

# Canterbury Masters Inc Men's Track Event Records

(Updated March 2021)

## 60 metres

M30	N Ash	7.38	23/11/2019	Ngā Puna Wai
M35	J Black	7.78	14/02/2010	QEII
M40	N Bolton	7.53	05/04/2015	Sydney
M45	N Bolton	7.57	29/03/2019	Melbourne
M50	J Campbell	8.22	04/03/2017	Nelson
<b>M55</b>	<b>J Campbell</b>	<b>7.73</b>	<b>21/11/2020</b>	<b>Ngā Puna Wai</b>
M60	P O'Halloran	8.3H	Feb-01	
	J Barnfield	8.69	28/02/2015	Tauranga
M65	P O'Halloran	8.95	Feb-05	
M70	M Wood	8.9H	Mar-03	
	R Munro	9.46	05/07/2010	Tahiti
M75	M Wood	9.43	Mar-08	
	M Fraser	9.43	28/02/2015	Tauranga
M80	M Wood	10.1h	13/03/2013	Rawhiti Domain
	M Wood	10.51	11/01/2014	Rawhiti Domain
M85	M Wood	11.55	2/3/2019	Ngā Puna Wai

## 100 metres

M30	N Ash	11.18	08/02/2020	Ngā Puna Wai
M35	R Auimatagi	11.52	1979	
M40	B McPhail	11.49	Jul-81	
M45	B McPhail	11.53	Sep-83	
	B McPhail	11.3h	Dec-83	
M50	B McPhail	11.57	Nov-87	
<b>M55</b>	<b>J Campbell</b>	<b>12.13</b>	<b>30/01/2021</b>	<b>Ngā Puna Wai</b>
	B McPhail	12.1h	Mar-92	
M60	B McPhail	12.56	Mar-97	
M65	B McPhail	13.14	Feb-02	
M70	M Wood	14.33	Oct-03	
	M Wood	14.1h	Mar-03	
M75	M Wood	14.91	Mar-09	
M80	M Wood	16.8h	13/03/2013	Rawhiti Domain
M85	M Wood	19.05	17/11/2018	Ngā Puna Wai

## 200 metres

M30	N Ash	22.50	01/02/2020	Brisbane
<b>M35</b>	<b>N Ash</b>	<b>23.20</b>	<b>30/1/2021</b>	<b>Ngā Puna Wai</b>
M40	B McPhail	23.00	Mar-79	
M45	B McPhail	22.8H	Mar-82	
	B McPhail	23.14	Sep-83	
M50	B McPhail	23.77	Dec-87	
<b>M55</b>	<b>J Campbell</b>	<b>24.32</b>	<b>7/2/2021</b>	<b>Ngā Puna Wai</b>
M60	B McPhail	25.71	Mar-97	
M65	B McPhail	27.48	Feb-02	
M70	M Fraser	29.16	Dec-09	
M75	M Wood	30.74	Mar-08	
M80	M Wood	37.68	16/11/2013	Rawhiti Domain
M85	M Wood	43.03	12/1/2019	Ngā Puna Wai

## 300 metres

<b>M35</b>	<b>V Lusia</b>	<b>41.15</b>	<b>30/12/2020</b>	<b>Ngā Puna Wai</b>
M45	N Bolton	39.58	27/12/2019	Ngā Puna Wai
M50	J Barnfield	44.59	Feb-07	
<b>M55</b>	<b>J Campbell</b>	<b>40.22</b>	<b>30/12/2020</b>	<b>Ngā Puna Wai</b>
M60	J Barnfield	48.34	31/01/2014	Rawhiti Domain
M65	M Fraser	45.28	Jan-05	

M70	M Wood	52.3H	Nov-07	
M75	M Wood	51.64	Feb-09	
M80	M Wood	61.6h	13/03/2013	Rawhiti Domain
M85	M Wood	76.71	09/02/2019	Ngā Puna Wai

#### 400 metres

M30	N Ash	49.66	15/02/2020	Hamilton
<b>M35</b>	<b>N Ash</b>	<b>50.61</b>	<b>27/03/2021</b>	<b>Hastings</b>
M40	M Fraser	53.12	Jan-81	
	M Fraser	52.9H	Mar-81	
M45	B McPhail	52.10	Sep-83	
M50	B McPhail	54.2H	Oct-87	
	M Fraser	54.41	Aug-89	
M55	B McPhail	55.73	Mar-92	
M60	M Fraser	61.14	Feb-01	
M65	M Fraser	62.94	Feb-06	
M70	M Wood	66.29	Apr-03	
M75	M Wood	71.96	Mar-08	
M80	M Wood	1:30.8	13/03/2013	Rawhiti Domain
M85	R Boland	2:03.30	03/04/2010	QEII

