



2010

ATHLETICS NEW ZEALAND
ALMANAC



1936

1964

1976

2008

Athletics New Zealand Almanac 2010

Compiled by Stephen Hollings and Simon Holroyd.

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Introduction

Those of us who have a passionate (some would say obsessive!) involvement and interest in the sport of athletics spend a great deal of our leisure time and reading time poring over statistical and historical data associated with athletics. Athletics New Zealand has, over a number of years, acquired a considerable amount of statistical and historical data. Together with Athletics New Zealand we decided that the data should be shared amongst other similar interested and passionate aficionados and condensed into a yearly Almanac. This is the first such Almanac published by Athletics New Zealand and covers the association's activities during the 2010 calendar year. Whilst the decision was taken late to produce a yearly Almanac, we have worked hard and studiously over the past two months to produce this edition by mid-year. However, it is our intention that future editions of the yearly Almanac, covering the calendar year, will be produced by the end of February following. We are grateful to colleagues who have helped us acquire the necessary data and we have detailed our thanks to those individuals in a separate section. Before getting immersed in the content of this Almanac, we would advise you to spend a few minutes reading the Notes section, which details and explains some of the intricacies of the data, much of it unique to the New Zealand setting.

Stephen Hollings
Simon Holroyd

Editors
June 2011

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Murray McKinnon – who meticulously maintains the lists of National and All-Comers Records

Nadine Fromont – for the International results and the list of New Zealand representatives

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Alastair Dunn – coordinated the collection of data and liaised with us over the production of the Almanac

Jamie Schaefer – for the cover design

And finally to **Gavin Lovegrove** of Imaging4design, who typeset and laid out all the material and coordinated and supervised the printing of the Almanac.

Notes

2010 Calendar Year – The material in this Almanac covers the 2010 Calendar year which is from 1st January 2010 until 31st December 2010. The period therefore also covers parts of two New Zealand Domestic Seasons i.e., the end of the 2009 – 2010 Domestic Season and the beginning of the 2010 – 11 Domestic Season. The New Zealand Domestic Season runs from 1st May to 30th April of the year following.

Age Groups – New Zealand has three age groups Men/Women16, Men/Women19, Senior Men/Women. The age groups are based on a “cut-off” date of 31st December, BUT, athletes continue in their respective age group until the end of the Domestic Season, which is 30th April following. Therefore, in any one Calendar year if an athlete changes age group they may appear in two age group Ranking Lists.

Ranking Lists – Age group athletes’ performances (M/W16 and M/W19) will also appear in the Open Men/Women lists if the event specification (implement weight/ hurdle height) of the age group is the same as that of the specification for Senior Men/Women. M/W16 athletes will not appear additionally in the M/W19 lists unless they compete with M/W19 implements/hurdle heights.

Age Records – Eligibility for a New Zealand Age Record is different from eligibility for an Age Group. Age Records are adjudged on the age of the athlete on the day of the performance. Although an athlete may be in a particular age group they may be ineligible for a New Zealand Age Record because they are too old. This comes about by the Age Groups date eligibility crossing the Calendar year, which the Age Record eligibility is based upon.

2008 Lists – The Ranking Lists in their current format were commenced on 1st May 2008. Therefore the 2008 Calendar Year Lists do not include performances achieved from 1st January to 30th April 2008. This may impact on the accuracy of the tables that show the progression of the event as only year 2008 performances from the 1st May 2008 until 31st December 2008 are shown in the tables.

All-Time Lists – Because age groups have changed over the years we have only shown the All-Time lists for the Open Men and Open Women. Currently we are showing down to the top 20 in most events. In future editions we hope to extend these lists to a greater depth. In the live Ranking Lists (www.anzrankings.org.nz) reference is also made to “All-Time” performances. In that particular context the term “All-Time” refers to performances achieved since 1st May 2008, when the current format of the Ranking Lists was started.

Registered Athletes – Only performances achieved by athletes who are registered with Athletics New Zealand appear on Ranking Lists. Many school athletes, Children’s Association athletes, Masters/Veteran athletes are not registered with Athletics New Zealand.

Up to Date Records and Lists – Up to date Records and Ranking Lists can be found at www.athletics.org.nz or www.anzrankings.org.nz

Errors/Omissions – If you do find any errors or notice any omissions in this Almanac please let us know on stats@athletic.co.nz so that they can be addressed.

Ranking Lists 2010 and Progressions

MENS OPEN Track

MENS OPEN 100m

1	10.43	1.3	David Ambler	CAN	15 Sep 1989	4r6	NCAA Eastern Prelim	Greensboro NC	27 May 2010
2	10.45	-0.2	Carl Van Der Speck	AKL	14 Sep 1977	1	NZL Championships	Christchurch	26 Mar 2010
3	10.59	1.7	Isaac Tatao	AKL	12 Feb 1990	1r1	Hot Meet 7	Auckland	06 Mar 2010
4	10.66	-0.2	Craig Bearda	AKL	17 Jun 1982	3	NZL Championships	Christchurch	26 Mar 2010
5	10.66	-0.2	James Dolphin	AKL	17 Jun 1983	2	NZL Championships	Christchurch	26 Mar 2010
6	10.68	1.2	Joseph Millar	WBP	24 Sep 1992	1	NZSSAA Championships	Hastings	12 Dec 2010
7	10.70	0.4	Jeffrey Thumath	AKL	03 Mar 1985	3r1	Capital Classic	Wellington	22 Jan 2010
8	10.73	-0.2	Chris Donaldson	OTG	26 May 1975	5	NZL Championships	Christchurch	26 Mar 2010
9	10.73	-0.2	Clayton Mbofana	AKL	10 Jan 1989	4	NZL Championships	Christchurch	26 Mar 2010
10	10.75	1.2	Scott Walker	CAN	17 Aug 1992	2	NZSSAA Championships	Hastings	12 Dec 2010
11	10.75	1.9	Daniel O'Shea	OTG	12 Feb 1989	1	Winton Scratch Meet	Invercargill	18 Dec 2010
12	10.75	1.6	Tim Jones	CAN	04 Dec 1988	1r1	Interclub	Christchurch	20 Nov 2010
13	10.76	1.3	Todd Mansfield	CAN	29 Sep 1985	2r1	Cooks Classic	Wanganui	26 Jan 2010
14	10.78	0.3	Ben Potter	AKL	14 Jun 1979	1h1	NZL Championships	Christchurch	26 Mar 2010
15	10.84	1.6	Alex Jordan	TAS	10 Apr 1992	3r1	Interclub	Christchurch	20 Nov 2010
16	10.84	0.4	Michael Wilson	WEL	06 Oct 1988	6r1	Capital Classic	Wellington	22 Jan 2010
17	10.86	1.2	Ryan Howe	WBP	27 May 1992	3	NZSSAA Championships	Hastings	12 Dec 2010
18	10.86	0.8	Brent Newdick	AKL	31 Jan 1985	D	Hypo-Meeting	Gotzis AUT	29 May 2010
19	10.87	0.3	Andrew Moore	OTG	11 Mar 1984	1	Otago Championships	Dunedin	21 Feb 2010
20	10.90	0.8	Cory Innes	OTG	15 Jul 1985	4	Atletissima Namur	Namur BEL	30 Jun 2010
21	10.91	1.4	Andrew Kennedy	WEL	08 Jul 1989	1	International Meet	Kerkrade NED	24 Jul 2010
22	10.95	-1.9	James Mortimer	AKL	01 Mar 1983	3	International de Noumea	Noumea NCL	16 Oct 2010
23	10.98	0.2	Michael Cooke	AKL	23 Oct 1991	1r2	ITM	Christchurch	18 Mar 2010
24	11.02	1.9	Toby Flett	OTG	26 Nov 1992	1	OTG-STH Schools	Invercargill	13 Mar 2010
25	11.03	-0.4	Tama Toki	AKL	11 Feb 1991	2	Winter Series #3	Gold Coast AUS	12 Jun 2010
26	11.03	0.2	Joshua Hawkins	AKL	09 Feb 1994	1	NI Sec Schools	Wellington	20 Mar 2010
27	11.05	-0.5	Yarride Rosario	HGB	16 Jul 1993	1	Wellington Championshi	Wellington	27 Feb 2010
28	11.07	0.3	Adam Somerville	AKL	30 Oct 1980	6h1	NZL Championships	Christchurch	26 Mar 2010
29	11.10	0.2	Matthew Robinson	STH	19 Jul 1991	1	Weekly Meeting	Dunedin	16 Jan 2010
30	11.10	-0.4	Andy Kruy	MWA	13 Aug 1991	5	NZL Championships	Christchurch	26 Mar 2010
31	11.13	1.8	Blair Grant	OTG	16 Jun 1994	1	Weekly Meeting	Dunedin	13 Feb 2010
32	11.14	2.0	Zac Topping	MWA	07 Jul 1991	4	Area Championships	Cairns AUS	25 Sep 2010
33	11.14	1.5	Dee Jay Kennedy	STH	29 Sep 1992	2	Twilight Meeting	Invercargill	26 Nov 2010
34	11.16	1.0	Ryan Roselli	TAS	03 Feb 1988	4r1	Capital Classic	Wellington	22 Jan 2010
35	11.16	-0.1	Todd Johnston	OTG	08 Jan 1992	2h1	NZL Championships	Christchurch	26 Mar 2010
36	11.19	1.6	Dafydd Morgan	CAN	16 Nov 1989	4r1	Interclub	Christchurch	20 Nov 2010
37	11.20	1.2	John Gilmour	OTG	11 May 1992	6	NZSSAA Championships	Hastings	12 Dec 2010
38	11.21	1.6	Morgan Foster	CAN	02 Jan 1976	1r1	Open Meeting	Tauranga	16 Oct 2010
39	11.21	-0.3	Timothy Lawrence	OTG	08 Oct 1993	3	NZL Championships	Christchurch	26 Mar 2010
40	11.24	1.4	Gavin Stark	STH	28 Dec 1995	1	NZSSAA Championships	Hastings	12 Dec 2010
41	11.24	0.4	Nick Ash	CAN	16 Jan 1986	3	Interclub	Christchurch	13 Nov 2010
42	11.25	-0.3	Jackson Smith	WEL	29 Mar 1993	4	NZL Championships	Christchurch	26 Mar 2010
43	11.25	-0.3	Guy Woodhouse	OTG	18 Jun 1993	5	NZL Championships	Christchurch	26 Mar 2010
44	11.26	1.5	Dalton Coppins	AKL	27 Apr 1995	1h1	NI Colgate Games	Auckland	10 Jan 2010
45	11.26	2.0	John Whibley	AKL	26 Oct 1992	2r1	Battle of Regions 1	Auckland	13 Nov 2010
46	11.26	-0.4	Cody Thomas	TAS	05 Oct 1991	D	Canterbury CE Champs	Christchurch	18 Dec 2010
47	11.27	0.9	Joseph Taylor	CAN	21 Mar 1993	2r1	Interclub	Christchurch	04 Dec 2010
48	11.27	1.5	Luke Reynolds	AKL	04 Sep 1986	4	Battle of Regions 2	Hamilton	20 Nov 2010
49	11.27	0.8	Stephen Isaac	WEL	29 Oct 1992	1	Wellington Championship	Wellington	27 Feb 2010
50	11.28	1.1	Michael Jackson	AKL	17 Oct 1992	4h2	NZL Championships	Christchurch	26 Mar 2010

PROGRESSION	2008	2009	2010
1st	10.56	10.35	10.43
10th	10.90	10.73	10.75
20th	11.10	10.92	10.90

MENS OPEN 200m

1	20.83	1.4	James Dolphin	AKL	17 Jun 1983	3	AUS Championships	Perth AUS	18 Apr 2010
2	20.88	0.9	Jeffrey Thumath	AKL	03 Mar 1985	2r1	Capital Classic	Wellington	22 Jan 2010
3	20.96	0.9	Todd Mansfield	CAN	29 Sep 1985	3r1	Capital Classic	Wellington	22 Jan 2010
4	21.26	0.9	Carl Van Der Speck	AKL	14 Sep 1977	4r1	Capital Classic	Wellington	22 Jan 2010
5	21.36	0.9	Craig Bearda	AKL	17 Jun 1982	5r1	Capital Classic	Wellington	22 Jan 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

6	21.50	0.3	Alex Jordan	TAS	10 Apr 1992	1	Hester Shield	Nelson	27 Nov 2010
7	21.51	0.9	Joseph Millar	WBP	24 Sep 1992	6r1	Capital Classic	Wellington	22 Jan 2010
8	21.56	-0.2	Tim Jones	CAN	04 Dec 1988	1	Interclub	Christchurch	13 Nov 2010
9	21.62	0.9	Michael Wilson	WEL	06 Oct 1988	7r1	Capital Classic	Wellington	22 Jan 2010
10	21.66	1.9	Tama Toki	AKL	11 Feb 1991	1r2	Open Sprint Meet	Auckland	26 Jun 2010
11	21.70	1.1	Ben Potter	AKL	14 Jun 1979	6	NZL Championships	Christchurch	28 Mar 2010
12	21.85	1.7	Daniel O'Shea	OTG	12 Feb 1989	1	Twilight Meeting	Invercargill	26 Nov 2010
13	21.90	1.8	Andrew Moore	OTG	11 Mar 1984	1	Weekly Meeting	Dunedin	11 Dec 2010
14	21.94	1.3	Scott Walker	CAN	17 Aug 1992	2r2	Capital Classic	Wellington	22 Jan 2010
15	21.96	-0.8	Scott Burch	MWA	03 May 1991	3	NZL Championships	Christchurch	28 Mar 2010
16	22.02	-0.4	Clayton Mbofana	AKL	10 Jan 1989	3	TT21 Test Match	Waitakere	20 Feb 2010
17	22.05	0.9	Dalton Coppins	AKL	27 Apr 1995	1	NZSSAA Championships	Hastings	12 Dec 2010
18	22.07	0.2	Toby Flett	OTG	26 Nov 1992	1	SI Sec Schools	Dunedin	20 Mar 2010
19	22.09	-1.6	Adam Somerville	AKL	30 Oct 1980	5h1	AUS Championships	Perth AUS	18 Apr 2010
20	22.10	1.6	Cory Innes	OTG	15 Jul 1985	1	Weekly Meeting	Dunedin	06 Feb 2010
21	22.18	1.3	Michael Cooke	AKL	23 Oct 1991	3r2	Capital Classic	Wellington	22 Jan 2010
22	22.28	0.4	Joseph Taylor	CAN	21 Mar 1993	1r1	Interclub	Christchurch	27 Nov 2010
23	22.28	-0.7	Joshua Hawkins	AKL	09 Feb 1994	1	NZL Championships	Christchurch	28 Mar 2010
24	22.34	0.2	Nick Ash	CAN	16 Jan 1986	3h3	Area Championships	Cairns AUS	25 Sep 2010
25	22.39	-1.1	Andrew Whyte	OTG	11 Oct 1993	1	Hurring Relays 3	Dunedin	13 Nov 2010
26	22.39	1.1	Frazer Wickes	AKL	10 Feb 1992	2r1	Open Sprint Meet	Auckland	26 Jun 2010
27	22.43	0.6	Cameron French	WBP	17 May 1992	1r2	Open Meeting	Hamilton	18 Dec 2010
28	22.49	-0.3	Andrew Kennedy	WEL	08 Jul 1989	1r2	International Meet	Ninove BEL	07 Aug 2010
29	22.59	0.8	Stephen Isaac	WEL	29 Oct 1992	1	Central Region Lge R3	Wellington	27 Nov 2010
30	22.63	-0.8	Ben Paltridge	AKL	21 Sep 1992	7	NZL Championships	Christchurch	28 Mar 2010
31	22.64	0.9	Todd Johnston	OTG	08 Jan 1992	2h1	Down Under	Gold Coast AUS	02 Jul 2010
32	22.64	-0.3	Jackson Smith	WEL	29 Mar 1993	2	NI Sec Schools	Wellington	21 Mar 2010
33	22.65	-0.3	Glen Matuschka	MWA	17 Mar 1992	3	NI Sec Schools	Wellington	21 Mar 2010
34	22.68	-0.2	Morgan Foster	CAN	02 Jan 1976	2r1	Open Meeting	Hamilton	18 Dec 2010
35	22.72	-0.9	Joseph Kemp	OTG	07 Sep 1991	1	Weekly Meeting	Dunedin	16 Oct 2010
36	22.73	0.9	Andrew Matsuoka-Webber	WEL	11 Apr 1981	8r1	Capital Classic	Wellington	22 Jan 2010
37	22.73	1.7	Dee Jay Kennedy	STH	29 Sep 1992	2	Twilight Meeting	Invercargill	26 Nov 2010
38	22.75	0.8	William Simpson	WEL	23 Jan 1992	2	Central Region Lge R3	Wellington	27 Nov 2010
39	22.76	0.3	Cody Thomas	TAS	05 Oct 1991	3	Hester Shield	Nelson	27 Nov 2010
40	22.78	0.6	Malcolm Creelman	CAN	02 Jul 1992	1	Canterbury Championshi	Christchurch	07 Mar 2010
41	22.78	1.8	Matthew Robinson	STH	19 Jul 1991	1	Weekly Meeting	Dunedin	14 Mar 2010
42	22.80	-1.4	Zac Topping	MWA	07 Jul 1991	2h1	Area Championships	Cairns AUS	24 Sep 2010
43	22.81	2.0	Nick Kalivati	WEL	29 Jun 1987	2	Wellington Championshi	Wellington	27 Feb 2010
44	22.86	1.4	Blair Grant	OTG	16 Jun 1994	1	Weekly Meeting	Dunedin	18 Dec 2010
45	22.87	-2.2	Phil Simms	WBP	09 Aug 1993	1r2	Open Meeting	Hamilton	04 Dec 2010
46	22.87	0.8	Ben Ryan	CAN	24 Jun 1988	2	Interclub	Christchurch	16 Jan 2010
47	22.87	1.4	Yarride Rosario	HGB	16 Jul 1993	1	TET Invitation	Inglewood	16 Jan 2010
48	22.90	1.7	Glen Ballam	STH	21 Jun 1991	3	Twilight Meeting	Invercargill	26 Nov 2010
49	22.91	0.4	Tyler Collings	CAN	26 Nov 1993	3r1	Interclub	Christchurch	27 Nov 2010
50	22.97	0.6	Craig Smith	CAN	29 Sep 1991	2	Canterbury Championshi	Christchurch	07 Mar 2010

PROGRESSION	2008	2009	2010
1st	20.98	21.03	20.83
10th	21.86	21.67	21.66
20th	22.44	22.03	22.10

MIENS OPEN 400m

1	47.00	Alex Jordan	TAS	10 Apr 1992	1	Interclub	Christchurch	11 Dec 2010
2	47.29	Scott Burch	MWA	03 May 1991	2	NZL Championships	Christchurch	27 Mar 2010
3	47.50	James Dolphin	AKL	17 Jun 1983	6	Australia Cup	Canberra AUS	30 Jan 2010
4	47.61	Cory Innes	OTG	15 Jul 1985	3rB	Buyle	Ordegem BEL	03 Jul 2010
5	48.03	James Mortimer	AKL	01 Mar 1983	1rA	WJC Preparation Meet	North Shore	19 Jun 2010
6	48.13	Frazer Wickes	AKL	10 Feb 1992	3	NZL Championships	Christchurch	27 Mar 2010
7	48.22	Tim Jones	CAN	04 Dec 1988	1	Interclub	Christchurch	26 Feb 2010
8	48.24	Tama Toki	AKL	11 Feb 1991	5	Australia Junior Ch	Sydney AU	13 Mar 2010
9	48.51	Matthew Robinson	STH	19 Jul 1991	4	TT21 Test Match	Waitakere	20 Feb 2010
10	48.59	Daniel O'Shea	OTG	12 Feb 1989	2	Canterbury Championsi	Christchurch	07 Mar 2010
11	48.65	Joseph Millar	WBP	24 Sep 1992	1r2	Tauranga Twilight	Tauranga	01 Jan 2010
12	48.76	Tyler Collings	CAN	26 Nov 1993	2	Interclub	Christchurch	04 Dec 2010
13	48.78	Andrew Whyte	OTG	11 Oct 1993	1	Weekly Meeting	Dunedin	27 Nov 2010
14	48.92	Mark Bradcock	WEL	19 Aug 1981	2	NZL Championships	Christchurch	27 Mar 2010
15	48.94	Michael Cochrane	WBP	13 Aug 1991	3	Interclub	Christchurch	04 Dec 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

16	48.94	Nick Ash	CAN	16 Jan 1986	5	Area Championships	Cairns AUS	24 Sep 2010
17	49.20	Brent Newdick	AKL	31 Jan 1985	D	AUS CE Champs	Gold Coast AUS	09 Apr 2010
18	49.21	Cody Thomas	TAS	05 Oct 1991	5	NZL Championships	Christchurch	27 Mar 2010
19	49.22	Daniel Dyet	AKL	21 Mar 1991	1r1	Battle of Regions 2	Hamilton	20 Nov 2010
20	49.25	Glen Matuschka	MWA	29 Mar 1992	6	NZL Championships	Christchurch	27 Mar 2010
21	49.32	Jono Sullivan	WBP	25 Jun 1992	2sf1	NZSSAA Championships	Hastings	12 Dec 2010
22	49.49	Glen Ballam	STH	21 Jun 1991	1	Interclub	Christchurch	16 Jan 2010
23	49.52	Ziad Mohammed	AKL	13 Nov 1991	2	Auckland Championships	Auckland	27 Feb 2010
24	49.61	Shay Taylor	AKL	24 Jan 1989	3rA	WJC Preparation Meet	North Shore	19 Jun 2010
25	49.63	Stephen Buckley	AKL	04 May 1988	D	NZ CE Championships	Hamilton	13 Feb 2010
26	49.66	Michael Whitehead	AKL	26 Mar 1990	3	Auckland Championships	Auckland	27 Feb 2010
27	49.69	Scott McLaren	AKL	27 Feb 1982	1	Battle of Regions 2	Hamilton	20 Nov 2010
28	49.76	Cameron Ward	AKL	02 Jun 1992	3sf1	NZSSAA Championships	Hastings	12 Dec 2010
29	49.83	Liam Mitchell	AKL	08 Feb 1991	5h1	NZL Championships	Christchurch	26 Mar 2010
30	49.84	Phil Simms	WBP	09 Aug 1993	1	NZL Championships	Christchurch	27 Mar 2010
31	50.07	Joshua Hawkins	AKL	09 Feb 1994	3r1	Battle of Regions 2	Hamilton	20 Nov 2010
32	50.09	Dafydd Morgan	CAN	16 Nov 1989	2r1	Interclub	Christchurch	20 Nov 2010
33	50.09	Adam Somerville	AKL	30 Oct 1980	2	Battle of Regions 2	Hamilton	20 Nov 2010
34	50.12	John Whibley	AKL	26 Oct 1992	5	NZSSAA Championships	Hastings	12 Dec 2010
35	50.28	Cameron French	WBP	17 May 1992	5r1	Cooks Classic	Wanganui	26 Jan 2010
36	50.36	Jonty Rae	WBP	08 May 1994	2	NZL Championships	Christchurch	27 Mar 2010
37	50.39	Thomas Martin	CAN	23 Mar 1995	3	NZL Championships	Christchurch	27 Mar 2010
38	50.48	Tim Couprie	CAN	30 Sep 1990	1	Canterbury Championshi	Christchurch	07 Mar 2010
39	50.50	Jack Oliver	WEL	16 Feb 1993	3	Central Region Lge R2	Palmerston North	20 Nov 2010
40	50.56	Joel Armstrong	CAN	02 Jun 1991	2	Interclub	Christchurch	16 Jan 2010
41	50.59	Richard Fernando	CAN	25 Apr 1991	4h2	NZL Championships	Christchurch	26 Mar 2010
42	50.61	Derick Lotz	CAN	19 Nov 1992	2	Canterbury Championshi	Christchurch	07 Mar 2010
43	50.63	Campbell Wu	AKL	16 Sep 1993	2r2	Cooks Classic	Wanganui	26 Jan 2010
44	50.64	Brad Mathas	MWA	24 Jun 1993	3	Interclub	Christchurch	16 Jan 2010
45	50.85	Gary Creegan-Almond	TAS	26 May 1990	6h1	NZL Championships	Christchurch	26 Mar 2010
46	50.89	Ryan Alexander	CAN	12 May 1992	4	Interclub	Christchurch	04 Dec 2010
47	51.04	Chad Butson	STH	29 Apr 1992	3sf2	NZSSAA Championships	Hastings	12 Dec 2010
48	51.13	Jack Hurley	MWA	20 Oct 1994	4	Central Region Lge R2	Palmerston North	20 Nov 2010
49	51.16	Ben Josey	OTG	27 Jul 1993	1	Otago Championships	Dunedin	21 Feb 2010
50	51.16	Josh Komen	CAN	10 Jun 1987	3	Interclub	Christchurch	26 Feb 2010

PROGRESSION	2008	2009	2010
1st	46.32	46.95	47.00
10th	48.97	48.49	48.59
20th	50.32	49.57	49.25

MENS OPEN 800m

1	1:46.89	Nick Willis	WEL	25 Apr 1983	4	24th Citta di Padova	Padova ITA	03 Sep 2010
2	1:50.15	Glen Ballam	STH	21 Jun 1991	1	Special Event	Christchurch	03 Apr 2010
3	1:51.24	Hayden McLaren	CAN	11 Aug 1987	1	Penn Relays	Philadelphia PA	23 Apr 2010
4	1:51.25	Brad Mathas	MWA	24 Jun 1993	1	NZSSAA Championships	Hastings	12 Dec 2010
5	1:51.34	Michael Christmas	OTG	06 Aug 1987	3	America East	Durham NH	05 May 2010
6	1:51.41	Julian Mathews	TAS	21 Jul 1988	3h2	IC4A / ECAC	Princeton NJ	14 May 2010
7	1:52.01	Dallas Bowden	TAS	20 Mar 1990		Big Ten	Bloomington IA	14 May 2010
8	1:52.01	Hamish Carson	WEL	01 Nov 1988	1	Wellington Championshi	Wellington	27 Feb 2010
9	1:52.15	Alexander Wallace	WEL	25 Mar 1990	1	Invitation Events	Wellington	20 Mar 2010
10	1:52.27	Dominic Channon	TAS	28 Jul 1989	3	Penn Relays	Philadelphia PA	23 Apr 2010
11	1:52.28	Richard Olsen	CAN	22 Feb 1985	6	Australia Cup	Canberra AUS	30 Jan 2010
12	1:52.52	Josh Komen	CAN	10 Jun 1987	2	Special Event	Christchurch	03 Apr 2010
13	1:52.73	Tim Jones	CAN	04 Dec 1988	2	Interclub	Christchurch	20 Feb 2010
14	1:52.75	Michael Eggleton	WBP	10 Sep 1992	4	TT21 Test Match	Waitakere	20 Feb 2010
15	1:52.81	Tim Hawkes	WEL	17 Jan 1983	1	Gold Programme	Wellington	06 Mar 2010
16	1:53.00	Aniel Smith	AKL	02 Apr 1986	2rC	BMC	Manchester GBR	15 Jun 2010
17	1:53.07	Julian Oakley	WBP	23 Jun 1993	2	NZSSAA Championships	Hastings	12 Dec 2010
18	1:53.43	Malcolm Hicks	AKL	19 Oct 1987	1	Interclub	Christchurch	06 Feb 2010
19	1:53.67	Tim Cornish	WEL	10 Feb 1990	3	NZL Championships	Christchurch	27 Mar 2010
20	1:53.68	Michael Whitehead	AKL	26 Mar 1990	4	NZL Championships	Christchurch	27 Mar 2010
21	1:53.79	Tom Osborne	AKL	25 Sep 1983	2r1	Capital Classic	Wellington	22 Jan 2010
22	1:53.94	Simon Rogers	WEL	01 Oct 1989	7	Spec Towns	Athens GA	10 Apr 2010
23	1:54.08	Derick Lotz	CAN	19 Nov 1992	3	NZSSAA Championships	Hastings	12 Dec 2010
24	1:54.22	James List	OTG	20 Jul 1984	5	NZL Championships	Christchurch	27 Mar 2010
25	1:54.28	Brett Tingay	CAN	04 Aug 1980	3	Interclub	Christchurch	20 Feb 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

26	1:54.31	Neil Sampson	WEL	01 May 1984	2	Gold Programme	Wellington	06 Mar 2010
27	1:54.43	Kieron McDonald	WEL	28 Jun 1994	2	NZL Championships	Christchurch	27 Mar 2010
28	1:54.44	William Doney	WBP	21 Aug 1984	6	NZL Championships	Christchurch	27 Mar 2010
29	1:54.55	James Hand	AKL	06 Jul 1990	1	Open Meeting	Auckland	30 Jan 2010
30	1:54.64	Matthew Harris	CAN	28 Nov 1987	2	Canterbury Championshi	Christchurch	07 Mar 2010
31	1:54.67	Corey Casey	WEL	18 Jan 1991	5	NZL Championships	Christchurch	27 Mar 2010
32	1:54.78	Brendon Blacklaws	WEL	04 Jun 1989	4	E Michigan Twilight	Ypsilanti MI	17 Apr 2010
33	1:55.08	Angus Taylor	CAN	17 Sep 1989	8	NZL Championships	Christchurch	27 Mar 2010
34	1:55.25	Ben Jowsey	OTG	27 Jul 1993	3	NZL Championships	Christchurch	27 Mar 2010
35	1:55.28	Rory English	WEL	17 Aug 1993	2	Central Region Lge R3	Wellington	27 Nov 2010
36	1:55.55	Daniel Hermann	MWA	10 Aug 1992	7	NZL Championships	Christchurch	27 Mar 2010
37	1:55.63	Adam Steinmetz	WEL	25 Feb 1981	4r1	Capital Classic	Wellington	22 Jan 2010
38	1:55.66	Daniel Balchin	OTG	13 Aug 1990	2	Weekly Meeting	Dunedin	27 Feb 2010
39	1:55.85	Terefe Ejigu	WEL	14 Oct 1988	8	E Michigan Twilight	Ypsilanti MI	17 Apr 2010
40	1:55.94	Luke O'Donnell	WEL	15 Aug 1990	3	Invitation Events	Wellington	20 Mar 2010
41	1:56.00	Stefan Smith	WEL	21 Nov 1981	3	Gold Programme	Wellington	06 Mar 2010
42	1:56.34	Scott Kinnear	WEL	26 May 1989	6	Wellington Championshi	Wellington	27 Feb 2010
43	1:56.59	Ziad Mohammed	AKL	13 Nov 1991	8	NZL Championships	Christchurch	27 Mar 2010
44	1:56.74	Finn Roy	WEL	01 Dec 1993	4	Central Region Lge R3	Wellington	27 Nov 2010
45	1:56.83	Joshua Tattley	AKL	06 May 1991	1h1	Auckland Championships	Auckland	28 Feb 2010
46	1:56.89	Reid Hunter	AKL	25 Oct 1990	4h3	NZL Championships	Christchurch	26 Mar 2010
47	1:56.94	William Scorgie	OTG	06 Dec 1992	3h2	NZL Championships	Christchurch	26 Mar 2010
48	1:56.99	David Morton	AKL	13 Oct 1990	2	Auckland Championships	Auckland	28 Feb 2010
49	1:57.05	Steven Langdon	AKL	26 Sep 1989	1	Hot Meet 7	Auckland	06 Mar 2010
50	1:57.11	Robert Brown	OTG	05 Jan 1991	5h3	NZL Championships	Christchurch	26 Mar 2010

PROGRESSION	2008	2009	2010
1st	1:45.87	1:49.21	1:46.89
10th	1:54.00	1:52.17	1:52.27
20th	1:57.23	1:54.01	1:53.68

MENS OPEN 1000m

1	2:23.51	Tom Osborne	AKL	25 Sep 1983	2	Valentine Classic	Boston MA	13 Feb 2010
2	2:25.29	Carl McKenzie	WEL	11 Apr 1987	4	Big East Conference	New York NY	21 Feb 2010
3	2:26.92	Hamish Carson	WEL	01 Nov 1988	1	Sylvia Potts Classic	Hastings	29 Jan 2010
4	2:28.22	Simon Rogers	WEL	01 Oct 1989		Notre Dame Meyo Inv	South Bend IN	06 Feb 2010
5	2:28.25	Eric Speakman	HGB	29 Aug 1990	2	Sylvia Potts Classic	Hastings	29 Jan 2010
6	2:28.74	Paul Hamblyn	AKL	27 Aug 1980	2	International de Noume	Noumea NCL	16 Oct 2010
7	2:29.18	David Morton	AKL	13 Oct 1990	3	Sylvia Potts Classic	Hastings	29 Jan 2010
8	2:29.40	Michael Whitehead	AKL	26 Mar 1990	4	Sylvia Potts Classic	Hastings	29 Jan 2010
9	2:31.72	Simon Bucknell	AKL	04 Aug 1986	4	International de Noume	Noumea NCL	16 Oct 2010
10	2:32.16	Cary Chaffee	WEL	26 Apr 1984	5	Sylvia Potts Classic	Hastings	29 Jan 2010
11	2:32.19	Mohamed Ali	WBP	01 Jul 1993	4	Australia Junior Ch	Sydney AUS	12 Mar 2010
12	2:32.74	Corey Casey	WEL	18 Jan 1991	6	Sylvia Potts Classic	Hastings	29 Jan 2010
13	2:33.97	Scott Hilliar	WBP	25 Jul 1994	7	Sylvia Potts Classic	Hastings	29 Jan 2010
14	2:34.47	Brad Mathas	MWA	24 Jun 1993	8rB	Youth Olympic Games	Singapore SIN	22 Aug 2010
15	2:39.52	Tom Hall	WBP	21 Jan 1991	8	Sylvia Potts Classic	Hastings	29 Jan 2010
16	2:45.66	Ryan McAlister	WEL	25 Sep 1993	9	Sylvia Potts Classic	Hastings	29 Jan 2010
17	2:47.59	Nicholas Quaipe	HGB	02 Mar 1990	10	Sylvia Potts Classic	Hastings	29 Jan 2010
18	2:48.73	Cameron Murdoch	WEL	07 Jul 1994	1	College League	Wellington	09 Oct 2010

MENS OPEN 1500m

1	3:35.17	Nick Willis	WEL	25 Apr 1983	1	Notturmo di Milano	Milan ITA	09 Sep 2010
2	3:38.93	Adrian Blincoe	AKL	04 Nov 1979	6	Sydney Track Classic	Sydney AUS	27 Feb 2010
3	3:41.99	Carl McKenzie	WEL	11 Apr 1987	1	Tuppenny Twilight	Swarthmore PA	10 May 2010
4	3:42.25	Dominic Channon	TAS	28 Jul 1989	2	Tuppenny Twilight	Swarthmore PA	10 May 2010
5	3:43.95	Julian Mathews	TAS	21 Jul 1988	4	Tuppenny Twilight	Swarthmore PA	10 May 2010
6	3:43.95	Hayden McLaren	CAN	11 Aug 1987	3	Mt SAC Relays	Walnut CA	16 Apr 2010
7	3:44.56	Mathew Mildenhall	AKL	03 Oct 1988	7	Tuppenny Twilight	Swarthmore PA	10 May 2010
8	3:44.64	Hamish Carson	WEL	01 Nov 1988	4	ITM	Christchurch	18 Mar 2010
9	3:44.93	Zane Robertson	WBP	14 Nov 1989	6	Folksam GP	Sollentuna SWE	01 Jul 2010
10	3:46.11	Richard Olsen	CAN	22 Feb 1985	9	Briggs Classic	Hobart AUS	12 Feb 2010
11	3:46.41	Simon Rogers	WEL	01 Oct 1989	1	Billy Hayes Inv	Bloomington IA	07 May 2010
12	3:46.97	Brett Tingay	CAN	04 Aug 1980	6	ITM	Christchurch	18 Mar 2010
13	3:47.34	Aniel Smith	AKL	02 Apr 1986	7	ITM	Christchurch	18 Mar 2010
14	3:47.38	Malcolm Hicks	AKL	19 Oct 1987	8	ITM	Christchurch	18 Mar 2010
15	3:48.72	Brendon Blacklaws	WEL	04 Jun 1989	1	EMU Twilight	Ypsilanti MI	16 Apr 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

16	3:49.81	Callan Moody	OTG	25 Mar 1988	2	Canterbury Championshi	Christchurch	07 Mar 2010
17	3:50.10	Matthew Harris	CAN	28 Nov 1987	11	ITM	Christchurch	18 Mar 2010
18	3:51.06	Cameron Graves	AKL	01 Feb 1992	1	Pakuranga Festival	Pakuranga	27 Nov 2010
19	3:51.31	Alex Parlane	AKL	31 Mar 1990	1	Pakuranga Festival	Pakuranga	27 Nov 2010
20	3:51.37	Tim Prendergast	WEL	01 Mar 1979	9	Flanders Cup	Kessel BEL	14 Aug 2010
21	3:51.42	Eric Speakman	HBG	29 Aug 1990	4	Porritt Classic	Hamilton	13 Feb 2010
22	3:51.62	Terefe Ejigu	WEL	14 Oct 1988	3r2	Sea Ray Relays	Knoxville TN	09 Apr 2010
23	3:52.13	Dallas Bowden	TAS	20 Mar 1990	10r3	Payton Jordan Inv	Palo Alto CA	01 May 2010
24	3:52.44	Simon Bucknell	AKL	04 Aug 1986	4	JFD Rice Twilight	Houston TX	24 Apr 2010
25	3:52.55	Luke Hurring	OTG	16 Sep 1984	2	NZL Championships	Christchurch	28 Mar 2010
26	3:53.17	Matthew Lambert	OTG	21 Jun 1987	5h1	NZL Championships	Christchurch	27 Mar 2010
27	3:54.44	David Morton	AKL	13 Oct 1990	1	Hot Meet 7	Auckland	06 Mar 2010
28	3:54.51	Daniel Balchin	OTG	13 Aug 1990	1	ITM	Christchurch	18 Mar 2010
29	3:55.21	Stefan Smith	WEL	21 Nov 1981	3	ITM	Christchurch	18 Mar 2010
30	3:55.47	Alexander Wallace	WEL	25 Mar 1990	2	TT21 Test Match	Waitakere	20 Feb 2010
31	3:55.66	James Hand	AKL	06 Jul 1990	2	Hot Meet 7	Auckland	06 Mar 2010
32	3:56.36	Nathan Barrett	WEL	17 Feb 1992	3	Hot Meet 7	Auckland	06 Mar 2010
33	3:56.49	Aaron Pulford	WBP	24 Aug 1991	1	Battle of Regions 2	Hamilton	20 Nov 2010
34	3:56.82	Michael Whitehead	AKL	26 Mar 1990	2	Pakuranga Festival	Pakuranga	27 Nov 2010
35	3:56.89	Michael Christmas	OTG	06 Aug 1987	4r4	Colonial Relays	Williamsburg VA	02 Apr 2010
36	3:57.08	Luke O'Donnell	WEL	15 Aug 1990	1h3	NZL Championships	Christchurch	27 Mar 2010
37	3:57.09	James List	OTG	20 Jul 1984	11	NZL Championships	Christchurch	28 Mar 2010
38	3:57.29	Mohamed Ali	WBP	01 Jul 1993	1	NI Sec Schools	Wellington	21 Mar 2010
39	3:57.57	Angus Taylor	CAN	17 Sep 1989	7	ITM	Christchurch	18 Mar 2010
40	3:58.01	Reid Hunter	AKL	25 Oct 1990	8	ITM	Christchurch	18 Mar 2010
41	3:58.05	Matt Baxter	TAR	06 Aug 1994	1	Central Region Lge R2	Palmerston North	20 Nov 2010
42	3:58.71	Daniel Hermann	MWA	10 Aug 1992	2	NI Sec Schools	Wellington	21 Mar 2010
43	3:58.79	Kieron McDonald	WEL	28 Jun 1994	2	Central Region Lge R2	Palmerston North	20 Nov 2010
44	3:58.95	Ewoud Noordeloos	TAS	08 May 1991	4h3	NZL Championships	Christchurch	27 Mar 2010
45	3:59.04	Mathew Morreau	AKL	04 Feb 1992	10	Porritt Classic	Hamilton	13 Feb 2010
46	3:59.06	Harry Dixon	TAS	28 Aug 1990	7	Canterbury Championshi	Christchurch	07 Mar 2010
47	3:59.08	Paul Hamblyn	AKL	27 Aug 1980	1	Bays Distance Series	North Shore	14 Dec 2010
48	3:59.22	Tim Cornish	WEL	10 Feb 1990	2	Capital Classic	Wellington	22 Jan 2010
49	3:59.51	Julian Harris	AKL	27 Mar 1990	1h2	NZL Championships	Christchurch	27 Mar 2010
50	3:59.52	Jonathan Jackson	AKL	09 Jan 1991	2h2	NZL Championships	Christchurch	27 Mar 2010

PROGRESSION	2008	2009	2010
1st	3:33.51	3:42.25	3:35.17
10th	3:53.25	3:47.44	3:46.11
20th	4:02.77	3:52.50	3:51.37

MENS OPEN Mile

1	3:54.81	Nick Willis	WEL	25 Apr 1983	6	5th Ave Mile	New York NY	26 Sep 2010
2	3:56.07	Adrian Blincoe	AKL	04 Nov 1979	10	5th Ave Mile	New York NY	26 Sep 2010
3	4:02.32	Dominic Channon	TAS	28 Jul 1989	5r1	Valentine Classic	Boston MA	13 Feb 2010
4	4:03.72	Dallas Bowden	TAS	20 Mar 1990	9	Notre Dame Last Chance	South Bend IA	06 Mar 2010
5	4:04.33	Carl McKenzie	WEL	11 Apr 1987	1	New Balance Collegiate	New York NY	06 Feb 2010
6	4:07.00	Malcolm Hicks	AKL	19 Oct 1987	1	John Walker Miles	Auckland	18 Dec 2010
7	4:07.02	Brendon Blacklaws	WEL	04 Jun 1989	1	E Michigan Twilight	Ypsilanti MI	16 Apr 2010
8	4:07.43	Alex Parlane	AKL	31 Mar 1990	2	John Walker Miles	Auckland	18 Dec 2010
9	4:07.44	Tom Osborne	AKL	25 Sep 1983	10	Boston Indoor Games	Boston MA	06 Feb 2010
10	4:08.50	Aaron Pulford	WBP	24 Aug 1991	1	Cooks Classic	Wanganui	26 Jan 2010
11	4:08.71	Alexander Wallace	WEL	25 Mar 1990	2	Cooks Classic	Wanganui	26 Jan 2010
12	4:09.69	Mathew Mildenhall	AKL	03 Oct 1988	5	Sat Night Armours 2	New York NY	30 Jan 2010
13	4:09.70	Aniel Smith	AKL	02 Apr 1986	5	Tim Wealthall Mile	Nottingham GBR	05 Aug 2010
14	4:10.88	Hugo Beamish	CAN	18 Jan 1989	9	Sat Night Armours 2	New York NY	30 Jan 2010
15	4:12.38	David Morton	AKL	13 Oct 1990	3	Cooks Classic	Wanganui	26 Jan 2010
16	4:12.91	Simon Rogers	WEL	01 Oct 1989	8r2	GVSU Big Meet	Allendale MI	12 Feb 2010
17	4:13.49	Terefe Ejigu	WEL	14 Oct 1988	2		Ypsilanti MI	15 Jan 2010
18	4:13.72	Michael Christmas	OTG	06 Aug 1987	1	NYRRR College Saturday	New York NY	16 Jan 2010
19	4:13.73	Cary Chaffee	WEL	26 Apr 1984	4	Cooks Classic	Wanganui	26 Jan 2010
20	4:13.85	Daniel Balchin	OTG	13 Aug 1990	1	Interclub	Christchurch	29 Dec 2010
21	4:14.01	Callan Moody	OTG	25 Mar 1988	2	Interclub	Christchurch	29 Dec 2010
22	4:14.03	Tim Cornish	WEL	10 Feb 1990	5	Cooks Classic	Wanganui	26 Jan 2010
23	4:14.87	Luke O'Donnell	WEL	15 Aug 1990	6	Cooks Classic	Wanganui	26 Jan 2010
24	4:15.50	Eric Speakman	HBG	29 Aug 1990	7	Cooks Classic	Wanganui	26 Jan 2010
25	4:16.60	Joshua Van Dalen	MWA	20 Feb 1991	8	Cooks Classic	Wanganui	26 Jan 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

26	4:17.02	Daniel Wallis	WEL	11 Nov 1987	11	New Mexico Classic	Albuquerque NM	06 Feb 2010
27	4:17.43	Jesse Patel	WEL	13 Aug 1990	9	Cooks Classic	Wanganui	26 Jan 2010
28	4:18.43	Glen Ballam	STH	21 Jun 1991	10	Cooks Classic	Wanganui	26 Jan 2010
29	4:19.21	Dougal Thorburn	WEL	14 Jan 1981	1	Weekly Meeting	Dunedin	16 Jan 2010
30	4:20.05	Samuel Mills	CAN	25 Aug 1992	11	Cooks Classic	Wanganui	26 Jan 2010
31	4:20.66	Nicholas Bingham	WEL	14 Apr 1992	12	Cooks Classic	Wanganui	26 Jan 2010
32	4:20.85	Declan Wilson	AKL	14 Dec 1993	1	John Walker Miles	Auckland	18 Dec 2010
33	4:21.01	Steven Lett	AKL	09 Feb 1984	3	John Walker Miles	Auckland	18 Dec 2010
34	4:21.54	James List	OTG	20 Jul 1984	1	Scottish Night of Miles	Wellington	18 Dec 2010
35	4:21.72	Evan Cooper	WEL	03 Sep 1990	2	Scottish Night of Miles	Wellington	18 Dec 2010
36	4:21.73	Mohamed Ali	WBP	01 Jul 1993	2	John Walker Miles	Auckland	18 Dec 2010
37	4:22.28	Ben Moynihan	AKL	08 Apr 1994	3	John Walker Miles	Auckland	18 Dec 2010
38	4:22.41	Matthew Russ	TAS	03 Aug 1990	2	Sooner Open	Norman OK	20 Feb 2010
39	4:23.41	Oliver Smith	WBP	11 Apr 1994	1	Open Meeting	Hamilton	04 Dec 2010
40	4:24.65	Matt Baxter	TAR	06 Aug 1994	4	John Walker Miles	Auckland	18 Dec 2010
41	4:24.90	Scott Hilliar	WBP	25 Jul 1994	13	Cooks Classic	Wanganui	26 Jan 2010
42	4:26.44	Patrick Strong	TAS	25 Dec 1987	5	Sooner Open	Norman OK	20 Feb 2010
43	4:26.65	Mathew Morreau	AKL	04 Feb 1992	1	Open Meeting	Auckland	20 Mar 2010
44	4:26.70	Craig Lautenslager	TAS	30 Mar 1993	5	John Walker Miles	Auckland	18 Dec 2010
45	4:28.01	Neil Sampson	WEL	01 May 1984	6	Scottish Night of Miles	Wellington	18 Dec 2010
46	4:28.07	Michael Vercoe-Curtis	AKL	05 Jun 1992	6	John Walker Miles	Auckland	18 Dec 2010
47	4:28.25	Alex Gorrie	OTG	12 Aug 1992	2	Weekly Meeting	Dunedin	16 Jan 2010
48	4:29.18	Lyndon Brown	OTG	21 Jan 1989	3	Weekly Meeting	Dunedin	16 Jan 2010
49	4:29.29	Adam Steinmetz	WEL	25 Feb 1981	7	Scottish Night of Miles	Wellington	18 Dec 2010
50	4:29.36	Finn Roy	WEL	01 Dec 1993	1	Scottish Night of Miles	Wellington	18 Dec 2010

PROGRESSION	2008	2009	2010
1st	3:50.66	3:53.54	3:54.81
10th	4:19.09	4:08.34	4:08.50
20th	4:25.35	4:20.02	4:13.85

MENS OPEN 3000m

1	7:46.38	Adrian Blincoe	AKL	04 Nov 1979	9	Rieti 2010	Rieti ITA	29 Aug 2010
2	8:06.56	Hugo Beamish	CAN	18 Jan 1989	2	New Balance Collegiate	New York NY	06 Feb 2010
3	8:07.96	Mathew Mildenhall	AKL	03 Oct 1988	5	New Balance Collegiate	New York NY	06 Feb 2010
4	8:08.04	Brendon Blacklaws	WEL	04 Jun 1989	8r1	GVSU Big Meet	Allendale MI	13 Feb 2010
5	8:09.11	Dallas Bowden	TAS	20 Mar 1990	9r1	GVSU Big Meet	Allendale MI	13 Feb 2010
6	8:11.36	Aaron Pulford	WBP	24 Aug 1991	2	Zatopek	Melbourne AUS	09 Dec 2010
7	8:12.17	Dominic Channon	TAS	28 Jul 1989	2	NB Twilight #3	Boston MA	03 Jun 2010
8	8:12.53	Cameron Graves	AKL	01 Feb 1992	3	Zatopek	Melbourne AUS	09 Dec 2010
9	8:12.60	Terefe Ejigu	WEL	14 Oct 1988	6	Notre Dame Last Chance	South Bend IA	06 Mar 2010
10	8:15.12	Nick Willis	WEL	25 Apr 1983	1	NZ 3000m Championship	Wellington	22 Jan 2010
11	8:15.72	Hamish Carson	WEL	01 Nov 1988	2	NZ 3000m Championship	Wellington	22 Jan 2010
12	8:18.46	Jake Robertson	WBP	14 Nov 1989	1	Cezmi Or Memorial	Istanbul TUR	12 Jun 2010
13	8:20.17	Brett Tingay	CAN	04 Aug 1980	1	Interclub	Christchurch	26 Feb 2010
14	8:20.82	Alexander Wallace	WEL	25 Mar 1990	4	NZ 3000m Championship	Wellington	22 Jan 2010
15	8:21.26	Matthew Russ	TAS	03 Aug 1990	5	Texas Tech Open II	Lubbock TX	06 Mar 2010
16	8:21.63	Andrew Davidson	CAN	15 Mar 1983	2	Interclub	Christchurch	26 Feb 2010
17	8:22.35	Luke Hurring	OTG	16 Sep 1984	3	Interclub	Christchurch	26 Feb 2010
18	8:22.80	Timothy Hodge	WEL	27 Aug 1987	4rA	American East Conf	Boston MA	20 Feb 2010
19	8:22.98	Malcolm Hicks	AKL	19 Oct 1987	5	NZ 3000m Championship	Wellington	22 Jan 2010
20	8:24.90	Kim Hogarth	TAS	18 Dec 1975	6	NZ 3000m Championship	Wellington	22 Jan 2010
21	8:26.08	Alex Parlane	AKL	31 Mar 1990	1	Hot Meet 7	Auckland	06 Mar 2010
22	8:26.32	Eric Speakman	HGB	29 Aug 1990	7	NZ 3000m Championship	Wellington	22 Jan 2010
23	8:27.16	Steven Lett	AKL	09 Feb 1984	1	Hot Meet 7	Auckland	06 Mar 2010
24	8:27.22	Ryan Sissons	AKL	24 Jun 1988	8	NZ 3000m Championship	Wellington	22 Jan 2010
25	8:28.69	Mark Bailey	CAN	18 Apr 1976	1	Interclub	Christchurch	20 Feb 2010
26	8:29.02	Cary Chaffee	WEL	26 Apr 1984	10	NZ 3000m Championship	Wellington	22 Jan 2010
27	8:29.61	Shaun Krawitz	AKL	15 Feb 1985	10	Victorian Milers Club	Box Hill AUS	23 Feb 2010
28	8:30.60	Stefan Smith	WEL	21 Nov 1981	11	NZ 3000m Championship	Wellington	22 Jan 2010
29	8:32.05	Tom Osborne	AKL	25 Sep 1983	3	Interclub	Christchurch	09 Jan 2010
30	8:32.43	Angus Taylor	CAN	17 Sep 1989	13	NZ 3000m Championship	Wellington	22 Jan 2010
31	8:33.09	Declan Wilson	AKL	14 Dec 1993	1	NZSSAA Championships	Hastings	12 Dec 2010
32	8:33.28	Jonathan Jackson	AKL	09 Jan 1991	2	Hot Meet 7	Auckland	06 Mar 2010
33	8:33.40	Kris Gemmill	AKL	28 Apr 1977	14	NZ 3000m Championship	Wellington	22 Jan 2010
34	8:33.70	Aniel Smith	AKL	02 Apr 1986	15	NZ 3000m Championship	Wellington	22 Jan 2010
35	8:34.24	Callan Moody	OTG	25 Mar 1988	1	Otago 3000m Champ	Dunedin	06 Feb 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

36	8:34.59	Martin van Barneveld	WEL	03 Nov 1985	16	NZ 3000m Championship	Wellington	22 Jan 2010
37	8:34.63	Harry Dixon	TAS	28 Aug 1990	4	Interclub	Christchurch	09 Jan 2010
38	8:35.38	Patrick Strong	TAS	25 Dec 1987		Texas tech Open II	Lubbock TX	06 Feb 2010
39	8:37.51	Dougal Thorburn	WEL	14 Jan 1981	2	Otago 3000m Champ	Dunedin	06 Feb 2010
40	8:38.12	Clark Ellice	AKL	13 Dec 1982	17	NZ 3000m Championship	Wellington	22 Jan 2010
41	8:38.43	Ben Ruthe	WBP	17 Feb 1980	4	Tauranga Twilight	Tauranga	01 Jan 2010
42	8:38.61	Matt Baxter	TAR	06 Aug 1994	2	NZSSAA Championships	Hastings	12 Dec 2010
43	8:38.77	Daniel Balchin	OTG	13 Aug 1990	1	Hurring Relays 4	Dunedin	20 Nov 2010
44	8:39.74	Neville Smith	HBG	06 Aug 1983	18	NZ 3000m Championship	Wellington	22 Jan 2010
45	8:40.23	Mohamed Ali	WBP	01 Jul 1993	1	Australia Junior Ch	Sydney AU	13 Mar 2010
46	8:40.24	Nathan Baxter	OTG	21 Apr 1987	2	Hurring Relays 4	Dunedin	20 Nov 2010
47	8:40.48	Richard Bennett	CAN	06 Dec 1964	1	ITM	Christchurch	18 Mar 2010
48	8:44.69	Samuel Mills	CAN	25 Aug 1992	1	SI Sec Schools	Dunedin	20 Mar 2010
49	8:44.78	Evan Cooper	WEL	03 Sep 1990	1	Black Programme	Wellington	13 Mar 2010
50	8:44.91	Andrew Haigh	AKL	01 Sep 1986	1	Bays Distance Series	North Shore	22 Dec 2010

PROGRESSION	2008	2009	2010
1st	8:13.89	7:53.98	7:46.38
10th	8:36.78	8:13.10	8:15.12
20th	8:47.74	8:26.76	8:24.90

MENS OPEN 5000m

1	13:26.10	Adrian Blincoe	AKL	04 Nov 1979	3	Melbourne Track Classic	Melbourne AUS	04 Mar 2010
2	13:32.92	Jake Robertson	WBP	14 Nov 1989	8	International Meet	Nijmegen NED	26 May 2010
3	13:58.75	Jason Woolhouse	ANZ	09 Sep 1980	2	Victoria Championships	Melbourne AUS	25 Nov 2010
4	14:01.76	Matt Smith	CAN	26 Dec 1974	4	ITM	Christchurch	18 Mar 2010
5	14:04.36	Luke Hurring	OTG	16 Sep 1984	1	Interclub	Christchurch	29 Dec 2010
6	14:05.25	Hugo Beamish	CAN	18 Jan 1989	3	Big East Conference	Cincinnati OH	01 May 2010
7	14:10.13	Rowan Hooper	CAN	31 Oct 1978	6	ITM	Christchurch	18 Mar 2010
8	14:10.66	Andrew Davidson	CAN	15 Mar 1983	7	ITM	Christchurch	18 Mar 2010
9	14:11.20	Daniel Wallis	WEL	11 Nov 1987	5rB	Mt SAC Relays	Walnut CA	17 Apr 2010
10	14:12.30	Aaron Pulford	WBP	24 Aug 1991	1	Kajaks Track Classic	Richmond CAN	09 Jul 2010
11	14:12.40	Hayden McLaren	CAN	11 Aug 1987	3	Interclub	Christchurch	29 Dec 2010
12	14:16.93	Timothy Hodge	WEL	27 Aug 1987	11	IC4A / ECAC	Princeton NJ	14 May 2010
13	14:18.97	Malcolm Hicks	AKL	19 Oct 1987	1	Bays Distance Series	North Shore	22 Dec 2010
14	14:19.64	Terefe Ejigu	WEL	14 Oct 1988	3	Jesse Owens Classic	Columbus OH	30 Apr 2010
15	14:21.54	Caden Shields	OTG	07 Aug 1988	7	Notre Dame Meyo Inv	South Bend IN	06 Feb 2010
16	14:34.37	Mark Bailey	CAN	18 Apr 1976	9	ITM	Christchurch	18 Mar 2010
17	14:35.24	Edwin Henshaw	AKL	22 Sep 1985	30r2	Payton Jordan Inv	Palo Alto CA	01 May 2010
18	14:36.08	Alex Parlane	AKL	31 Mar 1990	2	Bays Distance Series	North Shore	22 Dec 2010
19	14:37.42	Michael Aish	WEL	24 Jul 1976	1	Joe Davies Open	Golden CO	22 Jan 2010
20	14:37.63	Brett Tingay	CAN	04 Aug 1980	11	Victoria Championships	Melbourne AUS	25 Nov 2010
21	14:38.38	Shaun Krawitz	AKL	15 Feb 1985	12	Victoria Championships	Melbourne AUS	25 Nov 2010
22	14:38.49	Kim Hogarth	TAS	18 Dec 1975	11	ITM	Christchurch	18 Mar 2010
23	14:42.63	Brendon Blacklaws	WEL	04 Jun 1989	29	Big Ten	Bloomington IA	16 May 2010
24	14:46.72	Stefan Smith	WEL	21 Nov 1981	5	NZL Championships	Christchurch	26 Mar 2010
25	14:46.94	Steven Lett	AKL	09 Feb 1984	3	Bays Distance Series	North Shore	22 Dec 2010
26	14:47.27	Harry Dixon	TAS	28 Aug 1990	3	Canterbury Championshi	Christchurch	07 Mar 2010
27	14:51.60	Ben Ruthe	WBP	17 Feb 1980	1	WBOP Championships	Hamilton	28 Feb 2010
28	14:52.12	Neville Smith	HBG	06 Aug 1983	7	NZL Championships	Christchurch	26 Mar 2010
29	14:52.90	Kyle MacDonald	WBP	22 Sep 1983	2	WBOP Championships	Hamilton	28 Feb 2010
30	14:55.03	Kris Gemmill	AKL	28 Apr 1977	8	NZL Championships	Christchurch	26 Mar 2010
31	14:58.31	Callan Moody	OTG	25 Mar 1988	1	OTG 5000m Championship	Dunedin	23 Jan 2010
32	14:58.37	Daniel Balchin	OTG	13 Aug 1990	2	OTG 5000m Championship	Dunedin	23 Jan 2010
33	14:58.72	Jonathan Jackson	AKL	09 Jan 1991	1	Auckland Championships	Auckland	28 Feb 2010
34	14:58.78	Simon Bucknell	AKL	04 Aug 1986	11	Conference USA	Orlando FL	13 May 2010
35	15:04.27	Nathan Baxter	OTG	21 Apr 1987	6	Interclub	Christchurch	29 Dec 2010
36	15:05.93	Dougal Thorburn	WEL	14 Jan 1981	1	Weekly Meeting	Dunedin	11 Dec 2010
37	15:07.22	Richard Bennett	CAN	06 Dec 1964	7	Interclub	Christchurch	29 Dec 2010
38	15:12.91	Matthew Russ	TAS	03 Aug 1990	3	Texas Relays	Austin TX	31 Mar 2010
39	15:18.39	Nathan Coombes	TAR	14 Jan 1990	1	TET Invitation	Inglewood	16 Jan 2010
40	15:19.21	Cameron Graves	AKL	01 Feb 1992	4	NZL Championships	Christchurch	26 Mar 2010
41	15:20.31	Mikael Andersson	WEL	05 Jun 1986	9	NZL Championships	Christchurch	26 Mar 2010
42	15:22.54	Alex Gorrie	OTG	12 Aug 1992	1	Hurring Relays 3	Dunedin	13 Nov 2010
43	15:22.85	Peter Meffan	TAS	24 Nov 1990	8	Interclub	Christchurch	29 Dec 2010
44	15:22.90	Iain MacDonald	WBP	22 Sep 1983	3	WBOP Championships	Hamilton	28 Feb 2010
45	15:24.50	Jonathan McKee	AKL	30 Nov 1978	4	Bays Distance Series	North Shore	22 Dec 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

46	15:26.85	Lyndon Brown	OTG	21 Jan 1989	3	OTG 5000m Championship	Dunedin	23 Jan 2010
47	15:27.27	Hayden Shearman	WEL	11 Feb 1981	1	Central Region Lge R3	Wellington	27 Nov 2010
48	15:30.16	Glenn Hughes	WEL	13 Apr 1982	2	Wellington Championshi	Wellington	27 Feb 2010
49	15:32.10	Richard Jones	WEL	06 Oct 1983	5	Eastern Kentucky	Richmond KY	16 Apr 2010
50	15:32.10	Daniel Jones	WBP	26 Sep 1990	5	EKU Open	Richmond KY	17 Apr 2010

PROGRESSION	2008	2009	2010
1st	13:10.19	13:56.86	13:26.10
10th	14:34.47	14:41.91	14:12.30
20th	15:28.34	14:56.84	14:37.63

MENS OPEN 10000m

1	28:25.22	Adrian Blincoe	AKL	04 Nov 1979	4	Zatopek	Melbourne AUS	09 Dec 2010
2	29:14.23	Aaron Pulford	WBP	24 Aug 1991	5	World Junior Championshi	Moncton CAN	20 Jul 2010
3	29:45.86	Timothy Hodge	WEL	27 Aug 1987	4	Penn Relays	Philadelphia PA	22 Apr 2010
4	29:53.82	Edwin Henshaw	AKL	22 Sep 1985	20	Mt SAC Relays	Walnut CA	15 Apr 2010
5	29:55.43	Matt Smith	CAN	26 Dec 1974	1	Interclub	Christchurch	27 Nov 2010
6	30:01.17	Terefe Ejigu	WEL	14 Oct 1988	1	MAC	Buffalo NY	13 May 2010
7	30:01.93	Rees Buck	WEL	19 May 1976	1	NZL 10000m Championshi	Tauranga	05 Jan 2010
8	30:08.65	Luke Hurring	OTG	16 Sep 1984	15	Zatopek	Melbourne AUS	09 Dec 2010
9	30:11.88	Shaun Krawitz	AKL	15 Feb 1985	16	Zatopek	Melbourne AUS	09 Dec 2010
10	30:13.36	Caden Shields	OTG	07 Aug 1988	16	Big Ten	Bloomington IA	14 May 2010
11	30:21.76	Kim Hogarth	TAS	18 Dec 1975	2	NZL 10000m Championshi	Tauranga	05 Jan 2010
12	30:27.29	Daniel Wallis	WEL	11 Nov 1987	5	Oregon Twilight	Eugene OR	01 May 2010
13	30:53.31	Jonathan Jackson	AKL	09 Jan 1991	2	NZL 10000m Championshi	Tauranga	05 Jan 2010
14	30:57.09	Steven Lett	AKL	09 Feb 1984	3	NZL 10000m Championshi	Tauranga	05 Jan 2010
15	31:10.40	Stefan Smith	WEL	21 Nov 1981	4	NZL 10000m Championshi	Tauranga	05 Jan 2010
16	31:18.80	Ben Ruthe	WBP	17 Feb 1980	5	NZL 10000m Championshi	Tauranga	05 Jan 2010
17	31:22.67	Dougal Thorburn	WEL	14 Jan 1981	1	Otago 10000m Champs	Dunedin	18 Dec 2010
18	31:54.85	Alex Parlane	AKL	31 Mar 1990	3	NZL 10000m Championshi	Tauranga	05 Jan 2010
19	31:56.03	Patrick Strong	TAS	25 Dec 1987	8	Sun Belt	Denton TX	07 May 2010
20	32:59.91	Wayne Guest	WBP	13 Dec 1981	7	NZL 10000m Championshi	Tauranga	05 Jan 2010
21	33:05.15	Daniel Jones	WBP	26 Sep 1990	7	OVC	Cookeville TN	01 May 2010
22	33:15.02	Ben Barry	AKL	23 Jan 1991	4	NZL 10000m Championshi	Tauranga	05 Jan 2010
23	33:26.23	Grant McLean	WEL	19 Jan 1968	2	Gold Programme	Wellington	04 Dec 2010
24	33:31.16	Stephen Day	WEL	19 Sep 1975	8	NZL 10000m Championshi	Tauranga	05 Jan 2010
25	33:31.80	Carsten Joergensen	CAN	25 Oct 1970	1	Interclub	Christchurch	27 Nov 2010
26	33:42.67	Julian Cook	WEL	26 Jan 1972	3	Gold Programme	Wellington	04 Dec 2010
27	33:47.34	Michael Sutton	WBP	24 Sep 1994	1	Putaruru Bell 2	Tauranga	30 Oct 2010
28	33:68.74	Cory Whiting	WBP	15 Aug 1991	5	NZL 10000m Championshi	Tauranga	05 Jan 2010

PROGRESSION	2008	2009	2010
1st	29:42.30	28:56.47	28:25.22
10th	32:52.98	32:28.94	30:13.36
20th	33:33.11 (15th)	33:42.99 (16th)	32:59.91

MENS OPEN 10km

1	28:32	Jake Robertson	WBP	14 Nov 1989	4	Metro 10km	Prague CZE	11 Sep 2010
2	29:29	Zane Robertson	WBP	14 Nov 1989	6	Metro 10km	Prague CZE	11 Sep 2010
3	29:34	Luke Hurring	OTG	16 Sep 1984	1	Clyde to Alexandra	Clyde	21 Aug 2010
4	29:39	Dale Warrander	AKL	08 Sep 1973	1	NZ Road Championships	Auckland	17 Oct 2010
5	30:05	Hayden McLaren	CAN	11 Aug 1987	2	NZ Road Championships	Auckland	17 Oct 2010
6	30:18	Cameron Graves	AKL	01 Feb 1992	1	NZ Road Championships	Auckland	17 Oct 2010
7	30:25	Rowan Hooper	CAN	31 Oct 1978	1	Canterbury Road Champs	Christchurch	21 Aug 2010
8	30:36	Alex Parlane	AKL	31 Mar 1990	3	NZ Road Championships	Auckland	17 Oct 2010
9	30:41	Mark Bailey	CAN	18 Apr 1976	4	NZ Road Championships	Auckland	17 Oct 2010
10	30:47	Brett Tingay	CAN	04 Aug 1980	2	Canterbury Road Champs	Christchurch	21 Aug 2010
11	30:51	Samuel Dobson	AKL	01 Oct 1985	1	SBS Christchurch	Christchurch	06 Jun 2010
12	30:53	Tony Payne	OTG	13 Jan 1989	2	Clyde to Alexandra	Clyde	21 Aug 2010
13	30:57	Philip Costley	CAN	16 Mar 1970	3	Canterbury Road Champs	Christchurch	21 Aug 2010
14	31:05	Nathan Baxter	OTG	21 Apr 1987	3	Clyde to Alexandra	Clyde	21 Aug 2010
15	31:20	Daniel Balchin	OTG	13 Aug 1990	4	Clyde to Alexandra	Clyde	21 Aug 2010
16	31:26	Malcolm Hicks	AKL	19 Oct 1987	4	Canterbury Road Champs	Christchurch	21 Aug 2010
17	31:28	Alexander Fowler	CAN	22 Jun 1991	2	SBS Christchurch	Christchurch	06 Jun 2010
18	31:31	Cameron Goldsmid	WEL	08 Mar 1987	1	Harbour Capital	Wellington	27 Jun 2010
19	31:33	Stefan Smith	WEL	21 Nov 1981	1	WEL Road Championships	Wainuiomata	21 Aug 2010
20	31:34	Matthew Harris	CAN	28 Nov 1987	6	NZ Road Championships	Auckland	17 Oct 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

21	31:35	Richard Bennett	CAN	06 Dec 1964	5	Canterbury Road Champs	Christchurch	21 Aug 2010
22	31:39	Steven Lett	AKL	09 Feb 1984	2	Auckland Road Champs	Auckland	22 Aug 2010
23	31:43	Kerry Faass	CAN	11 Feb 1966	6	Canterbury Road Champs	Christchurch	21 Aug 2010
24	31:44	Matthew Dravitzki	WEL	27 May 1975	2	WEL Road Championships	Wainuiomata	21 Aug 2010
25	31:45	Matthew Ingram	Can	16 Dec 1979	3	SBS Christchurch	Christchurch	06 Jun 2010
26	31:52	Daniel Nixon	WEL	21 Jan 1976	2	Harbour Capital	Wellington	27 Jun 2010
27	31:53	Aniel Smith	AKL	02 Apr 1986	7	NZ Road Championships	Auckland	17 Oct 2010
28	31:53	James Coubrough	WEL	26 Sep 1981	3	WEL Road Championships	Wainuiomata	21 Aug 2010
29	31:55	Angus Bell	AKL	02 Apr 1980	8	NZ Road Championships	Auckland	17 Oct 2010
30	31:58	Tadele Tekle-Haimanot	AKL	14 Aug 1992	2	NZ Road Championships	Auckland	17 Oct 2010
31	32:02	Timothy Hodge	WEL	27 Aug 1987	4	WEL Road Championships	Wainuiomata	21 Aug 2010
32	32:03	Cary Chaffee	WEL	26 Apr 1984	3	Harbour Capital	Wellington	27 Jun 2010
33	32:07	James List	OTG	20 Jul 1984	5	WEL Road Championships	Wainuiomata	21 Aug 2010
34	32:11	Steven O'Callaghan	WBP	25 Feb 1981	1	WBOP Road Championship	Tauranga	21 Aug 2010
35	32:14	Evan Cooper	WEL	03 Sep 1990	6	WEL Road Championships	Wainuiomata	21 Aug 2010
36	32:19	Simon Mardon	TAS	26 Oct 1972	1	NZ Road Championships	Auckland	17 Oct 2010
37	32:22	Cory Whiting	WBP	15 Aug 1991	4	NZ Road Championships	Auckland	17 Oct 2010
38	32:30	Martin Lukes	CAN	21 May 1971	7	Canterbury Road Champs	Christchurch	21 Aug 2010
39	32:34	David Ridley	CAN	02 Jun 1988	4	SBS Christchurch	Christchurch	06 Jun 2010
40	32:35	Paul Hamblyn	AKL	27 Aug 1980	3	Auckland Road Champs	Auckland	22 Aug 2010
41	32:38	Carsten Joergensen	CAN	25 Oct 1970	8	Canterbury Road Champs	Christchurch	21 Aug 2010
42	32:45	Sam Kidd	OTG	16 Apr 1987	5	SBS Christchurch	Christchurch	06 Jun 2010
43	32:46	Liam Scopes	AKL	15 Oct 1980	4	Auckland Road Champs	Auckland	22 Aug 2010
44	32:51	James Glasson	CAN	22 Aug 1990	9	Canterbury Road Champs	Christchurch	21 Aug 2010
45	32:53	Ben Ruthe	WBP	17 Feb 1980	2	WBOP Road Championship	Tauranga	21 Aug 2010
46	32:54	Tama Christensen	MWA	27 May 1988	10	NZ Road Championships	Auckland	17 Oct 2010
47	32:54	Rohan Biggs	WEL	04 Sep 1976	8	WEL Road Championships	Wainuiomata	21 Aug 2010
48	32:55	Brian Garmonsway	WEL	12 Mar 1978	9	WEL Road Championships	Wainuiomata	21 Aug 2010
49	32:55	Glynn Hadley	CAN	30 Aug 1979	10	Canterbury Road Champs	Christchurch	21 Aug 2010
50	32:56	Daniel Clendon	WEL	21 Jun 1976	10	WEL Road Championships	Wainuiomata	21 Aug 2010

PROGRESSION	2008	2009	2010
1st	29:55	28:48	28:32
10th	31:30	30:37	30:47
20th	31:47	31:27	31:34

MENS OPEN Half Marathon

1	1:06:01	Philip Costley	CAN	16 Mar 1970	3	SBS Christchurch	Christchurch	06 Jun 2010
2	1:06:16	Dougal Thorburn	WEL	14 Jan 1981	5	SBS Christchurch	Christchurch	06 Jun 2010
3	1:06:24	Rowan Hooper	CAN	31 Oct 1978	6	SBS Christchurch	Christchurch	06 Jun 2010
4	1:06:33	Mark Bailey	CAN	18 Apr 1976	7	SBS Christchurch	Christchurch	06 Jun 2010
5	1:06:38	Matt Smith	CAN	26 Dec 1974	1	adidas Auckland	Auckland	30 Oct 2010
6	1:07:15	Dale Warrander	AKL	08 Sep 1973	8	SBS Christchurch	Christchurch	06 Jun 2010
7	1:07:35	Jason Woolhouse	ANZ	09 Sep 1980	1	Geelong Half Marathon	Geelong AUS	11 Apr 2010
8	1:08:51	Samuel Dobson	AKL	01 Oct 1985	16	Gold Coast	Gold Coast AUS	04 Jul 2010
9	1:08:02	Steven O'Callaghan	WBP	25 Feb 1981	1	Harbour Capital	Wellington	27 Jun 2010
10	1:08:22	Luke Hurring	OTG	16 Sep 1984	1	Moro	Dunedin	12 Sep 2010
11	1:08:48	Timothy Hodge	WEL	27 Aug 1987	2	Harbour Capital	Wellington	27 Jun 2010
12	1:08:53	Kerry Faass	CAN	11 Feb 1966	3	Harbour Capital	Wellington	27 Jun 2010
13	1:09:06	Ryan Woolley	WEL	06 Mar 1989	4	Harbour Capital	Wellington	27 Jun 2010
14	1:09:21	Aaron Pulford	WBP	24 Aug 1991	1	Huntly Half	Huntly	23 May 2010
15	1:09:28	James List	OTG	20 Jul 1984	5	Harbour Capital	Wellington	27 Jun 2010
16	1:09:32	Carsten Joergensen	CAN	25 Oct 1970	9	SBS Christchurch	Christchurch	06 Jun 2010
17	1:09:38	Jonathan McKee	AKL	30 Nov 1978	2	Huntly Half	Huntly	23 May 2010
18	1:10:04	Steven Lett	AKL	09 Feb 1984	2	adidas Auckland	Auckland	30 Oct 2010
19	1:10:12	Tony Payne	OTG	13 Jan 1989	2	Moro	Dunedin	12 Sep 2010
20	1:10:31	Jonathan Jackson	AKL	09 Jan 1991	3	Huntly Half	Huntly	23 May 2010
21	1:10:41	Kyle MacDonald	WBP	22 Sep 1983	1	Whangamata H-M	Whangamata	04 Sep 2010
22	1:10:44	Paul Crowhurst	AKL	30 Oct 1978	2	Whangamata H-M	Whangamata	04 Sep 2010
23	1:10:54	Craig Kirkwood	WBP	18 Oct 1974	3	Whangamata H-M	Whangamata	04 Sep 2010
24	1:11:17	Iain MacDonald	WBP	22 Sep 1983	4	Huntly Half	Huntly	23 May 2010
25	1:11:18	Nicholas Buck	AKL	21 Aug 1982	6	Harbour Capital	Wellington	27 Jun 2010
26	1:11:40	Aaron Jackson	AKL	10 Mar 1988	5	Huntly Half	Huntly	23 May 2010
27	1:11:47	Dave Parsons	WEL	02 Feb 1977	12	SBS Christchurch	Christchurch	06 Jun 2010
28	1:12:26	Matthew Ingram	CAN	16 Dec 1979	1	Buller Gorge Marathon	Buller	13 Feb 2010
29	1:12:05	Grant McLean	WEL	19 Jan 1968	1	NB Half Marathon	Wellington	21 Feb 2010
30	1:12:09	Simon Mardon	TAS	26 Oct 1972	1	Nelson Shoe Clinic Half	Nelson	02 May 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

31	1:12:09	Paul Hamblin	AKL	27 Aug 1980	6	Huntly Half	Huntly	23 May 2010
32	1:12:28	Aniel Smith	AKL	02 Apr 1986	4	adidas Auckland	Auckland	30 Oct 2010
33	1:12:33	Alun Williams	CAN	26 Aug 1979	13	SBS Christchurch	Christchurch	06 Jun 2010
34	1:12:37	Glynn Hadley	CAN	30 Aug 1979	7	Harbour Capital	Wellington	27 Jun 2010
35	1:12:39	Todd Stevens	WEL	20 Feb 1970	2	NB Half Marathon	Wellington	21 Feb 2010
36	1:12:43	Stephen Day	WEL	19 Sep 1975	1	Masterton Marathon	Masterton	10 Oct 2010
37	1:12:45	Shaun Burgess	STH	02 Apr 1991	14	SBS Christchurch	Christchurch	06 Jun 2010
38	1:12:47	Kyle Barnes	AKL	21 Aug 1984	5	adidas Auckland	Auckland	30 Oct 2010
39	1:12:49	Kim Hogarth	TAS	18 Dec 1975	2	Nelson Shoe Clinic Half	Nelson	02 May 2010
40	1:12:51	Rohan Biggs	WEL	04 Sep 1976	2	Masterton Marathon	Masterton	10 Oct 2010
41	1:12:56	William Smith	AKL	11 Dec 1954	15	SBS Christchurch	Christchurch	06 Jun 2010
42	1:12:57	Simon Yarrow	WBP	20 Sep 1971	8	Huntly Half	Huntly	23 May 2010
43	1:12:58	Nick Pannett	AKL	31 Mar 1982	1	Ohope Half Marathon	Ohope	04 Apr 2010
44	1:13:00	Oliver O'Sullivan	OTG	16 Apr 1987	3	Moro	Dunedin	12 Sep 2010
45	1:13:02	Thomas Quirk	CAN	21 May 1988	16	SBS Christchurch	Christchurch	06 Jun 2010
46	1:13:03	Wayne Guest	WBP	13 Dec 1981	17	SBS Christchurch	Christchurch	06 Jun 2010
47	1:13:10	Glen Ferguson	OTG	27 Jan 1964	19	SBS Christchurch	Christchurch	06 Jun 2010
48	1:13:23	Tom Hunt	OTG	20 Jan 1988	22	SBS Christchurch	Christchurch	06 Jun 2010
49	1:13:40	Glenn Sexton	WBP	30 Oct 1967		Gold Coast	Gold Coast AUS	04 Jul 2010
50	1:13:50	Daniel Clendon	WEL	21 Jun 1976	1	Perlorous Trust Runs	Wellington	19 Sep 2010

PROGRESSION	2008	2009	2010
1st	1:03:52	1:04:30	1:06:01
10th	1:08:22	1:09:26	1:08:22
20th	1:10:45	1:11:02	1:10:31

MENS OPEN Marathon

1	2:18:14	Matt Smith	CAN	26 Dec 1974	1	SBS Christchurch	Christchurch	06 Jun 2010
2	2:19:17	Sam Wreford	CAN	26 Feb 1983	1	Moro	Dunedin	12 Sep 2010
3	2:19:22	Dale Warrander	AKL	08 Sep 1973	1	adidas Auckland	Auckland	30 Oct 2010
4	2:22:05	Rowan Hooper	CAN	31 Oct 1978	7	Gold Coast	Gold Coast AUS	04 Jul 2010
5	2:24:26	Philip Costley	CAN	16 Mar 1970	3	adidas Auckland	Auckland	30 Oct 2010
6	2:25:06	Luke Hurring	OTG	16 Sep 1984	2	SBS Christchurch	Christchurch	06 Jun 2010
7	2:28:53	Jon-Paul Hendrikssen	AKL	19 Sep 1978	1	Trollinger	Heilbron GER	16 May 2010
8	2:28:56	Nicholas Browne	WEL	25 Oct 1980	13	Melbourne Marathon	Melbourne AUS	10 Oct 2010
9	2:28:57	Steven O'Callaghan	WBP	25 Feb 1981	3	Lion Foundation	Rotorua	01 May 2010
10	2:29:40	Scott Winton	AKL	17 Oct 1974	4	adidas Auckland	Auckland	30 Oct 2010
11	2:31:46	Martin Lukes	CAN	21 May 1971	5	SBS Christchurch	Christchurch	06 Jun 2010
12	2:33:43	Gavin Stevens	ANZ	23 Feb 1956	7	adidas Auckland	Auckland	30 Oct 2010
13	2:33:24	Johan Vanhoovels	AKL	03 Jun 1977	6	adidas Auckland	Auckland	30 Oct 2010
14	2:33:41	Glynn Hadley	CAN	30 Aug 1979	4	Lion Foundation	Rotorua	01 May 2010
15	2:34:18	Daniel Clendon	WEL	21 Jun 1976	8	adidas Auckland	Auckland	30 Oct 2010
16	2:34:53	Simon Yarrow	WBP	20 Sep 1971	8	SBS Christchurch	Christchurch	06 Jun 2010
17	2:35:21	Iain MacDonald	WBP	22 Sep 1983	2	Lydiard Legend	Auckland	18 Sep 2010
18	2:35:42	Simon Mardon	TAS	26 Oct 1972	1	Buller Gorge Marathon	Buller	13 Feb 2010
19	2:35:47	Grant McLean	WEL	19 Jan 1968	9	SBS Christchurch	Christchurch	06 Jun 2010
20	2:35:50	Dave Parsons	WEL	02 Feb 1977	2	Harbour Capital	Wellington	27 Jun 2010
21	2:38:36	John Newsom	CAN	07 Jun 1976	10	adidas Auckland	Auckland	30 Oct 2010
22	2:38:55	Gary McIlroy	CAN	06 Apr 1967	12	SBS Christchurch	Christchurch	06 Jun 2010
23	2:39:01	Brian Garmonsway	WEL	12 Mar 1978	1	Masterton Marathon	Masterton	10 Oct 2010
24	2:39:11	Rohan Biggs	WEL	04 Sep 1976	13	SBS Christchurch	Christchurch	06 Jun 2010
25	2:39:42	Richard Swan	AKL	23 Feb 1980	14	SBS Christchurch	Christchurch	06 Jun 2010
26	2:39:45	Kyle MacDonald	WBP	22 Sep 1983	6	Lion Foundation	Rotorua	01 May 2010
27	2:39:53	Kyle Barnes	AKL	21 Aug 1984	16	SBS Christchurch	Christchurch	06 Jun 2010
28	2:41:33	Kees Keizler	WEL	24 Oct 1980	7	Lion Foundation	Rotorua	01 May 2010
29	2:41:52	James Kuegler	AKL	31 Oct 1987	37	Gold Coast	Gold Coast AUS	04 Jul 2010
30	2:42:20	Graeme Taylor	AKL	05 Oct 1969	4	Lydiard Legend	Auckland	18 Sep 2010
31	2:42:25	Christopher Tipper	OTG	13 Sep 1989	14	adidas Auckland	Auckland	30 Oct 2010
32	2:43:19	Adrian Lysaght	WBP	10 Sep 1974	15	adidas Auckland	Auckland	30 Oct 2010
33	2:43:21	Chris Corney	WBP	25 Dec 1964	9	Lion Foundation	Rotorua	01 May 2010
34	2:43:41	Vaile Mexted	WEL	31 Dec 1972	2	Buller Gorge Marathon	Buller	13 Feb 2010
35	2:44:52	Andrew Wark	WBP	15 May 1967	17	adidas Auckland	Auckland	30 Oct 2010
36	2:46:52	Tim Graham	WEL	09 Jan 1994	19	adidas Auckland	Auckland	30 Oct 2010
37	2:48:44	Shane Grose	CAN	29 Jul 1967	22	SBS Christchurch	Christchurch	06 Jun 2010
38	2:49:26	Evan Roberts	WEL	08 Jan 1975	24	SBS Christchurch	Christchurch	06 Jun 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

PROGRESSION	2008	2009	2010
1st	2:16:31	2:15:43	2:18:14
10th	2:27:42	2:29:00	2:29:40
20th	2:32:44	2:36:56	2:35:50

MENS OPEN 3000m Steeplechase

1	9:05.42	Neville Smith	HBG	06 Aug 1983	1	NZL Championships	Christchurch	28 Mar 2010
2	9:10.13	Brett Tingay	CAN	04 Aug 1980	2	NZL Championships	Christchurch	28 Mar 2010
3	9:10.61	Stefan Smith	WEL	21 Nov 1981	3	NZL Championships	Christchurch	28 Mar 2010
4	9:12.68	Hugo Beamish	CAN	18 Jan 1989	8	Larry Ellis Inv	Princeton NJ	17 Apr 2010
5	9:22.67	Daniel Balchin	OTG	13 Aug 1990	1	TT21 Test Match	Waitakere	20 Feb 2010
6	9:22.90	Lyndon Brown	OTG	21 Jan 1989	2	TT21 Test Match	Waitakere	20 Feb 2010
7	9:29.59	Michael Banks	AKL	09 Oct 1990	2	NZL Championships	Christchurch	27 Mar 2010
8	9:34.23	Bevan Stevens	OTG	23 Dec 1985	1	Otago Championships	Dunedin	21 Feb 2010
9	9:51.22	Mathew Rogers	WEL	21 Feb 1979	1	Wellington Championshi	Wellington	27 Feb 2010
10	9:53.39	Luke Longdill	AKL	29 Aug 1991	2	Auckland Championships	Auckland	27 Feb 2010
11	9:57.29	Cameron Mills	CAN	25 Aug 1992	3	NZL Championships	Christchurch	27 Mar 2010
12	10:05.30	Stephen Day	WEL	19 Sep 1975	3	Wellington Championshi	Wellington	27 Feb 2010
13	10:15.41	Joe Dixon	TAS	28 May 1992	5	NZL Championships	Christchurch	27 Mar 2010

PROGRESSION	2008	2009	2010
1st	9:11.29	8:55.70	9:05.42
10th	-	10:11.37	9:53.39
20th	-	-	-

MENS OPEN 110m Hurdles

1	14.66	-0.8	Brent Newdick	AKL	31 Jan 1985	D	Hypo-Meeting	Gotzis AUT	30 May 2010
2	14.94	0.6	Scott McLaren	AKL	27 Feb 1982	D	23rd Multistars Desenzano	del Garda ITA	09 May 2010
3	15.43	1.0	Nick Kalivati	WEL	29 Jun 1987	1	Black Programme	Wellington	11 Dec 2010
4	15.52	-2.6	Michael Cochrane	WBP	13 Aug 1991	1	TT21 Test Match	Waitakere	20 Feb 2010
5	15.78	1.2	Jordan Taylor	WBP	06 Jul 1989	2	Open Meeting	Tauranga	06 Feb 2010
6	16.34	-0.5	Stephen Buckley	AKL	04 May 1988	1r2	Tauranga Twilight	Tauranga	01 Jan 2010

PROGRESSION	2008	2009	2010
1st	14.46	14.07	14.66
10th	16.77 (3rd)	16.25 (5th)	16.34 (6th)
20th	-	-	-

MENS OPEN 400m Hurdles

1	51.41		James Mortimer	AKL	01 Mar 1983	1	Battle of Regions 2	Hamilton	20 Nov 2010
2	51.68		Daniel O'Shea	OTG	12 Feb 1989	1	Area Championships	Cairns AUS	25 Sep 2010
3	52.10		Michael Cochrane	WBP	13 Aug 1991	1	Trevor Craven Memorial	Burnaby CAN	10 Jul 2010
4	53.61		Shay Taylor	AKL	24 Jan 1989	3	Capital Classic	Wellington	22 Jan 2010
5	53.64		Daniel Dyet	AKL	21 Mar 1991	1	NZL Championships	Christchurch	28 Mar 2010
6	53.87		Cameron French	WBP	17 May 1992	2	NZL Championships	Christchurch	28 Mar 2010
7	54.33		Campbell Wu	AKL	16 Sep 1993	1	Hot Meet 7	Auckland	06 Mar 2010
8	54.85		Nick Kalivati	WEL	29 Jun 1987	5	Capital Classic	Wellington	22 Jan 2010
9	55.48		Phil Simms	WBP	09 Aug 1993	2	Battle of Regions 2	Hamilton	20 Nov 2010
10	56.30		Martin Swart	CAN	29 May 1992	1	Interclub	Christchurch	13 Feb 2010
11	56.64		Stephen Isaac	WEL	29 Oct 1992	6	Capital Classic	Wellington	22 Jan 2010
12	57.97		Jordan Taylor	WBP	06 Jul 1989	3	NZL Championships	Christchurch	28 Mar 2010
13	58.18		Josh Starkey	WBP	18 Mar 1989	1	Taranaki Championships	Inglewood	13 Mar 2010
14	59.14		Daniel Laws	CAN	19 Oct 1988	4	NZL Championships	Christchurch	28 Mar 2010

