

NORTH ISLAND CHAMPIONSHIP BEST PERFORMANCES December 2009 amended

100m

M30	D Immink	11.7	2006	M35	L.Malcolmson	11.54	1987
M40	L. Malcolmson	11.57	1989	M45	L. Malcolmson	11.87	1998
M50	L. McGregor	11.57	1989	M55	R. White	12.8	1999
M60	F. Copeman	12.9	1987	M65	F. Copeman	13.5	1991
M70	S. Foster	14.83	2007	M75	B. Kaiser	15.84	1989
M80	B. Kaiser	16.1	1992	M85	S. Taylor	19.6	2001
M90	S Taylor	23.7	2006				

W30	T Assink	12.3	2006	W35	P. Hunt	12.8	1987
W40	C. Turner	13.2	1987	W45	W. Brown	13.7	1996
W50	A Hunter	14.18	1998	W55	S Gower	14.1	2002
W60	M. Peters	15.1	1996	W65	C. Waring	15.36	2008
W70	M Peters	15.52	2003	W75	M. Peters	16.47	2009
W80	M. Petley	21.44	2009	W85	A Sole	28.73	2000

200m

M30	D Immink	24.0	2006	M35	L. Malcolmson	22.9	1986
M40	L. Malcolmson	24.2	1990	M45	J. Campbell	24.29	2009
M50	P. Sharland	26.04	1998	M55	M Callaghan	27.05	2003
M60	L. Malcolmson	26.77	2009	M65	M. Fraser	28.51	2008
M70	A Roberts	31.38	2002	M75	B. Kaiser	33.64	1989
M80	B. Kaiser	34.6	1992	M85	E De Lautour	40.7	2006
M90	S Taylor	53.0	2006				

W30	T Assink	25.5	2006	W35	W. Brown	26.6	1990
W40	C. Turner	27.5	1987	W45	W. Brown	28.1	1996
W50	A. Hunter	28.70	1998	W55	S. Gower	28.83	2002
W60	C. Waring	31.5	2004	W65	M. Peters	31.80	1998
W70	M. Peters	33.22	2005	W75	M. Peters	35. 80	2009
W80	M. Petley	46.71	2009				

400m

M30	D Immink	56.5	2006	M35	C. Dodds	54.58	1998
M40	D. Stephens	54.7	1995	M45	L. Malcolmson	54.14	1998
M50	A. Puliyyadda	58.12	2002	M55	D. Hilton	60.5	1990
M60	I. Babe	62.1	1996	M65	M. Fraser	1.05.05	2008
M70	H. Mein	71.02	2000	M75	E. deLautour	79.9	1996
M80	E. deLautour	85.6	2001	M85	E. de Lautour	1.40.53	2007
M90	F Cox	3:06.60	2002				

W30	T Assink	59.89	2007	W35	W. Brown	64.6	1988
W40	C. Turner	60.5	1987	W45	C. Turner	64.2	1992
W50	K. Gillum-Green	66.74	2007	W55	C. Waring	68.18	1998
W60	C. Waring	74.77	2005	W65	C. Waring	1.17.34	2009
W70	J. Hammond	88.51	2007	W75	M. Petley	1.45.8	2004
W80	M. Petley	1.53.05	2009				

800m

M35	W. Doney	2.03.2	1992	M40	M. Cull	2.01.4	1986
M45	R. Robertson	2.08.9	1986	M50	I. Calder	2.11.86	2008
M55	T Ogilvie	2.15.92	2005	M60	I. Babe	2.19.8	1996
M65	K. Johnson	2.27.8	1990	M70	E. deLautour	2.51.7	1994
M75	M. Browne	3.31.28	2005	M80	F Cox	4:10.7	1991
M85	E De Lautour	3:37.0	2006				

W30	J Drummond	2.30.0	1997	W35	A. Williams	2.27.44	2008
W40	A Hare	2.21.39	2005	W45	C.A.Hare	2.23.72	2009
W50	K.Gillum-Green	2:36:05	2007	W55	J. Chandler	2.57.3	1995

