

**NEW ZEALAND RECORDS - 2019****MEN****FLAT TRACK**

200m	R Kay	Nelson	1998	23.060
300m	A Nalder	Timaru	2012	27.394
400m	C Morpeth	Wanganui	2016	42.700
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 Urlich	Rotorua	1984	9:33.830
10,000m	O Jones	Wanganui	2016	16:57.917

**ROAD**

100m	D Christoffersen	China	2017	10.2476
200m	K Dobbin	Auckland	2005	17.146
300m	K Dobbin	Auckland	2000	24.757
400m	A Nalder	Palm. Nth.	2015	34.619
500m	J Whyte	Palm. Nth.	2013	40.473
1,000m	DJ Nation	Palm. Nth.	2010	1:22.178
1,500m	K Dobbin	Nelson	1998	2:11.760
2,000m	O Jones	Auckland	2008	3:41.587
3,000m	O Jones	Palm. Nth.	2010	4:51.533
5,000m	S Arlidge	Palm. Nth.	2010	7:51.923
10,000m	P Michael	Belgium	2013	13:55.143
15,000m	K Dobbin	Nelson	2001	24:30.360
20,000m	P Michael	Belgium	2013	29:29.959
Jnr. 1/2 Marathon	K McAuley	Timaru	2018	42:02.55
Snr. Marathon	O Jones	Wanganui	2016	1hr.10:59.84

**BANKED TRACK**

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	S Arlidge	Korea	2011	1:21.872
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	S Arlidge	Hastings	2006	8:00.251
10,000m	P Michael	Geisingen	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 - 2019

### 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	N Wooding	Auckland	2000	29.448
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	K Davies	Palm. Nth.	2010	8:54.892
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	E Benson	Timaru	2018	43:10.35
Snr.1/2 Marathon	R Wooding	Wanganui	1999	41:18.840
Snr. Marathon	N Begg	Palm. North	2007	1hr.14:27.950

#### **BANKED TRACK**

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	J van Bentum	Belgium	2013	1:30.952
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	N Begg	Hastings	2006	8:45.892
10,000m	J van Bentum	Geisingen	2015	15:22.354
15,000m	N Begg	Hastings	2006	26:49.677

**NATIONAL Age Group CHAMPIONSHIP RECORDS 2019****ROAD****SENIOR MEN**

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	K Dobbin	Nelson	2001	24:30.36
20,000m	O Jones	Wanganui	2016	32:45.31

**INTERMEDIATE MEN**

200m	O Jones	Palm. Nth.	2013	17.950
300m	S Arlidge	Auckland	2000	26.335
500m	O Jones	Palm. Nth.	2013	40.898
1,000m	O Jones	Palm. Nth.	2013	1:26.566
1,500m	B Alchin	Nelson	1998	2:24.26
3,000m	A Sutherland	Nelson	1998	5:10.83
5,000m	B Judd	Christchurch	2009	8:33.708
10,000m	G Wilton	Nelson	1998	17:06.70
15,000m	S Arlidge	Auckland	2000	25:57.77

**JUNIOR BOYS**

200m	H Clark	Auckland	2005	19.148
300m	S Dobbin	Nelson	1995	27.984
500m	O Jones	Palm. Nth.	2010	45.964
1,000m	K McAuley	Palm. Nth.	2019	1:34.826
1,500m	A Bowater	Nelson	1998	2:25.39
3,000m	O Jones	Palm. Nth.	2010	4:51.533
5,000m	O Jones	Palm. Nth.	2010	8:23.863

**JUVENILE BOYS**

200m	J Ishigaki	Christchurch	2006	21.648
300m	C Van Dragt	Auckland	2000	32.344
500m	J Valentine	Palm. Nth.	2019	45.798
1,000m	J Valentine	Palm. Nth.	2019	1:43.960
1,500m	A Marker	Nelson	1995	2:52.20
2,000m	O Jones	Auckland	2008	3:41.587
3,000m	J Valentine	Palm. Nth.	2019	5:28.785