PROGRESSION	2008	2009	2010
1st	54.38	52.38	51.41
10th	58.59 (5th)	58.08	56.30
20th	-	-	-

MENS OPEN Field

MENS OPEN High Jump

1	2.14	Billy Crayford	AKL	15 Jul 1987	1	Central Region Lge R3	Wellington	27 Nov 2010
2	2.07	Gideon Barnard	STH	26 Nov 1988	1	Southland Championship	Invercargill	27 Feb 2010
3	2.05	Regan Standing	TAR	20 Apr 1991	1	NZL Championships	Christchurch	26 Mar 2010
4	2.03	Ross Walker-Smart	AKL	22 Nov 1993	1	NZSSAA Championships	Hastings	11 Dec 2010
5	2.02	Daniel Fake	TAR	24 Feb 1992	2	NZL Championships	Christchurch	26 Mar 2010
6	2.02	Matt Nicholls	WBP	24 May 1990	1	Open Meeting	Tauranga	06 Feb 2010
7	2.01	Benn Loh	CAN	26 May 1988	2	NZL Championships	Christchurch	28 Mar 2010
8	2.00	Scott McLaren	AKL	27 Feb 1982	1	Battle of Regions 2	Hamilton	20 Nov 2010
9	1.99	Sam Vesej	AKL	04 Jul 1991	3	TT21 Test Match	Waitakere	20 Feb 2010
10	1.97	Cody Thomas	TAS	05 Oct 1991	3	NZSSAA Championships	Hastings	11 Dec 2010
11	1.97	Jordan Peters	AKL	19 Jun 1994	2	NZSSAA Championships	Hastings	11 Dec 2010
12	1.97	Brent Newdick	AKL	31 Jan 1985	D	AUS CE Champs	Gold Coast AUS	09 Apr 2010
13	1.95	Andrew Moore	TAS	26 Aug 1991	4	Capital Classic	Wellington	22 Jan 2010
14	1.95	Ben Harrison	HBG	16 Aug 1992	1	Central Region Lge R2	Palmerston North	20 Nov 2010
15	1.95	Hyun Do	AKL	17 Mar 1992	1	Ni Sec Schools	Wellington	20 Mar 2010
16	1.95	Luke Davison	WBP	05 May 1994	1	Bay of Plenty Schools	Tauranga	03 Mar 2010
17	1.94	Joseph Reynolds	WBP	15 Jan 1994	4	NZSSAA Championships	Hastings	11 Dec 2010
18	1.92	Adam Heslop	CAN	15 Apr 1986	6	NZL Championships	Christchurch	28 Mar 2010
19	1.92	Duncan Noble	CAN	03 Oct 1987	5	NZL Championships	Christchurch	28 Mar 2010
20	1.91	Jesse Bryant	CAN	27 Jan 1995	1	SI Colgate Games	Timaru	17 Jan 2010
21	1.90	Patrick Harnett	CAN	28 Apr 1995	1	NZSSAA Championships	Hastings	12 Dec 2010
22	1.90	Elton Metternich	STH	13 Jan 1994	1	Weekly Meeting	Dunedin	23 Oct 2010
23	1.90	Scott Thomson	WEL	22 Jun 1992	1	Wellington Championshi	Wellington	27 Feb 2010
24	1.90	Simon Small	CAN	16 Apr 1992	1	New Year Meeting	Timaru	02 Jan 2010
25	1.90	Brent Cheshire	OTG	27 Nov 1994	1	Weekly Meeting	Dunedin	18 Dec 2010
26	1.89	Stephen Buckley	AKL	04 May 1988	D	NZ CE Championships	Hamilton	13 Feb 2010
27	1.86	Mackenzie Haugh	OTG	12 Dec 1995	1	Weekly Meeting	Dunedin	04 Dec 2010
28	1.85	Nicolaas Vickers	AKL	29 Apr 1993	11	NZSSAA Championships	Hastings	11 Dec 2010
29	1.85	James Welsh	CAN	22 Dec 1994	1	Interclub	Christchurch	30 Oct 2010
30	1.85	David Williams	CAN	10 May 1990	7	NZL Championships	Christchurch	26 Mar 2010
31	1.85	Kohl Midgley	AKL	19 Mar 1995	3	Ni Sec Schools	Wellington	20 Mar 2010
32	1.85	Tom Hayes	MWA	03 Oct 1994	6	Ni Sec Schools	Wellington	20 Mar 2010
33	1.85	Phil Simms	WBP	09 Aug 1993	2	WBOP Championships	Hamilton	28 Feb 2010
34	1.85	Michael Cochrane	WBP	13 Aug 1991	2	Tauranga Twilight	Tauranga	01 Jan 2010
35	1.81	Samuel Small	CAN	10 Jul 1995	4	NZSSAA Championships	Hastings	12 Dec 2010
36	1.80	Dafydd Morgan	CAN	16 Nov 1989	3	Interclub	Christchurch	11 Dec 2010
37	1.80	Kayne Robinson	CAN	14 Apr 1992	2	Interclub	Timaru	06 Nov 2010
38	1.80	Jaxon Bonnici	AKL	22 May 1993	1	Waitakere Festival	Waitakere	30 Oct 2010
39	1.80	Ben Graham	STH	13 Nov 1991	13	NZL Championships	Christchurch	26 Mar 2010
40	1.80	Daniel Laws	CAN	19 Oct 1988	3	Canterbury Championshi	Christchurch	07 Mar 2010

PROGRESSION		2008	2009	2010
1st		2.03	2.11	2.14
10th		1.95	1.95	1.97
20th		1.85	1.90	1.91

MENS OPEN Pole Vault

1	4.80	Nicholas Southgate	AKL	09 Apr 1994	1	Battle of Regions 1	Auckland	13 Nov 2010
2	4.80	Brent Newdick	AKL	31 Jan 1985	D	Commonwealth Games	New Delhi IND	08 Oct 2010
3	4.61	Tim McKee	CAN	11 Dec 1990	1	Canterbury Championshi	Christchurch	07 Mar 2010
4	4.60	Scott McLaren	AKL	27 Feb 1982	1	Battle of Regions 1	Auckland	13 Nov 2010
5	4.50	Pascal Kethers	AKL	14 Aug 1995	1	Open Meeting	Hamilton	04 Dec 2010
6	4.40	Stephen Buckley	AKL	04 May 1988	1	Open Meeting	Hamilton	16 Jan 2010
7	4.22	Liam O'Connell	CAN	06 Mar 1987	3	NZL Championships	Christchurch	27 Mar 2010
8	3.88	Cameron Beeton	AKL	12 Apr 1992	4	NZL Championships	Christchurch	28 Mar 2010
9	3.80	Ben Harrison	HBG	16 Aug 1992	1	Central Region Lge R2	Palmerston North	20 Nov 2010
10	3.62	Zac Porath	AKL	09 Feb 1989	5	NZL Championships	Christchurch	27 Mar 2010
11	3.60	Thomas North	AKL	02 Jan 1994	4	NZSSAA Championships	Hastings	11 Dec 2010
12	3.60	Stephen McKee	CAN	29 Dec 1959	1	Interclub	Christchurch	16 Jan 2010
13	3.58	Sam Ritchie	WEL	29 Sep 1990	6	NZL Championships	Christchurch	28 Mar 2010
14	3.50	Jarno Plenter	CAN	14 Jun 1995	1	Interclub	Christchurch	29 Dec 2010
15	3.35	Dafydd Morgan	CAN	16 Nov 1989	1	Interclub	Christchurch	11 Dec 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

16	3.35	Callum McConachy	MWA	23 Aug 1985	1	Central Region Lge R3	Wellington	27 Nov 2010
17	3.30	Matthew Peddie	AKL	20 Nov 1995	3	Winter Mini Meet	North Shore	26 Jun 2010

PROGRESSION	2008	2009	2010
1st	4.65	4.80	4.80
10th	3.20 (7th)	3.70	3.62
20th	-	-	-

MENS OPEN Long Jump

1	7.42	1.1 Brent Newdick	AKL	31 Jan 1985	D	Commonwealth Games	New Delhi IND	07 Oct 2010
2	7.30	1.1 Ryan Roselli	TAS	03 Feb 1988	6	Australia Cup	Canberra AUS	30 Jan 2010
3	7.21	0.8 Jeffrey Thumath	AKL	03 Mar 1985	3	NZL Championships	Christchurch	27 Mar 2010
4	7.13	2.0 Brendon Barnett	TAS	29 Mar 1994	1	NZSSAA Championships	Hastings	12 Dec 2010
5	7.13	-0.3 Andy Kruy	MWA	13 Aug 1991	1	NZL Championships	Christchurch	26 Mar 2010
6	7.11	1.7 Nigel Park	CAN	06 Jul 1972	1	Hot Meet	Waitakere	23 Jan 2010
7	6.38	0.2 Joel Armstrong	CAN	02 Jun 1991	2	Canterbury Championships	Christchurch	07 Mar 2010
8	6.98	-0.4 Scott McLaren	AKL	27 Feb 1982	D	CZE National Chm	Stara Boleslav CZE	29 May 2010
9	6.95	1.8 Zinzan Fern	TAR	06 May 1992	1	Porritt Classic	Hamilton	13 Feb 2010
10	6.92	-0.4 Rogan Ross	OTG	20 May 1989	5	NZL Championships	Christchurch	27 Mar 2010
11	6.85	0.4 Ben Paltridge	AKL	21 Sep 1992	3	NZL Championships	Christchurch	26 Mar 2010
12	6.84	0.2 Andrew Moore	TAS	26 Aug 1991	1	Open Meeting	Nelson	05 Feb 2010
13	6.78	-0.5 Jesse Bryant	CAN	27 Jan 1995	1	Interclub	Christchurch	13 Nov 2010
14	6.75	-0.3 Daniel Fake	TAR	24 Feb 1992	1	Cooks Classic	Wanganui	26 Jan 2010
15	6.74	0.6 John Gilmour	OTG	11 May 1992	5	NZL Championships	Christchurch	26 Mar 2010
16	6.73	1.6 Ettiene Du Preez	AKL	17 Sep 1990	2	Porritt Classic	Hamilton	13 Feb 2010
17	6.72	0.0 Stephen Buckley	AKL	04 May 1988	D	23rd Multistars Desenzano	del Garda ITA	08 May 2010
18	6.71	0.2 Daniel O'Shea	OTG	12 Feb 1989	1	Weekly Meeting	Dunedin	16 Oct 2010
19	6.69	-0.6 Christopher Wiremu	CAN	15 Jul 1994	1	Interclub	Christchurch	30 Oct 2010
20	6.67	0.9 Dafydd Morgan	CAN	16 Nov 1989	1	Interclub	Christchurch	20 Nov 2010
21	6.67	0.0 Cody Thomas	TAS	05 Oct 1991	1	Tasman Schools Ch	Blenheim	10 Mar 2010
22	6.63	1.8 Jordan Peters	AKL	19 Jun 1994	4	NZSSAA Championships	Hastings	12 Dec 2010
23	6.57	0.9 James Hutchens	WEL	31 Mar 1992	1	Central Region Lge R3	Wellington	27 Nov 2010
24	6.46	0.3 Felix Manea	AKL	25 Sep 1976	9	NZL Championships	Christchurch	27 Mar 2010
25	6.46	1.5 Todd Swanson	STH	28 Jan 1991	1	Twilight Meeting	Invercargill	26 Nov 2010
26	6.43	0.6 John Kendall	MWA	24 Apr 1992	8	NZL Championships	Christchurch	26 Mar 2010
27	6.42	1.9 Phil Simms	WBP	09 Aug 1993	0	Northern Region CE	Auckland	30 Jan 2010
28	6.40	-0.5 Matthew Wyatt	AKL	07 Oct 1990	1	Hot Meet 7	Auckland	06 Mar 2010
29	6.38	1.8 Pascal Kethers	AKL	14 Aug 1995	2	Battle of Regions 1	Auckland	12 Dec 2010
30	6.34	1.3 Eroni Sotutu	STH	28 Jun 1994	2	St Pauls Memorial	Invercargill	20 Nov 2010
31	6.34	0.0 Ben Harrison	HBG	16 Aug 1992	D	North Island CE Champs	Hastings	23 Oct 2010
32	6.34	-0.5 Simon Small	CAN	16 Apr 1992	3	SI Sec Schools	Dunedin	20 Mar 2010
33	6.21	1.1 Brad Martin	MWA	01 Jan 1992	5	NI Sec Schools	Wellington	20 Mar 2010
34	6.19	-0.4 Jordan Taylor	WBP	06 Jul 1989	1	WBOP Championships	Hamilton	27 Feb 2010

PROGRESSION	2008	2009	2010
1st	7.24	7.42	7.42
10th	6.43	6.92	6.92
20th	-	6.47	6.67

MENS OPEN Triple Jump

1	14.21	2.0 Todd Swanson	STH	28 Jan 1991	1	NZL Championships	Christchurch	28 Mar 2010
2	14.20	0.2 Scott Thomson	WEL	22 Jun 1992	1	Black Programme	Wellington	13 Nov 2010
3	14.17	-0.3 Brent Newdick	AKL	31 Jan 1985	1	NZL Championships	Christchurch	28 Mar 2010
4	14.10	1.5 Zinzan Fern	TAR	06 May 1992	2	NZL Championships	Christchurch	28 Mar 2010
5	13.95	-0.1 Ryan Roselli	TAS	03 Feb 1988	2	NZL Championships	Christchurch	28 Mar 2010
6	13.93	1.0 Felix Manea	AKL	25 Sep 1976	3	NZL Championships	Christchurch	28 Mar 2010
7	13.89	1.3 Matthew Wyatt	AKL	07 Oct 1990	5	NZL Championships	Christchurch	28 Mar 2010
8	13.80	0.0 Daniel Fake	TAR	24 Feb 1992	2	Taranaki Championships	Inglewood	13 Mar 2010
9	13.61	1.4 Ben Paltridge	AKL	21 Sep 1992	7	NZL Championships	Christchurch	28 Mar 2010
10	13.59	1.0 Ben Graham	STH	13 Nov 1991	8	NZL Championships	Christchurch	28 Mar 2010
11	13.34	-0.3 Rogan Ross	OTG	20 May 1989	6	NZL Championships	Christchurch	28 Mar 2010
12	13.29	-0.5 Jaxon Bonnici	AKL	22 May 1993	1	Hot Meet 4	North Shore	16 Jan 2010
13	13.19	0.5 Christopher Wiremu	CAN	15 Jul 1994	1	Interclub	Christchurch	04 Dec 2010
14	13.09	0.2 William Smart	MWA	12 May 1995	2	NZSSAA Championships	Hastings	12 Dec 2010
15	13.06	0.9 John Kendall	MWA	24 Apr 1992	3	Cooks Classic	Wanganui	26 Jan 2010
16	12.89	1.6 William Cowper	AKL	08 Nov 1994	1	Central Region Lge R3	Wellington	27 Nov 2010
17	12.82	0.7 Phillip Wyatt	AKL	31 Aug 1993	1	NZL Championships	Christchurch	27 Mar 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

18	12.78	0.0	James Dalzell	MWA	02 May 1992	3	Central Region Lge R3	Wellington	27 Nov 2010
19	12.72	0.0	Otomalesau Lupo	WEL	29 Apr 1993	4	Central Region Lge R3	Wellington	27 Nov 2010
20	12.53	0.0	Wade Cooper	TAS	22 Nov 1994	1	Tasman Schools Ch	Blenheim	10 Mar 2010
21	12.36	-0.3	Sam Hewat	WBP	12 Jan 1993	1	WBOP Championships	Hamilton	27 Feb 2010

PROGRESSION		2008	2009	2010
1st		14.50	14.51	14.21
10th		13.06	13.48	13.59
20th		-	12.85	12.53

MENS OPEN Shot Put

1	18.57	Jacko Gill	AKL	20 Dec 1994	1	International de Noume	Noumea NCL	16 Oct 2010
2	17.57	Tom Walsh	CAN	01 Mar 1992	1	TT21 Test Match	Waitakere	20 Feb 2010
3	15.46	Damian Smuts	AKL	14 Jun 1989	1	Open Meeting	North Shore	30 Apr 2010
4	15.29	Jerram Huston	OTG	05 Apr 1985	7	AUS Championships	Perth AUS	18 Apr 2010
5	14.66	Richard Thomson	AKL	26 May 1953	1	Black Programme	Wellington	13 Feb 2010
6	14.59	Brent Newdick	AKL	31 Jan 1985	D	NZ CE Championships	Hamilton	13 Feb 2010
7	14.50	Richard Thompson	CAN	01 Feb 1990	1	WHAC Twilight Relays	Wellington	20 Feb 2010
8	14.37	Scott McLaren	AKL	27 Feb 1982	D	Area Championships	Cairns AUS	23 Sep 2010
9	14.28	William Hubber	STH	28 Apr 1991	11	Arkansas State KO	Jonesboro AK	03 Dec 2010
10	14.28	Kieran Fowler	OTG	20 Aug 1989	1	Hurring Relays 1	Dunedin	30 Oct 2010
11	14.13	Pat Hellier	AKL	24 Jun 1971	2	Pakuranga Festival	Pakuranga	27 Nov 2010
12	13.78	Stephen Buckley	AKL	04 May 1988	D	NZ CE Championships	Hamilton	13 Feb 2010
13	12.97	Adam Miller	MWA	03 Jun 1992	1	Club Meeting	Palmerston North	16 Nov 2010
14	12.49	Jason Hill	CAN	03 Jan 1983	2	Canterbury Championshi	Christchurch	07 Mar 2010
15	12.17	Marshall Hall	OTG	07 Oct 1988	3	Hurring Relays 1	Dunedin	30 Oct 2010

PROGRESSION		2008	2009	2010
1st		14.33	15.85	18.57
10th		13.49 (5th)	11.86 (9th)	14.28
20th		-	-	-

MENS OPEN Discus Throw

1	51.84	Marshall Hall	OTG	07 Oct 1988	1	Weekly Meeting	Dunedin	09 Oct 2010
2	49.48	Keri Tongalea	AKL	28 Sep 1990	2	Area Championships	Cairns AUS	25 Sep 2010
3	49.28	Kieran Fowler	OTG	20 Aug 1989	3	TT21 Test Match	Waitakere	20 Feb 2010
4	48.15	Damian Smuts	AKL	14 Jun 1989	1	Throwers Meeting	North Shore	03 Feb 2010
5	46.68	Brent Newdick	AKL	31 Jan 1985	D	TNT Fortuna	Klando CZE	15 Jun 2010
6	44.71	Pat Hellier	AKL	24 Jun 1971	3	Pakuranga Festival	Pakuranga	27 Nov 2010
7	43.45	Jerram Huston	OTG	05 Apr 1985	4	Porritt Classic	Hamilton	13 Feb 2010
8	43.37	Scott McLaren	AKL	27 Feb 1982	5	Porritt Classic	Hamilton	13 Feb 2010
9	41.04	Stephen Buckley	AKL	04 May 1988	D	Northern Region CE	Auckland	31 Jan 2010
10	40.58	Ryan Tinkle	WEL	20 Feb 1992	7	NZL Championships	Christchurch	27 Mar 2010
11	40.17	Adam Miller	MWA	03 Jun 1992	1	Club Meeting	Palmerston North	14 Dec 2010
12	40.02	Hayden Hall	CAN	26 Mar 1993	1	New Year Meeting	Timaru	02 Jan 2010
13	39.67	Jason Hill	CAN	03 Jan 1983	2	ITM	Christchurch	18 Mar 2010
14	37.57	Jordan Taylor	WBP	06 Jul 1989	1	Open Meeting	Hamilton	16 Jan 2010
15	36.88	Callum McConachy	MWA	23 Aug 1985	2	Club Meeting	Palmerston North	14 Dec 2010
16	35.29	Rene Otto	WBP	29 Nov 1966	2	WBOP Championships	Hamilton	27 Feb 2010

PROGRESSION		2008	2009	2010
1st		45.96	49.49	51.84
10th		33.55 (9th)	39.29	40.58
20th		-	-	-

MENS OPEN Hammer Throw

1	62.53	Philip Jensen	AKL	08 Nov 1967	1	NZL Championships	Christchurch	26 Mar 2010
2	58.13	Luke Greenfield	WEL	06 May 1981	1	Wellington Championshi	Wellington	27 Feb 2010
3	54.70	Damian Smuts	AKL	14 Jun 1989	1	Open Meeting	Hamilton	04 Dec 2010
4	52.10	Tom Ingram	TAR	05 Apr 1991	3	NZL Championships	Christchurch	26 Mar 2010
5	50.04	Ryan Tinkle	WEL	20 Feb 1992	5	NZL Championships	Christchurch	26 Mar 2010
6	49.42	Mark Cumming	AKL	18 Mar 1962	1	Hot Meet 1	Auckland	06 Nov 2010
7	40.26	Thomas Roozendaal	AKL	21 Mar 1990	3	Sam Johnson Memorial	Hamilton	05 Dec 2010
8	38.55	Johan Smalberger	AKL	19 Nov 1985	4	Coup des Lancers	Mont Dore NCL	08 May 2010
9	32.60	Scott McLaren	AKL	27 Feb 1982	4	Sam Johnson Memorial	Hamilton	05 Dec 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

PROGRESSION	2008	2009	2010
1st	48.51	59.38	62.53
10th	36.08 (4th)	35.19	32.60 (9th)
20th	-	-	-

MENS OPEN Javelin Throw

1	85.35	Stuart Farquhar	WBP	15 Mar 1982	1	Porritt Classic	Hamilton	13 Feb 2010
2	72.33	Johan Smalberger	AKL	19 Nov 1985	2	NZL Championships	Christchurch	28 Mar 2010
3	67.13	Benjamin Langton-Burnell	MWA	10 Jul 1994	1	Central Region Lge R3	Wellington	27 Nov 2010
4	64.09	Brent Newdick	AKL	31 Jan 1985	D	TNT Fortuna	Klando CZE	15 Jun 2010
5	60.02	Scott McLaren	AKL	27 Feb 1982	1	Open Meeting	Auckland	30 Jan 2010
6	57.66	Arthur Green	OTG	20 May 1988	3	NZL Championships	Christchurch	28 Mar 2010
7	57.54	Robert Horrocks	AKL	01 Aug 1991	1	TT21 Test Match	Waitakere	20 Feb 2010
8	57.52	Franco Patu	WEL	01 Feb 1993	2	Central Region Lge R3	Wellington	27 Nov 2010
9	56.80	Tim McKee	CAN	11 Dec 1990	2	ITM	Christchurch	18 Mar 2010
10	52.98	Peta Pehi	MWA	17 Jun 1988	4	Cooks Classic	Wanganui	26 Jan 2010
11	51.36	Guy Archibald	CAN	17 Oct 1990	1	Otago Championships	Dunedin	21 Feb 2010
12	50.93	Liam Murphy	HBG	24 Jul 1994	5	Cooks Classic	Wanganui	26 Jan 2010
13	50.01	Christopher Lines	TAS	13 Feb 1993	1	Hester Sheild	Nelson	27 Nov 2010
14	49.46	Stephen Buckley	AKL	04 May 1988	D	Northern Region CE	Auckland	31 Jan 2010
15	48.89	Ruan Bouwer	WEL	24 Mar 1992	5	NZL Championships	Christchurch	27 Mar 2010
16	47.79	Cody Thomas	TAS	05 Oct 1991	2	Hester Sheild	Nelson	27 Nov 2010
17	47.17	Ben Harrison	HBG	16 Aug 1992	D	North Island CE Champs	Hastings	24 Oct 2010
18	45.26	Glen Ballam	STH	21 Jun 1991	1	Hurring Relays 1	Dunedin	30 Oct 2010

PROGRESSION	2008	2009	2010
1st	80.51	80.16	85.35
10th	47.74	53.85	52.98
20th	-	46.91	-

MENS OPEN Combined Events

MENS OPEN Decathlon

1	8091	Brent Newdick	AKL	31 Jan 1985	6	TNT Fortuna	Kladno CZE	15 Jun 2010
2	7293	Scott McLaren	AKL	27 Feb 1982	1	Area Championships	Cairns AUS	24 Sep 2010
3	7054	Stephen Buckley	AKL	04 May 1988	1	Northern Region CE	Auckland	31 Jan 2010
4	5567	Pascal Kethers	AKL	14 Aug 1995	1	North Island CE Champs	Hastings	24 Oct 2010
5	5447	Callum McConachy	MWA	23 Aug 1985	5	NZ CE Championships	Hamilton	14 Feb 2010
6	4067	Stephen McKee	CAN	29 Dec 1959	1	Canterbury CE Chps	Christchurch	24 Jan 2010

PROGRESSION	2008	2009	2010
1st	7660	7915	8091
10th	-	4236	-
20th	-	-	-

RANKINGS LISTS 2010 AND PROGRESSIONS

MENS 19 Track

MENS 19 100m

1	10.59	1.7	Isaac Tatao	AKL	12 Feb 1990	1r1	Hot Meet 7	Auckland	06 Mar 2010
2	10.68	1.2	Joseph Millar	WBP	24 Sep 1992	1	NZSSAA Championships	Hastings	12 Dec 2010
3	10.75	1.2	Scott Walker	CAN	17 Aug 1992	2	NZSSAA Championships	Hastings	12 Dec 2010
4	10.84	1.6	Alex Jordan	TAS	10 Apr 1992	3r1	Interclub	Christchurch	20 Nov 2010
5	10.86	1.2	Ryan Howe	WBP	27 May 1992	3	NZSSAA Championships	Hastings	12 Dec 2010
6	10.98	0.2	Michael Cooke	AKL	23 Oct 1991	1r2	ITM	Christchurch	18 Mar 2010
7	11.02	1.9	Toby Flett	OTG	26 Nov 1992	1	OTG-STH Schools	Invercargill	13 Mar 2010
8	11.03	-0.4	Tama Toki	AKL	11 Feb 1991	2	Winter Series #3	Gold Coast AUS	12 Jun 2010
9	11.10	0.2	Matthew Robinson	STH	19 Jul 1991	1	Weekly Meeting	Dunedin	16 Jan 2010
10	11.10	-0.4	Andy Kruy	MWA	13 Aug 1991	5	NZL Championships	Christchurch	26 Mar 2010
11	11.14	2.0	Zac Topping	MWA	07 Jul 1991	4	Area Championships	Cairns AUS	25 Sep 2010
12	11.14	1.5	Dee Jay Kennedy	STH	29 Sep 1992	2	Twilight Meeting	Invercargill	26 Nov 2010
13	11.16	-0.1	Todd Johnston	OTG	08 Jan 1992	2h1	NZL Championships	Christchurch	26 Mar 2010
14	11.20	1.2	John Gilmour	OTG	11 May 1992	6	NZSSAA Championships	Hastings	12 Dec 2010
15	11.26	2.0	John Whibley	AKL	26 Oct 1992	2r1	Battle of Regions 1	Auckland	13 Nov 2010
16	11.26	-0.4	Cody Thomas	TAS	05 Oct 1991	D	Canterbury CE Champs	Christchurch	18 Dec 2010
17	11.27	0.9	Joseph Taylor	CAN	21 Mar 1993	2r1	Interclub	Christchurch	04 Dec 2010
18	11.27	0.8	Stephen Isaac	WEL	29 Oct 1992	1	Wellington Championshi	Wellington	27 Feb 2010
19	11.28	1.5	Yarride Rosario	HBG	16 Jul 1993	2h2	NZSSAA Championships	Hastings	11 Dec 2010
20	11.28	1.1	Michael Jackson	AKL	17 Oct 1992	4h2	NZL Championships	Christchurch	26 Mar 2010
21	11.32	0.6	Malcolm Creelman	CAN	02 Jul 1992	2h1	Down Under	Gold Coast AUS	04 Jul 2010
22	11.34	0.6	William Lentjes	CAN	02 Nov 1991	4h3	NZL Championships	Christchurch	26 Mar 2010
23	11.36	1.7	Daniel Dyet	AKL	21 Mar 1991	2r1	Hot Meet 7	Auckland	06 Mar 2010
24	11.36	0.2	Andrew Whyte	OTG	11 Oct 1993	3	Hurring Relays 3	Dunedin	13 Nov 2010
25	11.41	-2.7	Joseph Kemp	OTG	07 Sep 1991	1	Weekly Meeting	Dunedin	16 Oct 2010
26	11.43	1.5	William Simpson	WEL	23 Jan 1992	1r2	Sylvia Potts Classic	Hastings	29 Jan 2010
27	11.43	1.9	Scott Burch	MWA	03 May 1991	6r1	Sylvia Potts Classic	Hastings	29 Jan 2010
28	11.43	1.0	Tyler Collings	CAN	26 Nov 1993	2r2	Interclub	Christchurch	30 Oct 2010
29	11.44	1.1	Ben Paltridge	AKL	21 Sep 1992	3q4	NZSSAA Championships	Hastings	11 Dec 2010
30	11.45	-0.1	Shannon Joseph	CAN	07 Dec 1992	1r1	Interclub	Christchurch	29 Dec 2010
31	11.46	1.1	Timothy Lawrence	OTG	08 Oct 1993	4q4	NZSSAA Championships	Hastings	11 Dec 2010
32	11.46	1.1	Andrew Wells	WEL	03 May 1993	1	Scottish Night of Miles	Wellington	18 Dec 2010
33	11.48	1.7	Matthew Wyatt	AKL	07 Oct 1990	3r1	Hot Meet 7	Auckland	06 Mar 2010
34	11.50	0.3	Ben Evans	CAN	03 Apr 1992	D	Canterbury CE Chps	Christchurch	23 Jan 2010

PROGRESSION		2008	2009	2010
1st		10.56	10.35	10.59
10th		11.43	11.02	11.10
20th		-	11.35	11.28

MENS 19 200m

1	21.50	0.3	Alex Jordan	TAS	10 Apr 1992	1	Hester Sheild	Nelson	27 Nov 2010
2	21.51	0.9	Joseph Millar	WBP	24 Sep 1992	6r1	Capital Classic	Wellington	22 Jan 2010
3	21.66	1.9	Tama Toki	AKL	11 Feb 1991	1r2	Open Sprint Meet	Auckland	26 Jun 2010
4	21.94	1.3	Scott Walker	CAN	17 Aug 1992	2r2	Capital Classic	Wellington	22 Jan 2010
5	21.96	-0.8	Scott Burch	MWA	03 May 1991	3	NZL Championships	Christchurch	28 Mar 2010
6	22.07	0.2	Toby Flett	OTG	26 Nov 1992	1	SI Sec Schools	Dunedin	20 Mar 2010
7	22.18	1.3	Michael Cooke	AKL	23 Oct 1991	3r2	Capital Classic	Wellington	22 Jan 2010
8	22.28	0.4	Joseph Taylor	CAN	21 Mar 1993	1r1	Interclub	Christchurch	27 Nov 2010
9	22.39	-1.1	Andrew Whyte	OTG	11 Oct 1993	1	Hurring Relays 3	Dunedin	13 Nov 2010
10	22.39	1.1	Frazer Wickes	AKL	10 Feb 1992	2r1	Open Sprint Meet	Auckland	26 Jun 2010
11	22.43	0.6	Cameron French	WBP	17 May 1992	1r2	Open Meeting	Hamilton	18 Dec 2010
12	22.59	0.8	Stephen Isaac	WEL	29 Oct 1992	1	Central Region Lge R3	Wellington	27 Nov 2010
13	22.63	-0.8	Ben Paltridge	AKL	21 Sep 1992	7	NZL Championships	Christchurch	28 Mar 2010
14	22.64	0.9	Todd Johnston	OTG	08 Jan 1992	2h1	Down Under	Gold Coast AUS	02 Jul 2010
15	22.65	-0.3	Glen Matuschka	MWA	29 Mar 1992	3	NI Sec Schools	Wellington	21 Mar 2010
16	22.72	-0.9	Joseph Kemp	OTG	07 Sep 1991	1	Weekly Meeting	Dunedin	16 Oct 2010
17	22.73	1.7	Dee Jay Kennedy	STH	29 Sep 1992	2	Twilight Meeting	Invercargill	26 Nov 2010
18	22.75	0.8	William Simpson	WEL	23 Jan 1992	2	Central Region Lge R3	Wellington	27 Nov 2010
19	22.76	0.3	Cody Thomas	TAS	05 Oct 1991	3	Hester Sheild	Nelson	27 Nov 2010
20	22.78	0.6	Malcolm Creelman	CAN	02 Jul 1992	1	Canterbury Championsi	Christchurch	07 Mar 2010
21	22.78	1.8	Matthew Robinson	STH	19 Jul 1991	1	Weekly Meeting	Dunedin	14 Mar 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

22	22.80	-1.4	Zac Topping	MWA	07 Jul 1991	2h1	Area Championships	Cairns AUS	24 Sep 2010
23	22.87	-2.2	Phil Simms	WBP	09 Aug 1993	1r2	Open Meeting	Hamilton	04 Dec 2010
24	22.90	1.7	Glen Ballam	STH	21 Jun 1991	3	Twilight Meeting	Invercargill	26 Nov 2010
25	22.91	0.4	Tyler Collings	CAN	26 Nov 1993	3r1	Interclub	Christchurch	27 Nov 2010
26	22.97	0.6	Craig Smith	CAN	29 Sep 1991	2	Canterbury Championships	Christchurch	07 Mar 2010
27	22.99	0.2	John Gilmour	OTG	11 May 1992	4	SI Sec Schools	Dunedin	20 Mar 2010
28	23.05	0.8	Saravee Sos	WEL	23 Jan 1991	3	Central Region Lge R3	Wellington	27 Nov 2010
29	23.14	0.8	William Lentjes	CAN	02 Nov 1991	3	Interclub	Christchurch	16 Jan 2010
30	23.15	0.6	Gary Creegan-Almond	TAS	26 May 1990	3	Canterbury Championshi	Christchurch	07 Mar 2010
31	23.15	1.2	Jarrod Jennings	WBP	12 Dec 1993	5sf1	NZSSAA Championships	Hastings	12 Dec 2010
32	23.15	0.2	Shannon Joseph	CAN	07 Dec 1992	6	SI Sec Schools	Dunedin	20 Mar 2010
33	23.15	-3.1	Liam Mitchell	AKL	08 Feb 1991	2	Auckland Championships	Auckland	28 Feb 2010
34	23.16	0.6	Michael Cochrane	WBP	13 Aug 1991	2r2	Open Meeting	Hamilton	18 Dec 2010
35	23.27	0.6	Joel Armstrong	CAN	02 Jun 1991	4	Canterbury Championshi	Christchurch	07 Mar 2010
36	23.29	0.8	Richard Fernando	CAN	25 Apr 1991	4	Central Region Lge R3	Wellington	27 Nov 2010
37	23.31	1.2	Nicolaas Vickers	AKL	29 Apr 1993	6sf1	NZSSAA Championships	Hastings	12 Dec 2010
38	23.32	1.7	Chad Butson	STH	29 Apr 1992	4	Twilight Meeting	Invercargill	26 Nov 2010
39	23.41	0.6	Sam Fitzgerald	CAN	26 Jun 1993	2	Interclub	Christchurch	13 Nov 2010
40	23.45	0.2	Jay Finikin	CAN	11 Oct 1992	7	SI Sec Schools	Dunedin	20 Mar 2010
41	23.47	0.2	Ryan Alexander	CAN	12 May 1992	2r2	Interclub	Christchurch	27 Nov 2010
42	23.50	-0.3	William Barrett	WEL	29 Nov 1992	7	NI Sec Schools	Wellington	20 Mar 2010

PROGRESSION		2008	2009	2010
1st		21.71	21.74	21.50
10th		22.92	22.37	22.39
20th		-	22.81	22.78

MENS 19 400m

1	47.00	Alex Jordan	TAS	10 Apr 1992	1	Interclub	Christchurch	11 Dec 2010
2	47.29	Scott Burch	MWA	03 May 1991	2	NZL Championships	Christchurch	27 Mar 2010
3	48.13	Frazer Wickes	AKL	10 Feb 1992	3	NZL Championships	Christchurch	27 Mar 2010
4	48.24	Tama Toki	AKL	11 Feb 1991	5	Australia Junior Ch	Sydney AU	13 Mar 2010
5	48.51	Matthew Robinson	STH	19 Jul 1991	4	TT21 Test Match	Waitakere	20 Feb 2010
6	48.65	Joseph Millar	WBP	24 Sep 1992	1r2	Tauranga Twilight	Tauranga	01 Jan 2010
7	48.76	Tyler Collings	CAN	26 Nov 1993	2	Interclub	Christchurch	04 Dec 2010
8	48.78	Andrew Whyte	OTG	11 Oct 1993	1	Weekly Meeting	Dunedin	27 Nov 2010
9	48.94	Michael Cochrane	WBP	13 Aug 1991	3	Interclub	Christchurch	04 Dec 2010
10	49.21	Cody Thomas	TAS	05 Oct 1991	5	NZL Championships	Christchurch	27 Mar 2010
11	49.22	Daniel Dyet	AKL	21 Mar 1991	1r1	Battle of Regions 2	Hamilton	20 Nov 2010
12	49.25	Glen Matuschka	MWA	29 Mar 1992	6	NZL Championships	Christchurch	27 Mar 2010
13	49.32	Jono Sullivan	WBP	25 Jun 1992	2sf1	NZSSAA Championships	Hastings	12 Dec 2010
14	49.49	Glen Ballam	STH	21 Jun 1991	1	Interclub	Christchurch	16 Jan 2010
15	49.52	Ziad Mohammed	AKL	13 Nov 1991	2	Auckland Championships	Auckland	27 Feb 2010
16	49.66	Michael Whitehead	AKL	26 Mar 1990	3	Auckland Championships	Auckland	27 Feb 2010
17	49.76	Cameron Ward	AKL	02 Jun 1992	3sf1	NZSSAA Championships	Hastings	12 Dec 2010
18	49.83	Liam Mitchell	AKL	08 Feb 1991	5h1	NZL Championships	Christchurch	26 Mar 2010
19	50.12	John Whibley	AKL	26 Oct 1992	5	NZSSAA Championships	Hastings	12 Dec 2010
20	50.28	Cameron French	WBP	17 May 1992	5r1	Cooks Classic	Wanganui	26 Jan 2010
21	50.36	Phil Simms	WBP	09 Aug 1993	2sf2	NZSSAA Championships	Hastings	12 Dec 2010
22	50.48	Tim Couprie	CAN	30 Sep 1990	1	Canterbury Championshi	Christchurch	07 Mar 2010
23	50.50	Jack Oliver	WEL	16 Feb 1993	3	Central Region Lge R2	Palmerston North	20 Nov 2010
24	50.56	Joel Armstrong	CAN	02 Jun 1991	2	Interclub	Christchurch	16 Jan 2010
25	50.59	Richard Fernando	CAN	25 Apr 1991	4h2	NZL Championships	Christchurch	26 Mar 2010
26	50.61	Derick Lotz	CAN	19 Nov 1992	2	Canterbury Championshi	Christchurch	07 Mar 2010
27	50.85	Gary Creegan-Almond	TAS	26 May 1990	6h1	NZL Championships	Christchurch	26 Mar 2010
28	50.89	Ryan Alexander	CAN	12 May 1992	4	Interclub	Christchurch	04 Dec 2010
29	51.04	Chad Butson	STH	29 Apr 1992	3sf2	NZSSAA Championships	Hastings	12 Dec 2010
30	51.22	Ben Jowsey	OTG	27 Jul 1993	3	Weekly Meeting	Dunedin	27 Nov 2010
31	51.38	Alistair Adams	TAS	06 Mar 1993	1	Twilight Meeting	Nelson	03 Dec 2010
32	51.61	Stephen Isaac	WEL	29 Oct 1992	1	Black Programme	Wellington	30 Jan 2010
33	51.62	Ben Evans	CAN	03 Apr 1992	5	Canterbury Championshi	Christchurch	07 Mar 2010
34	51.62	Martin Swart	CAN	29 May 1992	D	Canterbury CE Chps	Christchurch	23 Jan 2010
35	51.77	Hayden Gutry	WBP	21 Jan 1992	3	Open Meeting	Hamilton	30 Jan 2010
36	51.85	Michael Eggleton	WBP	10 Sep 1992	1r1	Open Meeting	Hamilton	16 Jan 2010
37	51.87	Campbell Wu	AKL	16 Sep 1993	2	Pakuranga Festival	Pakuranga	27 Nov 2010
38	52.08	James Dunlop	MWA	27 Sep 1992	4	NI Sec Schools	Wellington	20 Mar 2010
39	52.14	Rory English	WEL	17 Aug 1993	2	College League	Wellington	23 Oct 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

40	52.21	James Holder	AKL	23 Mar 1993	6sf3	NZSSAA Championships	Hastings	12 Dec 2010
41	52.23	Julian Baker	WEL	27 Aug 1992	1	Gold Programme	Wellington	04 Dec 2010
42	52.35	Jaxon Bonnici	AKL	22 May 1993	1	Waitakere Festival	Waitakere	30 Oct 2010
43	52.36	Ben Paltridge	AKL	21 Sep 1992	3r1	Porritt Classic	Hamilton	13 Feb 2010
44	52.37	Simon Bunckenburg	CAN	22 Nov 1990	4	Interclub	Christchurch	13 Feb 2010
45	52.38	Malcolm Creelman	CAN	02 Jul 1992	6	Canterbury Championshi	Christchurch	07 Mar 2010

PROGRESSION	2008	2009	2010
1st	48.26	47.66	47.00
10th	50.47	49.82	49.21
20th	-	51.18	50.28

MENS 19 800m

1	1:50.15	Glen Ballam	STH	21 Jun 1991	1	Special Event	Christchurch	03 Apr 2010
2	1:51.25	Brad Mathas	MWA	24 Jun 1993	1	NZSSAA Championships	Hastings	12 Dec 2010
3	1:52.15	Alexander Wallace	WEL	25 Mar 1990	1	Invitation Events	Wellington	20 Mar 2010
4	1:52.47	Dallas Bowden	TAS	20 Mar 1990	5r5	Notre Dame Meyo Inv	South Bend IN	06 Feb 2010
5	1:52.75	Michael Eggleton	WBP	10 Sep 1992	4	TT21 Test Match	Waitakere	20 Feb 2010
6	1:53.07	Julian Oakley	WBP	23 Jun 1993	2	NZSSAA Championships	Hastings	12 Dec 2010
7	1:53.67	Tim Cornish	WEL	10 Feb 1990	3	NZL Championships	Christchurch	27 Mar 2010
8	1:53.68	Michael Whitehead	AKL	26 Mar 1990	4	NZL Championships	Christchurch	27 Mar 2010
9	1:54.08	Derrick Lotz	CAN	19 Nov 1992	3	NZSSAA Championships	Hastings	12 Dec 2010
10	1:54.55	James Hand	AKL	06 Jul 1990	1	Open Meeting	Auckland	30 Jan 2010
11	1:54.67	Corey Casey	WEL	18 Jan 1991	5	NZL Championships	Christchurch	27 Mar 2010
12	1:55.28	Rory English	WEL	17 Aug 1993	2	Central Region Lge R3	Wellington	27 Nov 2010
13	1:55.55	Daniel Hermann	MWA	10 Aug 1992	7	NZL Championships	Christchurch	27 Mar 2010
14	1:55.66	Daniel Balchin	OTG	13 Aug 1990	2	Weekly Meeting	Dunedin	27 Feb 2010
15	1:55.94	Luke O'Donnell	WEL	15 Aug 1990	3	Invitation Events	Wellington	20 Mar 2010
16	1:56.40	Ben Jowsey	OTG	27 Jul 1993	4	NZSSAA Championships	Hastings	12 Dec 2010
17	1:56.59	Ziad Mohammed	AKL	13 Nov 1991	8	NZL Championships	Christchurch	27 Mar 2010
18	1:56.74	Finn Roy	WEL	01 Dec 1993	4	Central Region Lge R3	Wellington	27 Nov 2010
19	1:56.83	Joshua Tattley	AKL	06 May 1991	1h1	Auckland Championships	Auckland	28 Feb 2010
20	1:56.89	Reid Hunter	AKL	25 Oct 1990	4h3	NZL Championships	Christchurch	26 Mar 2010
21	1:56.94	William Scorgie	OTG	06 Dec 1992	3h2	NZL Championships	Christchurch	26 Mar 2010
22	1:56.99	David Morton	AKL	13 Oct 1990	2	Auckland Championships	Auckland	28 Feb 2010
23	1:57.11	Robert Brown	OTG	05 Jan 1991	5h3	NZL Championships	Christchurch	27 Mar 2010
24	1:57.16	Simon Bunckenburg	CAN	22 Nov 1990	3	Gold Programme	Wellington	06 Mar 2010
25	1:57.18	Michael Vercoe-Curtis	AKL	05 Jun 1992	4h1	Auckland Championships	Auckland	28 Feb 2010
26	1:57.27	Nathan Barrett	WEL	17 Feb 1992	2	Bays Distance Series	North Shore	17 Feb 2010
27	1:57.44	Mathew Morreau	AKL	04 Feb 1992	1	Hot Meet	Waitakere	20 Feb 2010
28	1:57.48	Alex Parlane	AKL	31 Mar 1990	3	Open Meeting	Auckland	30 Jan 2010
29	1:57.55	Hayden Donnelly	MWA	17 Apr 1990	4h2	NZL Championships	Christchurch	26 Mar 2010
30	1:57.70	Jesse Patel	WEL	13 Aug 1990	5	Gold Programme	Wellington	06 Mar 2010
31	1:57.72	James Watt	AKL	18 Jan 1993	6	NZSSAA Championships	Hastings	12 Dec 2010
32	1:58.31	Brett Clifford	CAN	28 Jul 1993	2	Interclub	Christchurch	27 Nov 2010
33	1:58.42	Jordan Miller	TAS	29 Oct 1991	5h2	NZL Championships	Christchurch	26 Mar 2010
34	1:58.64	Joshua Van Dalen	MWA	20 Feb 1991	6	Gold Programme	Wellington	06 Mar 2010
35	1:58.79	Cameron Graves	AKL	01 Feb 1992	5h1	Auckland Championships	Auckland	28 Feb 2010
36	1:59.06	Alister Perkinson	WEL	26 Mar 1992	5	Central Region Lge R3	Wellington	27 Nov 2010
37	1:59.14	Julian Baker	WEL	27 Aug 1992	3	Central Region Lge R2	Palmerston North	20 Nov 2010
38	1:59.27	Lewis Commons	CAN	23 Sep 1991	3	Interclub	Christchurch	27 Nov 2010
39	1:59.31	Joel Armstrong	CAN	02 Jun 1991	3	Interclub	Christchurch	23 Jan 2010
40	1:59.56	Shane Hazelden	AKL	24 Jan 1990	6h1	Auckland Championships	Auckland	28 Feb 2010
41	1:59.68	Ewoud Noordeloos	TAS	08 May 1991	9	Canterbury Championshi	Christchurch	07 Mar 2010
42	1:59.69	Malcolm Hodge	WEL	16 Nov 1992	6	Central Region Lge R3	Wellington	27 Nov 2010
43	1:59.92	Ryan McAlister	WEL	25 Sep 1993	1	Gold Programme	Wellington	04 Dec 2010
44	2:00.16	Ben Anderson	OTG	12 Oct 1991	2	Weekly Meeting	Dunedin	18 Dec 2010
45	2:00.48	Talor Gilmer	WEL	21 Sep 1993	2	Gold Programme	Wellington	04 Dec 2010
46	2:00.60	Jack Oliver	WEL	16 Feb 1993	2	Black Programme	Wellington	13 Nov 2010
47	2:00.62	Cameron Ward	AKL	02 Jun 1992	5	Open Meeting	Auckland	30 Jan 2010
48	2:00.73	Samuel Mills	CAN	25 Aug 1992	6	Interclub	Christchurch	06 Feb 2010
49	2:00.76	Jacob Wilkinson	AKL	01 Sep 1991	4h2	Auckland Championships	Auckland	28 Feb 2010
50	2:00.83	David Morton	HBG	19 Mar 1990	7	TT21 Test Match	Waitakere	20 Feb 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

PROGRESSION	2008	2009	2010
1st	1:53.30	1:51.98	1:50.15
10th	1:58.47	1:55.37	1:54.55
20th	2:02.46	1:58.01	1:56.89

MENS 19 1000m

1	2:28.25	Eric Speakman	HBG	29 Aug 1990	2	Sylvia Potts Classic	Hastings	29 Jan 2010
2	2:29.18	David Morton	AKL	13 Oct 1990	3	Sylvia Potts Classic	Hastings	29 Jan 2010
3	2:29.40	Michael Whitehead	AKL	26 Mar 1990	4	Sylvia Potts Classic	Hastings	29 Jan 2010
4	2:32.74	Corey Casey	WEL	18 Jan 1991	6	Sylvia Potts Classic	Hastings	29 Jan 2010
5	2:34.47	Brad Mathas	MWA	24 Jun 1993	8rB	Youth Olympic Games	Singapore SIN	22 Aug 2010
6	2:39.52	Tom Hall	WBP	21 Jan 1991	8	Sylvia Potts Classic	Hastings	29 Jan 2010
7	2:47.59	Nicholas Quaife	HBG	02 Mar 1990	10	Sylvia Potts Classic	Hastings	29 Jan 2010

MENS 19 1500m

1	3:51.06	Cameron Graves	AKL	01 Feb 1992	1	Pakuranga Festival	Pakuranga	27 Nov 2010
2	3:51.42	Eric Speakman	HBG	29 Aug 1990	4	Porritt Classic	Hamilton	13 Feb 2010
3	3:54.44	David Morton	AKL	13 Oct 1990	1	Hot Meet 7	Auckland	06 Mar 2010
4	3:54.51	Daniel Balchin	OTG	13 Aug 1990	1	ITM	Christchurch	18 Mar 2010
5	3:54.96	Alex Parlane	AKL	31 Mar 1990	6	Porritt Classic	Hamilton	13 Feb 2010
6	3:55.47	Alexander Wallace	WEL	25 Mar 1990	2	TT21 Test Match	Waitakere	20 Feb 2010
7	3:55.66	James Hand	AKL	06 Jul 1990	2	Hot Meet 7	Auckland	06 Mar 2010
8	3:56.36	Nathan Barrett	WEL	17 Feb 1992	3	Hot Meet 7	Auckland	06 Mar 2010
9	3:56.49	Aaron Pulford	WBP	24 Aug 1991	1	Battle of Regions 2	Hamilton	20 Nov 2010
10	3:57.08	Luke O'Donnell	WEL	15 Aug 1990	1h3	NZL Championships	Christchurch	27 Mar 2010
11	3:57.30	Michael Whitehead	AKL	26 Mar 1990	6	ITM	Christchurch	18 Mar 2010
12	3:58.01	Reid Hunter	AKL	25 Oct 1990	8	ITM	Christchurch	18 Mar 2010
13	3:58.71	Daniel Hermann	MWA	10 Aug 1992	2	NI Sec Schools	Wellington	21 Mar 2010
14	3:58.95	Ewoud Noordeloos	TAS	08 May 1991	4h3	NZL Championships	Christchurch	27 Mar 2010
15	3:59.04	Mathew Morreau	AKL	04 Feb 1992	10	Porritt Classic	Hamilton	13 Feb 2010
16	3:59.06	Harry Dixon	TAS	28 Aug 1990	7	Canterbury Championships	Christchurch	07 Mar 2010
17	3:59.22	Tim Cornish	WEL	10 Feb 1990	2	Capital Classic	Wellington	22 Jan 2010
18	3:59.51	Julian Harris	AKL	27 Mar 1990	1h2	NZL Championships	Christchurch	27 Mar 2010
19	3:59.52	Jonathan Jackson	AKL	09 Jan 1991	2h2	NZL Championships	Christchurch	27 Mar 2010
20	3:59.56	Jesse Patel	WEL	13 Aug 1990	5h3	NZL Championships	Christchurch	27 Mar 2010
21	3:59.82	John Schreuder	AKL	10 May 1992	2	Bays Distance Series	North Shore	14 Dec 2010
22	3:59.97	Michael Vercoe-Curtis	AKL	05 Jun 1992	2	NZSSAA Championships	Hastings	12 Dec 2010
23	4:00.47	Nicholas Bingham	WEL	14 Apr 1992	9	ITM	Christchurch	18 Mar 2010
24	4:00.52	Samuel Mills	CAN	25 Aug 1992	9	Canterbury Championshi	Christchurch	07 Mar 2010
25	4:00.85	Joshua Van Dalen	MWA	20 Feb 1991	11	ITM	Christchurch	18 Mar 2010
26	4:00.96	Matthew Russ	TAS	03 Aug 1990	3	Sooner invitational	Norman OK	24 Apr 2010
27	4:00.96	Glen Ballam	STH	21 Jun 1991	1	Weekly Meeting	Dunedin	27 Nov 2010
28	4:01.06	Luke Longdill	AKL	29 Aug 1991	3	Bays Distance Series	North Shore	14 Dec 2010
29	4:01.75	James Glasson	CAN	22 Aug 1990	6h2	NZL Championships	Christchurch	27 Mar 2010
30	4:02.02	Julian Oakley	WBP	23 Jun 1993	4	NZSSAA Championships	Hastings	12 Dec 2010
31	4:02.28	Finn Roy	WEL	01 Dec 1993	5	NZSSAA Championships	Hastings	12 Dec 2010
32	4:02.35	Evan Cooper	WEL	03 Sep 1990	8h3	NZL Championships	Christchurch	27 Mar 2010
33	4:02.51	Joshua Tattley	AKL	06 May 1991	4	Bays Distance Series	North Shore	14 Dec 2010
34	4:03.98	Corey Casey	WEL	18 Jan 1991	17	Porritt Classic	Hamilton	13 Feb 2010
35	4:04.29	Tom Stringer	TAS	16 Sep 1993	8	NZSSAA Championships	Hastings	12 Dec 2010
36	4:04.29	Tom Stewart	AKL	04 Aug 1990	8h2	NZL Championships	Christchurch	27 Mar 2010
37	4:04.43	Cameron Mills	CAN	25 Aug 1992	1	Interclub	Christchurch	20 Nov 2010
38	4:04.57	Brett Clifford	CAN	28 Jul 1993	9	NZSSAA Championships	Hastings	12 Dec 2010
39	4:04.83	Craig Lautenslager	TAS	30 Mar 1993	1	Hester Sheild	Nelson	27 Nov 2010
40	4:04.86	Lewis Commons	CAN	23 Sep 1991	2	Interclub	Christchurch	20 Nov 2010
41	4:04.92	William Scorgie	OTG	06 Dec 1992	3	Otago Championships	Dunedin	21 Feb 2010
42	4:05.66	Derick Lotz	CAN	19 Nov 1992	3	Interclub	Christchurch	20 Nov 2010
43	4:06.87	Malcolm Hodge	WEL	16 Nov 1992	10	NZSSAA Championships	Hastings	12 Dec 2010
44	4:06.97	Matthew Pavitt	WEL	01 Aug 1992	2	Gold Programme	Wellington	04 Dec 2010
45	4:07.01	Alex Gorrie	OTG	12 Aug 1992	5	Otago Championships	Dunedin	21 Feb 2010
46	4:07.09	Sam Mills	WEL	23 Feb 1990	5	Capital Classic	Wellington	22 Jan 2010
47	4:07.39	Julian Baker	WEL	27 Aug 1992	3	Gold Programme	Wellington	04 Dec 2010
48	4:07.66	Mohamed Ali	WBP	01 Jul 1993	11	NZSSAA Championships	Hastings	12 Dec 2010
49	4:07.81	Daniel Jones	WBP	26 Sep 1990	4	U Cumberlands Inv	Williamsburg KY	10 Apr 2010
50	4:08.07	Ryan McAlister	WEL	25 Sep 1993	12	NZSSAA Championships	Hastings	12 Dec 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

PROGRESSION	2008	2009	2010
1st	3:50.60	3:46.16	3:51.06
10th	4:05.31	3:56.33	3:57.08
20th	4:09.36	4:00.48	3:59.56

MENS 19 Mile

1	4:03.72	Dallas Bowden	TAS	20 Mar 1990	9	Notre Dame Last Chance	South Bend IA	06 Mar 2010
2	4:08.50	Aaron Pulford	WBP	24 Aug 1991	1	Cooks Classic	Wanganui	26 Jan 2010
3	4:08.71	Alexander Wallace	WEL	25 Mar 1990	2	Cooks Classic	Wanganui	26 Jan 2010
4	4:12.38	David Morton	AKL	13 Oct 1990	3	Cooks Classic	Wanganui	26 Jan 2010
5	4:14.03	Tim Cornish	WEL	10 Feb 1990	5	Cooks Classic	Wanganui	26 Jan 2010
6	4:14.87	Luke O'Donnell	WEL	15 Aug 1990	6	Cooks Classic	Wanganui	26 Jan 2010
7	4:15.50	Eric Speakman	HBG	29 Aug 1990	7	Cooks Classic	Wanganui	26 Jan 2010
8	4:16.60	Joshua Van Dalen	MWA	20 Feb 1991	8	Cooks Classic	Wanganui	26 Jan 2010
9	4:17.43	Jesse Patel	WEL	13 Aug 1990	9	Cooks Classic	Wanganui	26 Jan 2010
10	4:18.43	Glen Ballam	STH	21 Jun 1991	10	Cooks Classic	Wanganui	26 Jan 2010
11	4:20.05	Samuel Mills	CAN	25 Aug 1992	11	Cooks Classic	Wanganui	26 Jan 2010
12	4:20.66	Nicholas Bingham	WEL	14 Apr 1992	12	Cooks Classic	Wanganui	26 Jan 2010
13	4:20.85	Declan Wilson	AKL	14 Dec 1993	1	John Walker Miles	Auckland	18 Dec 2010
14	4:21.73	Mohamed Ali	WBP	01 Jul 1993	2	John Walker Miles	Auckland	18 Dec 2010
15	4:22.41	Matthew Russ	TAS	03 Aug 1990	2	Sooner Open	Norman OK	20 Feb 2010
16	4:24.65	Matt Baxter	TAR	06 Aug 1994	4	John Walker Miles	Auckland	18 Dec 2010
17	4:26.65	Mathew Morreau	AKL	04 Feb 1992	1	Open Meeting	Auckland	20 Mar 2010
18	4:26.70	Craig Lautenslager	TAS	30 Mar 1993	5	John Walker Miles	Auckland	18 Dec 2010
19	4:28.07	Michael Vercoe-Curtis	AKL	05 Jun 1992	6	John Walker Miles	Auckland	18 Dec 2010
20	4:28.25	Alex Gorrie	OTG	12 Aug 1992	2	Weekly Meeting	Dunedin	16 Jan 2010
21	4:29.72	Luke Longdill	AKL	29 Aug 1991	7	John Walker Miles	Auckland	18 Dec 2010
22	4:30.69	Michael Banks	AKL	09 Oct 1990	2	Open Meeting	Auckland	20 Mar 2010
23	4:31.74	Evan Cooper	WEL	03 Sep 1990	14	Cooks Classic	Wanganui	26 Jan 2010
24	4:32.35	Cory Whiting	WBP	15 Aug 1991	8	John Walker Miles	Auckland	18 Dec 2010
25	4:32.39	Daniel Balchin	OTG	13 Aug 1990	4	Weekly Meeting	Dunedin	16 Jan 2010
26	4:34.51	Haile Tesfaye	AKL	27 Apr 1992	1	Open Meeting	Hamilton	04 Dec 2010
27	4:35.09	Josh Maisey	AKL	09 Mar 1993	2	John Walker Miles	Auckland	18 Dec 2010
28	4:36.80	Cameron Mills	CAN	25 Aug 1992	15	Cooks Classic	Wanganui	26 Jan 2010
29	4:36.88	Shaun Burgess	STH	02 Apr 1991	2	St Pauls Memorial	Invercargill	20 Nov 2010
30	4:39.12	Derick Lotz	CAN	19 Nov 1992	16	Cooks Classic	Wanganui	26 Jan 2010
31	4:41.69	Roshit Bothara	WEL	10 Dec 1993	2	Scottish Night of Miles	Wellington	18 Dec 2010
32	4:43.75	James Watt	AKL	18 Jan 1993	4	John Walker Miles	Auckland	18 Dec 2010

PROGRESSION	2008	2009	2010
1st	4:10.11	4:06.30	4:03.72
10th	4:29.30	4:22.65	4:18.43
20th	4:46.42	4:29.65	4:28.25

MENS 19 3000m

1	8:09.11	Dallas Bowden	TAS	20 Mar 1990	9r1	GVSU Big Meet	Allendale MI	13 Feb 2010
2	8:11.36	Aaron Pulford	WBP	24 Aug 1991	2	Zatopek	Melbourne AUS	09 Dec 2010
3	8:12.53	Cameron Graves	AKL	01 Feb 1992	3	Zatopek	Melbourne AUS	09 Dec 2010
4	8:20.82	Alexander Wallace	WEL	25 Mar 1990	4	NZ 3000m Championship	Wellington	22 Jan 2010
5	8:21.26	Matthew Russ	TAS	03 Aug 1990	5	Texas Tech Open II	Lubbock TX	06 Mar 2010
6	8:26.08	Alex Parlane	AKL	31 Mar 1990	1	Hot Meet 7	Auckland	06 Mar 2010
7	8:26.32	Eric Speakman	HBG	29 Aug 1990	7	NZ 3000m Championship	Wellington	22 Jan 2010
8	8:33.09	Declan Wilson	AKL	14 Dec 1993	1	NZSSAA Championships	Hastings	12 Dec 2010
9	8:33.28	Jonathan Jackson	AKL	09 Jan 1991	2	Hot Meet 7	Auckland	06 Mar 2010
10	8:34.63	Harry Dixon	TAS	28 Aug 1990	4	Interclub	Christchurch	09 Jan 2010
11	8:39.61	Daniel Balchin	OTG	13 Aug 1990	3	NZ M19 3000m Chp	Dunedin	06 Feb 2010
12	8:44.69	Samuel Mills	CAN	25 Aug 1992	1	SI Sec Schools	Dunedin	20 Mar 2010
13	8:44.78	Evan Cooper	WEL	03 Sep 1990	1	Black Programme	Wellington	13 Mar 2010
14	8:45.75	Tim Cornish	WEL	10 Feb 1990	4	NZ M19 3000m Chp	Dunedin	06 Feb 2010
15	8:46.41	Alex Gorrie	OTG	12 Aug 1992	2	SI Sec Schools	Dunedin	20 Mar 2010
16	8:46.67	Mohamed Ali	WBP	01 Jul 1993	3	NZSSAA Championships	Hastings	12 Dec 2010
17	8:47.22	Luke O'Donnell	WEL	15 Aug 1990	5	NZ M19 3000m Chp	Dunedin	06 Feb 2010
18	8:47.65	Daniel Jones	WBP	26 Sep 1990	15r2	Rod McGrory Mem	Lexington KY	29 Jan 2010
19	8:48.23	Nathan Coombes	TAR	14 Jan 1990	4	Hot Meet 7	Auckland	06 Mar 2010
20	8:49.71	Jesse Patel	WEL	13 Aug 1990	6	NZ M19 3000m Chp	Dunedin	06 Feb 2010
21	8:50.47	Joshua Van Dalen	MWA	20 Feb 1991	19	NZ 3000m Championship	Wellington	22 Jan 2010

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22	8:50.64	Cameron Mills	CAN	25 Aug 1992	1	Down Under	Gold Coast AUS	02 Jul 2010
23	8:54.12	James Glasson	CAN	22 Aug 1990	5	Interclub	Christchurch	26 Feb 2010
24	8:54.83	Tim Stewart	WEL	21 Mar 1993	1	Central Region Lge R3	Wellington	27 Nov 2010
25	8:54.84	Hassan Roble	WEL	03 Jan 1993	5	NZSSAA Championships	Hastings	12 Dec 2010
26	8:55.10	Mlchael Banks	AKL	09 Oct 1990	3	Porritt Classic	Hamilton	13 Feb 2010
27	8:57.33	Glen Ballam	STH	21 Jun 1991	2	Weekly Meeting	Dunedin	23 Oct 2010
28	8:59.42	Tadele Tekle-Haimanot	AKL	14 Aug 1992	1	Hot Meet 1	Auckland	06 Nov 2010
29	8:59.50	Nathan Barrett	WEL	17 Feb 1992	15	Flanders Cup	Kessel BEL	14 Aug 2010
30	9:02.12	Matthew Pavitt	WEL	01 Aug 1992	8	NZSSAA Championships	Hastings	12 Dec 2010
31	9:04.01	Lewis Commins	CAN	23 Sep 1991	4	Interclub	Christchurch	13 Nov 2010
32	9:06.59	Craig Lautenslager	TAS	30 Mar 1993	9	NZSSAA Championships	Hastings	12 Dec 2010
33	9:06.61	Cory Whiting	WBP	15 Aug 1991	13	Tauranga Twilight	Tauranga	01 Jan 2010
34	9:07.53	Nicholas Rennie	CAN	24 May 1990	2	Canterbury 3000m Chp	Christchurch	13 Feb 2010
35	9:08.88	Alexander Fowler	CAN	22 Jun 1991	2	Interclub	Christchurch	27 Nov 2010
36	9:10.96	Tom Stringer	TAS	16 Sep 1993	6	Interclub	Christchurch	13 Nov 2010
37	9:12.56	Luke Longdill	AKL	29 Aug 1991	5	Porritt Classic	Hamilton	13 Feb 2010
38	9:13.72	Ryan Smith	AKL	03 Sep 1990	5	Hot Meet 7	Auckland	06 Mar 2010
39	9:13.78	Simon Gannaway	CAN	14 Apr 1991	7	Interclub	Christchurch	09 Jan 2010

PROGRESSION	2008	2009	2010
1st	8:16.87	7:58.85	8:09.11
10th	8:47.74	8:33.15	8:34.63
20th	9:01.46	8:47.04	8:49.71

MENS 19 5000m

1	14:12.30	Aaron Pulford	WBP	24 Aug 1991	1	Kajaks Track Classic	Richmond CAN	09 Jul 2010
2	14:47.27	Harry Dixon	TAS	28 Aug 1990	3	Canterbury Championshi	Christchurch	07 Mar 2010
3	14:58.37	Daniel Balchin	OTG	13 Aug 1990	2	OTG 5000m Championship	Dunedin	23 Jan 2010
4	14:58.72	Jonathan Jackson	AKL	09 Jan 1991	1	Auckland Championships	Auckland	28 Feb 2010
5	15:06.25	Alex Parlane	AKL	31 Mar 1990	2	Auckland Championships	Auckland	28 Feb 2010
6	15:12.91	Matthew Russ	TAS	03 Aug 1990	3	Texas Relays	Austin TX	31 Mar 2010
7	15:18.39	Nathan Coombes	TAR	14 Jan 1990	1	TET Invitation	Inglewood	16 Jan 2010
8	15:19.21	Cameron Graves	AKL	01 Feb 1992	4	NZL Championships	Christchurch	26 Mar 2010
9	15:22.54	Alex Gorrie	OTG	12 Aug 1992	1	Hurring Relays 3	Dunedin	13 Nov 2010
10	15:41.35	Evan Cooper	WEL	03 Sep 1990	7	NZL Championships	Christchurch	26 Mar 2010
11	15:41.94	Alexander Fowler	CAN	22 Jun 1991	8	NZL Championships	Christchurch	26 Mar 2010
12	15:43.61	James Glasson	CAN	22 Aug 1990	9	NZL Championships	Christchurch	26 Mar 2010

PROGRESSION	2008	2009	2010
1st	14:14.05	15:53.31	14:12.30
10th	-	15:29.48	15:41.35
20th	-	-	-

MENS 19 10000m

1	29:14.23	Aaron Pulford	WBP	24 Aug 1991	5	World Junior Championshi	Moncton CAN	20 Jul 2010
2	30:53.31	Jonathan Jackson	AKL	09 Jan 1991	2	NZL 10000m Championshi	Tauranga	05 Jan 2010
3	31:54.85	Alex Parlane	AKL	31 Mar 1990	3	NZL 10000m Championshi	Tauranga	05 Jan 2010
4	33:15.02	Ben Barry	AKL	23 Jan 1991	4	NZL 10000m Championshi	Tauranga	05 Jan 2010
5	33:68.74	Cory Whiting	WBP	15 Aug 1991	5	NZL 10000m Championshi	Tauranga	05 Jan 2010

PROGRESSION	2008	2009	2010
1st	32:23.14	31:48.00	29:14.23
10th	-	-	-
20th	-	-	-

MENS 19 10km

1	30:18	Cameron Graves	AKL	01 Feb 1992	1	NZ Road Championships	Auckland	17 Oct 2010
2	31:58	Tadele Tekle-Haimanot	AKL	14 Aug 1992	2	NZ Road Championships	Auckland	17 Oct 2010
3	32:09	Alexander Fowler	CAN	22 Jun 1991	3	NZ Road Championships	Auckland	17 Oct 2010
4	32:22	Cory Whiting	WBP	15 Aug 1991	4	NZ Road Championships	Auckland	17 Oct 2010
5	33:05	Declan Wilson	AKL	14 Dec 1993	5	NZ Road Championships	Auckland	17 Oct 2010
6	33:55	Shaun Burgess	STH	02 Apr 1991	1	STH Road Championships	Invercargill	02 Oct 2010
7	33:57	Sam Franklin	AKL	24 Oct 1991	7	NZ Road Championships	Auckland	17 Oct 2010
8	34:04	Reid Hunter	AKL	25 Oct 1990	8	NZ Road Championships	Auckland	17 Oct 2010
9	34:26	Jamie Small	AKL	01 Jan 1992	9	NZ Road Championships	Auckland	17 Oct 2010
10	34:38	Cameron Todd	WBP	17 Jul 1992	10	NZ Road Championships	Auckland	17 Oct 2010
11	34:43	Sean McCrudden	WEL	16 Feb 1993	4	Perlorous Trust Runs	Wellington	19 Sep 2010

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12	34:46	Julian Baker	WEL	27 Aug 1992	5	Harbour Capital	Wellington	27 Jun 2010
13	34:49	Cooper Rand	AKL	22 Nov 1993	11	NZ Road Championships	Auckland	17 Oct 2010
14	34:59	Chris Boswell	AKL	11 Feb 1993	12	NZ Road Championships	Auckland	17 Oct 2010

PROGRESSION		2008	2009	2010
1st		32:02	31:36	30:18
10th		34:32 (6th)	-	34:38
20th		-	-	

MIENS 19 Half Marathon

1	1:09:21	Aaron Pulford	WBP	24 Aug 1991	1	Huntly Half	Huntly	23 May 2010
2	1:10:31	Jonathan Jackson	AKL	09 Jan 1991	3	Huntly Half	Huntly	23 May 2010
3	1:14:11	Josh Maisey	AKL	09 Mar 1993	9	Huntly Half	Huntly	23 May 2010

PROGRESSION		2008	2009	2010
1st		1:11:13	1:12:30	1:09:21
10th		-	-	
20th		-	-	

MIENS 19 3000m Steeplechase

1	9:22.67	Daniel Balchin	OTG	13 Aug 1990	1	TT21 Test Match	Waitakere	20 Feb 2010
2	9:29.59	Michael Banks	AKL	09 Oct 1990	2	NZL Championships	Christchurch	27 Mar 2010
3	9:53.39	Luke Longdill	AKL	29 Aug 1991	2	Auckland Championships	Auckland	27 Feb 2010
4	9:57.29	Cameron Mills	CAN	25 Aug 1992	3	NZL Championships	Christchurch	27 Mar 2010
5	10:15.41	Joe Dixon	TAS	28 May 1992	5	NZL Championships	Christchurch	27 Mar 2010

PROGRESSION		2008	2009	2010
1st		9:11.29	9:30.89	9:22.67
10th		-	10:19.87 (6th)	-
20th		-	-	

MIENS 19 110m Hurdles

1	14.22	0.2	Michael Cochrane	WBP	13 Aug 1991	1	NZL Championships	Christchurch	27 Mar 2010
2	14.57	1.9	Peter Callagher	AKL	28 Nov 1991	1	Open Meeting	Auckland	20 Mar 2010
3	15.02	0.2	Martin Swart	CAN	29 May 1992	3	NZL Championships	Christchurch	27 Mar 2010
4	15.35	0.2	Stephen Isaac	WEL	29 Oct 1992	4	NZL Championships	Christchurch	27 Mar 2010
5	15.93	0.4	Ettiene Du Preez	AKL	17 Sep 1990	2	Auckland Championships	Auckland	27 Feb 2010
6	16.13	-1.3	Hayden Hall	CAN	26 Mar 1993	0	Canterbury CE Champs	Christchurch	19 Dec 2010
7	16.19	-0.9	Simon Small	CAN	16 Apr 1992	2	SI Sec Schools	Dunedin	20 Mar 2010
8	16.21	0.5	John Gilmour	OTG	11 May 1992	1	Weekly Meeting	Dunedin	27 Nov 2010
9	16.41	0.3	Cameron French	WBP	17 May 1992	4	Cooks Classic	Wanganui	26 Jan 2010
10	16.41	0.3	Andrew Wells	WEL	03 May 1993	2	Central Region Lge R3	Wellington	27 Nov 2010
11	16.74	0.3	James Dalzell	MWA	02 May 1992	3	Central Region Lge R3	Wellington	27 Nov 2010

PROGRESSION		2008	2009	2010
1st		14.75	14.68	14.22
10th		15.38 (5th)	16.71 (8th)	16.41
20th		-	-	-

MIENS 19 400m Hurdles

1	52.10	Michael Cochrane	WBP	13 Aug 1991	1	Trevor Craven Memorial	Burnaby CAN	10 Jul 2010
2	53.64	Daniel Dyet	AKL	21 Mar 1991	1	NZL Championships	Christchurch	28 Mar 2010
3	53.87	Cameron French	WBP	17 May 1992	2	NZL Championships	Christchurch	28 Mar 2010
4	54.33	Campbell Wu	AKL	16 Sep 1993	1	Hot Meet 7	Auckland	06 Mar 2010
5	55.48	Phil Simms	WBP	09 Aug 1993	2	Battle of Regions 2	Hamilton	20 Nov 2010
6	56.30	Martin Swart	CAN	29 May 1992	1	Interclub	Christchurch	13 Feb 2010
7	56.64	Stephen Isaac	WEL	29 Oct 1992	6	Capital Classic	Wellington	22 Jan 2010

PROGRESSION		2008	2009	2010
1st		54.38	53.10	52.10
10th		-	58.08 (7th)	56.64 (7th)
20th		-	-	

RANKINGS LISTS 2010 AND PROGRESSIONS

MENS 19 Field

MENS 19 High Jump

1	2.05	Regan Standing	TAR	20 Apr 1991	1	NZL Championships	Christchurch	26 Mar 2010
2	2.03	Ross Walker-Smart	AKL	22 Nov 1993	1	NZSSAA Championships	Hastings	11 Dec 2010
3	2.02	Daniel Fake	TAR	24 Feb 1992	2	NZL Championships	Christchurch	26 Mar 2010
4	2.02	Matt Nicholls	WBP	24 May 1990	1	Open Meeting	Tauranga	06 Feb 2010
5	1.99	Sam Vesey	AKL	04 Jul 1991	3	TT21 Test Match	Waitakere	20 Feb 2010
6	1.97	Cody Thomas	TAS	05 Oct 1991	3	NZSSAA Championships	Hastings	11 Dec 2010
7	1.95	Ben Harrison	HBG	16 Aug 1992	1	Central Region Lge R2	Palmerston North	20 Nov 2010
8	1.95	Hyun Do	AKL	17 Mar 1992	1	NI Sec Schools	Wellington	20 Mar 2010
9	1.95	Andrew Moore	TAS	26 Aug 1991	4	Capital Classic	Wellington	22 Jan 2010
10	1.90	Simon Small	CAN	16 Apr 1992	1	New Year Meeting	Timaru	02 Jan 2010
11	1.90	Scott Thomson	WEL	22 Jun 1992	1	Wellington Championshi	Wellington	27 Feb 2010
12	1.85	Nicolaas Vickers	AKL	29 Apr 1993	11	NZSSAA Championships	Hastings	11 Dec 2010
13	1.85	Brent Cheshire	OTG	27 Nov 1994	1	Weekly Meeting	Dunedin	04 Dec 2010
14	1.85	David Williams	CAN	10 May 1990	7	NZL Championships	Christchurch	26 Mar 2010
15	1.85	Michael Cochrane	WBP	13 Aug 1991	2	Tauranga Twilight	Tauranga	01 Jan 2010
16	1.80	Kayne Robinson	CAN	14 Apr 1992	2	Interclub	Timaru	06 Nov 2010
17	1.80	Jaxon Bonnici	AKL	22 May 1993	1	Waitakere Festival	Waitakere	30 Oct 2010
18	1.80	Ben Graham	STH	13 Nov 1991	13	NZL Championships	Christchurch	26 Mar 2010

PROGRESSION	2008	2009	2010
1st	2.03	2.04	2.05
10th	1.80	1.90	1.90
20th	-	1.80 (19th)	1.80 (18th)

MENS 19 Pole Vault

1	4.61	Tim McKee	CAN	11 Dec 1990	1	Canterbury Championshi	Christchurch	07 Mar 2010
2	3.88	Cameron Beeton	AKL	12 Apr 1992	4	NZL Championships	Christchurch	28 Mar 2010
3	3.80	Ben Harrison	HBG	16 Aug 1992	1	Central Region Lge R2	Palmerston North	20 Nov 2010
4	3.58	Sam Ritchie	WEL	29 Sep 1990	6	NZL Championships	Christchurch	28 Mar 2010

PROGRESSION	2008	2009	2010
1st	4.30	4.40	4.61
10th	-	3.30 (7th)	-
20th	-	-	-

MENS 19 Long Jump

1	7.13	-0.3	Andy Kruly	MWA	13 Aug 1991	1	NZL Championships	Christchurch	26 Mar 2010
2	6.38	0.2	Joel Armstrong	CAN	02 Jun 1991	2	Canterbury Championshi	Christchurch	07 Mar 2010
3	6.95	1.8	Zinzan Fern	TAR	06 May 1992	1	Porritt Classic	Hamilton	13 Feb 2010
4	6.85	0.4	Ben Paltridge	AKL	21 Sep 1992	3	NZL Championships	Christchurch	26 Mar 2010
5	6.84	0.2	Andrew Moore	TAS	26 Aug 1991	1	Open Meeting	Nelson	05 Feb 2010
6	6.75	-0.3	Daniel Fake	TAR	24 Feb 1992	1	Cooks Classic	Wanganui	26 Jan 2010
7	6.74	0.6	John Gilmour	OTG	11 May 1992	5	NZL Championships	Christchurch	26 Mar 2010
8	6.73	1.6	Ettienu Du Preez	AKL	17 Sep 1990	2	Porritt Classic	Hamilton	13 Feb 2010
9	6.67	0.0	Cody Thomas	TAS	05 Oct 1991	1	Tasman Schools Ch	Blenheim	10 Mar 2010
10	6.57	0.9	James Hutchens	WEL	31 Mar 1992	1	Central Region Lge R3	Wellington	27 Nov 2010
11	6.46	1.5	Todd Swanson	STH	28 Jan 1991	1	Twilight Meeting	Invercargill	26 Nov 2010
12	6.43	0.6	John Kendall	MWA	24 Apr 1992	8	NZL Championships	Christchurch	26 Mar 2010
13	6.40	-0.5	Matthew Wyatt	AKL	07 Oct 1990	1	Hot Meet 7	Auckland	06 Mar 2010
14	6.34	0.0	Ben Harrison	HBG	16 Aug 1992	D	North Island CE Champs	Hastings	23 Oct 2010
15	6.34	-0.5	Simon Small	CAN	16 Apr 1992	3	SI Sec Schools	Dunedin	20 Mar 2010
16	6.21	1.1	Brad Martin	MWA	01 Jan 1992	5	NI Sec Schools	Wellington	20 Mar 2010

PROGRESSION	2008	2009	2010
1st	7.03	7.08	7.13
10th	-	6.48	6.57
20th	-	6.18 (16th)	6.21 (16th)

MENS 19 Triple Jump

1	14.21	2.0	Todd Swanson	STH	28 Jan 1991	1	NZL Championships	Christchurch	28 Mar 2010
2	14.20	0.2	Scott Thomson	WEL	22 Jun 1992	1	Black Programme	Wellington	13 Nov 2010
3	14.10	1.5	Zinzan Fern	TAR	06 May 1992	2	NZL Championships	Christchurch	28 Mar 2010

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4	13.89	1.3	Matthew Wyatt	AKL	07 Oct 1990	5	NZL Championships	Christchurch	28 Mar 2010
5	13.80	0.0	Daniel Fake	TAR	24 Feb 1992	2	Taranaki Championships	Ingledwood	13 Mar 2010
6	13.61	1.4	Ben Paltridge	AKL	21 Sep 1992	7	NZL Championships	Christchurch	28 Mar 2010
7	13.59	1.0	Ben Graham	STH	13 Nov 1991	8	NZL Championships	Christchurch	28 Mar 2010
8	13.06	0.9	John Kendall	MWA	24 Apr 1992	3	Cooks Classic	Wanganui	26 Jan 2010
9	12.78	0.0	James Dalzell	MWA	02 May 1992	3	Central Region Lge R3	Wellington	27 Nov 2010
10	12.72	0.0	Otomalesau Lupo	WEL	29 Apr 1993	4	Central Region Lge R3	Wellington	27 Nov 2010

PROGRESSION		2008	2009	2010
1st		14.50	14.51	14.21
10th		12.67 (7th)	12.98	12.72
20th		-	-	-

MENS 19 Shot Put

1	20.76	Jacko Gill	AKL	20 Dec 1994	1	World Junior Championshi	Moncton CAN	21 Jul 2010
2	19.36	Tom Walsh	CAN	01 Mar 1992	1	Metro Meet	Burnaby CAN	13 Jul 2010
3	16.87	James Doyle	AKL	19 Jul 1991	2	Auckland Championships	Auckland	28 Feb 2010
4	15.22	Hamish Finnie	OTG	23 Jul 1992	1	SI Sec Schools	Dunedin	20 Mar 2010
5	14.89	Hayden Hall	CAN	26 Mar 1993	0	Canterbury CE Champs	Christchurch	18 Dec 2010
6	14.74	Solomone Vaka	AKL	20 Nov 1993	1	Pakuranga Festival	Pakuranga	27 Nov 2010
7	14.72	Albert Nikoro	AKL	07 Aug 1992	2	Pakuranga Festival	Pakuranga	27 Nov 2010
8	14.50	Joshua Greig	WEL	05 Mar 1991	1	Open Meeting	Hamilton	04 Dec 2010
9	14.50	Ryan Tinkle	WEL	20 Feb 1992	5	Cooks Classic	Wanganui	26 Jan 2010
10	14.48	Adam Miller	MWA	03 Jun 1992	2	Cooks Classic	Wanganui	26 Jan 2010
11	14.09	Franco Patu	WEL	01 Feb 1993	2	Sam Johnson Memorial	Hamilton	05 Dec 2010
12	13.67	Jerry Peseta	WEL	07 Apr 1992	3	Central Region Lge R3	Wellington	27 Nov 2010
13	13.66	William Hubber	STH	28 Apr 1991	1	Otago Championships	Dunedin	21 Feb 2010
14	12.46	Jonathan Curry	AKL	30 Apr 1992	1	Open Meeting	Auckland	20 Mar 2010
15	12.19	Michael Cochrane	WBP	13 Aug 1991	2	Tauranga Twilight	Tauranga	01 Jan 2010
16	11.53	Cody Thomas	TAS	05 Oct 1991	D	Canterbury CE Champs	Christchurch	18 Dec 2010

PROGRESSION		2008	2009	2010
1st		16.99	17.45	20.76
10th		12.21	13.35	14.48
20th		-	-	11.53 (16th)

MENS 19 Discus Throw

1	50.96	Hayden Hall	CAN	26 Mar 1993	1	Interclub	Christchurch	29 Dec 2010
2	50.37	Keri Tongalea	AKL	28 Sep 1990	1	Sylvia Potts Classic	Hastings	29 Jan 2010
3	50.08	Solomone Vaka	AKL	20 Nov 1993	1	Area Championships	Cairns AUS	23 Sep 2010
4	49.09	Tom Walsh	CAN	01 Mar 1992	2	NZL Championships	Christchurch	26 Mar 2010
5	47.18	Adam Miller	MWA	03 Jun 1992	1	Central Championships	Palmerston North	28 Feb 2010
6	46.31	Ryan Tinkle	WEL	20 Feb 1992	2	Cooks Classic	Wanganui	26 Jan 2010
7	44.11	William Hubber	STH	28 Apr 1991	5	NZL Championships	Christchurch	26 Mar 2010
8	42.52	Richard Callister	AKL	07 Jan 1995	1	Open Meeting	Hamilton	18 Dec 2010
9	42.41	Hamish Finnie	OTG	23 Jul 1992	1	Weekly Meeting	Dunedin	04 Dec 2010
10	40.40	Ben Evans	CAN	03 Apr 1992	2	Canterbury Championshi	Christchurch	07 Mar 2010
11	40.36	Albert Nikoro	AKL	07 Aug 1992	2	Pakuranga Festival	Pakuranga	27 Nov 2010
12	38.50	Rex Tatoa	AKL	06 Jun 1992	2	Auckland Championships	Auckland	27 Feb 2010
13	38.31	Jerry Peseta	WEL	07 Apr 1992	3	Central Region Lge R2	Palmerston North	20 Nov 2010
14	37.62	Franco Patu	WEL	01 Feb 1993	4	Central Region Lge R2	Palmerston North	20 Nov 2010
15	36.46	Joshua Greig	WEL	05 Mar 1991	5	Sylvia Potts Classic	Hastings	29 Jan 2010
16	36.44	Michael Cochrane	WBP	13 Aug 1991	1	Putaruru Bell 2	Tauranga	30 Oct 2010
17	36.42	Joshua Cocker-Valu	AKL	20 Jun 1993	1	Battle of Regions 1	Auckland	13 Nov 2010
18	34.56	Benjamin Langton-Burnell	MWA	10 Jul 1992	3	Carol McNie Memorial	Palmerston North	19 Oct 2010
19	33.78	Cameron Prouting	MWA	02 Aug 1993	2	Club Meet	Palmerston North	09 Nov 2010
20	33.20	Jaxon Bonnici	AKL	22 May 1993	2	Battle of Regions 1	Auckland	13 Nov 2010
21	33.00	Jesse Muir	OTG	13 Feb 1992	2	Weekly Meeting	Dunedin	16 Jan 2010

PROGRESSION		2008	2009	2010
1st		53.87	50.18	50.96
10th		34.66 (9th)	38.99	40.40
20th		-	33.90 (17th)	33.20

MENS 19 Hammer Throw

1	61.57	Ryan Tinkle	WEL	20 Feb 1992	1	Central Region Lge R2	Palmerston North	20 Nov 2010
2	58.36	Tom Ingram	TAR	05 Apr 1991	4	Australia Junior Ch	Sydney AU	13 Mar 2010

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3	50.32	William Hubber	STH	28 Apr 1991	1	Otago Championships	Dunedin	21 Feb 2010
4	45.31	Adam Miller	MWA	03 Jun 1992	2	Central Region Lge R2	Palmerston North	20 Nov 2010
5	43.75	Hamish Finnie	OTG	23 Jul 1992	1	Weekly Meeting	Dunedin	18 Dec 2010
6	43.62	Thomas Roozendaal	AKL	21 Mar 1990	5	NZL Championships	Christchurch	28 Mar 2010
7	40.74	Alex Fafeita	WEL	31 Aug 1994	1	Central Championships	Palmerston North	28 Feb 2010
8	37.94	Dean Rusbatch	OTG	26 Mar 1994	2	Otago Championships	Dunedin	21 Feb 2010
9	35.74	Michael Dewar	CAN	22 Mar 1994	1	Canterbury Championshi	Christchurch	07 Mar 2010

PROGRESSION	2008	2009	2010
1st	65.18	57.65	61.57
10th	32.31 (7th)	41.03 (7th)	35.74 (9th)
20th	-	-	-