W60	P. Fletcher	3.03.1	1992	W65	M. Petley	3.37.6	1995
W70	A. Acott	3.34.2	1997	W75	M. Petley	4.20.2	2004

1500m

M35	W. Doney	4.17.5	1992	M40	R. House	4.06.4	1986
M45	J. Casey	4.24.03	2000	M50	I. Calder	4.29.24	2008
M55	D. White	4.39.7	1997	M60	T. Ogilvie	4.52.04	2008
M65	R. Robertson	5.05.0	2006	M70	J. Downey	5.26.02	2000
M75	E. deLautour	6.02.0	1995	M80	F. Cox	8.19.4	1992
M85	E. deLautour	7:38:98	2007				

W30	K. Martel	5.20.4	2001	W35	J. Smith	4.57.7	1986
W40	A. Hare	4.44.52	2005	W45	A. Hare	4.54.34	2009
W50	J. Stewart	5.29.1	1999	W55	J. Stewart	5:57.0	2006
W60	J. Stewart	6.02.03	2008	W65	I. Foley	7.10.94	2002
W70	I. Foley	7.16.75	2003	W75	C. van der Veeken	8.18.6	2008

3000m

W30	L. Reynolds	11.57.0	1997	W35	S. Taylor	10.55.1	1993
W40	J. Stewart	10.49.0	1989	W45	S. Gibbs	10.37.03	2009
W50	J. Stewart	11.44.3	1999	W55	J. Stewart	12.27.0	2006
W60	P. Hewitt	12.52.2	1996	W65	A. Jones	15.08.0	2006
W70	N. Little	16.24.0	1997				

M35	J. Robinson	10:00.0	2006	M40	R. Blogg	10:51.7	2004
M50	C. Stringfellow	10:24.0	2006	M55	T. Ogilvy	10:05.0	2006
M60	A. Clapcott	10:41.8	2004	M65	N. Wagner	12:26.0	2006
M70	J. Tobin	15:40.0	2006	M80	C. Thorne	18.16.2	2004
M85	E. deLautour	17:17:58	2007				

5000m

M35	I. Murray	17.04.41	2003	M40	T. McLachlan	15.15.8	1994
M45	I. Carter	16.31.0	1995	M50	K. Pearce	16.13.2	1986
M55	T. Ogilvie	16.58.3	2005	M60	T. Ogilvie	17.56.50	2008
M65	R. Robertson	18:43.0	2006	M70	L. Wigham	20.09.97	2001
M75	E. deLautour	21.54.3	1995	M80	F. Cox	30.25.0	1991

W30	L. Blackmore	20.16.2	1992	W35	L-A Sharp	18.08.08	2003
W40	R. Stansfield	21.23.5	2005	W45	S. Gibbs	18.32.57	2009
W50	J. Stewart	20.49.94	2001	W55	J. Stewart	20:56.0	2006
W60	P. Fletcher	21.10.8	1992	W65	I. Foley	24.12.83	2001
W70	I. Foley	24.59.45	2003	W75	D. Cumming	28.04.20	2009

10,000m

M50	J. Read	37.58.78		M60	D. Andrews	46.30.38	2008
M65	A. Eustace	1.09.45.77	2008	M85	E. de Lautour	1.13.45.49	2008

10,000m

W55	D. Spiers	59.23.12	2008
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10k Road Race

M35	D. Humphrey	32.41.1	1992	M40	D. O'Connell	32.51.9	1992
M45	B. Katterns	34.24	1999	M50	K. Pearce	33.19.4	1986
M55	P. Mills	37.56	1991	M60	A. Clapcott	37.22	2004
M65	L. Wigham	39.54	1997	M70	L. Wigham	41.03	2001
M75	E. deLautour	46.29	1995	M80	C. Thorne	1.05.35	2004

W35	D. Larsen	38.46	1999	W40	B O'Connell	37.49	1987
W45	E. Thodey	40.25	1995	W50	J. Stewart	43.33	2001
W55	P. Hewitt	46.05	1993	W60	P. Hewitt	46.11.6	1996
W65	A. Acott	57.41	1994	W70	N. Little	57.32	1997