**PRIMARY BOYS**

200m	J Whyte	Nelson	2004	24.675
300m	M MacDonald	N.Plymouth	2003	33.619
500m	M van Heyningen	Timaru	2012	58.992
1,000m	O Jones	Auckland	2005	2:05.57
1,500m	L MacDonald	Timaru	2018	3:14.616

**MASTERS MEN**

200m	G Jameson	Palm. Nth.	2019	19.638
300m	G Clark	N.Plymouth	2003	33.677
500m	G Gurau	Palm. Nth.	2010	46.232
1,000m	G Jameson	Palm. Nth.	2019	1:34.674
1,500m	G Clark	Auckland	2000	2:53.79
3,000m	K Davies	Christchurch	2009	5:17.205
5,000m	B McCormack	Timaru	2012	8:44.007

**NATIONAL Age Group CHAMPIONSHIP RECORDS 2019****ROAD****SENIOR LADIES**

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

**INTERMEDIATE LADIES**

200m	L McDonald	Auckland	2017	19.943
300m	A Cole	Nelson	1995	30.176
500m	E Benson	Palm. Nth.	2019	44.368
1,000m	C Clarke	Palm. Nth.	2019	1:39.795
1,500m	S Wooding	Nelson	1998	2:35.69
3,000m	A Cole	Nelson	1995	6:23.82
5,000m	J Demetriou	Nelson	1998	9:15.49

**JUNIOR GIRLS**

200m	J Kelly	Palm. Nth.	2013	20.756
300m	D Sinclair	Nelson	1992	31.31
500m	J Kelly	Palm. Nth.	2013	48.885
1,000m	R O'Connor	Palm. Nth.	2019	1:39.930
1,500m	J Homburg	Nelson	1998	2:40.02
3,000m	S Michael	Wanganui	2007	5:29.130
5,000m	E Benson	Timaru	2018	9:28.083

**JUVENILE GIRLS**

200m	T McAuley	Auckland	2017	21.965
300m	K Brown	Auckland	2000	34.869
500m	M MacDonald	Palm. Nth.	2019	50.880
1,000m	M MacDonald	Palm. Nth.	2019	1:44.962
1,500m	S Collins	Nelson	1998	2:58.52
2,000m	S Michael	Nelson	2004	3:56.70
3,000m	M MacDonald	Palm. Nth.	2019	6:10.292

**PRIMARY GIRLS**

200m	E Benson	Timaru	2012	23.948
300m	R Nyman	N.Plymouth	2003	48.119
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**

200m	K Davies	Palm. Nth.	2019	21.919
300m	C Wooding	New Plymouth	2003	48.245
500m	K Davies	Palm. Nth.	2019	51.494
1,000m	K Davies	Palm. Nth.	2019	1:43.439
1,500m	C Wooding	Auckland	2000	4:19.05
2,000m	C Wooding	Nelson	2004	5:16.74
3,000m	K Davies	Christchurch	2009	5:17.205
5,000m	K Davies	Palm. Nth.	2010	8:54.892

**NATIONAL Age Group CHAMPIONSHIP RECORDS 2019****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	O Jones	Wanganui	2016	2:22.727
3,000m	O Jones	Wanganui	2016	4:51.480
5,000m	M Urlich	Rotorua	1984	9:33.830
10,000m	O Jones	Wanganui	2016	16:57.917

**INTERMEDIATE MEN**

300m	J Whyte	Timaru	2012	28.321
500m	C Harvey	Napier	1970	59.20
800m	O Jones	Wanganui	2013	1:15.454
1,000m	S Nesbit	Nelson	1995	1:49.90
1,500m	O Jones	Wanganui	2013	2:26.232
3,000m	O Jones	Wanganui	2013	5:01.969
5,000m	B Bedford	Rotorua	1984	9:52.65
10,000m	O Jones	Wanganui	2013	17:57.383