MENS 19 Javelin Throw

1	67.13	Benjamin Langton-Burnell	MWA	10 Jul 1992	1	Central Region Lge R3	Wellington	27 Nov 2010
2	57.54	Robert Horrocks	AKL	01 Aug 1991	1	TT21 Test Match	Waitakere	20 Feb 2010
3	57.52	Franco Patu	WEL	01 Feb 1993	2	Central Region Lge R3	Wellington	27 Nov 2010
4	56.80	Tim McKee	CAN	11 Dec 1990	2	ITM	Christchurch	18 Mar 2010
5	51.36	Guy Archibald	CAN	17 Oct 1990	1	Otago Championships	Dunedin	21 Feb 2010
6	50.93	Liam Murphy	HGB	24 Jul 1994	5	Cooks Classic	Wanganui	26 Jan 2010
7	50.01	Christopher Lines	TAS	13 Feb 1993	1	Hester Sheild	Nelson	27 Nov 2010
8	48.89	Ruan Bouwer	WEL	24 Mar 1992	5	NZL Championships	Christchurch	27 Mar 2010
9	47.79	Cody Thomas	TAS	05 Oct 1991	2	Hester Sheild	Nelson	27 Nov 2010
10	47.17	Ben Harrison	HGB	16 Aug 1992	D	North Island CE Champs	Hastings	24 Oct 2010
11	45.26	Glen Ballam	STH	21 Jun 1991	1	Hurring Relays 1	Dunedin	30 Oct 2010

PROGRESSION	2008	2009	2010
1st	59.15	56.08	67.13
10th	41.78 (6th)	45.51	47.17
20th	-	-	-

MENS 19 Combined Events

MENS 19 Decathlon

1	5989	Cody Thomas	TAS	05 Oct 1991	1	Canterbury CE Champs	Christchurch	19 Dec 2010
2	5458	Martin Swart	CAN	29 May 1992	1	Canterbury CE Chps	Christchurch	24 Jan 2010
3	5291	Tim McKee	CAN	11 Dec 1990	2	Canterbury CE Chps	Christchurch	24 Jan 2010
4	5290	Ben Evans	CAN	03 Apr 1992	3	Canterbury CE Chps	Christchurch	24 Jan 2010
5	5162	John Gilmour	OTG	11 May 1992	1	NZ CE Championships	Hamilton	14 Feb 2010
6	4565	Ross Walker-Smart	AKL	22 Nov 1993	1	North Island CE Champs	Hastings	24 Oct 2010
7	4562	Ben Harrison	HGB	16 Aug 1992	2	North Island CE Champs	Hastings	24 Oct 2010
8	4414	Sam Fitzgerald	CAN	26 Jun 1993	3	Canterbury CE Champs	Christchurch	19 Dec 2010
9	3923	Anthony Curry	AKL	28 Oct 1990	3	NZL CE Championships	Hamilton	14 Feb 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

MENS 16 Track

MENS 16 100m

1	11.03	0.2	Joshua Hawkins	AKL	09 Feb 1994	1	NI Sec Schools	Wellington	20 Mar 2010
2	11.05	-0.5	Yarride Rosario	HBG	16 Jul 1993	1	Wellington Championshi	Wellington	27 Feb 2010
3	11.13	1.8	Blair Grant	OTG	16 Jun 1994	1	Weekly Meeting	Dunedin	13 Feb 2010
4	11.21	-0.3	Timothy Lawrence	OTG	08 Oct 1993	3	NZL Championships	Christchurch	26 Mar 2010
5	11.24	1.4	Gavin Stark	STH	28 Dec 1995	1	NZSSAA Championships	Hastings	12 Dec 2010
6	11.25	-0.3	Jackson Smith	WEL	29 Mar 1993	4	NZL Championships	Christchurch	26 Mar 2010
7	11.25	-0.3	Guy Woodhouse	OTG	18 Jun 1993	5	NZL Championships	Christchurch	26 Mar 2010
8	11.26	1.5	Dalton Coppins	AKL	27 Apr 1995	1h1	NI Colgate Games	Auckland	10 Jan 2010
9	11.36	1.2	Louis Hill	AKL	26 Dec 1994	1r1	Battle of Regions 2	Hamilton	20 Nov 2010
10	11.37	1.3	Thomas Martin	CAN	23 Mar 1995	2	SI Colgate Games	Timaru	17 Jan 2010
11	11.39	-0.3	Joshua Cocker-Valu	AKL	20 Jun 1993	8	NZL Championships	Christchurch	26 Mar 2010
12	11.43	1.5	Campbell Wu	AKL	16 Sep 1993	2	Auckland Championships	Auckland	27 Feb 2010
13	11.44	1.7	Blake Gordon	WBP	07 May 1996	1	NI Sec Schools	Wellington	20 Mar 2010
14	11.45	-0.4	Christopher Wiremu	CAN	15 Jul 1994	3h3	NZL Championships	Christchurch	26 Mar 2010
15	11.48	-0.7	Phil Simms	WBP	09 Aug 1993	0	Northern Region CE	Auckland	30 Jan 2010
16	11.50	1.4	Mason Emerson	HBG	27 Mar 1996	2	NZSSAA Championships	Hastings	12 Dec 2010

MENS 16 200m

1	22.05	0.9	Dalton Coppins	AKL	27 Apr 1995	1	NZSSAA Championships	Hastings	12 Dec 2010
2	22.28	-0.7	Joshua Hawkins	AKL	09 Feb 1994	1	NZL Championships	Christchurch	28 Mar 2010
3	22.49	1.6	Joseph Taylor	CAN	21 Mar 1993	1h2	NZL Championships	Christchurch	28 Mar 2010
4	22.64	-0.3	Jackson Smith	WEL	29 Mar 1993	2	NI Sec Schools	Wellington	21 Mar 2010
5	22.86	1.4	Blair Grant	OTG	16 Jun 1994	1	Weekly Meeting	Dunedin	18 Dec 2010
6	22.87	1.4	Yarride Rosario	HBG	16 Jul 1993	1	TET Invitation	Inglewood	16 Jan 2010
7	23.01	1.0	Blake Gordon	WBP	07 May 1996	1	NI Sec Schools	Wellington	21 Mar 2010
8	23.03	1.2	Jonty Rae	WBP	08 May 1994	2q1	NZSSAA Championships	Hastings	11 Dec 2010
9	23.14	0.9	Jack Hocking	WEL	28 Oct 1995	3	NZSSAA Championships	Hastings	12 Dec 2010
10	23.15	1.6	Joshua Cocker-Valu	AKL	20 Jun 1993	3h2	NZL Championships	Christchurch	28 Mar 2010
11	23.19	0.9	Robert Jopp	OTG	05 Apr 1995	4	NZSSAA Championships	Hastings	12 Dec 2010
12	23.34	-0.3	Otomalesau Lupo	WEL	29 Apr 1993	5	NI Sec Schools	Wellington	21 Mar 2010
13	23.36	1.9	Harlem Cole	CAN	22 Sep 1993	3h1	NZL Championships	Christchurch	28 Mar 2010
14	23.40	1.1	Louis Hill	AKL	26 Dec 1994	4q2	NZSSAA Championships	Hastings	11 Dec 2010
15	23.41	2.0	James Holder	AKL	23 Mar 1993	4h2	NI Sec Schools	Wellington	21 Mar 2010
16	23.42	1.0	Tom Smith	HBG	05 May 1996	2	NI Sec Schools	Wellington	20 Mar 2010
17	23.44	0.8	Michael Goldie	WBP	07 Mar 1994	4q3	NZSSAA Championships	Hastings	11 Dec 2010
18	23.45	0.9	Timothy Lawrence	OTG	08 Oct 1993	2h2	SI Sec Schools	Dunedin	20 Mar 2010
19	23.47	-0.4	Tyler Collings	CAN	26 Nov 1993	1r2	Interclub	Christchurch	13 Feb 2010
20	23.49	0.7	Andrew Wells	WEL	03 May 1993	2	Capital Classic	Wellington	22 Jan 2010

MENS 16 400m

1	49.84		Phil Simms	WBP	09 Aug 1993	1	NZL Championships	Christchurch	27 Mar 2010
2	50.07		Joshua Hawkins	AKL	09 Feb 1994	3r1	Battle of Regions 2	Hamilton	20 Nov 2010
3	50.36		Jonty Rae	WBP	08 May 1994	2	NZL Championships	Christchurch	27 Mar 2010
4	50.39		Thomas Martin	CAN	23 Mar 1995	3	NZL Championships	Christchurch	27 Mar 2010
5	50.55		Andrew Whyte	OTG	11 Oct 1993	2	SI Sec Schools	Dunedin	20 Mar 2010
6	50.63		Campbell Wu	AKL	16 Sep 1993	2r2	Cooks Classic	Wanganui	26 Jan 2010
7	50.64		Brad Mathas	MWA	24 Jun 1993	3	Interclub	Christchurch	16 Jan 2010
8	51.13		Jack Hurley	MWA	20 Oct 1994	4	Central Region Lge R2	Palmerston North	20 Nov 2010
9	51.16		Ben Jowsey	OTG	27 Jul 1993	1	Otago Championships	Dunedin	21 Feb 2010
10	51.23		Adin Martinus	CAN	25 Sep 1993	4	NZL Championships	Christchurch	27 Mar 2010
11	51.47		Tyler Collings	CAN	26 Nov 1993	1r1	Interclub	Christchurch	06 Feb 2010
12	51.59		Jaxon Bonnici	AKL	22 May 1993	3h2	NZL Championships	Christchurch	26 Mar 2010
13	51.62		James Holder	AKL	23 Mar 1993	3	NI Sec Schools	Wellington	20 Mar 2010
14	51.82		Dalton Coppins	AKL	27 Apr 1995	2	NI Colgate Games	Auckland	08 Jan 2010
15	51.84		Kieron McDonald	WEL	28 Jun 1994	1	College League	Wellington	23 Oct 2010
16	51.88		Billy Kerr	HBG	08 Aug 1995	1	Central Region Lge R2	Palmerston North	17 Nov 2010
17	51.89		Thomas Symes	MWA	19 Apr 1994	2h1	NZL Championships	Christchurch	26 Mar 2010
18	51.90		Gavin Stark	STH	28 Dec 1995	3	NZSSAA Championships	Hastings	12 Dec 2010
19	52.02		Jarrold Jennings	WBP	12 Dec 1993	6	NZL Championships	Christchurch	27 Mar 2010
20	52.22		William Mohammed	CAN	19 Jul 1993	8	NZL Championships	Christchurch	27 Mar 2010
21	52.24		Oliver Ranby	WBP	19 Mar 1995	4	NZSSAA Championships	Hastings	12 Dec 2010
22	52.42		Hector Roose-Clark	CAN	13 Nov 1993	6h2	NZL Championships	Christchurch	26 Mar 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

MENS 16 800m

1	1:52.19	Brad Mathas	MWA	24 Jun 1993	1	Australia Junior Ch	Sydney AU	13 Mar 2010
2	1:54.43	Kieron McDonald	WEL	28 Jun 1994	2	NZL Championships	Christchurch	27 Mar 2010
3	1:55.25	Ben Jowsey	OTG	27 Jul 1993	3	NZL Championships	Christchurch	27 Mar 2010
4	1:56.47	Rory English	WEL	17 Aug 1993	4	NZL Championships	Christchurch	27 Mar 2010
5	1:57.58	Charles Scannell	WEL	23 Mar 1994	2	Black Programme	Wellington	13 Nov 2010
6	1:57.94	Brett Clifford	CAN	28 Jul 1993	5	NZL Championships	Christchurch	27 Mar 2010
7	1:58.36	Scott Hilliar	WBP	25 Jul 1994	6	NZL Championships	Christchurch	27 Mar 2010
8	1:58.61	Ben Moynihan	AKL	08 Apr 1994	1	Battle of Regions 1	Auckland	13 Nov 2010
9	1:58.70	Adin Martinus	CAN	25 Sep 1993	3	Special Event	Christchurch	03 Apr 2010
10	1:58.73	James Watt	AKL	18 Jan 1993	7	NZL Championships	Christchurch	27 Mar 2010
11	1:58.82	Yared Kebede	WEL	12 Apr 1993	3	NI Sec Schools	Wellington	20 Mar 2010
12	2:00.14	Matthew Vercoe-Curtis	AKL	03 Apr 1994	2sf3	NZSSAA Championships	Hastings	11 Dec 2010
13	2:00.18	Cameron Murdoch	WEL	07 Jul 1994	1	Central Region Lge R2	Palmerston North	20 Nov 2010
14	2:00.20	Cameron Mugeridge	WBP	22 May 1993	2	WBOP Championships	Hamilton	28 Feb 2010
15	2:01.33	Jake Tully	HGB	30 Jun 1994	4sf3	NZSSAA Championships	Hastings	11 Dec 2010
16	2:01.73	Thomas Monnery	AKL	24 Oct 1995	2	Pakuranga Festival	Pakuranga	27 Nov 2010
17	2:01.96	Liam Cowley	AKL	26 Jul 1994	1	Battle of Regions 1	Auckland	13 Nov 2010
18	2:01.99	Ray Wang	AKL	24 Apr 1995	3	Pakuranga Festival	Pakuranga	27 Nov 2010
19	2:02.31	Aaron McLelland	STH	28 Nov 1994	2	NI Sec Schools	Wellington	20 Mar 2010
20	2:02.31	Tom Quinn	WEL	22 Jun 1995	3	Central Region Lge R3	Wellington	27 Nov 2010
21	2:02.33	Aaron Richardson	CAN	26 Jan 1993	2	Canterbury Championshi	Christchurch	07 Mar 2010
22	2:02.52	Taylor Quirk	MWA	25 Jul 1994	4h6	NZSSAA Championships	Hastings	11 Dec 2010
23	2:02.56	Nicholas Pointon	WEL	02 Feb 1996	4	Central Region Lge R3	Wellington	27 Nov 2010
24	2:02.97	Joel Farley	WEL	26 Mar 1994	6sf3	NZSSAA Championships	Hastings	11 Dec 2010

MENS 16 1000m

1	2:32.19	Mohamed Ali	WBP	01 Jul 1993	4	Australia Junior Ch	Sydney AUS	12 Mar 2010
2	2:33.97	Scott Hilliar	WBP	25 Jul 1994	7	Sylvia Potts Classic	Hastings	29 Jan 2010
3	2:45.66	Ryan McAlister	WEL	25 Sep 1993	9	Sylvia Potts Classic	Hastings	29 Jan 2010
4	2:48.73	Cameron Murdoch	WEL	07 Jul 1994	1	College League	Wellington	09 Oct 2010

MENS 16 1500m

1	3:57.29	Mohamed Ali	WBP	01 Jul 1993	1	NI Sec Schools	Wellington	21 Mar 2010
2	3:58.05	Matt Baxter	TAR	06 Aug 1994	1	Central Region Lge R2	Palmerston North	20 Nov 2010
3	3:58.79	Kieron McDonald	WEL	28 Jun 1994	2	Central Region Lge R2	Palmerston North	20 Nov 2010
4	4:00.25	Ben Moynihan	AKL	08 Apr 1994	3	NZSSAA Championships	Hastings	12 Dec 2010
5	4:02.64	Scott Hilliar	WBP	25 Jul 1994	6	NZSSAA Championships	Hastings	12 Dec 2010
6	4:03.58	Tom Stringer	TAS	16 Sep 1993	2	NZL Championships	Christchurch	28 Mar 2010
7	4:06.69	Charles Scannell	WEL	23 Mar 1994	1	Gold Programme	Wellington	04 Dec 2010
8	4:07.48	Michael Sutton	WBP	24 Sep 1994	3	NI Sec Schools	Wellington	21 Mar 2010
9	4:07.74	Cameron Murdoch	WEL	07 Jul 1994	4	Gold Programme	Wellington	04 Dec 2010
10	4:08.83	Yared Kebede	WEL	12 Apr 1993	4	NZL Championships	Christchurch	28 Mar 2010
11	4:10.05	Brett Clifford	CAN	28 Jul 1993	3	SI Sec Schools	Dunedin	20 Mar 2010
12	4:11.56	Matthew Vercoe-Curtis	AKL	03 Apr 1994	3h3	NZSSAA Championships	Hastings	11 Dec 2010
13	4:11.78	Thomas Sussex	AKL	26 Jun 1994	4h2	NZSSAA Championships	Hastings	11 Dec 2010
14	4:11.78	Nicholas Pointon	WEL	02 Feb 1996	3	Central Region Lge R2	Palmerston North	20 Nov 2010

MENS 16 Mile

1	4:22.28	Ben Moynihan	AKL	08 Apr 1994	3	John Walker Miles	Auckland	18 Dec 2010
2	4:23.41	Oliver Smith	WBP	11 Apr 1994	1	Open Meeting	Hamilton	04 Dec 2010
3	4:24.90	Scott Hilliar	WBP	25 Jul 1994	13	Cooks Classic	Wanganui	26 Jan 2010
4	4:29.36	Finn Roy	WEL	01 Dec 1993	1	Scottish Night of Miles	Wellington	18 Dec 2010
5	4:32.21	Cameron Murdoch	WEL	07 Jul 1994	1	Scottish Night of Miles	Wellington	18 Dec 2010
6	4:32.95	Matthew Pavitt	WEL	01 Aug 1992	2	Scottish Night of Miles	Wellington	18 Dec 2010
7	4:36.85	Luke McCallum	TAR	05 May 1994	1	John Walker Miles	Auckland	18 Dec 2010
8	4:38.64	Michael Sutton	WBP	24 Sep 1994	4	Open Meeting	Hamilton	04 Dec 2010
9	4:38.88	Ray Wang	AKL	24 Apr 1995	2	John Walker Miles	Auckland	18 Dec 2010
10	4:40.17	Theunis Pieters	WBP	07 Apr 1995	5	Open Meeting	Hamilton	04 Dec 2010
11	4:41.21	David Lee	AKL	21 Jan 1996	3	John Walker Miles	Auckland	18 Dec 2010
12	4:41.70	Joshua Baan	MWA	31 Aug 1995	2	Scottish Night of Miles	Wellington	18 Dec 2010
13	4:41.82	Jacob Priddey	WBP	28 Nov 1996	1	Open Meeting	Hamilton	04 Dec 2010
14	4:42.54	Finn Wilson	AKL	21 Aug 1995	5	John Walker Miles	Auckland	18 Dec 2010
15	4:43.48	Thomas Currie	AKL	11 Sep 1994	7	John Walker Miles	Auckland	18 Dec 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

MENS 16 3000m

1	8:38.61	Matt Baxter	TAR	06 Aug 1994	2	NZSSAA Championships	Hastings	12 Dec 2010
2	8:40.23	Mohamed Ali	WBP	01 Jul 1993	1	Australia Junior Ch	Sydney AU	13 Mar 2010
3	8:48.33	Michael Sutton	WBP	24 Sep 1994	2	NZL Championships	Christchurch	26 Mar 2010
4	8:50.70	Oliver Smith	WBP	11 Apr 1994	4	NZSSAA Championships	Hastings	12 Dec 2010
5	8:58.34	Tim Stewart	WEL	21 Mar 1993	4	NZL Championships	Christchurch	26 Mar 2010
6	9:04.42	Craig Lautenslager	TAS	30 Mar 1993	5	NZL Championships	Christchurch	26 Mar 2010
7	9:04.53	Matthew Taylor	HGB	28 Jun 1994	2	Cooks Classic	Wanganui	26 Jan 2010
8	9:05.58	Samuel Mills	CAN	25 Aug 1992	3	Down Under	Gold Coast AUS	02 Jul 2010
9	9:14.62	Toby Batchelor	OTG	21 Apr 1994	7	NZL Championships	Christchurch	26 Mar 2010

MENS 16 2000m Steeplechase

1	6:19.75	Matthew Taylor	HGB	28 Jun 1994	2	NZSSAA Championships	Hastings	12 Dec 2010
2	6:23.39	Liam Cowley	AKL	26 Jul 1994	3	NZSSAA Championships	Hastings	12 Dec 2010
3	6:29.29	Liam Walsh	WBP	28 Jul 1993	1	NZL Championships	Christchurch	28 Mar 2010

MENS 16 110m Hurdles

1	14.09	0.9	Joshua Hawkins	AKL	09 Feb 1994	1	NZSSAA Championships	Hastings	12 Dec 2010
2	14.61	-0.7	Campbell Wu	AKL	16 Sep 1993	1	NZL Championships	Christchurch	27 Mar 2010
3	14.73	-0.7	Phil Simms	WBP	09 Aug 1993	2	NZL Championships	Christchurch	27 Mar 2010
4	15.04	1.4	Christopher Wiremu	CAN	15 Jul 1994	1	Interclub	Christchurch	30 Jan 2010
5	15.23	0.9	Jack Henry	CAN	22 Mar 1994	4	NZSSAA Championships	Hastings	12 Dec 2010
6	15.77	0.4	Pascal Kethers	AKL	14 Aug 1995	3	Auckland Championships	Auckland	27 Feb 2010
7	16.15	-0.7	Aaron Ruddle	CAN	10 Feb 1994	4	NZL Championships	Christchurch	27 Mar 2010
8	16.40	1.9	Joseph Reynolds	WBP	15 Jan 1994	1	Putaruru Bell 2	Tauranga	30 Oct 2010
9	16.52	-1.3	Jesse Bryant	CAN	27 Jan 1995	0	Canterbury CE Champs	Christchurch	19 Dec 2010
10	16.64	1.4	Sam Fitzgerald	CAN	26 Jun 1993	2	Interclub	Christchurch	16 Jan 2010

MENS 16 400m Hurdles

1	53.39	Campbell Wu	AKL	16 Sep 1993	3	Australia Junior Ch	Sydney AU	13 Mar 2010
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MENS 16 Field

MENS 16 High Jump

1	2.00	Ross Walker-Smart	AKL	22 Nov 1993	1	NZL Championships	Christchurch	27 Mar 2010
2	1.97	Jordan Peters	AKL	19 Jun 1994	2	NZSSAA Championships	Hastings	11 Dec 2010
3	1.95	Luke Davison	WBP	05 May 1994	1	Bay of Plenty Schools	Tauranga	03 Mar 2010
4	1.94	Joseph Reynolds	WBP	15 Jan 1994	4	NZSSAA Championships	Hastings	11 Dec 2010
5	1.91	Jesse Bryant	CAN	27 Jan 1995	1	SI Colgate Games	Timaru	17 Jan 2010
6	1.90	Brent Cheshire	OTG	27 Nov 1994	1	Weekly Meeting	Dunedin	18 Dec 2010
7	1.90	Patrick Harnett	CAN	28 Apr 1995	1	NZSSAA Championships	Hastings	12 Dec 2010
8	1.90	Elton Metternich	STH	13 Jan 1994	1	Weekly Meeting	Dunedin	23 Oct 2010
9	1.86	Mackenzie Haugh	OTG	12 Dec 1995	1	Weekly Meeting	Dunedin	04 Dec 2010
10	1.85	James Welsh	AKL	22 Dec 1994	1	Interclub	Christchurch	30 Oct 2010
11	1.85	Kohl Midgley	AKL	19 Mar 1995	3	NI Sec Schools	Wellington	20 Mar 2010
12	1.85	Tom Hayes	MWA	03 Oct 1994	6	NI Sec Schools	Wellington	20 Mar 2010
13	1.85	Phil Simms	WBP	09 Aug 1993	2	WBOP Championships	Hamilton	28 Feb 2010
14	1.81	Samuel Small	CAN	10 Jul 1995	4	NZSSAA Championships	Hastings	12 Dec 2010

MENS 16 Pole Vault

1	4.80	Nicholas Southgate	AKL	09 Apr 1994	1	Battle of Regions 1	Auckland	13 Nov 2010
2	4.50	Pascal Kethers	AKL	14 Aug 1995	1	Open Meeting	Hamilton	04 Dec 2010
3	3.60	Thomas North	AKL	02 Jan 1994	4	NZSSAA Championships	Hastings	11 Dec 2010
4	3.50	Jarno Plenter	CAN	14 Jun 1995	1	Interclub	Christchurch	29 Dec 2010
5	3.30	Matthew Peddie	AKL	20 Nov 1995	3	Winter Mini Meet	North Shore	26 Jun 2010

MENS 16 Long Jump

1	7.13	2.0	Brendon Barnett	TAS	29 Mar 1994	1	NZSSAA Championships	Hastings	12 Dec 2010
2	6.78	-0.5	Jesse Bryant	CAN	27 Jan 1995	1	Interclub	Christchurch	13 Nov 2010
3	6.69	-0.6	Christopher Wiremu	CAN	15 Jul 1994	1	Interclub	Christchurch	30 Oct 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

4	6.63	1.8	Jordan Peters	AKL	19 Jun 1994	4	NZSSAA Championships	Hastings	12 Dec 2010
5	6.42	1.9	Phil Simms	WBP	09 Aug 1993	0	Northern Region CE	Auckland	30 Jan 2010
6	6.38	1.8	Pascal Kethers	AKL	14 Aug 1995	2	Battle of Regions 1	Auckland	12 Dec 2010
7	6.34	1.3	Eroni Sotutu	STH	28 Jun 1994	2	St Pauls Memorial	Invercargill	20 Nov 2010

MENS 16 Triple Jump

1	13.29	-0.5	Jaxon Bonnici	AKL	22 May 1993	1	Hot Meet 4	North Shore	16 Jan 2010
2	13.19	0.5	Christopher Wiremu	CAN	15 Jul 1994	1	Interclub	Christchurch	04 Dec 2010
3	13.09	0.2	William Smart	MWA	12 May 1995	2	NZSSAA Championships	Hastings	12 Dec 2010
4	12.89	1.6	William Cowper	AKL	08 Nov 1994	1	Central Region Lge R3	Wellington	27 Nov 2010
5	12.82	0.7	Phillip Wyatt	AKL	31 Aug 1993	1	NZL Championships	Christchurch	27 Mar 2010
6	12.53	0.0	Wade Cooper	TAS	22 Nov 1994	1	Tasman Schools Ch	Blenheim	10 Mar 2010
7	12.36	-0.3	Sam Hewat	WBP	12 Jan 1993	1	WBOP Championships	Hamilton	27 Feb 2010

MENS 16 Shot Put

1	23.86		Jacko Gill	AKL	20 Dec 1994	1	NZSSAA Championships	Hastings	11 Dec 2010
2	16.72		Solomone Vaka	AKL	20 Nov 1993	1	Interprovincial Meet	Waitakere	23 Jan 2010
3	15.43		Timothy Girling-McLean	WEL	06 Jan 1995	1	NZSSAA Championships	Hastings	11 Dec 2010
4	15.27		Alex Fafeita	WEL	31 Aug 1994	1	Central Region Lge R3	Wellington	27 Nov 2010
5	15.00		Kyle Van Der Merwe	TAR	08 Aug 1995	2	Central Region Lge R3	Wellington	27 Nov 2010
6	14.64		Luke Davison	WBP	05 May 1994	0	North Island CE Champs	Hastings	23 Oct 2010
7	14.51		Jesse Bryant	CAN	27 Jan 1995	5	NZSSAA Championships	Hastings	11 Dec 2010
8	13.87		Richard Callister	AKL	07 Jan 1995	1	Sam Johnson Memorial	Hamilton	05 Dec 2010
9	13.70		Hayden Hall	CAN	26 Mar 1993	1	Interclub	Christchurch	30 Jan 2010
10	13.64		Jonah Sofele	AKL	10 Feb 1995	7	NZSSAA Championships	Hastings	11 Dec 2010
11	13.43		Nicolas McGrath	CAN	07 Jul 1994	2	Interclub	Christchurch	27 Nov 2010
12	13.39		Christopher Wiremu	CAN	15 Jul 1994	3	Interclub	Christchurch	27 Nov 2010
13	13.29		Joshua Cocker-Valu	AKL	20 Jun 1993	1	Hot Meet 4	North Shore	16 Jan 2010
14	13.22		Dean Rusbatch	OTG	26 Mar 1994	1	Hurring Relays 3	Dunedin	13 Nov 2010
15	12.99		Matthew Bloxham	AKL	16 Nov 1996	4	Battle of Regions 1	Auckland	13 Nov 2010
16	12.72		Joseph Reynolds	WBP	15 Jan 1994	1	Open Meeting	Tauranga	16 Oct 2010
17	12.67		Wade McLean-Te Huia	WBP	04 Jun 1994	7	NI Sec Schools	Wellington	20 Mar 2010
18	12.65		Augustus Isaako	CAN	12 Apr 1993	3	Interclub	Christchurch	20 Feb 2010
19	12.48		Adam Fleming	WBP	23 Dec 1994	2	Putararu Bell 2	Tauranga	30 Oct 2010
20	12.35		Franco Patu	WEL	01 Feb 1993	1	Wellington Championshi	Wellington	27 Feb 2010
21	12.33		Matthew Holcroft	WBP	18 Jan 1994	2	Open Meeting	Tauranga	27 Nov 2010

MENS 16 Discus Throw

1	56.64		Jacko Gill	AKL	20 Dec 1994	1	Australia Junior Ch	Sydney AU	13 Mar 2010
2	55.52		Hayden Hall	CAN	26 Mar 1993	2	NZL Championships	Christchurch	26 Mar 2010
3	53.30		Solomone Vaka	AKL	20 Nov 1993	1	Interprovincial Meet	Waitakere	23 Jan 2010
4	48.46		Alex Fafeita	WEL	31 Aug 1994	6	NZSSAA Championships	Hastings	11 Dec 2010
5	48.36		Richard Callister	AKL	07 Jan 1995	D	North Island CE Champs	Hastings	24 Oct 2010
6	44.98		Kyle Van Der Merwe	TAR	08 Aug 1995	1	Central Region Lge R3	Wellington	27 Nov 2010
7	43.94		Jonah Sofele	AKL	10 Feb 1995	2	Battle of Regions 1	Auckland	13 Nov 2010
8	41.05		Nicolas McGrath	CAN	07 Jul 1994	11	NZSSAA Championships	Hastings	11 Dec 2010
9	40.64		Jesse Bryant	CAN	27 Jan 1995	1	Interclub	Timaru	06 Nov 2010
10	40.56		Luke Davison	WBP	05 May 1994	1	Open Meeting	Tauranga	27 Nov 2010
11	39.94		Meseka Lupo	WEL	23 Dec 1994	12	NZSSAA Championships	Hastings	11 Dec 2010
12	39.40		Bryn McLeod-Jones	OTG	26 Mar 1994	1	Weekly Meeting	Dunedin	04 Dec 2010
13	39.16		Dean Rusbatch	OTG	26 Mar 1994	1	Weekly Meeting	Dunedin	18 Dec 2010
14	39.07		Christopher Wiremu	CAN	15 Jul 1994	2	Interclub	Christchurch	20 Feb 2010
15	37.92		Adam Fleming	WBP	23 Dec 1994	2	Open Meeting	Hamilton	18 Dec 2010
16	37.44		Joshua Cocker-Valu	AKL	20 Jun 1993	2	Interprovincial Meet	Waitakere	23 Jan 2010
17	36.56		Cameron Prouting	MWA	02 Aug 1993	7	NI Sec Schools	Wellington	20 Mar 2010
18	36.44		Matthew Holcroft	WBP	18 Jan 1994	2	Putararu Bell 2	Tauranga	30 Oct 2010
19	36.00		Timothy Girling-McLean	WEL	06 Jan 1995	2	Carol McNie Memorial	Palmerston North	19 Oct 2010
20	34.97		Matthew Brorens	CAN	11 Jun 1994	2	Interclub	Christchurch	27 Nov 2010
21	34.86		Mitchell Paterson	CAN	10 Dec 1993	3	Canterbury Championshi	Christchurch	07 Mar 2010
22	34.48		Harlem Cole	CAN	22 Sep 1993	11	NZL Championships	Christchurch	26 Mar 2010
23	33.38		Michael Dewar	CAN	22 Mar 1994	3	Interclub	Christchurch	20 Nov 2010
24	33.38		Joshua Brown	NTH	11 Jun 1994	13	NZL Championships	Christchurch	26 Mar 2010
25	33.12		Phillip Meikle	CAN	10 Mar 1994	3	ITM	Christchurch	18 Mar 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

MENS 16 Hammer Throw

1	60.18	Alex Fafeita	WEL	31 Aug 1994	1	Central Region Lge R3	Wellington	27 Nov 2010
2	48.90	Richard Callister	AKL	07 Jan 1995	1	Sam Johnson Memorial	Hamilton	05 Dec 2010
3	48.65	Jacko Gill	AKL	20 Dec 1994	1	Open Meeting	Hamilton	18 Dec 2010
4	48.12	Dean Rusbatch	OTG	26 Mar 1994	1	Weekly Meeting	Dunedin	18 Dec 2010
5	46.56	Michael Dewar	CAN	22 Mar 1994	4	NZSSAA Championships	Hastings	12 Dec 2010
6	45.91	Todd Bates	OTG	29 Nov 1994	2	Weekly Meeting	Dunedin	18 Dec 2010
7	36.33	Simon Early	CAN	08 Aug 1994	5	NZL Championships	Christchurch	27 Mar 2010
8	35.48	Bryn McLeod-Jones	OTG	26 Mar 1994	3	Weekly Meeting	Dunedin	04 Dec 2010

MENS 16 Javelin Throw

1	64.97	Franco Patu	WEL	01 Feb 1993	1	Cooks Classic	Wanganui	26 Jan 2010
2	58.09	Kyle Van Der Merwe	TAR	08 Aug 1995	1	NZSSAA Championships	Hastings	11 Dec 2010
3	55.20	Christopher Lines	TAS	13 Feb 1993	1	NZL Championships	Christchurch	27 Mar 2010
4	53.85	Luke Davison	WBP	05 May 1994	7	NZSSAA Championships	Hastings	12 Dec 2010
5	51.36	Liam Murphy	HBG	24 Jul 1994	2	Central Region Lge R1	Hastings	06 Nov 2010
6	49.79	Angus McKellar	CAN	20 Aug 1993	2	Canterbury Championshi	Christchurch	07 Mar 2010
7	48.79	Ross Walker-Smart	AKL	22 Nov 1993	4	NZL Championships	Christchurch	27 Mar 2010
8	48.53	Freddy Faull	CAN	25 Jul 1994	1	Interclub	Christchurch	30 Oct 2010
9	48.52	Samuel Martin	HBG	22 Mar 1993	5	NZL Championships	Christchurch	27 Mar 2010
10	47.80	Hayden Hall	CAN	26 Mar 1993	7	NZL Championships	Christchurch	27 Mar 2010
11	45.98	Jordan Sussex	AKL	03 Mar 1994	5	NI Sec Schools	Wellington	20 Mar 2010
12	45.80	Alex Fafeita	WEL	31 Aug 1994	1	Porritt Classic	Hamilton	13 Feb 2010

MENS 16 Combined Events

MENS 16 Decathlon

1	5567	Pascal Kethers	AKL	14 Aug 1995	1	North Island CE Champs	Hastings	24 Oct 2010
2	4326	Richard Callister	AKL	07 Jan 1995	2	North Island CE Champs	Hastings	24 Oct 2010

MENS 16 Octathlon

1	5312	Phil Simms	WBP	09 Aug 1993	1	NZ CE Championships	Hamilton	14 Feb 2010
2	5067	Luke Davison	WBP	05 May 1994	1	North Island CE Champs	Hastings	24 Oct 2010
3	4927	Jesse Bryant	CAN	27 Jan 1995	1	Canterbury CE Champs	Christchurch	19 Dec 2010
4	4570	Ross Walker-Smart	AKL	22 Nov 1993	3	Northern Region CE	Auckland	31 Jan 2010
5	4479	Pascal Kethers	AKL	14 Aug 1995	3	NZ CE Championships	Hamilton	14 Feb 2010
6	4284	Sam Fitzgerald	CAN	26 Jun 1993	4	NZ CE Championships	Hamilton	14 Feb 2010
7	4242	Joseph Reynolds	WBP	15 Jan 1994	2	North Island CE Champs	Hastings	24 Oct 2010
8	4201	Jack Henry	CAN	22 Mar 1994	2	Canterbury CE Champs	Christchurch	19 Dec 2010
9	3879	Warren Duncan	AKL	09 Mar 1994	6	Northern Region CE	Auckland	31 Jan 2010
10	3197	Benjamin Lim	CAN	23 Jan 1993	2	Canterbury CE Chps	Christchurch	24 Jan 2010
11	2541	Daniel Sloan	AKL	16 Sep 1995	8	Northern Region CE	Auckland	31 Jan 2010

WOMENS OPEN Track

WOMENS OPEN 100m

1	11.61	1.4	Anna Smythe	OTG	17 Mar 1978	1h4	AUS Championships	Perth AUS	16 Apr 2010
2	11.71	0.4	Andrea Koenen	AKL	13 Jan 1990	2	NZL Championships	Christchurch	26 Mar 2010
3	11.79	1.3	Monique Williams	AKL	23 Sep 1985	1	British Athletics Lge	Eton GBR	31 Jul 2010
4	11.93	1.0	Rochelle Coster	AKL	06 Jun 1988	2	Area Championships	Cairns AUS	23 Sep 2010
5	12.11	0.8	Andrea Miller	OTG	13 Mar 1982	2r1	UQ All Comers	Brisbane AUS	12 Sep 2010
6	12.13	-0.4	Lauren Wilson	OTG	24 Nov 1992	1	NZL Championships	Christchurch	26 Mar 2010
7	12.14	2.0	Nneka Okpala	AKL	27 Apr 1988	1	Auckland Championships	Auckland	27 Feb 2010
8	12.19	1.7	Louise Jones	AKL	04 Aug 1985	2	Battle of Regions 1	Auckland	13 Nov 2010
9	12.22	1.1	Mariah Ririnui	WBP	26 Jun 1992	1r1	Cooks Classic	Wanganui	26 Jan 2010
10	12.24	1.5	Nicola Hely	OTG	09 Feb 1986	2	Canterbury Championshi	Christchurch	07 Mar 2010
11	12.24	1.5	Rebecca Wardell	CAN	21 Dec 1977	1	Canterbury Championshi	Christchurch	07 Mar 2010
12	12.26	1.9	Livvy Wilson	AKL	09 Aug 1992	1	NI Sec Schools	Wellington	20 Mar 2010
13	12.28	-0.4	Kelsey Berryman	CAN	04 Feb 1992	2	NZL Championships	Christchurch	26 Mar 2010
14	12.32	1.5	Hazel Bowering-Scott	TAS	01 Apr 1993	1h1	NZL Championships	Christchurch	26 Mar 2010
15	12.36	1.6	Larissa Dyke	OTG	18 Jul 1985	1	Weekly Meeting	Dunedin	14 Mar 2010
16	12.38	-0.4	Chelsea Johannsen	AKL	06 Sep 1991	4	NZL Championships	Christchurch	26 Mar 2010
17	12.42	0.4	Tessa Carnie	WBP	29 May 1989	6	NZL Championships	Christchurch	26 Mar 2010
18	12.48	1.9	Sarah Cowley	AKL	03 Feb 1984	2	Open Meeting	Tauranga	05 Jan 2010
19	12.48	1.0	Rachel Peeters	AKL	29 Jun 1991	1	Hot Meet 4	North Shore	16 Jan 2010
20	12.48	0.8	Esther Liong	CAN	25 Feb 1989	3r1	Interclub	Christchurch	30 Jan 2010
21	12.50	0.2	Louise Hosegood	WEL	05 Feb 1988	4h1	NZL Championships	Christchurch	26 Mar 2010
22	12.51	0.7	Fiona Hely	OTG	13 Apr 1988	1	Weekly Meeting	Dunedin	27 Nov 2010
23	12.53	1.1	Laura McKenna	WEL	01 Aug 1995	1	NZSSAA Championships	Hastings	12 Dec 2010
24	12.54	1.5	Chanel Hickman	CAN	23 Sep 1987	3	Canterbury Championshi	Christchurch	07 Mar 2010
25	12.55	1.1	Veronica Torr	AKL	17 May 1987	3r1	Winter Series #9	Gold Coast AUS	03 Sep 2010
26	12.55	1.1	Merewarihi Vaka	AKL	30 Mar 1995	1	NI Sec Schools	Wellington	20 Mar 2010
27	12.56	1.1	April Campbell	WEL	24 Apr 1994	3	NI Sec Schools	Wellington	20 Mar 2010
28	12.56	1.1	Louise Hodge	AKL	01 Nov 1994	2	NI Sec Schools	Wellington	20 Mar 2010
29	12.56	1.7	Rebecca Peterson	STH	23 Oct 1995	1	St Pauls Memorial	Invercargill	20 Nov 2010
30	12.57	0.5	Brogan Mcdonald	AKL	08 Jul 1993	3	NZL Championships	Christchurch	26 Feb 2010
31	12.57	0.5	Megan McPhail	OTG	23 Mar 1994	2	NZL Championships	Christchurch	26 Feb 2010
32	12.57	-0.4	Phillipa Symes	MWA	12 Mar 1992	7	NZL Championships	Christchurch	26 Mar 2010
33	12.60	1.5	Abby Goldie	WBP	03 Mar 1996	1h7	NZSSAA Championships	Hastings	12 Dec 2010
34	12.61	0.9	Sarah Hosegood	WEL	05 Feb 1988	1	Wellington Championshi	Wellington	27 Feb 2010
35	12.61	1.9	Megan Lee	AKL	07 Feb 1995	1r1	Pakuranga Festival	Pakuranga	27 Nov 2010
36	12.66	1.4	Kathryn Stuart	CAN	27 Dec 1994	2r1	Interclub	Christchurch	13 Feb 2010
37	12.68	1.4	Annabelle Coates	CAN	08 Dec 1989	3r1	Interclub	Christchurch	13 Feb 2010
38	12.71	0.5	Emma Blake	HBG	05 Apr 1993	2sf1	NZSSAA Championships	Hastings	13 Dec 2010
39	12.72	1.5	Robyn Engels	WBP	17 May 1996	2h7	NZSSAA Championships	Hastings	12 Dec 2010
40	12.72	0.5	Genelle Vanderschantz	WBP	01 Jun 1993	6	NZL Championships	Christchurch	26 Feb 2010
41	12.72	-0.7	Fiona Morrison	CAN	24 Oct 1988	1	Interclub	Christchurch	29 Dec 2010
42	12.73	1.1	Michaela Blyde	TAR	29 Dec 1995	5	NZSSAA Championships	Hastings	12 Dec 2010
43	12.73	1.7	Rebecca Gibson	STH	02 May 1990	2	St Pauls Memorial	Invercargill	20 Nov 2010
44	12.75	-0.1	Holly Janssen	WEL	21 Nov 1992	1	Gold Programme	Wellington	04 Dec 2010
45	12.75	-0.1	Laura McPhail	OTG	24 Nov 1991	4h2	NZL Championships	Christchurch	26 Mar 2010
46	12.75	-0.4	Ellie McCleery	WBP	07 Jul 1994	3h2	NZL Championships	Christchurch	26 Mar 2010
47	12.76	1.1	Lauren Nicol	CAN	24 Apr 1993	1r1	Interclub	Christchurch	20 Nov 2010
48	12.78	0.8	Elizabeth Rankin	AKL	18 May 1992	3sf2	NZSSAA Championships	Hastings	13 Dec 2010
49	12.78	1.4	Abigail Watson	CAN	22 Nov 1991	4r1	Interclub	Christchurch	13 Feb 2010
50	12.79	-0.2	Annmarie Spragg	WBP	15 Dec 1981	1	International Meet	Kerkrade NED	24 Jul 2010

PROGRESSION	2008	2009	2010
1st	11.68	11.64	11.61
10th	12.41	12.28	12.24
20th	12.61	12.47	12.48

WOMENS OPEN 200m

1	23.46	1.5	Andrea Koenen	AKL	13 Jan 1990	1	UQ All Comers	Brisbane AUS	26 Jun 2010
2	23.61	0.1	Monique Williams	AKL	23 Sep 1985	1h5	Commonwealth Games	New Delhi IND	09 Oct 2010
3	24.36	1.3	Rebecca Wardell	CAN	21 Dec 1977	H	Canterbury CE Chps	Christchurch	24 Jan 2010
4	24.68	0.6	Louise Jones	AKL	04 Aug 1985	1	Battle of Regions 1	Auckland	13 Nov 2010
5	24.69	-0.9	Rochelle Coster	AKL	06 Jun 1988	3	NZL Championships	Christchurch	28 Mar 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

6	24.74	1.9	Nicola Hely	OTG	09 Feb 1986	2r1	Capital Classic	Wellington	22 Jan 2010
7	24.88	1.8	Lauren Wilson	OTG	24 Nov 1992	1	NZSSAA Championships	Hastings	12 Dec 2010
8	25.04	-0.5	Hazel Bowering-Scott	TAS	01 Apr 1993	1h1	Australia Junior Ch	Sydney AU	13 Mar 2010
9	25.16	-1.0	Kristie Baillie	WBP	09 Sep 1991	2	NZL Championships	Christchurch	28 Mar 2010
10	25.24	0.0	Veronica Torr	AKL	17 May 1987	H	AUS CE Champs	Gold Coast AUS	09 Apr 2010
11	25.24	1.9	Sarah Cowley	AKL	03 Feb 1984	4r1	Capital Classic	Wellington	22 Jan 2010
12	25.26	-3.0	Madison Gipson	AKL	14 Apr 1995	1	NH Schools	North Shore	05 Mar 2010
13	25.30	1.9	Chelsea Johanssen	AKL	06 Sep 1991	2h2	NZL Championships	Christchurch	28 Mar 2010
14	25.33	0.3	Annamarie Spragg	WBP	15 Dec 1981	1r3	International Meet	Ninove BEL	07 Aug 2010
15	25.34	-1.0	Livvy Wilson	AKL	09 Aug 1992	3	NZL Championships	Christchurch	28 Mar 2010
16	25.36	1.8	Emma Blake	HBG	05 Apr 1993	2	NZSSAA Championships	Hastings	12 Dec 2010
17	25.39	0.8	Megan McPhail	OTG	23 Mar 1994	2h2	NZL Championships	Christchurch	28 Mar 2010
18	25.43	1.7	Kathryn Stuart	CAN	27 Dec 1994	1	Interclub	Christchurch	20 Nov 2010
19	25.43	0.8	Portia Bing	AKL	17 Apr 1993	1h1	NZL Championships	Christchurch	28 Mar 2010
20	25.45	1.9	Sarah Hosegood	WEL	05 Feb 1988	5r1	Capital Classic	Wellington	22 Jan 2010
21	25.48	1.9	Rebecca Gibson	STH	02 May 1990	6r1	Capital Classic	Wellington	22 Jan 2010
22	25.50	-0.8	Katherine Camp	WBP	06 Feb 1992	6	Australia Junior Ch	Sydney AUS	14 Mar 2010
23	25.54	0.9	Holly Janssen	WEL	21 Nov 1992	2	Central Region Lge R3	Wellington	27 Nov 2010
24	25.56	1.6	Annabelle Coates	CAN	08 Dec 1989	2r1	Interclub	Christchurch	13 Feb 2010
25	25.57	-1.0	Tessa Carnie	WBP	29 May 1989	2	Otago Championships	Dunedin	21 Feb 2010
26	25.58	-1.4	Talia Horgan	WBP	02 Oct 1996	1r1	Open Meeting	Hamilton	04 Dec 2010
27	25.58	1.8	Brooke Cull	AKL	26 Feb 1994	3	NZSSAA Championships	Hastings	12 Dec 2010
28	25.66	1.9	Rachel Peeters	AKL	29 Jun 1991	3h2	NZL Championships	Christchurch	28 Mar 2010
29	25.70	1.7	Abigail Watson	CAN	22 Nov 1991	2	Interclub	Christchurch	20 Nov 2010
30	25.70	1.9	Kelsey Berryman	CAN	04 Feb 1992	7r1	Capital Classic	Wellington	22 Jan 2010
31	25.74	1.9	Louise Hosegood	WEL	05 Feb 1988	1	Wellington Championshi	Wellington	27 Feb 2010
32	25.75	0.8	Louise Hodge	AKL	01 Nov 1994	4h2	NZL Championships	Christchurch	28 Mar 2010
33	25.79	1.8	Fiona Hely	OTG	13 Apr 1988	1	Weekly Meeting	Dunedin	11 Dec 2010
34	25.81	1.8	Laura McKenna	WEL	01 Aug 1995	1	Wellington Jnr Champs	Wellington	07 Mar 2010
35	25.83	0.8	Brogan Mcdonald	AKL	08 Jul 1993	5h2	NZL Championships	Christchurch	28 Mar 2010
36	25.85	-1.1	Lisa Osborne	HBG	12 Aug 1983	1	Central Region Lge R2	Palmerston North	20 Nov 2010
37	25.89	-0.1	Chanel Hickman	CAN	23 Sep 1987	1r1	Interclub	Christchurch	06 Feb 2010
38	25.94	-1.9	Fiona Morrison	CAN	24 Oct 1988	1	Interclub	Christchurch	18 Dec 2010
39	25.98	-0.6	Katrina Anderson	AKL	22 Mar 1992	1	Hot Meet 7	Auckland	06 Mar 2010
40	26.01	-1.1	Michaela Blyde	TAR	29 Dec 1995	1	Central Region Lge R2	Palmerston North	20 Nov 2010
41	26.01	1.9	Ellen Schaefer	WEL	25 Oct 1990	8r1	Capital Classic	Wellington	22 Jan 2010
42	26.03	0.8	Ellie McCleery	WBP	07 Jul 1994	4h1	NZL Championships	Christchurch	28 Mar 2010
43	26.06	-1.5	Mariah Rininui	WBP	26 Jun 1992	1	WBOP Schools	Tauranga	13 Mar 2010
44	26.11	1.2	Abby Goldie	WBP	03 Mar 1996	2q2	NZSSAA Championships	Hastings	11 Dec 2010
45	26.11	0.2	Elizabeth Rankin	AKL	18 May 1992	5sf2	NZSSAA Championships	Hastings	12 Dec 2010
46	26.15	1.0	Robyn Engels	WBP	17 May 1996	1q4	NZSSAA Championships	Hastings	11 Dec 2010
47	26.15	0.8	Genelle Vanderschantz	WBP	01 Jun 1993	5h1	NZL Championships	Christchurch	28 Mar 2010
48	26.18	-1.6	Mandy Enright	AKL	17 Sep 1993	4h1	NI Sec Schools	Wellington	21 Mar 2010
49	26.19	1.8	April Campbell	WEL	24 Apr 1994	1	Wellington Jnr Champs	Wellington	07 Mar 2010
50	26.23	1.6	Amy McKay	CAN	02 Jul 1986	3r1	Interclub	Christchurch	13 Feb 2010

PROGRESSION	2008	2009	2010
1st	23.67	22.90	23.46
10th	25.24	25.00	25.24
20th	25.66	25.46	25.45

WOMENS OPEN 400m

1	54.57	Kristie Baillie	WBP	09 Sep 1991	1	NZL Championships	Christchurch	27 Mar 2010
2	55.14	Louise Jones	AKL	04 Aug 1985	1	Battle of Regions 2	Hamilton	20 Nov 2010
3	55.23	Monique Williams	AKL	23 Sep 1985	4	Athletissima Namur	Namur BEL	30 Jun 2010
4	55.37	Katherine Camp	WBP	06 Feb 1992	4	Australia Junior Ch	Sydney AU	13 Mar 2010
5	55.90	Rebecca Wardell	CAN	21 Dec 1977	2	Down Under	Gold Coast AUS	03 Jul 2010
6	56.11	Annamarie Spragg	WBP	15 Dec 1981	3	NZL Championships	Christchurch	27 Mar 2010
7	56.13	Angela Smit	CAN	16 Aug 1991	1	Canterbury Championsi	Christchurch	07 Mar 2010
8	56.14	Katrina Anderson	AKL	22 Mar 1992	5	Australia Junior Ch	Sydney AU	13 Mar 2010
9	56.14	Rebecca Gibson	STH	02 May 1990	3	NZL Championships	Christchurch	27 Mar 2010
10	56.29	Hazel Bowering-Scott	TAS	01 Apr 1993	1	NZSSAA Championships	Hastings	12 Dec 2010
11	56.31	Madison Gipson	AKL	14 Apr 1995	1	NZL Championships	Christchurch	27 Mar 2010
12	56.52	Stephanie Dickens	MWA	09 Jan 1995	3	NZL Championships	Christchurch	27 Mar 2010
13	56.62	Abigail Watson	CAN	22 Nov 1991	3mx	Interclub	Christchurch	13 Feb 2010
14	56.72	Ellie McCleery	WBP	07 Jul 1994	4	NZL Championships	Christchurch	27 Mar 2010
15	56.86	Talia Horgan	WBP	02 Oct 1996	1r1	Battle of Regions 2	Hamilton	20 Nov 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

16	57.30	Amy McKay	CAN	02 Jul 1986	4	NZL Championships	Christchurch	27 Mar 2010
17	57.31	Vicky Paine	WEL	11 Jun 1991	1	Wellington Championshi	Wellington	27 Feb 2010
18	57.67	Sarah Hosegood	WEL	05 Feb 1988	5	NZL Championships	Christchurch	27 Mar 2010
19	58.31	Sarah Flynn	HBG	03 Nov 1992	2	NZSSAA Championships	Hastings	12 Dec 2010
20	58.48	Jenny Hauke	AKL	06 Feb 1993	2	Auckland Championships	Auckland	27 Feb 2010
21	58.54	Georgina Allison	CAN	19 Apr 1991	1	Otago Championships	Dunedin	21 Feb 2010
22	58.55	Lauren Nicol	CAN	24 Apr 1993	3	NZSSAA Championships	Hastings	12 Dec 2010
23	58.58	Anne Simpson	AKL	17 Sep 1992	1	Open Meeting	Hamilton	04 Dec 2010
24	58.69	Tracey Hale	WBP	26 Sep 1990	1	Open Meeting	Hamilton	04 Dec 2010
25	58.76	Lisa Osborne	HBG	12 Aug 1983	1	Central Region Lge R2	Palmerston North	20 Nov 2010
26	58.80	Elena Hewett	AKL	08 Nov 1991	6	NZL Championships	Christchurch	27 Mar 2010
27	58.84	Alisha Lovrich	AKL	19 Jul 1993	4	NZSSAA Championships	Hastings	12 Dec 2010
28	58.87	Molly Creagh	WEL	30 Apr 1994	3h3	Australia Junior Ch	Sydney AUS	12 Mar 2010
29	58.88	Gemma Radford	OTG	13 Aug 1985	3mx	ITM	Christchurch	18 Mar 2010
30	58.95	Rachael Catley	AKL	04 Oct 1991	1	Open Meeting	Auckland	20 Mar 2010
31	58.97	Olivia Tuck	OTG	16 Nov 1988	6	NZL Championships	Christchurch	27 Mar 2010
32	59.08	Laura Smith	CAN	31 Jan 1996	1	SI Sec Schools	Dunedin	20 Mar 2010
33	59.42	Ximena Smith	AKL	11 Oct 1992	4	Battle of Regions 2	Hamilton	20 Nov 2010
34	59.43	Anna Roche	WEL	04 Dec 1992	2r1	Cooks Classic	Wanganui	26 Jan 2010
35	59.55	Anna Bramley	AKL	18 Jul 1982	3	Auckland Championships	Auckland	27 Feb 2010
36	59.58	Brogan Mcdonald	AKL	08 Jul 1993	3	Auckland Championships	Auckland	27 Feb 2010
37	59.70	Rebekah Greene	OTG	26 Dec 1993	1	Hurring Relays 3	Dunedin	13 Nov 2010
38	59.78	Fern Lowrie	HBG	14 Sep 1992	3sf2	NZSSAA Championships	Hastings	12 Dec 2010
39	59.81	Rebecca Lovell	WBP	08 Oct 1992	8	NZL Championships	Christchurch	27 Mar 2010
40	59.82	Ellen Schaeff	WEL	25 Oct 1990	2	Wellington Championshi	Wellington	27 Feb 2010
41	59.89	Stevie Paine	WEL	14 May 1995	1r1	Carol McNie Memorial	Palmerston North	19 Oct 2010
42	59.96	Margot Gibson	CAN	22 Jun 1994	3r1	Interclub	Christchurch	26 Feb 2010
43	59.99	Kathryn Stuart	CAN	27 Dec 1994	2	Interclub	Christchurch	04 Dec 2010

PROGRESSION	2008	2009	2010
1st	53.31	51.88	54.57
10th	57.38	56.92	56.29
20th	59.52	58.32	58.48

WOMENS OPEN 800m

1	1:59.66	Nikki Hamblin	AKL	20 May 1988	7	Inter Continental Cup	Split CRO	04 Sep 2010
2	2:03.87	Angela Smit	CAN	16 Aug 1991	4rA	Victoria Track Classic	Victoria CAN	07 Jul 2010
3	2:07.01	Anna Roche	WEL	04 Dec 1992	7s1	World Junior Championshi	Moncton CAN	21 Jul 2010
4	2:07.25	Lucy Van Dalen	MWA	18 Nov 1988	1	America East	Durham NH	02 May 2010
5	2:07.77	Rebekah Greene	OTG	26 Dec 1993	1	Weekly Meeting	Dunedin	18 Dec 2010
6	2:08.25	Katie Wright	AKL	17 Feb 1988	1	John Jacobs Inv	Norman OK	16 Apr 2010
7	2:10.21	Lauren Fayen	WEL	11 Apr 1989	2r2	Sea Ray Relays	Knoxville TN	09 Apr 2010
8	2:10.64	Anna Bramley	AKL	18 Jul 1982	3	ITM	Christchurch	18 Mar 2010
9	2:10.81	Hannah Newbould	CAN	19 Jun 1991	2	Sylvia Potts Classic	Hastings	29 Jan 2010
10	2:11.35	Kellie Palmer	OTG	05 Dec 1983	2	Canterbury Championshi	Christchurch	07 Mar 2010
11	2:11.64	Alice Feslier Holmes	WEL	29 May 1989	1	Purdue Open	West Lafayette IN	24 Apr 2010
12	2:11.72	Demelza Murrhly-Topp	WBP	20 Mar 1984	2	NZL Championships	Christchurch	27 Mar 2010
13	2:12.22	Jacinda Swain	WEL	28 May 1982	4	ITM	Christchurch	18 Mar 2010
14	2:12.64	Alicia Evans	CAN	02 Jul 1987	3	Canterbury Championshi	Christchurch	07 Mar 2010
15	2:12.96	Melanie Fayen	WEL	15 Feb 1984	3	NZL Championships	Christchurch	27 Mar 2010
16	2:13.02	Annika Pfitzinger	AKL	24 Aug 1992	1	NZSSAA Championships	Hastings	12 Dec 2010
17	2:13.33	Rebecca Wardell	CAN	21 Dec 1977	2	Down Under	Gold Coast AUS	04 Jul 2010
18	2:13.76	Anna Kean	OTG	18 Nov 1994	2	NZSSAA Championships	Hastings	12 Dec 2010
19	2:14.16	Barbara Roy	WEL	22 Oct 1990	1	Otago Championships	Dunedin	21 Feb 2010
20	2:14.38	Melanie Cleland	WEL	11 May 1989	5	John Jacobs Inv	Norman OK	16 Apr 2010
21	2:14.42	Kerry White	WBP	13 Jul 1994	3	NZSSAA Championships	Hastings	12 Dec 2010
22	2:14.46	Stevie Paine	WEL	14 May 1995	1	NZL Championships	Christchurch	27 Mar 2010
23	2:14.68	Katrina Finn	OTG	16 Nov 1987	2	Otago Championships	Dunedin	21 Feb 2010
24	2:14.96	Laura Nagel	HBG	11 Feb 1992	5	Sylvia Potts Classic	Hastings	29 Jan 2010
25	2:15.31	Stephanie Dickens	MWA	09 Jan 1995	1	NI Sec Schools	Wellington	20 Mar 2010
26	2:15.47	Maggie Unternahrer	WBP	19 Jun 1994	4	NZSSAA Championships	Hastings	12 Dec 2010
27	2:15.67	Rachael Catley	AKL	04 Oct 1991	1	Auckland Championships	Auckland	28 Feb 2010
28	2:15.93	Katelyn Matthews	WBP	22 Apr 1995	3	NI Sec Schools	Wellington	20 Mar 2010
29	2:16.00	Ximena Smith	AKL	11 Oct 1992	5	NZSSAA Championships	Hastings	12 Dec 2010
30	2:16.00	Ashley Aitken	HBG	13 Aug 1988	8r4	UW Open	Seattle WA	14 Feb 2010
31	2:16.27	Laura Sinclair	WBP	13 Dec 1990	3r1	Mason Spring Inv	Fairfax VA	10 Apr 2010
32	2:16.88	Katrina Anderson	AKL	22 Mar 1992	2	Auckland Championships	Auckland	28 Feb 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

33	2:16.90	Kara MacDermid	MWA	19 Sep 1997	1	Central Region Lge R3	Wellington	27 Nov 2010
34	2:16.91	Holly Sprosen	WBP	29 May 1994	4	NI Sec Schools	Wellington	20 Mar 2010
35	2:17.00	Margot Gibson	CAN	22 Jun 1994	1	Interclub	Christchurch	27 Nov 2010
36	2:17.10	Laura Smith	CAN	31 Jan 1996	2	NZSSAA Championships	Hastings	12 Dec 2010
37	2:17.10	Melissa Murrhry	WBP	31 Jan 1990	5	NZL Championships	Christchurch	27 Mar 2010
38	2:17.19	Jenny Hauke	AKL	06 Feb 1993	3	NZL Championships	Christchurch	27 Mar 2010
39	2:17.33	Sarah Cowley	AKL	03 Feb 1984	H	TNT Fortuna	Klando CZE	15 Jun 2010
40	2:17.36	Susannah Lynch	WEL	02 Jun 1996	1	NI Sec Schools	Wellington	20 Mar 2010
41	2:17.37	Flora Brocherie	CAN	30 Oct 1992	6	NZSSAA Championships	Hastings	12 Dec 2010
42	2:17.41	Ellen Schaeff	WEL	25 Oct 1990	1	Central Region Lge R3	Wellington	27 Nov 2010
43	2:17.64	Esther Keown	AKL	25 May 1992	5	Capital Classic	Wellington	22 Jan 2010
44	2:17.86	Poppy Kelt	HBG	13 Sep 1992	7	NZSSAA Championships	Hastings	12 Dec 2010
45	2:18.10	Caroline Mellso	MWA	05 Sep 1991	1	Central Region Lge R3	Wellington	27 Nov 2010
46	2:18.23	Ariana Harper	WEL	21 Jan 1995	3	NZSSAA Championships	Hastings	12 Dec 2010
47	2:18.42	Megan Bethell	WBP	17 Apr 1996	3sf1	NZSSAA Championships	Hastings	11 Dec 2010
48	2:18.47	Laura Roozendaal	WEL	27 Mar 1988	7	NZL Championships	Christchurch	27 Mar 2010
49	2:18.80	Annabelle White	CAN	02 Dec 1993	3h2	NZSSAA Championships	Hastings	11 Dec 2010
50	2:18.81	Genevieve Bourke	CAN	17 Dec 1983	8	NZL Championships	Christchurch	27 Mar 2010

PROGRESSION	2008	2009	2010
1st	2:07.80	2:00.90	1:59.66
10th	2:14.18	2:12.58	2:11.35
20th	2:17.83	2:15.21	2:14.38

WOMENS OPEN 1500m

1	4:05.93	Nikki Hamblin	AKL	20 May 1988	3	KBC Nacht	Heusden BEL	10 Jul 2010
2	4:13.19	Lucy Van Dalen	MWA	18 Nov 1988	1h1	NCAA	Eugene OR	10 Jun 2010
3	4:14.54	Hannah Newbould	CAN	19 Jun 1991	2rA	Victoria Track Classic	Victoria CAN	07 Jul 2010
4	4:18.90	Rebekah Greene	OTG	26 Dec 1993	5h1	World Junior Championshi	Moncton CAN	23 Jul 2010
5	4:19.99	Kellie Palmer	OTG	05 Dec 1983	4	ITM	Christchurch	18 Mar 2010
6	4:20.36	Fiona Crombie	ANZ	15 Aug 1982	5	ITM	Christchurch	18 Mar 2010
7	4:20.61	Katie Wright	AKL	17 Feb 1988	1	Arkansas Twilight	Fayetteville AK	30 Apr 2010
8	4:23.86	Paula Whiting	OTG	14 Aug 1988	2	John McDonnell	Fayetteville AK	10 Apr 2010
9	4:24.06	Laura Nagel	HBG	11 Feb 1992	2	NZL Championships	Christchurch	28 Mar 2010
10	4:24.69	Anna Roche	WEL	04 Dec 1992	3	NZL Championships	Christchurch	28 Mar 2010
11	4:25.49	Laura Sinclair	WBP	13 Dec 1990	6h4	NCAA Eastern Prelim	Greensboro NC	27 May 2010
12	4:25.50	Lydia O'Donnell	WBP	14 Jun 1990	3	Porritt Classic	Hamilton	13 Feb 2010
13	4:26.16	Barbara Roy	WEL	22 Oct 1990	4	NZL Championships	Christchurch	28 Mar 2010
14	4:26.71	Melanie Cleland	WEL	11 May 1989	4	John McDonnell	Fayetteville AK	10 Apr 2010
15	4:26.77	Alicia Evans	CAN	02 Jul 1987	4	NZL Championships	Christchurch	28 Mar 2010
16	4:26.87	Alice Feslier Holmes	WEL	29 May 1989	h	Big Ten	Bloomington IA	15 May 2010
17	4:29.26	Demelza Murrhry-Topp	WBP	20 Mar 1984	5	Porritt Classic	Hamilton	13 Feb 2010
18	4:29.31	Angela Smit	CAN	16 Aug 1991	1	Interclub	Christchurch	16 Jan 2010
19	4:29.45	Olivia Burne	MWA	03 Sep 1991	6	Porritt Classic	Hamilton	13 Feb 2010
20	4:30.24	Rachel Kingsford	WBP	21 Jun 1988	7	Porritt Classic	Hamilton	13 Feb 2010
21	4:31.58	Lauren Fayen	WEL	11 Apr 1989	1	LSU Alumni Gold	Baton Rouge LA	17 Apr 2010
22	4:32.49	Tina Harris	WEL	04 Dec 1982	1	Wellington Championshi	Wellington	27 Feb 2010
23	4:32.74	Alice Taylor	AKL	13 Dec 1987	1	Cascade Collegiate	Gresham OR	14 May 2010
24	4:32.81	Esther Keown	AKL	25 May 1992	8	Porritt Classic	Hamilton	13 Feb 2010
25	4:33.44	Caroline Mellso	MWA	05 Sep 1991	5rB	Victoria Track Classic	Victoria CAN	07 Jul 2010
26	4:35.01	Annika Pfitzinger	AKL	24 Aug 1992	10	Porritt Classic	Hamilton	13 Feb 2010
27	4:35.60	Sarah Drought	WEL	04 Apr 1988	1	Central Region Lge R2	Palmerston North	20 Nov 2010
28	4:36.90	Jacinda Swain	WEL	28 May 1982	6	NZL Championships	Christchurch	28 Mar 2010
29	4:37.88	Danielle Trevis	AKL	19 Jan 1991	11	Porritt Classic	Hamilton	13 Feb 2010
30	4:38.06	Margot Gibson	CAN	22 Jun 1994	2	NZL Championships	Christchurch	28 Mar 2010
31	4:38.39	Annie Keown	AKL	16 Nov 1990	6	NZL Championships	Christchurch	28 Mar 2010
32	4:38.48	Katrina Finn	OTG	16 Nov 1987	1	Weekly Meeting	Dunedin	03 Mar 2010
33	4:40.75	Flora Brocherie	CAN	30 Oct 1992	9	NZL Championships	Christchurch	28 Mar 2010
34	4:41.22	Melanie Fayen	WEL	15 Feb 1984	13	Porritt Classic	Hamilton	13 Feb 2010
35	4:41.82	Mandy Russ	TAS	01 Jan 1987	11	UCLA Distance Carnival	Los Angeles CA	09 Apr 2010
36	4:42.16	Melissa Simpson	NTH	26 Jan 1994	1	Porritt Classic	Hamilton	13 Feb 2010
37	4:42.53	Laura Roozendaal	WEL	27 Mar 1988	1	Gold Programme	Wellington	06 Mar 2010
38	4:42.74	Florence Reynolds	WEL	31 Dec 1992	1	Gold Programme	Wellington	04 Dec 2010
39	4:43.26	Kirsty Morris	OTG	13 Feb 1986	2	Weekly Meeting	Dunedin	03 Mar 2010
40	4:44.00	Georgie Grgec	AKL	19 Nov 1993	1	Waitakere Festival	Waitakere	30 Oct 2010
41	4:44.64	Katelyn Matthews	WBP	22 Apr 1995	2	NI Sec Schools	Wellington	21 Mar 2010
42	4:45.15	Anna-Lisa Uttley	OTG	07 Mar 1993	2	Porritt Classic	Hamilton	13 Feb 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

43	4:45.31	Anna Kean	OTG	18 Nov 1994	4	NZL Championships	Christchurch	28 Mar 2010
44	4:45.54	Lydia Marshall	CAN	13 Dec 1994	5	NZL Championships	Christchurch	28 Mar 2010
45	4:45.76	Renee Graham	TAR	04 Nov 1986	18	Rafer Johnson/JJK Inv	Los Angeles CA	08 Apr 2010
46	4:45.91	Kerry White	WBP	13 Jul 1994	1	WBOP Schools	Tauranga	13 Mar 2010
47	4:47.22	Olivia Ritchie	WBP	19 Jul 1994	3	Porritt Classic	Hamilton	13 Feb 2010
48	4:48.16	Rebecca Kingsford	WBP	08 Nov 1990	16	Porritt Classic	Hamilton	13 Feb 2010
49	4:48.25	Susannah Lynch	WEL	02 Jun 1996	1	Gold Programme	Wellington	04 Dec 2010
50	4:48.30	Nicole Mitchell	WEL	19 Aug 1992	2	Gold Programme	Wellington	04 Dec 2010

PROGRESSION	2008	2009	2010
1st	4:28.43	4:08.52	4:05.93
10th	4:36.76	4:29.96	4:24.69
20th	4:39.87	4:36.50	4:30.24

WOMENS OPEN Mile

1	4:46.46	Hannah Newbould	CAN	19 Jun 1991	1	Cooks Classic	Wanganui	26 Jan 2010
2	4:47.04	Rebekah Greene	OTG	26 Dec 1993	2	Cooks Classic	Wanganui	26 Jan 2010
3	4:50.85	Paula Whiting	OTG	14 Aug 1988	2r1	Cyclone Last Chance	Ames IA	06 Mar 2010
4	4:51.38	Laura Nagel	HGB	11 Feb 1992	3	Cooks Classic	Wanganui	26 Jan 2010
5	4:51.96	Melanie Cleland	WEL	11 May 1989	6	Conference USA	Houston TX	26 Feb 2010
6	4:52.22	Olivia Burne	MWA	03 Sep 1991	4	Cooks Classic	Wanganui	26 Jan 2010
7	4:56.25	Sarah Drought	WEL	04 Apr 1988	1	Scottish Night of Miles	Wellington	18 Dec 2010
8	4:56.66	Tina Harris	WEL	04 Dec 1982	2	Scottish Night of Miles	Wellington	18 Dec 2010
9	4:56.81	Demelza Murrhiy-Topp	WBP	20 Mar 1984	5	Cooks Classic	Wanganui	26 Jan 2010
10	4:59.06	Caroline Mellsop	MWA	05 Sep 1991	1	Scottish Night of Miles	Wellington	18 Dec 2010
11	5:00.05	Georgie Grgec	AKL	19 Nov 1993	1	Open Meeting	Hamilton	04 Dec 2010
12	5:00.65	Esther Keown	AKL	25 May 1992	7	Cooks Classic	Wanganui	26 Jan 2010
13	5:01.40	Jacinda Swain	WEL	28 May 1982	8	Cooks Classic	Wanganui	26 Jan 2010
14	5:02.11	Rochelle Sceats	HGB	01 Aug 1990	11	Virginia Tech Challang	Blacksburg VA	20 Feb 2010
15	5:02.58	Kara MacDermid	MWA	19 Sep 1997	1	Scottish Night of Miles	Wellington	18 Dec 2010
16	5:03.19	Margot Gibson	CAN	22 Jun 1994	9	Cooks Classic	Wanganui	26 Jan 2010
17	5:03.56	Alice Taylor	AKL	13 Dec 1987	6r3	UW Open	Seattle WA	14 Feb 2010
18	5:04.33	Melissa Simpson	NTH	26 Jan 1994	10	Cooks Classic	Wanganui	26 Jan 2010
19	5:05.13	Laura Sinclair	WBP	13 Dec 1990	12	Hokie Invitational	Blacksburg VA	22 Jan 2010
20	5:06.74	Melanie Fayen	WEL	15 Feb 1984	11	Cooks Classic	Wanganui	26 Jan 2010
21	5:08.53	Teagan Voykovich	WBP	10 Sep 1994	12	Cooks Classic	Wanganui	26 Jan 2010
22	5:10.20	Anna Bramley	AKL	18 Jul 1982	1	John Walker Miles	Auckland	18 Dec 2010
23	5:12.27	Mandy Russ	TAS	01 Jan 1987	2	Middle Tennessee Inv	Murfreesboro TN	06 Feb 2010
24	5:13.14	Katherine Vance	WEL	19 Apr 1991	2	Scottish Night of Miles	Wellington	18 Dec 2010
25	5:15.85	Christina Taylor	STH	02 Aug 1992	1	St Pauls Memorial	Invercargill	20 Nov 2010
26	5:17.92	Tara La Grange	AKL	01 Jun 1991	1	John Walker Miles	Auckland	18 Dec 2010
27	5:21.51	Ariana Harper	W16	21 Jan 1995	4	Scottish Night of Miles	Wellington	18 Dec 2010
28	5:23.30	Ella Mangan-Walker	AKL	14 Jun 1993	2	John Walker Miles	Auckland	18 Dec 2010
29	5:23.57	Hannah Adamson	STH	21 Jan 1995	2	St Pauls Memorial	Invercargill	20 Nov 2010
30	5:26.08	Natasha Bowyer	AKL	26 Sep 1994	1	Open Meeting	Hamilton	04 Dec 2010

PROGRESSION	2008	2009	2010
1st	4:41.77	4:36.71	4:46.46
10th	5:09.83	5:03.52	4:59.06
20th	-	5:09.62	5:06.74

WOMENS OPEN 3000m

1	9:15.68	Hannah Newbould	CAN	19 Jun 1991	8	World Junior Championshi	Moncton CAN	19 Jul 2010
2	9:17.23	Lucy Van Dalen	MWA	18 Nov 1988	1	Penn Relays	Philadelphia PA	22 Apr 2010
3	9:20.45	Holly Van Dalen	MWA	18 Nov 1988	1	IC4A / ECAC	Princeton NJ	15 May 2010
4	9:22.75	Leonora Petrina	AKL	29 Jul 1982	1	NB Twilight #1	Lowell MA	15 May 2010
5	9:23.57	Fiona Crombie	ANZ	15 Aug 1982	4mx	Interclub	Christchurch	20 Feb 2010
6	9:25.91	Laura Nagel	HGB	11 Feb 1992	16	World Junior Championshi	Moncton CAN	19 Jul 2010
7	9:28.54	Lydia O'Donnell	WBP	14 Jun 1990	2	TT21 Test Match	Waitakere	20 Feb 2010
8	9:30.69	Rebekah Greene	OTG	26 Dec 1993	1	NZ W19 3000m Chp	Dunedin	06 Feb 2010
9	9:33.59	Danielle Trevis	AKL	19 Jan 1991	2	Distance Series 1	North Shore	23 Nov 2010
10	9:34.58	Erin Montgomery	AKL	04 Jul 1985	1	Hot Meet 1	Auckland	06 Nov 2010
11	9:44.42	Rachel Kingsford	WBP	21 Jun 1988	4	NZ 3000m Championship	Wellington	22 Jan 2010
12	9:46.76	Kellie Palmer	OTG	05 Dec 1983	1mx	Interclub	Christchurch	23 Jan 2010
13	9:46.93	Tina Harris	WEL	04 Dec 1982	1	Black Programme	Wellington	13 Mar 2010
14	9:47.55	Rochelle Sceats	HGB	01 Aug 1990	4	Hokie Invitational	Blacksburg VA	22 Jan 2010
15	9:49.54	Nicki McFadzien	CAN	17 Sep 1991	6mx	ITM	Christchurch	18 Mar 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

16	9:49.59	Olivia Burne	MWA	03 Sep 1991	4	TT21 Test Match	Waitakere	20 Feb 2010
17	9:51.78	Laura Sinclair	WBP	13 Dec 1990	4	Virginia Tech Challang	Blacksburg VA	19 Feb 2010
18	9:53.94	Nyla Carroll	AKL	24 Nov 1965	6	NZ 3000m Championship	Wellington	22 Jan 2010
19	9:54.86	Georgie Grgec	AKL	19 Nov 1993	1	NZSSAA Championships	Hastings	12 Dec 2010
20	9:54.92	Annie Keown	AKL	16 Nov 1990	7	NZ 3000m Championship	Wellington	22 Jan 2010
21	9:55.07	Kara MacDermid	MWA	19 Sep 1997	6mx	Club Meeting	Palmerston North	14 Dec 2010
22	9:55.30	Anna-Lisa Uttley	OTG	07 Mar 1993	2	Australia Junior Ch	Sydney AU	13 Mar 2010
23	9:55.35	Renee Graham	TAR	04 Nov 1986	3	Azusa v Westmont	Fresno CA	01 Apr 2010
24	9:56.89	Melanie Cleland	WEL	11 May 1989	10	Conference USA	Houston TX	26 Feb 2010
25	9:57.00	Alicia Evans	CAN	02 Jul 1987	4mx	Interclub	Christchurch	23 Jan 2010
26	10:04.41	Sarah McSweeney	WBP	08 Jan 1990	8	NZ 3000m Championship	Wellington	22 Jan 2010
27	10:06.00	Brigitte Hicks	AKL	23 Jun 1993	1	NI Sec Schools	Wellington	20 Mar 2010
28	10:07.48	Maria Bentley	HBG	16 May 1980	8mx	Club Meeting	Palmerston North	14 Dec 2010
29	10:09.42	Caroline Mellso	MWA	05 Sep 1991	1	Black Programme	Wellington	13 Mar 2010
30	10:13.46	Nicole Mitchell	WEL	19 Aug 1992	3	NI Sec Schools	Wellington	20 Mar 2010
31	10:14.50	Angela Smit	CAN	16 Aug 1991	7mx	Interclub	Christchurch	11 Dec 2010
32	10:16.04	Lydia Marshall	CAN	13 Dec 1994	2	NZL Championships	Christchurch	26 Mar 2010
33	10:16.19	Kirsty Morris	OTG	13 Feb 1986	1	Hurring Relays 2	Dunedin	06 Nov 2010
34	10:16.64	Mikayla Nielsen	WBP	12 Jun 1994	3	NZSSAA Championships	Hastings	12 Dec 2010
35	10:19.01	Hannah Barker	WBP	02 Mar 1989	1	Hot Meet 7	Auckland	06 Mar 2010
36	10:20.43	Breeanna Potter	AKL	23 Apr 1990	2	Hot Meet 7	Auckland	06 Mar 2010
37	10:22.07	Grace McConnochie	HBG	17 Nov 1994	3	NZL Championships	Christchurch	26 Mar 2010
38	10:24.09	Olivia Ritchie	WBP	19 Jul 1994	2	Cooks Classic	Wanganui	26 Jan 2010
39	10:24.45	Tara La Grange	AKL	01 Jun 1991	2	Battle of Regions 1	Auckland	13 Nov 2010
40	10:25.41	Rebecca Kingsford	WBP	08 Nov 1990	9	NZ 3000m Championship	Wellington	22 Jan 2010
41	10:26.21	Josie Wilcox	TAS	11 Jun 1991	3	NZ W19 3000m Chp	Dunedin	06 Feb 2010
42	10:26.25	Margot Gibson	CAN	22 Jun 1994	1	Interclub	Christchurch	13 Nov 2010
43	10:28.94	Anne Hare	WEL	07 Jun 1964	10	NZ 3000m Championship	Wellington	22 Jan 2010
44	10:30.77	Kate Jefferd	HBG	07 Oct 1994	1	Central Region Lge R2	Palmerston North	20 Nov 2010
45	10:31.90	Stephanie Mackenzie	WEL	27 Dec 1975	11	NZ 3000m Championship	Wellington	22 Jan 2010
46	10:32.13	Anna Bramley	AKL	18 Jul 1982	2	Hot Meet 1	Auckland	06 Nov 2010
47	10:32.15	Shauna Pali	OTG	28 Nov 1993	1	Hurring Relays 2	Dunedin	06 Nov 2010
48	10:33.28	Megan Balchin	OTG	15 Feb 1981	2	Otago 3000m Champ	Dunedin	06 Feb 2010
49	10:35.55	Nicole Van Der Kaay	WBP	10 Feb 1996	1	NI Sec Schools	Wellington	20 Mar 2010
50	10:36.00	Jaye Atkin	CAN	05 Nov 1993	1	SI Sec Schools	Dunedin	20 Mar 2010

PROGRESSION	2008	2009	2010
1st	9:10.95	9:22.26	9:15.68
10th	9:57.46	9:44.06	9:34.58
20th	10:26.28	10:00.21	9:54.92

WOMENS OPEN 5000m

1	15:50.96	Leonora Petrina	AKL	29 Jul 1982	1	NB Twilight #4	Bentley MA	12 Jun 2010
2	15:55.64	Holly Van Dalen	MWA	18 Nov 1988	1	NYU Fastrack	New York NY	26 Feb 2010
3	15:57.30	Jessica Ruthe	WBP	31 May 1979	1	NZL Championships	Christchurch	26 Mar 2010
4	16:03.18	Paula Whiting	OTG	14 Aug 1988	5	Mt SAC Relays	Walnut CA	16 Apr 2010
5	16:11.49	Danielle Trevis	AKL	19 Jan 1991	9mx	Bays Distance Series	North Shore	22 Dec 2010
6	16:27.39	Fiona Crombie	ANZ	15 Aug 1982	7mx	Interclub	Christchurch	29 Dec 2010
7	16:34.40	Rochelle Sceats	HBG	01 Aug 1990	3r2	ECAC	Roxbury MA	06 Mar 2010
8	16:35.41	Kellie Palmer	OTG	05 Dec 1983	8mx	Interclub	Christchurch	29 Dec 2010
9	16:45.74	Nyla Carroll	AKL	24 Nov 1965	2	NZL Championships	Christchurch	26 Mar 2010
10	16:46.58	Nicki McFadzien	CAN	17 Sep 1991	9mx	Interclub	Christchurch	29 Dec 2010
11	16:47.64	Lydia O'Donnell	WBP	14 Jun 1990	0mx	Bays Distance Series	North Shore	22 Dec 2010
12	16:48.31	Alice Taylor	AKL	13 Dec 1987	12	Oregan Twilight	Eugene OR	30 Apr 2010
13	16:56.10	Olivia Burne	MWA	03 Sep 1991	2mx	Central Championships	Palmerston North	28 Feb 2010
14	16:58.72	Rachel Kingsford	WBP	21 Jun 1988	1	Weekly Meeting	Dunedin	14 Mar 2010
15	17:08.19	Renee Graham	TAR	04 Nov 1986	1	GSAC Conference	Santa Barbara CA	23 Apr 2010
16	17:25.66	Melanie Cleland	WEL	11 May 1989	13	Conference USA	Orlando FL	16 May 2010
17	17:29.28	Sarah McSweeney	CAN	08 Jan 1990	2	NZL Championships	Christchurch	26 Mar 2010

PROGRESSION	2008	2009	2010
1st	14:45.93	14:39.89	15:50.96
10th	17:22.10 (7th)	17:02.86	16:46.58
20th	-	-	-

RANKINGS LISTS 2010 AND PROGRESSIONS

WOMENS OPEN 10000m

1	34:57.96	Kellie Palmer	OTG	05 Dec 1983	4	Zatopek	Melbourne AUS	09 Dec 2010
2	35:11.45	Rachel Kingsford	WBP	21 Jun 1988	2	NZL 10000m Championshi	Tauranga	05 Jan 2010
3	35:21.68	Holly Van Dalen	MWA	18 Nov 1988	1	America East	Durham NH	01 May 2010
4	35:40.35	Alice Taylor	AKL	13 Dec 1987	1	Williamette Inv	Salem OR	02 Apr 2010
5	35:51.26	Renee Graham	TAR	04 Nov 1986	2	GSAC Conference	Santa Barbara CA	23 Apr 2010
6	36:13.75	Michelle Hopkins	WEL	01 Aug 1974	3	NZL 10000m Championshi	Tauranga	05 Jan 2010
7	36:32.95	Shireen Crumpton	OTG	10 Oct 1970	1	Otago 10000m Champs	Dunedin	18 Dec 2010

PROGRESSION		2008	2009	2010
1st		30:35.54	31:21.42	34:57.96
10th		35:17.16 (5th)	36:09.87 (5th)	36:32.95 (7th)
20th		-		

WOMENS OPEN 10km

1	31:23	Kimberley Smith	AKL	19 Nov 1981	4	AJC Peachtree	Atlanta GA	04 Jul 2010
2	32:41	Danielle Trevis	AKL	19 Jan 1991	1	NZ Road Championships	Auckland	17 Oct 2010
3	33:44	Nina Rillstone	ANZ	15 Apr 1975	14	New York Women	New York NY	12 Jun 2010
4	34:08	Fiona Docherty	ANZ	01 Sep 1975	17	AJC Peachtree	Atlanta GA	04 Jul 2010
5	34:14	Kellie Palmer	OTG	05 Dec 1983	1	Clyde to Alexandra	Clyde	21 Aug 2010
6	34:36	Rachel Kingsford	WBP	21 Jun 1988	1	SBS Christchurch	Christchurch	06 Jun 2010
7	34:36	Shireen Crumpton	OTG	10 Oct 1970	2	NZ Road Championships	Auckland	17 Oct 2010
8	35:02	Fiona Crombie	ANZ	15 Aug 1982	1	Canterbury Road Champs	Christchurch	21 Aug 2010
9	35:14	Maria Bentley	HBG	16 May 1980	1	Harbour Capital	Wellington	27 Jun 2010
10	35:22	Lisa Robertson	AKL	09 Mar 1983	4	NZ Road Championships	Auckland	17 Oct 2010
11	35:24	Penny Peskett	AKL	23 Feb 1977	2	SBS Christchurch	Christchurch	06 Jun 2010
12	35:25	Tina Harris	WEL	04 Dec 1982	1	WEL Road Championships	Wainuiomata	21 Aug 2010
13	35:49	Michelle Hopkins	WEL	01 Aug 1974	3	SBS Christchurch	Christchurch	06 Jun 2010
14	35:57	Kirsty Morris	OTG	13 Feb 1986	2	Clyde to Alexandra	Clyde	21 Aug 2010
15	36:16	Tania Causer	CAN	09 Jul 1981	4	SBS Christchurch	Christchurch	06 Jun 2010
16	36:16	Lydia O'Donnell	WBP	14 Jun 1990	6	NZ Road Championships	Auckland	17 Oct 2010
17	36:31	Gabrielle O'Rourke	WEL	11 Feb 1967	7	NZ Road Championships	Auckland	17 Oct 2010
18	36:56	Erin Montgomery	AKL	04 Jul 1985	1	Mizuno 10K	Huntly	23 May 2010
19	37:01	Alicia Evans	CAN	02 Jul 1987	2	Canterbury Road Champs	Christchurch	21 Aug 2010
20	37:10	Alex Williams	CAN	24 Mar 1981	3	Canterbury Road Champs	Christchurch	21 Aug 2010
21	37:21	Sarah Drought	WEL	04 Apr 1988	2	Harbour Capital	Wellington	27 Jun 2010
22	37:51	Melanie Burke	AKL	21 Dec 1979	8	NZ Road Championships	Auckland	17 Oct 2010

PROGRESSION		2008	2009	2010
1st		33.36	31:38	31:23
10th		36.27	36:15	35:22
20th		-	37:48	37:10