3000m Walk

M35	L. McPhillips	13.21.24	2000	M40	K. Burge	14.55.1	1997
M45	G. Little	14.30.9	1988	M50	G. Little	13.49.2	1996
M55	M. Parker	14.55.04	2008	M60	G. Little	14.00.57	200
M65	M. Hinton	16.55.03	2000	M70	K. Sanders	19.25.4	1994
M75	A. Kefalas	21.45.0	1989	M80	F. Cox	24.36.0	1991
W30	C. Tuka	15.31.6	1992	W35	D. Barrett	14.57.9	1996
W40	D. Barrett	15.44.27	2000	W45	N Aymes	15.46.05	2000
W50	L. Foster	16.29.0	1991	W55	L. Foster	18.06.2	1996
W60	S. Barber	18.39.44	2008	W65	L. Foster	22.16.7	2009
W70	D. Torbitt	21.53.40	2001				

3k Race Walk

M40	R. Gillum	14.55.81	2002	M45	R. Gillum	14:48:87	2007
M50	J. Lambert	17:14:80	2002				
W30	R. Gilberd	16.05.58	2007	W35	K. Tahere	19.22.32	2007
W40	D. Barrett	16:47:04	2002	W55	M. White	18:52:26	2007
W60	L. Foster	20:11:51	2002	W65	D. Witteveen	22.43.46	2002
W70	D. Torbit	21:53:40	2002				

5k Road Walk

M40	D. Barrett	27.26.9	1992	M50	B. Walker	32.15.0	1995
M55	E Kemsley	25:43.7	2006	M60	M. Hinton	26.41.0	1995
M80	F. Cox	37.24.0	1992				
W30	C. Tuka	25.07.8	1992	W40	H. Roebuck	31.06.0	1995
W45	N. Dean		1992	W50	L. Foster	27.27.6	1992
W55	L. Foster	31.09.0	1995	W60	N. Perry	33.32.5	1995
M65	N Perry	34:29	1995				

10k Road Walk

M35	L. McPhillips	49.15.0	2000	M40	K. Burge	52.12.0	1997
M45	G. Little	49.26.0	1988	M50	G Little	49:15	1996
M55	G. Little	48.46.0	1997	M60	G. Little	50.42.5	2003
M65	M. Hinton	59.42.0	2000	M70	K. Sanders	65.47.0	1994
M75	I. Ellis	80.54.0	2000				
W30	R. Gilberd	58.43	2007	W40	D. Barrett	57.58.0	2000
W35	J. Jackson	52.34.5	1986	W50	L. Foster	58.09.0	1991
W45	N Aymes	55:08	2000	W60	L. Foster	65.58.0	2000
W55	L. Foster	63.14.0	1999	W70	D. Turbit	74.47	2001
W65	E. Platt	71.59.0	1997				

10,000m Track Walk

M45	D. Sim	54.47.27	2008	M55	M. Parker	55.12.57	2008
W50	T. Large	1.12.27.85	2008	W55	S. Miratana	1.16.42.00	2008
W60	S. Barber	1.09.37.47	2008				

3000m Steeples

M35	M. Laird	10.46.3	1990	M40	B. Cooper	10.03.7	1989
M45	M. Laird	10.39.5	1997	M50	R. Robertson	9.58.0	1995
M55	T. Ogilvie	11.14.20	2005	M60	R. Johnson	13.55.2	1993

2000m Steeplechase

M60	T. Ogilvie	7.24.87	2008	M65	P. Mills	8.18.58	2000
M70	J. Downey	8.18.69	2000				
W30	J. Drummond	7.59.7	1997	W35	K. Green	7.48.5	1994
W40	V. Adams	8.20.2	1994	W45	J. Stewart	8.11.0	1997
W50	V. Adams	8.47.4	2005	W55	D. Spiers	12:22:43	2007
W60	F Riley	11.38.11	2002	W65	D. Cumming	11.33.15	2000
W70	D. Cumming	11:54:01	2007	W75	C. van der Veecken	13.13.97	2008

