	K Davies	Wanganui	2016	53.139
1,000m	K Davies	Wanganui	2021	1:50.413
1,500m				
3,000m	M White	Wanganui	2021	5:45.705

NATIONAL Age Group CHAMPIONSHIP RECORDS 2025

BANKED TRACK.

SENIOR MEN

200m	H Beech	Hamilton	2026	18.620
500m	P Michael	Timaru	2013	42.192
1,000m	O Jones	Timaru	2016	1:26.926
1,500m	J Yeoman	Hastings	1997	2:31.00
3,000m	J Mitchell	Avalon	1995	5:29.95
5,000m	S Arlidge	Hastings	2006	8:00.251
10,000m	O Jones	Timaru	2016	15:27.208
15,000m	O Jones	Timaru	2016	23:26.700
20,000m	S Dobbin	Hastings	2003	34:11.96

JUNIOR MEN

200m	M Zhang	Hamilton	2026	19.320
500m	C Morpeth	Timaru	2023	46.015
1,000m	M Zhang	Hamilton	2026	1:30.723
5000m	G McDonald	Timaru	2013	8:43.150
10000m	C Morpeth	Timaru	2023	17:24.193

CADET BOYS

200m	J Li	Hamilton	2026	20.498
500m	N Bedford	Hamilton	2022	49.896
1,000m	J Li	Hamilton	2026	1:42.661
5,000m	J Li	Hamilton	2026	9:20.021

JUVENILE BOYS

200m	J Li	Timaru	2025	21.893
500m	J Li	Timaru	2025	52.920
1,000m	J Li	Timaru	2025	1:50.180
3,000m	J Li	Hamilton	2024	6:04.243

PRIMARY BOYS

200m	J Hong	Hamilton	2026	23.872
500m	M Zhang	Hamilton	2026	57.609
1,000m	M Zhang	Hamilton	2026	1:53.399
1,500m	M Zhang	Hamilton	2026	2:54.369

MASTERS MEN

200m	T De Meijer	Hamilton	2024	20.254
500m	B McCormack	Timaru	2014	47.898
1,000m	B McCormack	Timaru	2013	1:36.190
1,500m				
5,000m	B McCormack	Timaru	2013	8:38.650

VETERAN MEN

200m	C Campbell	Hamilton	2026	22.535
500m	C Campbell	Hamilton	2026	54.244
1,000m	I Wood	Timaru	2025	1:52.080
1,500m				
5,000m	C Campbell	Hamilton	2026	10:19.166

NATIONAL Age Group CHAMPIONSHIP RECORDS 2025

BANKED TRACK

SENIOR LADIES

200m	E Green	Hamilton	2026	20.794
500m	N Begg	Timaru	2015	47.149
1,000m	R Teers	Hamilton	2020	1:30.288
1,500m	R Wooding	Hastings	1997	2:52.01
3,000m	D Ulrich	Hastings	1978	5:34.00
5,000m	N Begg	Hastings	2006	8:45.892
10,000m	C Nevin	Timaru	2019	17:19.320
15,000m	N Begg	Hastings	2006	26:49.677

JUNIOR LADIES

200m	T Parker	Hamilton	2026	20.952
500m	T Parker	Hamilton	2026	49.128
1,000m	E Green	Timaru	2021	1:30.692
1,500m				
5,000m	T Parker	Hamilton	2026	8:52.544
10,000m	E Green	Timaru	2021	19:18.077

CADET GIRLS

200m	N Guliani	Hamilton	2022	21.726
400m				
500m	N Guliani	Hamilton	2022	51.869
800m				
1,000m	S Liang	Timaru	2023	1:46.098
1,500m				
3,000m				
5,000m	M Macdonald	Timaru	2021	9:15.560

JUVENILE GIRLS

200m	G Thornley	Timaru	2025	23.982
500m	N Ricketts	Hamilton	2026	57.074
1,000m	K Beveridge	Timaru	2021	1:58.449
1,500m				
2,000m				
3,000m	K Beveridge	Timaru	2021	6:01.628

PRIMARY GIRLS

200m	O Purukamu	Timaru	2023	25.455
500m	E Olthof	Timaru	2017	1:02.698
1,000m	O Purukamu	Timaru	2023	2:07.450
1,500m	O Purukamu	Timaru	2023	3:07.557

MASTERS LADIES

200m	S Wooding	Timaru	2023	22.634
500m	S Wooding	Timaru	2023	54.669
1,000m	K Davies	Hamilton	2020	1:45.877
1,500m				
2,000m				
3,000m				
5,000m	K Davies	Hamilton	2020	9:26.730

NATIONAL Age Group CHAMPIONSHIP RECORDS 2025

RELAYS

ROAD

MENS 5,000m	Valley Inline	Palm. Nth.	2013	6:44.568
MENS 10,000m	Auckland	Nelson	2004	15:22.05
Jnr. BOYS 3,000m	Wanganui	Palm. Nth.	2019	5:05.312
LADIES 3,000m	Manawatu	Nelson	1998	4:59.05
LADIES 5,000m	Sth. Canterbury	Palm. Nth.	2010	7:57.647
LADIES 10,000m	Sth. Canterbury	Nelson	2004	17:00.20
Jnr. GIRLS 3,000m	Sth. Canterbury	Palm. Nth.	2019	4:57.402

BANKED TRACK

MENS 3,000m	Christchurch	Timaru	2016	4:20.983
MENS 5,000m	Manawatu	Hastings	2003	7:57.41
Jnr. BOYS 3,000m	Sth. Canterbury	Timaru	2015	4:44.388
LADIES 3,000m	Sth. Canterbury	Timaru	2016	4:38.959
LADIES 5,000m	Manawatu	Hastings	2006	9:24.818
Jnr. GIRLS 3,000m	Sth. Canterbury	Timaru	2016	5:04.602

FLAT TRACK

Snr. MENS 3,000m	Valley Inline	Timaru	2012	4:37.140
Jnr. BOYS 1,500m	Sth. Canterbury	Wanganui	2016	2:31.818
Snr. LADIES 1,500m	Levin	Nelson	1982	3:00.48
Snr. LADIES 3,000m	Sth. Canterbury	Wanganui	2016	5:02.054
Jnr. GIRLS 1,500m	Sth. Canterbury	Wanganui	2016	2:36.685
Snr. MIXED 3,200m	Wanganui	Wanganui	2025	5:05.490
Jnr. MIXED 1,600m	Sth. Canterbury	Wanganui	2016	2:43.337
Snr. MENS PAIRS 1,200m	Valley Inline	Timaru	2012	1:51.189
Jnr. BOYS PAIRS 1,200m	Sth. Canterbury	Wanganui	2016	1:59.100
Snr. LADIES PAIRS 1,200m	Sth. Canterbury	Wanganui	2016	1:58.913
Jnr. GIRLS PAIRS 1,200m	Sth. Canterbury	Wanganui	2016	2:06.877
Snr. MIXED PAIRS 1,200m	Sth. Canterbury	Wanganui	2016	1:51.845
Jnr. MIXED PAIRS 1,200m	Sth. Canterbury	Wanganui	2016	2:01.451