WOMENS OPEN Half Marathon

1	1:07:55	Kimberley Smith	AKL	19 Nov 1981	2	Mardi Gras Half	New Orleans LA	27 Feb 2010
2	1:11:08	Nina Rillstone	ANZ	15 Apr 1975	1	Yangzhou Half-M	Yangzhou CHN	25 Apr 2010
3	1:13:08	Danielle Trevis	AKL	19 Jan 1991	1	adidas Auckland	Auckland	30 Oct 2010
4	1:14:30	Gary McIlroy	CAN	06 Apr 1967	2	Shoe Clinic Half	Tai Tapu	07 Nov 2010
5	1:14:42	Fiona Docherty	ANZ	01 Sep 1975	2	Rock N Roll	Chicago MI	01 Aug 2010
6	1:14:45	Mary Davies	NTH	27 Aug 1982	1	Montreal Half	Montreal CAN	18 Apr 2010
7	1:16:09	Shireen Crumpton	OTG	10 Oct 1970	1	SBS Christchurch	Christchurch	06 Jun 2010
8	1:16:12	Nikki Hamblin	AKL	20 May 1988	2	adidas Auckland	Auckland	30 Oct 2010
9	1:16:54	Maria Bentley	HBG	16 May 1980	5	Gold Coast	Gold Coast AUS	04 Jul 2010
10	1:18:03	Helen Rountree	WBP	29 Aug 1979	2	Huntly Half	Huntly	23 May 2010
11	1:18:25	Kellie Palmer	OTG	05 Dec 1983	3	adidas Auckland	Auckland	30 Oct 2010
12	1:18:27	Lisa Robertson	AKL	09 Mar 1983	4	adidas Auckland	Auckland	30 Oct 2010
13	1:18:35	Alex Williams	CAN	24 Mar 1981	5	adidas Auckland	Auckland	31 Oct 2010
14	1:18:36	Ady Ngawati	NTH	11 Mar 1977	2	Melbourne Marathon	Melbourne AUS	10 Oct 2010
15	1:18:39	Hanny Allston	AKL	12 Feb 1986	3	SBS Christchurch	Christchurch	06 Jun 2010
16	1:19:09	Nyla Carroll	AKL	24 Nov 1965	3	Huntly Half	Huntly	23 May 2010
17	1:19:11	Sarah Chisnall	OTG	26 Sep 1983	5	SBS Christchurch	Christchurch	06 Jun 2010
18	1:19:54	Victoria Beck	OTG	31 Aug 1982	6	SBS Christchurch	Christchurch	06 Jun 2010
19	1:20:44	Breeanna Potter	AKL	23 Apr 1990	5	Huntly Half	Huntly	23 May 2010
20	1:20:45	Tara La Grange	AKL	01 Jun 1991	1	Kerikeri Half Marathon	Kerikeri	20 Nov 2010
21	1:21:22	Victoria Humphries	WEL	21 Jan 1964	2	Harbour Capital	Wellington	27 Jun 2010
22	1:21:26	Gabrielle O'Rourke	WEL	11 Feb 1967	6	adidas Auckland	Auckland	30 Oct 2010
23	1:21:52	Nicki McFadzien	CAN	17 Sep 1991	7	SBS Christchurch	Christchurch	06 Jun 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

24	1:22:13	Maria Akesson	AKL	03 Dec 1976	2	Kerikeri Half Marathon	Kerikeri	20 Nov 2010
25	1:22:21	Mikki Williden	AKL	04 Jul 1977	3	Kerikeri Half Marathon	Kerikeri	20 Nov 2010
26	1:22:42	Melissa Norris	AKL	19 Jul 1969	12	SMH Half Marathon	Sydney AUS	16 May 2010
27	1:22:52	Lydia O'Donnell	WBP	14 Jun 1990	8	adidas Auckland	Auckland	30 Oct 2010
28	1:23:26	Hannah Barker	WBP	02 Mar 1989	2	Ohope Half Marathon	Ohope	04 Apr 2010
29	1:23:43	Kirsty Morris	OTG	13 Feb 1986	2	Moro	Dunedin	12 Sep 2010
30	1:23:57	Sarah Christie	WEL	11 Jan 1973	1	NB Half Marathon	Wellington	21 Feb 2010
31	1:23:57	Lesley Turner Hall	AKL	06 Apr 1972	4	Harbour Capital	Wellington	27 Jun 2010
32	1:24:18	Ruby Muir	WBP	01 Jul 1991	9	adidas Auckland	Auckland	31 Oct 2010
33	1:24:56	Bernie Portenski	WEL	26 Aug 1949	10	SBS Christchurch	Christchurch	06 Jun 2010
34	1:24:59	Tracy Crossley	CAN	11 Apr 1972	5	Harbour Capital	Wellington	27 Jun 2010
35	1:25:10	Samantha Blanch	AKL	10 Sep 1990	9	Huntly Half	Huntly	23 May 2010
36	1:25:30	Tracey Clissold	AKL	29 Jan 1968	4	Ohope Half Marathon	Ohope	04 Apr 2010
37	1:25:49	Paula Canning	TAS	06 Sep 1972	1	Nelson Shoe Clinic Half	Nelson	02 May 2010
38	1:26:03	Erin Whittle	OTG	14 Feb 1987	3	NB Half Marathon	Wellington	21 Feb 2010
39	1:26:05	Marion Millward	WBP	02 Nov 1957	10	Huntly Half	Huntly	23 May 2010
40	1:26:07	Julie Wilson	OTG	28 Dec 1957	6	Harbour Capital	Wellington	27 Jun 2010
41	1:26:16	Karen Hanlen	WBP	28 Mar 1980	5	Ohope Half Marathon	Ohope	04 Apr 2010
42	1:26:36	Rebecca Keat	OTG	28 Sep 1987	7	Harbour Capital	Wellington	27 Jun 2010
43	1:26:54	Bridget Deverell	WBP	27 Jan 1967	11	Huntly Half	Huntly	23 May 2010
44	1:27:14	Lisa McGoldrick	AKL	14 Nov 1969	8	Harbour Capital	Wellington	27 Jun 2010
45	1:28:20	Jane Anderson	CAN	28 Mar 1969	11	adidas Auckland	Auckland	30 Oct 2010
46	1:28:22	Sally Anderson	WEL	29 Jun 1969	6	Ohope Half Marathon	Ohope	04 Apr 2010
47	1:28:22	Wendy Cottrell-Teahan	MWA	15 Feb 1970	1	Masterton Marathon	Masterton	10 Oct 2010
48	1:28:43	Anna Harding	WEL	15 Feb 2000	3	Whenuapai Half	Auckland	11 Apr 2010
49	1:29:07	Julieana Findlay	CAN	17 Jul 1970	16	SBS Christchurch	Christchurch	06 Jun 2010
50	1:29:14	Tracey Greenwood	WBP	17 Aug 1961	17	SBS Christchurch	Christchurch	06 Jun 2010

PROGRESSION		2008	2009	2010
1st		1:13:29	1:09:35	1:07:55
10th		1:20:21	1:20:23	1:18:03
20th		1:28:01	1:23:56	1:20:45

WOMENS OPEN Marathon

1	2:25:21	Kimberley Smith	AKL	19 Nov 1981	8	London Marathon	London GBR	25 Apr 2010
2	2:32:17	Fiona Docherty	ANZ	01 Sep 1975	11	Chicago Marathon	Chicago IL	10 Oct 2010
3	2:39:29	Mary Davies	NTH	27 Aug 1982	7	ING Ottawa	Ottawa CAN	30 May 2010
4	2:41:21	Shireen Crumpton	OTG	10 Oct 1970	6	Gold Coast	Gold Coast AUS	04 Jul 2010
5	2:44:51	Sarah Biss	WBP	02 Jul 1977	3	Melbourne Marathon	Melbourne AUS	10 Oct 2010
6	2:50:19	Johanna Ottosson	WBP	21 Jul 1973	1	Lion Foundation	Rotorua	01 May 2010
7	2:52:12	Ady Ngawati	NTH	11 Mar 1977	2	adidas Auckland	Auckland	30 Oct 2010
8	2:53:20	Melissa Norris	AKL	19 Jul 1969	10	Melbourne Marathon	Melbourne AUS	10 Oct 2010
9	2:55:07	Suzi Richards	WEL	10 Mar 1966	3	SBS Christchurch	Christchurch	06 Jun 2010
10	2:55:13	Mikki Williden	AKL	04 Jul 1977	4	adidas Auckland	Auckland	30 Oct 2010
11	2:55:37	Paula Canning	TAS	06 Sep 1972	5	adidas Auckland	Auckland	30 Oct 2010
12	2:56:01	Victoria Humphries	WEL	21 Jan 1964	2	Lion Foundation	Rotorua	01 May 2010
13	2:57:05	Lesley Turner Hall	AKL	06 Apr 1972	3	Lion Foundation	Rotorua	01 May 2010
14	2:57:50	Sarah Chisnall	OTG	26 Sep 1983	3	Moro	Dunedin	12 Sep 2010
15	3:00:13	Marion Millward	WBP	02 Nov 1957	4	Lion Foundation	Rotorua	01 May 2010
16	3:01:30	Bernie Portenski	WEL	26 Aug 1949	27	Gold Coast	Gold Coast AUS	04 Jul 2010
17	3:02:31	Bridget Deverell	WBP	27 Jan 1967	7	adidas Auckland	Auckland	30 Oct 2010
18	3:03:56	Kristine Reid	AKL	13 Jul 1969	8	adidas Auckland	Auckland	30 Oct 2010
19	3:09:25	Kirsten Milne	WBP	12 Dec 1972	7	SBS Christchurch	Christchurch	06 Jun 2010
20	3:09:52	Susan Aviss	TAS	21 Dec 1970	2	Buller Gorge Marathon	Buller	13 Feb 2010

PROGRESSION		2008	2009	2010
1st		2:29:35	2:38:48	2:25:21
10th		2:57:03	2:54:08	2:55:13
20th		-	3:05:56	3:09:52

WOMENS OPEN 3000m Steeplechase

1	10:07.99	Fiona Crombie	ANZ	15 Aug 1982	4r1	Payton Jordan Inv	Palo Alto CA	01 May 2010
2	10:11.16	Leonora Petrina	AKL	29 Jul 1982	3	NB Twilight #3	Boston MA	05 Jun 2010
3	10:35.19	Caroline Mellsope	MWA	05 Sep 1991	1	NZL Championships	Christchurch	27 Mar 2010
4	10:43.22	Sarah McSweeney	CAN	08 Jan 1990	2	NZL Championships	Christchurch	27 Mar 2010
5	11:05.50	Annie Keown	AKL	16 Nov 1990	2	Sylvia Potts Classic	Hastings	29 Jan 2010
6	11:29.70	Josie Wilcox	TAS	11 Jun 1991	3	NZL Championships	Christchurch	27 Mar 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

PROGRESSION	2008	2009	2010
1st	10:15:46	10:03.82	10:07.99
10th	-	-	11:29.70 (6th)
20th	-	-	-

WOMENS OPEN 100m Hurdles

1	13.25	0.9	Andrea Miller	OTG	13 Mar 1982	3	Commonwealth Games	New Delhi IND	11 Oct 2010
2	13.90	1.7	Veronica Torr	AKL	17 May 1987	3	Winter Series #1	Gold Coast AUS	05 Jun 2010
3	13.92	1.2	Sarah Cowley	AKL	03 Feb 1984	2	Sydney Track Classic	Sydney AUS	27 Feb 2010
4	14.18	0.0	Rebecca Wardell	CAN	21 Dec 1977	H	Commonwealth Games	New Delhi IND	08 Oct 2010
5	14.33	0.6	Fiona Morrison	CAN	24 Oct 1988	1	Interclub	Christchurch	04 Dec 2010
6	14.67	-0.4	Rochelle Coster	AKL	06 Jun 1988	3	Area Championships	Cairns AUS	24 Sep 2010
7	16.04	-0.4	Sarah Yardley	WBP	21 Jul 1989	2	Tauranga Twilight	Tauranga	01 Jan 2010

PROGRESSION	2008	2009	2010
1st	13.12	13.10	13.25
10th	16:38 (6th)	15.97 (8th)	16.04 (7th)
20th	-	-	-

WOMENS OPEN 400m Hurdles

1	61.28	Georgina Allison	CAN	19 Apr 1991	1	NZL Championships	Christchurch	28 Mar 2010
2	61.74	Annmarie Spragg	WBP	15 Dec 1981	1r1	Mondo Keien	Uden NED	03 Jul 2010
3	61.78	Katherine Camp	WBP	06 Feb 1992	2	NZL Championships	Christchurch	28 Mar 2010
4	63.53	Kelsey Berryman	CAN	04 Feb 1992	3	NZL Championships	Christchurch	28 Mar 2010
5	63.60	Tracey Hale	WBP	26 Sep 1990	1	Battle of Regions 2	Hamilton	20 Nov 2010
6	63.65	Alexandra Skerten	OTG	02 Jul 1992	1	Area Championships	Cairns AUS	25 Sep 2010
7	64.12	Zoe Ballantyne	AKL	28 Mar 1992	4	NZL Championships	Christchurch	28 Mar 2010
8	64.39	Gemma Radford	OTG	13 Aug 1985	1	Weekly Meeting	Dunedin	03 Mar 2010
9	67.64	Jaimee Kryn	MWA	07 Oct 1990	3	Capital Classic	Wellington	22 Jan 2010
10	67.91	Abigail Watson	CAN	22 Nov 1991	1	Canterbury Championshi	Christchurch	07 Mar 2010
11	68.39	Caroline Mellisop	MWA	05 Sep 1991	4	Capital Classic	Wellington	22 Jan 2010
12	69.85	Ariana Blackwood	MWA	11 Mar 1994	1	Club Meet	Palmerston North	09 Mar 2010
13	69.88	Paige Lowe	MWA	03 Mar 1992	7	NZL Championships	Christchurch	28 Mar 2010

PROGRESSION	2008	2009	2010
1st	65.48	62.29	61.28
10th	68.84 (7th)	69.63	67.91
20th	-	-	-

WOMENS OPEN Field

WOMENS OPEN High Jump

1	1.85	Elizabeth Lamb	AKL	12 May 1991	1	Porrirt Classic	Hamilton	13 Feb 2010
2	1.83	Sarah Cowley	AKL	03 Feb 1984	H	AUS CE Champs	Gold Coast AUS	09 Apr 2010
3	1.82	Keeley O'Hagan	WEL	11 Mar 1994	2	TT21 Test Match	Waitakere	20 Feb 2010
4	1.80	Sarah Saddleton	AKL	05 Aug 1989	2	WAC	Ruston LA	15 May 2010
5	1.74	Erica Winton	CAN	06 Oct 1996	1	NZSSAA Championships	Hastings	12 Dec 2010
6	1.73	Savannah Bruin	STH	24 Mar 1993	2	NZSSAA Championships	Hastings	11 Dec 2010
7	1.72	Emma Sutherland	HGB	14 Jan 1993	3	NZL Championships	Christchurch	26 Mar 2010
8	1.72	Nicola Mackle	CAN	28 Sep 1992	2	NZL Championships	Christchurch	26 Mar 2010
9	1.71	Veronica Torr	AKL	17 May 1987	H	Coral Coast Carnival	Cairns AUS	03 Jul 2010
10	1.71	Paige Harwood	AKL	08 Feb 1995	2	NZSSAA Championships	Hastings	12 Dec 2010
11	1.70	Charlotte Muschamp	STH	09 Sep 1992	6	NZSSAA Championships	Hastings	11 Dec 2010
12	1.70	Ashleigh Sando	WBP	03 Feb 1994	3	NZSSAA Championships	Hastings	11 Dec 2010
13	1.70	La Toya Te Kapa	CAN	11 Jan 1994	1	Down Under	Gold Coast AUS	04 Jul 2010
14	1.69	Lee-Ann McKenzie	CAN	27 Apr 1994	1	Canterbury Championshi	Christchurch	07 Mar 2010
15	1.69	Portia Bing	AKL	17 Apr 1993	H	Northern Region CE	Auckland	30 Jan 2010
16	1.68	Vianca Du Toit	AKL	09 Dec 1992	5	NZL Championships	Christchurch	26 Mar 2010
17	1.65	Rebecca Wardell	CAN	21 Dec 1977	3	Winter Series #3	Gold Coast AUS	12 Jun 2010
18	1.65	Kiri Kendall	ANZ	04 Dec 1987	4	All Comers	Houston TX	06 Feb 2010
19	1.65	Valerie Chan	WEL	21 Oct 1995	3	NZSSAA Championships	Hastings	12 Dec 2010
20	1.65	Eliza McCartney	AKL	11 Dec 1996	4	NZSSAA Championships	Hastings	11 Dec 2010
21	1.64	Riana Phillips	NTH	23 Mar 1995	1	Auckland Championships	Auckland	27 Feb 2010
22	1.64	Portia Bing	AKL	17 Apr 1993	H	North Island CE Champs	Hastings	23 Oct 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

23	1.62	Kate Plimmer	WEL	18 Sep 1996	5	NZSSAA Championships	Hastings	12 Dec 2010
24	1.60	Bridgette Jones	STH	22 Mar 1992	4	Canterbury Championshi	Christchurch	07 Mar 2010
25	1.60	Sarah McDonald	MWA	16 Apr 1995	1	Carol McNie Memorial	Palmerston North	19 Oct 2010
26	1.60	Kelsey Berryman	CAN	04 Feb 1992	H	Canterbury CE Champs	Christchurch	18 Dec 2010
27	1.60	Joanna Oryszczak	CAN	29 Jul 1994	2	Interclub	Christchurch	13 Nov 2010
28	1.60	Amelia Hamilton	WBP	14 Jan 1995	1	Putararu Bell 2	Tauranga	30 Oct 2010
29	1.60	Sarah McDonald	MWA	16 Apr 1995	3	Porritt Classic	Hamilton	13 Feb 2010
30	1.60	Lauren Piket	CAN	12 Oct 1993	1	Interclub	Christchurch	09 Jan 2010
31	1.59	Meg McKay	OTG	17 Dec 1996	7	NZSSAA Championships	Hastings	12 Dec 2010
32	1.58	Lauren Piket	CAN	12 Oct 1993	10	NZSSAA Championships	Hastings	11 Dec 2010
33	1.58	Ilse Rietberg	OTG	18 Feb 1992	7	NZL Championships	Christchurch	26 Mar 2010
34	1.58	Lauri Watt	CAN	18 Jan 1996	2	SI Sec Schools	Dunedin	20 Mar 2010

PROGRESSION		2008	2009	2010
1st		1.79	1.85	1.85
10th		1.65	1.70	1.71
20th		1.58 (19th)	1.62	1.65

WOMENS OPEN Pole Vault

1	4.00	Kerry Charlesworth	AKL	13 Dec 1993	1	NZL Championships	Christchurch	26 Mar 2010
2	3.86	Leanna Wellwood	AKL	03 Apr 1985	1	TT21 Test Match	Waitakere	20 Feb 2010
3	3.70	Julia Hart	AKL	05 Jan 1989	2	Auckland Championships	Auckland	28 Feb 2010
4	3.50	Lucy McGall	AKL	22 Apr 1993	1	NZL Championships	Christchurch	28 Mar 2010
5	3.41	Morgan Williams	AKL	27 Sep 1991	2	TT21 Test Match	Waitakere	20 Feb 2010
6	3.30	Lydia Taylor	AKL	16 Sep 1995	1	WJC Preparation Meet	North Shore	19 Jun 2010
7	3.27	Rachel Kemp	WEL	04 Feb 1988	3	NZL Championships	Christchurch	27 Mar 2010
8	3.20	Valerie Chan	WEL	21 Oct 1995	4	NZSSAA Championships	Hastings	11 Dec 2010
9	3.10	Sarah O'Connell	CAN	17 Dec 1984	1	Interclub	Christchurch	30 Jan 2010

PROGRESSION		2008	2009	2010
1st		3.75	3.90	4.00
10th		3.10 (6th)	3.20 (6th)	3.10 (9th)
20th				

WOMENS OPEN Long Jump

1	6.07	0.4	Marissa Pritchard	WEL	17 Mar 1984	1	NZL Championships	Christchurch	26 Mar 2010
2	6.05	-0.7	Sarah Cowley	AKL	03 Feb 1984	H	CZE National Chm	Stara Boleslav CZE	30 May 2010
3	5.86	0.7	Rebecca Wardell	CAN	21 Dec 1977	H	Canterbury CE Chps	Christchurch	24 Jan 2010
4	5.74	-2.0	Portia Bing	AKL	17 Apr 1993	2	Australia Junior Ch	Sydney AUS	12 Mar 2010
5	5.68	-0.3	Rochelle Coster	AKL	06 Jun 1988	3	NZL Championships	Christchurch	26 Mar 2010
6	5.67	0.1	Annabelle Coates	CAN	08 Dec 1989	4	NZL Championships	Christchurch	26 Mar 2010
7	5.65	-0.1	Veronica Torr	AKL	17 May 1987	1	All-Comers	Brisbane AUS	08 Jan 2010
8	5.56	1.9	Kelsey Berryman	CAN	04 Feb 1992	2	TT21 Test Match	Waitakere	20 Feb 2010
9	5.54	-0.4	Mariah Ririnui	WBP	26 Jun 1992	1	NZL Championships	Christchurch	27 Mar 2010
10	5.52	0.6	Paige Harwood	AKL	08 Feb 1995	2	NZL Championships	Christchurch	26 Mar 2010
11	5.52	1.7	Melissa Goffin	AKL	12 Apr 1991	2	NZL Championships	Christchurch	27 Mar 2010
12	5.48	1.2	Nicola Mackle	CAN	28 Sep 1992	3	NZL Championships	Christchurch	27 Mar 2010
13	5.45	-0.3	Fiona Morrison	CAN	24 Oct 1988	1	Interclub	Christchurch	27 Nov 2010
14	5.41	-1.0	Rebecca Lovell	WBP	08 Oct 1992	3	NZSSAA Championships	Hastings	12 Dec 2010
15	5.40	-0.6	Greer Alsop	STH	13 Jun 1994	3	NZL Championships	Christchurch	26 Mar 2010
16	5.39	1.0	Anne Simpson	AKL	17 Sep 1992	3	Porritt Classic	Hamilton	13 Feb 2010
17	5.32	0.0	Keeley O'Hagan	WEL	11 Mar 1994	4	NZL Championships	Christchurch	26 Mar 2010
18	5.31	-2.0	Toni Clinton	AKL	05 Sep 1993	4	NZSSAA Championships	Hastings	12 Dec 2010
19	5.31	-2.9	Sarah Yardley	WBP	21 Jul 1989	1	Tauranga Twilight	Tauranga	01 Jan 2010
20	5.30	0.1	Kristina Rybinski	WEL	21 Jul 1995	2	NZSSAA Championships	Hastings	11 Dec 2010
21	5.29	1.9	Jennifer Scott	AKL	25 Feb 1994	2	Battle of Regions 1	Auckland	13 Nov 2010
22	5.26	0.3	Charlotte Smith	WEL	06 Jun 1991	7	NZL Championships	Christchurch	26 Mar 2010
23	5.25	0.1	Melody Stein	WEL	15 May 1993	5	Cooks Classic	Wanganui	26 Jan 2010
24	5.25	0.8	Nneka Okpala	AKL	27 Apr 1988	4	Cooks Classic	Wanganui	26 Jan 2010
25	5.23	0.9	Lauren Eaton	CAN	24 Aug 1990	1	ITM	Christchurch	18 Mar 2010
26	5.22	-0.4	Lauri Watt	CAN	18 Jan 1996	3	NZSSAA Championships	Hastings	11 Dec 2010
27	5.21	0.3	Molly Lyons	CAN	24 Feb 1994	6	NZL Championships	Christchurch	26 Mar 2010
28	5.17	-0.6	Rebecca Cross	AKL	08 Jan 1993	6	NZSSAA Championships	Hastings	12 Dec 2010
29	5.16	0.5	Rebecca Le Grice	AKL	19 Aug 1991	2	Hot Meet 7	Auckland	06 Mar 2010
30	5.14	-0.1	Jade Graham	STH	23 Aug 1995	4	NZSSAA Championships	Hastings	11 Dec 2010
31	5.12	0.6	Sophie Munro	TAR	13 Jan 1993	1	Taranaki Championships	Inglewood	13 Mar 2010
32	5.11	-0.3	Rebecca Peterson	STH	23 Oct 1995	5	NZSSAA Championships	Hastings	11 Dec 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

33	5.11	-0.1	Harriett Sowman	WEL	11 Dec 1990	9	NZL Championships	Christchurch	26 Mar 2010
34	5.10	0.2	Nicole Mesman	CAN	02 Feb 1993	1	Canterbury Championshi	Christchurch	07 Mar 2010
35	5.09	0.2	Ashleigh Sando	WBP	03 Feb 1994	8	NZL Championships	Christchurch	26 Mar 2010
36	5.07	-2.7	Amy Robinson	WBP	19 Feb 1996	1	NI Colgate Games	Auckland	08 Jan 2010
37	5.05	-1.3	Kate Philpott	MWA	30 Jul 1992	7	NZSSAA Championships	Hastings	12 Dec 2010
38	5.01	0.6	MacKenzie Keenan	CAN	11 Sep 1994	H	Canterbury CE Champs	Christchurch	19 Dec 2010
39	5.01	0.4	Joanna Oryszczak	CAN	29 Jul 1994	1	Interclub	Christchurch	30 Oct 2010
40	5.01	1.1	Catherine O'Sullivan	OTG	26 Aug 1985	1	Weekly Meeting	Dunedin	23 Jan 2010

PROGRESSION		2008	2009	2010
1st		6.22	6.14	6.07
10th		5.22	5.60	5.52
20th		5.01	5.27	5.30

WOMENS OPEN Triple Jump

1	12.73	1.7	Marissa Pritchard	WEL	17 Mar 1984	2Gp2	AUS Championships	Perth AUS	16 Apr 2010
2	12.53	1.7	Nneka Okpala	AKL	27 Apr 1988	2	Auckland Championships	Auckland	28 Feb 2010
3	12.13		Kiri Kendall	ANZ	04 Dec 1987	12	All Comers	Houston TX	06 Feb 2010
4	12.01	0.4	Charlotte Muschamp	STH	09 Sep 1992	2	NZSSAA Championships	Hastings	11 Dec 2010
5	11.78	0.2	Greer Alsop	STH	13 Jun 1994	1	NZL Championships	Christchurch	28 Mar 2010
6	11.70	1.2	Jade Graham	STH	23 Aug 1995	1	NZSSAA Championships	Hastings	12 Dec 2010
7	11.61	0.5	Jennifer Scott	AKL	25 Feb 1994	2	NZL Championships	Christchurch	27 Mar 2010
8	11.59	-0.5	Katherine Camp	WBP	06 Feb 1992	1	WBOP Championships	Hamilton	27 Feb 2010
9	11.47	1.6	Anna Thomson	WEL	14 May 1995	2	NZSSAA Championships	Hastings	12 Dec 2010
10	11.38	-0.1	Hannah Keenan	CAN	10 Jun 1993	3	NZSSAA Championships	Hastings	11 Dec 2010
11	11.38	0.2	Kate Philpott	MWA	30 Jul 1992	2	NZL Championships	Christchurch	28 Mar 2010
12	11.30	0.6	Paige Harwood	AKL	08 Feb 1995	1	Hot Meet 4	North Shore	16 Jan 2010
13	11.26	0.8	Melody Stein	WEL	15 May 1993	3	Gold Programme	Wellington	09 Jan 2010
14	11.15	1.7	Kathryn Kennedy	WEL	05 Mar 1991	1	Central Region Lge R2	Palmerston North	20 Nov 2010
15	11.12	-0.5	Harriett Sowman	WEL	11 Dec 1990	4	NZL Championships	Christchurch	28 Mar 2010
16	11.05	1.7	Jamie Sowter	AKL	07 Apr 1995	3	NZSSAA Championships	Hastings	12 Dec 2010
17	11.05	0.1	Annabelle Coates	CAN	08 Dec 1989	1	Interclub	Christchurch	30 Jan 2010
18	10.99	1.5	Anne Simpson	AKL	17 Sep 1992	6	NZSSAA Championships	Hastings	11 Dec 2010
19	10.96	1.7	Rebecca Peterson	STH	23 Oct 1995	4	NZSSAA Championships	Hastings	12 Dec 2010
20	10.95	1.3	Sophie Munro	TAR	13 Jan 1993	1	Taranaki Championships	Inglewood	13 Mar 2010
21	10.89	0.3	Lauren Eaton	CAN	24 Aug 1990	1	Interclub	Christchurch	16 Oct 2010
22	10.83	-0.2	Nicola Mackle	CAN	28 Sep 1992	1	SI Sec Schools	Dunedin	20 Mar 2010
23	10.79	0.2	Kate Downie-Melrose	CAN	29 Oct 1992	2	SI Sec Schools	Dunedin	20 Mar 2010
24	10.77	1.2	Ashleigh Sando	WBP	03 Feb 1994	4	NZL Championships	Christchurch	27 Mar 2010
25	10.73	-0.1	MacKenzie Keenan	CAN	11 Sep 1994	1	Interclub	Christchurch	29 Dec 2010
26	10.65	-0.1	Savannah Bruin	STH	24 Mar 1993	7	NZSSAA Championships	Hastings	11 Dec 2010
27	10.64	-0.2	Stacey Gunn	MWA	28 Oct 1994	8	NZSSAA Championships	Hastings	11 Dec 2010
28	10.64	0.0	Courtney Walker	MWA	10 Jan 1995	5	NI Sec Schools	Wellington	20 Mar 2010
29	10.58	1.2	Eilidh Blanchard	OTG	20 Dec 1993	1	Otago Championships	Dunedin	21 Feb 2010
30	10.47	0.8	Chanel Watson	TAR	19 Jun 1993	2	Taranaki Championships	Inglewood	13 Mar 2010
31	10.37	0.1	Joanna Oryszczak	CAN	29 Jul 1994	2	SI Sec Schools	Dunedin	20 Mar 2010
32	10.34	0.6	Kendyl Fake	TAR	30 Nov 1993	4	Central Region Lge R3	Wellington	27 Nov 2010
33	10.24	0.0	Rochelle Newdick	WBP	08 Jun 1995	6	NZSSAA Championships	Hastings	12 Dec 2010
34	10.21	0.2	Hannah Brewer	TAR	03 Oct 1992	1	Taranaki Championships	Inglewood	13 Mar 2010
35	10.10	-0.4	Emma Sutherland	HGB	14 Jan 1993	11	NZL Championships	Christchurch	27 Mar 2010
36	10.03	0.7	Gina Morrissey	AKL	19 Aug 1992	7	NI Sec Schools	Wellington	20 Mar 2010
37	10.01	0.0	Jessie Park	CAN	08 Aug 1994	4	SI Sec Schools	Dunedin	20 Mar 2010

PROGRESSION		2008	2009	2010
1st		11.55	12.79	12.73
10th		10.78	11.30	11.38
20th		10.59	10.62	10.95

WOMENS OPEN Shot Put

1	20.86		Valerie Adams	AKL	06 Oct 1984	1	Inter Continental Cup	Split CRO	05 Sep 2010
2	14.74		Rebecca Wardell	CAN	21 Dec 1977	1	Down Under	Gold Coast AUS	04 Jul 2010
3	14.46		Veronica Torr	AKL	17 May 1987	H	Coral Coast Carnival	Cairns AUS	03 Jul 2010
4	14.21		Siositina Hakeai	AKL	01 Mar 1994	1	Waitakere Festival	Waitakere	30 Oct 2010
5	13.93		Merewarihi Vaka	AKL	30 Mar 1995	2	Waitakere Festival	Waitakere	30 Oct 2010
6	13.66		Te Rina Keenan	AKL	29 Jun 1990	2	Rainbow Relays	Honolulu HI	03 Apr 2010
7	13.43		Beatrice Faumuina	AKL	23 Oct 1974	2	ITM	Christchurch	18 Mar 2010
8	13.37		Leesa Lealaisalanoa	WEL	28 Sep 1993	1	NI Sec Schools	Wellington	20 Mar 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

9	12.55	Sarah Cowley	AKL	03 Feb 1984	2	Cooks Classic	Wanganui	26 Jan 2010
10	12.13	Nicole Bradley	OTG	23 Apr 1992	3	NZSSAA Championships	Hastings	12 Dec 2010
11	11.98	Sarah Button	AKL	12 Feb 1993	4	NZSSAA Championships	Hastings	12 Dec 2010
12	11.89	Meghan Kirk	TAS	11 Sep 1991	2	NZL Championships	Christchurch	27 Mar 2010
13	11.73	Ilse Rietberg	OTG	18 Feb 1992	3	NZL Championships	Christchurch	27 Mar 2010
14	11.49	Keshia Grant	WBP	11 Jan 1987	2	Coup des Lancers	Mont Dore NCL	08 May 2010
15	11.38	Melissa Seymour	TAS	01 Jul 1991	4	NZL Championships	Christchurch	27 Mar 2010
16	11.29	Paige Harwood	AKL	08 Feb 1995	H	NZ CE Championships	Hamilton	13 Feb 2010
17	11.24	Claire Garrett	CAN	26 Jun 1987	1	Interclub	Christchurch	16 Jan 2010
18	11.18	Emily Baker	WBP	15 Dec 1986	1	Hot Meet 1	Auckland	06 Nov 2010
19	11.15	Raylene Bates	OTG	14 Nov 1965	1	Otago Championships	Dunedin	21 Feb 2010
20	11.03	Lucy Ross	HGB	16 Feb 1994	4	Cooks Classic	Wanganui	26 Jan 2010
21	10.86	Annie Benefield	MWA	21 Jan 1993	2	Central Region Lge R1	Hastings	06 Nov 2010
22	10.83	Elizabeth Doyle	AKL	27 Aug 1994	1	Interprovincial Meet	Waitakere	23 Jan 2010
23	10.53	Madeline Carruthers	CAN	28 Aug 1995	1	Interclub	Christchurch	06 Feb 2010
24	10.40	Sarah Niu	WEL	07 Nov 1995	1	Wellington Championshi	Wellington	27 Feb 2010
25	10.33	Livvie Duggan	WBP	20 Jul 1992	7	NZSSAA Championships	Hastings	12 Dec 2010
26	10.27	Lauren Welsh	CAN	29 Oct 1992	1	Interclub	Christchurch	06 Feb 2010
27	10.26	Karalee Whiu	NTH	18 Aug 1993	8	NZSSAA Championships	Hastings	12 Dec 2010
28	10.23	Jonelle Nicholas-Wright	AKL	13 Oct 1990	5	Porritt Classic	Hamilton	13 Feb 2010
29	10.05	Nicole Mesman	CAN	02 Feb 1993	H	Canterbury CE Chps	Christchurch	23 Jan 2010

PROGRESSION		2008	2009	2010
1st		20.56	21.07	20.86
10th		11.08	12.26	12.13
20th		10.19	10.58	11.03

WOMENS OPEN Discus Throw

1	61.11	Beatrice Faumuina	AKL	23 Oct 1974	1	Capital Classic	Wellington	22 Jan 2010
2	53.76	Te Rina Keenan	AKL	29 Jun 1990	1	WAC	Ruston LA	15 May 2010
3	52.02	Leesa Lealaisalanoa	WEL	28 Sep 1993	1	NZSSAA Championships	Hastings	11 Dec 2010
4	51.69	Te Rina Keenan	AKL	29 Jun 1990	1	Trojan Invitational	Los Angeles CA	20 Mar 2010
5	51.52	Siositina Hakeai	AKL	01 Mar 1994	3	Kajaks Track Classic	Richmond CAN	09 Jul 2010
6	49.18	Merewariri Vaka	AKL	30 Mar 1995	1	Australia Junior Ch	Sydney AUS	11 Mar 2010
7	42.54	Courtney Fafeita	WEL	27 Jan 1993	3	NZL Championships	Christchurch	28 Mar 2010
8	42.29	Sarah Button	AKL	12 Feb 1993	3	NZSSAA Championships	Hastings	11 Dec 2010
9	39.74	Courtney Clarke	TAS	31 Jan 1994	1	SI Sec Schools	Dunedin	20 Mar 2010
10	39.40	Andrea Vigers	CAN	13 Aug 1983	1	Interclub	Christchurch	16 Jan 2010
11	39.12	Melissa Seymour	TAS	01 Jul 1991	5	NZL Championships		28 Mar 2010
12	38.21	Keshia Grant	WBP	11 Jan 1987	2	Coup des Lancers	Mont Dore NCL	08 May 2010
13	37.99	Livvie Duggan	WBP	20 Jul 1992	2	NZL Championships	Christchurch	26 Mar 2010
14	37.46	Ariana Blackwood	MWA	11 Mar 1994	1	Club Meeting	Palmerston North	14 Dec 2010
15	36.53	Gabrielle Vaka	AKL	31 Oct 1992	4	Porritt Classic	Hamilton	13 Feb 2010
16	36.46	Millie McNie	AKL	19 May 1989	1	Sam Johnson Memorial	Hamilton	05 Dec 2010
17	36.11	Nicole Bradley	OTG	23 Apr 1992	1	Weekly Meeting	Dunedin	18 Dec 2010

PROGRESSION		2008	2009	2010
1st		61.62	60.03	61.11
10th		34.95	38.26	39.40
20th		30.44 (17th)	30.73 (17th)	36.11 (17th)

WOMENS OPEN Hammer Throw

1	61.32	Julia Ratcliffe	WBP	14 Jul 1993	1	Open Meeting	Hamilton	04 Dec 2010
2	57.81	Ayla Gill	AKL	05 Jan 1991	1	Kajaks Track Classic	Richmond CAN	09 Jul 2010
3	57.10	Hardeep Kaur	MWA	17 Feb 1977	1	NZL Championships	Christchurch	28 Mar 2010
5	54.57	Jessica Charlesworth	AKL	30 Dec 1987	1	Auckland Championships	Auckland	27 Feb 2010
6	49.17	Millie McNie	AKL	19 May 1989	1	Battle of Regions 2	Hamilton	20 Nov 2010
7	48.01	Rebecca Hodgson	CAN	15 Aug 1993	1	Interclub	Christchurch	04 Dec 2010
8	47.17	Andrea Vigers	CAN	13 Aug 1983	3	NZL Championships	Christchurch	28 Mar 2010
9	44.51	Sarah Button	AKL	12 Feb 1993	3	NZSSAA Championships	Hastings	11 Dec 2010
10	44.27	Nicole Bradley	OTG	23 Apr 1992	4	NZSSAA Championships	Hastings	11 Dec 2010
11	42.91	Courtney Fafeita	WEL	27 Jan 1993	3	NZL Championships	Christchurch	27 Mar 2010
12	38.86	Ella Pilkington	AKL	06 Apr 1995	1	Battle of Regions 2	Hamilton	20 Nov 2010
13	38.69	Livvie Duggan	WBP	20 Jul 1992	1	Battle of Regions 2	Hamilton	20 Nov 2010
14	38.67	Lucy Ross	HGB	16 Feb 1994	5	NZSSAA Championships	Hastings	11 Dec 2010
15	38.29	Anna McNab	CAN	02 Jan 1986	2	ITM	Christchurch	18 Mar 2010
16	36.56	Leesa Lealaisalanoa	WEL	28 Sep 1993	3	NI Sec Schools	Wellington	20 Mar 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

17	35.92	Raylene Bates	OTG	14 Nov 1965	1	Otago Championships	Dunedin	21 Feb 2010
18	35.48	Anne Goulter	AKL	04 Dec 1962	3	Auckland Championships	Auckland	27 Feb 2010
19	32.12	Claire Garrett	CAN	26 Jun 1987	3	Interclub	Christchurch	16 Jan 2010

PROGRESSION	2008	2009	2010
1st	50.37	55.14	61.32
10th	34.50	36.99	44.51
20th	-	-	32.12 (19th)

WOMENS OPEN Javelin Throw

1	50.11	Hannah Blair	OTG	31 Oct 1987	1	Weekly Meeting	Dunedin	06 Feb 2010
2	48.86	Keshia Grant	WBP	11 Jan 1987	2	Coup des Lancers	Mont Dore NCL	08 May 2010
3	48.68	Stephanie Wrathall	AKL	25 Dec 1989	1	Coup des Lancers	Mont Dore NCL	08 May 2010
4	46.84	Rebecca Wardell	CAN	21 Dec 1977	H	Canterbury CE Chps	Christchurch	24 Jan 2010
5	42.25	Megan Aikenhead	WBP	09 Sep 1988	4	NZL Championships	Christchurch	28 Mar 2010
6	41.06	Stacey Peeters	STH	30 Mar 1992	3	TT21 Test Match	Waitakere	20 Feb 2010
7	38.78	Lucy Penrice	HBG	28 Oct 1993	1	Central Region Lge R1	Hastings	06 Nov 2010
8	38.69	Tori Peeters	STH	17 May 1994	1	SI Sec Schools	Dunedin	20 Mar 2010
9	38.44	Veronica Torr	AKL	17 May 1987	H	AUS CE Champs	Gold Coast AUS	10 Apr 2010
10	38.28	Emily Baker	WBP	15 Dec 1986	1	Hot Meet 1	Auckland	06 Nov 2010
11	37.52	Sarah Cowley	AKL	03 Feb 1984	H	TNT Fortuna	Klando CZE	15 Jun 2010
12	36.31	Portia Bing	AKL	17 Apr 1993	6	NZSSAA Championships	Hastings	12 Dec 2010
13	36.16	Aeron Mellish	TAR	23 Apr 1994	2	NZL Championships	Christchurch	26 Mar 2010
14	35.18	Laura Jensen	HBG	11 Nov 1992	2	NZL Championships	Christchurch	26 Mar 2010
15	35.02	Rachel Rolleston	CAN	29 Jun 1994	2	SI Sec Schools	Dunedin	20 Mar 2010

PROGRESSION	2008	2009	2010
1st	48.24	49.42	50.11
10th	36.29 (6th)	36.99 (7th)	38.28
20th	-	-	-

WOMENS OPEN Combined Events

WOMENS OPEN Heptathlon

1	5988	Rebecca Wardell	CAN	21 Dec 1977	1	Canterbury CE Chps	Christchurch	24 Jan 2010
2	5665	Sarah Cowley	AKL	03 Feb 1984	2	AUS CE Champs	Gold Coast AUS	10 Apr 2010
3	5520	Veronica Torr	AKL	17 May 1987	2	Coral Coast Carnival	Cairns AUS	04 Jul 2010
4	4838	Portia Bing	AKL	17 Apr 1993	1	North Island CE Champs	Hastings	24 Oct 2010
5	4648	Fiona Morrison	CAN	24 Oct 1988	2	Canterbury CE Chps	Christchurch	24 Jan 2010
6	4584	Paige Harwood	AKL	08 Feb 1995	1	North Island CE Champs	Hastings	24 Oct 2010
7	4386	Kelsey Berryman	CAN	04 Feb 1992	1	Canterbury CE Champs	Christchurch	19 Dec 2010
8	4349	Lauri Watt	CAN	18 Jan 1996	1	Canterbury CE Champs	Christchurch	19 Dec 2010
9	4308	Nicole Mesman	CAN	02 Feb 1993	2	Canterbury CE Champs	Christchurch	19 Dec 2010
10	3790	MacKenzie Keenan	CAN	11 Sep 1994	2	Canterbury CE Champs	Christchurch	19 Dec 2010
11	3627	Rebecca Wilson	AKL	24 Jul 1993	4	NZ CE Championships	Hamilton	14 Feb 2010
12	3575	Alexandra Skerten	OTG	02 Jul 1992	1	Otago CE Championships	Dunedin	19 Dec 2010
13	3420	Vianca Du Toit	AKL	09 Dec 1992	2	North Island CE Champs	Hastings	24 Oct 2010
14	3251	Ariana Blackwood	MWA	11 Mar 1994	5	NZ CE Championships	Hamilton	14 Feb 2010
15	3111	Rebecca Andrews	WBP	08 Dec 1994	2	North Island CE Champs	Hastings	24 Oct 2010

PROGRESSION	2008	2009	2010
1st	6108	5678	5988
10th	-	-	-
20th	-	-	-

WOMENS 19 Track

WOMENS 19 100m

1	11.71	0.4	Andrea Koenen	AKL	13 Jan 1990	2	NZL Championships	Christchurch	26 Mar 2010
2	12.13	-0.4	Lauren Wilson	OTG	24 Nov 1992	1	NZL Championships	Christchurch	26 Mar 2010
3	12.22	1.1	Mariah Ririnui	WBP	26 Jun 1992	1r1	Cooks Classic	Wanganui	26 Jan 2010
4	12.28	-0.4	Kelsey Berryman	CAN	04 Feb 1992	2	NZL Championships	Christchurch	26 Mar 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

5	12.34	-0.4	Livvy Wilson	AKL	09 Aug 1992	3	NZL Championships	Christchurch	26 Mar 2010
6	12.38	-0.4	Chelsea Johannsen	AKL	06 Sep 1991	4	NZL Championships	Christchurch	26 Mar 2010
7	12.46	0.0	Hazel Bowering-Scott	TAS	01 Apr 1993	1	Interclub	Christchurch	13 Nov 2010
8	12.48	1.0	Rachel Peeters	AKL	29 Jun 1991	1	Hot Meet 4	North Shore	16 Jan 2010
9	12.57	-0.4	Phillipa Symes	MWA	12 Mar 1992	7	NZL Championships	Christchurch	26 Mar 2010
10	12.61	0.8	Brogan Mcdonald	AKL	08 Jul 1993	1sf2	NZSSAA Championships	Hastings	13 Dec 2010
11	12.71	0.5	Emma Blake	HBG	05 Apr 1993	2sf1	NZSSAA Championships	Hastings	13 Dec 2010
12	12.75	-0.1	Holly Janssen	WEL	21 Nov 1992	1	Gold Programme	Wellington	04 Dec 2010
13	12.75	-0.1	Laura McPhail	OTG	24 Nov 1991	4h2	NZL Championships	Christchurch	26 Mar 2010
14	12.76	1.1	Lauren Nicol	CAN	24 Apr 1993	1r1	Interclub	Christchurch	20 Nov 2010
15	12.78	0.8	Elizabeth Rankin	AKL	18 May 1992	3sf2	NZSSAA Championships	Hastings	13 Dec 2010
16	12.78	1.4	Abigail Watson	CAN	22 Nov 1991	4r1	Interclub	Christchurch	13 Feb 2010
17	12.84	-1.6	Katherine Camp	WBP	06 Feb 1992	2	Open Meeting	Hamilton	16 Jan 2010
18	12.90	-1.2	Kristie Baillie	WBP	09 Sep 1991	1	Trevor Craven Memorial	Burnaby CAN	10 Jul 2010
19	12.96	0.6	Vanessa Hill	WBP	23 Jun 1993	4h3	NZSSAA Championships	Hastings	11 Dec 2010
20	12.97	2.0	Tessa Miller	STH	06 Sep 1993	2	Twilight Meeting	Invercargill	26 Nov 2010
21	13.01	0.0	Elise McLroy	WEL	07 Oct 1993	1	Black Programme	Wellington	13 Nov 2010
22	13.09	1.9	Amy Adler	WBP	09 Jan 1991	5	Open Meeting	Tauranga	05 Jan 2010
23	13.10	-0.2	Angela Smit	CAN	16 Aug 1991	4r1	Interclub	Christchurch	06 Feb 2010
24	13.11	1.8	Rebecca Gibson	STH	02 May 1990	3r2	Cooks Classic	Wanganui	26 Jan 2010
25	13.11	-0.3	Tracey Hale	WBP	26 Sep 1990	5h1	NZL Championships	Christchurch	26 Mar 2010
26	13.14	-0.3	Ellen Schaeef	WEL	25 Oct 1990	6h1	NZL Championships	Christchurch	26 Mar 2010
27	13.14	0.0	Genelle Vanderschantz	WBP	01 Jun 1993	4	Putaruru Bell 2	Tauranga	30 Oct 2010
28	13.15	0.3	Monique Barker	CAN	14 Dec 1992	1r3	Interclub	Christchurch	06 Feb 2010

PROGRESSION	2008	2009	2010
1st	12.16	11.87	11.71
10th	12.94	12.73	12.61
20th	13.18 (16th)	12.92	12.97

WOMENS 19 200m

1	23.67	1.3	Andrea Koenen	AKL	13 Jan 1990	3	AUS Championships	Perth AUS	18 Apr 2010
2	24.88	1.8	Lauren Wilson	OTG	24 Nov 1992	1	NZSSAA Championships	Hastings	12 Dec 2010
3	25.16	-1.0	Kristie Baillie	WBP	09 Sep 1991	2	NZL Championships	Christchurch	28 Mar 2010
4	25.30	1.9	Chelsea Johannsen	AKL	06 Sep 1991	2h2	NZL Championships	Christchurch	28 Mar 2010
5	25.33	-0.3	Hazel Bowering-Scott	TAS	01 Apr 1993	6h3	Youth Olympic Games	Singapore SIN	19 Aug 2010
6	25.34	-1.0	Livvy Wilson	AKL	09 Aug 1992	3	NZL Championships	Christchurch	28 Mar 2010
7	25.36	1.8	Emma Blake	HBG	05 Apr 1993	2	NZSSAA Championships	Hastings	12 Dec 2010
8	25.48	1.9	Rebecca Gibson	STH	02 May 1990	6r1	Capital Classic	Wellington	22 Jan 2010
9	25.50	-0.8	Katherine Camp	WBP	06 Feb 1992	6	Australia Junior Ch	Sydney AUS	14 Mar 2010
10	25.54	0.9	Holly Janssen	WEL	21 Nov 1992	2	Central Region Lge R3	Wellington	27 Nov 2010
11	25.66	1.9	Rachel Peeters	AKL	29 Jun 1991	3h2	NZL Championships	Christchurch	28 Mar 2010
12	25.70	1.7	Abigail Watson	CAN	22 Nov 1991	2	Interclub	Christchurch	20 Nov 2010
13	25.70	1.9	Kelsey Berryman	CAN	04 Feb 1992	7r1	Capital Classic	Wellington	22 Jan 2010
14	25.98	-0.6	Katrina Anderson	AKL	22 Mar 1992	1	Hot Meet 7	Auckland	06 Mar 2010
15	26.01	1.9	Ellen Schaeef	WEL	25 Oct 1990	8r1	Capital Classic	Wellington	22 Jan 2010
16	26.06	-1.5	Mariah Ririnui	WBP	26 Jun 1992	1	WBOP Schools	Tauranga	13 Mar 2010
17	26.11	0.2	Elizabeth Rankin	AKL	18 May 1992	5sf2	NZSSAA Championships	Hastings	12 Dec 2010
18	26.24	0.9	Kristin Dovey	WEL	13 Mar 1993	3sf1	NZSSAA Championships	Hastings	12 Dec 2010
19	26.28	1.7	Lauren Nicol	CAN	24 Apr 1993	3	Interclub	Christchurch	20 Nov 2010
20	26.32	0.9	Elise McLroy	WEL	07 Oct 1993	3	Central Region Lge R3	Wellington	27 Nov 2010
21	26.44	2.0	Brogan Mcdonald	AKL	08 Jul 1993	2h1	Down Under	Gold Coast AUS	02 Jul 2010
22	26.54	1.2	Laura McPhail	OTG	24 Nov 1991	4	Canterbury Championshi	Christchurch	07 Mar 2010
23	26.66	0.3	Devon Helm	OTG	30 Jul 1992	3	SI Sec Schools	Dunedin	20 Mar 2010
24	26.70	-1.9	Angela Smit	CAN	16 Aug 1991	2	Interclub	Christchurch	18 Dec 2010
25	26.72	0.3	Vicky Paine	WEL	11 Jun 1991	3r2	Capital Classic	Wellington	22 Jan 2010
26	28.68	0.9	Lauren Orchard	WBP	10 Nov 1993	1	Gold Programme	Wellington	04 Dec 2010

PROGRESSION	2008	2009	2010
1st	24.56	23.69	23.67
10th	26.37	25.81	25.54
20th	-	26.68	26.32

WOMENS 19 400m

1	54.57	Kristie Baillie	WBP	09 Sep 1991	1	NZL Championships	Christchurch	27 Mar 2010
2	55.37	Katherine Camp	WBP	06 Feb 1992	4	Australia Junior Ch	Sydney AU	13 Mar 2010
3	56.13	Angela Smit	CAN	16 Aug 1991	1	Canterbury Championshi	Christchurch	07 Mar 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

4	56.14	Katrina Anderson	AKL	22 Mar 1992	5	Australia Junior Ch	Sydney AU	13 Mar 2010
5	56.14	Rebecca Gibson	STH	02 May 1990	3	NZL Championships	Christchurch	27 Mar 2010
6	56.29	Hazel Bowering-Scott	TAS	01 Apr 1993	1	NZSSAA Championships	Hastings	12 Dec 2010
7	56.62	Abigail Watson	CAN	22 Nov 1991	3mx	Interclub	Christchurch	13 Feb 2010
8	57.31	Vicky Payne	WEL	11 Jun 1991	1	Wellington Championshi	Wellington	27 Feb 2010
9	58.31	Sarah Flynn	HBG	03 Nov 1992	2	NZSSAA Championships	Hastings	12 Dec 2010
10	58.54	Georgina Allison	CAN	19 Apr 1991	1	Otago Championships	Dunedin	21 Feb 2010
11	58.55	Lauren Nicol	CAN	24 Apr 1993	3	NZSSAA Championships	Hastings	12 Dec 2010
12	58.58	Anne Simpson	AKL	17 Sep 1992	1	Open Meeting	Hamilton	04 Dec 2010
13	58.80	Elena Hewett	AKL	08 Nov 1991	6	NZL Championships	Christchurch	27 Mar 2010
14	58.84	Alisha Lovrich	AKL	19 Jul 1993	4	NZSSAA Championships	Hastings	12 Dec 2010
15	58.95	Rachael Catley	AKL	04 Oct 1991	1	Open Meeting	Auckland	20 Mar 2010
16	59.42	Ximena Smith	AKL	11 Oct 1992	4	Battle of Regions 2	Hamilton	20 Nov 2010
17	59.43	Anna Roche	WEL	04 Dec 1992	2r1	Cooks Classic	Wanganui	26 Jan 2010
18	59.70	Rebekah Greene	OTG	26 Dec 1993	1	Hurring Relays 3	Dunedin	13 Nov 2010
19	59.78	Fern Lowrie	HBG	14 Sep 1992	3sf2	NZSSAA Championships	Hastings	12 Dec 2010
20	59.81	Rebecca Lovell	WBP	08 Oct 1992	8	NZL Championships	Christchurch	27 Mar 2010
21	59.82	Ellen Schaeff	WEL	25 Oct 1990	2	Wellington Championshi	Wellington	27 Feb 2010

PROGRESSION	2008	2009	2010
1st	56.82	55.89	54.57
10th	59.48 (8th)	58.47	58.54
20th	-	59.78 (15th)	59.81

WOMENS 19 800m

1	2:03.87	Angela Smit	CAN	16 Aug 1991	4rA	Victoria Track Classic	Victoria CAN	07 Jul 2010
2	2:07.01	Anna Roche	WEL	04 Dec 1992	7s1	World Junior Championshi	Moncton CAN	21 Jul 2010
3	2:07.77	Rebekah Greene	OTG	26 Dec 1993	1	Weekly Meeting	Dunedin	18 Dec 2010
4	2:10.81	Hannah Newbould	CAN	19 Jun 1991	2	Sylvia Potts Classic	Hastings	29 Jan 2010
5	2:13.02	Annika Pfitzinger	AKL	24 Aug 1992	1	NZSSAA Championships	Hastings	12 Dec 2010
6	2:14.16	Barbara Roy	WEL	22 Oct 1990	1	Otago Championships	Dunedin	21 Feb 2010
7	2:14.96	Laura Nagel	HBG	11 Feb 1992	5	Sylvia Potts Classic	Hastings	29 Jan 2010
8	2:15.67	Rachael Catley	AKL	04 Oct 1991	1	Auckland Championships	Auckland	28 Feb 2010
9	2:16.00	Ximena Smith	AKL	11 Oct 1992	5	NZSSAA Championships	Hastings	12 Dec 2010
10	2:16.27	Laura Sinclair	WBP	13 Dec 1990	3r1	Mason Spring Inv	Fairfax VA	10 Apr 2010
11	2:16.88	Katrina Anderson	AKL	22 Mar 1992	2	Auckland Championships	Auckland	28 Feb 2010
12	2:17.10	Melissa Murrhy	WBP	31 Jan 1990	5	NZL Championships	Christchurch	27 Mar 2010
13	2:17.37	Flora Brocherie	CAN	30 Oct 1992	6	NZSSAA Championships	Hastings	12 Dec 2010
14	2:17.64	Esther Keown	AKL	25 May 1992	5	Capital Classic	Wellington	22 Jan 2010
15	2:17.86	Poppo Kelt	HBG	13 Sep 1992	7	NZSSAA Championships	Hastings	12 Dec 2010
16	2:18.10	Caroline Mellsoop	MWA	05 Sep 1991	1	Central Region Lge R3	Wellington	27 Nov 2010
17	2:18.80	Annabelle White	CAN	02 Dec 1993	3h2	NZSSAA Championships	Hastings	11 Dec 2010
18	2:18.86	Jenny Hauke	AKL	06 Feb 1993	1	Open Meeting	Hamilton	04 Dec 2010
19	2:21.33	Kim Chambers	OTG	10 Apr 1991	2	Canterbury Championshi	Christchurch	07 Mar 2010
20	2:21.51	Florence Reynolds	WEL	31 Dec 1992	1	Central Region Lge R2	Palmerston North	20 Nov 2010
21	2:21.69	Nicole Mitchell	WEL	19 Aug 1992	2	Wellington Championshi	Wellington	27 Feb 2010
22	2:21.82	Katherine Vance	WEL	19 Apr 1991	3	Wellington Championshi	Wellington	27 Feb 2010
23	2:22.96	Christina Taylor	STH	02 Aug 1992	4mx	Open Meeting	Invercargill	04 Dec 2010
24	2:23.15	Francesca Priest	AKL	07 Mar 1991	1	Otago Championships	Dunedin	21 Feb 2010
25	2:23.53	Bella Bloomfield	OTG	12 Apr 1992	1	SI Sec Schools	Dunedin	20 Mar 2010
26	2:23.64	Kimberley Chambers	CAN	04 Oct 1991	8	NZL Championships	Christchurch	27 Mar 2010
27	2:23.65	Nicole Mesman	CAN	02 Feb 1993	H	Canterbury CE Champs	Christchurch	19 Dec 2010
28	2:23.94	Emily Kinsler	AKL	10 Aug 1993	2	Open Meeting	Hamilton	04 Dec 2010

PROGRESSION	2008	2009	2010
1st	2:07.80	2:07.26	2:03.87
10th	2:18.79	2:15.44	2:16.27
20th	2:28.78 (19th)	2:21.08	2:21.51

WOMENS 19 1500m

1	4:14.54	Hannah Newbould	CAN	19 Jun 1991	2rA	Victoria Track Classic	Victoria CAN	07 Jul 2010
2	4:18.90	Rebekah Greene	OTG	26 Dec 1993	5h1	World Junior Championshi	Moncton CAN	23 Jul 2010
3	4:24.06	Laura Nagel	HBG	11 Feb 1992	2	NZL Championships	Christchurch	28 Mar 2010
4	4:24.69	Anna Roche	WEL	04 Dec 1992	3	NZL Championships	Christchurch	28 Mar 2010
5	4:25.50	Lydia O'Donnell	WBP	14 Jun 1990	3	Porritt Classic	Hamilton	13 Feb 2010
6	4:26.16	Barbara Roy	WEL	22 Oct 1990	4	NZL Championships	Christchurch	28 Mar 2010
7	4:29.31	Angela Smit	CAN	16 Aug 1991	1	Interclub	Christchurch	16 Jan 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

8	4:29.45	Olivia Burne	MWA	03 Sep 1991	6	Porritt Classic	Hamilton	13 Feb 2010
9	4:32.81	Esther Keown	AKL	25 May 1992	8	Porritt Classic	Hamilton	13 Feb 2010
10	4:33.44	Caroline Mellsof	MWA	05 Sep 1991	5rB	Victoria Track Classic	Victoria CAN	07 Jul 2010
11	4:34.16	Laura Sinclair	WBP	13 Dec 1990	1h1	Colonial	Fairfax VA	30 Apr 2010
12	4:35.01	Annika Pfitzinger	AKL	24 Aug 1992	10	Porritt Classic	Hamilton	13 Feb 2010
13	4:37.88	Danielle Trevis	AKL	19 Jan 1991	11	Porritt Classic	Hamilton	13 Feb 2010
14	4:38.39	Annie Keown	AKL	16 Nov 1990	6	NZL Championships	Christchurch	28 Mar 2010
15	4:40.75	Flora Brocherie	CAN	30 Oct 1992	9	NZL Championships	Christchurch	28 Mar 2010
16	4:40.97	Jacinda Swain	WEL	28 May 1982	1	Gold Programme	Wellington	06 Mar 2010
17	4:42.74	Florence Reynolds	WEL	31 Dec 1992	1	Gold Programme	Wellington	04 Dec 2010
18	4:44.00	Georgie Grgec	AKL	19 Nov 1993	1	Waitakere Festival	Waitakere	30 Oct 2010
19	4:48.16	Rebecca Kingsford	WBP	08 Nov 1990	16	Porritt Classic	Hamilton	13 Feb 2010
20	4:48.30	Nicole Mitchell	WEL	19 Aug 1992	2	Gold Programme	Wellington	04 Dec 2010
21	4:49.11	Francesca Priest	AKL	07 Mar 1991	1	Otago Championships	Dunedin	21 Feb 2010
22	4:49.25	Christina Taylor	STH	02 Aug 1992	1	Weekly Meeting	Dunedin	27 Nov 2010
23	4:49.52	Kimberley Chambers	CAN	04 Oct 1991	10	NZL Championships	Christchurch	28 Mar 2010
24	4:51.10	Melissa Murrhry	WBP	31 Jan 1990	18	Porritt Classic	Hamilton	13 Feb 2010
25	4:51.26	Kim Chambers	OTG	10 Apr 1991	2	Canterbury Championshi	Christchurch	07 Mar 2010
26	4:51.33	Katherine Vance	WEL	19 Apr 1991	3	Wellington Championshi	Wellington	27 Feb 2010
27	4:51.72	Shauna Pali	OTG	28 Nov 1993	2	Hurring Relays 3	Dunedin	13 Nov 2010
28	4:53.25	Poppy Kelt	HBG	13 Sep 1992	6	Porritt Classic	Hamilton	13 Feb 2010
29	4:54.27	Brigitte Hicks	AKL	23 Jun 1993	4	NZSSAA Championships	Hastings	12 Dec 2010
30	4:54.65	Josie Wilcox	TAS	11 Jun 1991	5	Canterbury Championshi	Christchurch	07 Mar 2010

PROGRESSION		2008	2009	2010
1st		4:29.24	4:23.01	4:14.54
10th		4:40.43	4:39.21	4:33.44
20th		4:52.23 (15th)	4:51.02	4:48.30

WOMENS 19 Mile

1	4:46.46	Hannah Newbould	CAN	19 Jun 1991	1	Cooks Classic	Wanganui	26 Jan 2010
2	4:51.38	Laura Nagel	HGB	11 Feb 1992	3	Cooks Classic	Wanganui	26 Jan 2010
3	4:52.22	Olivia Burne	MWA	03 Sep 1991	4	Cooks Classic	Wanganui	26 Jan 2010
4	4:59.06	Caroline Mellsof	MWA	05 Sep 1991	1	Scottish Night of Miles	Wellington	18 Dec 2010
5	5:00.05	Georgie Grgec	AKL	19 Nov 1993	1	Open Meeting	Hamilton	04 Dec 2010
6	5:00.65	Esther Keown	AKL	25 May 1992	7	Cooks Classic	Wanganui	26 Jan 2010
7	5:02.11	Rochelle Sceats	HGB	01 Aug 1990	11	Virginia Tech Challang	Blacksburg VA	20 Feb 2010
8	5:05.13	Laura Sinclair	WBP	13 Dec 1990	12	Hokie Invitational	Blacksburg VA	22 Jan 2010
9	5:13.14	Katherine Vance	WEL	19 Apr 1991	2	Scottish Night of Miles	Wellington	18 Dec 2010
10	5:15.85	Christina Taylor	STH	02 Aug 1992	1	St Pauls Memorial	Invercargill	20 Nov 2010
11	5:17.92	Tara La Grange	AKL	01 Jun 1991	1	John Walker Miles	Auckland	18 Dec 2010
12	5:23.30	Ella Mangan-Walker	AKL	14 Jun 1993	2	John Walker Miles	Auckland	18 Dec 2010

PROGRESSION		2008	2009	2010
1st		4:52.68	4:48.78	4:46.66
10th		-	5:18.42	5:15.85
20th		-	-	-

WOMENS 19 3000m

1	9:15.68	Hannah Newbould	CAN	19 Jun 1991	8	World Junior Championshi	Moncton CAN	19 Jul 2010
2	9:25.91	Laura Nagel	HGB	11 Feb 1992	16	World Junior Championshi	Moncton CAN	19 Jul 2010
3	9:28.54	Lydia O'Donnell	WBP	14 Jun 1990	2	TT21 Test Match	Waitakere	20 Feb 2010
4	9:33.59	Danielle Trevis	AKL	19 Jan 1991	2	Distance Series 1	North Shore	23 Nov 2010
5	9:47.55	Rochelle Sceats	HGB	01 Aug 1990	4	Hokie Invitational	Blacksburg VA	22 Jan 2010
6	9:49.54	Nicki McFadzien	CAN	17 Sep 1991	6mx	ITM	Christchurch	18 Mar 2010
7	9:49.59	Olivia Burne	MWA	03 Sep 1991	4	TT21 Test Match	Waitakere	20 Feb 2010
8	9:51.78	Laura Sinclair	WBP	13 Dec 1990	4	Virginia Tech Challang	Blacksburg VA	19 Feb 2010
9	9:54.86	Georgie Grgec	AKL	19 Nov 1993	1	NZSSAA Championships	Hastings	12 Dec 2010
10	9:54.92	Annie Keown	AKL	16 Nov 1990	7	NZ 3000m Championship	Wellington	22 Jan 2010
11	9:54.99	Rebekah Greene	OTG	26 Dec 1993	2	NZSSAA Championships	Hastings	12 Dec 2010
12	10:04.41	Sarah McSweeney	WBP	08 Jan 1990	8	NZ 3000m Championship	Wellington	22 Jan 2010
13	10:07.63	Anna-Lisa Uttley	OTG	07 Mar 1993	2rB	Youth Olympic Games	Singapore SIN	22 Aug 2010
14	10:09.42	Caroline Mellsof	MWA	05 Sep 1991	1	Black Programme	Wellington	13 Mar 2010
15	10:13.46	Nicole Mitchell	WEL	19 Aug 1992	3	NI Sec Schools	Wellington	20 Mar 2010
16	10:14.50	Angela Smit	CAN	16 Aug 1991	7mx	Interclub	Christchurch	11 Dec 2010
17	10:20.43	Breeanna Potter	AKL	23 Apr 1990	2	Hot Meet 7	Auckland	06 Mar 2010
18	10:24.45	Tara La Grange	AKL	01 Jun 1991	2	Battle of Regions 1	Auckland	13 Nov 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

19	10:25.41	Rebecca Kingsford	WBP	08 Nov 1990	9	NZ 3000m Championship	Wellington	22 Jan 2010
20	10:26.21	Josie Wilcox	TAS	11 Jun 1991	3	NZ W19 3000m Chp	Dunedin	06 Feb 2010
21	10:32.15	Shauna Pali	OTG	28 Nov 1993	1	Hurring Relays 2	Dunedin	06 Nov 2010
22	10:44.83	Ella Mangan-Walker	AKL	14 Jun 1993	2	Battle of Regions 1	Auckland	13 Nov 2010
23	10:46.34	Samantha Blanch	AKL	10 Sep 1990	1	Club Meet	Palmerston North	09 Mar 2010
24	10:46.37	Karly Ryder	CAN	19 Jul 1992	2	SI Sec Schools	Dunedin	20 Mar 2010
25	10:48.97	Hannah Harty	HBG	08 Jul 1992	5	NI Sec Schools	Wellington	20 Mar 2010
26	10:52.20	Kim Chambers	OTG	10 Apr 1991	1mx	Interclub	Christchurch	11 Dec 2010
27	10:53.31	Kathryn Bunckenburg	WEL	27 Oct 1992	6	NI Sec Schools	Wellington	20 Mar 2010

PROGRESSION	2008	2009	2010
1st	9:35.11	9:22.26	9:15.68
10th	10:37.74	10:18.95	9:54.92
20th	10:58.61 (16th)	10:53.58	10:26.21

WOMENS 19 5000m

1	16:11.49	Danielle Trevis	AKL	19 Jan 1991	9mx	Bays Distance Series	North Shore	22 Dec 2010
2	16:34.40	Rochelle Sceats	HBG	01 Aug 1990	3r2	ECAC	Roxbury MA	06 Mar 2010
3	16:46.58	Nicki McFadzien	CAN	17 Sep 1991	9mx	Interclub	Christchurch	29 Dec 2010
4	16:56.10	Olivia Burne	MWA	03 Sep 1991	2mx	Central Championships	Palmerston North	28 Feb 2010
5	17:06.74	Lydia O'Donnell	WBP	14 Jun 1990	1	NZL Championships	Christchurch	26 Mar 2010
6	17:29.28	Sarah McSweeney	CAN	08 Jan 1990	2	NZL Championships	Christchurch	26 Mar 2010

PROGRESSION	2008	2009	2010
1st	16:43.73	16:30.17	16:11.49
10th	-	-	17:29.28 (6th)
20th	-	-	-

WOMENS 19 2000m Steeplechase

1	6:56.56	Caroline Mellsop	MWA	05 Sep 1991	1	Trevor Craven Memorial	Burnaby CAN	10 Jul 2010
2	7:11.35	Christina Taylor	STH	02 Aug 1992	1	NZSSAA Championships	Hastings	12 Dec 2010
3	7:18.50	Florence Reynolds	WEL	31 Dec 1992	1	NI Sec Schools	Wellington	21 Mar 2010
4	7:23.24	Flora Brocherie	CAN	30 Oct 1992	3	NZSSAA Championships	Hastings	12 Dec 2010
5	7:24.31	Hannah Harty	HBG	08 Jul 1992	4	NI Sec Schools	Wellington	21 Mar 2010
6	7:33.00	Georgie Blackwood	MWA	19 Sep 1993	6	NZSSAA Championships	Hastings	12 Dec 2010
7	7:38.19	Kate Hewitt	CAN	23 Aug 1993	7	NZSSAA Championships	Hastings	12 Dec 2010
8	7:42.20	Nikki Powell	HBG	15 Aug 1992	8	NZSSAA Championships	Hastings	12 Dec 2010
9	7:45.30	Greta Porter	HBG	04 Oct 1992	10	NZSSAA Championships	Hastings	12 Dec 2010
10	7:52.32	Jenna Hansen	WBP	16 Jul 1993	11	NZSSAA Championships	Hastings	12 Dec 2010

PROGRESSION	2008	2009	2010
1st	6:59.22	6:53.19	6:56.56
10th	-	7:53.14 (7th)	7:52.32
20th	-	-	-

WOMENS 19 3000m Steeplechase

1	10:35.19	Caroline Mellsop	MWA	05 Sep 1991	1	NZL Championships	Christchurch	27 Mar 2010
2	10:43.22	Sarah McSweeney	CAN	08 Jan 1990	2	NZL Championships	Christchurch	27 Mar 2010
3	11:05.50	Annie Keown	AKL	16 Nov 1990	2	Sylvia Potts Classic	Hastings	29 Jan 2010
4	11:29.70	Josie Wilcox	TAS	11 Jun 1991	3	NZL Championships	Christchurch	27 Mar 2010

PROGRESSION	2008	2009	2010
1st	10:44.07	-	10:35.19
10th	-	-	-
20th	-	-	-

WOMENS 19 100m Hurdles

1	14.80	0.3	Kelsey Berryman	CAN	04 Feb 1992	H	Canterbury CE Champs	Christchurch	18 Dec 2010
2	14.81	-1.5	Portia Bing	AKL	17 Apr 1993	H	North Island CE Champs	Hastings	23 Oct 2010
3	14.82	0.5	Zoe Ballantyne	AKL	28 Mar 1992	1	Auckland Championships	Auckland	27 Feb 2010
4	15.12	-0.9	Phillipa Symes	MWA	12 Mar 1992	3	NZL Championships	Christchurch	27 Mar 2010
5	15.26	-0.9	Tracey Hale	WBP	26 Sep 1990	4	NZL Championships	Christchurch	27 Mar 2010
6	15.99	-0.4	Mariah Ririnui	WBP	26 Jun 1992	1	Tauranga Twilight	Tauranga	01 Jan 2010
7	16.15	0.3	Nicole Mesman	CAN	02 Feb 1993	H	Canterbury CE Champs	Christchurch	18 Dec 2010
8	16.35	0.2	Elizabeth Lamb	AKL	12 May 1991	1	Hot Meet 4	North Shore	16 Jan 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

PROGRESSION	2008	2009	2010
1st	14.10	14.77	14.80
10th	16.20 (5th)	16.28	16.35 (8th)
20th	-	-	-

WOMENS 19 400m Hurdles

1	61.28	Georgina Allison	CAN	19 Apr 1991	1	NZL Championships	Christchurch	28 Mar 2010
2	61.78	Katherine Camp	WBP	06 Feb 1992	2	NZL Championships	Christchurch	28 Mar 2010
3	63.53	Kelsey Berryman	CAN	04 Feb 1992	3	NZL Championships	Christchurch	28 Mar 2010
4	63.65	Alexandra Skerten	OTG	02 Jul 1992	1	Area Championships	Cairns AUS	25 Sep 2010
5	64.12	Zoe Ballantyne	AKL	28 Mar 1992	4	NZL Championships	Christchurch	28 Mar 2010
6	67.64	Jaimee Knyn	MWA	07 Oct 1990	3	Capital Classic	Wellington	22 Jan 2010
7	67.91	Abigail Watson	CAN	22 Nov 1991	1	Canterbury Championshi	Christchurch	07 Mar 2010
8	68.39	Caroline Mellsop	MWA	05 Sep 1991	4	Capital Classic	Wellington	22 Jan 2010
9	69.88	Paige Lowe	MWA	03 Mar 1992	7	NZL Championships	Christchurch	28 Mar 2010

PROGRESSION	2008	2009	2010
1st	67.13	62.73	61.28
10th	-	69.63 (7th)	69.88 (9th)
20th	-	-	-

WOMENS 19 Field

WOMENS 19 High Jump

1	1.85	Elizabeth Lamb	AKL	12 May 1991	1	Porritt Classic	Hamilton	13 Feb 2010
2	1.73	Savannah Bruin	STH	24 Mar 1993	2	NZSSAA Championships	Hastings	11 Dec 2010
3	1.72	Nicola Mackle	CAN	28 Sep 1992	2	NZL Championships	Christchurch	26 Mar 2010
4	1.70	Emma Sutherland	HBG	14 Jan 1993	3	NZSSAA Championships	Hastings	11 Dec 2010
5	1.70	Charlotte Muschamp	STH	09 Sep 1992	6	NZSSAA Championships	Hastings	11 Dec 2010
6	1.68	Vianca Du Toit	AKL	09 Dec 1992	5	NZL Championships	Christchurch	26 Mar 2010
7	1.64	Portia Bing	AKL	17 Apr 1993	H	North Island CE Champs	Hastings	23 Oct 2010
8	1.60	Kelsey Berryman	CAN	04 Feb 1992	H	Canterbury CE Champs	Christchurch	18 Dec 2010
9	1.60	Bridgette Jones	STH	22 Mar 1992	4	Canterbury Championshi	Christchurch	07 Mar 2010
10	1.58	Lauren Piket	CAN	12 Oct 1993	10	NZSSAA Championships	Hastings	11 Dec 2010
11	1.58	Ilse Rietberg	OTG	18 Feb 1992	7	NZL Championships	Christchurch	26 Mar 2010

PROGRESSION	2008	2009	2010
1st	1.79	1.85	1.85
10th	-	1.60 (9th)	1.58
20th	-	-	-

WOMENS 19 Pole Vault

1	3.70	Kerry Charlesworth	AKL	13 Dec 1993	1	WJC Preparation Meet	North Shore	19 Jun 2010
2	3.50	Lucy McGall	AKL	22 Apr 1993	2	Winter Mini Meet	North Shore	26 Jun 2010
3	3.41	Morgan Williams	AKL	27 Sep 1991	2	TT21 Test Match	Waitakere	20 Feb 2010

PROGRESSION	2008	2009	2010
1st	3.40	3.50	3.70
10th	-	-	-
20th	-	-	-

WOMENS 19 Long Jump

1	5.62	1.9	Portia Bing	AKL	17 Apr 1993	1	Battle of Regions 1	Auckland	13 Nov 2010
2	5.56	1.9	Kelsey Berryman	CAN	04 Feb 1992	2	TT21 Test Match	Waitakere	20 Feb 2010
3	5.54	-0.4	Mariah Ririnui	WBP	26 Jun 1992	1	NZL Championships	Christchurch	27 Mar 2010
4	5.52	1.7	Melissa Goffin	AKL	12 Apr 1991	2	NZL Championships	Christchurch	27 Mar 2010
5	5.48	1.2	Nicola Mackle	CAN	28 Sep 1992	3	NZL Championships	Christchurch	27 Mar 2010
6	5.41	-1.0	Rebecca Lovell	WBP	08 Oct 1992	3	NZSSAA Championships	Hastings	12 Dec 2010
7	5.39	1.0	Anne Simpson	AKL	17 Sep 1992	3	Porritt Classic	Hamilton	13 Feb 2010
8	5.31	-2.0	Toni Clinton	AKL	05 Sep 1993	4	NZSSAA Championships	Hastings	12 Dec 2010
9	5.26	0.3	Charlotte Smith	WEL	06 Jun 1991	7	NZL Championships	Christchurch	26 Mar 2010
10	5.23	0.9	Lauren Eaton	CAN	24 Aug 1990	1	ITM	Christchurch	18 Mar 2010
11	5.17	-0.6	Rebecca Cross	AKL	08 Jan 1993	6	NZSSAA Championships	Hastings	12 Dec 2010
12	5.16	0.5	Rebecca Le Grice	AKL	19 Aug 1991	2	Hot Meet 7	Auckland	06 Mar 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

13	5.11	-0.1	Harriett Sowman	WEL	11 Dec 1990	9	NZL Championships	Christchurch	26 Mar 2010
14	5.07	0.3	Melody Stein	WEL	15 May 1993	1	Gold Programme	Wellington	30 Oct 2010
15	5.05	-1.3	Kate Philpott	MWA	30 Jul 1992	7	NZSSAA Championships	Hastings	12 Dec 2010
16	5.04	0.3	Nicole Mesman	CAN	02 Feb 1993	H	Canterbury CE Champs	Christchurch	19 Dec 2010
17	5.02	-3.2	Keeley O'Hagan	WEL	11 Mar 1994	8	NZSSAA Championships	Hastings	12 Dec 2010

PROGRESSION	2008	2009	2010
1st	5.76	5.83	5.62
10th	5.01 (8th)	5.06	5.23
20th	-	-	5.02 (17th)

WOMENS 19 Triple Jump

1	12.01	0.4	Charlotte Muschamp	STH	09 Sep 1992	2	NZSSAA Championships	Hastings	11 Dec 2010
2	11.59	-0.5	Katherine Camp	WBP	06 Feb 1992	1	WBOP Championships	Hamilton	27 Feb 2010
3	11.38	-0.1	Hannah Keenan	CAN	10 Jun 1993	3	NZSSAA Championships	Hastings	11 Dec 2010
4	11.38	0.2	Kate Philpott	MWA	30 Jul 1992	2	NZL Championships	Christchurch	28 Mar 2010
5	11.15	1.7	Kathryn Kennedy	WEL	05 Mar 1991	1	Central Region Lge R2	Palmerston North	20 Nov 2010
6	11.12	-0.5	Harriett Sowman	WEL	11 Dec 1990	4	NZL Championships	Christchurch	28 Mar 2010
7	10.99	1.5	Anne Simpson	AKL	17 Sep 1992	6	NZSSAA Championships	Hastings	11 Dec 2010
8	10.95	0.2	Melody Stein	WEL	15 May 1993	2	Central Region Lge R3	Wellington	27 Nov 2010
9	10.83	-0.2	Nicola Mackle	CAN	28 Sep 1992	1	SI Sec Schools	Dunedin	20 Mar 2010
10	10.83	-0.4	Lauren Eaton	CAN	24 Aug 1990	1	Interclub	Christchurch	26 Feb 2010
11	10.79	0.2	Kate Downie-Melrose	CAN	29 Oct 1992	2	SI Sec Schools	Dunedin	20 Mar 2010
12	10.65	-0.1	Savannah Bruin	STH	24 Mar 1993	7	NZSSAA Championships	Hastings	11 Dec 2010
13	10.47	0.5	Chanel Watson	TAR	19 Jun 1993	3	Central Region Lge R3	Wellington	27 Nov 2010
14	10.34	0.6	Kendyl Fake	TAR	30 Nov 1993	4	Central Region Lge R3	Wellington	27 Nov 2010
15	10.21	0.2	Hannah Brewer	TAR	03 Oct 1992	1	Taranaki Championships	Inglewood	13 Mar 2010
16	10.03	0.7	Gina Morrissey	AKL	19 Aug 1992	7	NI Sec Schools	Wellington	20 Mar 2010

PROGRESSION	2008	2009	2010
1st	11.55	11.86	12.01
10th	10.53	10.62	10.83
20th	10.00 (15th)	10.00 (18th)	10.03 (16th)

WOMENS 19 Shot Put

1	13.66		Te Rina Keenan	AKL	29 Jun 1990	2	Rainbow Relays	Honolulu HI	03 Apr 2010
2	13.16		Leesa Lealaisalanoa	WEL	28 Sep 1993	2	NZSSAA Championships	Hastings	12 Dec 2010
3	12.13		Nicole Bradley	OTG	23 Apr 1992	3	NZSSAA Championships	Hastings	12 Dec 2010
4	11.98		Sarah Button	AKL	12 Feb 1993	4	NZSSAA Championships	Hastings	12 Dec 2010
5	11.89		Meghan Kirk	TAS	11 Sep 1991	2	NZL Championships	Christchurch	27 Mar 2010
6	11.73		Ilse Rietberg	OTG	18 Feb 1992	3	NZL Championships	Christchurch	27 Mar 2010
7	11.38		Melissa Seymour	TAS	01 Jul 1991	4	NZL Championships	Christchurch	27 Mar 2010
8	10.86		Annie Benefield	MWA	21 Jan 1993	2	Central Region Lge R1	Hastings	06 Nov 2010
9	10.33		Livvie Duggan	WBP	20 Jul 1992	7	NZSSAA Championships	Hastings	12 Dec 2010
10	10.27		Lauren Welsh	CAN	29 Oct 1992	1	Interclub	Christchurch	06 Feb 2010
11	10.26		Karalee Whiu	NTH	18 Aug 1993	8	NZSSAA Championships	Hastings	12 Dec 2010
12	10.23		Jonelle Nicholas-Wright	AKL	13 Oct 1990	5	Porritt Classic	Hamilton	13 Feb 2010

PROGRESSION	2008	2009	2010
1st	13.52	13.12	13.66
10th	-	10.02	10.27
20th	-	-	-

WOMENS 19 Discus Throw

1	52.02		Leesa Lealaisalanoa	WEL	28 Sep 1993	1	NZSSAA Championships	Hastings	11 Dec 2010
2	51.69		Te Rina Keenan	AKL	29 Jun 1990	1	Trojan Invitational	Los Angeles CA	20 Mar 2010
3	42.29		Sarah Button	AKL	12 Feb 1993	3	NZSSAA Championships	Hastings	11 Dec 2010
4	39.12		Melissa Seymour	TAS	01 Jul 1991	5	NZL Championships		28 Mar 2010
5	37.99		Livvie Duggan	WBP	20 Jul 1992	2	NZL Championships	Christchurch	26 Mar 2010
6	36.53		Gabrielle Vaka	AKL	31 Oct 1992	4	Porritt Classic	Hamilton	13 Feb 2010
7	36.11		Nicole Bradley	OTG	23 Apr 1992	1	Weekly Meeting	Dunedin	18 Dec 2010

PROGRESSION	2008	2009	2010
1st	47.62	50.57	52.02
10th	30.44 (5th)	35.68 (6th)	36.11 (7th)
20th	-	-	-

RANKINGS LISTS 2010 AND PROGRESSIONS

WOMENS 19 Hammer Throw

1	61.32	Julia Ratcliffe	WBP	14 Jul 1993	1	Open Meeting	Hamilton	04 Dec 2010
2	57.81	Ayla Gill	AKL	05 Jan 1991	1	Kajaks Track Classic	Richmond CAN	09 Jul 2010
3	48.01	Rebecca Hodgson	CAN	15 Aug 1993	1	Interclub	Christchurch	04 Dec 2010
4	44.51	Sarah Button	AKL	12 Feb 1993	3	NZSSAA Championships	Hastings	11 Dec 2010
5	44.27	Nicole Bradley	OTG	23 Apr 1992	4	NZSSAA Championships	Hastings	11 Dec 2010
6	38.69	Livvie Duggan	WBP	20 Jul 1992	1	Battle of Regions 2	Hamilton	20 Nov 2010
7	35.82	Leesa Lealaisalanoa	WEL	28 Sep 1993	1	Central Region Lge R1	Hastings	06 Nov 2010

PROGRESSION	2008	2009	2010
1st	53.11	54.80	61.32
10th	-	31.72 (6th)	35.82 (7th)
20th	-	-	-

WOMENS 19 Javelin Throw

1	41.06	Stacey Peeters	STH	30 Mar 1992	3	TT21 Test Match	Waitakere	20 Feb 2010
2	38.78	Lucy Penrice	HBG	28 Oct 1993	1	Central Region Lge R1	Hastings	06 Nov 2010
3	36.31	Portia Bing	AKL	17 Apr 1993	6	NZSSAA Championships	Hastings	12 Dec 2010
4	35.18	Laura Jensen	HBG	11 Nov 1992	2	NZL Championships	Christchurch	26 Mar 2010

PROGRESSION	2008	2009	2010
1st	47.54	45.29	41.06
10th	-	-	-
20th	-	-	-

WOMENS 19 Combined Events

WOMENS 19 Heptathlon

1	4838	Portia Bing	AKL	17 Apr 1993	1	North Island CE Champs	Hastings	24 Oct 2010
2	4386	Kelsey Berryman	CAN	04 Feb 1992	1	Canterbury CE Champs	Christchurch	19 Dec 2010
3	4308	Nicole Mesman	CAN	02 Feb 1993	2	Canterbury CE Champs	Christchurch	19 Dec 2010
4	3575	Alexandra Skerten	OTG	02 Jul 1992	1	Otago CE Championships	Dunedin	19 Dec 2010
5	3420	Vianca Du Toit	AKL	09 Dec 1992	2	North Island CE Champs	Hastings	24 Oct 2010