#### 800 metres

M30	C Weddell	2:04.33	04/11/2018	Ngā Puna Wai
M35	D Macdonald	1:59.2	Jan-04	
M40	B Hunter	1:57.8	Mar-91	
M45	P Spinks	2:02.40	24/2/2018	Timaru
M50	A Stark	2:03.13	Mar-09	QEII
M55	C Kernahan	2:10.11	Jan-81	
M60	A Stark	2:18.72	23/02/2020	Ngā Puna Wai
M65	T McManus	2:29.76	05/03/2017	Nelson
M70	M Wood	2:40.2	Apr-03	
M75	R Stevens	2:55.41	Feb-09	
M80	G McPherson	3:27.3	Mar-98	
M85	R Boland	5:01.19	04/01/2010	QEII

#### 1500 metres

M30	S Wooding	4:43.10	16/02/2019	Ngā Puna Wai
M35	D Macdonald	3:57.40	Feb-94	
M40	R Bennett	3:55.08	Feb-07	
M45	T McManus	3:59.95	Feb-95	
M50	J D Macdonald	4:16.1H	Dec-84	
	A Stark	4:16.37	Aug-09	Lahiti - Finland
M55	T McManus	4:19.38	Feb-07	
M60	T McManus	4:28.61	18/03/2010	QEII
M65	T McManus	4:50.11	29/11/2014	Dunedin
M70	G McPherson	5:36.60	1990	
M75	R Stevens	5:53.43	Feb-09	
M80	G McPherson	7:33.4	Mar-98	
	S Gawler	7:33.4h	Dec-09	

#### 3000 metres

M30	S Wooding	10:15.84	10/02/2019	Ngā Puna Wai
<b>M35</b>	<b>D King</b>	<b>9:51.71</b>	<b>13/2/2021</b>	<b>Ngā Puna Wai</b>
M40	R Bennett	8:28.09	Feb-07	
M45	R Bennett	8:40.48	18/03/2010	QEII
M50	T McManus	9:07.40	Feb-02	
M55	T McManus	9:17.50	Feb-05	
M60	T McManus	9:42.97	17/03/2012	Dunedin
M65	T McManus	10:36.48	26/02/2017	Dunedin
M70	S Opie	11:57.7	Feb-97	
M75	R Stevens	12:19.68	Feb-10	

M80	S Gawler	15:54.94	05/02/2011	QEII
<b>5000 metres</b>				
M30	C Parkins	16:51.27	23/11/2019	Ngā Puna Wai
M35	D Macdonald	15:05.02	Feb-94	
M40	E Gray	14:38.22	Feb-85	
M45	E Gray	15:00.5	Dec-84	
M50	J D Macdonald	15:51.5	Dec-84	
M55	J D Macdonald	16:33.3	Nov-89	
M60	T McManus	17:12.0H	Nov-09	
M65	T McManus	18:25.08	03/03/2017	Nelson
M70	R Stevens	20:14.3	Mar-04	
M75	R Stevens	21:03.64	Dec-09	
M80	S Gawler	26:20.59	02/04/2010	QEII

<b>10000 metres</b>				
M30	P Enwright	42:53.25	17/11/2019	Ngā Puna Wai
M35	K O'Sullivan	31:26.3	Mar-85	
M40	E Gray	30:21.67	Jan-85	
M45	E Gray	30:58.0	Mar-92	
M50	R Stevens	33:47.3	Feb-84	
M55	J D Macdonald	34:08.9	Dec-89	
M60	S Opie	36:22.52	Mar-86	
M65	S Opie	38:31.4	Mar-91	
M70	S Opie	40:36.3	Mar-97	
M75	R Stevens	42:04.32	Dec-09	
M80	S Gawler	54:08.44	04/04/2010	QEII

<b>1 Mile</b>				
<i>M35</i>	<i>J Wilcock</i>	<i>5:14.91</i>	<i>9/01/2021</i>	<i>Timaru</i>
<i>M40</i>	<i>M Cunningham</i>	<i>5:36.83</i>	<i>30/12/2020</i>	<i>Ngā Puna Wai</i>
M50	A Stark	4:42.04	Dec-09	QEII
<i>M55</i>	<i>G Dryden</i>	<i>5:52.23</i>	<i>30/2/2020</i>	<i>Ngā Puna Wai</i>
M60	T McManus	4:51.85	08/01/2012	Timaru
<i>M65</i>	<i>R Ward</i>	<i>6:22.50</i>	<i>30/12/2020</i>	<i>Ngā Puna Wai</i>

