

Canterbury Masters Women's Track Event Records

(Updated March 2026)

60 metres

W30	F Morrison	7.76	12/1/2019	Ngā Puna Wai
W35	H Dinnissen	7.85	15/01/22	Ngā Puna Wai
W40	P Reid	9.19	Feb-02	
W45	L Martin	8.83	20/02/2011	QEII
W50	L Martin	8.58	22/1/2018	Dunedin
W55	L Osmer	9.95	20/02/2011	Rawhiti Domain
W60	L Martin	9.03	28/2/2026	Ngā Puna Wai
W65	L Anderson	10.22	11/01/2014	Bendigo
W70	L Anderson	11.10	01/09/2019	Mackay
W75	S Peterson	11.2H	Jan-08	
W80	I Bishop	19.18	28/02/2015	Tauranga

100 metres

W30	B Peterson	12.01	Feb-92	
W35	B Peterson	12.15	1993	
W40	A Horsnell	12.89	Jan-81	
W45	A Horsnell	12.9H	Sep-83	
	A Horsnell	13.39	Sep-83	
W50	S Peterson	13.50	Mar-82	
W55	S Peterson	13.6H	1984	
	S Peterson	14.26	Apr-88	
W60	S Peterson	13.9H	1989	
	S Peterson	14.17	Feb-89	
W65	S Peterson	14.62	1994	
W70	S Peterson	16.0H	Feb-99	
W75	S Peterson	17.99	Feb-04	
W80	S Peterson	20.44	03/04/2010	QEII

200 metres

W30	F Morrison	24.62	2/2/2019	Ngā Puna Wai
W35	B Peterson	24.89	1993	
W40	A Horsnell	27.13	Jan-81	
W45	A Horsnell	27.51	Sep-83	
W50	L Martin	28.31	9/12/2017	Timaru
W55	S Peterson	28.5H	Mar-85	
	S Peterson	29.66	Feb-87	
W60	S Peterson	29.0H	Feb-89	
	S Peterson	30.00	Aug-89	
W65	S Peterson	31.38	1994	
W70	L Anderson	38.58	05/09/2019	Mackay
W75	S Peterson	40.73	Mar-07	

300 metres

W30	F Morrison	40.45	12/10/2019	Ngā Puna Wai
W40	L Martin	49.28	Feb – 10	QEII
W45	L Martin	45.6H	09/01/2011	QEII
W50	L Martin	47.91	18/11/2017	Rawhiti Domain
W55	G Kirkman	44.59	Feb-07	
W60	J Russell	53.76	30/12/2020	Ngā Puna Wai
W65	L Laban	57.06	11/02/2017	Rawhiti Domain
W70	C Thompson	75.3h	19/02/2011	Rawhiti

400 metres

W30	M Stephen	56.45	Feb-01	
W35	M Stephen	56.98	Oct-02	
W40	E Smeaton	61.56	Feb-93	

W45	L Martin	64.30	09/02/2011	QEII
W50	L Martin	65.65	25/01/2018	Dunedin
W55	G Kirkman	64.13	Sep-07	
W60	L Reed	80.88	Feb-09	
W65	L Laban	77.40	03/04/2017	Nelson
W70	L Reed	85.52	10/11/2017	Timaru

800 metres

W30	G Talbot	2:18.72	Feb-85	
W35	J Merrifield	2:09.7	Mar-91	
W40	E Smeaton	2:15.87	Sep-93	
W45	L Reed	2:34.1	Feb-94	
W50	M Chorley	2:28.09	25/01/2018	Dunedin
W55	L Reed	2:42.17	Mar-04	
W60	L Reed	2:52.45	Feb-09	
W65	J Miles	3:13.14	Mar-09	
W70	L Reed	3:09.70	12/11/2017	Timaru
W75	J Roots	4:38.0H	03/03/2019	Timaru

1500 metres

W30	G Talbot	4:51.3	Mar-85	
W35	M O'Connor	4:34.73	Feb-94	
W40	A Clarke	4:42.71	Feb-01	
W45	B Fortune	5:08.01	Feb-99	
W50	M Chorley	5:01.29	25/01/2018	Dunedin
W55	L Reed	5:25.67	Mar-04	
W60	L Reed	5:40.67	Feb-08	
W65	L Reed	6:02.81	1/12/2012	Nelson
W70	L Reed	6:28.3H	12/11/2017	Timaru
W75	J Roots	9:18.83	02/03/2019	Timaru

1 Mile

<i>W30</i>	<i>A McLeod</i>	<i>5:20.18</i>	<i>29/12/21</i>	<i>Ngā Puna Wai</i>
W35	M O'Connor	4:57.66	Dec-93	
W40	S Litt	6:50:66	30/12/2020	Ngā Puna Wai
W60	L Reed	6:10.6H	Mar-08	

3000 metres

<i>W30</i>	<i>H Oldroyd</i>	<i>10:00.85</i>	<i>29/12/2021</i>	<i>Ngā Puna Wai</i>
W35	M O'Connor	9:22.09	Jan-93	
W40	M O'Connor	9:42.45	1996	
W45	M Stokes	10:53.2	Dec-88	
W50	M Chorley	10:50.76	06/01/2018	Timaru
W55	L Reed	11:18.09	Nov-04	
W60	L Reed	12:07.03	Jan-08	
W65	M Flanagan	13:39.52	01/03/2019	Timaru
W70	L Reed	13:41.60	10/11/2017	Timaru
W75	J Roots	20:00.00	01/03/2019	Timaru