PROGRESSION	2008	2009	2010
1st	-	4582	4838
10th	-	-	3420 (5th)
20th	-	-	-

WOMENS 16 Track

WOMENS 16 100m

1	12.26	1.9	Livvy Wilson	AKL	09 Aug 1992	1	NI Sec Schools	Wellington	20 Mar 2010
2	12.32	1.5	Hazel Bowering-Scott	TAS	01 Apr 1993	1h1	NZL Championships	Christchurch	26 Mar 2010
3	12.53	1.1	Laura McKenna	WEL	01 Aug 1995	1	NZSSAA Championships	Hastings	12 Dec 2010
4	12.55	1.1	Merewarihi Vaka	AKL	30 Mar 1995	1	NI Sec Schools	Wellington	20 Mar 2010
5	12.56	1.1	April Campbell	WEL	24 Apr 1994	3	NI Sec Schools	Wellington	20 Mar 2010
6	12.56	1.1	Louise Hodge	AKL	01 Nov 1994	2	NI Sec Schools	Wellington	20 Mar 2010
7	12.56	1.7	Rebecca Peterson	STH	23 Oct 1995	1	St Pauls Memorial	Invercargill	20 Nov 2010
8	12.57	0.5	Brogan Mcdonald	AKL	08 Jul 1993	3	NZL Championships	Christchurch	26 Feb 2010
9	12.57	0.5	Megan McPhail	OTG	23 Mar 1994	2	NZL Championships	Christchurch	26 Feb 2010
10	12.60	1.5	Abby Goldie	WBP	03 Mar 1996	1h7	NZSSAA Championships	Hastings	12 Dec 2010
11	12.61	1.9	Megan Lee	AKL	07 Feb 1995	1r1	Pakuranga Festival	Pakuranga	27 Nov 2010
12	12.66	1.4	Kathryn Stuart	CAN	27 Dec 1994	2r1	Interclub	Christchurch	13 Feb 2010
13	12.72	1.5	Robyn Engels	WBP	17 May 1996	2h7	NZSSAA Championships	Hastings	12 Dec 2010
14	12.72	0.5	Genelle Vanderschantz	WBP	01 Jun 1993	6	NZL Championships	Christchurch	26 Feb 2010
15	12.73	1.1	Michaela Blyde	TAR	29 Dec 1995	5	NZSSAA Championships	Hastings	12 Dec 2010
16	12.75	-0.4	Ellie McCleery	WBP	07 Jul 1994	3h2	NZL Championships	Christchurch	26 Mar 2010
17	12.81	1.9	Sophie Munro	TAR	13 Jan 1993	4	NI Sec Schools	Wellington	20 Mar 2010
18	12.81	0.7	Lauren Nicol	CAN	24 Apr 1993	4h3	NZL Championships	Christchurch	26 Mar 2010
19	12.82	1.0	Madison Gipson	AKL	14 Apr 1995	1	Hot Meet 4	North Shore	16 Jan 2010
20	12.83	-0.5	Talia Horgan	WBP	02 Oct 1996	1r2	Open Meeting	Hamilton	04 Dec 2010
21	12.85	0.5	Ainsley Renouf	HBG	30 Jun 1995	2h8	NZSSAA Championships	Hastings	12 Dec 2010
22	12.86	-0.1	Brooke Cull	AKL	26 Feb 1994	4	Auckland Championships	Auckland	27 Feb 2010
23	12.88	0.8	Emma Blake	HBG	05 Apr 1993	7h2	Australia Junior Ch	Sydney AUS	14 Mar 2010
24	12.90	1.8	Sarah Karika	HBG	29 Jul 1994	3h2	NZSSAA Championships	Hastings	11 Dec 2010
25	12.91	1.0	Ally French	WBP	10 Mar 1994	1	WBOP Schools	Tauranga	13 Mar 2010
26	12.92	1.5	Kristin Dovey	WEL	13 Mar 1993	4h1	NZL Championships	Christchurch	26 Mar 2010
27	12.93	1.9	Su-Zahn Angelo	AKL	04 Apr 1993	7	NI Sec Schools	Wellington	20 Mar 2010
28	12.96	1.5	Elise McLroy	WEL	07 Oct 1993	5h1	NZL Championships	Christchurch	26 Mar 2010
29	13.00	-0.1	Mandy Enright	AKL	17 Sep 1993	5	Auckland Championships	Auckland	27 Feb 2010
30	13.04	1.5	Karen Stringer	STH	11 Feb 1993	1	Southland Championship	Invercargill	05 Mar 2010
31	13.04	0.5	Jamie Sowter	AKL	07 Apr 1995	1q4	NZSSAA Championships	Hastings	12 Dec 2010
32	13.09	0.5	Devoney Spark	STH	20 Jan 1996	3q4	NZSSAA Championships	Hastings	11 Dec 2010
33	13.10	-0.6	Lauri Watt	CAN	18 Jan 1996	1r2	Interclub	Christchurch	27 Nov 2010
34	13.11	1.7	Greer Alsop	STH	13 Jun 1994	2	Southland Championship	Invercargill	27 Feb 2010
35	13.12	1.5	MacKenzie Keenan	CAN	11 Sep 1994	6h1	NZL Championships	Christchurch	26 Mar 2010
36	13.15	0.5	Nikki Wilson	NTH	18 May 1996	4q4	NZSSAA Championships	Hastings	12 Dec 2010
37	13.15	-0.4	Rosy Hogben	CAN	20 Nov 1995	4h2	NZL Championships	Christchurch	26 Mar 2010

WOMENS 16 200m

1	25.04	-0.5	Hazel Bowering-Scott	TAS	01 Apr 1993	1h1	Australia Junior Ch	Sydney AU	13 Mar 2010
2	25.26	-3.0	Madison Gipson	AKL	14 Apr 1995	1	NH Schools	North Shore	05 Mar 2010
3	25.39	0.8	Megan McPhail	OTG	23 Mar 1994	2h2	NZL Championships	Christchurch	28 Mar 2010
4	25.43	1.7	Kathryn Stuart	CAN	27 Dec 1994	1	Interclub	Christchurch	20 Nov 2010
5	25.43	0.8	Portia Bing	AKL	17 Apr 1993	1h1	NZL Championships	Christchurch	28 Mar 2010
6	25.49	-0.3	Emma Blake	HBG	05 Apr 1993	2h3	Australia Junior Ch	Sydney AU	13 Mar 2010
7	25.58	-1.4	Talia Horgan	WBP	02 Oct 1996	1r1	Open Meeting	Hamilton	04 Dec 2010
8	25.58	1.8	Brooke Cull	AKL	26 Feb 1994	3	NZSSAA Championships	Hastings	12 Dec 2010
9	25.75	0.8	Louise Hodge	AKL	01 Nov 1994	4h2	NZL Championships	Christchurch	28 Mar 2010
10	25.81	1.8	Laura McKenna	WEL	01 Aug 1995	1	Wellington Jnr Champs	Wellington	07 Mar 2010
11	25.83	0.8	Brogan Mcdonald	AKL	08 Jul 1993	5h2	NZL Championships	Christchurch	28 Mar 2010
12	26.01	-1.1	Michaela Blyde	TAR	29 Dec 1995	1	Central Region Lge R2	Palmerston North	20 Nov 2010
13	26.03	0.8	Ellie McCleery	WBP	07 Jul 1994	4h1	NZL Championships	Christchurch	28 Mar 2010
14	26.11	1.2	Abby Goldie	WBP	03 Mar 1996	2q2	NZSSAA Championships	Hastings	11 Dec 2010
15	26.15	1.0	Robyn Engels	WBP	17 May 1996	1q4	NZSSAA Championships	Hastings	11 Dec 2010
16	26.15	0.8	Genelle Vanderschantz	WBP	01 Jun 1993	5h1	NZL Championships	Christchurch	28 Mar 2010
17	26.18	-1.6	Mandy Enright	AKL	17 Sep 1993	4h1	NI Sec Schools	Wellington	21 Mar 2010
18	26.19	1.8	April Campbell	WEL	24 Apr 1994	1	Wellington Jnr Champs	Wellington	07 Mar 2010
19	26.25	1.9	Su-Zahn Angelo	AKL	04 Apr 1993	2h2	NI Sec Schools	Wellington	21 Mar 2010
20	26.34	0.9	Ally French	WBP	10 Mar 1994	5sf1	NZSSAA Championships	Hastings	12 Dec 2010
21	26.35	0.8	Kristin Dovey	WEL	13 Mar 1993	6h2	NZL Championships	Christchurch	28 Mar 2010
22	26.41	1.2	Megan Lee	AKL	07 Feb 1995	3q2	NZSSAA Championships	Hastings	11 Dec 2010
23	26.42	1.9	Sophie Munro	TAR	13 Jan 1993	3h2	NI Sec Schools	Wellington	21 Mar 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

24	26.46	0.9	Sarah Karika	HBG	29 Jul 1994	6sf1	NZSSAA Championships	Hastings	12 Dec 2010
25	26.47	0.8	Karen Stringer	STH	11 Feb 1993	7h2	NZL Championships	Christchurch	28 Mar 2010
26	26.50	-1.7	Lauren Nicol	CAN	24 Apr 1993	2	Canterbury Championshi	Christchurch	07 Mar 2010
27	26.60	1.8	Stevie Paine	WEL	14 May 1995	2	Wellington Jnr Champs	Wellington	07 Mar 2010
28	26.68	-1.9	Jamie Sowter	AKL	07 Apr 1995	3sf2	NZSSAA Championships	Hastings	12 Dec 2010
29	26.68	0.8	Elise McIlroy	WEL	07 Oct 1993	6h1	NZL Championships	Christchurch	28 Mar 2010
30	26.74	1.0	Nikki Wilson	NTH	18 May 1996	2q4	NZSSAA Championships	Hastings	11 Dec 2010
31	26.74	-2.0	Lauri Watt	CAN	18 Jan 1996	H	Canterbury CE Champs	Christchurch	18 Dec 2010
32	26.74	-0.7	Harriet Donald	MWA	29 Aug 1995	3	Central Region Lge R3	Wellington	27 Nov 2010
33	26.75	1.2	Ainsley Renouf	HBG	30 Jun 1995	1q3	NZSSAA Championships	Hastings	11 Dec 2010
34	26.78	1.7	Sapphire Cavie	WEL	14 Mar 1994	4h2	NI Sec Schools	Wellington	21 Mar 2010

WOMENS 16 400m

1	56.31		Madison Gipson	AKL	14 Apr 1995	1	NZL Championships	Christchurch	27 Mar 2010
2	56.39		Hazel Bowering-Scott	TAS	01 Apr 1993	2	NZL Championships	Christchurch	27 Mar 2010
3	56.52		Stephanie Dickens	MWA	09 Jan 1995	3	NZL Championships	Christchurch	27 Mar 2010
4	56.72		Ellie McCleery	WBP	07 Jul 1994	4	NZL Championships	Christchurch	27 Mar 2010
5	56.86		Talia Horgan	WBP	02 Oct 1996	1r1	Battle of Regions 2	Hamilton	20 Nov 2010
6	58.48		Jenny Hauke	AKL	06 Feb 1993	2	Auckland Championships	Auckland	27 Feb 2010
7	58.87		Molly Creagh	WEL	30 Apr 1994	3h3	Australia Junior Ch	Sydney AUS	12 Mar 2010
8	59.08		Laura Smith	CAN	31 Jan 1996	1	SI Sec Schools	Dunedin	20 Mar 2010
9	59.23		Lauren Nicol	CAN	24 Apr 1993	3h1	NZL Championships	Christchurch	26 Mar 2010
10	59.58		Brogan Mcdonald	AKL	08 Jul 1993	3	Auckland Championships	Auckland	27 Feb 2010
11	59.87		Alisha Lovrich	AKL	19 Jul 1993	4	Auckland Championships	Auckland	27 Feb 2010
12	59.89		Stevie Paine	WEL	14 May 1995	1r1	Carol McNie Memorial	Palmerston North	19 Oct 2010
13	59.96		Margot Gibson	CAN	22 Jun 1994	3r1	Interclub	Christchurch	26 Feb 2010
14	59.99		Kathryn Stuart	CAN	27 Dec 1994	2	Interclub	Christchurch	04 Dec 2010

WOMENS 16 800m

1	2:10.01		Rebekah Greene	OTG	26 Dec 1993	1	Weekly Meeting	Dunedin	23 Jan 2010
2	2:13.76		Anna Kean	OTG	18 Nov 1994	2	NZSSAA Championships	Hastings	12 Dec 2010
3	2:14.42		Kerry White	WBP	13 Jul 1994	3	NZSSAA Championships	Hastings	12 Dec 2010
4	2:14.46		Stevie Paine	WEL	14 May 1995	1	NZL Championships	Christchurch	27 Mar 2010
5	2:15.31		Stephanie Dickens	MWA	09 Jan 1995	1	NI Sec Schools	Wellington	20 Mar 2010
6	2:15.47		Maggie Unternahrer	WBP	19 Jun 1994	4	NZSSAA Championships	Hastings	12 Dec 2010
7	2:15.93		Katelyn Matthews	WBP	22 Apr 1995	3	NI Sec Schools	Wellington	20 Mar 2010
8	2:16.90		Kara MacDermid	MWA	19 Sep 1997	1	Central Region Lge R3	Wellington	27 Nov 2010
9	2:16.91		Holly Sprosen	WBP	29 May 1994	4	NI Sec Schools	Wellington	20 Mar 2010
10	2:17.00		Margot Gibson	CAN	22 Jun 1994	1	Interclub	Christchurch	27 Nov 2010
11	2:17.10		Laura Smith	CAN	31 Jan 1996	2	NZSSAA Championships	Hastings	12 Dec 2010
12	2:17.19		Jenny Hauke	AKL	06 Feb 1993	3	NZL Championships	Christchurch	27 Mar 2010
13	2:17.36		Susannah Lynch	WEL	02 Jun 1996	1	NI Sec Schools	Wellington	20 Mar 2010
14	2:18.23		Ariana Harper	WEL	21 Jan 1995	3	NZSSAA Championships	Hastings	12 Dec 2010
15	2:18.42		Megan Bethell	WBP	17 Apr 1996	3sf1	NZSSAA Championships	Hastings	11 Dec 2010
16	2:18.93		Briar Lourie	MWA	23 Nov 1995	4	NZSSAA Championships	Hastings	12 Dec 2010
17	2:19.41		Shelby Goddard	WBP	08 Oct 1993	4	NI Sec Schools	Wellington	20 Mar 2010
18	2:19.79		Meg Skilton	WBP	14 Jun 1997	1	NI Colgate Games	Auckland	10 Jan 2010
19	2:19.85		Hannah Adamson	STH	21 Jan 1995	2mx	Twilight Meeting	Invercargill	26 Nov 2010
20	2:20.15		Samara Hollows	OTG	18 Sep 1995	5sf1	NZSSAA Championships	Hastings	11 Dec 2010
21	2:20.39		Cherie Walpole	AKL	08 Jun 1996	3	NI Sec Schools	Wellington	20 Mar 2010
22	2:20.75		Meg Adamson	STH	28 Jan 1997	2	SI Sec Schools	Dunedin	20 Mar 2010
23	2:20.76		Teagan Voykovich	WBP	10 Sep 1994	9	Sylvia Potts Classic	Hastings	29 Jan 2010
24	2:21.07		Jessica Bitcheno	WBP	04 May 1997	1	Club Meet	Tauranga	23 Mar 2010
25	2:21.19		Jean Kozyniak	WEL	13 Mar 1996	5	NI Sec Schools	Wellington	20 Mar 2010
26	2:21.38		Melissa Simpson	NTH	26 Jan 1994	6	NI Sec Schools	Wellington	20 Mar 2010
27	2:21.66		Lydia Marshall	CAN	13 Dec 1994	2	Canterbury Championshi	Christchurch	07 Mar 2010
28	2:21.99		Zara Murrhiy	WBP	18 May 1996	1	NI Colgate Games	Auckland	10 Jan 2010
29	2:22.22		Elise Sutherland	CAN	18 Jan 1994	3	Canterbury Championshi	Christchurch	07 Mar 2010
30	2:22.75		Jaye Atkin	CAN	05 Nov 1993	4	Canterbury Championshi	Christchurch	07 Mar 2010
31	2:22.76		Emma Dallison	TAS	26 Jan 1994	6	NZL Championships	Christchurch	27 Mar 2010
32	2:23.19		Evelyn Teeling	CAN	28 Oct 1994	7	NZL Championships	Christchurch	27 Mar 2010
33	2:23.35		Shauna Pali	OTG	28 Nov 1993	1	Weekly Meeting	Dunedin	18 Dec 2010
34	2:23.39		Vita Jex Blake	MWA	21 Feb 1995	4sf2	NZSSAA Championships	Hastings	11 Dec 2010
35	2:23.50		Tyla-Maree Johnson	WBP	15 Feb 1997	5sf2	NZSSAA Championships	Hastings	11 Dec 2010
36	2:23.52		Sarah McDonald	MWA	16 Apr 1995	8	NZL Championships	Christchurch	27 Mar 2010
37	2:23.69		Sarah Tecofsky	STH	26 Apr 1994	2	SI Sec Schools	Dunedin	20 Mar 2010
38	2:23.73		Samantha Rogers	AKL	09 Jan 1993	2	Auckland Championships	Auckland	28 Feb 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

39	2:23.91	Tayla Going	NTH	26 Feb 1996	9	NZL Championships	Christchurch	27 Mar 2010
40	2:24.58	Serena Murrhry	WBP	29 Jan 1999	4	Open Meeting	Tauranga	06 Feb 2010
41	2:24.64	Anneke Smith	HBG	17 May 1995	6sf2	NZSSAA Championships	Hastings	11 Dec 2010

WOMENS 16 1500m

1	4:21.98	Rebekah Greene	OTG	26 Dec 1993	2	TT21 Test Match	Waitakere	20 Feb 2010
2	4:38.06	Margot Gibson	CAN	22 Jun 1994	2	NZL Championships	Christchurch	28 Mar 2010
3	4:42.16	Melissa Simpson	NTH	26 Jan 1994	1	Porritt Classic	Hamilton	13 Feb 2010
4	4:44.64	Katelyn Matthews	WBP	22 Apr 1995	2	NI Sec Schools	Wellington	21 Mar 2010
5	4:45.15	Anna-Lisa Uttley	OTG	07 Mar 1993	2	Porritt Classic	Hamilton	13 Feb 2010
6	4:45.31	Anna Kean	OTG	18 Nov 1994	4	NZL Championships	Christchurch	28 Mar 2010
7	4:45.54	Lydia Marshall	CAN	13 Dec 1994	5	NZL Championships	Christchurch	28 Mar 2010
8	4:45.91	Kerry White	WBP	13 Jul 1994	1	WBOP Schools	Tauranga	13 Mar 2010
9	4:47.22	Olivia Ritchie	WBP	19 Jul 1994	3	Porritt Classic	Hamilton	13 Feb 2010
10	4:48.25	Susannah Lynch	WEL	02 Jun 1996	1	Gold Programme	Wellington	04 Dec 2010
11	4:48.52	Teagan Voykovich	WBP	10 Sep 1994	4	Porritt Classic	Hamilton	13 Feb 2010
12	4:49.35	Jean Kozyniak	WEL	13 Mar 1996	2	Gold Programme	Wellington	04 Dec 2010
13	4:49.58	Brigitte Hicks	AKL	23 Jun 1993	2	NI Sec Schools	Wellington	21 Mar 2010
14	4:50.10	Jessica Bitcheno	WBP	04 May 1997	1	WBOP Qualifying	Rotorua	20 Feb 2010
15	4:51.59	Zara Murrhry	WBP	18 May 1996	1	Open Meeting	Hamilton	16 Jan 2010
16	4:52.23	Mikayla Nielsen	WBP	12 Jun 1994	3	NZSSAA Championships	Hastings	12 Dec 2010
17	4:52.67	Denise Mendonca	AKL	11 Nov 1995	1	Pakuranga Festival	Pakuranga	27 Nov 2010
18	4:52.72	Holly Sprosen	WBP	29 May 1994	5	Porritt Classic	Hamilton	13 Feb 2010
19	4:53.17	Sophie Pepperell	WEL	24 Feb 1994	4	NI Sec Schools	Wellington	21 Mar 2010
20	4:53.67	Elise Sutherland	CAN	18 Jan 1994	7	NZL Championships	Christchurch	28 Mar 2010
21	4:54.53	Laura Cowling	AKL	01 Apr 1995	7	Porritt Classic	Hamilton	13 Feb 2010
22	4:54.64	Jaye Atkin	CAN	05 Nov 1993	1mx	Interclub	Christchurch	26 Feb 2010

WOMENS 16 Mile

1	4:47.04	Rebekah Greene	OTG	26 Dec 1993	2	Cooks Classic	Wanganui	26 Jan 2010
2	5:02.58	Kara MacDermid	MWA	19 Sep 1997	1	Scottish Night of Miles	Wellington	18 Dec 2010
3	5:03.19	Margot Gibson	CAN	22 Jun 1994	9	Cooks Classic	Wanganui	26 Jan 2010
4	5:04.33	Melissa Simpson	NTH	26 Jan 1994	10	Cooks Classic	Wanganui	26 Jan 2010
5	5:08.53	Teagan Voykovich	WBP	10 Sep 1994	12	Cooks Classic	Wanganui	26 Jan 2010
6	5:21.51	Ariana Harper	W16	21 Jan 1995	4	Scottish Night of Miles	Wellington	18 Dec 2010
7	5:23.57	Hannah Adamson	STH	21 Jan 1995	2	St Pauls Memorial	Invercargill	20 Nov 2010
8	5:26.08	Natasha Bowyer	AKL	26 Sep 1994	1	Open Meeting	Hamilton	04 Dec 2010

WOMENS 16 3000m

1	9:30.69	Rebekah Greene	OTG	26 Dec 1993	1	NZ W19 3000m Chp	Dunedin	06 Feb 2010
2	9:55.07	Kara MacDermid	MWA	19 Sep 1997	6mx	Club Meeting	Palmerston North	14 Dec 2010
3	9:55.30	Anna-Lisa Uttley	OTG	07 Mar 1993	2	Australia Junior Ch	Sydney AU	13 Mar 2010
4	10:06.00	Brigitte Hicks	AKL	23 Jun 1993	1	NI Sec Schools	Wellington	20 Mar 2010
5	10:16.04	Lydia Marshall	CAN	13 Dec 1994	2	NZL Championships	Christchurch	26 Mar 2010
6	10:16.64	Mikayla Nielsen	WBP	12 Jun 1994	3	NZSSAA Championships	Hastings	12 Dec 2010
7	10:22.07	Grace McConnochie	HBG	17 Nov 1994	3	NZL Championships	Christchurch	26 Mar 2010
8	10:24.09	Olivia Ritchie	WBP	19 Jul 1994	2	Cooks Classic	Wanganui	26 Jan 2010
9	10:26.25	Margot Gibson	CAN	22 Jun 1994	1	Interclub	Christchurch	13 Nov 2010
10	10:30.77	Kate Jefferd	HBG	07 Oct 1994	1	Central Region Lge R2	Palmerston North	20 Nov 2010
11	10:35.55	Nicole Van Der Kaay	WBP	10 Feb 1996	1	NI Sec Schools	Wellington	20 Mar 2010
12	10:36.00	Jaye Atkin	CAN	05 Nov 1993	1	SI Sec Schools	Dunedin	20 Mar 2010
13	10:39.42	Zia MacDermid	MWA	04 Nov 1999	1	Club Meet	Palmerston North	09 Nov 2010
14	10:41.47	Audrey Gregan	AKL	18 Oct 1996	3	NI Sec Schools	Wellington	20 Mar 2010
15	10:45.31	Natasha Bowyer	AKL	26 Sep 1994	5mx	Bays Distance Series	North Shore	22 Dec 2010
16	10:47.22	Laura Bell	MWA	11 Apr 1995	2	Central Region Lge R2	Palmerston North	20 Nov 2010
17	10:47.50	Elise Sutherland	CAN	18 Jan 1994	2	SI Sec Schools	Dunedin	20 Mar 2010
18	10:48.80	Emily Stotter	WEL	13 Jan 1994	4	NI Sec Schools	Wellington	20 Mar 2010
19	10:49.39	Hannah Taylor	AKL	03 Aug 1994	3	SI Sec Schools	Dunedin	20 Mar 2010
20	10:50.40	Ella Dick	WBP	13 Apr 1995	3	WBOP Schools	Tauranga	13 Mar 2010
21	10:56.02	Hannah Sturmer	TAR	16 May 1994	5	NI Sec Schools	Wellington	20 Mar 2010
22	10:56.42	Imogen Hull	NTH	30 Nov 1997	1	Hot Meet 1	Auckland	06 Nov 2010
23	10:56.56	Laura Carruthers	OTG	11 Dec 1994	3	SI Sec Schools	Dunedin	20 Mar 2010
24	10:56.58	Rosa Flanagan	CAN	28 Feb 1996	1	SI Sec Schools	Dunedin	20 Mar 2010
25	10:56.80	Laura Holt	MWA	20 Nov 1993	7	NI Sec Schools	Wellington	20 Mar 2010
26	10:57.18	Ariana Harper	WEL	21 Jan 1995	1	Central Region Lge R3	Wellington	27 Nov 2010
27	10:58.26	Millie Haughey	CAN	12 Oct 1994	4	SI Sec Schools	Dunedin	20 Mar 2010

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WOMENS 16 2000m Steeplechase

1	7:22.69	Georgie Blackwood	MWA	19 Sep 1993	2	NI Sec Schools	Wellington	21 Mar 2010
2	7:23.61	Holly Sprosen	WBP	29 May 1994	3	NI Sec Schools	Wellington	21 Mar 2010
3	7:23.89	Jenna Hansen	WBP	16 Jul 1993	2	Australia Junior Ch	Sydney AU	12 Mar 2010
4	7:27.11	Kate Jefferd	HBG	07 Oct 1994	4	NZSSAA Championships	Hastings	12 Dec 2010
5	7:32.99	Natasha Bowyer	AKL	26 Sep 1994	5	NZSSAA Championships	Hastings	12 Dec 2010
6	7:47.32	Kate Hewitt	CAN	23 Aug 1993	2	NZL Championships	Christchurch	28 Mar 2010
7	7:49.41	Heidi Van Loon	WBP	29 Mar 1994	7	NI Sec Schools	Wellington	21 Mar 2010
8	7:51.87	Rebecca Attwell	MWA	21 Mar 1994	3	NZL Championships	Christchurch	28 Mar 2010

WOMENS 16 100m Hurdles

1	14.62	1.0	Portia Bing	AKL	17 Apr 1993	H	Northern Region CE	Auckland	30 Jan 2010
2	14.71	0.3	Lauri Watt	CAN	18 Jan 1996	H	Canterbury CE Champs	Christchurch	18 Dec 2010
3	14.80	-0.9	April Campbell	WEL	24 Apr 1994	1	NZL Championships	Christchurch	27 Mar 2010
4	14.94	0.3	Mackenzie Keenan	CAN	11 Sep 1994	H	Canterbury CE Champs	Christchurch	18 Dec 2010
5	15.23	-1.5	Paige Harwood	AKL	08 Feb 1995	H	North Island CE Champs	Hastings	23 Oct 2010
6	15.35	-0.9	Rebecca Andrews	WBP	08 Dec 1994	2	NZL Championships	Christchurch	27 Mar 2010
7	15.43	-0.9	Ashleigh Sando	WBP	03 Feb 1994	3	NZL Championships	Christchurch	27 Mar 2010
8	15.63	1.0	Nathalie Booth	AKL	31 Jul 1994	4	NZSSAA Championships	Hastings	12 Dec 2010
9	15.78	1.0	Hannah McLeod	HBG	25 Oct 1994	6	NZSSAA Championships	Hastings	12 Dec 2010
10	16.05	2.0	Maicalia Steinegg	CAN	02 Apr 1994	2	Interclub	Christchurch	13 Feb 2010
11	16.07	0.5	Rebecca Wilson	AKL	24 Jul 1993	2	Auckland Championships	Auckland	27 Feb 2010
12	16.30	0.1	Nicole Mesman	CAN	02 Feb 1993	1	Interclub	Christchurch	20 Feb 2010

WOMENS 16 400m Hurdles

1	69.85	Ariana Blackwood	MWA	11 Mar 1994	1	Club Meet	Palmerston North	09 Mar 2010
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WOMENS 16 Field

WOMENS 16 High Jump

1	1.82	Keeley O'Hagan	WEL	11 Mar 1994	2	TT21 Test Match	Waitakere	20 Feb 2010
2	1.74	Erica Winton	CAN	06 Oct 1996	1	NZSSAA Championships	Hastings	12 Dec 2010
3	1.72	Emma Sutherland	HBG	14 Jan 1993	3	NZL Championships	Christchurch	26 Mar 2010
4	1.71	Paige Harwood	AKL	08 Feb 1995	2	NZSSAA Championships	Hastings	12 Dec 2010
5	1.70	Ashleigh Sando	WBP	03 Feb 1994	3	NZSSAA Championships	Hastings	11 Dec 2010
6	1.70	La Toya Te Kapa	CAN	11 Jan 1994	1	Down Under	Gold Coast AUS	04 Jul 2010
7	1.69	Lee-Ann McKenzie	CAN	27 Apr 1994	1	Canterbury Championshi	Christchurch	07 Mar 2010
8	1.69	Portia Bing	AKL	17 Apr 1993	H	Northern Region CE	Auckland	30 Jan 2010
9	1.68	Savannah Bruin	STH	24 Mar 1993	4	NZL Championships	Christchurch	26 Mar 2010
10	1.65	Valerie Chan	WEL	21 Oct 1995	3	NZSSAA Championships	Hastings	12 Dec 2010
11	1.65	Eliza McCartney	AKL	11 Dec 1996	4	NZSSAA Championships	Hastings	11 Dec 2010
12	1.64	Riana Phillips	NTH	23 Mar 1995	1	Auckland Championships	Auckland	27 Feb 2010
13	1.62	Kate Plimmer	WEL	18 Sep 1996	5	NZSSAA Championships	Hastings	12 Dec 2010
14	1.60	Joanna Oryszczak	CAN	29 Jul 1994	2	Interclub	Christchurch	13 Nov 2010
15	1.60	Amelia Hamilton	WBP	14 Jan 1995	1	Putaruru Bell 2	Tauranga	30 Oct 2010
16	1.60	Sarah McDonald	MWA	16 Apr 1995	3	Porritt Classic	Hamilton	13 Feb 2010
17	1.60	Lauren Piket	CAN	12 Oct 1993	1	Interclub	Christchurch	09 Jan 2010
18	1.59	Meg McKay	OTG	17 Dec 1996	7	NZSSAA Championships	Hastings	12 Dec 2010
19	1.58	Lauri Watt	CAN	18 Jan 1996	2	SI Sec Schools	Dunedin	20 Mar 2010

WOMENS 16 Pole Vault

1	4.00	Kerry Charlesworth	AKL	13 Dec 1993	1	NZL Championships	Christchurch	26 Mar 2010
2	3.50	Lucy McGall	AKL	22 Apr 1993	1	NZL Championships	Christchurch	28 Mar 2010
3	3.30	Lydia Taylor	AKL	16 Sep 1995	1	WJC Preparation Meet	North Shore	19 Jun 2010
4	3.20	Valerie Chan	WEL	21 Oct 1995	4	NZSSAA Championships	Hastings	11 Dec 2010

WOMENS 16 Long Jump

1	5.74	-2.0	Portia Bing	AKL	17 Apr 1993	2	Australia Junior Ch	Sydney AUS	12 Mar 2010
2	5.52	0.6	Paige Harwood	AKL	08 Feb 1995	2	NZL Championships	Christchurch	26 Mar 2010
3	5.40	-0.6	Greer Alsop	STH	13 Jun 1994	3	NZL Championships	Christchurch	26 Mar 2010
4	5.32	0.0	Keeley O'Hagan	WEL	11 Mar 1994	4	NZL Championships	Christchurch	26 Mar 2010
5	5.30	0.1	Kristina Rybinski	WEL	21 Jul 1995	2	NZSSAA Championships	Hastings	11 Dec 2010

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6	5.29	1.9	Jennifer Scott	AKL	25 Feb 1994	2	Battle of Regions 1	Auckland	13 Nov 2010
7	5.25	0.1	Melody Stein	WEL	15 May 1993	5	Cooks Classic	Wanganui	26 Jan 2010
8	5.22	-0.4	Lauri Watt	CAN	18 Jan 1996	3	NZSSAA Championships	Hastings	11 Dec 2010
9	5.21	0.3	Molly Lyons	CAN	24 Feb 1994	6	NZL Championships	Christchurch	26 Mar 2010
10	5.14	-0.1	Jade Graham	STH	23 Aug 1995	4	NZSSAA Championships	Hastings	11 Dec 2010
11	5.12	0.6	Sophie Munro	TAR	13 Jan 1993	1	Taranaki Championships	Inglewood	13 Mar 2010
12	5.11	-0.3	Rebecca Peterson	STH	23 Oct 1995	5	NZSSAA Championships	Hastings	11 Dec 2010
13	5.10	0.2	Nicole Mesman	CAN	02 Feb 1993	1	Canterbury Championshi	Christchurch	07 Mar 2010
14	5.09	0.2	Ashleigh Sando	WBP	03 Feb 1994	8	NZL Championships	Christchurch	26 Mar 2010
15	5.07	-2.7	Amy Robinson	WBP	19 Feb 1996	1	NI Colgate Games	Auckland	08 Jan 2010
16	5.01	0.6	MacKenzie Keenan	CAN	11 Sep 1994	H	Canterbury CE Champs	Christchurch	19 Dec 2010
17	5.01	0.4	Joanna Oryszczak	CAN	29 Jul 1994	1	Interclub	Christchurch	30 Oct 2010
18	5.00	0.7	Rebecca Cross	AKL	08 Jan 1993	4	NI Sec Schools	Wellington	20 Mar 2010

WOMENS 16 Triple Jump

1	11.78	0.2	Greer Alsop	STH	13 Jun 1994	1	NZL Championships	Christchurch	28 Mar 2010
2	11.70	1.2	Jade Graham	STH	23 Aug 1995	1	NZSSAA Championships	Hastings	12 Dec 2010
3	11.61	0.5	Jennifer Scott	AKL	25 Feb 1994	2	NZL Championships	Christchurch	27 Mar 2010
4	11.47	1.6	Anna Thomson	WEL	14 May 1995	2	NZSSAA Championships	Hastings	12 Dec 2010
5	11.30	0.6	Paige Harwood	AKL	08 Feb 1995	1	Hot Meet 4	North Shore	16 Jan 2010
6	11.26	0.8	Melody Stein	WEL	15 May 1993	3	Gold Programme	Wellington	09 Jan 2010
7	11.05	1.7	Jamie Sowter	AKL	07 Apr 1995	3	NZSSAA Championships	Hastings	12 Dec 2010
8	10.96	1.7	Rebecca Peterson	STH	23 Oct 1995	4	NZSSAA Championships	Hastings	12 Dec 2010
9	10.95	1.3	Sophie Munro	TAR	13 Jan 1993	1	Taranaki Championships	Inglewood	13 Mar 2010
10	10.77	1.2	Ashleigh Sando	WBP	03 Feb 1994	4	NZL Championships	Christchurch	27 Mar 2010
11	10.73	-0.1	MacKenzie Keenan	CAN	11 Sep 1994	1	Interclub	Christchurch	29 Dec 2010
12	10.64	-0.2	Stacey Gunn	MWA	28 Oct 1994	8	NZSSAA Championships	Hastings	11 Dec 2010
13	10.64	0.0	Courtney Walker	MWA	10 Jan 1995	5	NI Sec Schools	Wellington	20 Mar 2010
14	10.58	1.2	Eilidh Blanchard	OTG	20 Dec 1993	1	Otago Championships	Dunedin	21 Feb 2010
15	10.53	0.0	Hannah Keenan	CAN	10 Jun 1993	4	SI Sec Schools	Dunedin	20 Mar 2010
16	10.47	0.8	Chanel Watson	TAR	19 Jun 1993	2	Taranaki Championships	Inglewood	13 Mar 2010
17	10.37	0.1	Joanna Oryszczak	CAN	29 Jul 1994	2	SI Sec Schools	Dunedin	20 Mar 2010
18	10.24	0.0	Rochelle Newdick	WBP	08 Jun 1995	6	NZSSAA Championships	Hastings	12 Dec 2010
19	10.10	-0.4	Emma Sutherland	HGB	14 Jan 1993	11	NZL Championships	Christchurch	27 Mar 2010
20	10.06	0.6	Kendyl Fake	TAR	30 Nov 1993	3	Taranaki Championships	Inglewood	13 Mar 2010
21	10.01	0.0	Jessie Park	CAN	08 Aug 1994	4	SI Sec Schools	Dunedin	20 Mar 2010

WOMENS 16 Shot Put

1	14.21		Siositina Hakeai	AKL	01 Mar 1994	1	Waitakere Festival	Waitakere	30 Oct 2010
2	13.93		Merewarihi Vaka	AKL	30 Mar 1995	2	Waitakere Festival	Waitakere	30 Oct 2010
3	13.37		Leesa Lealaisalanoa	WEL	28 Sep 1993	1	NI Sec Schools	Wellington	20 Mar 2010
4	11.40		Sarah Button	AKL	12 Feb 1993	4	NI Sec Schools	Wellington	20 Mar 2010
5	11.29		Paige Harwood	AKL	08 Feb 1995	H	NZ CE Championships	Hamilton	13 Feb 2010
6	11.03		Lucy Ross	HGB	16 Feb 1994	4	Cooks Classic	Wanganui	26 Jan 2010
7	10.83		Elizabeth Doyle	AKL	27 Aug 1994	1	Interprovincial Meet	Waitakere	23 Jan 2010
8	10.53		Madeline Carruthers	CAN	28 Aug 1995	1	Interclub	Christchurch	06 Feb 2010
9	10.40		Sarah Niu	WEL	07 Nov 1995	1	Wellington Championshi	Wellington	27 Feb 2010
10	10.05		Nicole Mesman	CAN	02 Feb 1993	H	Canterbury CE Chps	Christchurch	23 Jan 2010

WOMENS 16 Discus Throw

1	51.52		Siositina Hakeai	AKL	01 Mar 1994	3	Kajaks Track Classic	Richmond CAN	09 Jul 2010
2	51.41		Leesa Lealaisalanoa	WEL	28 Sep 1993	1	NZL Championships	Christchurch	28 Mar 2010
3	49.18		Merewarihi Vaka	AKL	30 Mar 1995	1	Australia Junior Ch	Sydney AUS	11 Mar 2010
4	42.54		Courtney Fafeita	WEL	27 Jan 1993	3	NZL Championships	Christchurch	28 Mar 2010
5	40.58		Sarah Button	AKL	12 Feb 1993	1	Hot Meet	Waitakere	23 Jan 2010
6	39.74		Courtney Clarke	TAS	31 Jan 1994	1	SI Sec Schools	Dunedin	20 Mar 2010
7	37.46		Ariana Blackwood	MWA	11 Mar 1994	1	Club Meeting	Palmerston North	14 Dec 2010

WOMENS 16 Hammer Throw

1	56.68		Julia Ratcliffe	WBP	14 Jul 1993	1	NZL Championships	Christchurch	28 Mar 2010
2	47.01		Rebecca Hodgson	CAN	15 Aug 1993	2	NZL Championships	Christchurch	28 Mar 2010
3	42.91		Courtney Fafeita	WEL	27 Jan 1993	3	NZL Championships	Christchurch	27 Mar 2010
4	41.86		Sarah Button	AKL	12 Feb 1993	4	NZL Championships	Christchurch	27 Mar 2010
5	38.86		Ella Pilkington	AKL	06 Apr 1995	1	Battle of Regions 2	Hamilton	20 Nov 2010

RANKINGS LISTS 2010 AND PROGRESSIONS

6	38.67	Lucy Ross	HBG	16 Feb 1994	5	NZSSAA Championships	Hastings	11 Dec 2010
7	36.56	Leesa Lealaisalanoa	WEL	28 Sep 1993	3	NI Sec Schools	Wellington	20 Mar 2010

WOMENS 16 Javelin Throw

1	38.69	Tori Peeters	STH	17 May 1994	1	SI Sec Schools	Dunedin	20 Mar 2010
2	36.16	Aeron Mellish	TAR	23 Apr 1994	2	NZL Championships	Christchurch	26 Mar 2010
3	35.02	Rachel Rolleston	CAN	29 Jun 1994	2	SI Sec Schools	Dunedin	20 Mar 2010

WOMENS 16 Combined Events

WOMENS 16 Heptathlon

1	4947	Portia Bing	AKL	17 Apr 1993	1	Northern Region CE	Auckland	31 Jan 2010
2	4584	Paige Harwood	AKL	08 Feb 1995	1	North Island CE Champs	Hastings	24 Oct 2010
3	4349	Lauri Watt	CAN	18 Jan 1996	1	Canterbury CE Champs	Christchurch	19 Dec 2010
4	4215	Nicole Mesman	CAN	02 Feb 1993	1	Canterbury CE Chps	Christchurch	24 Jan 2010
5	3790	MacKenzie Keenan	CAN	11 Sep 1994	2	Canterbury CE Champs	Christchurch	19 Dec 2010
6	3627	Rebecca Wilson	AKL	24 Jul 1993	4	NZ CE Championships	Hamilton	14 Feb 2010
7	3251	Ariana Blackwood	MWA	11 Mar 1994	5	NZ CE Championships	Hamilton	14 Feb 2010
8	3111	Rebecca Andrews	WBP	08 Dec 1994	2	North Island CE Champs	Hastings	24 Oct 2010

All Time Top 20

MENS OPEN All Time Top 20

10.11	Gus Nketia	30 December 1970	22 August 1994
10.17	Chris Donaldson	26 May 1975	17 September 1998
10.35	David Ambler	15 September 1989	13 March 2009
10.37	Donald McDonald	6 January 1977	26 February 1999
10.41	James Dolphin	17 June 1983	9 February 2005
10.43	Matt Brown	29 August 1986	4 March 2006
10.44	Matthew Coad	9 August 1975	10 February 2001
10.45	Carl van der Speck	14 September 1977	26 March 2010
10.46	Dallas Roberts	23 August 1979	26 June 2002
10.48	Nick Cowan	1 January 1974	31 January 1998
10.49	David Falealili	3 February 1982	9 February 2005
10.50	Cameron Taylor	3 June 1971	21 March 1992
10.50	Gene Pateman	27 August 1976	26 February 1999
10.51	Lawrence D'Arcy	3 May 1947	25 January 1974
10.51	James Mortimer	1 February 1983	4 March 2006
10.51	Craig Bearda	17 June 1982	15 March 2008
10.53	Shane Downey		8 March 1987
10.53	Todd Blythe	8 January 1975	7 March 1993
10.54	Dean Wise	19 January 1977	22 August 1996
10.54	Robert Bruce	2 June 1972	6 March 1998
10.54	Michael Wilson	6 October 1988	7 June 2009
20.42	Chris Donaldson	26 May 1975	2 March 1997
20.51	Mark Kedell	13 February 1975	13 February 1993
20.56	James Dolphin	17 June 1983	12 January 2008
20.61	Matthew Coad	9 August 1975	27 January 1996
20.74	Cameron Taylor	3 June 1971	23 May 1992
20.77	Jeffrey Thumath	3 March 1985	6 February 2008
20.79	Dallas Roberts	23 August 1979	28 June 2002
20.82	Gene Pateman	27 August 1976	18 December 1999
20.88	Bevan Smith	18 July 1950	4 March 1972
20.90	Matt Brown	29 August 1986	5 February 2006
20.92	Dale McClunie	25 September 1966	6 March 1987
20.92	Callum Taylor	25 October 1972	20 February 2000
20.96	Todd Mansfield	29 September 1985	22 January 2010
21.00	Todd Blythe	8 January 1975	7 March 1993
21.06	Robert Hanna	15 August 1967	4 January 1997
21.07	Craig Bearda	17 June 1982	24 January 2007
21.12	Jeremy Dixon	9 January 1980	25 March 2001
21.14	Gus Nketia	30 December 1970	16 February 1997
21.17	Lawrence D'Arcy	3 May 1947	4 March 1972
21.18	Carl van der Speck	14 September 1977	12 July 2009
21.19	Adam Somerville	30 October 1980	28 January 2006
46.09	Shaun Farrell	5 March 1975	7 March 1998
46.10	Bevan Smith	18 July 1950	1 March 1975
46.14	Callum Taylor	25 October 1972	7 March 1998
46.18	Grant Gilbert	5 August 1967	28 January 1990
46.38	Mark Kedell	13 February 1975	30 January 1993
46.40	Nick Cowan	1 January 1974	13 December 1997
46.52	Craig Purdy	1967	3 December 1988
46.57	Corey Innes	15 January 1985	27 January 1996
46.66	Mark Wilson	31 December 1972	27 January 1996
46.72	James Dolphin	17 June 1983	17 December 2005
46.75	Robert Hanna	15 August 1967	16 February 1996
46.81	Björn Jansen	13 November 1976	11 March 2000
46.86	Tim Hawkes	17 January 1983	22 March 2003
46.90	Phil Kear		1 December 1973
46.90	Chris Rogers	1981	1 February 1986
46.95	Andrew Moore	11 March 1984	7 February 2009
46.98	Darren Dale	1966	9 February 1986
46.99	Richard Deande	1948	20 January 1974
47.00	Alex Jordan	10 April 1992	11 December 2010
47.02	Andrew Collins	1964	4 April 1987

ALL TIME TOP 20

1:44.3	Peter Snell	17 December 1938	3 February 1962
1:44.92	John Walker	12 January 1952	29 January 1974
1:45.45	Shaun Farrell	5 March 1975	28 February 1998
1:45.54	Nick Willis	25 April 1983	31 July 2004
1:45.9	Peter Pearlless	4 June 1957	22 March 1984
1:46.15	Mark Tonks	11 July 1971	13 July 1997
1:46.19	Jason Stewart	21 November 1981	23 July 2005
1:46.48	Martin Johns	5 July 1969	21 August 1996
1:47.04	Mark Rogers	24 July 1976	31 August 2001
1:47.1	Dennis Norris		18 March 1978
1:48.1y	Gary Philpott		17 July 1961
1:47.45	Gareth Hyett	13 February 1982	9 July 2005
1:47.57	Chris Rogers	1981	20 March 1982
1:47.6	Rod Dixon	13 July 1950	15 September 1973
1:47.7	Bruce Hunter		18 March 1972
1:48.0	Andrew Stark	1957	20 May 1978
1:48.17	Clyde McIntosh	18 April 1978	26 January 2000
1:48.2	Alan Gilmour	1950	13 March 1971
1:48.22	Hamish Christensen	1 September 1972	20 January 1999
1:48.24	Steve Willis	24 April 1975	10 April 1999
3:32.17	Nick Willis	25 April 1983	8 July 2006
3:32.4	John Walker	12 January 1952	30 July 1975
3:33.89	Rod Dixon	13 July 1950	2 February 1974
3:34.9	Peter O'Donoghue	1 October 1961	18 March 1987
3:35.50	Adrian Blincoe	4 November 1979	28 August 2005
3:36.19	Hamish Christensen	1 September 1972	20 February 1999
3:36.48	Tony Rogers	30 April 1957	10 August 1984
3:36.7	Dick Quax	1 January 1948	30 June 1976
3:37.38	Martin Johns	5 July 1969	2 June 1996
3:37.50	Alan Bunce	23 August 1967	12 August 1990
3:37.6	Peter Snell	17 December 1938	17 November 1964
3:38.07	Paul Hamblyn	27 August 1980	23 July 2005
3:38.2	Tony Polhill	15 December 1947	24 July 1973
3:38.25	Richard Potts	13 July 1971	29 July 1994
3:38.42	Michael Gilchrist	9 August 1960	24 March 1984
3:38.63	Gareth Hyett	13 February 1982	2 March 2007
3:38.8	Murray Halberg	7 July 1933	5 September 1958
3:39.6	John Davies	25 May 1938	2 August 1964
3:39.93	Max Smith	28 October 1984	9 June 2007
3:39.94	Robbie Johnston	21 August 1967	22 January 1992
3:49.08	John Walker	12 January 1952	7 July 1982
3:50.66	Nick Willis	25 April 1983	8 June 2008
3:53.62	Rod Dixon	13 July 1950	30 June 1975
3:54.04	Peter Snell	17 December 1938	17 November 1964
3:54.10	Martin Johns	5 July 1969	26 May 1996
3:54.40	Adrian Blincoe	4 November 1979	7 September 2003
3:55.18	Tony Rogers	30 April 1957	16 July 1984
3:56.13	Hamish Christensen	1 September 1972	16 January 1999
3:56.23	Dick Quax	1 January 1948	9 July 1976
3:56.46	Max Smith	28 October 1984	21 July 2007
3:56.8	John Davies	25 May 1938	17 November 1964
3:57.0	Tony Polhill	15 December 1947	15 September 1972
3:57.46	Gareth Hyett	13 February 1982	21 July 2007
3:57.5	Murray Halberg	7 July 1933	6 August 1958
3:57.69	Peter O'Donoghue	1 October 1961	16 July 1984
3:57.70	Phil Clode	11 March 1965	12 January 1991
3:58.41	Paul Hamblyn	27 August 1980	23 February 2005
3:58.61	Ian Studd	1943	13 August 1966
3:58.8	Dick Tayler	12 August 1948	23 January 1971
3:58.84	John Bowden	19 June 1956	30 January 1982
3:57.78i	Hayden McLaren	11 August 1987	14 February 2009
7:37.49	John Walker	12 January 1952	17 July 1982
7:41.0	Rod Dixon	13 July 1950	2 July 1974

ALL TIME TOP 20

7:45.11	Dick Quax	1 January 1948	25 June 1977
7:45.93	Kerry Rodger	13 March 1962	20 January 1990
7:45.97	Nick Willis	25 April 1983	5 July 2005
7:46.38	Adrian Blincoe	4 November 1979	29 August 2010
7:49.46	Robbie Johnston	21 August 1967	14 January 1995
7:50.03	Alan Bunce	23 August 1967	16 July 1990
7:50.92	Euan Robertson	14 June 1948	9 September 1977
7:50.98	Phil Clode	11 March 1965	18 January 1992
7:51.0	John Davies	25 May 1938	11 July 1965
7:51.93	Simon Maunder	20 August 1972	16 February 2001
7:52.26	Michael Aish	24 July 1976	6 June 2003
7:53.29	Blair Martin	25 April 1975	16 February 2001
7:53.37	Hamish Christensen	1 September 1972	28 January 1995
7:54.09	Jonathon Wyatt	20 December 1972	13 July 1996
7:54.88	John Henwood	30 August 1972	17 February 2001
7:54.90	Richard Potts	13 July 1971	27 January 1996
7:54.91	Tony Rogers	30 April 1957	
7:44.90i	Nick Willis	25 April 1983	31 Jan 2004
7:50.65i	Michael Aish	24 July 1976	1 Feb 2003
7:55.18i	Max Smith	28 October 1986	10 Feb 2007
13:10.19	Adrian Blincoe	4 November 1979	20 July 2008
13:12.86	Dick Quax	1 January 1948	5 July 1977
13:17.27	Rod Dixon	13 July 1950	5 July 1976
13:19.28	John Walker	12 January 1952	8 July 1986
13:20.15	Robbie Johnston	21 August 1967	8 July 1996
13:22.64	Michael Aish	24 July 1976	19 April 2002
13:26.79	Kerry Rodger	13 March 1962	1 February 1990
13:27.54	Nick Willis	25 April 1983	11 June 2005
13:27.66	Jonathon Wyatt	20 December 1972	19 July 1997
13:30.41	John Henwood	30 August 1972	3 July 1999
13:30.64	Phil Clode	11 March 1965	7 February 1991
13:31.40	Alan Thurlow	9 December 1954	19 January 1980
13:31.44	Peter O'Donoghue	1 October 1961	7 March 1992
13:32.04	Dean Crowe	1961	25 August 1985
13:32.65	Alan Bunce	23 August 1967	17 January 1998
13:32.7	Dave BurrIDGE	20 January 1962	18 February 1986
13:32.92	Jake Robertson	14 November 1989	26 May 2010
13:35.2	Murray Halberg	7 July 1933	25 July 1961
13:35.71	Jason Woolhouse	9 September 1980	18 April 2008
13:37.81	Geoff Shaw	1957	11 November 1986
27:41.95	Dick Quax	1 January 1948	9 September 1977
27:42.17	Robbie Johnston	21 August 1967	25 May 1996
27:45.98	John Henwood	30 August 1972	30 April 2004
27:46.37	Michael Aish	24 July 1976	29 April 2007
27:46.40	Dick Tayler	12 August 1948	25 January 1974
27:56.80	Jonathon Wyatt	20 December 1972	15 February 2003
28:06.16	Dave BurrIDGE	20 January 1962	5 February 1987
28:08.19	Blair Martin	25 April 1975	15 February 2003
28:15.3	Evan Maguire	26 May 1942	17 April 1968
28:17.8	Rex Maddaford	9 March 1947	17 April 1968
28:19.05	Ken Maloney	11 November 1961	7 March 1987
28:21.33	Phil Clode	11 March 1965	16 December 1993
28:22.39	Rex Wilson	10 April 1960	19 December 1985
28:25.04	Kerry Rodger	13 March 1962	10 December 1991
28:26.80	Alan Bunce	23 August 1967	4 May 2001
28:28.5	Alan Thurlow	9 December 1954	21 March 1978
28:29.41	John Bowden	19 June 1956	11 January 1986
28:31.71	Phil Costley	16 March 1970	15 February 2003
28:33.0	Murray Halberg	7 July 1933	17 November 1964
28:33.9	Dean Crowe	1961	10 April 1987
2:10.15	Paul Ballinger	25 March 1953	5 December 1982
2:10.47	Dick Quax	1 January 1948	7 September 1980
2:10.48	Rex Wilson	10 April 1960	28 October 1990
2:10.59	Sean Wade	2 February 1966	21 January 1996

ALL TIME TOP 20

2:11.18.6	Jack Foster	23 May 1932	31 January 1974
2:12.11	Kevin Ryan	22 July 1949	22 November 1981
2:12.26	Dave McKenzie	16 March 1943	3 December 1967
2:12.29	Trevor Wright	23 September 1946	17 April 1983
2:12.40	Derek Froude	20 April 1959	30 October 1988
2:12.57	Rod Dixon	13 July 1950	12 August 1984
2:12.58	Dale Warrrender	8 September 1973	7 December 2003
2:12.59	Terry Manners	19 October 1941	31 January 1974
2:13.00	Jonathon Wyatt	20 December 1972	27 April 2003
2:13.17	Craig Kirkwood	18 October 1974	7 October 2001
2:13.20	Michael Aish	24 July 1976	13 January 2008
2:13.36	Phil Costley	16 March 1970	24 June 2001
2:13.50	Don Greig	23 October 1956	22 November 1981
2:14.03	Gary Palmer	7 May 1955	22 November 1981
2:14.05	Mike Ryan	26 December 1941	27 November 1966
2:14.08	John Campbell	6 February 1949	2 October 1988
8:14.05	Peter Renner	27 October 1959	29 August 1984
8:21.08	Euan Robertson	14 June 1948	28 July 1976
8:29.0	Rod Dixon	13 July 1950	23 August 1973
8:29.12	Kim Hogarth	12 June 1976	29 April 2007
8:29.44	Peter Welsh	16 July 1943	6 August 1966
8:30.46	Neil Lowsley	13 May 1959	20 February 1982
8:31.6	Michael Gilchrist	9 August 1960	6 April 1986
8:34.9	Martin Couldwell	5 May 1905	15 March 1978
8:35.32	Sean Wade	2 February 1966	14 January 1990
8:36.87	Hamish Christensen	1 September 1972	11 February 1995
8:37.14	Howard Healey	13 March 1949	20 January 1979
8:38.0	Bryan Bothwell	25 June 1976	18 April 1998
8:39.4	Greg Cameron	11 January 1964	19 March 1986
8:39.51	Jared Ietica	27 April 1970	15 February 1992
8:39.96	Phil Costley	16 March 1970	4 March 1994
8:43.2	Nathan Healey	13 March 1949	17 February 1973
8:44.45	Stephen Hollings	23 November 1946	5 March 1977
8:45.3	Ray Batten		22 April 1973
8:46.2	Rex Maddaford	9 March 1947	25 May 1973
8:46.48	Dan O'Connell		4 March 1978
13.71	James Mortimer	1 March 1983	11 March 2007
13.90	Tim Soper	3 July 1958	28 September 1982
14.10	Simon Poelman	27 May 1963	28 March 1987
14.13	Grant McNeill	20 June 1968	25 November 1989
14.25	Ross Pownall	17 November 1946	2 August 1978
14.30	Peter Allen		9 September 1979
14.30	Tony Pownall	14 May 1977	24 February 2001
14.32	Phillip Mills	13 February 1955	6 August 1978
14.33	Liam Whaley	7 October 1975	30 November 1996
14.35	Nic O'Brien	3 January 1980	24 February 2001
14.37	Gene Pateman	27 August 1976	16 January 1999
14.38	Brent Newdick	31 January 1985	24 June 2009
14.44	Paul Lloyd	1966	17 February 1990
14.47	Nick Bolton	21 April 1972	18 February 1998
14.55	Doug Pirini	6 September 1969	2 February 1997
14.72	Bill Boyd		7 March 1986
14.72	David Matthew	16 August 1970	8 March 1997
14.73	Willie Fong	14 November 1960	7 March 1982
14.77	Peter Henry	17 June 1962	25 November 1989
14.80	Phil Hazlett	3 April 1973	5 March 1994
14.80	Mark Edmond	20 January 1977	7 March 1998
49.90	Nic O'Brien	3 January 1980	4 May 2003
49.95	Zion Armstrong	21 January 1975	12 March 2000
50.14	Phillip Mills	13 February 1955	1 May 1976
50.43	Callum Stuart	2 July 1975	28 February 1999
50.48	Roger Johnson	10 December 1943	31 August 1972
50.70	WaynePaul	19 June 1958	27 March 1986
50.95	Jonathon Schmidt	14 June 1969	1994

ALL TIME TOP 20

51.40	Mark Edmond	20 January 1977	22 January 1998
51.41	James Mortimer	1 March 1983	20 November 2010
51.52	Nick Kalivati	29 June 1987	26 January 2008
51.63	Murray Cumberpatch	7 March 1981	
51.68	Daniel O'Shea	12 February 1989	25 September 2010
51.75	David Matthew	16 August 1970	28 January 1995
51.83	Grant Coutts	21 June 1972	28 January 1995
51.95	Rendell McIntosh		29 January 1974
52.02	Peter Allen		10 September 1979
52.10	Michael Cochrane	13 August 1991	10 July 2010
52.22	John Holland	20 December 1926	20 July 1952
52.26	Kevin Philpot	1966	4 November 1989
52.27	Jack O'Connor	1964	30 December 1989
1:22:20	Craig Barrett	16 November 1971	26 January 1998
1:22:21	Scott Nelson	10 October 1969	31 March 1996
1:26:32	Gary Little	31 December 1941	16 February 1992
1:27:05	Mike Parker	21 April 1953	5 April 1986
1:27:06	Tony Sargisson	24 June 1975	3 March 2002
1:27:34	Murray Day	7 July 1964	28 June 1986
1:27:37	Graham Seatter	11 October 1955	15 July 1978
1:28:58	Shane Donnelly	23 October 1955	6 December 1986
1:29:10	Keith Oolsthoom		20 February 1983
1:29:11	Quentin Rew	16 July 1984	30 May 2010
1:29:15	Paul McElwee	28 June 1967	16 February 1992
1:29:30	Kevin Taylor	13 November 1950	Feb 1982
1:29:59	Derek Beaven		26 August 1990
1:30:59	Tony Feek		25 July 1999
1:31:19	Greg Cross	1973	24 March 1991
1:31:20	Sean Sullivan	28 December 1968	26 August 1989
1:31:26	Graeme Jones	19 June 1973	6 March 1994
1:32:01	Owen Warner		Apr 1971
1:32:19	Wayne Marriott	1965	16 February 1992
1:33:14	Glenn Burrell	15 May 1981	23 February 2008
3:48:05	Craig Barrett	16 November 1971	16 June 2001
3:58:05	Tony Sargisson	24 June 1975	24 March 2006
4:08:56	Mike Parker	21 April 1953	30 September 1979
4:17:48	Paul McElwee	28 June 1967	24 May 1992
4:21:23	Norman Read	13 August 1931	9 April 1960
4:25:19	Quentin Rew	16 July 1984	24 October 2010
4:30:44	Graeme Jones	19 June 1973	24 October 2010
4:31:42	Gary Little	31 December 1941	2 August 1992
4:41:37	John Rayner		18 April 1983
4:42:42	Steven Farquhar	21 May 1959	24 May 1992
4:44:11	W. Macnoe		18 April 1983
4:45:37	Mark Gray	8 November 1960	8 December 2002
4:48:14	Morrie Hinton		18 April 1983
4:51:09	Gordon Inglis	1943	10 October 1993
2.30	Glenn Howard	1 April 1976	12 March 2000
2.24	Roger Te Puni	14 November 1963	24 February 1990
2.16	Kirk McNeelley	22 August 1966	7 March 1986
2.15	Terry Lomax	9 July 1958	1 February 1981
2.15	Jeffrey Brown	7 August 1964	20 February 1988
2.14	Chris Trabing		26 February 1983
2.14	Keith Olds		28 January 1989
2.14	Billy Crayford	15 July 1987	27 November 2010
2.13	Steven Hollings	1969	13 March 1988
2.12	Grant Landery		20 December 1980
2.12	Bill Boyd		11 March 1984
2.12	Kris de Jong		8 March 1985
2.12	Ray Featherstone	21 May 1970	31 March 1991
2.10	Lindsay Guthrie	15 July 1987	15 January 1977
2.10	Mark Woolley		29 January 1983
2.10	Geoff Beckett	23 January 1975	7 December 1991
2.10	Dwain Geddes	25 July 1976	22 January 1994

ALL TIME TOP 20

2.10	Grant Knaggs	29 February 1984	21 July 2004
2.08	Dave McDonald		6 March 1981
2.08	Peter Ranginui	17 October 1968	5 March 1989
2.08	Ben Giles	28 January 1983	13 March 2005
2.16i	Kris de Jong		26 January 1986
5.51	Paul Gibbons	25 June 1971	25 January 1992
5.22	Simon Poelman	27 May 1963	11 March 1990
5.22	JG Nel	30 May 1984	21 October 2006
5.20	Peter Tracey		6 March 1976
5.02	Kieran McKee	11 September 1957	25 February 1984
5.00	Olivier Ball	23 January 1964	23 January 1993
4.85	Derek McKee	4 October 1961	5 August 1989
4.80	Doug Pirini	6 September 1969	10 January 1993
4.80	Marcus Pointon	1970	13 February 1993
4.80	Brent Newdick	31 January 1985	3 June 2007
4.80	Nicholas Southgate	9 April 1994	13 November 2010
4.75	Mike Ritchie		29 February 1980
4.75	Ian Streat		12 March 1989
4.73	Simon Werthmuller	1967	15 February 1986
4.70	Jeremy McColl	11 August 1982	12 February 2006
4.65	Matt Roper		7 March 1987
4.63	Peter Dyer	23 May 1958	5 November 1983
4.62	Robert Sadler	23 January 1958	3 January 1981
4.61	Tim McKee	11 December 1990	7 March 2010
4.60	Glen Caulton		12 December 1982
4.60	Jason Donnelly		8 July 1990
4.60	Peter Henry	17 June 1962	6 March 1993
4.60	Craig Merriless	29 August 1978	3 March 2002
4.60	Assan Nazzer	28 May 1986	31 March 2006
4.60	Stephen Buckley	4 May 1988	28 November 2009
8.05	Bob Thomas	1939	21 January 1968
7.99	Aaron Langdon	19 July 1971	21 February 1998
7.96	Steve Walsh	17 December 1960	21 January 1984
7.90	Willie Hinchcliffe	13 September 1968	20 January 1990
7.83	Dave Norris	14 December 1939	30 December 1967
7.79	John Delamere	12 December 1951	17 May 1974
7.76	Jonathon Moyle	12 October 1967	23 February 1991
7.71	Jeffrey Thumath	3 March 1985	1 December 2007
7.68	Grant Birkinshaw	1949	28 February 1969
7.66	Francois Coetzee	5 July 1975	21 January 2002
7.60	Tom Davie	1 December 1985	14 February 2004
7.56	Simon Poelman	27 May 1963	7 March 1987
7.55	Jonh Hunt		13 April 1985
7.54	Nigel Park	6 July 1972	20 March 1999
7.49	Kerry Hill	18 March 1947	17 March 1973
7.48	Mike Shaw		8 March 1985
7.48	Doug Pirini	6 September 1969	24 August 1994
7.45	Roy Williams	9 September 1934	8 July 1967
7.44	Laud Codjoe	2 January 1969	22 January 1992
7.42	Evan Peterson		8 March 1985
7.42	Brent Newdick	31 January 1985	7 October 2010
16.22	Phil Wood	29 December 1953	2 August 1978
15.94	Dave Norris	14 December 1939	6 March 1965
15.75	Kevin Todd		8 April 1972
15.62	Tom Davie	1 December 1985	14 April 2004
15.58	Bob Thomas	1939	6/03/1965
15.52	John Delamere	12 December 1951	1974
15.49	Nigel Park	6 July 1972	7 March 1993
15.48	Nigel Avery	31 August 1967	28 January 1989
15.40	Wayne Stewart		27 February 1988
15.39	Alan Whitton		11 March 1988
15.35	Grant Birkinshaw		1 March 1969
15.30	Roy Williams	9 September 1934	8 March 1958

ALL TIME TOP 20

15.30	Daniel Bediako	4 October 1975	13 February 2000
15.26	Robert Huston		9 March 1985
15.24	Scott Newman	21 February 1970	25 January 1997
15.24	Khamal Ganley	1 March 1980	18 March 1999
15.24	Scott Clements	13 December 1979	14 February 2004
15.23	Ken Simpson		27 January 1973
15.22	Kahl Schierling	6 May 1966	4 November 1989
15.16	Harold Brainsby	5 December 1910	24 March 1934
19.80	Les Mills	1 November 1934	3 July 1967
19.45	Courtney Ireland	12 January 1972	4 June 1994
18.83	Robin Tait	14 April 1940	17 November 1973
18.75	Ian Winchester	27 May 1973	20 February 1998
18.57	Jacko Gill	20 December 1994	16 October 2010
18.12	Shaka Sola	14 March 1977	8 March 2003
17.87	Robert Hargreaves	16 February 1944	11 May 1968
17.57	Tom Walsh	1 March 1992	20 February 2010
17.56	Keith Falle	1950	1 November 1975
17.16	Henry Smith	16 March 1955	31 January 1981
16.75	Richard Thompson	29 July 1962	9 January 1999
16.65	Fale Seve	12 May 1977	11 March 2000
16.64	Paul Pervan		13 March 1973
16.57	Allan Halberg		15 January 1983
16.49	Nigel Avery	31 August 1967	15 February 1997
16.48	Pat Hellier	24 June 1971	24 November 2007
16.37	Walter Gill		18 January 1986
16.23	Simon Poelman	27 May 1963	19 December 1987
16.14	Greg Burgess		23 February 1985
15.98	Daryl Brand	6 August 1963	31 March 1991
65.03	Ian Winchester	27 May 1973	22 May 2002
63.08	Robin Tait	14 April 1940	31 January 1974
61.52	Les Mills	1 November 1934	3 January 1971
60.60	Joe Antunovich	4 April 1948	8 May 1971
58.64	Mark Robinson	2 October 1959	15 May 1982
58.70	Shaka Sola	14 March 1977	21 February 2004
57.64	Courtney Ireland	12 January 1972	1 June 1994
56.94	Anthony Pervan	16 February 1944	20 January 1973
56.60	Henry Smith	16 March 1955	11 January 1986
54.66	Chris Mene	18 August 1972	25 November 1995
54.40	Gordon Webb		14 February 1968
53.78	Walter Gill		18 January 1975
53.54	Peter Crawford		16 December 1967
53.36	Matt Dallow	27 January 1972	19 December 1998
52.94	Douglas Park		17 November 1973
52.78	Chris Barrett	6 November 1961	18 February 1989
52.64	Jim Gleason		31 October 1981
52.58	John Clune		15 October 1977
52.50	Richard Dryden		3 February 1979
52.23	Fale Seve	12 May 1977	10 March 2000
73.10	Angus Cooper	7 May 1964	23 January 1994
72.06	Phil Jensen	8 November 1967	21 February 1998
71.20	Murray Cheater	26 January 1947	31 January 1976
66.55	Pat Hellier	24 June 1971	15 March 1998
63.72	Warwick Nicholl		25 January 1974
63.11	Luke Greenfield	6 May 1981	11 May 2002
61.26	Roger Stephen	31 December 1969	28 February 1999
60.32	Douglas Mace	22 January 1969	8 December 1990
60.02	Bernie Harland		22 October 1977
58.52	Daryl Gilliland		24 November 1973
57.44	Kevin Bradley		17 November 1973
56.22	Paul Dryden		1 March 1980
55.95	Peter Gibbs		1999
55.56	Douglas Park		10 May 1974
55.42	Ian Winchester		1997
55.37	Fale Seve	12 May 1977	24 June 2000

ALL TIME TOP 20

55.03	Michael Hancock	30 March 1986	27 January 2006
54.98	Robert Veale		1997
54.70	Damian Smuts		4 December 2010
54.10	Dave Leech		29 February 1964
88.20	Gavin Lovegrove	21 October 1967	5 July 1996
85.35	Stuart Farquhar	15 March 1982	13 February 2010
79.00	Mike O'Rourke	25 August 1955	3 February 1990
78.14	John Stapleton-Smith	12 August 1961	18 February 1989
77.71	Diggorry Brooke	4 July 1969	14 June 1998
75.54	Cameron Greening	1966	19 December 1987
73.89	Johan Smallberger	19 November 1985	29 April 2009
73.18	Daryl Brand	6 August 1963	31 January 1987
71.74	Andrew Harrison	1 March 1976	17 January 1996
70.92	Olivier Ball	23 January 1964	28 January 1987
69.33	Blair Stewart	14 June 1977	2 February 2002
68.74	Aitken Stowers	1 June 1974	14 January 1995
68.28	Trevor Bradley	15 July 1957	30 January 1988
67.99	Rayn Maginess	22 May 1977	11 March 2000
67.96	Paul Wadsworth	13 September 1968	1994
67.34	Bradley Quin	13 July 1984	21 July 2004
67.31	Cliff Weston	10 May 1985	2 December 2006
67.13	Benjamin Langton-Burnell	10 July 1992	27 November 2010
65.40	Andrew Trott	20 January 1967	22 April 1990
8366	Simon Poelman	27 May 1963	22 March 1987
8115	Doug Pirini	6 September 1969	17 March 1996
8091	Brent Newdick	31 January 1985	15 June 2010
7542	Scott McLaren	22 February 1982	11 November 2007
7511	Matt Dallow	27 January 1972	17 April 1993
7475	Peter Cox	6 July 1983	21 November 2005
7473	John Hunt		24 November 1984
7441	Peter Henry	17 June 1962	10 December 1989
7405	Jordan Vandermade	7 May 1987	28 January 2006
7372	Stefan Hauf		22 December 1985
7274	Roy Williams	9 September 1934	9 July 1967
7241	Peter Dyer	23 May 1958	5 October 1982
7185	Gene Pateman	27 August 1976	28 March 1999
7136	Terry Lomax	9 July 1958	18 December 1988
7094	Paul Wilson	1957	31 January 1983
7062	Robert Sadler	23 January 1958	14 December 1980
7010	Stephen Buckley	4 May 1988	11 January 2009
6953	Mene Mene	9 March 1946	15 March 1975
6947	Grant Connon		14 December 1980
6938	Grant Chapman	26 November 1963	20 February 1987

ALL TIME TOP 20

WOMENS OPEN All Time Top 20

WOMENS OPEN 100m

11.32	Michelle Seymour	21 December 1965	25 February 1993
11.50	Wendy Brown	21 May 1950	20 January 1974
11.50	Caro Hunt	10 January 1978	18 February 2001
11.55	Briar Toop	2 April 1973	28 January 1990
11.60	Anna Smythe	17 March 1978	10 March 2007
11.60	Andrea Miller	13 March 1982	15 December 2007
11.62	Kim Robertson	10 March 1957	4 March 1978
11.62	Bev Peterson	12 September 1956	8 March 1986
11.64	Chantal Brunner	5 November 1970	18 July 1999
11.64	Monique Williams	23 September 1985	27 March 2009
11.66	Helen Pirovano	8 November 1967	20 January 1990
11.70	Sue Jowett	14 September 1956	24 July 1976
11.71	Andrea Koenen	13 January 1990	26 March 2010
11.76	Jane Arnott	3 January 1976	6 March 1999
11.77	Doreen Porter	21 July 1941	15 October 1964
11.77	Brenda Matthews	19 February 1949	1 September 1972
11.77	Kelly Miller	1977	1 December 1993
11.79	Megan Clarken	30 October 1966	30 January 1985
11.80	Christie Pfitzinger	24 January 1959	4 March 1977
11.83	Morag MacMillan		5 March 1977
11.83	Andrea Wade	30 October 1961	7 March 1982
11.83	April Brough	17 September 1984	8 March 2008

WOMENS OPEN 200m

22.90	Monique Williams	23 September 1985	20 August 2009
23.13	Kim Robertson	10 March 1957	15 July 1978
23.32	Sue Jowett	14 September 1956	6 March 1976
23.44	Wendy Brown	21 May 1950	29 January 1974
23.46	Andrea Koenen	13 January 1990	26 June 2010
23.52	Caro Hunt	10 January 1978	22 July 2000
23.56	Bev Peterson	12 September 1956	9 March 1986
23.60	Michelle Seymour	21 December 1965	25 February 1993
23.66	Jane Arnott	3 January 1976	26 February 1999
23.67	Penny Hunt	18 January 1948	6 March 1976
23.67	Rebecca Wardell	21 December 1977	25 March 2001
23.74	Anita Sutherland	7 May 1976	28 August 1998
23.77	Janette Wise	17 August 1975	13 April 1996
23.78	Briar Toop	2 April 1973	26 November 1989
23.82	Andrea Wade	30 October 1961	4 April 1987
23.83	Anna Smythe	17 March 1978	9 February 2005
23.83	April Brough	17 September 1984	26 January 2008
23.86	Morag MacMillan		19 March 1977
23.88	Gail Swart	1956	1 December 1973
24.02	Chantal Brunner	5 November 1970	4 February 2001

WOMENS OPEN 400m

51.60	Kim Robertson	10 March 1957	19 January 1980
51.88	Monique Williams	23 September 1985	20 March 2009
51.98	Jane Arnott	3 January 1976	3 February 2006
52.66	Penny Hunt	18 January 1948	3 September 1972
52.67	Rebecca Wardell	21 December 1977	24 March 2001
52.89	Anna Smythe	17 March 1978	9 August 1998
53.22	Carlene Dillimore	19 April 1966	12 March 1988
53.40	Joanna Burr	1956	13 April 1975
53.40	Toni Hodgkinson	12 December 1971	3 February 1996
53.42	Andrea Wade	30 October 1961	27 February 1988
53.66	Michelle Seymour	21 December 1965	6 March 1993
53.80	Kay Hawkins		13 April 1975
54.02	Colleen Mills	17 April 1905	1 December 1973
54.45	Kirstin Gill	24 June 1969	5 June 1993
54.52	Kim Freakley		29 February 1980

ALL TIME TOP 20

54.55	Lorraine Wilson		28 September 1969
54.57	Rachel Signal	14 May 1981	4 April 2003
54.57	Kristie Baillie	9 September 1991	27 March 2010
54.60	Sue Haden	29 April 1946	4 March 1972
54.60	Marissa Stephen	28 September 1967	27 August 1998
53.9	Marise Chamberlain	5 December 1935	1 March 1963

WOMENS OPEN 800m

1:58.35	Toni Hodgkinson	12 December 1971	27 July 1996
1:59.66	Nikki Hamblin	20 May 1988	4 September 2010
2:01.4	Marise Chamberlain	5 December 1935	3 March 1962
2:02.04	Sue Haden	29 April 1946	29 January 1974
2:02.7	Alison Wright	1 February 1949	19 August 1979
2:03.0	Carlene Dillimore	19 April 1966	22 March 1988
2:03.63	Lorraine Moller	1 June 1955	29 January 1974
2:03.74	Chrissie Pfitzinger	24 January 1959	13 June 1987
2:03.82	Anne Hare	7 June 1964	11 January 1986
2:03.87	Angie Smit	16 August 1991	7 July 2010
2:04.05	Anne Audain	1 November 1955	16 February 1980
2:04.08	Sylvia Potts	9 September 1943	28 February 1970
2:04.25	Michelle Green	1956	8 March 1980
2:04.58	Emma James	21 January 1974	17 September 1992
2:04.61	Jenny Overall	8 December 1963	7 March 1982
2:04.61	Jusine Craig	1964	5 June 1987
2:04.63	Shirley Somervell	30 June 1946	27 January 1974
2:04.63	Helen Hawley	26 October 1968	6 March 1987
2:04.75	Linden Wilde	11 May 1961	16 February 1980
2:04.84	Lynda Gray		19 February 1983

WOMENS OPEN 1500m

4:05.93	Nikki Hamblin	20 May 1988	10 July 2010
4:06.23	Toni Hodgkinson	12 December 1971	2 March 2000
4:06.47	Chrissie Pfitzinger	24 January 1959	27 June 1987
4:10.35	Lorraine Moller	1 June 1955	30 August 1985
4:10.59	Anne Hare	7 June 1964	2 March 1985
4:10.62	Dianne Rodger	9 November 1956	16 July 1984
4:10.68	Anne Audain	1 November 1955	28 July 1976
4:11.25	Kimberley Smith	19 November 1981	26 June 2004
4:11.68	Alison Wright	1 February 1949	15 August 1979
4:13.19	Lucy van Dalen	18 November 1988	10 June 2010
4:14.50	Jenny Overall	8 December 1963	20 March 1982
4:14.54	Hannah Newbould	19 June 1991	7 July 2010
4:14.85	Rebecca Allison		6 June 1987
4:15.86	Sue Haden	29 April 1946	25 July 1973
4:15.90	Linden Wilde	11 May 1961	20 March 1982
4:16.20	Rebecca Forlong	13 July 1986	30 July 2005
4:16.31	Geraldine MacDonald	23 August 1966	29 May 1994
4:16.6	Heather Matthews	1947	13 March 1976
4:16.6	Debbie Sheddan	1958	1989
4:16.70	Sue Bruce	25 November 1964	10 March 1985

WOMENS OPEN Mile

4:30.50	Chrissie Pfitzinger	24 January 1959	6 June 1987
4:31.19	Toni Hodgkinson	12 December 1971	2 August 1998
4:32.97	Lorraine Moller	1 June 1955	21 August 1985
4:33.93	Anne Audain	1 November 1955	15 January 1983
4:36.19	Anne Hare	7 June 1964	9 February 1985
4:36.6	Linden Wilde	11 May 1961	26 January 1980
4:36.7	Dianne Rodger	9 November 1956	17 January 1976
4:37.06	Alison Wright	1 February 1949	8 July 1979
4:37.89	Sue Bruce	25 November 1964	15 January 1983
4:40.66	Barbara Moore	27 July 1957	25 January 1981
4:41.4	Marise Chamberlain	5 December 1935	8 December 1962
4:41.77	Nikki Hamblin	20 May 1988	20 December 2008
4:41.9	Sue Haden	29 April 1946	7 July 1973

ALL TIME TOP 20

4:43.7	Anne Smith	31 August 1941	7 July 1973
4:46.15	Nina Rillstone	15 April 1975	31 March 2001
4:46.46	Hannah Newbould	19 June 1991	26 January 2000
4:46.52	Leonora Joy	29 July 1982	16 February 2008
4:46.73	Fiona Crombie	15 August 1982	11 February 2006
4:47.04	Rebecca Greene	26 December 1993	26 January 2010
4:47.6	Melissa Moon	16 September 1969	1994
4:24.14 i	Kimberley Smith	19 November 1981	
4:36.71 i	Lucy van Dalen	18 November 1988	
4:41.71 i	Fiona Crombie	15 August 1982	

WOMENS OPEN 3000m

8:35.31	Kimberley Smith	19 November 1981	25 July 2007
8:45.53	Anne Audain	1 November 1955	4 October 1982
8:47.46	Nyla Carroll	24 November 1965	27 January 1996
8:47.7	Chrissie Pfitzinger	24 January 1959	15 March 1988
8:47.90	Dianne Rodger	9 November 1956	8 August 1984
8:51.78	Lorraine Moller	1 June 1955	8 August 1983
8:53.10	Kate McIlroy	26 August 1981	9 March 2006
8:56.2	Sue Bruce	25 November 1964	5 February 1985
8:57.18	Kay Gooch	2 May 1972	16 April 1994
8:59.26	Anne Hare	7 June 1964	13 July 1996
9:00.85	Alison Wright	1 February 1949	23 June 1981
9:03.09	Barbara Moore	27 July 1957	26 November 1989
9:04.64	Erin Baker	23 May 1961	15 January 1992
9:04.66	Sonia Barry	13 November 1969	26 November 1989
9:05.84	Linden Wilde	11 May 1961	2 January 1993
9:06.08	Debbie Sheddan	1958	30 December 1989
9:06.77	Lesley Ryan	25 December 1963	11 November 1989
9:07.4	Heather Matthews	1947	18 March 1978
9:07.70	Nina Rillstone	15 April 1975	7 January 2006
9:08.21	Mary O'Connor	19 June 1955	28 January 1984
8:58.68i	Christine McMiken	19 July 1963	9 March 1985

WOMENS OPEN 5000m

14:45.93	Kimberley Smith	19 November 1981	11 July 2008
15:09.32	Nyla Carroll	24 November 1965	13 January 1996
15:13.22	Anne Audain	1 November 1955	17 March 1982
15:22.31	Anne Hare	7 June 1964	26 July 1996
15:29.65	Barbara Moore	27 July 1957	17 March 1982
15:32.90	Lorraine Moller	1 June 1955	20 June 1986
15:35.32	Dianne Rodger	9 November 1956	23 January 1982
15:41.42	Jackie Goodman	23 February 1968	4 June 1988
15:42.37	Sonia Barry	13 November 1969	25 February 1998
15:43.31	Erin Baker	23 May 1961	18 January 1992
15:44.65	Linden Wilde	11 May 1961	6 February 1993
15:45.7	Christine McMiken	19 July 1963	1 June 1985
15:47.33	Helen Moros	3 November 1967	6 February 1993
15:48.83	Anne Hannam	7 January 1961	21 January 1989
15:49.3	Mary O'Connor	19 June 1955	21 January 1984
15:50.96	Leonora Petrina	29 July 1982	12 June 2010
15:51.58	Sarah Christie	11 January 1973	13 February 2000
15:52.2	Lesley Ryan	25 December 1963	8 July 1992
15:53.50	Jess Ruthe	31 May 1979	17 December 2005
15:53.88	Marguerite Buist	19 December 1962	28 August 1989
14:39.89i	Kimberley Smith	19 November 1981	27 February 2009
15:46.16mx	Jess Ruthe	31 May 1979	27 January 2007

WOMENS OPEN 10000m

30:35.54	Kimberley Smith	19 November 1981	4 May 2008
31:28.12	Nyla Carroll	24 November 1965	18 July 1997
31:53.31	Anne Audain	1 November 1955	28 July 1986

ALL TIME TOP 20

32:12.78	Barbara Moore	27 July 1957	9 December 1989
32:18.53	Anne Hare	7 June 1964	9 December 1989
32:20.39	Christine McMiken	19 July 1963	26 September 1988
32:20.5	Lesley Ryan	25 December 1963	26 June 1991
32:31.4	Anne Hannam	7 January 1961	16 February 1994
32:32.24	Helen Moros	3 November 1967	7 March 1993
32:37.51	Jess Ruthe	31 May 1979	21 January 2006
32:40.17	Lorraine Moller	1 June 1955	2 July 1988
32:43.55	Erin Baker	23 May 1961	9 December 1989
32:57.37	Nina Rillstone	15 April 1975	30 April 2004
33:04.96	Glenys Quick	29 November 1957	17 June 1984
33:06.66	Sarah Christie	11 January 1973	21 January 2002
33:08.00	Mary Davies	8 March 1984	8 June 2006
33:15.0	Debbie Elsmore	15 April 1975	22 February 1986
33:16.01	Raewyn Roger	19 June 1955	6 March 1994
33:17.78	Kate McIlroy	26 August 1981	1 December 2005
33:23.56	Marguerite Buist	19 December 1962	18 February 1989
32:17.1mx	Christine McMiken	19 July 1963	19 April 1986
33:20.78mx	Mary O'Connor	19 June 1955	18 January 1986

WOMENS OPEN Marathon

2:25:21	Kimberley Smith	19 November 1981	25 April 2010
2:28:17	Lorraine Moller	1 June 1955	1 August 1986
2:28:20	Mary O'Connor	19 June 1955	17 April 1983
2:29:09	Marguerite Buist	19 December 1962	5 March 1989
2:29:37	Liza Hunter-Galvan	20 June 1969	16 November 2008
2:29:46	Nina Rillstone	15 April 1975	16 April 2006
2:31:41	Anne Audain	1 November 1955	14 October 1990
2:31:44	Glenys Quick	29 November 1957	20 October 1985
2:32:17	Fiona Docherty	1 September 1975	10 October 2010
2:33:19	Nyla Carroll	24 November 1965	2 April 1995
2:34:29	Allison Roe	9 November 1956	7 September 1980
2:34:37	Helen Moros	3 November 1967	28 October 1990
2:35:49	Erin Baker	23 May 1961	1 March 1992
2:35:50	Ngairu Drake	1949	5 March 1989
2:36:19	Wendy Breed	1962	28 October 1990
2:36:24	Leeanne McPhillips	9 June 1964	25 January 1998
2:36:31	Rebecca Moore	11 December 1973	4 December 2005
2:36:48	Jillian Costley	19 February 1961	6 March 1988
2:37:00	Wendy Llewellyn	30 May 1963	28 April 1996
2:37:03	Shireen Crumpton	10 October 1970	14 August 2005
2:26:46dh	Allison Roe	9 November 1956	20 April 1981
2:29:04dh	Marguerite Buist	19 December 1962	17 April 1989
2:35:55dh	Gabrielle O'Rourke	14 February 1967	5 April 1994
2:34:39dh	Bernie Portenski	26 August 1949	7 March 1992
2:36:43dh	Jillian Costley	19 February 1961	4 March 1990

WOMENS OPEN 2000m Steeplechase

6:40.36	Karen Murphy	7 May 1965	5 February 2000
6:41.13	Rachel Penney	18 June 1973	5 February 2000
6:42.54	Sarah McSweeney	8 January 1990	24 March 2007
6:51.16	Andrea Williams	26 January 1971	8 March 1998
6:51.62	Fiona Docherty	1 September 1975	28 February 1999
6:53.19	Caroline Mellsoy	5 September 1991	5 April 2009
6:54.83	Ruth Croft	15 January 1989	26 February 2006
6:56.52	Brooke Eddy	24 July 1980	13 December 2002
6:57.46	Bridget Ray	29 June 1962	11 March 2000
6:57.73	Leonora Petrina	29 July 1982	15 December 2001
6:58.71	Sarah Biss	2 July 1977	8 March 1998
6:59.03	Christina Taylor	2 August 1992	29 March 2009
6:59.22	Melissa Murrirhy	31 January 1990	19 January 2003
6:59.22	Danielle Travis	19 January 1991	30 March 2008
7:00.19	Leah Hirschfield	17 February 1976	15 December 2001
7:00.35	Greta Porter	4 October 1992	14 December 2008

ALL TIME TOP 20

7:01.93	Shirlene Mulcahy	11 August 1971	8 March 1998
7:02.81	Jane Nalder	4 August 1983	24 March 2001
7:02.89	Patricia Ross	2 January 1987	19 January 2003
7:06.77	Wendy Cottrell	17 February 1970	14 March 1998

WOMENS OPEN 3000m Steeplechase

9:32.54	Kate McIlroy	26 August 1981	5 February 2006
9:57.74	Rebecca Forlong	13 July 1986	19 January 2006
9:59.16	Fiona Crombie	15 August 1982	28 January 2006
10:03.82	Leonora Petrina	29 July 1982	2 May 2009
10:08.58	Alice Mason	15 June 1987	8 August 2009
10:09.42	Mary Davies	8 March 1984	14 May 2006
10:16.99	Amanda King	31 July 1984	4 May 2007
10:20.02	Michelle Prowse	24 April 1982	25 March 2005
10:21.48	Karen Murphy	7 May 1965	25 February 2000
10:22.70	Rachel Penney	18 June 1973	25 February 2000
10:22.98	Sarah McSweeney	8 January 1990	9 February 2008
10:26.78	Maria Akkeson		5 February 2006
10:29.79	Jane Nalder	4 August 1983	14 May 2004
10:33.67	Renee Graham	4 November 1986	21 April 2007
10:35.19	Caroline Mellisop	5 September 1991	27 March 2010
10:36.14	Ruth Croft	15 January 1989	21 December 2007
10:40.99	Melissa Murrighy	31 January 1990	14 December 2005
10:43.73	Shirlene Mulcahy	11 August 1971	8 January 2000
10:45.36	Julia Nazzer	20 November 1981	14 May 2004
10:46.86	Brooke Eddy	24 July 1980	2 March 2002

WOMENS OPEN 100m Hurdles

13.10	Andrea Miller	13 March 1982	26 June 2008
13.42	Rowena Morton	23 February 1974	9 May 1998
13.61	Helen Pirovano	8 November 1967	2 February 1990
13.67	Lynette Stock	10 June 1962	22 June 1985
13.69	Brenda Matthews	19 February 1949	29 January 1974
13.75	Vanessa Jack	9 November 1970	5 March 1994
13.77	Gail Swart	1956	23 January 1975
13.81	Janiene Ashbridge	28 July 1973	2 March 1997
13.85	Carmel Corbett	28 December 1972	21 April 1995
13.86	Terry Genge	27 July 1957	7 October 1982
13.87	Veronica Torr	17 May 1987	28 February 2009
13.88	Lynette Massey	10 September 1962	14 January 1984
13.89	Michelle Guthrie	1956	31 January 1974
13.90	Jan Lothian	1949	6 March 1976
13.91	Joanne Henry	2 October 1971	15 February 1992
13.92	Sarah Cowley	3 February 1984	27 February 2010
13.98	Cassandra Kelly	29 June 1963	25 November 1989
14.04	Barbara Beable	14 May 1949	6 March 1976
14.04	Jessica Penney	21 December 1987	16 May 2009
14.07	Rebecca Wardell	21 December 1977	15 August 2008
14.10	Nicola Kidd	4 July 1975	26 January 2000

