

# Canterbury Masters Inc Women's Field Event Records

(Updated Oct 2025)

## Long Jump

|     |             |      |            |              |
|-----|-------------|------|------------|--------------|
| W30 | K Berryman  | 6.06 | 5/03/2022  | Hastings     |
| W35 | H Dinnissen | 5.89 | 22/02/2020 | Ngā Puna Wai |
| W40 | L Osmer     | 5.14 | Mar-02     |              |
| W45 | L Anderson  | 4.45 | Mar-96     |              |
| W50 | S Peterson  | 4.69 | May-82     |              |
| W55 | S Peterson  | 4.60 | Mar-85     |              |
| W60 | S Peterson  | 4.32 | Feb-89     |              |
| W65 | S Peterson  | 4.17 | 1995       |              |
| W70 | S Peterson  | 3.48 | Jan-00     |              |
| W75 | S Peterson  | 3.20 | 10/03      |              |
| W80 | S Peterson  | 2.60 | 14/02/2010 | QEII         |

## Triple Jump

|     |             |       |            |                |
|-----|-------------|-------|------------|----------------|
| W30 | H Dinnissen | 11.85 | 31/08/2019 | Mackay         |
| W35 | H Dinnissen | 11.63 | 19/02/2021 | Ngā Puna Wai   |
| W40 | L Osmer     | 10.55 | Oct-02     |                |
| W45 | J Senior    | 9.32  | Dec-92     |                |
| W50 | L Osmer     | 8.85  | 08/03/2014 | Rawhiti Domain |
| W55 | L Anderson  | 8.55  | 2002       |                |
| W60 | S Peterson  | 8.73  | Oct-91     |                |
| W65 | S Peterson  | 9.03  | Oct-93     |                |
| W70 | S Peterson  | 7.87  | Feb-99     |                |
| W75 | S Peterson  | 6.95  | 2003       |                |
| W80 | S Peterson  | 5.63  | 26/02/2010 | QEII           |

## High Jump

|     |             |      |            |        |
|-----|-------------|------|------------|--------|
| W30 | H Dinnissen | 1.71 | 06/09/2019 | Mackay |
| W35 | H Dinnissen | 1.63 | 08/02/2020 |        |
| W40 | L Osmer     | 1.57 | Oct-02     |        |
| W45 | L Osmer     | 1.40 | 3/04/2010  | QEII   |
| W50 | L Osmer     | 1.41 | 12/02/2011 | QEII   |
| W55 | L Osmer     | 1.33 | 05/03/2017 | Nelson |
| W60 | L Anderson  | 1.14 | Dec-08     |        |
| W65 | S Peterson  | 1.15 | 1994       |        |
| W70 | L Anderson  | 1.08 | 04/03/2017 | Nelson |
| W75 | S Peterson  | 0.95 | Oct-03     |        |

## Pole Vault

|     |            |      |        |  |
|-----|------------|------|--------|--|
| W35 | J Maxwell  | 1.70 | Feb-99 |  |
| W40 | L Osmer    | 1.70 | Feb-03 |  |
| W45 | L Anderson | 1.50 | Feb-96 |  |
| W50 | L Anderson | 1.80 | Feb-98 |  |
| W55 | L Anderson | 1.80 | 2002   |  |
| W65 | S Peterson | 1.35 | Mar-95 |  |

## Discus Throw

|     |              |       |            |                |
|-----|--------------|-------|------------|----------------|
| W30 | J Maxwell    | 42.42 | Dec-89     |                |
| W35 | S Mene       | 41.74 | Feb-85     |                |
| W40 | V Young      | 43.48 | Jan-81     |                |
| W45 | A Stewart    | 33.81 | 07/03/2024 | Ngā Puna Wai   |
| W50 | V Young      | 43.82 | Oct-88     |                |
| W55 | T Lutton     | 29.76 | 7/9/2025   | OMA, Brisbane  |
| W60 | S Stein-Abel | 27.07 | 10/02/2018 | Rawhiti Domain |
| W65 | G Watts      | 21.25 | Jan-08     |                |
| W70 | G Watts      | 19.10 | 05/02/2012 | Tahiti         |

