

NEW ZEALAND RECORDS - 2023**(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	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	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	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	42:02.550
Snr. Marathon	O Jones	Wanganui	2016	1hr.10:59.84

BANKED TRACK

200m	D Christoffersen.	Spain	2019	18.908
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 - 2023

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	43:10.350
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	Hamilton	2022	21.287
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	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 2023**ROAD****SENIOR MEN**

100m	H Beech	Palm. Nth.	2023	10.854
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	32:45.310

JUNIOR MEN

100m	C Morpeth	Palm. Nth.	2023	10.986
200m	J Wood	Wanganui	2021	19.664
500m	C Morpeth	Palm. Nth.	2023	43.899
1,000m	C Morpeth	Palm. Nth.	2023	1:30.289
1,500m				
3,000m				
5,000m				
10,000m	C Morpeth	Palm. Nth.	2023	16:51.600
15,000m				

CADET BOYS

100m	C Sandri	Palm. Nth.	2023	12.558
200m	J Valentine	Wanganui	2021	21.859
500m	M Zhang	Palm. Nth.	2023	50.192
1,000m	N Bedford	Wanganui	2021	1:52.610
1,500m				
3,000m				
5,000m	J Valentine	Wanganui	2021	10:18.598

JUVENILE BOYS

100m	C Valentine	Palm. Nth.	2023	13.635
200m	C Sandri	Wanganui	2021	23.141
500m	C Sandri	Wanganui	2021	57.419
1,000m	T Garcia-Soto	Palm. Nth.	2023	2:06.275
1,500m				
2,000m				
3,000m	C Hopkins	Palm. Nth.	2023	6:57.730

PRIMARY BOYS

100m	D Liu	Palm. Nth.	2023	14.511
200m	J Whyte	Nelson	2004	24.675
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

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
1,500m				
3,000m				
5,000m	G Jameson	Timaru	2020	8:16.256

NATIONAL Age Group CHAMPIONSHIP RECORDS 2023**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	E Benson	Wanganui	2021	20.529
500m	E Green	Palm. Nth.	2023	46.866
1,000m	M Macdonald	Palm. Nth.	2023	1:42.650
1,500m				
3,000m				
10,000m	E Green	Palm. Nth.	20213	19:50.166

CADET GIRLS

100m	S Liang	Palm. Nth.	2023	12.157
200m	M Macdonald	Wanganui	2021	21.704
500m	S Liang	Palm. Nth.	2023	51.897
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	G Thornley	Palm. Nth.	2023	13.501
200m	K Beveridge	Wanganui	2021	24.188
500m	K Beveridge	Wanganui	2021	58.328
1,000m	K Beveridge	Wanganui	2021	2:01.190
1,500m				
2,000m				
3,000m	K Beveridge	Wanganui	2021	6:29.943

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	K Davies	Palm. Nth.	2019	21.919
500m	S Wooding	Palm. Nth.	2023	50.826
1,000m	K Davies	Palm. Nth.	2019	1:43.439
1,500m				
2,000m				
3,000m				
5,000m	K Davies	Palm. Nth.	2010	8:54.892

NATIONAL Age Group CHAMPIONSHIP RECORDS 2023

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 Urlich	Rotorua	1984	9:33.830
10,000m	O Jones	Wanganui	2016	16:57.917

JUNIOR MEN

300m	C Morpeth	Wanganui	2021	29.320
500m				
800m	C Morpeth	Wanganui	2021	1:18.558
1,000m				
1,500m	C Morpeth	Wanganui	2021	2:41.045
3,000m	C Morpeth	Palm. Nth.	2023	5:17.329
5,000m				
10,000m				

CADET BOYS

300m	M Zhang	Wanganui	2021	31.839
400m				
800m	J Valentine	Wanganui	2021	1:29.117
1,500m	J Valentine	Wanganui	2021	2:46.401
3,000m	M Zhang	Wanganui	2021	5:56.570

JUVENILE BOYS

200m				
300m	C Sandri	Wanganui	2021	35.350
400m	C Sandri	Wanganui	2021	45.907
500m				
800m	C Sandri	Wanganui	2021	1:40.070
1,000m				
1,500m	C Sandri	Wanganui	2021	3:11.279

PRIMARY BOYS

200m	E Chen	Palm. Nth.	20023	23.046
400m	A Walimbe	Timaru	2015	46.909
800m	O Jones	Auckland	2005	1:39.27

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
1,500m				
3,000m	B McCormack	Timaru	2012	5:42.991

NATIONAL Age Group CHAMPIONSHIP RECORDS 2023

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	E Green	Wanganui	2021	31.770
500m				
800m	E Green	Wanganui	2021	1:25.291
1,000m				
1,500m	C Nevin	Wanganui	2021	2:51.024
3,000m	C Nevin	Wanganui	2021	5:44.802

CADET GIRLS

300m	T Parker	Wanganui	2021	33.360
400m				
800m	M Macdonald	Wanganui	2021	1:31.711
1,500m	T Parker	Wanganui	2021	2:57.947
3,000m	K Beveridge	Palm. Nth.	2023	6:12.773

JUVENILE GIRLS

200m				
300m	K Beveridge	Wanganui	2021	36.016
400m	G Worner	Wanganui	2021	45.411
500m				
800m	K Beveridge	Wanganui	2021	1:34.228
1,000m				
1,500m	K Beveridge	Wanganui	2021	3:21.676

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	Wanganui	2021	33.896
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 2023**BANKED TRACK.****SENIOR MEN**

200m	H Beech	Timaru	2021	19.561
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	C Morpeth	Hamilton	2022	19.580
500m	C Morpeth	Timaru	2023	46.015
1,000m	C Morpeth	Timaru	2023	1:33.811
1,500m				
3,000m				
5,000m				
10,000m	C Morpeth	Timaru	2023	17:24.193

CADET BOYS

200m	M Zhang	Timaru	2023	21.656
400m				
500m	N Bedford	Hamilton	2022	49.896
800m				
1,000m	N Bedford	Hamilton	2022	1:47.972
1,500m				
3,000m				
5,000m	M Zhang	Timaru	2023	9:54.979

JUVENILE BOYS

200m	B Teague	Hamilton	2022	24.345
500m	B Teague	Hamilton	2022	59.262
1,000m	C Sandri	Timaru	2021	2:06.338
1,500m				
2,000m				
3,000m	Z Tong	Timaru	2023	6:19.553

PRIMARY BOYS

200m	S Oliveira	Timaru	2023	26.540
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

200m	P Cleeve	Timaru	2023	21.523
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

NATIONAL Age Group CHAMPIONSHIP RECORDS 2023**BANKED TRACK****SENIOR LADIES**

200m	G Hurley	Hamilton	2022	21.932
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	E Green	Hamilton	2022	21.287
500m	E Green	Timaru	2021	49.460
1,000m	E Green	Timaru	2021	1:30.692
1,500m				
3,000m				
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	K Beveridge	Timaru	2021	24.258
500m	K Beveridge	Timaru	2021	57.140
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 2023

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