WOMENS OPEN 400m Hurdles

56.25	Rebecca Wardell	21 December 1977	23 March 2003
57.09	Nicola Kidd	4 July 1975	9 July 1999
57.35	Lynette Massey	10 September 1962	31 March 1985
57.83	Justine Craig	30 January 1964	6 April 1984
57.89	Vanessa Jack	9 November 1970	13 March 1994
58.01	Terry Genge	27 July 1957	1 April 1984
58.21	Lynette Stock	10 June 1962	15 December 1984
58.77	Sonja Bowe	5 June 1977	28 February 2004
58.95	Janine Robson	12 January 1964	21 March 1982
59.27	Kim Peterson	22 April 1967	20 January 1990
59.30	Anna Shattky	27 January 1981	12 March 1989
59.45	Janiene Ashbridge	28 July 1973	31 January 1999
59.56	Rosalind Wade	13 January 1969	9 March 1997
59.64	Sonia Scown	19 February 1973	24 February 1990

ALL TIME TOP 20

60.17	Cassandra Kelly	29 June 1963	12 March 1983
60.27	Karen Green		13 March 1988
60.32	Yvonne O'Brien		9 February 1980
60.83	Julia Carter	28 March 1971	9 March 1997
60.99	Marion Prior		5 March 1977
61.03	Kirsty Ogilvie	6 June 1977	12 March 2000

WOMENS OPEN 10km Race Walk

43:01.6	Anne-Maree Judkins	1 March 1964	4 July 1992
46:06.0	Jenni Jones-Billington	20 April 1967	28 August 1993
46:49.0	Linn Murphy	1 October 1960	18 September 1993
47:16 +	Gabrielle Gorst	16 February 1964	2 May 2004
49:19	Amanda Gorst	5 July 1987	13 March 2005
49:47.0	Rachel Gibbon	2 April 1974	12 March 1995
49:58.3	Jane Jackson	13 August 1947	18 November 1989
50:01	Lynley Mathieson-Young	5 August 1972	12 March 1995
50:04	Carma Watson	25 May 1979	19 March 1999
50:05	Diane Barrett	5 May 1959	19 March 1999
50:25	Christine Tuka	2 February 1962	9 March 1997
52:51	Sharon de Groot-Green	29 October 1955	16 December 1990
53:23	Cherie Nelson	1971	12 March 1995
53:24.3	Lisa Mathieson	27 May 1974	26 February 1995
53:35	Sandra Morati		6 March 1994
53:42	Kate Newitt	12 February 1990	4 March 2007

WOMENS OPEN 20km Race Walk

1:35.59	Gabrielle Gorst	16 February 1964	23 March 2003
1:36.16	Jenni Jones-Billington	20 April 1967	29 June 1993
1:36.44	Anne-Maree Judkins	1 March 1964	28 February 1999
1:39.54.2	Linn Murphy	1 October 1960	21 November 1993
1:49.36	Diane Barrett	5 May 1959	12 March 2000
1:51.36	Christine Tuka	2 February 1962	24 November 1996
1:51.56	Carma Watson	25 May 1979	25 February 2001
1:54.03	Neroli Amyes	8 May 1994	25 February 2001
1:55.30	Amelia de Lorenzo	1960	13 March 2005
1:56.04	Michelle Lei	16 February 1971	4 March 2007
1:58.06	Catalina Malone	21 February 1985	28 January 2006
1:58.38	Jane Jackson	13 August 1947	7 August 1994

WOMENS OPEN High Jump

1.92	Tania Murray	3 October 1970	26 January 1991
1.89	Trudy Woodhead	5 September 1965	9 March 1986
1.89	Angela McKee	11 December 1974	21 January 2006
1.88	Tracy Phillips	8 January 1968	2 February 1990
1.86	Carmel Corbett	28 December 1972	28 March 1993
1.85	Karen Brown	18 April 1978	26 November 2000
1.85	Elizabeth Lamb	12 May 1991	28 March 2009
1.83	Clare Ryan		29 January 1983
1.83	Joanne Henry	2 October 1971	21 March 1998
1.83	Sarah Cowley	3 February 1984	7 February 2009
1.82	Angela Pule	11 March 1965	30 August 1982
1.82	Jo Brand		31 January 1987
1.82	Kim Brown	2 February 1974	10 November 1991
1.82	Keeley O'Hagan	11 March 1994	20 February 2010
1.81	Nadia Smith	18 May 1976	19 April 1997
1.80	Rona-Lee Philpot	1967	3 December 1988
1.80	Dionne Gardner	18 July 1974	30 March 1991
1.80	Shelley Stoddart	9 March 1973	25 January 1992
1.80	Sarah Saddleton	5 August 1989	15 May 2010
1.79	Lyn Soole		30 January 1982
1.79	Lyn Osmers	14 June 1960	9 March 1986
1.79	Marissa Pritchard	17 March 1984	6 February 2008

ALL TIME TOP 20

WOMENS OPEN Pole Vault

4.40	Melina Hamilton	15 June 1976	12 April 2003
4.35	Jenni Dryburgh	30 August 1978	25 March 2001
4.10	Emma Draisey	9 January 1979	26 June 2002
4.00	Kerry Charlesworth	13 December 1993	26 March 2010
3.95	Cassandra Kelly	29 June 1963	22 January 1998
3.85	Sophie Chiet	1 July 1982	23 March 2003
3.80	Nikki Cliffe	16 November 1982	16 December 2000
3.80	Amber Grogan	27 June 1985	7 February 2004
3.70	Carly Fuchihara	14 August 1973	26 February 2000
3.70	Julia Hart	5 January 1989	28 February 2010
3.61	Sarelle Verkade	19 May 1976	20 January 1996
3.60	Julia Brown	29 May 1988	21 October 2006
3.55	Jaedena Ward	24 April 1991	1 April 2007
3.50	Nicole Green	28 January 1977	14 November 1999
3.50	Nikki Beckett	16 December 1983	26 January 2000
3.50	Morgan Williams	27 September 1991	12 December 2009
3.50	Lucy McGall	22 April 1993	28 March 2010
3.40	Sarah O'Connell	17 December 1984	14 March 2004
3.40	Hannah Thomas	20 November 1988	9 December 2006
3.30	Frith Maunder	22 April 1974	11 March 2001
3.30	Rachel Kemp	4 February 1988	14 November 2009

WOMENS OPEN Long Jump

6.68	Chantal Brunner	5 November 1970	1 March 1997
6.55	Jayne Mitchell	21 June 1964	26 November 1988
6.54	Joanne Henry	2 October 1971	15 February 1992
6.52	Megan Clarken	30 October 1966	10 March 1985
6.47	Noeline Hodgins	25 December 1956	6 March 1982
6.40	Frith Maunder	22 April 1974	22 March 1998
6.37	Pam Hendren	5 October 1951	29 January 1974
6.37	Jessica Penney	21 December 1987	19 August 2006
6.33	Jenni Dryburgh	30 August 1978	22 October 2005
6.31	Nadia Smith	18 May 1976	5 April 2003
6.28	Yvette Williams	25 April 1929	20 February 1954
6.25	Tania Murray	3 October 1970	1 February 1997
6.23	Beverly Weigel	16 August 1940	9 February 1957
6.21	Sue Burnside	19 February 1957	19 March 1977
6.20	Kathy Otto	1955	17 November 1973
6.18	Lisa Ball	10 November 1968	26 November 1989
6.17	Tatum Rickard	11 August 1981	24 February 2001
6.16	Sarah Cowley	3 February 1984	12 January 2008
6.15	Leanne Stapylton-Smith	30 July 1966	16 December 1989
6.09	Vivien Grant		16 March 1968
6.09	Terry Genge	27 July 1957	13 March 1983

WOMENS OPEN Triple Jump

13.48	Tania Murray	3 October 1970	2 March 1997
13.26	Shelley Avery	9 March 1973	12 March 2000
13.17	Kalera Nacewa	20 March 1978	24 March 2001
13.07	Frith Maunder	22 April 1974	3 March 2002
13.00	Jayne Mitchell	21 June 1964	23 February 1991
12.79	Marissa Pritchard	17 March 1984	21 March 2009
12.77	Leanne Stapylton-Smith	30 July 1966	23 January 1993
12.77	Nneka Okpala	27 April 1988	30 March 2008
12.60	Bridgette Pateman	2 September 1979	8 March 1998
12.50	Kiri Kendall	4 December 1987	11 March 2007
12.43	Lisa Ball	10 November 1968	11 March 1989
12.37	Chantal Brunner	5 November 1970	1 February 1998
12.34	Amber Grogan	27 June 1985	21 March 2009
12.28	Caro Hunt	10 January 1978	9 March 2002
12.11	Tatum Rickard	11 August 1981	4 April 2003
12.10	Bryony Barker	1 July 1978	3 December 1995
12.01	Karen Brown	18 April 1978	2 December 2000
12.01	Charlotte Muschamp	9 September 1992	11 December 2010

ALL TIME TOP 20

11.92	Joanne Henry	2 October 1971	2 February 1997
11.89	Katherine Newman	1971	11 March 1989
11.89	Tonia Spedding		26 March 1989

WOMENS OPEN Shot Put

21.07	Valerie Adams	6 October 1984	13 September 2009
17.26	Val Young	10 August 1937	20 October 1964
16.96	Beatrice Faumuina	23 October 1974	14 March 1998
16.69	Glenda Hughes	25 July 1950	19 March 1983
16.51	Tania Lutton	1 March 1968	11 February 2000
16.46	Christine King	29 August 1964	21 January 1995
15.88	Diane Charteris	6 May 1947	10 January 1970
15.87	Barbara Beable	14 May 1949	23 July 1970
15.20	Jan Maxwell	3 May 1959	14 March 1987
14.74	Rebecca Wardell	21 December 1977	4 July 2010
14.59	Michelle Lastovicka		18 January 1986
14.56	Vanessa Hurley	10 October 1989	29 March 2008
14.46	Veronica Torr	17 May 1987	3 July 2010
14.25	Siu Ikavuka	8 February 1968	1 October 1989
14.21	Siositina Hakeai	1 March 1994	30 October 2010
14.15	Lesley Duncan	2 October 1944	12 March 1960
14.13	Sally Mene	2 December 1949	25 February 1967
14.11	Liz Ryan	3 March 1966	3 February 1991
14.09	Joanne Henry	2 October 1971	16 September 1998
13.99	Victoria Lowrie	4 June 1982	12 December 1992

WOMENS OPEN Discus Throw

68.52	Beatrice Faumuina	23 October 1974	4 July 1997
56.10	Adrienne Lynn	8 December 1973	10 March 1995
54.36	Liz Ryan	3 March 1966	17 January 1990
54.34	Valerie Adams	6 October 1984	2 February 2002
53.78	Val Young	10 August 1937	17 November 1962
53.76	Te Rina Keenan	29 June 1990	15 May 2010
52.22	Jennifer Thompson	30 March 1938	12 March 1960
52.02	Leesa Lealeisalanoo	28 September 1993	11 December 2010
51.62	Jeanette Park	19 November 1968	16 February 1991
51.60	Diane Charteris	6 May 1947	17 February 1968
51.52	Siositina Hakeai	1 March 1994	9 July 2010
51.32	Nerida Morris		11 November 1989
51.18	Siu Ikavuka	8 February 1968	28 October 1989
49.74	Heather Marsters		8 January 1983
49.44	Sally Mene	2 December 1949	17 January 1970
49.18	Merewarihi Vaka	30 March 1995	11 March 2010
48.90	Pauline Hendrikse	19 August 1968	9 December 1989
48.28	Ngaina Karena	8 January 1980	8 March 1998
47.72	Jo Brand		27 December 1986
47.52	Helen Thayer	1938	14 March 1959

WOMENS OPEN Hammer Throw

65.91	Tasha Williams	31 July 1973	24 February 2001
61.32	Julia Ratcliffe	14 July 1993	4 December 2010
58.32	Valerie Adams	6 October 1984	6 April 2002
57.81	Ayla Gill	5 January 1991	9 July 2010
55.88	Michelle Phillips	31 July 1979	4 December 1999
55.44	Teresa Came	5 July 1973	3 March 1995
55.14	Jessica Charlesworth	30 December 1987	28 June 2009
54.58	Debbie McCaw	1 January 1980	6 March 2005
51.70	Andrea Vigers	13 August 1983	16 February 2007
51.33	Birgitte Evans	10 October 1978	26 April 2001
51.20	Belinda King	19 September 1977	27 February 1999
49.17	Millie McNie	19 May 1989	20 November 2010
48.87	Adrienne Lynn	8 December 1973	11 March 2000
48.01	Rebecca Hodgson	15 August 1993	4 December 2010
46.96	Raylene Bates	14 November 1965	5 February 1994
46.84	Stacey Rogers	16 June 1980	18 December 1998

ALL TIME TOP 20

46.80	Christine King	29 August 1964	2 March 1996
46.20	Anna Harvey	31 October 1988	20 October 2007
46.06	Miranda Winter	1977	3 December 1995
45.28	Vivienne Hill	1 March 1960	14 December 1996

WOMENS OPEN Javelin Throw

54.14	Kirsten Hellier	6 October 1969	12 February 1999
50.11	Hannah Blair	31 October 1987	6 February 2010
49.50	Andrea McBride	21 May 1982	27 February 2000
49.42	Keshia Grant	11 January 1987	29 March 2009
48.68	Stephanie Wrathall	25 December 1989	8 May 2010
48.61	Hayley Wilson	15 July 1977	13 March 1999
48.48	Rebecca Wardell	21 December 1977	21 March 2006
47.54	Phillipa Charlesworth	11 April 1991	14 December 2008
45.91	Carli Botes	19 September 1991	14 December 2008
44.65	Leah Morgan	18 March 1975	28 February 1999
44.35	Jennifer Greatbatch	2 August 1983	1 April 2001
43.40	Megan Aikenhead	4 September 1988	11 December 2005
42.94	Kim Blackwood	15 July 1975	6 November 1999
42.79	Emily Baker	15 December 1986	30 March 2008
42.30	Zoe Johnson		7 February 2009
41.77	Joanne Henry	2 October 1971	31 January 1999
41.73	Amanda Murphy	20 September 1985	23 March 2002
41.48	Melina Hamilton	15 June 1976	28 November 1999
41.06	Kristin Gordon	5 June 1984	25 February 2001
41.06	Stacey Peeters	30 March 1992	20 February 2010

WOMENS OPEN Heptathlon

6278	Joanne Henry	2 October 1971	1 March 1992
6108	Rebecca Wardell	21 December 1977	21 June 2008
5710	Sarah Cowley	3 February 1984	28 January 2006
5709	Terry Genge	27 July 1957	3 April 1983
5658	Carmel Corbett	28 December 1972	21 April 1995
5520	Veronica Torr	17 May 1987	4 July 2010
5511	Lyn Osmer	14 June 1960	27 July 1986
5324	Karen Forbes-Henry	12 July 1959	1 April 1984
5244	Cassandra Kelly	29 June 1963	28 January 1990
4998	Debbie Sumpter-Fern		17 March 1991
4979	Jenni Dryburgh	30 August 1978	4 April 2004
4978	Bridgette Pateman	2 September 1979	26 March 2000
4976	Jennifer Edmond	18 September 1978	23 March 1997
4960	Lynette Massey	10 September 1962	31 January 1983
4910	Tracy Phillips	8 January 1968	22 October 1989
4901	Melina Hamilton	15 June 1976	17 March 1996
4900	Leanne Stapylton-Smith	30 July 1966	18 December 1988
4886	Noeline Hodgins	25 December 1956	31 October 1981
4871	Elizabeth Binns	20 May 1971	1993
4838	Portia Bing	17 April 1993	24 October 2010

Records Set in 2010

RECORDS SET IN 2010

MENS OPEN

1500m (N Indoors)	3m 35.80s	NICK WILLIS	Hutt Valley	20 February 2010	Birmingham, GBR
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WOMENS OPEN

Shot Put (A, R)	20.25m=	VALERIE VILI	Pakuranga	13 February 2010	Hamilton
Half Marathon (N)	1h 7m 55s	KIMBERLEY SMITH	Counties Manukau	28 February 2010	New Orleans, USA
Shot Put (N Indoors)	20.49m	VALERIE VILI	New Zealand	14 March 2010	Doha, QAT
Marathon (N)	2h 25m 21s	KIMBERLEY SMITH	Counties Manukau	25 April 2010	London, GBR
1500m (N)	4m 06.23s	NIKKI HAMBLIN	North Harbour Bays	10 July 2010	Heusden, BEL

MENS 18 & 19

Shot Put	18.82m	TOM WALSH	South Canterbury	18 March 2010	Christchurch
110m Hurdles	14.22s	MICHAEL COCHRANE	Waikato BoP	27 March 2010	Christchurch
Shot Put	19.92m	JACKO GILL	Auckland	27 March 2010	Christchurch
10,000m	29m 14.23s	AARON PULFORD	New Zealand	20 July 2010	Moncton, CAN
Shot Put	20.76m	JACKO GILL	New Zealand	21 July 2010	Moncton, CAN

MENS 18

4 x 400m Relay	3m 13.70s	(DANIEL DYET MATTHEW ROBINSON ALEX JORDAN JOSEPH MILLAR)	NEW ZEALAND	4 March 2010	Melbourne, AUS
Shot Put	18.40m	TOM WALSH	South Canterbury	26 February 2010	Christchurch

MENS 16 & 17

Shot Put	20.66m	JACKO GILL	Takapuna	13 February 2010	Hamilton
Shot Put	20.85m	JACKO GILL	Takapuna	20 March 2010	Wellington
Shot Put	20.88m	JACKO GILL	Auckland	28 March 2010	Christchurch
Shot Put	22.53m	JACKO GILL	Takapuna	6 August 2010	Stockholm, SWE
Shot Put	22.60m	JACKO GILL	New Zealand	22 August 2010	Singapore, SIN
Shot Put	23.86m	JACKO GILL	Auckland	11 December 2010	Hastings

MENS 16

Discus Throw	56.64m	JACKO GILL	New Zealand	13 March 2010	Sydney, AUS
110m Hurdles	14.19s	JOSHUA HAWKINS	New Zealand	11 March 2010	Sydney, AUS
Pole Vault	4.80m	NICHOLAS SOUTHGATE	North Harbour Bays	13 November 2010	Auckland
110m Hurdles	14.09s	JOSHUA HAWKINS	Auckland	12 December 2010	Hastings
Long Jump	7.13m	BRENDON BARNETT	Tasman	12 December 2010	Hastings

WOMEN 19

3000m Track Walk	13m 41.52s	KATE NEWITT	Port Hills	22 January 2010	Wellington
1500m	4m 14.54s	HANNAH NEWBOULD	New Zealand	7 July 2010	Victoria, CAN

WOMEN 17, 18 & 19

Hammer Throw	58.89m	JULIA RADCLIFFE	Hamilton City Hawks	23 October 2010	Hamilton
Hammer Throw	59.62m	JULIA RADCLIFFE	Hamilton City Hawks	6 November 2010	Hamilton
Hammer Throw	61.32m	JULIA RADCLIFFE	Hamilton City Hawks	4 December 2010	Hamilton

WOMEN 16, 17, 18 & 19

Pole Vault	4.00m	KERRY CHARLESWORTH	Auckland	26 March 2010	Christchurch
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WOMEN 16

Heptathlon	4947 points	PORTIA BING	North Harbour Bays	30-31 January 2010	Auckland
Hammer Throw	54.38m	JULIA RATCLIFFE	Hamilton City Hawks	13 February 2010	Hamilton
High Jump	1.82m	KEELEY O'HAGAN	New Zealand	20 February 2010	Waitakere

4 x 400m Relay	3m 54.19s	(EMMA BLAKE, REBEKAH GREENE, MOLLY CREAGH, HAZEL BOWERING-SCOTT)	New Zealand	14 March 2010	Sydney, AUS
Hammer Throw	54.97m	JULIA RATCLIFFE	Waikato BoP	27 March 2010	Christchurch
Hammer Throw	56.68m	JULIA RATCLIFFE	Waikato BoP	28 March 2010	Christchurch
Discus Throw	51.41m	LEESA LEALAI SALANOVA	Wellington	28 March 2010	Christchurch
Discus Throw	51.52m	SIOSITINA HAKEAI	New Zealand	9 July 2010	Richmond, CAN
1500m	4m 18.90s	REBEKAH GREENE	New Zealand	23 July 2010	Moncton, CAN
800m	2m 07.77s	REBEKAH GREENE	Hill City	18 December 2010	Dunedin

New Zealand Records

NEW ZEALAND Records

MEANS OPEN Allcomers

100 metres	10.02s	LINFORD CHRISTIE	England	28 January 1990	Auckland
200 metres	20.29s	FRANKIE FREDERICKS	Namibia	12 February 1999	Hamilton
400 metres	44.60s	DARREN CLARK	Australia	28 January 1990	Auckland
800 metres	1m 43.91s	JOHN KIPKURGAT	Kenya	29 January 1974	Christchurch
1500 metres	3m 32.16s	FILBERT BAYI	Tanzania	2 February 1974	Christchurch
1 Mile	3m 50.6s	JOHN WALKER	Auckland	19 March 1981	Auckland
2000 metres	5m 07.73s	PHIL CLODE	Auckland	20 January 1993	Wellington
3000 metres	7m 45.94s	KERRY RODGER	Auckland	20 January 1990	Auckland
3000m Steeplechase	8m 20.64s	JULIUS KARIUKI	Kenya	28 January 1990	Auckland
5000 metres	13m 14.4s	BEN JIPCHO	Kenya	29 January 1974	Christchurch
10000 metres	27m 46.4s	RICHARD TAYLER	Wellington	25 January 1974	Christchurch
20000 metres	59m 11.4s	TOSHIHIKO SEKO	Japan	22 March 1981	Christchurch
1 Hour	20280m	TOSHIHIKO SEKO	Japan	22 March 1981	Christchurch
25000 metres	1h 13m 55.8s	TOSHIHIKO SEKO	Japan	22 March 1981	Christchurch
30000 metres	1h 29m 18.8s	TOSHIHIKO SEKO	Japan	22 March 1981	Christchurch
110m Hurdles	13.08s	COLIN JACKSON	Wales	28 January 1990	Auckland
400m Hurdles	48.83s	ALAN PASCOE	England	29 January 1974	Christchurch
Shot Put	20.76m	GEOFF CAPESE	England	26 January 1980	Auckland
Discus Throw	66.81m	VIRGILIUS ALEKNA	Lithuania	17 February 1999	North Shore
Hammer Throw	80.30m	LANCE DEAL	USA	21 February 1998	North Shore
Javelin Throw	91.46m	STEVE BACKLEY	England	25 January 1992	North Shore
Long Jump	8.05m	BOB THOMAS	Northland	20 January 1968	Whangarei
Triple Jump	17.12m	KEN LORRAWAY	Australia	25 January 1981	Auckland
High Jump	2.36m	NICK SAUNDERS	Bermuda	1 February 1990	Auckland
Pole Vault	6.00m	DMITRY MARKOV	Russia	20 February 1998	North Shore
Decathlon	8525 Points	MIKE SMITH	Canada	28-29 January 1990	Auckland
4x100m Relay	38.67s	(CLARENCE CALLENDER, JOHN REGIS, MARCUS ADAM, LINFORD CHRISTIE)	England	3 February 1990	Auckland
4x200m Relay	1m 23.82s	(DON MACDONALD, DALLAS ROBERTS, GENE PATEMAN, CRAIG BEARDA)	New Zealand	25 January 2004	North Shore
4x400m Relay	3m 02.48s	(SAMPSON KITUR, STEPHEN MWANZIA, DAVID KITUR, SIMON KIPKEMBOI)	Kenya	3 February 1990	Auckland
4x800m Relay	7m 27.2s	(STEPHEN LUNN, RICHARD TAYLER, STUART MELVILLE, BRUCE HUNTER)	Otago	17 March 1971	Dunedin
4x1500m Relay	14m 50.2s	(STUART MELVILLE, ROD DIXON, DICK QUAX, JOHN WALKER)	New Zealand	17 May 1975	Auckland
3000m Walk	11m 21.50s	CRAIG BARRETT	Hamilton	2 February 1997	Wanganui
20000m Walk	1h 25m 53.8s	CRAIG BARRETT	Hamilton	19 July 1998	North Shore
30000m Walk	2h 09m 20.4s	CRAIG BARRETT	Hamilton	19 July 1998	North Shore
50000m Walk	3h 52m 35.55s	CRAIG BARRETT	Hamilton	17 March 2002	Christchurch
2 Hour Walk	27,820m	CRAIG BARRETT	Hamilton	19 July 1998	North Shore

MEANS OPEN National

100 metres	10.11s	AUGUSTINE NKETIA	Auckland	22 August 1994	Victoria, CAN
200 metres	20.42s	CHRIS DONALDSON	Otago	2 March 1997	Melbourne, AUS
400 metres	46.09s	SHAUN FARRELL	Canterbury	7 March 1998	Wanganui
800 metres	1m 44.3s	PETER SNELL	Auckland	3 February 1962	Christchurch
1000 metres	2m 16.6s (HT)	JOHN WALKER	Auckland	1 July 1980	Oslo, NOR
	2m 16.57s	PETER SNELL	Auckland	12 November 1964	Auckland

NEW ZEALAND RECORDS

1500 metres	3m 32.17s	NICK WILLIS	Wellington	8 July 2006	Paris, FRA
1 Mile	3m 49.08s	JOHN WALKER	Auckland	7 July 1982	Oslo, NOR
2000 metres	4m 51.4s	JOHN WALKER	Auckland	30 June 1976	Oslo, NOR
3000 metres	7m 37.49s	JOHN WALKER	Auckland	17 July 1982	London, GBR
3000m Steeple	8m 14.05s	PETER RENNER	Canterbury	29 August 1984	Koblenz, GER
5000 metres	13m 10.19s	ADRIAN BLINCOE	Auckland	20 July 2008	Heusden BEL
10000 metres	27m 41.95s	DICK QUAX	Auckland	9 September 1977	London, GBR
20000 metres	59m 28.6s	BILL BAILLIE	Auckland	24 August 1963	Auckland
1 Hour	20190m	BILL BAILLIE	Auckland	24 August 1963	Auckland
25000 metres	1h 16m 29s	JACK FOSTER	Waikato	15 August 1971	Hamilton
30000 metres	1h 32m 18.6s	JACK FOSTER	Waikato	15 August 1971	Hamilton
110m Hurdles	13.71s	JAMES MORTIMER	North	11 March 2007	Brisbane, AUS
400m Hurdles	49.90s	NIC O'BRIEN	Counties Manukau	4 May 2003	Storrs, USA
Shot Put	19.80m	LES MILLS	Auckland	3 July 1967	Honolulu, USA
Discus Throw	65.03m	IAN WINCHESTER	Counties Manukau	21 May 2002	Salinas, USA
Hammer Throw	73.10m	ANGUS COOPER	Auckland	23 January 1994	Hamilton
Javelin Throw	88.20m	GAVIN LOVEGROVE	Auckland	5 July 1996	Oslo, NOR
Long Jump	8.05m	BOB THOMAS	Northland	20 January 1968	Whangarei
Triple Jump	16.22m	PHIL WOOD	Auckland	2 August 1978	Edmonton, CAN
High Jump	2.30m	GLENN HOWARD	North Harbour Bays	12 March 2000	Christchurch
Pole Vault	5.51m	PAUL GIBBONS	Auckland	25 January 1992	North Shore
	5.51m	PAUL GIBBONS	Auckland	9 July 1997	Blackburn, GBR
Decathlon	8366 Points (HT)	SIMON POLEMAN	Auckland	21-22 March 1987	Christchurch
4x100m Relay	38.99s	(DALLAS ROBERTS, DAVID FALEALILI, JAMES DOLPHIN, CHRIS DONALDSON)	NEW ZEALAND	19 November 2005	Sydney, AUS
4x200m Relay	1m 23.82s	(DON MACDONALD, DALLAS ROBERTS, GENE PATEMAN, CRAIG BEARDA)	NEW ZEALAND	25 January 2004	North Shore
4x400m Relay	3m 05.84s	(SHAUN FARRELL, NICK COWAN, DARREN DALE, MARK KEDDELL)	NEW ZEALAND	21 August 1993	Stuttgart, GER
4x800m Relay	7 m 27.2s	(STEPHEN LUNN, RICHARD TAYLER, STUART MELVILLE, BRUCE HUNTER)	OTAGO	17 March 1971	Dunedin
4x1500m Relay	14m 50.2s	(STUART MELVILLE, ROD DIXON, DICK QUAX, JOHN WALKER)	NEW ZEALAND	17 May 1975	Auckland
3000m Walk	11m 21.50s	CRAIG BARRETT	Hamilton	2 February 1997	Wanganui
20000m Walk	1h 25m 53.8s	CRAIG BARRETT	Hamilton	19 July 1998	North Shore
30000m Walk	2h 09m 20.4s	CRAIG BARRETT	Hamilton	19 July 1998	North Shore
50000m Walk	3h 52m 35.55s	CRAIG BARRETT	Hamilton	17 March 2002	Christchurch
2 Hour Walk	27820m	CRAIG BARRETT	Hamilton	19 July 1998	North Shore
10k Road Race	28m 4s	JONATHAN WYATT	New Zealand	27 November 1996	Chiba, JAP
15k Road Race	Standard TBA				
20k Road Race	Standard TBA				
Half Marathon	1h 2m 12s	ROD DIXON	Nelson	20 September 1981	Philadelphia USA
25k Road Race	Standard TBA				
30k Road Race	Standard TBA				
Marathon	2h 08m 59s	ROD DIXON	Nelson	23 October 1983	New York, USA
100k Road Race	6h 46m 50s	MARTIN LUKES	New Zealand	8 September 2007	Winschoten, NED
20k Road Walk	1h 22m 20s	CRAIG BARRETT	Hamilton	26 January 1998	Adelaide, AUS
50k Road Walk	3h 48m 4s	CRAIG BARRETT	Hamilton	16 June 2001	New Plymouth
Ekiden Road Relay	2h 0m 56s	(PETER RENNER, DAVID RUSH, PAUL SMITH, KERRY RODGER, REX WILSON)	NEW ZEALAND	15 December 1991	Chiba, JAP

NEW ZEALAND RECORDS

MENS 19 National

100 metres	10.35s	DAVID AMBLER	Chch Old Boys' United	13 March 2009	Christchurch
200 metres	20.94s	DALE MCCLUNIE	Hamilton	30 January 1985	Melbourne, AUS
400 metres	46.31s	SHAUN FARRELL	Canterbury	22 July 1994	Lisbon, POR
800 metres	1m 48.73s	JASON STEWART	Hawkes Bay Gisborne	26 January 2000	Papakura
1000 metres	2m 22.0s (HT)	CARL MACKENZIE	Valleys United	24 March 2007	Wellington
1500 metres	3m 40.82s	EDWARD CROWE	Southland	20 September 1992	Seoul, KOR
1 Mile	4m 01.15s	MAX SMITH	Otago	20 March 2004	Dunedin
3000 metres	8m 00.20s	RICHARD POTTS	Hawkes Bay Gisborne	2 March 1991	Auckland
3000m Steeple	8m 51.8s	PETER RENNEN	Canterbury	11 March 1978	Christchurch
5000 metres	13m 49.01s	RICHARD POTTS	Hawkes Bay Gisborne	26 November 1989	Auckland
10000 metres	29m 14.23s	AARON PULFORD	New Zealand	20 July 2010	Moncton, CAN
110m Hurdles (990mm)	14.22s	MICHAEL COCHRANE	Wakato BOP	25 March 2011	Christchurch
		JAMES MORTIMER	North	27 March 2010	Brisbane, AUS
400m Hurdles (914mm)	51.72s	NICHOLAS O'BRIEN	New Zealand	19 March 1999	Melbourne, AUS
Shot Put (6kg)	19.92m	JACKO GILL	Auckland	27 March 2010	Christchurch
Discus Throw (1.75kg)	58.80m	MARK ROBINSON	Auckland	3 February 1979	Auckland
Hammer Throw (6kg)	67.16m	STANDARD			
Javelin Throw (800g)	79.60m	GAVIN LOVEGROVE	Waikato	8 March 1987	Wellington
Long Jump	7.68m	GRANT BIRKINSHAW	Hbpb	28 February 1969	Hamilton
Triple Jump	15.86m	DAVID NORRIS	Auckland	7 March 1959	Palmerston North
High Jump	2.23m	GLENN HOWARD	Canterbury	3 February 1996	Christchurch
Pole Vault	5.40 m	PAUL GIBBONS	Auckland	31 March 1991	Christchurch
Decathlon	7807 Points	JORDAN VANDERMADE	Auckland	16-17 August 2006	Beijing, CHN
4x100m Relay	40.11s	(DONALD MACDONALD, MICHAEL O'CONNOR, COREY CHASE, DEAN WISE)	NEW ZEALAND JUNIORS	25 August 1996	Sydney, AUS
4x400m Relay	3m 07.25s	(ZION ARMSTRONG, MARK KEDDELL, CHRIS DONALDSON, SHAUN FARRELL)	NEW ZEALAND JUNIORS	24 July 1994	Lisbon, POR
3000m Walk	12m 16.8s	GRAEME JONES	Hawkes Bay Gisborne	13 February 1993	Hastings
10000m Walk	43m 52.58s	TONY SARGISSON	Auckland	11 February 1995	North Shore

MENS 18 National

100 metres	10.53s	TODD BLYTH	Waikato	7 March 1993	Wellington
200 metres	20.94s	DALE MCCLUNIE	Hamilton	30 January 1985	Melbourne, AUS
400 metres	46.38s	MARK KEDDELL	Canterbury	30 January 1993	North Shore
800 metres	1m 48.73s	JASON STEWART	Hawkes Bay Gisborne	26 January 2000	Papakura
1000 metres	2m 24s	STANDARD			
1500 metres	3m 43.54s	NICK WILLIS	Hutt Valley	15 July 2001	Lappeenranta, FIN
1 Mile	4m 01.32s	NICK WILLIS	Hutt Valley	21 January 2001	Wanganui
2000 metres					
3000 metres	8m 9.61s	DOMINIC CHANNON	Nelson	6 February 2008	Wellington
3000m Steeple	8m 51.8s	PETER RENNEN	Canterbury	11 March 1978	Christchurch
5000 metres	13m 49.01s	RICHARD POTTS	Hawkes Bay Gisborne	26 November 1989	Auckland
10000 metres	29m 14.23s	AARON PULFORD	New Zealand	20 July 2010	Moncton, CAN
110m Hurdles (990mm)	14.22s	JAMES MORTIMER	North	25 March 2001	Brisbane, AUS
400m Hurdles (914mm)	51.99s	NICHOLAS O'BRIEN	Hamilton	19 July 1998	Brussels, BEL
Shot Put (6kg)	19.92m	JACKO GILL	Auckland	27 March 2010	Christchurch
Discus Throw (1.75kg)	56.00m	STANDARD			
Hammer Throw (6kg)	65.00m	STANDARD			
Javelin Throw (800g)	77.00m	STANDARD			
Long Jump	7.60m	TOM DAVIE	Otago	14 February 2004	North Shore
Triple Jump	15.64m	DAVID NORRIS	Auckland	12 July 1958	London, GBR
High Jump	2.17m	GLENN HOWARD	Canterbury	4 March 1994	Hamilton
Pole Vault	5.00m	PAUL GIBBONS	Auckland	20 January 1990	Auckland
Decathlon	7600 points	STANDARD			
4x100m Relay	42.04s	(ANDREW HEATON, DOUG HOPE, DALE MCCLUNIE, WAYNE STEELE)	WAIKATO	3 March 1984	Hastings

NEW ZEALAND RECORDS

4x400m Relay	3m 13.70s	(DANIEL DYET, MATTHEW ROBINSON, ALEX JORDAN, JOSEPH MILLAR)	NEW ZEALAND	4 March 2010	Melbourne, AUS
3000m Walk	12m 25.90s	ANDREW CAUSER	Canterbury	16 March 1991	Christchurch
10000m Walk	45m 15s	STANDARD			

MENS 17 National

100 metres	10.59s	CHRIS DONALDSON	New Zealand	20 March 1993	Sydney, AUS
200 metres	21.11s	CHRIS DONALDSON	Otago	6 March 1993	Wellington
400 metres	46.38s	MARK KEDDELL	Canterbury	30 January 1993	North Shore
800 metres	1m 48.98s	NICHOLAS WILLIS	Wellington	16 February 2001	Hamilton
1500 metres	3m 46.10s	EDWARD CROWE	Southland	28 July 1990	London, GBR
3000 metres	8m 12.7s	GARIT READ	Waikato BoP	3 December 2002	Palmerston North
2000m Steeple	5m 49.83s	NEIL SARGISSON	Hawkes Bay Gisborne	12 December 1987	Brisbane, AUS
110m Hurdles (914mm)	13.92s	PETER COX	Otago	31 March 2001	Dunedin
300m Hurdles (840mm)	37.35s	MARK EDMOND	Canterbury	4 December 1994	Invercargill
Shot Put (5kg)	23.86m	JACKO GILL	Auckland	11 December 2010	Hastings
Discus Throw (1.5kg)	59.82m	CHRISTOPHER MENE	Canterbury	24 March 1990	Christchurch
Hammer Throw (5kg)	67.14m	PETER GIBBS	Waikato	18 March 1989	Hamilton
Javelin Throw (700g)	77.12m	GAVIN LOVEGROVE	Waikato	27 October 1984	Hamilton
Long Jump	7.30m	TOM DAVIE	Otago	8 December 2002	Inglewood
Triple Jump	15.16m	NIGEL AVERY	Auckland	3 March 1985	Auckland
High Jump	2.17m	GLENN HOWARD	Canterbury	4 March 1994	Hamilton
Pole Vault	4.90m	STANDARD			
Octathlon	6379 points	JORDAN VANDERMADE	Auckland	23 April 2005	Auckland
4x100m Relay	42.04s	(ANDREW HEATON, DOUG HOPE, DALE MCCLUNIE, WAYNE STEELE)	WAIKATO	3 March 1984	Hastings
4x400m Relay	3m 14.26s	(FRAZER WICKES, SHAUN MCFARLANE, TAMA TOKI, MATTHEW ROBINSON)	NEW ZEALAND	16 October 2008	Pune, IND
3000m Walk	12m 25.90s	ANDREW CAUSER	Canterbury	16 March 1991	Christchurch

MENS 16 National

100 metres	10.80s	JOSEPH MILLAR	Tauranga Ramblers	30 June 2009	Brisbane, AUS
200 metres	21.50s	STANDARD			
400 metres	47.68s	FRAZER WICKES	New Zealand	15 October 2008	Pune, IND
800 metres	1m 51.49s	JASON STEWART	Napier	21 February 1998	North Shore
1500 metres	3m 46.98s	DALLAS BOWDEN	Nelson	21 February 2007	Christchurch
3000 metres	8m 20.00s	STANDARD			
2000m Steeple	5m 57.50s	TEREFE EJIGU	Wellington	21 October 2005	Sydney, AUS
110m Hurdles (914mm)	14.09s	JOSHUA HAWKINS	Auckland	12 December 2010	Hastings
300m Hurdles (840mm)	37.71s	CAMPBELL WU	Auckland	13 December 2009	Timaru
Shot Put (5kg)	23.86m	JACKO GILL	Auckland	11 December 2010	Hastings
Discus Throw (1.5kg)	56.64m	JACKO GILL	New Zealand	13 March 2010	Sydney, AUS
Hammer Throw (5kg)	63.36m	RYAN TINKLE	Wellington	24 January 2009	Hastings
Javelin Throw (700g)	65.00m	STANDARD			
Long Jump	7.13m	BRENDON BARNETT	Tasman	12 December 2010	Hastings
Triple Jump	14.89m	DAVID NORRIS	Auckland	3 March 1956	Hamilton
High Jump	2.10m	STANDARD			
Pole Vault	4.80m	NICHOLAS SOUTHGATE	North Harbour Bays	13 November 2010	Auckland
Octathlon	6000 points	STANDARD			
4x100m Relay	42.50s	STANDARD			
4x400m Relay	3m 20.00s	STANDARD			
3000m Walk	12m 50.34s	DANIEL LORD	Sth Canterbury AC	2 February 2008	Timaru

NEW ZEALAND RECORDS

WOMENS OPEN Allcomers

100 metres	11.19s	KERRY JOHNSON	Australia	28 January 1990	Auckland
200 metres	22.50s	RAELENE BOYLE	Australia	29 January 1974	Christchurch
400 metres	51.08s	FATIMA YUSUF	Nigeria	28 January 1990	Auckland
800 metres	1m 59.50s	REGINA JACOBS	USA	13 January 1998	Christchurch
1500 metres	4m 04.1s	MARY DECKER	USA	26 January 1980	Auckland
1 Mile	4m 21.7s	MARY DECKER	USA	26 January 1980	Auckland
2000 metres	5m 48s	STANDARD		29 October 1995	
3000 metres	8m 36.3s	GRETE WAITZ	Norway	20 January 1979	Christchurch
3000m Steeplechase	9m 47.99s	KATE MCILROY	Wellington	28 January 2006	Christchurch
5000 metres	15m 09.32s	NYLA CARROLL	Taranaki	13 January 1996	Christchurch
10000 metres	32m 00.17s	ANNE AUDAIN	Auckland	9 December 1989	Auckland
20000 metres	1h 12m 30s	STANDARD		29 October 1995	
1 Hour	16500m	STANDARD		29 October 1995	
25000 metres	1h 38m 30s	STANDARD		29 October 1995	
30000 metres	1h 57m 00s	STANDARD		29 October 1995	
100m Hurdles	12.91s	KAY MORLEY	Wales	2 February 1990	Auckland
400m Hurdles	55.38s	SALLY GUNNELL	England	29 January 1990	Auckland
Shot Put	20.25m	VALERIE ADAMS	New Zealand	20 February 2009	Waitakere
Discus Throw	68.72m	DANIELA COSTIAN	Australia	22 January 1994	Auckland
Hammer Throw	68.83m	OLGA KUZENKOVA	Russia	12 February 1999	Hamilton
Javelin Throw	61.17m	OKSANA MAKAROVA	Russia	12 February 1999	Hamilton
Long Jump	6.78m	JANE FLEMMING	Australia	2 February 1990	Auckland
Triple Jump	13.77m	CYNTHIA RHODES	USA	25 January 1997	North Shore
High Jump	1.92m	HISAYO FUKUMITSU	Japan	21 January 1981	Hamilton
		TANIA MURRAY	Otago	26 January 1991	Dunedin
Pole Vault	4.57m	EMMA GEORGE	Australia	21 February 1998	North Shore
Heptathlon	6695 Points	JANE FLEMMING	Australia	27/28 January 1991	Auckland
Decathlon		Standard TBA			
4x100m Relay	43.51s	(JENNY LAMY, DENISE ROBERTSON, ROBIN BOAK, RAELENE BOYLE)	AUSTRALIA	2 February 1974	Christchurch
4x200m Relay	1m 40.00s	STANDARD		29 October 1995	
4x400m Relay	3m 28.08s	(ANGELA PIGGFORD, JENNIFER STOUTE, SALLY GUNNELL, LINDA KEOUGH)	ENGLAND	3 February 1990	Auckland
4x800m Relay	8m 56.00s	STANDARD		29 October 1995	
3000m Walk		Standard TBA			
5000m Walk	21m 56.8s	ANNE JUDKINS	Auckland	25 April 1992	Auckland
10000m Walk	44m 44.0s	ANNE JUDKINS	Auckland	25 April 1992	Auckland
20000m Walk	1h 39m 23.1s	JENNI JONES-BILLINGTON	Auckland	20 November 1994	Auckland

WOMENS OPEN National

100 metres	11.32s	MICHELLE SEYMOUR	Wellington	25 February 1993	Melbourne, AUS
200 metres	22.90s	MONIQUE WILLIAMS	New Zealand	20 August 2009	Berlin GER
400 metres	51.60s	KIM ROBERTSON	Auckland	19 January 1980	Christchurch
800 metres	1m 58.25s	TONI HODGKINSON	Auckland	27 July 1996	Atlanta, USA
1000 metres	2m 38.54s	ALISON WRIGHT	Auckland	17 August 1979	Berlin, GER
1500 metres	4m 5.93s	NIKKI HAMBLYN	North Harbour Bays	10 July 2010	Heusden, BEL
1 Mile	4m 30.50s	CHRISTINE PFITZINGER	Auckland	6 July 1987	Oregon, USA
2000 metres	5m 44.67s	ANNE HARE	Wellington	11 July 1986	London (Cp) GBR
3000 metres	8m 35.31s	KIMBERLEY SMITH	Auckland	25 July 2007	Monaco, MON
3000m Steeple	9m 32.54s	KATE MCILROY	Wellington	22 July 2006	Heusden, BEL
5000 metres	14m 45.93s	KIMBERLEY SMITH	Auckland	11 July 2008	Rome, ITA
10000 metres	30m 35.54s	KIMBERLEY SMITH	Auckland	4 May 2008	Stanford, USA
20000 metres	1h 12m 30s	STANDARD		29 October 1995	
1 Hour	16,500m	STANDARD		29 October 1995	
25000 metres	1h 38m 30s	STANDARD		29 October 1995	
30000 metres	1h 57m 00s	STANDARD		29 October 1995	
110m Hurdles	13.10s	ANDREA MILLER	Taieri	6 June 2009	Geneva, SUI
400m Hurdles	56.25s	REBECCA WARDELL	Canterbury	23 March 2003	Dunedin
Shot Put	21.07m	VALERIE ADAMS	Pakuranga	13 September 2009	Thessaloniki, GRE
Discus Throw	68.52m	BEATRICE FAUMUINA	Auckland	4 July 1997	Oslo, NOR
Hammer Throw	65.91m	TASHA WILLIAMS	Canterbury	24 February 2001	Hastings

NEW ZEALAND RECORDS

Javelin Throw	54.14m	KIRSTEN HELLIER	Counties Manukau	12 February 1999	Hamilton
Long Jump	6.68m	CHANTAL BRUNNER	Auckland	1 March 1997	Melbourne, AUS
		CHANTAL BRUNNER	Auckland	25 March 2001	Brisbane, AUS
Triple Jump	13.48m	TANIA DIXON	Otago	2 March 1997	Melbourne, AUS
High Jump	1.92m	TANIA MURRAY	Otago	26 January 1991	Dunedin
Pole Vault	4.40m	MELINA HAMILTON	Canterbury	12 April 2003	Gold Coast, AUS
Heptathlon	6278 Points	JOANNE HENRY	Canterbury	29/2-1/3/92	Auckland
4x100m Relay	44.60s	(CHANTAL BRUNNER, JANE ARNOTT, REBECCA WARDELL, CARO HUNT)	NEW ZEALAND	31 March 2001	Auckland
4x200m Relay	1m 40.00s	STANDARD		29 October 1995	
4x400m Relay	3m 35.90s	(REBECCA WARDELL, ANNA SMYTHE, CARO HUNT, JANE ARNOTT)	NEW ZEALAND	13 March 1999	Brisbane, AUS
4x800m Relay	8m 56.00s	STANDARD		29 October 1995	
3000m Walk	Standard TBA				
5000m Walk	20m 59.7s	ANNE JUDKINS	Auckland	1 July 1992	Brunfvo, SWE
10000m Walk	43m 01.6s	ANNE JUDKINS	Auckland	4 July 1992	Varhø, SWE
20000m Walk	1h 39m 54.2s	LINN MURPHY	Wellington	21 November 1993	Auckland
10k Road Race	31m 38s	KIMBERLEY SMITH	Counties Manukau	25 May 2009	London GBR
15k Road Race	48m 14s	ANNE HANNAM	Owairaka	29 October 1988	Tulsa, USA
20k Road Race	1h 5m 46s	KIMBERLEY SMITH	Counties Manukau	11 October 2009	Birmingham GBR
Half Marathon	1h 7m 55s	KIMBERLEY SMITH	Counties Manukau	28 February 2010	New Orleans, USA
25k Road Race	Standard TBA				
30k Road Race	1h 41m 43s	KIMBERLEY SMITH	Counties Manukau	25 April 2010	London GBR
Marathon	2h 25m 21s	KIMBERLEY SMITH	Counties Manukau	25 April 2010	London GBR
100k Road Race	8h 2m 15s	WYNNIE COSGROVE	New Zealand	15 May 1999	Chavagne-En-Pailler, FRA
20k Road Walk	1h 35m 59s	GABRIELLE GORST	Hawkes Bay Gisborne	23 March 2003	Dunedin
Ekiden Road Relay	2h 15m 49s	(MARGUERITE BUIST, JACQUELINE GOODMAN, ANNE HANNAM, SONIA BARRY, LESLEY RYAN, LORRIANE MOLLER)	NEW ZEALAND	18 December 1988	Chiba, JPN

WOMENS 19 National

100 metres	11.55s	BRIAR TOOP	Hawkes Bay Gisborne	28 January 1990	Auckland
200 metres	23.69s	ANDREA KOENEN	Waitakere	21 June 2009	Brisbane, AUS
400 metres	53.42s	JOANNA BECKETT	Canterbury	26 January 1975	Christchurch
800 metres	2m 3.63s	LORRAINE MOLLER	Waikato	29 January 1974	Christchurch
1500 metres	4m 14.50s	JENNY OVERALL	Palmerston North	20 March 1982	Auckland
1 Mile	4m 37.89s	SUE BRUCE	Canterbury	15 January 1983	Christchurch
3000 metres	9m 05.95s	SUE BRUCE	Canterbury	28 January 1984	Auckland
2000m Steeple	6m 42.54s	SARAH MCSWEENEY	Hamilton City Hawks	24 March 2007	Hamilton
3000m Steeple	9m 57.74s	REBECCA FURLONG	Counties Manukau	19 January 2006	Sydney, AUS
5000 metres	15m 56.98s	JACQUELINE GOODMAN	Tasman	16 June 1987	Baton Rouge, USA
10000 metres	34m 04. 6s	SONIA BARRY	Taranaki	12 January 1988	New Plymouth
100m Hurdles (840mm)	13.77s	ANDREA MILLER	Counties Manukau	17 October 2000	Santiago, CHI
400m Hurdles (762mm)	58.95s	JANINE ROBSON	Auckland	21 March 1982	Brisbane, AUS
Shot Put (4kg)	18.96m	VALERIE ADAMS	Auckland	29 February 2004	Sydney, AUS
Discus Throw (1kg)	57.94m	BEATRICE FAUMUINA	Auckland	22 January 1994	Auckland
Hammer Throw (4kg)	61.32m	JULIA RATCLIFFE	Hamilton City Hawk S	4 December 2010	Hamilton
Javelin Throw (800g)	49.50m	ANDREA MCBRIDE	Auckland	27 February 2000	Sydney, AUS
Long Jump	6.52m	MEGAN CLARKEN	Auckland	10 March 1985	Dunedin
Triple Jump	12.77m	NNEKA OKPALA	Auckland	30 March 2008	Auckland
High Jump	1.91m	TANIA MURRAY	Otago	3 March 1990	Christchurch
Pole Vault	4.00m	KERRY CHARLESWORTH	Auckland	26 March 2010	Christchurch
Heptathlon	6092 Points	JOANNE HENRY	Canterbury	16-17 March 1991	Christchurch
4x100m Relay	45.57s	(KELLY MILLER, JANNETTE WISE, CAROLINE HUNT, JANE ARNOTT)	NEW ZEALAND	24 July 1994	Lisbon, POR

NEW ZEALAND RECORDS

4x400m Relay	3m 48.85s	(ANGELA SMIT, VICTORIA PAINE, KATRINA ANDERSON, ABIGAIL WATSON)	NEW ZEALAND	6 December 2008	Canberra, AUS
3000m Walk	13m 41.52s	KATE NEWITT	Port Hills	22 January 2010	Wellington
5000m Walk	24m 20.26s	KATE NEWITT	Canterbury	12 July 2007	Ostrava, CZE
10000m Walk	50m 15.56s	KATE NEWITT	Port Hills	19 December 2009	Christchurch

WOMENS 18 National

100 metres	11.55s	BRIAR TOOP	Hawkes Bay Gisborne	28 January 1990	Auckland
200 metres	23.78s	BRIAR TOOP	Hawkes Bay Gisborne	26 November 1989	Auckland
400 metres	53.42s	JOANNA BECKETT	Canterbury	26 January 1975	Christchurch
800 metres	2m 3.63s	LORRAINE MOLLER	Waikato	29 January 1974	Christchurch
1500 metres	4m 14.50s	JENNY OVERALL	Palmerston North	20 March 1982	Auckland
1 Mile	4m 37.89s	SUE BRUCE	Canterbury	15 January 1983	Christchurch
3000 metres	9m 09.26s	SUE BRUCE	Canterbury	26 February 1983	Christchurch
2000m Steeple	6m 42.54s	SARAH MCSWEENEY	Hamilton City Hawks	24 March 2007	Hamilton
3000m Steeple	10m 22.98s	SARAH MCSWEENEY	Hamilton City Hawks	9 February 2008	Hamilton
5000 metres	16m 30s	STANDARD			
10000 metres	35m 10s	STANDARD			
100m Hurdles (840mm)	13.77s	ANDREA MILLER	Counties Manukau	17 October 2000	Santiago, CHI
400m Hurdles (762mm)	58.95s	JANINE ROBSON	Auckland	21 March 1982	Brisbane, AUS
Shot Put (4kg)	17.54m	VALERIE ADAMS	Auckland	2 June 2002	Hamilton
Discus Throw (1kg)	54.34m	VALERIE ADAMS	Auckland	2 February 2002	Auckland
Hammer Throw (4kg)	61.32m	JULIA RATCLIFFE	Hamilton City Hawks	4 December 2010	Hamilton
Javelin Throw (800g)	49.50m	ANDREA MCBRIDE	Auckland	27 February 2000	Sydney, AUS
Long Jump	6.52m	MEGAN CLARKEN	Auckland	10 March 1985	Dunedin
Triple Jump	12.60m	BRIDGETTE PATEMAN	Canterbury	8 March 1998	Wanganui
High Jump	1.85m	ELIZABETH LAMB	Auckland	28 March 2009	Wellington
Pole Vault	4.00m	KERRY CHARLESWORTH	Auckland	26 March 2010	Christchurch
Heptathlon	5764 Points	JOANNE HENRY	New Zealand	27-28 January 1990	Auckland
4x100m Relay	45.75s	(KELLY MILLER, JANNETTE WISE, CAROLINE HUNT, JANE ARNOTT)	NEW ZEALAND	24 July 1994	Lisbon, POR
4x400m Relay	3m 48.85s	(ANGELA SMIT, VICTORIA PAINE, KATRINA ANDERSON, ABIGAIL WATSON)	NEW ZEALAND	6 December 2008	Canberra, AUS
3000m Walk	13m 52.07s	AMANDA GORST	Hawkes Bay Gisborne	12 March 2004	Wellington
5000m Walk	24m 20.26s	KATE NEWITT	Canterbury	12 July 2007	Ostrava, CZE
10000m Walk	51m 02.74s	AMANDA GORST	Hawkes Bay Gisborne	16 July 2004	Grosseto, ITA

WOMENS 17 National

100 metres	11.55s	BRIAR TOOP	Hawkes Bay Gisborne	28 January 1990	Auckland
200 metres	23.78s	BRIAR TOOP	Hawkes Bay Gisborne	26 November 1989	Auckland
400 metres	54.50s	STANDARD			
800 metres	2m 04.32s	TONI HODGKINSON	Tasman	26 November 1989	Auckland
1500 metres	4m 17.19s	ANNE LARDNER	Auckland	27 February 1988	Auckland
3000 metres	9m 13.37s	ANNE LARDNER	Auckland	13 March 1988	Hamilton
2000m Steeple	6m 42.54s	SARAH MCSWEENEY	Hamilton City Hawks	24 March 2007	Hamilton
100m Hurdles (762mm)	13.86s	ANDREA MILLER	Counties Manukau	27 February 1999	Hamilton
300m Hurdles (762mm)	42.51s	VERONIKA VAN DIJCK	Auckland	28 February 1999	Hamilton
Shot Put (4kg)	17.54m	VALERIE ADAMS	Auckland	2 June 2002	Hamilton
Discus Throw (1kg)	54.34m	VALERIE ADAMS	Auckland	2 February 2002	Auckland
Hammer Throw (4kg)	61.32	JULIA RATCLIFFE	Hamilton City Hawks	4 December 2010	Hamilton
Javelin Throw (800g)	49.50m	ANDREA MCBRIDE	Auckland	27 February 2000	Sydney, AUS
Long Jump	6.27m	JESSICA PENNEY	Wellington	12 November 2005	Hamilton
Triple Jump	12.45m	BRIDGETTE PATEMAN	Canterbury	9 March 1997	Christchurch
High Jump	1.85m	ELIZABETH LAMB	Auckland	28 March 2009	Wellington
Pole Vault	4.00m	KERRY CHARLESWORTH	New Zealand	26 March 2010	Christchurch
Heptathlon	5136 Points	JOANNE HENRY	Canterbury	18-19 February 1989	Hastings
4x100m Relay	47.50s	(MICHELLE ANDERSON, SARAH COWLEY, NIKKI EARNSHAW, APRIL BROUGH)	NEW ZEALAND	7 May 2000	Sydney, AUS

NEW ZEALAND RECORDS

4x400m Relay	3m 48.85s	(ANGELA SMIT, VICTORIA PAINE, KATRINA ANDERSON, ABIGAIL WATSON)	NEW ZEALAND	6 December 2008	Canberra, AUS
3000m Walk	13m 52.07s	AMANDA GORST	Hawkes Bay Gisborne	12 March 2004	Wellington

WOMENS 16 National

100 metres	11.55s	BRIAR TOOP	Hawkes Bay Gisborne	28 January 1990	Auckland
200 metres	23.78s	BRIAR TOOP	Hawkes Bay Gisborne	26 November 1989	Auckland
400 metres	55.00s	STANDARD			
800 metres	2m 07.77s	REBEKAH GREENE	Hill City	18 December 2010	Dunedin
1500 metres	4m 18.90s	REBEKAH GREENE	New Zealand	23 July 2010	Moncton, CAN
3000 metres	9m 19.76s	SUE BRUCE	Canterbury	11 February 1981	Christchurch
2000m Steeple	6m 54.86s	SARAH MCSWEENEY	Waikato Bay Of Plenty	26 February 2006	Hamilton
100m Hurdles (762mm)	13.86s	ANDREA MILLER	Counties Manukau	27 February 1999	Hamilton
300m Hurdles (762mm)	43.50s	STANDARD			
Shot Put (4kg)	17.08m	VALERIE ADAMS	New Zealand	13 July 2001	Debrecen, HUN
Discus Throw (1kg)	51.52m	SIOSITINA HAKEAI	New Zealand	9 July 2010	Richmond, CAN
Hammer Throw (4kg)	56.68m	JULIA RATCLIFFE	Waikato Bay of Plenty	28 March 2010	Christchurch
Javelin Throw (800g)	44.16m	PHILIPPA CHARLESWORTH	North Harbour Bays	9 February 2008	Hamilton
Long Jump	6.23m	BEVERLY WEIGEL	Lynndale	9 February 1957	Papakura
Triple Jump	12.43m	NNEKA OKPALA	Auckland	13 July 2005	Marrakech, MAR
High Jump	1.82m	KEELEY O'HAGAN	New Zealand	20 February 2010	Waitakere
Pole Vault	4.00m	KERRY CHARLESWORTH	Auckland	26 March 2010	Christchurch
Heptathlon	4947 Points	PORTIA BING	North Harbour Bays	30-31 January 2010	Auckland
4x100m Relay	47.96s	(PORTIA WOODMAN, RACHEL PEETERS, LIVVY WILSON, CHELSEA JOHANNSEN)	AUCKLAND	29 March 2008	Auckland
4x400m Relay	3m 54.19s	(EMMA BLAKE, REBEKAH GREENE, MOLLY CREAGH, HAZEL BOWERING-SCOTT)	NEW ZEALAND	14 March 2010	Sydney, AUS
3000m Walk	13m 52.07s	AMANDA GORST	Hawkes Bay Gisborne	12 March 2004	Wellington

NEW ZEALAND Indoor Records

OPEN MEN National

60 metres	6.59s	GUS NKETIA	New Zealand	10 March 1995	Barcelona, ESP
200 metres	21.01s	CHRIS DONALDSON	New Zealand	05 March 1999	Maebashi, JPN
400 metres	48.03s	NIC O'BRIEN	Auckland	14 February 2003	New York, USA
800 metres	1m 49.25s	MARK RODGERS	New Zealand	09 March 2001	Lisbon, POR
1000 metres	2m20.86s	JOHN WALKER	Auckland	08 March 1986	East Rutherford, USA
1500 metres	3m 35.80s	NICK WILLIS	New Zealand	20 February 2010	Birmingham, GBR
Mile	3m 52.8sH	JOHN WALKER	Auckland	20 February 1981	San Diego, USA
	3m 52.8sH	JOHN WALKER	Auckland	19 February 1982	San Diego, USA
2000 metres	5m 03.8sH	JOHN WALKER	Auckland	07 February 1981	Louisville, USA
3000 metres	7m 44.90	NICK WILLIS	Wellington	31 January 2004	Boston (Rox), USA
5000 metres	13m44.27	MICHAEL AISH	Waikato BOP	10 March 2001	Boston (Rox), USA
60 metres Hurdles	7.90m	STANDARD			
High Jump	2.25m	STANDARD			
Pole Vault	5.00m	STANDARD			
Long Jump	8.00m	STANDARD			
Triple Jump	16.50m	STANDARD			
Shot Put	18.00m	STANDARD			
5000m Race Walk	19m 40s	STANDARD			

OPEN WOMEN National

60 metres	7.50s	STANDARD			
200 metres	24.94s	JANETTE WISE	Waikato BOP	14 February 1998	Lincoln, USA
400 metres	53.50s	STANDARD			
800 metres	2m 00.36s	TONI HODGKINSON	New Zealand	09 March 1997	Paris, FRA
1000 metres	2s 36.96s	TONI HODGKINSON	Auckland	06 February 2000	Boston (Rox), USA

1500 metres	4m 20.00s	STANDARD				
Mile	4m 24.14s	KIMBERLEY SMITH	Auckland	08 February 2008	Boston (Rox), USA	
3000 metres	8:38.14	KIMBERLEY SMITH	Auckland	27 January 2007	Boston (Rox), USA	
5000 metres	14m 39.89s	KIMBERLEY SMITH	Auckland	27 February 2009	New York, USA	
60 metres Hurdles	8.50m	STANDARD				
High Jump	1.82m	NADIA SMITH	Wellington	22 February 1997	Houston, USA	
Pole Vault	4.20m	MELINA HAMILTON	New Zealand	05 March 2004	Budapest, HUN	
Long Jump	6.34m	CHANTAL BRUNNER	New Zealand	08 March 1997	Paris, FRA	
Triple Jump	13.00m	STANDARD				
Shot Put	20.49m	VALERIE ADAMS	New Zealand	14 March 2010	Doha, QAT	
PENTATHLON	4000pts	STANDARD				
3000m RACE WALK	14m 39.30s	AMANDA GORST	10 March 2006	Johnson City, USA		

New Zealand Representative Athletes 2010

NZ Representative Athletes 2010

IAAF World Indoor Championships

Doha, Qatar, 12-14 March 2010

Women: Valerie Vili **Men:** Adrian Blincoe **Team Official:** Kirsten Hellier (Team Manager)

IAAF World Cross Country Championships

Bydgoszcz, Poland, 28 March 2010

Women: Nicki McFadzien, Danielle Trevis, Oilvia Burne, Rachel Kingsford **Men:** Aaron Pulford, Edwin Henshaw, Andrew Davidson, Shaun Krawitz, Kim Hogarth **Team Official:** Martin MacDonald (Team Manager)

World University Cross Country Championships

Kingston, Ontario, Canada, 11 April 2010

Women: Lydia O'Donnell **Men:** Andrew Davidson

Oceania Half-Marathon/Marathon Championships

Gold Coast, Australia, 4 July 2010

Women: Maria Bentley **Men:** Rowan Hooper

IAAF World Junior Track and Field Championships

Moncton, Canada, 15-19 July 2010

Women: Rebekah Greene, Angela Smit, Elizabeth Lamb, Hannah Newbould, Leesa Lealaisalanoa, Keeley O'Hagan, Caroline Melsop, Kristie Baillie, Kerry Charlesworth, Laura Nagel, Anna Roche, Siositina Hakeai, Ayla Gill **Men:** Michael Cochrane, Aaron Pulford, Joseph Millar, Frazer Wickes, Matthew Robinson, Alex Jordan, Tom Walsh, Jackson Gill, Scott Burch, Tama Toki, Glen Ballam **Team Officials:** Terry Lomax (Team Manager) Karen Forbes-Henry (Operations Manager) Maria Hassan, Didier Poppe, David Long (Team Coaches)

IOC Youth Olympic Games

Singapore, 14-26 August 2010

Women: Hazel Bowering-Scott, Anna-lisa Uttley, Jenna Hansen, Julia Ratcliffe, **Men:** Yarride Rosario, Brad Mathas, Mohammed Ali, Joshua Hawkins, Jackson Gill, Matthew Holcroft, Team Official, Neal Webb: Team Manager

Oceania Cross Country Championships

Brisbane, Australia, 21 August 2010

Women: Rachel Kingsford **Men:** Alex Parlane

World Mountain Running Championships

Kamnik, Slovenia, 5 September 2010

Women: (Snr Women 8.5 km; Jnr Women 4.5km) Ruby Muir, Anna Frost **Men:** (Snr Men: 12km), Jonathan Wyatt, James Coubrough **Team Official:** Barry Ellis (Team Manager)

IAAF Continental Cup

Split, Croatia, 4-5 September 2010

Women: Nikki Hamblin, Valerie Adams **Men:** Stuart Farquhar, **Team Official:** Kevin Ankrom (Team Coach)

Oceania Area Championships

Cairns, Australia, 23-25 September 2010

Women: Andrea Miller, Rochelle Coster, Lauren Wilson, Rebecca Gibson, Katherine Camp, Portia Bing, Zoe Ballantyne, Alexandra Skerten, Sarah McSweeney, Roseanne Robinson, Elizabeth Lamb, Emma Sutherland, Charlotte Muschamp, Marissa Pritchard, Nneka Okpala, Greer Alsop, Merewarihi Vaka, Beatrice Faumuina, Rebecca Wardell **Men:** Isaac Tatoa, Michael Wilson, Zac Topping, Nick Ash, Daniel O'shea, Daniel Dyet, Tim Hawkes, Aniel Smith, Peter Callagher, Shay Taylor, Campbell Wu, Daniel Fake, Andrew Moore, Gideon Barnard, Andy Kruy, Zinzan Fern, Todd Swanson, Jerram Huston, Marshall Hall, Solomon Vaka, Ben Langton-Burnell, Kerri Tongalea, Scott McLaren, **Team Officials:** Christine Long (Team Manager) Megan Gibbons, Lance Smith (Team Coaches)

Commonwealth Games

New Delhi, India, 3-14 October 2010

Women: Valerie Vili, Jessica Hamill, Nikki Hamblin, Andrea Miller, Beatrice Faumuina, Elizabeth Lamb, Rebecca Wardell, Monique Williams **Men:** Adrian Blincoe, Brent Newdick, Stuart Farquhar, Matthew Lack **Team Official:** John Tylden (Team Manager)

International Competition Results

INTERNATIONAL Competition Results**IAAF World Indoor Championships****Qatar, 12-14 March 2010**

	PLACE	EVENT	PERFORMANCE	ROUND
Valerie Vili	2	Shot Put	20.49m	Final
Adrian Blincoe	5	1500m	3:40.50	Heat

IAAF World Cross Country Championships**Bydgoszcz, Poland, 28 March 2010**

	PLACE	EVENT	PERFORMANCE
Nicki McFadzien	28	Jnr Women	20:34
Danielle Trevis	31	Jnr Women	20:40
Olivia Burne	55	Jnr Women	21:41
Rachel Kingsford	74	Snr Women	28:20
Aaron Pulford	69	Jnr Men	25:02
Edwin Henshaw	87	Snr Men	36:12
Andrew Davidson	92	Snr Men	36:19
Shaun Krawitz	98	Snr Men	36:30
Kim Hogarth	111	Snr Men	37:19

2010 World University Cross Country Championships**Kingston, Ontario, Canada, April 11, 201**

	PLACE	EVENT	PERFORMANCE
Lydia O'Donnell	DNF	Snr Women	
Andrew Davidson	18	Snr Men	31:21

IAAF World Race Walking Cup**Chihuahua, Mexico, May 15-16 2010**

	PLACE	EVENT	PERFORMANCE
Daniel Lord	28	10km Race Walk	51:24

IAU World 24 hour Challenge**Brive, France, 13-14 May 2010**

	PLACE	PERFORMANCE
Valerie Muskett	20	199.519km
Matthew Bixley	48	221.365km

Oceania Half-Marathon/Marathon Championships**Gold Coast, Australia, 4 July 2010**

	PLACE	EVENT	PERFORMANCE
Maria Bentley	5	Half marathon	1:16:54
Rowan Hooper	7	Marathon	2:22:05

IAAF World Junior Track and Field Championships**Moncton, Canada, 15-19 July 2010**

	PLACE	EVENT	PERFORMANCE	ROUND
Rebekah Greene	11	1500m	4:27.75	Final
Angela Smit	5	800m	2:05.51	Semi-Final
Elizabeth Lamb	9	HJ	1.78m	Heat
Hannah Newbould	5	1500m	4:19.71	Semi-Final
	8	3000m	9:15.68	Final
Leesa Lealaisalanoa	7	DT	48.55m	Qualifying
Keeley O'Hagan	12	HJ	1.74m	Heat
Caroline Melsop	8	3000SC	10:40.08	Heat
Kristie Baillie	8	400m	59.98	Heat
Kerry Charlesworth	-	PV	NH	Qualifying
Laura Nagel	16	3000m	9:25.91	Final
Anna Roche	7	800m	2:07.01	Semi-Final
Siositina Hakeai	-	DT	NM	Final

INTERNATIONAL COMPETITION RESULTS

	6	DT	49.37m	Qualifying
Ayla Gill	6	HT	57.28m	Final
Michael Cochrane	6	400mH	52.71	Semi-Final
Aaron Pulford	5	10,000m	29:14.23	Final
Joseph Millar	4	200m	21.80	Heat
Alex Jordan	6	400m	47.65	Semi-Final
Tom Walsh	10	SP	17.92m	Qualifying
Jackson Gill	1	SP	20.76m	Final
Scott Burch	6	400m	48.63	Heat
Glen Ballam	7	800	1:51.96	Heat
Men's 4x400 Relay	3	4x 400m	3:10.83	Heat

(Alex Jordan, Joseph Miller, Scott Burch, Tama Toki)

IOC Youth Olympic Games

Singapore, 14-26 August 2010

	PLACE	EVENT	PERFORMANCE	ROUND
Hazel Bowering-Scott	5	200m	25.35	Final Group B
Anna-lisa Uttley	11	3000m	10:07.69	Heat
Jenna Hansen	15	2000mSC	8:11.91	Heat
Julia Ratcliffe	2	HT	50.49m	Final Group A
Yarride Rosario	6	100m	11.73	Final Group C
Brad Mathas	10	1000m	2:44.64	Heat
Mohammed Ali	6	3000m	9:01.03	Final Group A
Joshua Hawkins	5	110mH	14.59	Final Group B
Jackson Gill	2	SP	22.60m	Final Group B
Matthew Holcroft	DNF	10000m Race Walk		

Oceania Cross Country Championships

Brisbane, Australia, 21 August 2010

	PLACE	EVENT	PERFORMANCE
Rachel Kingsford	4	Snr Women 8km	28:50
Alex Parlane	20	Snr Men 12km	39:29

World Mountain Running Championships

Kamnik, Slovenia, 5 September 2010

	PLACE	EVENT	PERFORMANCE
Ruby Muir	11	Junior Women	26:42
Anna Frost	18	Senior Women	54:10
Jonathan Wyatt	8	Senior Men	58:23
James Coubrough	83	Senior Men	1:07:01

IAAF Continental Cup

Split, Croatia, 4-5 September 2010

	PLACE	EVENT	PERFORMANCE
Nikki Hamblin	7	800m	:59.66
	6	1500m	4:22.25
Stuart Farquhar	5	JT	78.59m
Valerie Adams	1	SP	20.86m

Oceania Area Championships

Cairns, Australia, 23-25 September 2010

	PLACE	EVENT	PERFORMANCE
WOMEN			
Andrea Miller	1	100m	13.68
	1	100mH	13.55
Rochelle Coster	2	100m	11.93
	3	100mH	14.67
Lauren Wilson	1	U20 100m	12.15
	1	U20 200m	14.96
Rebecca Gibson	6	400m	57.74
	4	200m	25.74
Katherine Camp	1	U20 400m	57.00
	4	U20 TJ	11.51m

INTERNATIONAL COMPETITION RESULTS

Portia Bing	2	U20 100mH	14.88
	1	U20 LJ	5.70m
Zoe Ballantyne	2	U20 400mH	65.77
	1	U20 100mH	14.83
Alexandra Skerten	1	U20 400mH	63.65
Sarah McSweeney	1	3000mSC	11:14.44
Roseanne Robinson	2	10km walk	53:54.00
Elizabeth Lamb	1	HJ	1.80m
	1	U20 HJ	1.80m
Emma Sutherland	5	U20 HJ	1.60m
Charlotte Muschamp	3	U20 HJ	1.68m
		U20 TJ	11.56m
Marissa Pritchard	1	LJ	5.81m
Nneka Okpala	4	LJ	5.21m
	2	TJ	12.21m
Greer Alsop	1	U20 TJ	12.11m
	2	U20 LJ	5.48m
Merewarihi Vaka	2	U20 SP	13.36m
		U20DT	47.75m
Beatrice Faumuina	1	DT	58.32m
Rebecca Wardell	DNF	Heptathlon	

MEN

Isaac Tatoa	3	100m	10.96
Michael Wilson	5	200m	22.34
	6	100m	11.07
Zac Topping	4	U20 100m	11.14
		U20 200m	22.90
Nick Ash	5	200m	23.43
	5	400m	48.94
Daniel O'Shea	1	400mH	51.68
Daniel Dyet	2	U20 400m	49.48
Tim Hawkes	2	800m	1:53.24
Aniel Smith	5	800m	1:57.92
	2	1500m	3:57.20
Peter Callagher	1	U20 110mH	14.92
Shay Taylor	5	400mH	53.60
Campbell Wu	1	U20 400mH	56.46
Daniel Fake	4	TJ	13.69m
	2	U20 TJ	14.05m
Andrew Moore	4	HJ	1.80m
	4	LJ	6.91m
	2	U20 LJ	6.83m
Andy Kruij	1	U20 LJ	7.04m
Zinzan Fern	4	U20 TJ	13.96m
	3	U20 LJ	6.59m
Todd Swanson	3	U20 TJ	13.96m
	3	TJ	14.06m
Jerram Huston	7	SP	13.00m
Marshall Hall	1	DT	51.53m
Solomone Vaka	1	U20 SP	14.48m
	1	U20 DT	50.08m
Ben Langton-Burnell	2	U20 JT	60.38m
Keri Tongalea	2	DT	49.48m
Scott McLaren	1	Dec athlon	7293points

Relays

	1	U20 4x100	49.18
Bing Portia, Skerten Alexandra, Camp Katherine, Vaka, Merewarihi	1	U20 4x100	50.40
Callagher Peter, Kruij Andy, Topping Zac, Dyet Daniel	3	4x100	48.33
Wilson Lauren, Gibson Rebecca, Coster Rochelle, Miller Andrea	2	4x100	42.20
Ash Nick, Wilson Michael, O'Shea Daniel, Tatoa, Isaac			

INTERNATIONAL COMPETITION RESULTS

Commonwealth Games

Delhi, India, 3-14 October 2010

	PLACE	EVENT	PERFORMANCE	ROUND
Valerie Vili	1	SP	20.47m	Final
Jessica Hamill	2	Shot Put F34	7.17m/ 979	Final
Nikki Hamblin	2	800m	2:00.05	Final
	2	1500m	4:05.97	Final
Andrea Miller	3	100mH	13.25	Final
Beatrice Faumuina	5	Discus	57.79m	Final
Elizabeth Lamb	6	High Jump	1.78m	Final
Rebecca Wardell	DNF	Heptathlon		
Monique Williams	6	200m	23.71	Final
Adrian Blincoe	11	5000m	14:03.07	Final
Brent Newdick	2	Decathlon	7899 points	Final
Stuart Farquhar	2	Javelin	78.15m	Final
Matthew Lack	4	1500m T54	3:21.20	Final

NZ Champions in 2010

NZ CHAMPIONS In 2010

Senior Men

100m	C Van der Speck (A)	10.45s
200m	J Dolphin (A)	21.03s
400m	T Jones (C)	48.43s
800m	G Harris (Canada)	1:52.72s
	A Smith (A)	1:53.42s
1500m	H Carson (W)	3:51.19s
3000m	N Willis (W)	8:15.12s
5000m	M Smith (C)	14:15.43s
10000m	R Buck (WSC)	30:01.90s
3000m Steeplechase	N Smith (HBG)	9:05.42s
110m Hurdles	B Newdick (A)	14.73s
400m Hurdles	D O'Shea (O)	53.43s
4 x 100m Relay	Auckland	40.70s
4 x 400m Relay	Auckland	3:16.88s
3000m Track Walk	Q Rew (HBG)	12:31.64s
20km Road Walk	Q Rew (HBG)	1:32:20s
Long Jump	F Erin (France)	7.31m
	B Newdick (A)	7.30m
Triple Jump	B Newdick (A)	14.17m
High Jump	W Crayford (A)	2.05m
Pole Vault	B Newdick (A)	4.67m
Shot Put	D Kilama (France)	16.45m
	T Walsh (C)	16.21m
Discus Throw	M Hall (O)	48.79m
Javelin Throw	S Farquhar (WBP)	78.07m
Hammer Throw	P Jensen (W)	62.53m
Decathlon	B Newdick (A)	7676 points
Cross Country	A Parlane (A)	39:14
Cross Country Team	Wellington	51 points
Mountain Running	J Wyatt (ANZ)	68:11
Road Race	D Warrander (Pak)	29:39
10km Road Walk	M Parker (AKL)	50:06
50km Road Walk	Q Rew (W)	4:25:19
Half Marathon	A Pulford (Ham)	1:09:21
Marathon	D Warrander (ANZ)	2:19:22
Road Relay	University of Canterbury	4:04:39
100km	M Lukes (Sum)	7:30:35

Senior Women

100m	A Smythe (O)	11.61s
200m	A Koenen (A)	23.84s
400m	J Cuddihy (Ireland)	52.84s
	L Jones (A)	55.51s
800m	N Hamblin (A)	2:09.59s
1500m	N Hamblin (A)	4:22.14s
3000m	F Crombie (C)	9:31.90s
5000m	J Ruthe (WBP)	15:57.30s
10000m	R Kingsford (O)	35:11.40s
3000m Steeplechase	F Crombie (C)	10:20.97s
100m Hurdles	S Cowley (A)	14.35s
400m Hurdles	A Spragg (WBP)	62.97s
4 x 100m Relay	Otago	46.82s
4 x 400m Relay	Auckland	3:52.93s
3000m Track Walk	K Newitt (C)	13:44.53s
20km Road Walk	K Newitt (C)	1:42:15
Long Jump	M Pritchard (W)	6.07m
Triple Jump	M Pritchard (W)	12.47m

NEW ZEALAND CHAMPIONS IN 2010

High Jump	S Cowley (A)	1.79m
Pole Vault	J Hart (A)	3.59m
Shot Put	V Vili (A)	19.60m
Discus Throw	B Faumuina (A)	57.54m
Javelin Throw	H Blair (O)	47.80m
Hammer Throw	H Kaur (India)	57.10m
	J Charlesworth (A)	52.53m
Heptathlon	R Wardell (C)	5988 points
Cross Country	F Crombie (C)	29:39
Cross Country Team	Auckland	24 points
Mountain Running	A Confortola (Italy)	43:45
	A Frost (I)	45:35
Road Race	D Trevis (A)	32:41
10km Road Walk	R Robinson (O)	53:10
15km Road Walk	R Robinson (O)	1:22:27
Half Marathon	M Bentley (Fld)	1:17:56
Marathon	S Crumpton (HC)	2:45:51
Road Relay	University of Canterbury	4:53:16
100km	D Tuffery (Haw)	9:05:47

Men 19

100m	J Millar (WBP)	10.74s
200m	J Millar (WBP)	21.60s
400m	A Jordan (TAS)	47.01s
800m	G Ballam (S)	1:51.81s
1500m	A Wallace (W)	3:58.89s
3000m	A Wallace (W)	8:38.00s
5000m	D Balchin (O)	15:09.28s
3000m Steeplechase	D Balchin (O)	9:28.94s
110m Hurdles	M Cochrane (WBP)	14.22s
400m Hurdles	D Dyet (A)	53.64s
3000m Track Walk	D Lord (C)	13:45.37s
10km Road walk	D Lord (C)	49:34
4 x 100m Relay	Otago	43.00s
4 x 400m Relay	Manawatu-Wanganui	3:18.11s
Long Jump	A Krui (MWA)	7.13m
Triple Jump	T Swanson (S)	14.21m
High Jump	R Standing (TAR)	2.05m
Pole Vault	T McKee (C)	4.48m
Shot Put	J Gill (A)	19.92m
Discus Throw	K Tongalea (A)	49.93m
Javelin Throw	B Burnell (MWA)	56.97m
Hammer Throw	R Tinkle (W)	61.02m
Decathlon	J Gilmour	5162 points
Cross Country	A Pulford (WBP)	25:40
Cross Country Team	Auckland	23 points
Mountain Running	S Williamson (WAK)	43:27
Road Race	C Graves (ACA)	30:18
Road Relay	Hamilton City Hawks	2:00:35

Women 19

100m	L Wilson (O)	12.13s
200m	L Wilson (O)	24.94s
400m	K Baillie (WBP)	54.57s
800m	A Smit (C)	2:07.21s
1500m	H Newbould (C)	4:23.22s
3000m	R Greene (O)	9:30.69s
5000m	L O'Donnell (A)	7:06.74s
3000m Steeplechase	C Mellsop (MWA)	10:35.19s
100m Hurdles	Z Ballantyne (A)	14.89s
400m Hurdles	G Allison (C)	61.28s
3000m Track Walk	R Robinson (O)	14:20.68s

NEW ZEALAND CHAMPIONS IN 2010

10km Road Walk	R Robinson (O)	50:30.0s
4 x 100m Relay	Auckland	47.94s
4 x 400m Relay	Auckland	3:49.99s
Long Jump	M Rinui (WBP)	5.54m
Triple Jump	G Alsop (S)	11.78m
High Jump	E Lamb (A)	1.76m
Pole Vault	L McGall (A)	3.50m
Shot Put	S Hakeai (A)	13.37m
Discus Throw	L Lealaisalanoa (W)	51.41m
Javelin Throw	S Peeters (S)	36.06m
Hammer Throw	J Ratcliffe (WBP)	56.68m
Cross Country	H Newbould (C)	21:35
Mountain Running	J Wilcox (Nel)	36:24
Road Race	G Grgec (A)	17:48
Road Relay	North Harbour Bays	2:23:42

Men 16

100m	Y Rosario (W)	11.08s
200m	J Hawkins (A)	22.28s
400m	P Simms (WBP)	49.84s
800m	B Mathas (MWA)	1:52.60s
1500m	M Ali (WBP)	4:02.18s
3000m	M Ali (WBP)	8:42.55s
2000m Steeplechase	L Walsh (WBP)	6:29.29s
110m Hurdles	C Wu (A)	14.61s
400m Hurdles	P Simms (WBP)	38.00s
3000m Track Walk	M Holcroft (WBP)	13:58.43s
4 x 100m Relay	Otago	43.50s
4 x 400m Relay	Canterbury	3:26.53s
Long Jump	J Bryant (C)	6.71m
Triple Jump	P Wyatt (A)	12.82m
High Jump	R Walker-Smart (A)	2.00m
Pole Vault	N Southgate (A)	4.30m
Shot Put	J Gill (A)	20.88m
Discus Throw	J Gill (A)	56.28m
Javelin Throw	C Line (TAR)	55.20m
Hammer Throw	A Fafeita (W)	48.34m
Octathlon	P Simms (TeAW)	5312 points
Cross Country	M Baxter (Tar)	19:59
Road Race	M Sutton (Tau)	16:11

Women 16

100m	H Bowering-Scott (TAS)	12.38s
200m	H Bowering-Scott (TAS)	25.36s
400m	M Gipson (A)	56.31s
800m	S Paine (W)	2:14.46s
1500m	R Greene (O)	4:24.08s
3000m	R Greene (O)	9:49.70s
2000m Steeplechase	J Hansen (WBP)	7:41.08s
100m Hurdles	A Campbell (W)	14.80s
300m Hurdles	S Dickins (MWA)	44.96s
3000m Track Walk	C Ruske (C)	15:40.28s
4 x 100m Relay	Auckland	49.00s
4 x 400m Relay	Otago	4:00.39s
Long Jump	P Bing (A)	5.74m
Triple Jump	G Alsop (S)	11.75m
High Jump	K O'Hagan (W)	1.70m
Pole Vault	K Charlesworth (A)	4.00m
Shot Put	L Lealaisalanoa (W)	13.32m
Discus Throw	L Lealaisalanoa (W)	47.93m
Javelin Throw	T Peeters (STH)	37.37m

NEW ZEALAND CHAMPIONS IN 2010

Hammer Throw	J Ratcliffe (WBP)	54.97m
Heptathlon	P Bing (A)	4947 points
Cross Country	G McConnochie (HBG)	15:19
Road Race	M Nielsen (WBP)	17:18s

New Zealand National Championships Results 2010

NZ NATIONAL**10,000m Championships****Tauranga, 5 January 2010****Senior Women**

1	Kingsford, Rachel	Athletics Otago	35:11.45
2	Hopkins, Michelle	Pakuranga Athletic Club Inc	36:13.75
3	Harris, Tina	Wellington Scottish Athletics Club	37:02.27

Senior Men

1	Buck, Rees	Wellington Scottish Athletics Club	30:01.93
2	Hogarth, Kim	Athletics Nelson	30:21.76
3	Lett, Stephen	Takapuna Athletic & HC	30:57.09

Men 19

1	Pulford, Aaron	Hamilton City Hawks Athletics Inc	30:02.14
2	Jackson, Jonathan	Auckland City Athletics Club	30:53.31
3	Parlane, Alex	Pakuranga Athletic Club Inc	31:54.85

Athletics New Zealand Men & Women 3,000m Championships**Wellington, 22 January 2010****Senior Women**

1	Crombie, Fiona	Athletics Canterbury	9:31:90
2	Newbould, Hannah	Athletics Canterbury	9:35:47
3	Trevis, Danielle	North Harbour Bays	9:41:78

Senior Men

1	Willis, Nicholas	Lower Hutt Aac	8:15:12
2	Carson, Hamish	Wellington Scottish	8:15:72
3	Pulford, Aaron	Hamilton City Hawks	8:20:11

Athletics New Zealand Men 19 & Women 19 3,000m Championships**Dunedin, 6 February 2010****Women 19**

1	Greene, Rebekah	Otago	9:30.69
2	O'Donnell, Lydia	Auckland City Athletics	9:51.91
3	Wilcox, Josie	Athletics Nelson	10:26.21

Men 19

1	Wallace, Alex	Wellington	8:38.00
2	Dixon, Harry	Athletics Nelson	8:38.73
3	Balchin, Daniel	Otago	8:39.61

Athletics New Zealand Combined Event Championships**Hamilton, 13-14 February 2010****Senior Women - Heptathlon**

1	Wardell, Rebecca	Canterbury	5911
2	Cowley, Sarah	North Harbour Bays	5414

Senior Men - Decathlon

1	Newdick, Brent	North Harbour Bays	7676
2	Mc Conachy, Callum	Manawatu Wanganui	5447
3	Doney, William	Waikato Bay of Plenty	4714

Men 19 - Heptathlon

1	Gilmour, John	Otago	5162
2	McPhee, Duncan	Manawatu Wanganui	4181
3	Curry, Anthony	Pakuranga Athletics	3923

Women 16 - Heptathlon

1	Bing, Portia	North Harbour Bays	4893
2	Harwood, Paige	Pakuranga Athletics	4344
3	Mesman, Nicole	Canterbury	4013

Men 16 - Octathlon

1	Simms, Phil	Waikato Bay of Plenty	5312
2	Davison, Luke	Waikato Bay of Plenty	5052
3	Kethers, Pascal	North Harbour Bays	4479

NEW ZEALAND NATIONAL COMPETITION RESULTS 2010

Masters Men - Decathlon

1	Butler-White, Simon	Australian Club	5082
2	Crowley, Earl	Pakuranga Athletics	4364
3	Otto, Rene	Whakatane A & Harriers	1861