<b>2000 metres Steeplechase</b>				
M60	W Hume	7:13.2	Jul-99	
M65	W Hume	8:13.80	Jan-06	
M70	W Hume	8:26.85	Aug-09	
M75	M Bond	9:43.96	02/03/2019	Timaru
M80	I Brownie	15:59.22	18/12/2010	QEII

<b>3000 metres Steeplechase</b>				
M35	J D Macdonald	9:44.6	1974	
M40	J D Macdonald	9:14.4	1977	
M45	J D Macdonald	9:22.3	1980	
M50	G Harney	11:24.35	Jan-00	
M55	W Hume	10:57.46	1994	

<b>3000 metres Track Walk</b>				
M35	N Bishop	14:33.4	Feb-91	
M40	D Cameron	14:30.7	Mar-86	
M45	D Cameron	15:08.4	Feb-89	
M50	E Saxby	14:39.8	Feb-91	
M55	E Saxby	14:52.1	Mar-92	
M60	E Saxby	15:14.48	Nov-97	
M65	E Saxby	16:26.21	Mar-06	
M70	L Watkins	17:17.0	Feb-90	
M75	G Currie	21:15.3	Feb-91	

M80	G Currie	22:53.4	Feb-95
M85	G Currie	27:20.7	Feb-00

#### 5000 metres Track Walk

M35	N Bishop	24:52.8	Feb-91
M45	M Rolston	34:15.1	Feb-99
M50	E Saxby	27:03.87	Feb-91
M55	E Saxby	25:10.51	Feb-92
M60	E Saxby	26:52.0	Aug-99
M65	E Saxby	29:00.03	Jan-06
M70	E Saxby	29:56.55	Sep-07
M75	G Currie	37:54.5	Feb-93
M80	G Currie	38:37.0	Mar-95

#### 80 metres Hurdles

M70	A McIntosh	18.7H	Mar-92	
M75	I Brownie	21.52	Mar-05	
M80	I Brownie	25.02	03/04/2010	QEII

#### 100 metres Hurdles

M50	W Doyle	16.71	Feb -17	
M55	W Doyle	18.58	17/11/2019	Ngā Puna Wai
M60	G Harney	25.17	20/02/2011	QEII

#### 100 metres Hurdles (1st May 2010 - 12m, 8m, 16m)

M60  
M65

#### 110 metres Hurdles

M40	N Bolton	15.41	28/02/2015	Tauranga
M45	N Bolton	15.41	27/04/2019	Melbourne
M50	S McKee	19.14	23/01/2010	QEII

#### 200 metres Hurdles (1st May 2010 - 5 hurdles)

M80

#### 300 metres Hurdles

M60	G Harney	48.76	Nov 11	QEII
M65	A McIntosh	55.48	1987	
M70	A McIntosh	64.6H	1992	
M75	I Brownie	71.20	Jan-06	

#### 400 metres Hurdles

M40	J O'Connor	59.20	Mar-08	
M45	J O'Connor	60.54	04/04/2010	QEII
M50	J O'Connor	64.84	05/03/2017	Nelson
M55	W Wells	76.10	Dec-99	

#### Pentathlon (pre May 2010, old age factors)

M35	J Barnfield	2787	Feb-92
M40	B McPhail	3063	1981
M45	S McKee	2951	Mar-05
M50	B McPhail	3167	1989
M55	B McPhail	3348	1992
M60	D Tucker	3109	1992
M65	D Tucker	3222	Feb-97
M70	I Brownie	2919	Feb-00

M75	I Brownie	2580	Jan-05	
M80	I Brownie	2385	24/01/2010	QEII
<b>Pentathlon</b>	<b>(1<sup>st</sup> May 2010, new age factors)</b>			
M35				
M40	J Baird	1693	20/11/2016	Timaru
M45	J Baird	1946	3/3/2019	Timaru
M50	W Doyle	3199	01/03/2015	Tauranga
M55				
M60				
M65				
M70				
M75				
M80	I Brownie	1436	10/02/2013	Rawhiti Domain
<b>Decathlon</b>	<b>(1<sup>st</sup> May 2010, new age factors)</b>			
M40				
M45	W Doyle	5970	05/02/2012	Tauranga
M50	W Doyle	7018	20/02/2016	Wanganui
M55				
M65				
M70				