**JUNIOR BOYS**

300m	JH Kuepper	Wanganui	2016	29.667
400m	R Hawkins	Rotorua	1984	46.72
800m	Z Biggs	Auckland	2014	1:17.979
1,500m	Z Biggs	Auckland	2014	2:32.087
3,000m	Z Biggs	Auckland	2014	5:15.030

**JUVENILE BOYS**

200m	R Kay	Nelson	1998	23.06
300m	D Brennan	Timaru	2018	33.302
400m	C Morpeth	Wanganui	2016	42.700
500m	S Arlidge	Nelson	1995	58.53
800m	O Jones	Auckland	2008	1:25.921
1,000m	O Jones	Auckland	2008	1:46.632
1,500m	D Brennan	Timaru	2018	2:51.570

**PRIMARY BOYS**

200m	O Jones	Auckland	2005	23.61
400m	A Walimbe	Timaru	2015	46.909
800m	O Jones	Auckland	2005	1:39.27

**MASTERS MEN**

300m	S Moody	Wanganui	2016	31.560
500m	S Moody	Wanganui	2016	50.554
1,000m	B McCormack	Timaru	2012	1:45.965
1,500m	G Clark	Auckland	2005	2:53.16
3,000m	B McCormack	Timaru	2012	5:42.991

**NATIONAL Age Group CHAMPIONSHIP RECORDS 2019**

**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

**INTERMEDIATE LADIES**

300m	L McDonald	Wanganui	2016	32.004
500m	J Porteous	Wanganui	1981	1:02.43
800m	S Challis	Auckland	2011	1:24.217
1,000m	A Cole	Nelson	1995	2:01.38
1,500m	S Challis	Auckland	2011	2:40.226
3,000m	R Hamilton	Wanganui	1999	6:05.45

**JUNIOR GIRLS**

300m	J Kelly	Wanganui	2013	32.323
400m	M Oswald	Rotorua	1984	47.85
800m	T Smith	Timaru	2015	1:26.615
1,500m	J Kelly	Wanganui	2013	2:49.517
3,000m	R Smith	Timaru	2012	5:50.811

**JUVENILE GIRLS**

200m	J Nesbit	Nelson	1998	24.79
300m	C Nevin	Wanganui	2016	34.422
400m	C Nevin	Wanganui	2016	43.536
500m	R Hamilton	Nelson	1995	1:01.45
800m	C Nevin	Wanganui	2016	1:30.039
1,000m	O Mayhew	Wanganui	2016	1:56.192
1,500m	O Mayhew	Timaru	2012	2:56.487

**PRIMARY GIRLS**

200m	T McAuley	Auckland	2014	25.477
400m	E Benson	Timaru	2012	50.610
800m	K Beveridge	Palm. Nth.	2019	1:44.266

**MASTERS LADIES**

300m	K Davies	Palm. Nth.	2019	.114
500m	K Davies	Wanganui	2016	53.139
1,000m	K Davies	Auckland	2017	1:54.813
1,500m	K Davies	Wanganui	2002	3:12.96
3,000m	K Davies	Auckland	2017	6:03.332

**NATIONAL Age Group CHAMPIONSHIP RECORDS 2019****BANKED TRACK.****SENIOR MEN**

300m	P Michael	Timaru	2013	25.630
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

**INTERMEDIATE MEN**

300m	O Jones	Timaru	2013	26.100
500m	O Jones	Timaru	2013	44.075
1,000m	O Jones	Timaru	2013	1:28.290
1,500m	B Alchin	Hastings	1997	2:32.78
3,000m	A Sutherland	Hastings	1996	5:33.30
5,000m	P Michael	Hastings	2006	8:08.507
10,000m	B Alchin	Avalon	1998	18:11.50