Masters Women - Heptathlon

1	Browne, Christine	Athletics Tauranga	3858
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Athletics New Zealand 100km Championships

Taupo, 20 February 2010

Women

1	Tuffery, Dawn	Hamilton City Hawks	9:05:47
2	Muskett, Valerie	Hill City, Dunedin	9:24:24
3	Cheng, Vivian	Scottish Athletic Club	11:25:12

Men

1	Lukes, Martin	Sumner Running Club	7:30:35
2	Suter, Kerry	Hamilton City Hawks	7:45:09
3	Butcher, Graeme	Athletics Masterton	8:35:04

NZ Track and Field Championships

QEII Stadium, Christchurch, 26-28 March 2010

Senior Men 100m Wind: -0.2

Van der Speck, Carl	Auckland	10.45
Dolphin, James	Auckland	10.66
Bearda, Craig	Auckland	10.66

Senior Men 200m Wind: 1.1

Dolphin, James	Auckland	21.03
Van der Speck Carl	Auckland	21.3
Thumath, Jeffrey	Auckland	21.51

Senior Men 400m

Jones, Tim	Canterbury	48.43
Bradcock, Mark	Wellington	48.92
Mortimer, James	Auckland	48.92

Senior Men 800m

Smith, Aniel	Auckland	1:53.42
Komen, Josh	Canterbury	1:54.01
List, James	Otago	1:54.22

Senior Men 1500m

Carson, Hamish	Wellington	3:51.19
Hurring, Luke	Canterbury	3:52.55
Hicks, Malcolm	Auckland	3:52.69

Senior Men 5000m

Smith, Matt	Canterbury	14:15.43
Hooper, Rowan	Canterbury	14:21.71
Hurring, Luke	Canterbury	14:35.19

Senior Men 3000m Steeplechase

Smith, Neville	Hawkes Bay Gisborne	9:05.42
Tingay, Brett	Canterbury	9:10.13
Smith, Stefan	Wellington	9:10.61

Senior Men 110m Hurdles Wind: -0.9

Newdick, Brent	Auckland	14.73
Barr, Christopher	Taranaki	16.79
Laws, Daniel	Canterbury	17.45

Senior Men 400m Hurdles

O'Shea, Daniel	Otago	53.43
Taylor, Shay	Auckland	53.90
Taylor, Jordan	Waikato Bay of Plenty	57.95

Senior Men 3000m Race Walk

Rew, Quentin	Hawkes Bay Gisborne	12:31.64
Nelson, Scott	Waikato Bay of Plenty	13:08.92
Parker, Mike	Auckland	13:46.95

Senior Men 20 km Race Walk

Rew, Quentin	Hawkes Bay Gisborne	1:32:20.0h
Nelson, Scott	Waikato Bay of Plenty	1:43:30.0h
Parker, Mike	Auckland	1:45:20.0h

NEW ZEALAND NATIONAL COMPETITION RESULTS 2010

Senior Men 4x100m Relay

Auckland 'A'		40.70
Bearda, Craig	Thumath, Jeffrey	
Dolphin, James	Van der Speck, Carl	
Otago 'A'		41.25
O'Shea, Daniel	Donaldson, Chris	
Mansfield, Todd	Innes, Cory	
Wellington 'A'		42.95
Roselli, Ryan	Kalivati, Nick	
Panton, James	Kennedy, Andrew	

Senior Men 4x400m Relay

Auckland 'A'		3:16.88
Taylor, Shay	Somerville, Adam	
Buckley, Stephen	Mortimer, James	
Otago 'A'		3:16.90
O'Shea, Daniel	Mansfield, Todd	
Donaldson, Chris	Innes, Cory	
Wellington 'A'		3:23.51
Bradcock, Mark	Sampson, Neil	
Kalivati, Nick	Matsuoka-Webber, Andrew	

Senior Men High Jump

Crayford, William	Auckland	2.05m
Barnard, Gideon	Southland	2.01m
Loh, Benn	Canterbury	2.01m

Senior Men Pole Vault

Newdick, Brent	Auckland	4.67m
McKee, Tim	Canterbury	4.52m
O'Connell, Liam	Canterbury	4.22m

Senior Men Long Jump

Newdick, Brent	Auckland	7.30m
Thumath, Jeffrey	Auckland	7.21m
Roselli, Ryan	Wellington	7.04m

Senior Men Triple Jump

Newdick, Brent	Auckland	14.17m
Roselli, Ryan	Wellington	13.95m
Thomson, Scott	Wellington	13.75m

Senior Men Shot Put

Walsh, Tom	Canterbury	16.21m
Smuts, Damian	Auckland	14.84m
Huston, Jerram	Otago	14.84m

Senior Men Discus Throw

Hall, Marshall	Otago	48.79m
Fowler, Kieran	Otago	47.83m
Tongalea, Keri	Auckland	46.86m

Senior Men Hammer Throw

Jensen, Philip	Wellington	62.53m
Smuts, Damian	Auckland	52.33m
Ingram, Tom	Auckland	52.01m

Senior Men Javelin Throw

Farquhar, Stuart	Waikato Bay of Plenty	78.07m
Smalberger, Johan	Auckland	72.33m
Green, Arthur	Otago	57.66m

Senior Women 100m Wind: 0.4

Smythe, Anna	Otago	11.61
Koenen, Andrea	Auckland	11.71
Coster, Rochelle	Auckland	11.94

Senior Women 200m Wind: -0.9

Koenen, Andrea	Auckland	23.84
Coster, Rochelle	Auckland	24.69
Jones, Louise	Auckland	24.93

Senior Women 400m

Jones, Louise	Auckland	55.51
Spragg, Annmarie	Waikato Bay of Plenty	56.11
Mckay, Amy	Canterbury	57.30

Senior Women 800m

Hamblin, Nikki	Auckland	2:09.59
Murrihy-Topp, Demelza	Waikato Bay of Plenty	2:11.72
Fayen, Melanie	Wellington	2:12.96

NEW ZEALAND NATIONAL COMPETITION RESULTS 2010

Senior Women 1500m			
	Hamblin, Nikki	Auckland	4:22.14
	Palmer, Kellie	Canterbury	4:23.20
	Crombie, Fiona	Canterbury	4:24.33
Senior Women 5000m			
	Ruthe, Jessica	Waikato Bay of Plenty	15:57.30
	Carroll, Nyla	Wellington	16:45.74
	Palmer, Kellie	Canterbury	16:57.38
Senior Women 3000m Steeplechase			
	Crombie, Fiona	Canterbury	10:20.97
	Ryder, Karly	North Canterbury	12:47.42
Senior Women 100m Hurdles Wind: -0.9			
	Cowley, Sarah	Auckland	14.35
Senior Women 400m Hurdles			
	Spragg, Annmarie	Waikato Bay of Plenty	62.97
	Radford, Gemma	Otago	64.43
Senior Women 3000m Race Walk			
	Newitt, Kate	Canterbury	13:44.53
	Barber, Alana	Auckland	15:47.94
	Sunderland, Nyle	Tasman	16:32.55
Senior Women 20km Race Walk			
	Newitt, Kate	Canterbury	1:42:15.0h
	Cowsill, Brooke	Auckland	1:51:43.0h
	Barber, Alana	Auckland	1:57:53.0h
Senior Women 4x100m Relay			
	Otago 'A'		46.82
	Dyke, Larissa	Carnie, Tessa	
	Hely, Nicola	Smythe, Anna	
	Auckland 'A'		47.02
	Coster, Rochelle	Cowley, Sarah	
	Okpala, Nneka	Jones, Louise	
	Canterbury 'A'		49.49
	Eaton, Lauren	Coates, Annabelle	
	Mckay, Amy	Berryman, Kelsey	
Senior Women 4x400m Relay			
	Auckland 'A'		3:52.93
	Coster, Rochelle	Ballantyne, Zoe	
	Okpala, Nneka	Jones, Louise	
	Wellington 'A'		3:57.20
	Hosegood, Sarah	Fayen, Melanie	
	Swain, Jacinda	Hosegood, Louise	
	Otago 'A'		3:58.53
	Radford, Gemma	Tuck, Olivia	
	Skerten, Alexandra	Hely, Nicola	
Senior Women High Jump			
	Cowley, Sarah	Auckland	1.79m
	Lamb, Elizabeth	Auckland	1.79m
	Mackle, Nicola	Canterbury	1.66m
Senior Women Pole Vault			
	Hart, Julia	Auckland	3.59m
	Williams, Morgan	Auckland	3.27m
	Kemp, Rachel	Wellington	3.27m
Senior Women Long Jump			
	Pritchard, Marissa	Wellington	6.07m
	Cowley, Sarah	Auckland	5.86m
	Coster, Rochelle	Auckland	5.68m
Senior Women Triple Jump			
	Pritchard, Marissa	Wellington	12.47m
	Okpala, Nneka	Auckland	12.28m
	Sowman, Harriett	Wellington	11.12m
Senior Women Shot Put			
	Vili, Valerie	Auckland	19.60m
	Wardell, Rebecca	Canterbury	14.29m
	Kirk, Meghan	Tasman	11.71m
Senior Women Discus Throw			
	Faumuina, Beatrice	Auckland	57.54m
	Duggan, Livvie	Waikato Bay of Plenty	37.99m
	Seymour, Melissa	Tasman	37.77m

NEW ZEALAND NATIONAL COMPETITION RESULTS 2010

Senior Women Hammer Throw

Charlesworth, Jessica	Auckland	52.53m
Vigers, Andrea	Canterbury	47.17m
McNie, Millie	Auckland	46.41m

Senior Women Javelin Throw

Blair, Hannah	Otago	47.80m
Grant, Keshia	Waikato Bay of Plenty	46.64m
Aikenhead, Megan	Waikato Bay of Plenty	42.25m

Men 19 100m Wind: -0.4

Millar, Joseph	Waikato Bay of Plenty	10.74
Tatoo, Isaac Jnr	Auckland	10.79
Walker, Scott	Canterbury	10.89

Men 19 200m Wind: -0.8

Millar, Joseph	Waikato Bay of Plenty	21.60
Jordan, Alex	Tasman	21.76
Burch, Scott	Manawatu Wanganui	21.96

Men 19 400m

Jordan, Alex	Tasman	47.01
Burch, Scott	Manawatu Wanganui	47.29
Wickes, Frazer	Auckland	48.13

Men 19 800m

Ballam, Glen	Southland	1:51.81
Eggleton, Michael	Waikato Bay of Plenty	1:52.97
Cornish, Tim	Wellington	1:53.67

Men 19 1500m

Wallace, Alex	Wellington	3:59.89
Speakman, Eric	Hawkes Bay Gisborne	4:00.21
Dixon, Harry	Tasman	4:01.66

Men 19 5000m

Balchin, Daniel	Otago	15:09.28
Dixon, Harry	Tasman	15:10.11
Parlane, Alex	Auckland	15:13.23

Men 19 3000m Steeplechase

Balchin, Daniel	Otago	9:28.94
Banks, Michael	Auckland	9:29.59
Mills, Cameron	Canterbury	9:57.29

Men 19 110m Hurdles Wind: 0.2

Cochrane, Michael	Waikato Bay of Plenty	14.22
Callagher, Peter	Auckland	14.58
Swart, Martin	Canterbury	15.02

Men 19 400m Hurdles

Dyet, Daniel	Auckland	53.64
French, Cameron	Waikato Bay of Plenty	53.87
Brehm, Andreas	Manawatu Wanganui	55.54

Men 19 3000th Race Walk

Lord, Daniel	Canterbury	13:45.37
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Men 19 10km Race Walk

Lord, Daniel	Canterbury	49:34.0h
Holcroft, Matthew	Waikato Bay of Plenty	49:45.0h
Meikle, Phillip	Canterbury	56:02.0h

Men 19 4x100m Relay

Otago 'A'		43.00
Grant, Blair	Johnston, Todd	
Gilmour, John	Flett, Toby	
Auckland 'A'		43.21
Callagher, Peter	Cooke, Michael	
Paltridge, Ben	Jackson, Michael	
Waikato Bay of Plenty 'A'		43.35
Hewat, Sam	French, Cameron	
Cochrane, Michael	Millar, Joseph	

Men 19 4x400m Relay

Manawatu Wanganui		3:18.11
Brehm, Andreas	Hermann, Daniel	
Matuschka, Glen	Burch, Scott	
Auckland 'A'		3:18.77
Mohammed, Zaid	Dyet, Daniel	
Mitchell, Liam	Whitehead, Michael	
Canterbury 'A'		3:20.26

NEW ZEALAND NATIONAL COMPETITION RESULTS 2010

	Fernando, Richard	Armstrong, Joel	
	Creelman, Malcolm	Swart, Martin	
Men 19 High Jump	Standing, Regan	Taranaki	2.05m
	Fake, Daniel	Taranaki	2.02m
	Vesey, Sam	Auckland	1.98m
Men 19 Pole Vault	McKee, Tim	Canterbury	4.48m
	Southgate, Nicholas	Auckland	4.48m
	Kethers, Pascal	Auckland	4.18m
Men 19 Long Jump	Krui, Andy	Manawatu Wanganui	7.13m
	Paltridge, Ben	Auckland	6.85m
	Moore, Andrew	Tasman	6.81m
Men 19 Triple Jump	Swanson, Todd	Southland	14.21m
	Fern, Zinzan	Taranaki	14.10m
	Fake, Daniel	Taranaki	14.05m
Men 19 Shot Put	Gill, Jacko	Auckland	19.92m
	Walsh, Tom	Canterbury	18.76m
	Miller, Adam	Manawatu Wanganui	13.96m
Men 19 Discus Throw	Tongalea, Keri	Auckland	49.93m
	Walsh, Tom	Canterbury	49.09m
	Hall, Hayden	Canterbury	45.96m
Men 19 Hammer Throw	Tinkle, Ryan	Wellington	61.02m
	Ingram, Tom	Auckland	57.34m
	Hubber, William	Otago	48.57m
Men 19 Javelin Throw	Burnell, Ben	Manawatu Wanganui	56.97m
	Horrocks, Robert	Auckland	54.49m
	McKee, Tim	Canterbury	52.59m
Women 19 100m	Wind: -0.4		
	Wilson, Lauren	Otago	12.13
	Berryman, Kelsey	Canterbury	12.28
	Wilson, Livvy	Auckland	12.34
Women 19 200m	Wind: -1.0		
	Wilson, Lauren	Otago	24.94
	Baillie, Kristie	Waikato Bay of Plenty	25.16
	Wilson, Livvy	Auckland	25.34
Women 19 400m			
	Baillie, Kristie	Waikato Bay of Plenty	54.57
	Camp, Katherine	Waikato Bay of Plenty	55.56
	Gibson, Rebecca	Southland	56.14
Women 19 800m			
	Smit, Angela	Canterbury	2:07.21
	Roche, Anna	Wellington	2:10.42
	Pfizinger, Annika	Auckland	2:14.50
Women 19 1500m			
	Newbould, Hannah	Canterbury	4:23.22
	Nagel, Laura	Hawkes Bay Gisborne	4:24.06
	Roche, Anna	Wellington	4:24.69
Women 19 5000m			
	O'Donnell, Lydia	Auckland	17:06.74
	McSweeney, Sarah	Canterbury	17:29.28
	Wilcox, Josie	Tasman	17:40.21
Women 3000m Steeplechase			
	Mellsop, Caroline	Manawatu Wanganui	10:35.19
	McSweeney, Sarah	Canterbury	10:43.22
	Wilcox, Josie	Tasman	11:29.70
Women 19 100m Hurdles	Wind: -0.9		
	Ballantyne, Zoe	Auckland	14.89
	Berryman, Kelsey	Canterbury	15.10
	Symes, Phillipa	Manawatu Wanganui	15.12

NEW ZEALAND NATIONAL COMPETITION RESULTS 2010

Women 19 400m Hurdles			
	Allison, Georgina	Canterbury	61.28
	Camp, Katherine	Waikato Bay of Plenty	61.78
	Berryman, Kelsey	Canterbury	63.53
Women 19 3000m Race Walk			
	Robinson, Roseanne	Otago	14:20.68
	Murrihy, Natasha	Waikato Bay of Plenty	14:59.16
	Meikle, Rowena	University Canterbury	18:51.09
Women 19 10km Race Walk			
	Robinson, Roseanne	Otago	50:30.0h
	Murrihy, Natasha	Waikato Bay of Plenty	54:53.0h
	Ruske, Courtney	Canterbury	57:41.0h
Women 19 4x100m Relay			
	Auckland 'A'		47.94
	Johannsen, Chelsea	Wilson, Livvy	
	Peeters, Rachel	Koenen, Andrea	
	Waikato Bay of Plenty 'A'		48.51
	Hale, Tracey	Baillie, Kristie	
	Camp, Katherine	Ririnui, Mariah	
	Otago 'A'		49.55
	Helm, Devon	Wilson, Lauren	
	Skerten, Alexandra	McPhail, Laura	
Women 19 4x400m Relay			
	Auckland 'A'		3:49.99
	Anderson, Katrina	Hewett, Elena	
	Simpson, Anne	Koenen, Andrea	
	Waikato Bay of Plenty 'A'		3:56.66
	Lovell, Rebecca	Gray, Chanel	
	Camp, Katherine	Baillie, Kristie	
	Canterbury 'A'		3:57.21
	Watson, Abigail	Brocherie, Flora	
	Allison, Georgina	Smit, Angela	
Women 19 High Jump			
	Lamb, Elizabeth	Auckland	1.76m
	Mackle, Nicola	Canterbury	1.72m
	Sutherland, Emma	Hawkes Bay Gisborne	1.72m
Women 19 Pole Vault			
	McGall, Lucy	Auckland	3.50m
	Williams, Morgan	Auckland	3.35m
	Boyd, Jessica	Canterbury	2.65m
Women 19 Long Jump			
	Ririnui, Mariah	Waikato Bay of Plenty	5.54m
	Goffin, Melissa	Auckland	5.52m
	Mackle, Nicola	Canterbury	5.48m
Women 19 Triple Jump			
	Alsop, Greer	Southland	11.78m
	Philpott, Kate	Manawatu Wanganui	11.38m
	Thomson, Anna	Wellington	11.02m
Women 19 Shot Put			
	Hakeai, Siositina	Auckland	13.37m
	Kirk, Meghan	Tasman	11.89m
	Seymour, Melissa	Tasman	11.38m
Women 19 Discus Throw			
	Lealaisalanoa, Leesa	Wellington	51.41m
	Hakeai, Siositina	Auckland	49.57m
	Fafeita, Courtnay	Wellington	42.54m
Women 19 Hammer Throw			
	Ratcliffe, Julia	Waikato Bay of Plenty	56.68m
	Hodgson, Rebecca	Canterbury	47.01m
	Fafeita, Courtnay	Wellington	41.97m
Women 19 Javelin Throw			
	Peeters, Stacey	Southland	36.06m
	Jensen, Laura	Hawkes Bay Gisborne	35.18m
	Doyle, Elizabeth	Auckland	34.68m
Men 16 100m Wind: -0.3			
	Rosario, Yarride	Wellington	11.08
	Grant, Blair	Otago	11.15
	Lawrence, Tim	Otago	11.21

NEW ZEALAND NATIONAL COMPETITION RESULTS 2010

Men 16 200m	Wind: -0.7		
	Hawkins, Joshua	Auckland	22.28
	Coppins, Dalton	Auckland	22.75
	Taylor, Joseph	Canterbury	22.80
Men 16 400m			
	Simms, Phil	Waikato Bay of Plenty	49.84
	Rae, Jonty	Waikato Bay of Plenty	50.36
	Martin, Thomas	Canterbury	50.39
Men 16 800m			
	Mathas, Brad	Manawatu Wanganui	1:52.60
	McDonald, Kieron	Wellington	1:54.43
	Jowsey, Benjamin	Otago	1:55.25
Men 16 1500m			
	Ali, Mohamed	Waikato Bay of Plenty	4:02.18
	Stringer, Tom	Tasman	4:03.54
	McDonald, Kieron	Wellington	4:03.98
Men 16 3000m			
	Ali, Mohamed	Waikato Bay of Plenty	8:42.55
	Sutton, Michael	Waikato Bay of Plenty	8:48.33
	Baxter, Matt	Taranaki	8:53.26
Men 16 2000m Steeplechase			
	Walsh, Liam	Waikato Bay of Plenty	6:29.29
	Cowley, Liam	Auckland	6:36.36
	Harper, Andrew	Otago	6:44.86
Men 16 110m Hurdles	Wind: -0.7		
	Wu, Campbell	Auckland	14.61
	Simms, Phil	Waikato Bay of Plenty	14.73
	Wiremu, Christopher	Canterbury	15.23
Men 16 300m Hurdles			
	Simms, Phil	Waikato Bay of Plenty	38.00
	Wu, Campbell	Auckland	38.89
	Fitzgerald, Sam	Canterbury	40.59
Men 16 3000m Race Walk			
	Holcroft, Matthew	Waikato Bay of Plenty	13:58.43
	Meikle, Phillip	Canterbury	14:53.15
	Wyatt, Phillip	Auckland	16:25.27
Men 16 4x100m Relay			
	Otago 'A'		43.50
	Grant, Blair	Jowsey, Benjamin	
	Woodhouse, Guy	Lawrence, Tim	
	Auckland 'A'		43.54
	Hill, Louis	Hawkins, Joshua	
	Wu, Campbell	Coppins, Dalton	
	Canterbury 'A'		43.82
	Wiremu, Christopher	Martin, Thomas	
	Bryant, Jesse	Taylor, Joseph	
Men 16 4x400m Relay			
	Canterbury 'A'		3:26.53
	Martinus, Adin	Taylor, Joseph	
	Mohammed, William	Martin, Thomas	
	Wellington 'A'		3:38.88
	English, Rory	Quinn, Tom	
	Murdoch, Cameron	Kebede, Yared	
Men 16 High Jump			
	Walker-Smart, Ross	Auckland	2.00m
	Reynolds, Joseph	Waikato Bay of Plenty	1.92m
	Bryant, Jesse	Canterbury	1.88m
	Peters, Jordan	Auckland	1.88m
Men 16 Pole Vault			
	Southgate, Nicholas	Auckland	4.30m
	Kethers, Pascal	Auckland	3.82m
	Peddie, Matthew	North Harbour Bays	3.22m
Men 16 Long Jump			
	Bryant, Jesse	Canterbury	6.71m
	Wiremu, Christopher	Canterbury	6.48m
	Simms, Phil	Waikato Bay of Plenty	6.36m

NEW ZEALAND NATIONAL COMPETITION RESULTS 2010

Men 16 Triple Jump	Wyatt, Phillip	Auckland	12.82m
	Bonnici, Jaxon	Auckland	12.76m
	Cowper, William	Manawatu Wanganui	12.73m
Men 16 Shot Put	Gill, Jacko	Auckland	20.88m
	Vaka, Solmone	Auckland	15.03m
	Fafeita, Alex	Wellington	14.46m
Men 16 Discus Throw	Gill, Jacko	Auckland	56.28m
	Hall, Hayden	Canterbury	55.52m
	Vaka, Solmone	Auckland	48.78m
Men 16 Hammer Throw	Fafeita, Alex	Wellington	48.34m
	Callister, Richard	Auckland	43.16m
	Dewar, Michael	Canterbury	40.11m
Men 16 Javelin Throw	Line, Christopher	Tasman	55.20m
	Davidson, Luke	Waikato Bay of Plenty	53.36m
	Murphy, Liam	Hawkes Bay Gisborne	49.32m
Women 16 100m Wind: 0.5	Bowering-Scott, Hazel	Tasman	12.38
	McPhail, Megan	Otago	12.57
	McDonald, Brogan	Auckland	12.57
Women 16 200m Wind: -0.1	Bowering-Scott, Hazel	Tasman	25.36
	Bing, Portia	Auckland	25.69
	Gipson, Madison	Auckland	25.71
Women 16 400m	Gipson, Madison	Auckland	56.31
	Bowering-Scott, Hazel	Tasman	56.39
	Dickins, Stephanie	Manawatu Wanganui	56.52
Women 16 800m	Paine, Stevie	Wellington	2:14.46
	Kean, Anna	Otago	2:15.11
	Hauke, Jennie	Auckland	2:17.19
Women 16 1500m	Greene, Rebekah	Otago	4:24.08
	Gibson, Margot	Canterbury	4:38.06
	Simpson, Melissa	Athletics Whangarei	4:43.82
Women 16 3000m	Greene, Rebekah	Otago	9:49.70
	Marshall, Lydia	Canterbury	10:16.04
	McConnochie, Grace	Hawkes Bay Gisborne	10:22.07
Women 16 2000m Steeplechase	Hansen, Jenna	Waikato Bay of Plenty	7:41.08
	Hewitt, Kate	Canterbury	7:47.32
	Attwell, Rebecca	Manawatu Wanganui	7:51.87
Women 16 100m Hurdles Wind: -0.9	Campbell, April	Wellington	14.80
	Andrews, Rebecca	Waikato Bay of Plenty	15.35
	Sando, Ashleigh	Waikato Bay of Plenty	15.43
Women 16 300m Hurdles	Dickins, Stephanie	Manawatu Wanganui	44.96
	Keenan, Mackenzie	Canterbury	46.18
	Steinegg, Maicalia	Canterbury	46.70
Women 16 3000m Race Walk	Ruske, Courtney	Canterbury	15:40.20
	Shaw, Lucinda	Canterbury	15:41.86
	Shaw, Rachael	Canterbury	18:42.50
Women 16 4x100m Relay	Auckland 'A'		49.00
	Gipson, Madison	Bing, Portia	
	McDonald, Brogan	Hodge, Louise	
	Wellington 'A'		50.01
	Campbell, April	Dovey, Kristen	
	Dalley, Monique	McIlroy, Elise	

NEW ZEALAND NATIONAL COMPETITION RESULTS 2010

	Waikato Bay of Plenty 'A'			50.33
	Sando, Ashleigh	McCleery, Ellie		
	Andrews, Rebecca	Vanderschantz, Genelle		
Women 16 4x400m Relay	Otago 'A'			4:00.39
	Kean, Anna	Greene, Rebekah		
	McPhail, Megan	Johnston, Ella		
	Waikato Bay of Plenty 'A'			4:01.00
	Vanderschantz, Genelle	Millar, Sophie		
	Sando, Ashleigh	McCleery, Ellie		
	Auckland 'A'			4:05.02
	McDonald, Brogan	Hauke, Jennie		
	Stewart, Grace	Bing, Portia		
Women 16 High Jump	O'Hagan, Keeley	Wellington		1.70m
	Sutherland, Emma	Hawkes Bay Gisborne		1.66m
	Te Kapa, La Toya	Canterbury		1.66m
	McKenzie, Lee-Ann	Canterbury		1.66m
Women 16 Pole Vault	Charlesworth, Kerry	Auckland		4.00m
	McGall, Lucy	Auckland		3.13m
	Taylor, Lydia	Auckland		2.93m
Women 16 Long Jump	Bing, Portia	Auckland		5.74m
	Harwood, Paige	Auckland		5.52m
	Alsop, Greer	Southland		5.40m
Women 16 Triple Jump	Alsop, Greer	Southland		11.75m
	Scott, Jennifer	Auckland		11.61m
	Harwood, Paige	Auckland		11.04m
Women 16 Shot Put	Lealaisalanoa, Leesa	Wellington		13.32m
	Hakeai, Siositina	Auckland		13.31m
	Vaka, Merewarihi	Auckland		12.52m
Women 16 Discus Throw	Lealaisalanoa, Leesa	Wellington		47.93m
	Vaka, Merewarihi	Auckland		47.75m
	Fafeita, Courtney	Wellington		40.80m
Women 16 Hammer Throw	Ratcliffe, Julia	Waikato Bay of Plenty		54.97m
	Hodgson, Rebecca	Canterbury		45.82m
	Fafeita, Courtney	Wellington		42.91m
Women 16 Javelin Throw	Peeters, Tori	Southland		37.37m
	Mellish, Aeron	Taranaki		36.16m
	Carruthers, Madeline	Canterbury		34.35m
Men AWD AMB 100m Wind: 0.4	Humberstone, Daryl	Canterbury	14.32	131.26%
	Wali, Jason	Canterbury	16.40	140.65%
	Woods, Jack	Papanui Toc H Athletics	20.15	163.95%
Men AWD AMB 200m Wind: -0.7	Humberstone, Daryl	Canterbury	30.87	134.47%
	Wali, Jason	Canterbury	34.93	146.52%
	Woods, Jack	Papanui Toc H	43.81	164.14%
Men AWD AMB 400m	Humberstone, Daryl	Canterbury	1:18.39	153.77%
	Wali, Jason	Canterbury	1:23.33	158.12%
	Woods, Jack	Papanui Toc H	1:45.35	164.20%
Men AWD AMB 800m	Wali, Jason	Canterbury	3:15.23	163.52%
Men AWD AMB 1500m	McLean, Drew	Auckland	5:04.34	130.90%
Men AWD AMB 5000m	McLean, Drew	Auckland	19:01.72	132.62%
Men AWD AMB Long Jump	Humberstone, Daryl	Canterbury	3.18m	

NEW ZEALAND NATIONAL COMPETITION RESULTS 2010

Men AWD AMB Shot Put

Bethell, Julian	Canterbury	8.14m	62.47%
Wilson, Joseph	Canterbury	7.53m	52.18%
Humberstone, Daryl	Canterbury	6.77m	37.84%

Men AWD AMB Discus Throw

Bethell, Julian	Canterbury	18.98m	48.69%
Humberstone, Daryl	Canterbury	22.93m	41.29%
Wilson, Joseph	Canterbury	18.99m	40.23%

Men AWD AMB Javelin Throw

McSweeney, Rory	Otago	38.00m	65.97%
Wilson, Joseph	Canterbury	21.83m	41.39%

Men AWD W/C 100m Wind: -1.4

Lack, Matthew	Auckland	15.86	115.26%
Johnston, Allistair	Otago	17.81	121.24%

Men AWD W/C 200m Wind: -0.5

Lack, Matthew	Auckland	28.42	117.54%
Johnston, Allistair	Otago	30.78	118.80%

Men AWD W/C 400m

Lack, Matthew	Auckland	51.96	115.29%
Johnston, Allistair	Otago	59.37	124.54%

Men AWD W/C 800 m

Lack, Matthew	Auckland	1:44.92	113.83%
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Men AWD W/C 1500m

Lack, Matthew	Auckland	03:27.0	117.80%
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Men AWD W/C Shot Put

Flavell, Joe	Auckland	9.33m	58.20%
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Men AWD W/C Discus Throw

Hansford, Phil	Southland	22.62m	55.35%
Flavell, Joe	Auckland	28.99m	50.32%
McIntyre, Alexander	Papanui Toc H	17.85m	43.68%

Men AWD W/C Javelin Throw

Hansford, Phil	Southland	19.18m	45.37%
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Women AWD AMB 100m Wind: 0.2

Horan, Kate	Wellington	14.19	109.32%
Seagar, Chelsea	Auckland	16.28	121.22%
Robinson, Holly	Canterbury	15.72	130.56%

Women AWD AMB 200m Wind: -0.9

Horan, Kate	Wellington	29.37	108.38%
Seagar, Chelsea	Auckland	34.81	125.17%
Weston, Meg	Sumner Running Club	40.51	145.67%

Women AWD AMB 400m

Weston, Meg	Sumner Running Club	1:35.47	147.10%
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Women AWD AMB Long Jump

Seagar, Chelsea	Auckland	3.33m	74.16%
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Women AWD AMB Shot Put

Robinson, Holly	Canterbury	8.50m	70.83%
Munro, Holly	North Otago	6.20m	53.54%

Women AWD AMB Discus Throw

Munro, Holly	North Otago	15.73m	46.72%
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Women AWD AMB Javelin Throw

Robinson, Holly	Canterbury	25.53m	65.08%
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Women AWD W/C Shot Put

Hamill, Jessica	Southland	7.43m	84.43%
Hayman, Rebecca	Otago	5.74m	63.36%

Women AWD W/C Javelin Throw

Hamill, Jessica	Southland	13.23m	76.56%
Hayman, Rebecca	Otago	13.02m	57.33%

Note: Athlete with a disability results are based on a percentage calculation of the World Standard

For track events the athlete with the lowest % is 1st. For field events the athlete with the highest % is 1st

Athletics New Zealand Mountain Running Championships

Mt Cook Motueka 17 April 2010

Senior Men - 14.20km

1	Jonathan	Wyatt	Athletics NZ - Non Resident	1:08:11
2	James	Coubrough	Wellington Scottish Athletics Club	1:09:48
3	Glenn	Hughes	Wellington Scottish Athletics Club	1:11:58

NEW ZEALAND NATIONAL COMPETITION RESULTS 2010

Senior Women - 7.20km

1	Anna	Frost	Hill City	0:45:35
2	Judith	May	Athletics Tauranga	0:49:26
3	Demelza	Murrihy-Topp	Taumarunui Athletics Club	0:50:55

Junior Men - 7.20km

1	Shay	Williamson	Whakatane A & Harrier Club	0:43:27
2	Claude	Meffan	Athletics Nelson	0:48:35
3	Tim	Stewart	Kapiti Harrier & Multisport Club	0:50:28

Junior Women - 5.20km

1	Josie	Wilcox	Athletics Nelson Inc	0:36:24
2	Kate	Forster	Wellington Scottish Athletics Club	0:47:19
3	Karly	Ryder	North Canterbury Athletics Club	0:50:05

Masters Men 35-39 - 14.20km

1	Brian	Kemp	Waimea HC	1:24:00
2	Josh	Barber	Athletics Nelson	1:26:45
3	Jon	Linyard	Waimea HC	1:27:16

Masters Men 40-44 - 14.20 km

1	Phillip	Costley	University Canterbury	1:11:25
2	Thomas	Petterson	Athletics Nelson	1:21:45
3	Chris	Jordan	Papanui Toc H	1:22:54

Masters Men 45-49 - 14.20 km

1	Cliff	Bowman	Waimea HC	1:16:54
2	Glen	Ferguson	Leith Harrier Club	1:18:44

Masters Men 50-54 - 14.20km

1	Patrick	Meffan	Athletics Nelson	1:17:19
2	Paul	Forster	Wellington Athletics Club	1:20:49
3	Anthony	Rogal	Christchurch Avon AC	1:32:13

Masters Men 55-59 - 14.20km

1	Michael	Morrissey	Tasman Tigers	1:30:57
2	Derek	Shaw	Tasman Tigers	1:35:22
3	John	Thirkettle	Waimea HC	1:43:20

Masters Men 60-64 - 7.20km

1	Ian	Morrison	Athletics Nelson	0:55:33
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Masters Men 65-69 - 7.20km

1	Norman	Carrington	Waimea HC	0:59:16
2	David	Trow	Hutt Valley Harrier Club	1:09:28

Masters Women 35-39 - 7.20km

1	Paula	Canning	Waimea HC	0:51:21
2	Colette	Read	Athletics Nelson	0:59:03

Masters Women 45-49 - 7.20km

1	Dawn	Pascoe	Waimea HC	1:01:52
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Masters Women 55-59 - 7.20km

1	Linda	Sillery	Waimea HC	1:05:34
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Athletics New Zealand Half Marathon Championships

Huntly 23 May 2010

Senior Men

1	Aaron	Pulford	Hamilton City Hawks	1:09:21
2	Jonny	McKee	Pakuranga Athletic Club Inc	1:09:38
3	Jonathan	Jackson	Auckland City Athletics	1:10:31

Open Women

1	Maria	Bentley	Feilding Moa Harriers	1:17:56
2	Helen	Rountree	Hamilton City Hawks	1:18:03
3	Nyla	Carroll	Wellington Scottish	1:19:09

Masters Men 35-39 - 14.20km

1	Simon	Yarrow	Auckland City Athletics	1:12:57
2	Corey	Hinde	Hamilton City Hawks	1:14:35
3	John	Bowe	Hamilton City Hawks	1:21:15

Masters Men 40-44

1	Grant	McLean	Wellington Scottish	1:12:23
2	Craig	McLean	Hamilton City Hawks	1:16:12
3	Hugh	Allison	Cambridge A & H Club	1:16:23

Masters Men 45-49

1	Duncan	Smith	Lake City Athletic Club	1:17:21
2	Ronnie	Thomas	Papanui Toc H	1:22:44
3	Tony	Warren	Auckland YMCA MC	1:24:16

NEW ZEALAND NATIONAL COMPETITION RESULTS 2010

Masters Men 50-54

1	Gavin	Stevens	Auckland University	1:14:24
2	Ian	Calder	Athletics Whangarei	1:17:32
3	Tony	Price	Athletics Masterton	1:18:32

Masters Men 55-59

1	Gavin	Smith	Athletics Tauranga	1:22:10
2	John	Rudge	Hamilton City Hawks	1:22:57
3	Brett	Katters	Auckland University	1:23:00

Masters Men 60-64

1	Trevor	Ogilvie	Lake City Athletic Club	1:20:17
2	Fred	Needham	Athletics Whangarei	1:30:26
3	Richard	Bright	Auckland City Athletics	1:31:52

Masters Men 65-69

1	Wilfred	Johnston	Hamilton Marathon Clinic	2:34:21
2	Ernie	Hazlehurst	Lake City Athletic Club	2:59:21
3	David	Hamilton	Pakuranga Athletic Club Inc	2:59:41

Masters Men 70-74

1	Alec	Day	Auckland YMCA MC	1:48:25
2	John	Noble	Cambridge A & H Club	2:04:34
3	Neville	Rae	Athletics Whangarei	2:05:15

Masters Men 75+

1	Sid	Pavett	Athletics Tauranga	1:46:55
2	Brian	Smith	Hamilton City Hawks	2:09:09
3	Colin	Thorne	Athletics Whangarei	2:41:25

Masters Women 35-39

1	Michelle	Basson	Athletics Tauranga	1:22:15
2	Laurie	Pugh	Athletics Tauranga	1:38:57
3	Lillian	Morton	Hamilton City Hawks	1:44:16

Masters Women 40-44

1	Bridget	Deverall	Hamilton City Hawks	1:26:54
2	Paula	Ward	Hamilton City Hawks	1:37:54
3	Fleur	Marillier	Hamilton City Hawks	1:41:04

Masters Women 45-49

1	Sally	Gibbs	Athletics Tauranga	1:27:07
2	Tracey	Greenwood	Hamilton City Hawks	1:31:02
3	Jenny	Davis	Athletics Tauranga	1:33:08

Masters Women 50-54

1	Marion	Millward	Hamilton City Hawks	1:26:05
2	Karen	Espin	Auckland YMCA MC	1:43:06
3	Michelle	Curnow	Hamilton City Hawks	2:03:53

Masters Women 55-59

1	Alexandra	Coupe	Takapuna Athletic & HC	1:42:36
2	Marion	Roberts	Lake City Athletic Club	1:45:48
3	Isla	Nixon	Auckland YMCA MC	1:48:35

Masters Women 60-64

1	Dot	King	Hamilton City Hawks	2:01:58
2	Dianne	Spiers	Auckland Masters	2:04:19
3	Dawn	Claydon	0	2:25:51

Masters Women 65-69

1	Gail	Taylor	Auckland YMCA MC	1:54:52
2	Colleen	Falloon	Auckland YMCA MC	1:57:09
3	Beverly	Steele	Auckland YMCA MC	2:11:11

Masters Women 70-74

1	Pauline	Hewitt	Hamilton City Hawks	2:21:19
2	Janice	Sangster	Auckland YMCA MC	2:50:58

Athletics New Zealand Cross Country Championships

Waikanae Wellington, 7 August 2010

Senior Men - 12km

1	Alex	Parlane	Auckland	39:14
2	Shaun	Krawitz	Athletics NZ - Non Resident	39:29
3	Dougal	Thorburn	Otago	39:42

Senior Women - 8km

1	Fiona	Crombie	Canterbury	29:39
2	Lisa	Robertson	Auckland	29:53
3	Rachel	Kingsford	Otago	29:59

NEW ZEALAND NATIONAL COMPETITION RESULTS 2010

Men 19 - 8km

1	Aaron	Pulford	Waikato Bay of Plenty	25:40
2	Cameron	Graves	Auckland	25:52
3	Cory	Whiting	Waikato Bay of Plenty	26:57

Women 19 - 6km

1	Danielle	Trevis	Auckland	21:49
2	Nicki	McFadzien	Canterbury	22:51
3	Mikayla	Nielsen	Waikato Bay of Plenty	23:30

Men 16 - 6km

1	Matt	Baxter	Taranaki	19:59
2	Ben	Moynihan	Auckland	20:39
3	Magnus	Whyte	Auckland	20:54

Women 16 - 4km

1	Grace	McConnochie	Hawkes Bay Gisborne	15:19
2	Ashleigh	Williams	Auckland	15:29
3	Lydia	Marshall	Canterbury	15:35

Master Women 35-39 - 6km

1	Rachel	Penney	Auckland	24:01
2	Tracy	Crossley	Canterbury	24:13
3	Katy	Dawson	Waikato Bay of Plenty	25:17

Master Women 40-44 - 6km

1	Gabrielle	O'Rourke	Wellington	23:50
2	Kristine	Reid	Auckland	24:39
3	Wendy	Cottrell-Teahan	Manawatu Wanganui	25:03

Master Women 45-49 - 6km

1	Sally	Gibbs	Waikato Bay of Plenty	24:25
2	Lesley	Ryan	Auckland	26:37
3	Teresa	Cox	Wellington	26:57

Master Women 50-54 - 6km

1	Maria	Sleeman	Otago	26:49
2	Margie	Peat	Auckland	27:19
3	Suzanne	Van der Jagt	Trentham United	29:03

Master Women 55-59

1	Isla	Nixon	Auckland YMCA	30:36
2	Jenny	Mason	Wellington Scottish Athletics Club	32:33
3	Joy	Baker	Taranaki	33:49

Master Women 60-64

1	Cheryl	Simpson	Napier Harrier Club	34:15
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Master Men 35-39 - 8km

1	Simon	Yarrow	Auckland	28:22
2	Christopher	Robb	Auckland	28:36
3	Peter	Versey	Wellington	28:48

Master Men 40-44 - 8km

1	Kerry	Faass	Canterbury	27:33
2	Grant	McLean	Wellington	28:21
3	Glenn	Saxton	Waikato Bay of Plenty	28:37

Master Men 45-49 - 8km

1	Richard	Bennett	Canterbury	27:19
2	Cliff	Bowman	Athletics Nelson	28:44
3	Murray	Doughty	Wellington	30:20

Master Men 50-54 - 8km

1	Colin	Earwaker	Waikato Bay of Plenty	29:52
2	Vaughan	New	Wellington	30:48
3	Tony	Price	Wellington	30:55

Master Men 55-59 - 8km

1	Graeme	Lear	Wellington	31:24
2	Gavin	Smith	Waikato Bay of Plenty	32:30
3	Denis	Christmas	Canterbury	33:00

Master Men 60-64 - 8km

1	Tony	McManus	Canterbury	30:28
2	Trevor	Ogilvie	Waikato Bay of Plenty	30:41
3	John	Thomson	Manawatu Wanganui	33:59

Master Men 65-69 - 8km

1	Michael	Bond	University Canterbury	37:14
2	David	Trow	Hutt Valley Harrier Club	38:25
3	Robert	Stephens	Wellington Scottish Athletics Club	39:22

NEW ZEALAND NATIONAL COMPETITION RESULTS 2010

Master Men 70-74 - 8km

1	John	Wood	Hutt Valley Harrier Club	39:19
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Master Men 75-79 - 8km

1	Sid	Pavett	Waikato Bay of Plenty	43:37
1	Patrick	Mills	Taranaki	46:35
3	Len	Wilson	Auckland	47:39

Boys 14 - 3km

1	David	Lee	Pakuranga Athletic Club	9:24
2	Nicholas	Pointon	Wellington Harriers	9:29
3	Jacob	Priddey	Hamilton City Hawks	9:36

Girls 14 - 3km

1	Kara	Macdermid	Fielding Moa Harrier Club	10:21
2	Jean	Kozyniak	Wellington Harriers	10:44
3	Arianna	Lord	Hamilton City Hawks	

Athletics New Zealand Road Relay Championships

Inglewood Taranaki 2 October 2010

Senior Men

1	Andrew Phil Luke Matt Brett Jason Malcolm Rowan	Davidson Costley Hurring Harris Tingay Lawrence Hicks Hooper	University of Canterbury	4:03:44
2	Nick Alex Dale Jonny Ryan Richard Leydon Sam	Nannett Parlane Warrender McKee Sissons Swan Tolhurst Dobson	Pakuranga	4:07:27
3	Kerry Hayden Jason Alun Mark Josh Dave Adrian	Faass McLaren Woolhouse Williams Bailey Komen Ridley Bailey	New Brighton	4:09:57

Senior Women

1	Tracy Nicki Fiona Alex Kellie Julieana Findlay Aine Whitney	Crossley McFadzien Crombie Williams Palmer Findlay Hoban Greig	University of Canterbury	4:52:36
2	Virginia Penny Lisa Rosana Hannah Renee Leah Sarah	Hales Peskett Robertson Balle Barker Holton Hirshfield Devoy	Pakuranga	5:02:32
3	Phillippa Stephanie Tina Kim Victoria Sierra Piret Natalie	Wilson Mackenzie Harris Daubney Jackson Sparksman Klade Gaskin	Wellington Scottish Athletics Club	5:08:43

NEW ZEALAND NATIONAL COMPETITION RESULTS 2010

Junior Men

1	Cory	Whiting	Hamilton City Hawks	2:00:51
	Kieran	McPherson		
	Mohammed	Ali		
	Ollie	Smith		
	Scott	Hillier		
2	Aaron	Pulford	Auckland City Athletics Club	2:03:08
	Tadele	Tekle-Haimanot		
	Seton	Hill		
	Mathew	Morreau		
	Chris	Boswell		
3	Ben	Moynihan	Wesley Harriers	2:03:23
	Jono	Jackson		
	Declan	Wilson		
	Michael	Vercoe-Curtis		
	William	Harris		
	Jamie	Small		
	Thomas	Sussex		
	Luke	Longdill		

Junior Women

1	Danielle	Trevis	North Harbour	2:23:58
	Maddie	Dillon		
	Kimberley	Burke		
	Pip	Brown		
	Natasha	Bowyer		
2	Annika	Pfzinger	Auckland City Athletics Club	2:24:52
	Amelia	Watkinson		
	Ashleigh	Williams		
	Courtney	Hendrickson		
	Sally	Wilkins		
3	Ella	Mangan-Walker	Hamilton City Hawks	2:31:53
	Georgie	Grgec		
	Maddy	Brunton		
	Olivia	Ritchie		
	Nicole	Gifford		
	Angela	Simpson		
	Heidi	Van Loon		
	Mikayla	Neilson		

Master Men 40-49

1	Peter	Stevens	Wellington Scottish Athletics Club	4:28:12
	Greg	Mitchell		
	Grant	McLean		
	Todd	Stevens		
	Jim	Jones		
2	Joseph	Bvlblia	Papanui TOCH	4:30:31
	David	Kettles		
	Craig	McLean		
	Anthony	Duncraft		
	Jason	Baillie		
3	Richard	Bennett	Hamilton City Hawks	4:39:10
	Chris	Jordan		
	Darren	Hoolahan		
	Shane	Grose		
	Ronnie	Thomas		
3	Don	Greig	Hamilton City Hawks	4:39:10
	Gary	Wilson		
	Kent	Hodgson		
	Andrew	Wark		
	John	Crane		
	Dave	Sharp		
	Dion	Hardy		
	Stefan	Wagner		
	Glenn	Sexton		

Masters Men 50+

1	Keith	Proctor	Auckland Uni Track Club	5:00:11
	Brett	Kattens		
	Gavin	Stevens		
	Tony	King		

NEW ZEALAND NATIONAL COMPETITION RESULTS 2010

	Graham Macky			
	Dave Harkness			
	Clive Henderson			
	Ian Richards			
2	Ian Morrison	Tasman Tigers		5:03:24
	Tim Cross			
	Patrick Meffan			
	Murray Hart			
	Mike Morrissey			
	Derek Shaw			
	Philip Sims			
	Bill Revell			
3	Gordon Spiers	Hamilton City Hawks		5:09:53
	Kevin Knowles			
	Dennis Litt			
	Henry Beex			
	Glenn Graham			
	Oscar Emery			
	Craig Pebbles			
	John Rudge			
Master Women				
1	Tracey Greenwood	Hamilton City Hawks		5:13:43
	Leanne Sharp			
	Bridgette Deveral			
	Anne Bradley			
	Kirsten Milne			
	Dot Larsen			
	Bridget Ray			
	Marion Milward			
2	Helen Willis	Wellington Scottish Athletics Club		5:16:30
	Bernie Portenski			
	Anne Hare			
	Jenny McDonald			
	Melissa Moon			
	Mandy Simpson			
	Betty Harp			
	Tricia Sloan			
3	Jackie Russell	Pakuranga		5:37:47
	Jane Anderson			
	Rachel Penny			
	Debbie Garland			
	Kristine Reid			
	Raewyn Blair			
	Kathleen Payne			
	Natalie Seay			

Athletics New Zealand Road Championships

Pakuranga Auckland 17 October

Senior Men - 10km

1	Dale Warrander	Pakuranga Athletic Club	29:39
2	Hayden McLaren	Canterbury	30:05
3	Alex Parlane	Pakuranga Athletic Club	30:36

Senior Women - 10km

1	Danielle Trevis	Auckland	32:41
2	Shireen Crumpton	Otago	34:36
3	Rachel Kingsford	Otago	34:50

Men 19 - 10km

1	Cameron Graves	Auckland	30:18
2	Tadele Tekle-Haimanot	Auckland	31:58
3	Alex Fowler	University Canterbury AC	32:09

Women 19 - 5km

1	Georgie Grgec	Auckland	17:48
2	Annika Pfitzinger	North Harbour Bays	18:12
3	Ella Mangan-Walker	Auckland	18:24

NEW ZEALAND NATIONAL COMPETITION RESULTS 2010

Men 16 - 5km				
1	Michael	Sutton	Athletics Tauranga	16:11
2	Thomas	Currie	Auckland	16:25
3	Cameron	Murdoch	Wellington	16:34
Women 16 - 5km				
1	Mikayla	Nielsen	Waikato Bay of Plenty	17:18
2	Olivia	Ritchie	Waikato Bay of Plenty	18:15
3	Laura	Cowling	Pukekohe Athletics	18:59
Men 35-39 - 10km				
1	Simon	Mardon	Athletics Nelson Inc	32:19
2	Jon	Healey	Auckland City Athletic Club	33:57
3	Christopher	Robb	Auckland City Athletic Club	34:15
Men 40-44 - 10km				
1	Jim	Jones	Wellington	33:44
2	Craig	McLean	Wellington	34:24
3	Andrew	Wark	Hamilton City Hawks	34:40
Men 45-49 - 10km				
1	Ian	Sussex	Auckland	35:57
2	Roger	Creighton	Athletics Tauranga	36:12
3	Tony	Warren	Auckland YMCA	36:44
Men 50-54 - 10km				
1	Gavin	Stevens	Auckland	34:11
2	Anthony	Rogal	Canterbury	35:41
3	David	Lear	Auckland YMCA	36:09
Men 55-59 - 10km				
1	Graham	Macky	Auckland University	37:22
2	Gavin	Smith	Athletics Tauranga	37:43
3	Brett	Katters	Auckland	38:03
Men 60-64 - 10km				
1	Trevor	Ogilvie	Waikato Bay of Plenty	35:45
2	John	Robinson	Pakuranga Athletic Club	43:46
3	Allan	Sim	Pakuranga Athletic Club	44:40
Men 65-69 - 10km				
1	Michael	Bond	University Canterbury AC	43:04
2	Chris	Martin	Auckland	45:34
3	Kelvin	Fitness	Papakura Athletic Club	47:32
Men 70-74 - 10km				
1	Raymond	Owers	Technical AA & H Club	54:07
Men 75-79 - 10km				
1	Sid	Pavett	Waikato Bay of Plenty	48:49
2	Brian	Smith	Hamilton City Hawks	1:00:05
Women 35-39 - 5km				
1	Rachel	Penny	Auckland	18:19
2	Rebecca	Innes-Jones	Takapuna Athletic & HC	21:52
3	Kathleen	Payne	Pakuranga Athletic Club Inc	23:17
Women 40-44 - 5km				
1	Bridget	Deverell	Hamilton City Hawks	18:36
2	Karyn	McCready	Hamilton City Hawks	20:07
3	Petra	Creighton	Athletics Tauranga Inc	20:18
Women 45-49 - 5km				
1	Sally	Gibbs	Waikato Bay of Plenty	17:34
2	Anne	Bradley	Hamilton City Hawks	19:29
3	Raewyn	Blair	Pakuranga Athletic Club Inc	20:58
Women 50-54 - 5km				
1	Karen	Espin	Auckland YMCA	21:40
Women 55-59 - 5km				
1	Liz	Hardley	Technical AA & H Club	24:11

Athletics New Zealand Long Distance Walks Championships

Whakatu Hawkes Bay, 24 October 2010

Senior Men - 50km

1	Quentin	Rew	Wellington Harrier Athletic Club	4:25:19
2	Graeme	Jones	Hastings Athletic Club	4:30:44
3	David	Sim	Racewalking Auckland	5:40:25

Senior Women - 15km

1	Roseanne	Robinson	Otago	1:22:27
2	Alana	Barber	Auckland	1:32:00

NEW ZEALAND NATIONAL COMPETITION RESULTS 2010

M16 - 10km

1	Mathew	Holcroft	Hamilton City Hawks	50:01
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W16 - 10km

1	Sarah-Amy	Drummond	Auckland	1:07:13
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Masters Women 40-44 - 40km

1	Nyle	Sunderland	Athletics Nelson	2:05:03
2	Katie	Tahere	Taranaki	2:23:50

Master Women 55-59 - 20km

1	Sue	Hoskin	Palmerston North	2:06:01
2	Anne	Fraser	Taranaki	2:31:33

Master Women 60-64 - 20km

1	Marlene	White	Taranaki Racewalking	2:17:28
2	Shirley	Barber	Racewalking Auckland	2:22:51

Masters Men 60-64

1	Peter	Zwart	Palmerston North	5:25:42
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Athletics New Zealand Marathon Championships 2010

Auckland, 31 October 2010

Senior Men

1	Dale	Warrander	Pakuranga Athletic Club	2:19:22
2	Sam	Wreford	University Canterbury AC	2:19:56
3	Phil	Costley	University Canterbury AC	2:24:26
4	Johan	Vanhoovels	Pakuranga Athletic Club	2:33:24
5	Daniel	Clendon	Wellington Harrier Athletic Club	2:34:18
6	Dave	Parsons	Wellington Scottish Athletics Club	2:38:09
7	John	Newsom	Canterbury Triathlon Club	2:38:36
8	Christopher	Tipper	Ariki Athletic & HC	2:42:25
9	Tom	Stewart	Auckland City Athletic Club	2:52:06
10	Michael	O'Sullivan	Taranaki Race Walking Club	3:04:43
11	Andrew	Harley	Auckland YMCA Marathon Club	3:30:28

Senior Women

1	Shireen	Crumpton	Hill City AAC	2:45:51
2	Ady	Ngawati	Whangarei Harbour Athletics Club	2:52:12
3	Victoria	Jackson	Wellington Scottish	2:52:45
4	Jacinta	Hawkins	Takapuna Athletic & HC	3:49:39
5	Polly	Barach	Whangarei Harbour Athletics Club	5:42:02

Masters Women 35-39

1	Paula	Canning	Waimea HC	2:55:37
2	Emma	Beardsell	Auckland YMCA Marathon Club	3:42:08

Masters Women 40-44

1	Bridget	Deverell	Hamilton City Hawks Athletics	3:02:31
2	Kristine	Reid	Pakuranga Athletic Club Inc	3:03:56
3	Ingrid	Frost	Auckland YMCA Marathon Club	3:21:39
4	Natalie	Seay	Pakuranga Athletic Club Inc	3:25:07
5	Kiri	Price	Auckland YMCA Marathon Club	3:31:10
6	Penny	Kirkwood	Auckland YMCA Marathon Club	3:59:26
7	Sue	Turner	Auckland YMCA Marathon Club	5:52:55

Masters Women 45-49

1	Dawn	Pascoe	Waimea HC	3:31:27
2	Sandra	Bennett	Energy City Harriers	3:36:58
3	Debra	Arnold	Feilding Moa Harriers	3:42:36
4	Debbie	Garland	Pakuranga Athletic Club Inc	3:51:21
5	Karen	Crossley	Auckland YMCA Marathon Club	4:08:55
6	Michele	Garrett	Auckland YMCA Marathon Club	5:01:49

Masters Women 50-54

1	Karen	Espin	Auckland YMCA Marathon Club	3:41:22
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Masters Women 55-59

1	Isla	Nixon	Auckland YMCA Marathon Club	3:44:07
2	Christine	Munro	Auckland YMCA Marathon Club	3:44:26
3	Alexandra	Coupe	Takapuna Athletic & HC	3:48:55
4	Judith	Bradshaw	Hatea Athletics and Harrier Club	4:10:49

Masters Women 60-64

1	Chris	Leahy	Hutt Valley Harrier & AA Club Inc	5:21:00
2	Oringa	Barach	Whangarei Harbour Athletics Club	6:13:28

Masters Women 65-69

1	Gail	Taylor	Auckland YMCA Marathon Club	4:14:45
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NEW ZEALAND NATIONAL COMPETITION RESULTS 2010

Masters Women 70-74

1	Marion	Griffith	Auckland YMCA Marathon Club	5:49:32
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Masters Men 35-39

1	Scott	Winton	Pakuranga Athletic Club	2:29:40
2	Adrian	Lysaght	Lake City Athletic Club	2:43:19
3	Hadley	Craig	Hamilton City Hawks Athletics	2:52:35
4	Dan	Hunter	Auckland YMCA Marathon Club	3:13:22

Masters Men 40-44

1	Andrew	Wark	Hamilton City Hawks Athletics	2:44:52
2	Russell	Lake	Athletics Tauranga	2:50:39
3	Michael	Macmillan	Lynndale AA & HC	2:54:08

Masters Men 45-49

1	Tim	Graham	Rover Harrier Club	2:46:52
2	Tony	Warren	Auckland YMCA Marathon Club	2:50:59
3	Roger	Creighton	Athletics Tauranga	2:52:19
4	Paul	Hewitson	Wellington Harrier Athletic Club	2:54:55
5	Graham	Moore	Auckland City Athletic Club	2:55:27
6	Richard	Blogg	Athletics Whangarei	3:08:40
7	Anthony	Woodhouse	Auckland University Track Club	3:12:40
8	Robert	Scott	Auckland University Track Club	3:42:40
9	Simon	Clendon	Auckland YMCA Marathon Club	3:48:02
10	Glenn	Larsen	Hamilton City Hawks Athletics	4:39:55

Masters Men 50-54

1	Gavin	Stevens	Auckland University Track Club	2:33:43
2	Ian	Dent	Wellington Harrier Athletic Club	2:57:53
3	John	Read	Pakuranga Athletic Club	3:07:10
4	Larry	Bradley	Auckland YMCA Marathon Club	3:07:18
5	David	Lear	Auckland YMCA Marathon Club	3:14:56
6	Charles	Stewart	Auckland City Athletic Club	3:25:12

Masters Men 55-59

1	Malcolm	Chamberlin	Auckland City Athletic Club	3:24:15
2	Keith	Procter	Auckland University Track Club	3:25:24
3	Garth	Fairbairn	St Pauls A & HC	3:29:47
4	Terry	McVeigh	Auckland YMCA Marathon Club	3:35:34
5	Sham	Singh	Calliope Athletic & Harrier Club	4:00:28

Masters Men 60-64

1	Andy	Harper	Auckland YMCA Marathon Club	3:15:04
2	John	Thomson	Feilding Moa Harriers	3:18:02
3	Richard	Bright	Auckland City Athletic Club	3:18:57
4	John	Bower	Pakuranga Athletic Club	3:41:56
5	John	Fitton	Waimea HC	5:51:46

Masters Men 65-69

1	Kelvin	Fitness	Papakura Athletic Club	3:49:15
2	Phil	Kirk	Auckland YMCA Marathon Club	4:31:34

Masters Men 70-74

1	Alec	Day	Auckland YMCA Marathon Club	4:02:25
2	John	Hammond	Kapiti Harrier & MultiSport Club	4:07:45

Other National Results

OTHER NATIONAL Results

2010 North Island Colgate Games

Girls 100 Metre Sprint Grade 10 Wind:2.9

1	Hulls, Georgia	Hastings	14.02
2	Bennett, Ashleigh	Hawera	14.10
3	Barlow, Kodi	Papakura	14.27

Girls 200 Metre Sprint Grade 10 Wind:2.6

1	Steinmetz, Malia	Hillsborough	29.68
2	Hulls, Georgia	Hastings	30.19
3	Bennett, Ashleigh	Hawera	30.62

Girls 400 Metre Sprint Grade 10

1	Pearless, Stella	North Harbour Bays	01:07.96
2	Hulls, Georgia	Hastings	01:08.31
3	Murrihy, Serena	Taumarunui	01:08.96

Girls 800 Metre Run Grade 10

1	Murrihy, Serena	Taumarunui	02:34.53
2	Pearless, Stella	North Harbour Bays	02:35.88
3	Hodgson, Miranda	Paeroa	02:38.14

Girls 1500 Metre Run Grade 10

1	Murrihy, Serena	Taumarunui	05:12.56
2	MacDermid, Zia	Palmerston North	05:19.43
3	McCafferty, Rebekah	Greerton	05:28.45

Girls 4x100 Metre Relay Grade 10

1	Papakura		01:00.00
2	Pakuranga		01:03.97
3	Te Aroha		01:04.69

Girls High Jump Grade 10

1	Poland, Madeline	Glen Eden	1.25m
2	Hyland, Alex	Hillsborough	1.22m
3	Tulp, Jade	Papakura	1.16m

Girls Long Jump Grade 10

1	Bennett, Ashleigh	Hawera	4.09m
2	Hyland, Alex	Hillsborough	3.98m
3	Small, Charlotte	Pakuranga	3.90m

Girls Discus Throw Grade 10

1	Vaaka, Amelia	Papatoetoe	23.15m
2	Lui, Grace	Waitakere City	22.34m
3	Onesemo, Terrelle	Lower Hutt	22.18m

Girls Shot Put Grade 10

1	Lui, Grace	Waitakere City	9.60m
2	Bennett, Ashleigh	Hawera	8.63m
3	Onesemo, Terrelle	Lower Hutt	8.61m

Girls 100 Metre Sprint Grade 11

1	Tafuna'i, Symone	Waitakere City	13.58
2	Freeman, Georgia	Christchurch Avon	13.98
3	Sekene, Anastasia	Roskill South	14.09

Girls 200 Metre Sprint Grade 11 Wind:2.6

1	Tafuna'i, Symone	Waitakere City	28.50
2	Young-Whenuarua, Mady	Roskill South	29.20
3	Freeman, Georgia	Christchurch Avon	29.40

Girls 400 Metre Sprint Grade 11

1	Forman, Kelsey	Wellington	01:06.92
2	TeAhuru-Kakahi, Felicity	Papakura	01:07.16
3	Asafo, Savarna	Waiuku	01:07.44

Girls 800 Metre Run Grade 11

1	Creagh, Georgia	Hastings	02:31.87
2	Christini, Maiya	Point Chevalier	02:32.61
3	McCafferty, Alice	Greerton	02:34.87

Girls 1500 Metre Run Grade 11

1	Christini, Maiya	Point Chevalier	05:10.76
2	Creagh, Georgia	Hastings	05:12.33
3	McCafferty, Alice	Greerton	05:15.87

Girls 4x100 Metre Relay Grade 11

1	Papatoetoe		56.95
2	Roskill South		58.50
3	Waitakere City		58.86

OTHER NATIONAL RESULTS

Girls High Jump Grade 11

1	Tafuna'i, Symone	Waitakere City	1.34m
2	Eady, Natasha	Roskill South	1.34m
3	De Bievre, Flo	Taupo	1.31m

Girls Long Jump Grade 11

1	Tafuna'i, Symone	Waitakere City	4.78m
2	Freeman, Georgia	Christchurch Avon	4.39m
3	Young-Whenuaroa, Mady	Roskill South	4.38m

Girls Discus Throw Grade 11

1	Vitasovich, Mackenzie	North Harbour Bays	30.82m
2	Po'uhila, Ianja	Point Chevalier	24.11m
3	Lemisio, Philomena	Papatoetoe	23.84m

Girls Shot Put Grade 11

1	Vitasovich, Mackenzie	North Harbour Bays	11.94m
2	McKewen, Larissa	Port Hills	11.50m
3	Po'uhila, Ianja	Point Chevalier	10.75m

Girls 100 Metre Sprint Grade 12 Wind:4.2

1	Hobbs, Zoe	Eltham	13.04
2	Hurrell, Elizabeth	Waitakere City	13.20
3	White, Lucy	Paraparaumu	13.41

Girls 200 Metre Sprint Grade 12 Wind:2.5

1	Hobbs, Zoe	Eltham	27.21
2	White, Lucy	Paraparaumu	28.13
3	Hurrell, Elizabeth	Waitakere City	28.33

Girls 400 Metre Sprint Grade 12

1	Skilton, Meg	Te Aroha	01:01.85
2	Kavanagh-Vincent, Kenya	Pakuranga	01:02.30
3	Bitcheno, Jessica	Greerton	01:03.85

Girls 800 Metre Run Grade 12

1	Skilton, Meg	Te Aroha	02:19.79
2	Bitcheno, Jessica	Greerton	02:22.13
3	MacDermid, Kara	Palmerston North	02:23.11

Girls 1500 Metre Run Grade 12

1	MacDermid, Kara	Palmerston North	04:50.87
2	Skilton, Meg	Te Aroha	04:56.42
3	Bitcheno, Jessica	Greerton	05:03.31

Girls 4x100 Metre Relay Grade 12

1	Waitakere City	56.39
2	Pakuranga	58.24
3	Eltham	59.47

Girls 80 Metre Hurdles Grade 12 Wind:3.9

1	White, Lucy	Paraparaumu	13.56
2	Monks, Chelsea	Paraparaumu	13.65
3	Hobbs, Zoe	Eltham	14.38

Girls 1200 Metre Race Walk Grade 12

1	Brown, Emma	Masterton	08:58.81
2	Pu'e, Sasha	Otaki	09:00.40
3	Watt, Georgia	Hawera	09:32.80

Girls High Jump Grade 12

1	Pert, Georgia	Waitakere City	1.48m
2	Monks, Chelsea	Paraparaumu	1.45m
3	Steiner-Grierson, Ursula	North Harbour Bays	1.42m

Girls Long Jump Grade 12

1	Hobbs, Zoe	Eltham	4.59m
2	Somerfield, Brooke	Greerton	4.34m
3	Pearn, Celine	Hillsborough	4.20m

Girls Discus Throw Grade 12

1	Samuel, Xhavinæ	Pakuranga	38.32m
2	Urquart, Brooke	Papatoetoe	32.58m
3	Waterman, Servarna	Paeroa	31.32m

Girls Shot Put Grade 12

1	Kolose-Webby, Nikita	Normanby	10.67m
2	Doyle, Sarah	Takapuna	10.31m
3	Samuel, Xhavinæ	Pakuranga	9.37m

Girls 100 Metre Sprint Grade 13 Wind:NWI

1	Engels, Robyn	Putaruru	12.63
2	Robinson, Amy	Greerton	12.98
3	Mae Kiwara, Rebeka	Mid Valley	13.18

OTHER NATIONAL RESULTS

Girls 200 Metre Sprint Grade 13 Wind:2.8

1	Engels, Robyn	Putaruru	26.27
2	Horgan, Talia	Cambridge	26.79
3	Robinson, Amy	Greerton	27.04

Girls 400 Metre Sprint Grade 13

1	Horgan, Talia	Cambridge	01:00.62
2	Murrihy, Zara	Taumarunui	01:03.10
3	Watene-Mercep, Hinemoana	Paeroa	01:03.49

Girls 800 Metre Run Grade 13

1	Murrihy, Zara	Taumarunui	02:21.99
2	Walpole, Cherie	Hillsborough	02:23.05
3	Bethell, Megan	Te Awamutu	02:27.92

Girls 1500 Metre Run Grade 13

1	Murrihy, Zara	Taumarunui	04:53.26
2	Walpole, Cherie	Hillsborough	05:04.72
3	White, Maddie	Te Aroha	05:06.78

Girls 4x100 Metre Relay Grade 13

1	Hawera		54.26
2	Papatoetoe		54.56
3	Greerton		54.87

Girls 80 Metre Hurdles Grade 13 Wind:2.2

1	Plimmer, Kate	Lower Hutt	13.01
2	Robinson, Amy	Greerton	13.24
3	Brough, Hanna	Pukekohe	13.37

Girls 1600 Metre Race Walk Grade 13

1	Murrihy, Zara	Taumarunui	08:46.67
2	Moratti, Renee	Inglewood	08:47.90
3	Loveridge, Atalya	Hawera	09:20.32

Girls High Jump Grade 13

1	Lemisio, Jennifer	Papatoetoe	1.50m
2	Brough, Hanna	Pukekohe	1.50m
3	Campbell, Grace	Inglewood	1.50m

Girls Long Jump Grade 13

1	Robinson, Amy	Greerton	5.07m
2	Engels, Robyn	Putaruru	4.91m
3	Van Tiel, Britta	Pukekohe	4.76m

Girls Discus Throw Grade 13

1	Tiauli, Mele	Papatoetoe	37.86m
2	Taylor, Maria	Carterton	26.82m
3	Tugaga-Maxwell, Chasity	Papatoetoe	26.73m

Girls Shot Put Grade 13

1	Tiauli, Mele	Papatoetoe	12.02m
2	McNamara, Briar	Takapuna	10.79m
3	Wallace, Claudine	North Harbour Bays	10.31m

Girls 100 Metre Sprint Grade 14 Wind:5.5

1	Renouf, Ainsley	Gisborne	12.39
2	Gipson, Madison	North Harbour Bays	12.47
3	Blyde, Michaela	Egmont	12.53

Girls 200 Metre Sprint Grade 14 Wind:0.2

1	Gipson, Madison	North Harbour Bays	25.63
2	Blyde, Michaela	Egmont	26.07
3	McKenna, Laura	Masterton	26.11

Girls 400 Metre Sprint Grade 14

1	Dickins, Stephanie	Palmerston North	59.86
2	Millar, Sophia	Papamoa	01:00.97
3	Paine, Stevie	Masterton	01:01.45

Girls 800 Metre Run Grade 14

1	Paine, Stevie	Masterton	02:20.26
2	Dickins, Stephanie	Palmerston North	02:21.62
3	Matthews, Katelyn	Frankton	02:22.31

Girls 1500 Metre Run Grade 14

1	Matthews, Katelyn	Frankton	04:57.92
2	Dickins, Stephanie	Palmerston North	05:01.87
3	Mendonca, Denise	Pakuranga	05:02.13

Girls 4x100 Metre Relay Grade 14

1	Eastern		54.80
2	Masterton		55.05
3	Waitakere City		55.15

OTHER NATIONAL RESULTS

Girls 80 Metre Hurdles Grade 14 Wind:3.8

1	Gipson, Madison	North Harbour Bays	12.02
2	Harwood, Paige	Pakuranga	12.29
3	Newdick, Rochelle	Papamoa	13.31

Girls 2000 Metre Race Walk Grade 14

1	Housiaux-Andrew, Michaela	Otaki	12:49.03
2	Ware, Alex	Karori	13:31.65
3	Vanderschantz, Kristin	Greerton	16:12.78

Girls High Jump Grade 14

1	Harwood, Paige	Pakuranga	1.60m
2	Sowter, Jamie	Waitakere City	1.52m
3	Dickins, Stephanie	Palmerston North	1.49m

Girls Long Jump Grade 14

1	Harwood, Paige	Pakuranga	5.10m
2	Blyde, Michaela	Egmont	4.91m
3	Newdick, Rochelle	Papamoa	4.88m

Girls Discus Throw Grade 14

1	Vaka, Merewarihi	Papakura	40.47m
2	Pilkington, Ella	North Harbour Bays	33.37m
3	Newdick, Rochelle	Papamoa	30.11m

Girls Shot Put Grade 14

1	Vaka, Merewarihi	Papakura	14.14m
2	Pilkington, Ella	North Harbour Bays	11.50m
3	Harwood, Paige	Pakuranga	11.44m

Boys 100 Metre Sprint Grade 10 Wind: NWI

1	Miller, Oliver	Point Chevalier	13.57
2	Gregory, Scott	Whangarei	13.82
3	Hamilton, Kyle	Greerton	13.83

Boys 200 Metre Sprint Grade 10 Wind: NWI

1	Miller, Oliver	Point Chevalier	28.68
2	Gregory, Scott	Whangarei	29.09
3	Palota-Kopa, Goldberg	Waitakere City	29.31

Boys 400 Metre Sprint Grade 10

1	McKinlay, Fraser	Eastern	01:06.06
2	Voss, Thomas	Lake City	01:07.05
3	Barron, Flynn	Pukekohe	01:07.41

Boys 800 Metre Run Grade 10

1	Vincent, Oliver	Otorohanga	02:33.51
2	Barron, Flynn	Pukekohe	02:34.49
3	Lovelock, Sean	Te Aroha	02:39.68

Boys 1500 Metre Run Grade 10

1	McKinlay, Fraser	Eastern	05:05.01
2	Barron, Flynn	Pukekohe	05:05.05
3	Lovelock, Sean	Te Aroha	05:13.05

Boys 4x100 Metre Relay Grade 10

1	Eastern		59.84
2	Point Chevalier		01:01.20
3	Lake City		01:01.24

Boys High Jump Grade 10

1	Westbrook, Alex	Hinemoa	1.32m
2	Gould, Jimmy	Paraparaumu	1.31m
3	Palota-Kopa, Goldberg	Waitakere City	1.29m

Boys Long Jump Grade 10

1	Gregory, Scott	Whangarei	4.39m
2	Maisey, Nathan	Roskill South	4.38m
3	Proctor, Billy	Karori	4.30m

Boys Discus Throw Grade 10

1	Galliven, Jack	North Harbour Bays	28.09m
2	Palota-Kopa, Goldberg	Waitakere City	26.39m
3	Hurrell, Liam	Waitakere City	24.18m

Boys Shot Put Grade 10

1	Clarke, Caleb	Waitakere City	10.38m
2	Hurrell, Liam	Waitakere City	9.27m
3	Tavita, Dylan	Pakuranga	9.11m

Boys 100 Metre Sprint Grade 11 Wind: NWI

1	Tau, Mafutaga	Titahi Bay	12.28
2	Tau, Fa'aolataga	Titahi Bay	12.55

OTHER NATIONAL RESULTS

3	Bolland, Jordan	Takapuna	13.09
3	Vaeau-Mulitalo, Edward	Waitakere City	13.09
Boys 200 Metre Sprint Grade 11 Wind:1.6			
1	Tau, Mafutaga	Titahi Bay	25.79
2	Tau, Fa'aolataga	Titahi Bay	26.38
3	Longopoa, Niven	Hillsborough	27.47
Boys 400 Metre Sprint Grade 11			
1	Tau, Mafutaga	Titahi Bay	01:00.89
2	Tau, Fa'aolataga	Titahi Bay	01:01.16
3	Longopoa, Niven	Hillsborough	01:01.88
Boys 800 Metre Run Grade 11			
1	Heslin, Sam	Eastern	02:24.97
2	Lee, Joshua	Pakuranga	02:29.31
3	Bolland, Jordan	Takapuna	02:30.01
Boys 1500 Metre Run Grade 11			
1	Heslin, Sam	Eastern	04:55.84
2	Robinson, Andrew	Greerton	04:58.08
3	Lee, Joshua	Pakuranga	05:00.42
Boys 4x100 Metre Relay Grade 11			
1	Wanganui		55.62
2	Waitakere City		56.08
3	Takapuna		56.24
Boys High Jump Grade 11			
1	Poduje, Mate	Wellington Harriers	1.47m
2	Curtis, Christian	Waitakere City	1.47m
3	Engels, Ben	Putaruru	1.41m
Boys Long Jump Grade 11			
1	Goodwin, Christopher	Fairfield	4.71m
2	Waihape, Hunter	Pakuranga	4.62m
3	Kamira-Campbell, Tawhiri	Marlborough	4.53m
Boys Discus Throw Grade 11			
1	Bryant, Jack	CANU	31.41m
2	Gill-Mosby, Bayley	Takapuna	29.93m
3	Tovio, Sheldon	Papatoetoe	28.69m
Boys Shot Put Grade 11			
1	Bryant, Jack	CANU	11.13m
2	Tau, Mafutaga	Titahi Bay	10.50m
3	Tovio, Sheldon	Papatoetoe	9.38m
Boys 100 Metre Sprint Grade 12 Wind:4.8			
1	Auga, John	Hinemoa	12.15
2	Salaivao, Marzellus	Waitakere City	12.46
3	Campbell, T.C	Marlborough	12.65
Boys 200 Metre Sprint Grade 12 Wind:1.4			
1	Auga, John	Hinemoa	24.6
2	Rore, Ian	Napier	26.18
3	Foaeese, Kerrod	Titahi Bay	26.29
Boys 400 Metre Sprint Grade 12			
1	Foaeese, Kerrod	Titahi Bay	01:00.10
2	Curran, Hunter	Pakuranga	01:00.30
3	Ledger, Josh	Maidstone	01:01.63
Boys 800 Metre Run Grade 12			
1	Pallister, Jake	Pakuranga	02:18.58
2	Curran, Hunter	Pakuranga	02:20.39
3	Hodgson, Braden	Paeroa	02:23.13
Boys 1500 Metre Run Grade 12			
1	Dawson, Michael	Hillsborough	04:48.15
2	Pallister, Jake	Pakuranga	04:48.58
3	Taylor, Corey	New Brighton	04:53.14
Boys 4x100 Metre Relay Grade 12			
1	North Harbour Bays		54.27
2	Fairfield		55.80
3	Hillsborough		56.24
Boys 80 Metre Hurdles Grade 12 Wind:5.3			
1	O'Neill, Alexander	North Harbour Bays	14.57
2	Robinson, Luke	Greerton	14.85
3	Paterson, Kieran	Howick	15.45

OTHER NATIONAL RESULTS

Boys 1200 Metre Race Walk Grade 12

1	Beresford, Jonathan	Onslow	08:21.57
2	Fish, Aubrey	Te Aroha	09:27.92
3	Wilson, Brodie	Hawera	09:32.88

Boys High Jump Grade 12

1	Auga, John	Hinemoa	1.59m
2	Gill, Hamish	North Harbour Bays	1.53m
3	Campbell, T.C	Marlborough	1.50m

Boys Long Jump Grade 12

1	Campbell, T.C	Marlborough	5.62m
2	Auga, John	Hinemoa	5.41m
3	Mason, Seton	Te Awamutu	4.73m

Boys Discus Throw Grade 12

1	Pinnock, Jordan	Greymouth	39.68m
2	O'Neill, Alexander	North Harbour Bays	36.52m
3	Tatola, Somi	Hillsborough	33.90m

Boys Shot Put Grade 12

1	Pinnock, Jordan	Greymouth	13.27m
2	Teaukai, Maui	Waitakere City	13.07m
3	O'Neill, Alexander	North Harbour Bays	12.67m

Boys 100 Metre Sprint Grade 13 Wind:0.8

1	Gordon, Blake	Hamilton City Hawks	11.78
2	Smith, Tom	Gisborne	11.79
3	Greaves, Fletcher	Maidstone	11.84

Boys 200 Metre Sprint Grade 13 Wind:NWI

1	Smith, Tom	Gisborne	23.53
2	Gordon, Blake	Hamilton City Hawks	23.59
3	Marks, Harry	Eastern	24.08

Boys 400 Metre Sprint Grade 13

1	Greaves, Fletcher	Maidstone	56.01
2	Scanlan, Peter	Waitakere City	57.07
3	Bronswijk, Chris	Cambridge	57.70

Boys 800 Metre Run Grade 13

1	Greaves, Fletcher	Maidstone	02:12.99
2	Vaughan, Ethan	Pukekohe	02:15.60
3	Paine, Kurtis	Masterton	02:15.94

Boys 1500 Metre Run Grade 13

1	Lee, David	Pakuranga	04:31.64
2	Karamanolis, Marcus	Wellington Harriers	04:38.59
3	Priddey, Jacob	Hinemoa	04:41.86

Boys 4x100 Metre Relay Grade 13

1	Hinemoa		51.14
2	North Harbour Bays		51.84
3	Waitakere City		52.74

Boys 80 Metre Hurdles Grade 13 Wind:3.1

1	Denee, Luca	Takapuna	11.79
2	Billington, Joshua	North Harbour Bays	12.21
3	Te Amo, Gene	Manurewa	12.23

Boys 1600 Metre Race Walk Grade 13

1	Jackson, Andrew	Roskill South	10:00.9
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Boys High Jump Grade 13

1	McDermott, Cory	Waitakere City	1.65m
2	Te Amo, Gene	Manurewa	1.65m
3	Billington, Joshua	North Harbour Bays	1.62m

Boys Long Jump Grade 13

1	Marks, Harry	Eastern	5.80m
2	Leilua, Patrick	Manurewa	5.12m
3	Wallace, Tyler	North Harbour Bays	4.98m

Boys Discus Throw Grade 13

1	Morris, Brad	Warkworth	42.63m
2	Gordon, Blake	Hamilton City Hawks	40.05m
3	Hawkins, Daniel	Ellerslie	35.02m

Boys Shot Put Grade 13

1	Te Amo, Gene	Manurewa	13.28m
2	Gordon, Blake	Hamilton City Hawks	12.18m
3	Morris, Brad	Warkworth	11.90m

OTHER NATIONAL RESULTS

Boys 100 Metre Sprint Grade 14 Wind:4.4

1	Coppins, Dalton	Papakura	11.17
2	Martin, Thomas	Christchurch Avon	11.37
3	Leilua, Dominic	Manurewa	11.43

Boys 200 Metre Sprint Grade 14 Wind:2.9

1	Coppins, Dalton	Papakura	22.57
2	Martin, Thomas	Christchurch Avon	23.06
3	Leilua, Dominic	Manurewa	24.25

Boys 400 Metre Sprint Grade 14

1	Martin, Thomas	Christchurch Avon	51.26
2	Coppins, Dalton	Papakura	51.82
3	Farrer, Jason	Titahi Bay	53.95

Boys 800 Metre Run Grade 14

1	Muggeridge, Andrew	Hinemoa	02:04.39
2	Wang, Ray	Pakuranga	02:07.13
3	Kilden, D.J.	Papanui Toc H	02:08.86

Boys 1500 Metre Run Grade 14

1	Muggeridge, Andrew	Hinemoa	04:26.43
2	Wang, Ray	Pakuranga	04:30.55
3	Woods, Kieran	Pakuranga	04:30.66

Boys 4x100 Metre Relay Grade 14

1	Hinemoa	47.66
2	Titahi Bay	48.38
3	Te Aroha	53.17

Boys 100 Metre Hurdles Grade 14 Wind:2.6

1	Kethers, Pascal	North Harbour Bays	14.35
2	Bryant, Jesse	CANU	14.82
3	Kalivati, Zac	Lower Hutt	15.11

Boys 2000 Metre Race Walk Grade 14

1	Sweeney, Kurt	TeAroha	13:42.67
2	Bigwood, Samuel	Greerton	16:08.89
3	Lynch, Brandon	Mid Valley	17:39.85

Boys High Jump Grade 14

1	Bryant, Jesse	CANU	1.83m
2	Kethers, Pascal	North Harbour Bays	1.77m
3	Colvin, Alex	Bellevue	1.74m

Boys Long Jump Grade 14

1	Bryant, Jesse	CANU	6.99m
2	Kethers, Pascal	North Harbour Bays	6.15m
3	Dixon-Murray, Tiniwaata	Fairfield	5.91m

Boys Discus Throw Grade 14

1	Ikinupe, Brandan	Manurewa	39.66m
2	Callister, Richard	North Harbour Bays	38.95m
3	Sofele, Jonah	Waitakere City	37.14m

Boys Shot Put Grade 14

1	Girling-McLean, Tim	Carterton	12.46m
2	Sofele, Jonah	Waitakere City	11.94m
3	Dixon-Murray, Tiniwaata	Fairfield	11.70m

Mixed 1600 Metre Medley Relay Grade 10

1	Pakuranga	05:03.52
2	Point Chevalier	05:05.26
3	Waitakere City	05:10.82

Mixed 1600 Metre Medley Relay Grade 11

1	Hastings	04:55.92
2	Fairfield	04:56.82
3	Waitakere City	04:56.89

Mixed 1600 Metre Medley Relay Grade 12

1	Te Aroha	04:38.84
2	Hillsborough	04:51.20
3	Fairfield	04:51.36

Mixed 1600 Metre Medley Relay Grade 13

1	Fairfield	04:27.57
2	Hawera	04:31.73
3	Te Aroha	04:34.61

Mixed 1600 Metre Medley Relay Grade 14

1	Hinemoa	04:16.19
2	Eastern	04:19.17
3	Masterton	04:27.10

OTHER NATIONAL RESULTS

2010 South Island Colgate Games

Timaru , 15-17 January 2010

Girls 100 Metre Sprint Grade 10 Wind: 2.8

1	Sheat, Lucy	Marlborough	14.55
2	Harvey, Kate	St Pauls	14.56
3	Thomson, Sophie	University (CAN.)	14.67

Girls 200 Metre Sprint Grade 10 Wind: -1.2

1	Sheat, Lucy	Marlborough	30.92
2	Hampton, Elizabeth	South Canterbury	31.44
3	Apps, Ella	Ella Apps	31.47

Girls 400 Metre Sprint Grade 10

1	Hampton, Elizabeth	South Canterbury	01:10.21
2	Sheat, Lucy	Marlborough	01:11.52
3	Sweeney, Tayla	Te Aroha	01:11.60

Girls 800 Metre Run Grade 10

1	Wilkins, Sydnee	Motueka	02:42.27
2	Gugich, Natasha	Point Chevalier	02:44.38
3	Sweeney, Tayla	Te Aroha	02:46.26

Girls 1500 Metre Run Grade 10

1	Wilkins, Sydnee	Motueka	05:38.82
2	Burt, Tamsin	Inglewood	05:41.92
3	Harper, Susannah	Geraldine	05:59.59

Girls 4x100 Metre Relay Grade 10

1	Taieri		01:02.19
2	Port Hills		01:03.07
3	University (CAN)		01:04.34

Girls High Jump Grade 10

1	Stack, Megan	Richmond	1.25m
2	Thorn, Mikayla	Taieri	1.16m
3	Eustace, Megan	Christchurch Avon	1.13m
3	Hayes, Tia	South Canterbury	1.13m
3	Risner, Zoe	Nelson	1.13m
3	Cousins, Tayler	Ashburton	1.13m
3	Clarkson, Rose	Port Hills	1.13m
3	Palmer, Leonie	Taieri	1.13m
3	Haugh, Riley	Taieri	1.13m
3	Rutherford, Summer	Port Hills	1.13m
3	Wales, Kia	Alexandra	1.13m
3	Clark, Annie	Palmerston North	1.13m

Girls Long Jump Grade 10

1	Hampton, Elizabeth	South Canterbury	3.83m
2	Palmer, Joccooa	Taieri	3.76m
2	Sheat, Lucy	Marlborough	3.76m

Girls Discus Throw Grade 10

1	McCleary, Zanna	University (CAN)	12.94m
2	Wales, Kia	Alexandra	12.90m
3	Maker, Claudia	Ariki	11.79m

Girls Shot Put Grade 10

1	Spark, Brittany	Remarkables Runners	7.38m
2	Mulligan, Meghan	Temuka	7.27m
3	Cousins, Tayler	Ashburton	6.88m

Girls 100 Metre Sprint Grade 11 Wind: 1.5

1	Ng, Jasmine	North Otago	13.65
2	Hopcroft, Emma	Gore	13.92
3	Freeman, Georgia	Christchurch Avon	14.01

Girls 200 Metre Sprint Grade 11 Wind:-1.2

1	Ng, Jasmine	North Otago	28.73
2	Hopcroft, Emma	Gore	28.79
3	Freeman, Georgia	Christchurch Avon	29.58

Girls 400 Metre Sprint Grade 11

1	Gardiner, Lauren	Takaka	01:06.30
2	MacKay-Stewart, Georgina	University (CAN)	01:06.80
3	Ng, Jasmine	North Otago	01:08.25