**Discus Throw 750gm from 1 May 2010**

|                                                   |            |       |            |                |
|---------------------------------------------------|------------|-------|------------|----------------|
| W75                                               | J Whitaker | 20.36 | 28/01/2017 | Rawhiti Domain |
| W80                                               | G Watts    | 18.55 | 14/03/2021 | Rawhiti Domain |
| W85                                               | C Maloney  | 10.02 | 25/1/2025  | Ngā Puna Wai   |
| Changed from 1.00kg 01/01/08. Officially 01/05/08 |            |       |            |                |
| W90                                               | R Smith    | 8.79  | Feb-09     |                |

**Javelin Throw**

|             |           |       |             |         |
|-------------|-----------|-------|-------------|---------|
| W30         | J Maxwell | 40.18 | Mar-90      |         |
| W35         | S Mene    | 39.78 | Oct-87      |         |
| W40         | L Osmer   | 37.67 | Oct-02      |         |
| W45         | L Osmer   | 29.76 | 03/04/02010 | QEII    |
| W50         | L Osmer   | 33.36 | 18/12/2010  | QEII    |
| W55         | L Osmer   | 29.80 | 26/02/2016  | Dunedin |
| W60 (400gm) | B Bird    | 23.03 | Jan-00      |         |
| W65 (400gm) | B Bird    | 21.80 | Feb-08      |         |
| W70(400gm)  | B Bird    | 21.54 | 14/03/2010  | QEII    |

\*\*New weight 500gm as at 01/01/2014 (New best performances)

|             |              |        |            |                |
|-------------|--------------|--------|------------|----------------|
| W60 (500gm) | S Stein Abel | 27.93  | 23/02/2020 | Ngā Puna Wai   |
| W65 (500gm) | B Church     | 15.85  | 3/03/2018  | Whangarei      |
| W70 (500gm) | B Bird       | 15.96  | 18/01/2014 | Rawhiti Domain |
| W75         | G Watts      | 16.20  | 05/10/2016 | Rarotonga      |
| W80         | J Whitaker   | 12.20  | 8/9/2025   | OMA, Brisbane  |
| W85         | R Smith      | 8.52   | 2004       |                |
| W90         | R Smith      | 7.45BP | Feb-09     |                |

**Shot Put**

|     |            |       |            |                |
|-----|------------|-------|------------|----------------|
| W30 | J Maxwell  | 14.68 | Nov-89     |                |
| W35 | S Mene     | 11.61 | 1988       |                |
| W40 | V Young    | 13.31 | Jan-81     |                |
| W45 | J Maxwell  | 10.14 | Mar-05     |                |
| W50 | V Young    | 14.85 | Nov-87     |                |
| W55 | T Lutton   | 11.29 | 6/9/2025   | OMA, Brisbane  |
| W60 | L Osmer    | 9.53  | 13/03/2021 | Rawhiti Domain |
| W65 | L Anderson | 7.75  | 30/09/2012 | Rawhiti        |
| W70 | P Drayton  | 7.50  | Jan-06     |                |

**Shot Put 2kg from 1st May 2010**

|     |           |      |            |              |
|-----|-----------|------|------------|--------------|
| W75 | G Watts   | 8.27 | 06/10/2015 | Rarotonga    |
| W80 | G Watts   | 6.87 | 23/01/2021 | Ngā Puna Wai |
| W85 | C Maloney | 4.37 | 13/4/2025  | Rawhiti      |
| W90 |           |      |            |              |

**Hammer Throw**

|     |           |       |            |              |
|-----|-----------|-------|------------|--------------|
| W30 | A Lynch   | 41.57 | 14/11/2020 | Dunedin      |
| W35 | A Lynch   | 43.51 | 6/2/2022   | Ngā Puna Wai |
| W40 | J Maxwell | 32.30 | Feb-01     |              |
| W45 | H Steer   | 32.53 | Jan-98     |              |
| W50 | V Hood    | 38.42 | Feb-94     |              |
| W55 | V Hood    | 35.84 | Jan-96     |              |
| W60 | G Watts   | 29.66 | Nov-01     |              |
| W65 | G Watts   | 28.85 | Nov-08     |              |
| W70 | G Watts   | 25.80 | 20/02/2011 | QEII         |

