

# Canterbury Masters Women's Track Event Records

(Updated March 2019)

## 60 metres

<b>W30</b>	<b>F Morrison</b>	<b>7.76</b>	<b>12/1/2019</b>	<b>Ngā Puna Wai</b>
W35	R Simons	9.62	31/01/2015	Rawhiti Domain
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 Osmers	9.95	20/02/2011	Rawhiti Domain
W60	L Anderson	10.40	14/02/2010	QEII
W65	L Anderson	10.22	11/01/2014	Bendigo
W70	L Anderson	11.54	17/02/2018	Rawhiti Domain
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

<b>W30</b>	<b>F Morrison</b>	<b>24.62</b>	<b>2/2/2019</b>	<b>Ngā Puna Wai</b>
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	38.74	23/1/2018	Dunedin
W75	S Peterson	40.73	Mar-07	

## 300 metres

<b>W30</b>	<b>F Morrison</b>	<b>41.29</b>	<b>28/12/2018</b>	<b>Ngā Puna Wai</b>
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	L Reed	58.4H	Feb-09	
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
<b>W75</b>	<b>J Roots</b>	<b>4.38.0H</b>	<b>3/3/2019</b>	<b>Timaru</b>

### 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
<b>W75</b>	<b>J Roots</b>	<b>9.18.83</b>	<b>2/3/2019</b>	<b>Timaru</b>

### 1 Mile

W35	M O'Connor	4.57.66	Dec-93	
W60	Loris Reed	6.10.6H	Mar-08	

### 3000 metres

W30	G Talbot	10.41.50	Feb-85	
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	
<b>W65</b>	<b>M Flanagan</b>	<b>13.39.52</b>	<b>1/3/2019</b>	<b>Timaru</b>
W70	L Reed	13:41.60	10/11/2017	Timaru
<b>W75</b>	<b>J Roots</b>	<b>20.00.00</b>	<b>1/3/2019</b>	<b>Timaru</b>

### 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	
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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	Shirley Rolston	20.17.09	1/12/2012	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	<i>F Morrison</i>	<i>13.74</i>	<i>5/1/2019</i>	<i>Timaru</i>
W35	B Turbott	18.2H	1976	

**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	
<b>W40</b>	<b>J Ramsay</b>	<b>75.92</b>	<b>03/03/2019</b>	<b>Timaru</b>

**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