5000 metres

W30	V Lyndsey	20:20.0	Jan-83	
W35	M O'Connor	16:03.12	Feb-93	
W40	M O'Connor	16:43.03	1996	
W45	B Fortune	18:44.93	Feb-99	
W50	M Chorley	19:06.38	11/11/2017	Timaru
W55	L Reed	19:36.1	Feb-04	
W60	L Reed	20:49.31	Dec-07	
W65	L Reed	21:56.10	2/12/2012	Nelson
W70	C Thompson	27:37.83	04/12/2011	Timaru

10000 metres

W35	M O'Connor	33:58.54	Mar-94	
W40	A Clarke	37:05.96	Jan-01	
W45	M Stokes	38:23.9	Dec-88	
W50	L Reed	39:38.6	Jan-01	
W55	L Reed	40:38.0	2003	
W60	L Reed	42:48.58	Dec-08	
W65	C Thompson	51:49.48	Mar-05	
W70	C Thompson	58:20.18	20/08/2011	BHS

2000 metres Steeplechase

W35	C Burr	8:20.17	Jan-01	
W40	B Fortune	8:48.39	Jan-98	
W45	B Fortune	8:25.97	Mar-99	
W50	L Reed	7:58.78	Jan-00	
W55	L Reed	8:26.36	Mar-05	
W60	L Reed	8:45.43	Jan-08	
W65	L Reed	9:20.23	01/12/2012	Nelson
W70	L Reed	9:43.19	11/11/2017	Timaru

1500 metres Track Walk

W60	Shirley Rolston	12:51.6	Mar-08	
W65	Ann Henderson	10:13.6	Mar-09	

3000 metres Track Walk

W30	S de Groot	15:02.2	Feb-91	
W35	D Pittwood-Adams	18:07.66	Jan-06	
W40	L Woodward	18:10.9	Mar-97	
W45	A Milner	17:53.5	Mar-99	
W50	S Rolston	17:57.49	Nov-00	
W55	M Slattery	18:33.0	Feb-91	
W60	S Rolston	20:17.09	01/12/2012	Nelson
W65	A Henderson	20:40.12	Mar-07	
W70	A Henderson	22:03.07	04/12/2010	Invercargill
W75	A Henderson	24:55.47	20/11/2016	Timaru

5000 metres Track Walk

W30	S Jerrett	31:51.1	Feb-93	
W35	A Milner	30:40.2	Oct-91	
W40	L Woodward	30:58.0	Feb-93	
W45	A Milner	31:16.9	Feb-99	
W50	S Rolston	32:46.1	Feb-99	
W55	M Slattery	32:22.9	Oct-91	
W60	A Henderson	36:39.0	Feb-02	
W65	A Henderson	37:17.96	Aug-08	
W70	A Henderson	38:14.81	05/12/2010	Invercargill

80 metres Hurdles

W40	L Osmers	13.97	Feb-03	
W45	L Welford	15.3H	Feb-93	
	L Anderson	15.3H	Mar-96	
	V Hood	16.88	Oct-88	
W50	L Martin	13.55	03/03/2018	Whangarei
W55	G Kirkman	14.19	Sep-07	
W60	L Anderson	17.06	Feb-08	
W65	S Peterson	18.44	Nov-97	
	L Anderson	18.44	05/02/2012	Tauranga
W70	S Peterson	17.72	Feb-00	

100 metres Hurdles

W30	F Morrison	13.62	07/03/2020	Ngā Puna Wai
W35	H Dinnissen	14.85	07/03/2020	Ngā Puna Wai

200 metres Hurdles (New event from 01 June 2008)

W70
W75

300 metres Hurdles

W30	H Dinnissen	50.42	11/11/2017	Timaru
W35	J Ramsay	55.76	25/11/2017	Rawhiti Domain
W50	L Martin	49.04	09/12/2017	Timaru
W55	G Kirkman	50.75	Sep-07	

400 metres Hurdles

W30	M Stephen	66.98	Mar-02	
W35	J Ramsay	75.92	03/03/2019	Timaru

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

W35	L Osmers	2048	Feb-00	
W40	L Osmers	3608	Oct-02	
W45	L Sowman	1040	1999	
W50	G Kirkman	3157	Jan-05	
W55	L Reed	3076	Jan-05	
W60	S Peterson	3204	1992	
W65	M Slattery	2457	2001	

Pentathlon (NZ) (1st May 2010, new age factors)

W35				
W40				
W45				
W50	L Osmers	2876	02/03/2014	Invercargill
W55				
W60				
W65	L Anderson	2813	30/11/2013	Timaru

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

*W60				
*W65				
*W70	L Anderson	2764	25/01/2018	Timaru
W75				
W80				

Heptathlon (pre May 2010, old age factors)

W40	L Osmers	5038	2003	
W45	L Anderson	4242	Mar-06	
W50	L Anderson	3887	Jul-07	
W55	G Watts	3307	Mar-96	
W60				
W65	S Peterson	5275	Mar-96	

Heptathlon (1st May 2010, new age factors)

W60	L Anderson	3582	05/07/2010	Tahiti
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