**Hammer Throw 2kg from 1st May 2010**

|     |           |       |            |                |
|-----|-----------|-------|------------|----------------|
| W75 | G Watts   | 30.63 | 20/11/2015 | Timaru         |
| W80 | G Watts   | 25.61 | 14/03/2021 | Rawhiti Domain |
| W85 | C Maloney | 18.42 | 07/11/2024 | Ngā Puna Wai   |
| W90 |           |       |            |                |

**Weight Throw**

|     |           |       |            |              |
|-----|-----------|-------|------------|--------------|
| W30 | A Lynch   | 12.46 | 21/11/2020 | Ngā Puna Wai |
| W35 | A Lynch   | 12.53 | 19/02/2021 | Ngā Puna Wai |
| W40 | J Maxwell | 10.87 | Oct-99     |              |
| W45 | J Maxwell | 10.91 | Mar-05     |              |
| W50 | V Hood    | 12.67 | Apr-94     |              |
| W55 | V Hood    | 11.51 | Mar-98     |              |
| W60 | G Watts   | 12.22 | Nov-00     |              |
| W65 | G Watts   | 11.19 | Oct-05     |              |
| W70 | P Drayton | 11.09 | Sep-07     |              |

**Weight Throw**

4kg from 1 May 2010

|     |            |       |            |              |
|-----|------------|-------|------------|--------------|
| W75 | G Watts    | 11.71 | 06/10/2015 | Rarotonga    |
| W80 | J Whitaker | 9.81  | 18/02/2022 | Ngā Puna Wai |
| W85 | C Maloney  | 8.44  | 18/1/2025  | Ngā Puna Wai |
| W90 |            |       |            |              |

**Throws Pentathlon**

(pre May 2010, old age factors)

|     |                   |      |        |  |
|-----|-------------------|------|--------|--|
| W30 | J Maxwell         | 2974 | Mar-92 |  |
| W35 | J Maxwell         | 2713 | Mar-99 |  |
| W40 | J Maxwell         | 3130 | 2000   |  |
| W45 | J Maxwell         | 3480 | Mar-05 |  |
| W50 | V Hood            | 3684 | 1991   |  |
| W55 | V Hood            | 3531 | 1996   |  |
| W60 | V Hood            | 3345 | Oct-00 |  |
| W65 | G Watts           | 3567 | Apr-06 |  |
| W70 | P Drayton         | 3595 | Jan-06 |  |
| W75 | I Bishop          | 2489 | Apr-10 |  |
| W80 | R Smith           | 2616 | 1999   |  |
| W85 | R Smith (1kg D)   | 3472 | Dec-03 |  |
| W85 | R Smith (750gm D) | 3033 | Jan-06 |  |

**Throws Pentathlon**

(1st May 2010, , updated with 2023 age factors)

|                                                                               |              |      |            |                     |
|-------------------------------------------------------------------------------|--------------|------|------------|---------------------|
| W30                                                                           | A McNab      | 2514 | 20/11/2016 | Timaru              |
| W35                                                                           | A Lynch      | 2694 | 28/02/2021 | Inglewood           |
| W40                                                                           | T Oudemans   | 2052 | 14/11/2020 | Dunedin             |
| W45                                                                           |              |      |            |                     |
| W50                                                                           |              |      |            |                     |
| W55                                                                           | T Lutton     | 2845 | 28/9/25    | Oceania's, Brisbane |
| *New javelin weight 500gm as at 01/01/2014 (New best performances until 2016) |              |      |            |                     |
| *W60                                                                          | S Stein-Abel | 2821 | 19/03/2017 | Rawhiti Domain      |
| *W65 (500gm J)                                                                | B Church     | 2334 | 23/01/2018 | Dunedin             |
| *W70 (500gm J)                                                                | G Watts      | 2587 | 03/03/2014 | Invercargill        |

**Change of Specifications from 1st May 2010**

|             |           |      |            |                |
|-------------|-----------|------|------------|----------------|
| W75 (2kg H) | G Watts   | 2989 | 13/12/2015 | Rawhiti Domain |
| W80 (2kg H) | G Watts   | 3105 | 14/03/2021 | Rawhiti Domain |
| W85 (2kg H) | C Maloney | 2401 | 29/09/2024 | Ngā Puna Wai   |