**JUNIOR BOYS**

300m	N Frame	Timaru	2015	27.773
400m	R Hawkins	Hastings	1984	39.28
500m	J-H Kuepper	Timaru	2016	45.61
800m	R Hawkins	Hastings	1984	1:21.67
1,000m	J-H Kuepper	Timaru	2016	1:32.848
1,500m	J Litt	Hastings	1987	2:39.42
3,000m	P Michael	Hastings	2003	5:04.86
5,000m	G McDonald	Timaru	2013	8:43.150

**JUVENILE BOYS**

300m	J Ishigaki	Hastings	2006	30.981
500m	M MacDonald	Hastings	2006	51.172
1,000m	J Ishigaki	Hastings	2006	1:46.710
1,500m	S Dobbin	Avalon	1991	3:03.48
2,000m	O Jones	Avalon	2008	3:36.28
3,000m	D Brennan	Timaru	2017	5:51.325

**PRIMARY BOYS**

300m	M MacDonald	Hastings	2003	34.968
500m	M MacDonald	Hastings	2003	59.37
1,000m	M MacDonald	Hastings	2003	2:02.07
1,500m	J Fellowes	Timaru	2015	3:13.123

**MASTERS MEN**

300m	B McCormack	Timaru	2014	28.823
500m	B McCormack	Timaru	2014	47.898
1,000m	B McCormack	Timaru	2013	1:36.190
1,500m	B Begg	Avalon	1999	2:52.813
5,000m	B McCormack	Timaru	2013	8:38.650

**NATIONAL Age Group CHAMPIONSHIP RECORDS 2019****BANKED TRACK****SENIOR LADIES**

300m	N Begg	Timaru	2014	28.480
500m	N Begg	Timaru	2015	47.149
1,000m	N Begg	Timaru	2006	1:37.090
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

**INTERMEDIATE LADIES**

300m	L McDonald	Timaru	2016	28.993
500m	L McDonald	Timaru	2017	47.626
1,000m	J van Bentum	Timaru	2013	1:41.050
1,500m	N Robertson	Hastings	1987	2:50.58
3,000m	N Steel	Hastings	1996	5:52.95
5,000m	D McVeigh	Hastings	1987	10:47.14

**JUNIOR GIRLS**

300m	J Kelly	Timaru	2013	30.029
400m	M Oswald	Hastings	1983	44.06
500m	T Smith	Timaru	2015	48.918
800m	A Hawkins	Hastings	1984	1:30.74
1,000m	R O'Connor	Timaru	2019	1:42.017
1,500m	A Foster	Hastings	1997	2:50.62
3,000m	S Michael	Blenheim	2007	5:24.486
5,000m	T Smith	Timaru	2014	9:03.174

**JUVENILE GIRLS**

300m	E Benson	Timaru	2015	31.745
500m	E Benson	Timaru	2015	52.22
1,000m	M MacDonald	Timaru	2019	1:46.573
1,500m	C Rushton	Hastings	1987	3:01.25
2,000m	E Lee	Timaru	2013	3:54.179
3,000m	T McAuley	Timaru	2017	6:02.706

**PRIMARY GIRLS**

300m	A Gilmour	Timaru	2019	37.181
500m	E Olthof	Timaru	2017	1:02.698
1,000m	C Nevin	Timaru	2013	2:09.040
1,500m	A Gilmour	Timaru	2019	3:15.063

**MASTERS LADIES**

300m	K Davies	Timaru	2016	32.257
500m	K Davies	Timaru	2016	54.85
1,000m	K Davies	Timaru	2016	1:54.192
1,500m	C Wooding	Christchurch	2000	4:40.69
2,000m	K Davies	Blenheim	2002	4:01.54
3,000m	K Davies	Hastings	2010	5:37.950
5,000m	K Davies	Timaru	2019	10:00.937



## NATIONAL Age Group CHAMPIONSHIP RECORDS 2019

### 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	Sth. Canterbury	Wanganui	2016	5:06.054
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