Girls 800 Metre Run Grade 11

1	Kerr, Jess	Olympic (WLG)	02:29.78
2	Brotheridge, Hannah	Papanui Toc H	02:34.69
3	Anderson, Jessie	University (CAN)	02:37.22

OTHER NATIONAL RESULTS

Girls 1500 Metre Run Grade 11

1	Kerr, Jess	Olympic (WLG)	05:09.65
2	Anderson, Jessie	University (CAN)	05:18.62
3	Brotheridge, Hannah	Papanui Toc H	05:22.16

Girls 4x100 Metre Relay Grade 11

1	Christchurch Avon		01:00.54
2	University (CAN)		01:01.43
3	South Canterbury		01:02.97

Girls High Jump Grade 11

1	Kokich, Samantha	Christchurch Avon	1.35m
2	Kenny, Caitlin	St Pauls	1.32m
3	Erenskjold, Tara	Christchurch Avon	1.29m
3	McKewen, Larissa	Port Hills	1.29m
3	Gillett, Rebecca	Christchurch Avon	1.29m

Girls Long Jump Grade 11

1	Freeman, Georgia	Christchurch Avon	4.40m
2	Wheeler, Nicola	Lower Hutt	4.11m
3	Anderson, Jessie	University (CAN)	3.95m

Girls Discus Throw Grade 11

1	McKewen, Larissa	Port Hills	28.77m
2	Keane, Simone	Alexandra	25.32m
3	Shaw, Susanna	South Canterbury	24.77m

Girls Shot Put Grade 11

1	McKewen, Larissa	Port Hills	10.87m
2	Aitken, Demi	Temuka	7.47m
3	Shaw, Susanna	South Canterbury	7.30m

Girls 100 Metre Sprint Grade 12 Wind: 3.6

1	McAuley, Samantha	Hill City	13.14
2	Wilson, Brie	Phoenix	13.27
3	Lai Kong, Fuatai	Phoenix	13.43

Girls 200 Metre Sprint Grade 12 Wind: 1.0

1	McAuley, Samantha	Hill City	27.82
2	Rollo, Tyler	Lower Hutt	28.03
3	Wilson, Brie	Phoenix	28.05

Girls 400 Metre Sprint Grade 12

1	Rollo, Tyler	Lower Hutt	01:03.91
2	Tennekoon, Jemima	University (CAN)	01:04.46
3	McAuley, Samantha	Hill City	01:05.36

Girls 800 Metre Run Grade 12

1	Adamson, Meg	Invercargill	02:26.92
2	Meynell, Kate	Christchurch Avon	02:30.35
3	Ineson, Imogen	Sumner	02:32.62

Girls 1500 Metre Run Grade 12

1	Adamson, Meg	Invercargill	05:07.44
2	Ireland, Olivia	Sumner	05:20.69
3	Meynell, Kate	Christchurch Avon	05:23.62

Girls 4x100 Metre Relay Grade 12

1	Phoenix		56.48
2	Hill City		56.80
3	University (CAN)		58.20

Girls 80 Metre Hurdles Grade 12 Wind: -0.5

1	Spence, Maddy	Hill City	14.73
2	Williams, Shana	Te Aroha	15.25
3	Ashton, Christina	Taieri	15.51

Girls 1200 Metre Race Walk Grade 12

1	O'Brien, Erin	Ariki	07:11.82
2	Lang, Abbey	South Canterbury	07:16.87
3	Coard, Charlotte	Christchurch Avon	07:35.42

Girls High Jump Grade 12

1	Adamson, Meg	Invercargill	1.40m
2	Samuel, Xhavinæ	Pakuranga	1.33m
3	Thomson, Lucy	University (CAN)	1.30m

Girls Long Jump Grade 12

1	Lai Kong, Fuatai	Phoenix	4.48m
2	Thomson, Lucy	University (CAN)	4.21m
3	Ashton, Christina	Taieri	4.06m

OTHER NATIONAL RESULTS

Girls Discus Throw Grade 12

1	Samuel, Xhavinæ	Pakuranga	36.61m
2	Waterman, Servarna	Paeroa	29.11m
3	Rollo, Tyler	Lower Hutt	27.53m

Girls Shot Put Grade 12

1	Samuel, Xhavinæ	Pakuranga	9.75m
2	Kilpatrick, Bridgette	Greymouth	8.73m
3	Vaz Viegas, Daena Claire	New Brighton	8.72m

Girls 100 Metre Sprint Grade 13 Wind: 3.3

1	Cannell, Brittany	South Canterbury	13.23
2	Maisey, Olivia	New Brighton	13.33
3	Spark, Devoney	Remarkables Runners	13.34

Girls 200 Metre Sprint Grade 13 Wind: 0.1

1	Plimmer, Kate	Lower Hutt	27.41
2	Cannell, Brittany	South Canterbury	27.50
3	Saunders, Aisha	University (CAN)	28.11

Girls 400 Metre Sprint Grade 13

1	Smith, Laura	Christchurch Avon	01:00.48
2	Maisey, Olivia	New Brighton	01:02.14
3	McKay, Meg	Hill City	01:05.63

Girls 800 Metre Run Grade 13

1	Smith, Laura	Christchurch Avon	02:17.95
2	Maisey, Olivia	New Brighton	02:26.36
3	Flanagan, Rosa	University (CAN)	02:27.13

Girls 1500 Metre Run Grade 13

1	Smith, Laura	Christchurch Avon	04:56.08
2	Flanagan, Rosa	University (CAN)	05:03.69
3	Bayliss, Indiana	North Canterbury	05:06.99

Girls 4x100 Metre Relay Grade 13

1	Lower Hutt		53.95
2	New Brighton		55.26
3	University (CAN)		55.66

Girls 80 Metre Hurdles Grade 13 Wind: -0.5

1	Plimmer, Kate	Lower Hutt	12.96
2	Garner, Lucy	Lower Hutt	13.78
3	Cross, Anna	Ariki	13.81

Girls 1600 Metre Race Walk Grade 13

1	Molloy-Wolt, Lili	Sumner	08:42.07
2	Wilson, True	Hill City	10:20.56
3	McKay, Meg	Hill City	10:24.00

Girls High Jump Grade 13

1	Winton, Erica	Phoenix	1.59m
2	Plimmer, Kate	Lower Hutt	1.56m
2	Garner, Lucy	Lower Hutt	1.56m

Girls Long Jump Grade 13

1	Plimmer, Kate	Lower Hutt	4.71m
2	Rosie-Forrester, Taylor	North Canterbury	4.55m
3	Winton, Erica	Phoenix	4.51m

Girls Discus Throw Grade 13

1	Jones, Libby	Taieri	28.08m
2	Gugich, Marcella	Waitakere City	25.74m
3	Wheeler, Courtney	Lower Hutt	25.33m

Girls Shot Put Grade 13

1	Wheeler, Courtney	Lower Hutt	9.85m
2	Jones, Libby	Taieri	9.76m
3	Dennison, Stacey	Alexandra	9.25m

Girls 100 Metre Sprint Grade 14 Wind: 3.0

1	Brown, Holly	University (CAN)	13.10
2	Hogben, Rosy	University (CAN)	13.21
3	Peterson, Rebecca	Invercargill	13.36

Girls 200 Metre Sprint Grade 14 Wind: 1.5

1	Brown, Holly	University (CAN)	27.30
2	Forward, Eilish	Taieri	27.42
3	Hogben, Rosy	University (CAN)	27.88

Girls 400 Metre Sprint Grade 14

1	Harper, Ariana	Wellington Scottish	01:01.80
2	Adamson, Hannah	Invercargill	01:03.18
3	Hogben, Rosy	University (CAN)	01:03.87

OTHER NATIONAL RESULTS

Girls 800 Metre Run Grade 14

1	Harper, Ariana	Wellington Scottish	02:19.03
2	Matthews, Katelyn	Frankton	02:22.66
3	Adamson, Hannah	Invercargill	02:27.47

Girls 1500 Metre Run Grade 14

1	Harper, Ariana	Wellington Scottish	04:59.17
2	Matthews, Katelyn	Frankton	05:03.16
3	Evans, Sophie	Sumner	05:18.10

Girls 4x100 Metre Relay Grade 14

1	University (CAN)		53.63
2	Taieri		54.50
3	South Canterbury		55.00

Girls 80 Metre Hurdles Grade 14 Wind: 1.4

1	Brown, Holly	University (CAN)	13.02
2	Forward, Eilish	Taieri	13.15
3	Ryan, Leanna	South Canterbury	13.27

Girls 2000 Metre Race Walk Grade 14

1	Meikle, Sarah	University (CAN)	11:54.7
2	Wood, Jaimee	Hill City	13:04.8

Girls High Jump Grade 14

1	Hamilton, Amelia	Himemoa	1.49m
2	Hefford, Louise	Geraldine	1.46m
2	Boland, Kayla	New Brighton	1.46m

Girls Long Jump Grade 14

1	Fairbrother, Nicole	Eastern	4.74m
2	Forward, Eilish	Taieri	4.71m
3	Brown, Holly	University (CAN)	4.52m

Girls Discus Throw Grade 14

1	Carruthers, Maddy	University (CAN)	28.70m
2	Hefford, Louise	Geraldine	28.12m
3	Somerfield, Kate	Bellvue	23.27m

Girls Shot Put Grade 14

1	Carruthers, Maddy	University (CAN)	12.15m
2	Hefford, Louise	Geraldine	10.15m
3	Henderson, Caitlin	South Canterbury	9.52m

Boys 100 Metre Sprint Grade 10 Wind: -0.9

1	Cotton, Bailey	Richmond	14.22
2	MacKay, Fraser	Port Hills	14.30
3	McDonald, Liam	South Canterbury	14.64

Boys 200 Metre Sprint Grade 10 Wind: 4.2

1	Southey, Jake	Marlborough	29.25
2	MacKay, Fraser	Port Hills	29.39
3	Wratten-Westrupp, Boe	Motueka	29.93

Boys 400 Metre Sprint Grade 10

1	Turner, Liam	Winton	01:08.39
2	Pugh, Hamish	Richmond	01:08.44
3	Chalklen, Reece	New Brighton	01:08.95

Boys 800 Metre Run Grade 10

1	Cotton, Bailey	Richmond	02:37.14
2	Molteno, Oliver	Hill City	02:38.34
3	Johnston, Kane	Alexandra	02:39.21

Boys 1500 Metre Run Grade 10

1	Chalklen, Reece	New Brighton	05:22.92
2	Anderson, Simon	Richmond	05:26.60
3	Molteno, Oliver	Hill City	05:28.23

Boys 4x100 Metre Relay Grade 10

1	Hill City		01:02.13
2	Richmond		01:03.36
3	New Brighton		01:04.15

Boys High Jump Grade 10

1	MacKay, Fraser	Port Hills	1.31m
2	Southey, Jake	Marlborough	1.31m
3	Roy, Jaren	Hill City	1.31m

Boys Long Jump Grade 10

1	Lynch, Riain	Phoenix	4.34m
2	MacKay, Fraser	Port Hills	4.08m
3	Tarleton, Aaron	Taieri	4.06m

OTHER NATIONAL RESULTS

Boys Discus Throw Grade 10

1	Koolen, Nathan	New Brighton	24.23m
2	Roy, Jaren	Hill City	23.79m
3	Harford, Alex	Christchurch Avon	21.69m

Boys Shot Put Grade 10

1	Cotton, Bailey	Richmond	8.77m
2	Roy, Jaren	Hill City	8.76m
3	Koolen, Nathan	New Brighton	8.54m

Boys 100 Metre Sprint Grade 11 Wind:0.1

1	Atkinson, James	University (CAN)	13.69
2	Moulia, Tom	Papanui Toc H	13.95
3	Kamira-Campbell, Tawhiri	Marlborough	14.00

Boys 200 Metre Sprint Grade 11 Wind: 2.9

1	Atkinson, James	University (CAN)	28.41
2	Collerton, Ben	University (CAN)	28.78
3	Stroud, Benjamin	Papanui Toc H	28.95

Boys 400 Metre Sprint Grade 11

1	Anderson, Ben	Richmond	01:02.36
2	Moulia, Tom	Papanui Toc H	01:03.09
3	Hall, Tyler	Richmond	01:06.84

Boys 800 Metre Run Grade 11

1	Anderson, Ben	Richmond	02:28.19
2	Moulia, Tom	Papanui Toc H	02:30.74
3	Eglesfield, Fergus	North Canterbury	02:35.64

Boys 1500 Metre Run Grade 11

1	Anderson, Ben	Richmond	04:58.00
2	Eglesfield, Fergus	North Canterbury	05:03.98
3	Boyd, Will	University (CAN)	05:07.51

Boys 4x100 Metre Relay Grade 11

1	University (CAN)		57.88
2	Marlborough		58.37
3	Remarkables Runners		01:00.7

Boys High Jump Grade 11

1	Collerton, Ben	University (CAN)	1.39m
1	Erasmus, Johan	Phoenix	1.39m
3	Stroud, Benjamin	Papanui Toc H	1.36m
3	James, Brandon	Papanui Toc H	1.36m
3	Salmon, AJ	Phoenix	1.36m
3	Taberner, Patrick	Fiordland	1.36m

Boys Long Jump Grade 11

1	Erasmus, Johan	Phoenix	4.55m
2	Miles, Reuben	Greymouth	4.24m
3	van Rensburg, Veli	Marlborough	4.18m

Boys Discus Throw Grade 11

1	Miles, Reuben	Greymouth	21.67m
2	Lordan, Jeremy	Richmond	20.62m
3	Basford, Mac	South	20.15m

Boys Shot Put Grade 11

1	Bryant, Jack	University (CAN)	11.68m
2	Coles, Shaun	South Canterbury	8.71m
3	James, Brandon	Papanui Toc H	8.18m

Boys 100 Metre Sprint Grade 12 Wind: 0.7

1	Campbell, T.C	Marlborough	12.70
2	Jacobs, Ronan	Temuka	13.06
3	O'Neill, Rory	Ariki	13.67

Boys 200 Metre Sprint Grade 12 Wind: 3.8

1	Campbell, T.C	Marlborough	25.85
2	Jacobs, Ronan	Temuka	27.04
3	Pinnock, Jordan	Greymouth	27.62

Boys 400 Metre Sprint Grade 12

1	Curran, Hunter	Pakuranga	01:00.56
2	Pallister, Jake	Pakuranga	01:01.22
3	Stamper, Caleb	Papanui Toc H	01:01.32

Boys 800 Metre Run Grade 12

1	Pallister, Jake	Pakuranga	02:20.10
2	Stamper, Caleb	Papanui Toc H	02:20.16
3	Curran, Hunter	Pakuranga	02:20.92

OTHER NATIONAL RESULTS

Boys 1500 Metre Run Grade 12

1	Pallister, Jake	Pakuranga	04:45.34
2	Beresford, Jonathan	Onslow	04:46.76
3	Stamper, Caleb	Papanui Toc H	04:47.27

Boys 4x100 Metre Relay Grade 12

1	Christchurch Avon		55.83
2	South Canterbury		55.92
3	Hill City		57.28

Boys 80 Metre Hurdles Grade 12 Wind:0.5

1	Eustace, Sean	Christchurch Avon	14.19
2	Prest, Matt	Christchurch Avon	14.38
3	Scott, Fraser	Phoenix	14.61

Boys 1200 Metre Race Walk Grade 12

1	Beresford, Jonathan	Onslow	07:39.83
2	Cooper, Liam	South Canterbury	07:39.95

Boys High Jump Grade 12

1	Curran, Hunter	Pakuranga	1.54m
2	Campbell, T.C	Marlborough	1.51m
2	Houston, Jesse	Ashburton	1.51m

Boys Long Jump Grade 12

1	McMillen, Bryce	New Brighton	4.43m
2	Squires, Adam	Ashburton	3.96m
3	Lynch, Doyle	Phoenix	3.84m

Boys Discus Throw Grade 12

1	Kidd, Miha	St Pauls	28.57m
2	Cooper, Liam	South Canterbury	26.05m
3	Scott, Fraser	Phoenix	23.66m

Boys Shot Put Grade 12

1	Pinnock, Jordan	Greymouth	13.82m
2	Timmins, Sam	Hill City	10.86m
3	Kidd, Miha	St Pauls	10.04m

Boys 100 Metre Sprint Grade 13 Wind: 1.2

1	Kalauta-Lene, Josh	New Brighton	12.22
2	Merritt, Henry	Wellington Harriers	12.52
3	McLean, Matt	New Brighton	12.55

Boys 200 Metre Sprint Grade 13 Wind: 2.0

1	Turkmani, Shafiq	Christchurch Avon	25.46
2	McLean, Matt	New Brighton	25.59
3	Costelloe, Brad	North Otago	25.76

Boys 400 Metre Sprint Grade 13

1	McNoe, Chris	Hill City	55.87
2	Gleaves, Brandon	Port Hills	56.72
3	Turkmani, Shafiq	Christchurch Avon	56.78

Boys 800 Metre Run Grade 13

1	McNoe, Chris	Hill City	02:15.28
2	Barry, Josh	Nelson	02:17.41
3	Kroon, Ben	Papatoetoe	02:19.17

Boys 1500 Metre Run Grade 13

1	Marryatt, Jake	Christchurch Avon	04:43.01
2	Kroon, Ben	Papatoetoe	04:48.72
3	Fleming, Danyon	Takaka	04:50.84

Boys 4x100 Metre Relay Grade 13

1	Hill City		50.80
2	University (CAN)		52.46
3	South Canterbury		55.59

Boys 80 Metre Hurdles Grade 13 Wind:-0.5

1	Woodhouse, George	Hill	12.98
2	Fifield, Jack	Christchurch Avon	13.03
3	Turkmani, Shafiq	Christchurch Avon	13.08

Boys 1600 Metre Race Walk Grade 13

1	Lord, Jonathon	South Canterbury	08:22.88
2	Jackson, Andrew	Roskill South	09:45.89
3	Kokich, Josh	Christchurch Avon	11:09.50

Boys High Jump Grade 13

1	Costelloe, Brad	North	1.74m
2	Gleaves, Brandon	Port Hills	1.64m
3	Taberner, Samuel	Fiordland	1.55m

OTHER NATIONAL RESULTS

Boys Long Jump Grade 13

1	Street, Logan	University (CAN)	4.88m
2	Laredo, Andre	University (CAN)	4.77m
3	Fifield, Jack	Christchurch Avon	4.74m

Boys Discus Throw Grade 13

1	Gleaves, Brandon	Port Hills	35.36m
2	Jackson, Andrew	Roskill South	34.56m
3	McNoe, Chris	Hill City	32.94m

Boys Shot Put Grade 13

1	Gleaves, Brandon	Port Hills	12.11m
2	Craig, Ashley	St Pauls	11.39m
3	Kalauta-Lene, Josh	New Brighton	10.77m

Boys 100 Metre Sprint Grade 14 Wind: 1.3

1	Stark, Gavin	Gore	11.33
2	Martin, Thomas	Christchurch Avon	11.37
3	Tagaloa, Henry	Papanui Toc H	11.95

Boys 200 Metre Sprint Grade 14 Wind: 4.0

1	Martin, Thomas	Christchurch Avon	23.38
2	Stark, Gavin	Gore	23.71
3	Kidwell, Tipene	Titahi Bay	24.39

Boys 400 Metre Sprint Grade 14

1	Martin, Thomas	Christchurch Avon	51.40
2	Stark, Gavin	Gore	53.47
3	Muggeridge, Andrew	Himemoa	53.83

Boys 800 Metre Run Grade 14

1	Muggeridge, Andrew	Himemoa	02:06.19
2	Woods, Kieran	Pakuranga	02:12.97
3	Vetter, Jordan	Eastern	02:14.79

Boys 1500 Metre Run Grade 14

1	Muggeridge, Andrew	Himemoa	04:27.99
2	Woods, Kieran	Pakuranga	04:35.52
3	Dryden, Matthew	Christchurch Avon	04:42.41

Boys 4x100 Metre Relay Grade 14

1	Christchurch Avon	48.69
2	South Canterbury	49.68
3	Papanui Toc H	49.94

Boys 100 Metre Hurdles Grade 14

Wind: 0.6

1	Bryant, Jesse	University (CAN)	14.66
2	Coard, Joshua	Christchurch Avon	15.26
3	Chella, Kartik	University (CAN)	15.28

Boys 2000 Metre Race Walk Grade 14

1	Thomas, Joshua	Christchurch Avon	12:42.66
2	Sweeney, Kurt	Te Aroha	13:26.71

Boys High Jump Grade 14

1	Bryant, Jesse	University (CAN)	1.91m
2	Baxter, Shaun	Lower Hutt	1.68m
2	Small, Sam	South Canterbury	1.68m

Boys Long Jump Grade 14

1	Bryant, Jesse	University (CAN)	6.46m
2	Chella, Kartik	University (CAN)	5.73m
3	Kidwell, Tipene	Titahi Bay	5.19m

Boys Discus Throw Grade 14

1	Small, Sam	South Canterbury	34.10m
2	Kilden, D.J	Papanui Toc H	32.40m
3	Palmer, Jethro	Geraldine	31.62m

Boys Shot Put Grade 14

1	Bryant, Jesse	University (CAN)	12.27m
2	Martin, Thomas	Christchurch Avon	10.85m
3	Jefferies, Chayse	Pukekohe	10.02m

Mixed 1600 Metre Medley Relay Grade 10

1	Port Hills	05:24.22
2	Ashburton	05:31.14
3	Christchurch Avon	05:41.95

Mixed 1600 Metre Medley Relay Grade 11

1	University (CAN)	04:52.07
2	South Canterbury	04:58.39
3	Christchurch Avon	05:01.88

OTHER NATIONAL RESULTS

Mixed 1600 Metre Medley Relay Grade 12

1	Christchurch Avon	04:42.15
2	Hill City	04:57.89
3	Caversham	05:12.53

Mixed 1600 Metre Medley Relay Grade 13

1	Christchurch Avon	04:21.82
2	University (CAN)	04:26.93
3	Hill City	04:31.77

Mixed 1600 Metre Medley Relay Grade 14

1	Christchurch Avon	04:13.57
2	University (CAN)	04:22.38
3	South Canterbury	04:29.19

New Zealand Secondary Schools Cross Country Championships

Waikanae, 19 June 2010

Senior Boys - 6km

1	Declan Wilson	Sacred Heart College (Aklid)	19:50
2	Matt Baxter	New Plymouth Boys High School	20:01
3	Cameron Burstall	Auckland Grammar School	20:12

Senior Girls - 4km

1	Rebekah Greene	St Hilda's Collegiate	14:25
2	Mikayla Nielsen	Correspondence School	14:36
3	Anna-Lisa Uttley	Otumoetai College	14:50

Junior Boys - 4km

1	David Lee	Pakuranga College	13:23
2	Magnus Whyte	Auckland Grammar School	13:23
3	Finn Wilson	Sacred Heart College (Aklid)	13:41

Junior Girls - 3km

1	Jean Kozyniak	St Catherine's College	10:34
2	Susannah Lynch	St Mary's College (Wgtn)	10:40
3	Georgia Harris	Gisborne Girls High School	10:48

Boys Year 9 - 3km

1	Jacob Priddey	Hamilton Boys High School	9:29
2	Marcus Karamanolis	St Patrick's College (Kilbernie)	9:29
3	Scott Croasdale	Tauranga Boys' College	9:39

Girls Year 9 - 3km

1	Audrey Gregan	St Cuthbert's College	10:35
2	Claire Erasmus	Nelson College for Girls	10:59
3	Alana Lythe	Westlake Girls High School	11:03

Boys AWD - 2km

1	Kwame Williams-Accra	Ronotai College	9:06
2	Ashley Carmichael	Upper Hutt College	9:09
3	Scott Van De Riet	Upper Hutt College	9:31

Girls AWD - 2km

1	Janie Martin	Paraparaumu College	13:06
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New Zealand Secondary Schools Track & Field Championships

Hastings, 11 – 12 December 2010

Junior Girls 100m

1	Laura McKenna	Wairarapa College	1.1	12.53
2	Peterson Rebecca	James Hargest High School	1.1	12.58
3	Merewarihi Vaka	Aorere College	1.1	12.67

Junior Girls 200m

1	Madison Gipson	Rangitoto College	3.6	25.11
2	Michaela Blyde	New Plymouth Girls High School	3.6	25.72
3	Laura McKenna	Wairarapa College	3.6	25.79

Junior Girls 400m

1	Talia Horgan	Cambridge High School	57.14
2	Stephanie Dickins	Feilding High School	59.37
3	Sophie Millar	Aquinas College	1:00.51

Junior Girls 800m

1	Stevie Paine	Wairarapa College	2:14.77
2	Laura Smith	Villa Maria College	2:17.10
3	Ariana Harper	Onslow College	2:18.23

OTHER NATIONAL RESULTS

Junior Girls 1500m

1	Jean Kozyniak	St Catherine's College	4:52.54
2	Susannah Lynch	St Mary's College (Wgtn)	4:54.54
3	Denise Mendonca	Pakuranga College	4:55.10

Junior Girls 3000m

1	Denise Mendonca	Pakuranga College	11:01.33
2	Audrey Gregan	St Cuthbert's College	11:04.54
3	Rosa Flannagan	Rangi Ruru Girls' School	11:11.96

Junior Girls 4x100m Relay

1	Wanganui Collegiate A	Wanganui Collegiate	51.51
2	Wairarapa College	Wairarapa College	51.80
3	Mt Albert Grammar	Mt Albert Grammar	53.48

Junior Girls 4x400m Relay

1	Wanganui Collegiate	Wanganui Collegiate	4:14.05
2	Tauranga Girls' College	Tauranga Girls' College	4:20.09
3	Mt Albert Grammar	Mt Albert Grammar	4:20.36

Junior Girls 80m Hurdles

1	Lauri Watt	St Margaret's College	0.6	11.79
2	Madison Gipson	Rangitoto College	0.6	11.90
3	Hanna Brough	Tuakau College	0.6	12.50

Junior Girls Long Jump

1	Paige Harwood	Botany Downs Secondary College	-0.7	5.38
2	Kristina Rybinski	Wellington East Girls' College	0.1	5.30
3	Lauri Watt	St Margaret's College	-0.4	5.22

Junior Girls High Jump

1	Erica Winton	Middleton Grange School	1.74
2	Paige Harwood	Botany Downs Secondary College	1.71
3	Valerie Chan	Wellington Girls' College	1.65

Junior Girls Triple Jump

1	Jade Graham	Gore High School	1.2	11.70
2	Anna Thomson	Aotea College	1.6	11.47
3	Jamie Sowter	Mt Albert Grammar	1.7	11.05

Junior Girls Shot Put

1	Merewarihi Vaka	Aorere College	14.73
2	Paige Harwood	Botany Downs Secondary College	12.45
3	Maddy Carruthers	Burnside High School	12.33

Junior Girls Discus

1	Merewarihi Vaka	Aorere College	46.45
2	Chasity Tugaga-Maxwell	Epsom Girls Grammar School	33.23
3	Ruby Cochrane	Waimate High School	32.73

Junior Girls Javelin

1	Caitlin Henderson	Timaru Girls' High School	33.36
2	Ella Richardson	Havelock North High School	31.94
3	Maddy Carruthers	Burnside High School	29.49

Junior Girls Hammer

1	Ella Pilkington	Westlake Girls High School	42.08
2	Montaya Wharehinga	Wainuiomata High School	35.87
3	Maria Taylor	Wairarapa College	32.57

Senior Girls 100m

1	Lauren Wilson	Queen's High School	2.5	12.23
2	Emma Blake	Hastings Girls High School	2.5	12.42
3	Megan McPhail	Waitaki Girls' High School	2.5	12.47

Senior Girls 200m

1	Lauren Wilson	Queen's High School	1.8	24.88
2	Emma Blake	Hastings Girls High School	1.8	25.36
3	Brooke Cull	Takapuna Grammar School	1.8	25.58

Senior Girls 400m

1	Hazel Bowering-Scott	Nelson College For Girls	56.29
2	Sarah Flynn	Iona College	58.31
3	Lauren Nicol	Roncalli College	58.55

Senior Girls 800m

1	Annika Pfitzinger	Rangitoto College	2:13.02
2	Anna Kean	Bayfield High School	2:13.76
3	Kerry White	Te Aroha College	2:14.42

Senior Girls 1500m

1	Rebekah Greene	St Hilda's Collegiate	4:41.92
2	Margot Gibson	St Margaret's College	4:45.30
3	Mikayla Nielsen	Correspondence School	4:52.23

OTHER NATIONAL RESULTS

Senior Girls 3000m

1	Georgie Grgec	Diocesan School for Girls		9:54.86
2	Rebekah Greene	St Hilda's Collegiate		9:54.99
3	Mikayla Nielsen	Correspondence School		10:16.64

Senior Girls 4x100m Relay

1	Tauranga Girls' College	Tauranga Girls' College		49.81
2	Mt Albert Grammar	Mt Albert Grammar		50.53
3	Columba College	Columba College		50.61

Senior Girls 4x400m Relay

1	St Margaret's College	St Margaret's College		4:07.44
2	Glendowie College	Glendowie College		4:09.81
3	Iona College	Iona College		4:11.72

Senior Girls 100m Hurdles

1	Portia Bing	Baradene College	1.0	14.42
2	Mackenzie Keenan	St Margaret's College	1.0	15.05
3	Bella Andrews	Tauranga Girls' College	1.0	15.49

Senior Girls Long Jump

1	Portia Bing	Baradene College	-1.7	5.56
2	Mariah Ririnui	Tauranga Girls' College	-1.6	5.50
3	Rebecca Lovell	Waikato Diocesan School	-1.0	5.41

Senior Girls High Jump

1	Keeley O'Hagan	Western Springs College		1.76
2	Savannah Bruin	Central Southland College		1.73
3=	Ashleigh Sando	Taupo Nui-a-tia College		1.70
3=	Emma Sutherland	Napier Girls High School		1.70

Senior Girls Triple Jump

1	Greer Alsop	Southland Girls' High School	2.1	12.15
2	Charlotte Muschamp	Southland Girls' High School	2.3	12.14
3	Hannah Keenan	Christchurch Girls High School	-0.1	11.38

Senior Girls Shot Put

1	Siositina Hakeai	Auckland Girls Grammar School		13.96
2	Leesa Lealai-Salanoa	St Mary's College (Wgtn)		13.16
3	Nicole Bradley	Queen's High School		12.13

Senior Girls Discus

1	Leesa Lealai-Salanoa	St Mary's College (Wgtn)		52.02
2	Siositina Hakeai	Auckland Girls Grammar School		50.07
3	Sarah Button	Carmel College		42.29

Senior Girls Javelin

1	Patricia Taea	Cook Islands		41.81
2	Stacey Peeters	St Peter's College (Gore)		38.52
3	Davina Hamann	Otago Girls High School		38.30

Senior Girls Hammer

1	Julia Ratcliffe	Waikato Diocesan School		57.47
2	Rebecca Hodgson	Timaru Girls' High School		45.97
3	Sarah Button	Carmel College		44.51

Open Girls 300m Hurdles

1	Biddy Skerten	Columba College		45.23
2	Stephanie Dickins	Feilding High School		45.37
3	Mackenzie Keenan	St Margaret's College		45.69

Open Girls 2000m Steeplechase

1	Christina Taylor	Southland Girls' High School		7:11.35
2	Florence Reynolds	Wellington Girls' College		7:21.34
3	Flora Brocherie	Akaroa Area School		7:23.24

Open Girls 2000m Walk

1	Courtney Ruske	Burnside High School		9:52.69
2	Lucinda Shaw	Roncalli College		10:35.44
3	Margaret Bradley	Avondale College		10:55.06

Open Girls Pole Vault

1	Kerry Charlesworth	Rangitoto College		3.70
2	Lucy McGall	Sancta Maria College		3.40
3	Lydia Taylor	Long Bay College		3.30

AWD ID Female 100m

1	Nikita White	Otago Girls High School	2.2	16.42
2	Sophie Webb	Allenvale School	2.2	19.10
3	Angeliqve Vitry Audibert	Allenvale School	2.2	22.52

AWD AMP Female 200m

1	Brylee Mills	Hastings Girls High School	-3.3	39.84
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OTHER NATIONAL RESULTS

AWD ID Female 200m

1	Nikita White	Otago Girls High School	1.5	34.99
2	Emma Tull	Rangiora High School	1.5	39.77
3	Sophie Webb	Allenvale School	1.5	41.71

AWD AMP Female 400m

1	Brylee Mills	Hastings Girls High School		1:27.89
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AWD ID Female 400m

1	Nikita White	Otago Girls High School		1:28.57
2	Emma Tull	Rangiora High School		1:35.72

AWD ID Female Long Jump

1	Nikita White	Otago Girls High School		3.09
2	Sophie Webb	Allenvale School		2.45
3	Emma Tull	Rangiora High School		2.32

AWD AMP Female Long Jump

1	Brylee Mills	Hastings Girls High School	-1.9	2.77
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AWD ID Female Shot Put

1	Nikita White	Otago Girls High School		5.12
2	Samantha Troon	Rangiora High School		4.98

AWD CP Female Shot Put

1	Va Filemoni	St Catherine's College		5.97
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AWD AMP Female Shot Put

1	Holly Robinson	Westland High School		8.83
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AWD ID Female Discus

1	Nikita White	Otago Girls High School		12.37
2	Samantha Troon	Rangiora High School		9.35
3	Emma Tull	Rangiora High School		8.27

AWD CP Female Discus

1	Va Filemoni	St Catherine's College		11.16
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AWD AMP Female Discus

1	Holly Robinson	Westland High School		30.06
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AWD ID Female Javelin

1	Samantha Troon	Rangiora High School		8.97
2	Emma Tull	Rangiora High School		5.00

AWD CP Female Javelin

1	Va Filemoni	St Catherine's College		9.15
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AWD AMP Female Javelin

1	Holly Robinson	Westland High School		24.94
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Junior Boys 100m

1	Gavin Stark	Blue Mountain College	1.4	11.24
2	Mason Emerson	Lindisfarne College	1.4	11.50
3	Robert Jopp	John McGlashan College	1.4	11.53

Junior Boys 200m

1	Dalton Coppins	Sacred Heart College (Auckland)	0.9	22.05
2	Tom Smith	St Pauls Collegiate (Hamilton)	0.9	22.84
3	Jack Hocking	Wellington College	0.9	23.14

Junior Boys 400m

1	Tom Martin	St Bede's College		50.99
2	Jack Shipp	St Patrick's College (Silverstream)		51.52
3	Gavin Stark	Blue Mountain College		51.90

Junior Boys 800m

1	Tom Quinn	Rathkeale College/Trinity Sen		2:03.97
2	Wang Ray	Macleans College		2:05.25
3	Samuel Smith	James Hargest High School		2:05.71

Junior Boys 1500m

1	Ben Musson	Papanui High School		4:17.33
2	Nicholas Pointon	Scots College		4:17.33
3	Theunis Pieters	Hamilton Boys High School		4:19.28

Junior Boys 3000m

1	Magnus Whyte	Auckland Grammar School		9:07.24
2	David Lee	Pakuranga College		9:15.03
3	Jacob Priddey	Hamilton Boys High School		9:18.55

Junior Boys 4x100m Relay

1	St Pauls Collegiate (Hamilton)	St Pauls Collegiate (Hamilton)		45.77
2	Mt Albert Grammar	Mt Albert Grammar		45.81
3	St Bede's College	St Bede's College		45.94

OTHER NATIONAL RESULTS

Junior Boys 4x400m Relay

1	St Pauls Collegiate (Hamilton)	St Pauls Collegiate (Hamilton)	3:38.41
2	Rathkeale College/Trinity Sen	Rathkeale College/Trinity Sen	3:42.80
3	Wellington College	Wellington College	3:51.15

Junior Boys 100m Hurdles

1	Pascal Kethers	Rangitoto College	13.89
2	Luca Denee	Takapuna Grammar School	14.44
3	MacKenzie Haugh	Kings High School	14.55

Junior Boys Long Jump

1	Jesse Bryant	St Bede's College	-0.7	6.51
2	Alex Colvin	Tauranga Boys' College	-1.2	6.39
3	Pascal Kethers	Rangitoto College	-2.2	6.12

Junior Boys High Jump

1	Patch Harnett	St Bede's College	1.90
2	Daniel Manickum-Pullen	Sacred Heart College (Auckland)	1.84
3	Alex Colvin	Tauranga Boys' College	1.81

Junior Boys Triple Jump

1	Alex Colvin	Tauranga Boys' College	1.6	13.17
2	William Smart	Wanganui Collegiate	0.2	13.09
3	Liam Carr	Palmerston North Boys High School	1.1	12.67

Junior Boys Shot Put

1	Tim Girling-McLean	Rathkeale College/Trinity Sen	15.43
2	Sam Ulufonua	Auckland Grammar School	15.06
3	Milan Pickering	Avondale College	14.98

Junior Boys Discus

1	Kyle Van der Merwe	Francis Douglas Memorial College	54.34
2	Nelson Asofa-Solomona	Wellington College	52.03
3	Jonah Sofele	St Peter's College (Auckland)	51.61

Junior Boys Javelin

1	Kyle Van der Merwe	Francis Douglas Memorial College	58.09
2	Eperu James	De La Salle College	49.13
3	Jesse Porter	East Otago High School	47.38

Junior Boys Hammer

1	Richard Callister	Westlake Boys High School	56.32
2	Alexander Thomson	Taieri College	43.49
3	Benedict Chong Wong	Massey High School	34.70

Senior Boys 100m

1	Joseph Millar	Aquinas College	1.2	10.68
2	Scott Walker	Christchurch Boys High School	1.2	10.75
3	Ryan Howe	John Paul College	1.2	10.86

Senior Boys 200m

1	Joseph Millar	Aquinas College	2.5	21.27
2	Joshua Hawkins	Sacred Heart College (Auckland)	2.5	21.51
3	Joseph Taylor	Christchurch Boys High School	2.5	21.94

Senior Boys 400m

1	Tyler Collings	Timaru Boys' High School	49.53
2	Glen Matuschka	Wanganui High School	49.73
3	Jono Sullivan	St Pauls Collegiate (Hamilton)	49.82

Senior Boys 800m

1	Brad Mathas	Cullinane College	1:51.25
2	Julian Oakley	Tauranga Boys' College	1:53.07
3	Derick Lotz	Christchurch Boys High School	1:54.08

Senior Boys 1500m

1	Kieron McDonald	Scots College	3:59.69
2	Michael Verco-Curtis	Kelston Boys High School	3:59.97
3	Ben Moynihan	Kings College	4:00.25

Senior Boys 3000m

1	Declan Wilson	Sacred Heart College (Auckland)	8:33.09
2	Matt Baxter	New Plymouth Boys High School	8:38.61
3	Mohamed Ali	Fairfield College	8:46.67

Senior Boys 4x100m Relay

1	Christchurch Boys High School	Christchurch Boys High School	42.95
2	Otago Boys High School	Otago Boys High School	44.46
3	St Peter's College (Auckland)	St Peter's College (Auckland)	44.71

Senior Boys 4x400m Relay

1	St Paul's Collegiate (Hamilton)	St Pauls Collegiate (Hamilton)	3:23.94
2	Christchurch Boys High School A	Christchurch Boys High School	3:26.92
3	Wanganui Collegiate A	Wanganui Collegiate	3:28.50

OTHER NATIONAL RESULTS

Senior Boys 110m Hurdles

1	Joshua Hawkins	Sacred Heart College (Auckland)	0.9	14.09
2	Martin Swart	Christchurch Boys High School	0.9	14.74
3	Stephen Isaac	St Patrick's College (Kilbirnie)	0.9	14.83

Senior Boys Long Jump

1	Brendon Barnett	Waimea College	2.0	7.13
2	Ryan Howe	John Paul College	2.8	7.04
3	Chris Wiremu	Christchurch Boys High School	2.7	6.71

Senior Boys High Jump

1	Ross Walker-Smart	Onehunga High School		2.03
2	Jordan Peters	Dilworth School		1.97
3	Cody Thomas	Marlborough Boys College		1.97

Senior Boys Triple Jump

1	Scott Thomson	Aotea College	5.3	14.72
2	Phillip Wyatt	Avondale College	6.0	14.08
3	William Cowper	Wanganui Collegiate	3.1	13.73

Senior Boys Shot Put

1	Jacko Gill	Takapuna Grammar School		23.86
2	Albert Nikoro	Mt Albert Grammar		16.91
3	Mone Vaka	Aorere College		16.68

Senior Boys Discus

1	Hayden Hall	Kaiapoi High School		57.19
2	Mone Vaka	Aorere College		54.56
3	Albert Nikoro	Mt Albert Grammar		52.05

Senior Boys Javelin

1	Kane Russell	Otago Boys High School		61.51
2	William Wright	Timaru Boys' High School		60.09
3	Ben Langton Burnell	Palmerston North Boys High School		59.52

Senior Boys Hammer

1	Alex Fafeita	Wairarapa College		54.89
2	Dean Rusbatch	Otago Boys High School		47.14
3	Adam Miller	Palmerston North Boys High School		46.92

Open Boys 300m Hurdles

1	Stephen Isaac	St Patrick's College (Kilbirnie)		37.91
2	Cameron French	St Pauls Collegiate (Hamilton)		37.91
3	Phil Simms	Hamilton Boys High School		38.20

Open Boys 2000m Steeplechase

1	Sam Mills	Christchurch Boys High School		6:19.43
2	Matthew Taylor	Lindisfarne College		6:19.75
3	Liam Cowley	Kings College		6:23.39

Open Boys 3000m Walk

1	Matthew Holcroft	Hamilton Boys High School		13:18.43
2	Jonathon Lord	Timaru Boys' High School		15:43.26
3	Ben Meikle	Shirley Boys High School		16:28.37

Open Boys Pole Vault

1	Nicholas Southgate	Rosmini College		4.30
2	Pascal Kethers	Rangitoto College		4.30
3	Ben Harrison	Taradale High School		3.70

AWD ID 100m

1	Kwame Williams-Accra	Rongotai College	2.0	12.37
2	Bradley Garner	Allenvale School	2.0	12.99
3	Simon Greene	St Kevin's College	2.0	13.58

AWD WC 100m

1	Otis Horne	Hastings Boys High School	1.0	30.73
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AWD CP 100m

1	Richard Nelson Parker	Kings College	1.0	13.80
2	Cameron Hepburn	Allenvale School	1.0	15.59
3	George Hewitt	Rathkeale College/Trinity Sen	1.0	20.71

AWD ID 200m

1	Kwame Williams-Accra	Rongotai College	2.1	25.31
2	Sunil Fernandez-Ritchie	Hillcrest High School	2.1	26.94
3	Bradley Garner	Allenvale School	2.1	27.11

AWD WC 200m

1	Otis Horne	Hastings Boys High School	2.1	1:08.08
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AWD CP 200m

1	Richard Nelson Parker	Kings College	2.1	28.78
2	Mark Lewis	Riccarton High School	2.1	29.73
3	George Hewitt	Rathkeale College/Trinity Sen	2.1	42.65

OTHER NATIONAL RESULTS

AWD ID 400m				
1	Sunil Fernandez-Ritchie	Hillcrest High School	1:00.27	
2	Liam Smith	Tuatapere Community College	1:08.65	
3	Orlando Karepa	Awatapu College	1:11.24	
AWD WC 400m				
1	Otis Horne	Hastings Boys High School	2:31.94	
AWD CP 400m				
1	Mark Lewis	Riccarton High School	1:08.50	
2	Cameron Hepburn	Allenvale School	1:13.90	
3	George Hewitt	Rathkeale College/Trinity Sen	1:40.55	
AWD ID Long Jump				
1	Bradley Garner	Allenvale School	1.5	4.81
2	Liam Smith	Tuatapere Community College	2.4	4.06
3	Orlando Karepa	Awatapu College	3.7	3.88
AWD CP Long Jump				
1	Cameron Hepburn	Allenvale School	1.8	3.02
AWD AMP Long Jump				
1	Jono Brownjohn	New Plymouth Boys High School	-1.4	4.33
AWD ID Shot Put				
1	Bradley Garner	Allenvale School		9.82
2	Simon Greene	St Kevin's College		9.62
3	Matthew Aitken	Otago Boys High School		8.36
AWD WC Shot Put				
1	Otis Horne	Hastings Boys High School		2.69
AWD AMP Shot Put				
1	Jono Brownjohn	New Plymouth Boys High School		9.21
AWD ID Discus				
1	Liam Smith	Tuatapere Community College		25.90
2	Matthew Aitken	Otago Boys High School		24.77
3	Bradley Garner	Allenvale School		20.70
AWD WC Discus				
1	Otis Horne	Hastings Boys High School		8.66
AWD ID Javelin				
1	Matthew Aitken	Otago Boys High School		20.94
2	Joshua Abbott	Feilding High School		15.70
3	Blair Smith	Rangiora High School		12.47
AWD AMP Javelin				
1	Jono Brownjohn	New Plymouth Boys High School		16.91
AWD 2km Road Race				
1	Orlando Karepa	Awatapu College		8:38
2	Matthew Simes	Freyberg High School		8:42
3	Te Huia Apaapa	Waihi College		9:04
Year 9 Girls 3km Road Race				
1	Alana Lythe	Westlake Girls High School		10:52
2	Bridget Kiddle	Samuel Marsden Collegiate		11:04
3	Isabella Kirk	Tauranga Girls' College		11:11
Year 9 Boys 3km Road Race				
1	Jacob Priddy	Hamilton Boys High School		9:40
2	Troy Lonergan	Westlake Boys High School		9:49
3	Scott Croasdale	Tauranga Boys' College		9:56
Junior Girls 4km Road Race				
1	Susannah Lynch	St Mary's College (Wgtn)		14:47
2	Jean Kozyniak	St Catherine's College		14:47
3	Elise Salt	St Cuthbert's College		14:50
Senior Girls 4km Road Race				
1	Olivia Ritchie	Waikato Diocesan School		14:10
2	Grace McConnochie	Gisborne Girls High School		14:15
3	Ashleigh Williams	Epsom Girls Grammar School		14:24
Junior Boys 4km Road Race				
1	Toa Elphick-laveta	Napier Boys High School		13:11
2	Max Kelly	Westlake Boys High School		13:16
3	Jake Jackson Grammer	Palmerston North Boys High School		13:20
Senior Boys 6km Road Race				
1	Alex Gorrie	Kavanagh College		19:04
2	Tadele Tekle Haimanot	Mt Roskill Grammar		19:17
3	Tim Stewart	Paraparaumu College		19:23

New Zealand Athletes Ranked in World Top 50 1987-2010

by Stephen Hollings

NZ ATHLETES World Ranked Top 50

An athletes ranking prior to competing in a major competition is a somewhat unreliable indicator of how that athlete will perform with respect to the other ranked athletes in the competition. Similarly, to use an athlete's ranking as a means of selection is also unpredictable as to the likely competition outcome. Notwithstanding, ranking lists do have a useful purpose. If they are used over a period of time, they paint a picture of the strength of the sport, particularly at the elite level, not only over a period of time, but from one year to another.

The following is an analysis of the relative "strength" or otherwise of the elite end of the sport in New Zealand over a twenty-four year period (1987 – 2010). Using the ATFS world ranking tables for each of the twenty-four years and by extracting from them the names, performances, and ranking of New Zealand athletes the following chart and table was compiled.

A total of 69 New Zealand athletes posted a total of 224 performances that ranked in the top 50 performances in a single track, field, road or walk event in the twenty-four year period. Men achieved 107 of these performances, whilst the other 117 of these performances were achieved by women. There has been a fairly even split in the numbers of men and women each year who have appeared in the lists. The last two years has seen a move away from this pattern with just two men against six women in 2009 and three men against seven women in 2010. Throughout the period, an average of nine performances each year by New Zealand athletes being ranked in the top 50 in the world in their event, were achieved.

Gavin Lovegrove with 12 successive (1987 – 1998) top 50 rankings in the Javelin Throw, including four years in the top 10, is the most prolific of the New Zealand male athletes in the table. However, the achievement of the most number of successive years ranked in the World top 50 in an event is by Beatrice Faumuina who has 16 successive years of a top 50 ranking between 1995 and 2010, including ranking in the World's top 10, seven times in that period. Valerie Vili is the only New Zealand athlete ever to be ranked number 1 in the World in any event on the ranking tables. She achieved this in the Shot Put in 2007 (20.54m) and 2009 (21.07m). Gavin Lovegrove (ranked 4th in the Javelin in 1996 – 88.20m) and Simon Poelman (ranked 4th in the Decathlon in 1987 – 8366pts) are New Zealand's highest ranked male athletes according to the ranking tables for this twenty-four year period. Other New Zealand athletes that have been ranked in the top 10 on the World ranking lists have been Anne Audain (6th in 10000m in 1989), Barbara Moore (9th in 10000m in 1989), Nick Willis (four times), (6th in the Mile in 2004, 6th in the Mile in 2006, 7th in 1000m in 2008 and 7th in the Mile also in 2008), Kimberley Smith (twice) (7th in the 10000m in 2007 and 5th in the same event in 2008) and Stuart Farquhar (9th in the Javelin Throw in 2010)

The number of New Zealand athletes ranked in the World top fifty each year has varied widely over the twenty-four year period (see chart below). It is hard to explain why this is the case. The lean years were 2001 and 2002 with only one man (Craig Barrett) and three women (Jenny Dryburgh, Chantal Brunner, Beatrice Faumuina) ranked in the top 50 in the World in 2001, and two men (Craig Barrett, Ian Winchester) and two women (Valerie Adams, Beatrice Faumuina) ranked in the top 50 in the World in 2002. Of specific note should be that in both of these years there was not a single New Zealand runner, male or female, ranked in the World top 50. The ranked athletes were all in field events and in the 50km Walk! By way of comparison, in 1988 and 1989 the entire top 50 ranked performances in the women's events were all achieved by runners. Similarly, in 2004, 2005 and 2007 all of the top 50 ranked performances in the men's events were achieved by runners. The most prolific year in achievement was 1990 with a total of 15 World top 50 ranked performances achieved by 13 different athletes in 11 different events. In recent years (2005 – 2010) the number of New Zealand athletes who were ranked in the World top 50, has been at the mean or just above the mean of the number who have achieved this throughout the last 24 years. However in 2009 and 2010 there was a dearth of male runners ranked in the top 50, with none ranked in 2009 and only one (Nick Willis) in 2010.

These tables also illustrate the relative strength or dominance of certain events from a New Zealand perspective. New Zealand has not had a women ranked in the World's top 50 in this twenty-four year period in the 100m, 400m, 100m Hurdles, 20km Walk, and Triple Jump, whereas a New Zealand man has not appeared in the World top 50 in 110m Hurdles, Triple Jump, Pole Vault and Hammer over the same period. There has been at least one occasion where a New Zealand man or a New Zealand woman has appeared in the World top 50 in any one-year

NZ ATHLETES RANKED IN WORLD TOP 50 - 1987-2010

in each of the other recognized events.

Some New Zealand athletes have appeared regularly in the World top 50 ranking list over a number of years, whilst many others have made just a single appearance. Of particular note however should be the performances of Marguerite Buist in 1989. It was her only appearance in the top 50 lists, but in the marathon that year she had the 12th best time in the world 2:29:04, plus the 13th best time in the world 2:29:09. Other New Zealand athletes have had an inconsistent pattern of appearances in the World top 50 lists. Lorraine Moller in the marathon, for example, was ranked 15th in 1987, was not ranked in 1988, ranked 17th in 1989, but not ranked in 1990 and 1991. Surprisingly she was also not ranked in the top 50 in the World in 1992 – the year she won a bronze medal in the event at the Barcelona Olympics (actually she was ranked 69th in the World in 1992), and then returned to the World top 50 list in 1993 where she ranked 35th.

Progression up the ranking tables is also interesting and how some New Zealand athletes have “jumped around” with their ranking performance. Beatrice Faumuina has had the following rankings: 1995 – 44th, 1996 – 13th, 1997 – 2nd, 1998 – 4th, 1999 – 11th, 2000 – 10th, 2001 – 34th, 2002 – 7th, 2003 – 9th, 2004 – 8th, 2005 – 6th, 2006 – 14th, 2007 – 24th, 2008 – 33rd, 2009 – 44th, 2010 – 23rd. By way of comparison, Valerie Adams / Vili has had rankings as follows: 2002 – 23rd, 2003 – 16th, 2004 – 8th, 2005 – 4th, 2006 – 2nd, 2007 – 1st, 2008 – 3rd, 2009 – 1st, 2010 – 2nd. Kimberley Smith and Nick Willis are the only New Zealand athletes to appear in the World top 50 lists in three separate events in the same year. Not only has Smith done this once (in 2005 – 3000m, 5000m, 10000m) but she repeated the feat in 2007 and 2009 in the same events. Kimberley has also achieved the pattern of steady advancement: 3000m:- 2005 – 30th, 2006 – 28th, 2007 – 7th: 5000m:- 2005 – 32nd, 2006 – 22nd, 2007 – 11th: 10000m:- 2005 – 19th, 2007 – 7th. Nick Willis was ranked in the top 50 in three events in 2008, ranking 7th in both the 1000m and Mile, and was ranked 20th in the 1500m.

Performances required to achieve a World top 50 ranking have not changed significantly over the twenty-two years. It was as tough in 1987 as it is today. Stuart Farquhar’s 81.70m Javelin Throw for 29th spot in 2006, compares favourably with Gavin Lovegrove’s 79.60m for 38th in 1987, and 83.90m for 10th in 1989. Nick Willis’s 1500m of 3:32.17 for 14th place on the rankings in 2006 can be compared to John Walker’s 3:34.79 for 18th place in 1987 and Peter O’Donoghue’s 3:35.14 for 18th place in 1990. However in the Women’s 10000m event performances required to get a top 50 ranking are much tougher than they were twenty years ago. This is evidenced by Kimberley Smith’s 30:35.54 for fifth ranking in 2008, compared to Anne Audain’s 32:00.07 for sixth ranked position in 1989.

As indicated in the introduction, ranking lists have their purpose – a valuable one if they are used judiciously. They give a good insight to the relative strength of the sport over a period of time. But don’t get too hooked up on them – poring over them for too long and trying to extract consequential information from them causes you to lose your hair and put on too much weight! – I’m an example!!

New Zealand Athletes Ranked in the Top 50 in the World (1987-2010)

1987 – Men

1500m	3:34.79	(18)	John Walker
	3:34.9m	(21)	Peter O’Donoghue
10000m	28:06.16	(23)	Dave Burrige
	28:19.05	(49)	Ken Maloney
Javelin	79.60m	(38)	Gavin Lovegrove
Decathlon	8366h pt	(4)	Simon Poelman

1987 – Women

1500m	4:06.47	(36)	Chrissy Pfitzinger
3000m	8:50.79	(30)	Chrissy Pfitzinger
5000m	15:31.08	(13)	Anne Audian
10000m	31:57.56	(13)	Anne Audian
	32:25.67	(27)	Christine McMiken
Marathon	2:30:40	(15)	Lorraine Moller

1988 – Men

1500m	3:36.3m	(33)	John Walker
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NZ ATHLETES RANKED IN WORLD TOP 50 - 1987-2010

Mile	3:52.48	(11)	John Walker
Marathon	2:11:08	(34)	John Campbell
Javelin	80.70m	(34)	Gavin Lovegrove
Decathlon	8021 pts	(46)	Simon Poelman
1988 – Women			
3000m	8:47.7	(32)	Chrissy Pfitzinger
5000m	15:41.42	(35)	Jackie Goodman
10000m	32:05.8	(21)	Anne Audain
	32:20.39	(42)	Christine McMiken
1989 – Men			
1500m	3:35.96	(24)	John Walker
3000m	7:45.64	(32)	John Walker
Marathon	2:12:27	(50)	Rex Wilson
3000SC	8:24.83	(23)	Peter Renner
Javelin	83.90m	(10)	Gavin Lovegrove
Decathlon	8039pts	(21)	Simon Poelman
1989 – Women			
5000m	15:48.83	(48)	Anne Hannam
10000m	32:00.07	(6)	Anne Audain
	32:12.78	(9)	Barbara Moore
	32:18.53	(14)	Anne Hannam
	32:43.55	(42)	Erin Baker
Marathon	2:29:04	(12)	Marguerite Buist
	2:30:21	(17)	Lorraine Moller
1990 – Men			
1500m	3:35.14	(18)	Peter O'Donoghue
	3:37.28	(47)	John Walker
3000m	7:45.96	(15)	Kerry Roger
	7:50.03	(36)	Alan Bunce
5000m	13:26.79	(36)	Kerry Roger
Marathon	2:10:48	(18)	Rex Wilson
	2:11:04	(24)	John Campbell
Javelin	82.64m	(22)	Gavin Lovegrove
Decathlon	8207w pts	(16)	Simon Poelman
1990 – Women			
1500m	4:09.66	(48)	Chrissy Pfitzinger
5000m	15:37.37	(25)	Barbara Moore
	15:50.36	(47)	Anne Hare
10000m	32:44.73	(45)	Barbara Moore
Marathon	2:31:41	(31)	Anne Audain
High Jump	1.91m	(46)	Tania Murray
1991 – Men			
1500m	3:37.12	(37)	Peter O'Donoghue
Mile	3:57.70	(38)	Phil Clode
5000m	13:27.35	(48)	Kerry Roger
Javelin	85.18m	(14)	Gavin Lovegrove
Decathlon	8267pts	(10)	Simon Poelman
1991 – Women			
1500m	4:08.43	(41)	Chrissy Pfitzinger
3000m	8:53.7	(49)	Chrissy Pfitzinger
10000m	32:20.5	(37)	Lesley Morton
High Jump	1.92m	(34)	Tania Murray
Heptathlon	6092pts	(33)	Joanne Henry
1992 – Men			
Mile	3:59.61	(43)	Alan Bunce

NZ ATHLETES RANKED IN WORLD TOP 50 - 1987-2010

5000m	13:25.11	(49)	Robbie Johnston
Javelin	86.14m	(9)	Gavin Lovegrove
1992 – Women			
5000m	15:43.31	(37)	Erin Baker
Javelin	61.52m	(40)	Kirsten Smith
	60.84m	(45)	Kaye Nordstrom
Heptathlon	6278pts	(19)	Joanne Henry
1993 – Men			
Mile	3:59.5	(48)	Phil Clode
Javelin	84.54m	(14)	Gavin Lovegrove
1993 – Women			
5000m	15:44.65	(45)	Linden Franks
	15:47.33	(49)	Helen Moros
Marathon	2:30:31	(35)	Lorraine Moller
Javelin	61.28m	(39)	Kirsten Hellier
1994 –Men			
100m	10.11	(35)	Augustine Nketia
10000m	27:58.51	(24)	Robbie Johnston
Shot Put	19.45m	(47)	Courtney Ireland
Javelin	85.46m	(7)	Gavin Lovegrove
1994 – Women			
10000m	32:31.4	(49)	Anne Hare
Long Jump	6.63m	(43)	Chantal Brunner
Javelin	62.52m	(21)	Kirsten Hellier
	59.80m	(48)	Kaye Nordstorm
Heptathlon	6121pts	(34)	Joanne Henry
1995 – Men			
200m	20.51	(42)	Mark Keddel
Mile	3:59.91	(47)	Hamish Christensen
10000m	27:55.48	(40)	Robbie Johnston
Javelin	84.80m	(15)	Gavin Lovegrove
Decathlon	7969pts	(34)	Simon Poelman
1995 – Women			
10000m	32:01.68	(22)	Nyla Carrol
Long Jump	6.65m	(45)	Chantal Brunner
Discus	60.28m	(44)	Beatrice Faumuina
Javelin	61.12m	(41)	Kirsten Hellier
1996 – Men			
Mile	3:54.10	(16)	Martin Johns
5000m	13:20.15	(35)	Robbie Johnston
10000m	27:42.15	(18)	Robbie Johnston
Marathon	2:10:59	(47)	Sean Wade
Javelin	88.20m	(4)	Gavin Lovegrove
Decathlon	8115pts	(36)	Douglas Pirini
50km walk	3:51:14	(31)	Craig Barrett
1996 – Women			
800m	1:58.25	(12)	Toni Hodgkinson
3000m	8:47.46	(16)	Nyla Carrol
	8:59.26	(41)	Anne Hare
5000m	15:09.32	(26)	Nyla Carrol
Pole Vault	3.80m	(45)	Melina Hamilton
Discus	64.04m	(13)	Beatrice Faumuina
1997 – Men			
200m	20.42	(29)	Chris Donaldson

NZ ATHLETES RANKED IN WORLD TOP 50 - 1987-2010

Mile	3:57.53	(43)	Hamish Christensen
10000m	28:07.80	(47)	Robbie Johnston
Discus	63.32m	(29)	Ian Winchester
Javelin	83.62m	(21)	Gavin Lovegrove
50km Walk	3:52:42	(29)	Craig Barrett
1997 – Women			
800m	1:59.39	(27)	Toni Hodgkinson
10000m	31:28.12	(14)	Nyla Carroll
Long Jump	6.68m	(38)	Chantal Brunner
Discus	68.52m	(2)	Beatrice Faumuina
Heptathlon	6011pts	(31)	Joanne Henry
1998 – Men			
100m	10.17	(49)	Chris Donaldson
800m	1:45.45	(33)	Shaun Farrell
Mile	3:56.42	(42)	Martin Johns
Discus	63.57m	(32)	Ian Winchester
Javelin	82.08m	(24)	Gavin Lovegrove
Decathlon	8007pts	(34)	Doug Pirini
50km Walk	3:52:07	(30)	Craig Barrett
1998 – Women			
800m	2:00.86	(44)	Toni Hodgkinson
Mile	4:31.19	(17)	Toni Hodgkinson
Long Jump	6.65m	(38)	Chantal Brunner
Discus	67.58m	(4)	Beatrice Faumuina
Heptathlon	6254w pts	(20)	Joanne Henry
1999 – Men			
Discus	63.74m	(34)	Ian Winchester
50km Walk	3:48:14	(16)	Craig Barrett
1999 – Women			
800m	2:00.15	(33)	Toni Hodgkinson
Long Jump	6.64m	(40)	Chantal Brunner
Discus	64.62m	(11)	Beatrice Faumuina
Hammer	62.84m	(47)	Tasha Williams
2000 – Men			
Mile	3:58.13	(34)	Phil Clode
	3:59.04	(40)	Stephen Willis
	3:59.28	(43)	Simon Maunder
High Jump	2.30m	(27)	Glenn Howard
Discus	64.26m	(37)	Ian Winchester
2000 – Women			
800m	1:59.31	(23)	Toni Hodgkinson
1500m	4:06.23	(49)	Toni Hodgkinson
Long Jump	6.66mA	(48)	Chantal Brunner
Discus	65.4mA	(10)	Beatrice Faumuina
Hammer	64.60m	(42)	Tasha Williams
2001 – Men			
50Km Walk	3:48:05	(16)	Craig Barrett
2001 – Women			
Pole Vault	4.35m	(29)	Jenny Dryburgh
Long Jump	6.68m	(31)	Chantal Brunner
Discus	61.54m	(34)	Beatrice Faumuina
2002 – Men			
Discus	65.03m	(20)	Ian Winchester

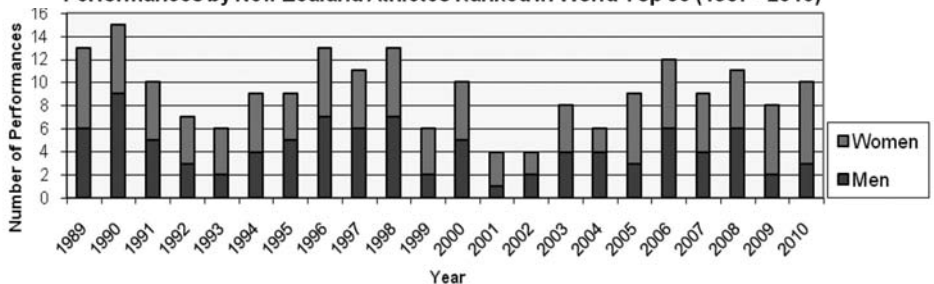
NZ ATHLETES RANKED IN WORLD TOP 50 - 1987-2010

50Km Walk	3:52:35t	(22)	Craig Barrett
2002 – Women			
Shot Put	18.40m	(23)	Valerie Adams
Discus	65.05m	(7)	Beatrice Faumuina
2003 – Men			
1500m	3:36.57	(50)	Adrian Blincoe
10000m	27:56.80	(44)	Jonathan Wyatt
	28:01.19	(49)	Michael Aish
50km Walk	3:50:34	(21)	Craig Barrett
2003 – Women			
400mH	56.25	(42)	Rebecca Wardell
Pole Vault	4.40m	(28)	Melina Hamilton
Shot Put	18.93m	(16)	Valerie Adams
Discus	65.53m	(9)	Beatrice Faumuina
2004 – Men			
800m	1:45.54	(42)	Nick Willis
Mile	3:53.51	(6)	Nick Willis
10000m	27:45.98	(35)	John Henwood
	27:53.28	(44)	Michael Aish
2004 – Women			
Shot Put	19.29	(10)	Valerie Vili
Discus	66.08m	(8)	Beatrice Faumuina
2005 – Men			
1500m	3:35.50	(40)	Adrian Blincoe
Mile	3:53.43	(17)	Nick Willis
	3:58.41	(36)	Paul Hamblyn
2005 – Women			
3000m	8:50.43	(30)	Kimberley Smith
5000m	15:05.68	(32)	Kimberley Smith
10000m	31:21.00	(19)	Kimberley Smith
Pole Vault	4.31m	(49)	Melina Hamilton
Shot Put	19.87m	(4)	Valerie Vili
Discus	65.09m	(6)	Beatrice Faumuina
2006 – Men			
1500m	3:32.17	(14)	Nick Willis
Mile	3:52.75	(6)	Nick Willis
	3:59.05	(28)	Paul Hamblyn
	3:59.46	(30)	Gareth Hyett
Javelin	81.70m	(29)	Stuart Farquhar
50Km Walk	3:58:05	(46)	Tony Sargisson
2006 – Women			
3000m	8:47.06	(28)	Kimberley Smith
	8:53.10	(47)	Kate McLlroy
5000m	14:56.58	(22)	Kimberley Smith
3000m Steeple	9:32.54	(14)	Kate McLlroy
Shot Put	20.20m	(2)	Valerie Vili
Discus	63.30m	(14)	Beatrice Faumuina
2007 – Men			
1500m	3:35.85	(39)	Nick Willis
Mile	3:55.09	(15)	Nick Willis
	3:56.46	(19)	Max Smith
	3:57.46	(27)	Gareth Hyett
2007 – Women			
3000m	8:35.31	(7)	Kimberley Smith

NZ ATHLETES RANKED IN WORLD TOP 50 - 1987-2010

5000m	14:49.41	(11)	Kimberley Smith
10000m	31:20.63	(7)	Kimberley Smith
Shot Put	20.54m	(1)	Valerie Vili
Discus	62.20	(24)	Beatrice Faumuina
2008 – Men			
1000m	2:16.93	(7)	Nick Willis
1500m	3:31.51	(20)	Nick Willis
Mile	3:50.66	(7)	Nick Willis
	3:57.65	(32)	Adrian Blincoe
5000m	13:10.19	(35)	Adrian Blincoe
Javelin Throw	83.23m	(19)	Stuart Farquhar
2008 – Women			
5000m	14:45.93	(13)	Kimberley Smith
10000m	30:35.54	(5)	Kimberley Smith
Shot Put	20.56m	(3)	Valerie Vili
Discus Throw	61.73m	(33)	Beatrice Faumuina
Heptathlon	6108 pts	(30)	Rebecca
Wardell			
2009 – Men			
Javelin Throw	80.16m	(46)	Stuart Farquhar
Decathlon	7915 pts	(38)	Brent Newdick
2009 – Women			
200m	22.90	(41)	Monique Williams
3000m	9:01.02	(45)	Kimberley Smith
5000m	14:52.49	(16)	Kimberley Smith
10000m	31:21.42	(18)	Kimberley Smith
Shot Put	21.07m	(1)	Valerie Vili
Discus Throw	60.03m	(44)	Beatrice Faumuina
2010 –Men			
1500m	3:35.17	(40)	Nick Willis
Javelin Throw	85.35m	(9)	Stuart Farquhar
Decathlon	8091	(18)	Brent Newdick
2010 – Women			
800m	1:59.66	(28)	Nikki Hamblin
1500m	4:05.93	(36)	Nikki Hamblin
Half Marathon	1:07:55	(11)	Kimberley Smith
Marathon	2:25:21	(26)	Kimberley Smith
Shot Put	20.86m	(2)	Valerie Adams
Discus Throw	61.11m	(23)	Beatrice Faumuina
Heptathlon	5988	(33)	Rebecca Wardell

Performances by New Zealand Athletes Ranked In World Top 50 (1987 - 2010)



New Zealand Athletes who have set World Records and World Bests

by Stephen Hollings

NZ ATHLETES World Records

New Zealand Athletes who have set World Records and World Bests

The first New Zealand athlete ever to hold a World Record (World Best) was John Hempton who ran 9 4/5 seconds for the 100 yards on what is now Waitangi Day (6 February) 1892 at the New Zealand Championships at (the then) Lancaster Park in Christchurch. The difference between a World Record and a World Best performance is that the former is a performance that is ratified by the International Association of Athletics Federations, or its predecessor the International Amateur Athletics Federation (IAAF) where the performance was achieved using strictly enforced regulations at the time the performance was achieved. These regulations have changed over time and the list of events where World Records can be achieved has also changed over time. For example, the Marathon has only recently – 2004, become an event where a World Record can be established and set. Previous to this date performances in the Marathon were regarded as World Best performances. Between 1921 and 1935, Women's performances were recognized by the Women's World Federation (FSFI), but after that time the ratification of Women's records fell under the auspices of the IAAF. A World Best performance is determined as being a performance that was achieved in an event that was/is not on the list of events recognized for World Records or was achieved prior to the establishment of the IAAF or was never ratified because of certain circumstances.

Only six New Zealand men - Peter Snell (800m, 880 yards, 1000m, 1 mile – twice), Jack Lovelock (1500m, 1 mile), John Walker (1 mile, 2000m), Murray Halberg (2 miles, 3 miles), Dick Quax (5000m) and William (Bill) Baillie (20 kilometres, 1 hour) have held World Records that were ratified by the IAAF. John Hempton (100 yards), Peter Snell (660 yards, 1000 yards indoors) and Douglas Harris (880 yards) all posted Worlds Best times. However it is in the distance relay events that New Zealand teams or teams comprising at least one New Zealand athlete have had significant amounts of success. Full New Zealand teams have held the World Record twice in the 4 x 1 mile relay and on one further occasion held the World Best time for the event. A New Zealand team held the World Best time for the 4 x 1500m Relay, whilst New Zealand athletes Peter Snell, Murray Halberg and Neville Scott were members of either a British Empire team, or a Commonwealth Team that set World Best performances in the 4 x 880 yards (British Empire Team) or the 4 x 1 mile (Commonwealth Team). Interestingly the Commonwealth Team that set a World Best time for the 4 x 1 mile Relay of 16:26.4 in Sydney in December 1956 comprised Murray Halberg, Neville Scott, John Landy (AUS) and Ian Boyd (GBR). Ian later emigrated to New Zealand and was for a period of time the Chairman of Athletics New Zealand.

It is hard to imagine that a World Best performance by a New Zealand woman occurred in Masterton! In 1923 a World Best performance of 64.0 seconds for the 440 yards was set by a D Johnston at the Masterton Oval. Few details are available as the event (440 yards) was not a recognized event for women – it being considered too great a distance for women to run! Just four New Zealand Women have held World Records. Doreen Lumley was the first, setting a World Record for the 100 yards of 11.0 in March 1939. Marise Chamberlain set new World Records for the 440 yards three times in the period 1957 – 1959. Anne Audain set a World Record for the "new" distance of 5000m in 1982, becoming only the second woman in the World to hold the World Record over this distance. The fourth New Zealand woman to hold a World Record was Yvette Williams in the Long Jump in 1954. Yvette is the only New Zealand athlete, male or female to hold a World Record in a field event! D Johnston (already mentioned), Marise Chamberlain (1500m, 1 mile), Millie Sampson (Marathon), and Alison Roe (Marathon) are other New Zealand women to have held World Best performances in these events. Sue Jowett was a member of the Australia – New Zealand team that set a World Best performance in the 4 x 200m Relay in 1976. It would appear from the above that Marise Chamberlain with three World Records and a further two World Best performances is the most prolific record setter of New Zealand women. However there is a New Zealand woman who can boast at having set five World Records. Rosemary Wright (nee Stirling), born 11 December 1947 in Timaru, South Canterbury was a member of (totally) British teams that set World Records for the 4 x 400m Relay, 3 x 800m Relay, 3 x 880 yards Relay, and the 4 x 800m Relay (twice) between 1967 and 1970 – and yes in those days 3 x 800m and 3 x 880 yards were the standard events for women's World Record purposes.

Just two male New Zealand athletes (Dave Norris – Triple Jump and Gavin Lovegrove – Javelin Throw) have set World Junior Records / World Junior Bests. In Norris's case his was achieved before World Junior Records were recognized by the IAAF and thus was a Junior World Best performance. Gavin Lovegrove set a World Junior Record

NZ ATHLETES WHO HAVE SET WORLD RECORDS AND WORLD BESTS

in the Javelin three times in 1986 – 1987, but on two of these occasions they were not ratified as World Records because of administrative inconsistencies. However, Lovegrove is the only New Zealand athlete – male or female to have ever held a ratified World Junior Record.

Below is a list of those New Zealand athletes and New Zealand relay teams or relay teams consisting one or more New Zealand athletes who have set World Records and World Best performances.

MEN

(Performances in italics were not recognized as World Records because of an irregularity that is explained in the text. They were therefore World Best performances)

100 yards

9 4/5

Christchurch

John Hempton

6 February 1892

National Championships, Lancaster Park. 1 John Hamilton Hempton 9 4/5, 2. J.H. Buchanan 5 – 6 yards behind. Hempton ran an unrated 9 3/5 at the 1889 – 90 NZL Championships at Dunedin on 14 December 1989 assisted by a "howling gale", winning by 5y. He also ran an unrated 9 4/5 at Napier on 15 January 1892

660 yards

1:16.9

Christchurch

Peter Snell

3 February 1962

Intermediate time during 880y World Record. See below under 880y. The 660y was not a recognized distance for World Record purposes.

800m

1:44.3

Christchurch

Peter Snell

3 February 1962

Set during an 880y race (1:45.1) – see below. (3 watches: 1:44.2 – 1:44.3 – 1:44.4)

880 yards

1:49.2

Wanganui

Douglas Harris

25 January 1947

International Meeting – Grass Track. 1 Doug Harris 1:49.2 (3 watches: 1:49.2 – 1:49.2 – 1:49.4. Under a national rule at the time, the slowest watch time was taken as the official version. Sydney Wooderson (GBR) had run 1:49.2 for 880yards at Motspur Park, London, on 20 August 1938 in a handicap race to hold the World Record for the 880yards)

1:45.1

Christchurch

Peter Snell

3 February 1962

International Meeting, Lancaster Park – grass track. During an 800m race (see above). 1. Peter Snell 1:45.1 (all three watches 1:45.1), 2. James Dupree (USA) 1:49.6, 3. John Bork (USA) 1:53.5. Snell's splits: 24.8y – 26.2y (51.0y) – 25.9y (1:16.9y) – 28.2y (1:45.1y), lap times 51.0y and 54.1y

1000 yards

2:06.1i

Los Angeles (USA)

Peter Snell

10 February 1962

Los Angeles Times Meet. LA Sports Arena. 160y banked boards. 1. Peter Snell 2:06.1, 2. Bill Crothers (CAN) 2:07.4, 3. Ray van Asten (HOL) 2:10.0. Splits: 440y 53.0, 880y 1:50.2. Not a standard distance for World Record purposes.

1000m

2:16.6

Auckland

Peter Snell

12 November 1964

International Meeting, Western Springs Stadium. 1. Peter Snell 2:16.6. (watches: 2:16.5 - 2:16.6 - 2:16.6). 2. John Davies 2:19.3, 3. Joseph Odlozil (TCH) 2:19.4 Splits were 400m 55.0, 800m 1:48.8

NZ ATHLETES WHO HAVE SET WORLD RECORDS AND WORLD BESTS

1500m

3:47.8

Berlin (GER)

Olympic Games. 1. Jack Lovelock 3:47.8 (all three watches 3:47.8), 2. Glenn Cunningham (USA) 3:48.4, 3. Luigi Beccali (ITA) 3:49.2
Lovelock's splits 61.7 – 63.9 (2:05.6) – 59.8 (3:05.4), last 300m: 42.2, last 400m 57.2

Jack Lovelock

6 August 1936

1 Mile

4:07.6

Princeton (USA)

Cornell/Princeton vs Oxford/Cambridge. 1. Jack Lovelock 4:07.6 (watches: 4:07.3 – 4:07.6 – 4:07.6) 2. William Bonthron 4:08.7.
Lovelock's splits 61.4 – 62.2 (2:03.6) – 65.1 (3:08.7) – 58.9

Jack Lovelock

15 July 1933

3:54.4

Wanganui

International Meeting, Cooks Gardens 385.85m grass track. 1. Peter Snell 3:54.4 (watches: 3:54.2 – 3:54.4 – 3:54.5, 1500m 3:39.3),
2. Bruce Tulloh (GBR) 3:59.3, 3. Albert Thomas (AUS) 4:03.5. Snell's lap times: 61.3 – 59.5 (2:00.8) – 59.0 (2:59.8) – 54.6, the last
880y: 1:53.6

Peter Snell

27 January 1962

3:54.1

Auckland

International Meeting, Western Springs Stadium. 1. Peter Snell 3:54.1 (watches: 3:54.0 – 3:54.1 – 3:54.1, electronic 3:54.04,
1500m: 3:37.6), 2. Joseph Odlozil (TCH) 3:56.4 (3:40.3), 3. John Davies 3:56.8 (3:40.2). Snell's splits: 56.4 – 1:54.1 – 2:54.3. Lap
times 56.4 – 57.7 – 60.2 – 59.8.

Peter Snell

17 November 1964

3:49.4

Goteborg (SWE)

Goteborg Games. Slottskogsvallen Stadium. 1. John Walker (watches: 3:49.3 – 3:49.4 – 3:49.4, 1500m 3:34.3), 2. Ken Hall (AUS)
3:55.2 (3:36.6), 3. Graham Crouch (AUS) 3:56.4 (3:39.2). Walker's splits: 55.8 – 59.3 (1:55.1) – 57.9 (2:53.0) – 56.4.

John Walker

12 August 1975

2000m

4:51.4

Oslo (NOR)

Bislett Games. Bislett Stadium. 1. John Walker 4:51.4 (electronic 4:51.52), 2. Karl Fleschen (FRG) 5:00.4, 3. Klaus-Peter Hildenbrand
(FRG) 5:00.6. Walker's splits: 60.1 – 58.5 (1:58.6) - 57.7 (2:56.3) – 57.7 (3:54.0) – 57.4. 1000m of 2:27.1 – 2:24.3, 1500m: 3:39.5,
1 Mile 3:55.5

John Walker

30 June 1976

2 Miles

8:30.0

Jyvaskyla (FIN)

International Meeting. 1. Halberg 8:30.0 (three watches 8:30.0 - 8:30.0 – 8:30.1), 2. Reijo Hoykinpuro (FIN) 8:44.4, 3. Patrick
Clohessy (AUS) 9:00.6. 400/800m Clohessy 64/2:08, 1000/1500m: Halberg 2:40/3:58, 3000m Halberg 7:57.6.

Murray Halberg

7 July 1961

3 Miles

13:10.0

Stockholm (SWE)

International Meeting. During a 5000m race. 1. Halberg 13:35.2 (at 3 miles 13:10.0, 3 watches 13:09.4 – 13:10.0 – 13:10.0), 2.
Barry Magee 13:39.2 (13:11.2), 3. Dave Power (AUS) 13:53.4 (13:25.8). Kilometre splits: 2:41.4 – 2:46.6 – 2:43.6 – 2:46.6 - 2:37.2

Murray Halberg

25 July 1961

5000m

13:12.9

Stockholm (SWE)

July Games. Olympic Stadium. 1. Dick Quax 13:12.9 (electronic 13:12.87), 2. Karl Fleschen (FRG) 13:13.88, 3. Peter Weight (FRG)
13:14:54. 1km splits: 2:39.3 – 2:39.2 (5:18.5) – 2:43.0 (7:56.0) – 2:43.0 (10:39.0) – 2:33.9

Dick Quax

5 July 1977

20 kilometres

59:28.6

Auckland

Intermediate time during a 1 hour run (see under 1 hr record)

William Baillie

24 August 1963

NZ ATHLETES WHO HAVE SET WORLD RECORDS AND WORLD BESTS

1 hour

20,190m

Auckland

International Race. 1. Baillie 20,190m (20km: 59:28.6 – also a World Record, the three watches: 59:28.4 – 59:28.6 – 59:28.9) 2. Kokichi Tsuburaya (JPN) 20,083 (59:51.4), 3. Ray Puckett 19,880, 4. Kazumi Watanabe (JPN) 19,781 (1:00:40.8), 5. Barry Magee 19,062, Splits: Mile: 4:32.2, 2 Miles: 9:33, 3 Miles: 14:23, 6 Miles:48:10

William Baillie

24 August 1963

4 x 880 yards Relay

7:18.0

London (GBR)

British Empire – USA dual meet. White City Stadium. 1. Empire (Anthony Blue (AUS) 1:51.0, George Kerr (JAM) 1:51.9, Tom Farrell (ENG) 1:50.3, Peter Snell (NZL) 1:44.8) 7:18.0, not ratified as the Empire team included athletes from more than one country. 2. USA 7:19.4 – officially accepted as a World Record.

British Empire

14 September 1960

4 x 1500m Relay

14:40.4

Oslo (NOR)

International Meeting at Bislett Stadium. 1. NZL (Tony Polhill 3:42.9, John Walker 3:40.4, Rod Dixon 3:41.2, Dick Quax 3:35.9. Not Ratified, as the second man, John Walker was paced for three laps by Byron Dyce (JAM) who ran without a baton).

New Zealand

22 August 1973

4 x 1 Mile Relay

16:26.4

Sydney (AUS)

Empire / Commonwealth vs USA 1. Commonwealth (Murray Halberg (NZL) 4:05.2 – Neville Scott (NZL) 4:06.3 – Ian Boyd (GBR) 4:10.5 – John Landy (AUS) 4:04.4) 16:26.4 (Commonwealth team consisted of athletes from more than one country, nullifying performance for record purposes). 2. USA 16:54.8

Commonwealth Team

5 December 1956

16:23.8

Dublin (IRL)

International Meeting. Santry Stadium. 1. NZL (Gary Philpott 4:12.9, Murray Halberg 4:02.4, Barry Magee 4:07.2, Peter Snell 4:01.2) 16:23.8 (3 watches 16:23.0 – 16:23.8 – 16:24.0). 2. England 16:24.8

New Zealand

17 July 1961

16:02.8

Auckland

World Record attempt. Mt Smart Stadium. 1. NZL (Kevin Ross 4:01.0, Tony Polhill 4:02.0, Richard Tayler 4:01.0, Dick Quax 3:58.4) 16:02.8 (all 3 watches 16:02.4!! Erroneously – four tenths of a second had become four fifths of a second, which then logically became eight tenths of a second – officially recognized as 16:02.8) 2. Australia 16:27.6

New Zealand

3 February 1972

15:59.57

Auckland

Record attempt. Mt Smart Stadium. 1. NZL 15:59.57 (Tony Rogers 3:57.2, John Bowden 4:02.5, Michael Gilchrist 4:02.8, John Walker 3:57.1), 2. Australia 16:30.17

New Zealand

1 March 1983

WOMEN

100 yards

11.0

Auckland

International Meeting. Grass Track. 1. Doreen Lumley 11.0 (all three watches, plus an extra watch 11.0), 2. Decima Norman (AUS) 11.0 (beaten by 9 inches = 20cm), 3. Carr 11.5e (4 yards behind)

Doreen Lumley

11 March 1939

440 yards

64.0

Masterton

Handicap Meeting. Masterton Oval. No other details. Distance not recognized for record purposes

D Johnston

10 February 1923

NZ ATHLETES WHO HAVE SET WORLD RECORDS AND WORLD BESTS

57.0

Christchurch

National Meeting, Rugby Park – grass track. 1. Marise Chamberlain 57.0 (all three watches 57.0) 2. Fay McBeath 60.6.

Marise Chamberlain

16 February 1957

56.1

Christchurch

National Meeting, Rugby Park – grass track. 1. Marise Chamberlain 56.1 (watches: 56.0 – 56.1 – 56.2) 2. Fay McBeath 30m behind

Marise Chamberlain

8 March 1958

55.6

Sydney

New South Wales Championship & NSW-NZL "Trans-Tasman" Cup. Sydney Cricket Ground. 1. Marise Chamberlain 55.6 (all three watches 55.6), 2. Madeline Bergman 56.8, 3. June Cleary 57.7

Marise Chamberlain

14 March 1959

1500m

4:19.0

Perth

Intermediate time during a 1 mile race (see under 4:41.4). The 1500m for women was not recognized as a distance for record purposes in 1962.

Marise Chamberlain

8 December 1962

1 Mile

4:41.4

Perth

International Meeting, Perry Lakes Stadium. 1. Marise Chamberlain 4:41.4 (1500m 4:19.0 – also a World's Best – see above), 2. Joan Beretta 4:45.5

Marise Chamberlain

8 December 1962

5000m

15:13.22

Auckland

National Meeting, Mt Smart Stadium. 1. Anne Audain 15:13.22, 2. Barbara Moore 15:29.65, 3. Lorraine Moller 15:40.23. Splits: 3:04.5 – 6:06.5 – 9:11.4 – 12:03.0. At 3000m: 9:11.4 Moller, 9:11.6 Audain, 9:12.0 Moore.

Anne Audain

17 March 1982

Marathon

3:19:33

Auckland

Millie Sampson

16 August 1964

2:25:28.7

New York

11th New York Marathon. 1. Alison Roe 2:25:28.7, 2. Ingrid Kristiansen (NOR) 2:30.08, 3. Julie Shea (USA) 2:30:11.5. The winning time was initially thought to be a World's best, but the course was found to be only 42.047 km, a shortfall worth about 28 seconds.

Alison Roe

25 September 1981

4 x 200m Relay

1:36.2

Brisbane

International Meet, Mt Gravatt Stadium. 1. AUS/NZL (Barbara Wilson (AUS), Susan Jowett (NZL), Raelene Boyle (AUS), Denise Robertson (AUS)) 1:32.6 Not accepted as the team was made up of athletes from more than one country.

Australia / New Zealand

26 January 1976

Long Jump

6.28m

Gisborne

National Meet, Childers Road Stadium. 1. Yvette Williams 20' 7¼" = 6.2802 (+0.2w), 2. M McMahon 5.46.

Yvette Williams

20 February 1954

JUNIOR MEN

Triple Jump

15.46m(1.9*)

Lower Hutt

Dave Norris

8 March 1958

National Championships. Lower Hutt. 2. Roy Williams 15.30m. Norris led up until the end of the fifth round when he was called away for a relay race. Williams on his last jump of the competition overtook Norris's best to move into the lead. On hearing that Williams had taken the lead, Norris raced across the runway, made a headlong last attempt and jumped a new National and Record* and a World Junior Best.

*The wind exceeded the limit of 2m/s but the wind gauge official had taken it upon himself to grant a 10% 'safety margin', which lowered the reading to 1.9

Javelin Throw

76.68

Athens (GRE)

Gavin Lovegrove

5 July 1986

Warm up competition meet prior to 1st World Junior Championships in Athens. Lovegrove won the competition beating Gary Jenson (GBR) who had held the previous World Record. At the WJC two weeks later, Lovegrove came third (74.22m), but he lost his World Record to Vladimir Sasimovich (URS) who won with a throw of 78.84m

79.58m

Noumea (NCL)

Gavin Lovegrove

31 October 1986

International Meeting. Ten days after his nineteenth birthday, Lovegrove regained his World Junior Record. However the record did not become official because anyone claiming a World Record must have been dope-tested straight afterwards, and testing facilities were not available in New Caledonia.

79.60m

Wellington

Gavin Lovegrove

9 March 1987

National Championships. Lovegrove was deprived of having this performance recognized as a World Record because of the interpretation of the "age" eligibility. Lovegrove was 19 years 4 months old when he threw this distance (exactly the same age as Jenson (above)), but in Lovegrove's case he would turn 20 during the calendar year and therefore was deemed to be a Senior athlete – although he won the National Junior title at the same time! The inconsistency between an athlete's "age" for the season and the "age" on the date the performance was achieved has created a great deal of debate throughout the years in New Zealand.



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