110m Hurdles

M35	S. TeWhaiti	19.27	2000	M40	P Daborn	17.67	2008
M45	D Rondon	19.8	2006				

100m Hurdles

M35	T. Marumaru	20.0	1994	M40	G. Hustler	16.9	1988
M45	M. Anderson	16.8	1994	M50	A Isaac	16.9	1997
M55	J. Speerstra	17.2	1988	M60	R Petrie	19.51	2000
M65	I. Stevenson	22.07	2000	M70	M Dunn	19.75	2000
W30	V. Story	20.56	2007	W35	S Graham	22.5	1994

80m Hurdles

M60	S Foster	15.30	1998	M65	M. Dunn	17.1	1996
M70	A.Roberts	17.02	2002	M75	R. Johnson	18.59	2007
W35	I Cate	15.15	1989	W40	P. Hunt	13.9	1992
W45	P. Hunt	14.2	1993	W50	J. Anderson	17.00	2002
W55	Y. Simeon	16.1	1997	W60	C. Bruncker	17.9	1991

400m Hurdles

M35	J. Hill	59.46	1998	M40	P Daborn	1:03.12	2007
M45	R. Robertson	66.5	1986	M50	M. Callaghan	66.5	1997
M55	M Callaghan	70.88	2003				
W35	A. Williams	1.23.1	2009				

300m Hurdles

M40	D. Trow	49.70	1989	M45	K. Carvell	51.14	1989
M50	I. McGregor	48.45	1989	M55	J. Speerstra	54.5	1988
M60	S. Foster	48.3	2009	M65	S. Foster	56.7	2004
M70	S. Foster	59.02	2009	M75	H Mein	72.1	2006
W40	C. Turner	60.2	1989	W45	F. Riley	70.1	1988
W55	W. Pepene	77.0	1988	W60	B. Vine	71.0	1988

SHOT

M30	D Immink	9.21	2006	M35	D Wagner	12.02	2006
M40	R. Main	12.78	1989	M45	R. Main	11.90	1995
M50	P. Cox	12.14	1996	M55	C. Scott	11.02	1988
M60	R. Harris	12.57	1998	M65	D. Scratton	11.11	1986
M70	D. Scratton	11.50	1991	M75	D. Scratton	10.87	1994
M80	D. Scratton	9.63	1999	M85	D. Scratton	7.66	2004
M90	F. Cox	2.83	2002				
W30	C. McNie	12.14	1991	W35	C. McCahill	12.84	1999
W40	C McCahill	11.36	2008	W45	B. Savage	9.18	1993
W50	J Evans	10.38	1999	W55	B. Savage	9.78	2001
W60	B. Austin	9.18	2005	W65	H. May	7.96	1987

W70	B. Vine	6.84	1999	W75	C. Blair	6.40	2005
W80	A Williams	4.34	2006	W85	P. Purser	3.92	2008

DISCUS

M30	D Immink	28.11	2006	M35	D Wagner	39.89	2006
M40	R Otto	38.81	2006	M45	W. Sinclair	35.50	1991
M50	W. Sinclair	38.62	1994	M55	C Murch	35.25	2006
M60	R. Ball	46.77	1997	M65	P Popa	38.82	1987
M70	S. Johnson	34.96	1992	M75	J.Mowat-Wilson	31.12	1991
M80	D. Scratton	26.21	1999	M85	D. Scratton	19.87	2004
M90	F. Cox	6.55	2002				

W30	C. McNie	33.46	1993	W35	V. Hill	40.16	1998
W40	C. McCahill	35.25	2008	W45	B. Savage	33.54	1994
W50	M. Stanley	29.18	1987	W55	M. Stanley	29.00	1993
W60	B. Savage	26.07	2008	W65	H. May	19.24	1989
W70	H. May	17.56	1992	W75	C. Blair	15.18	2005
W80	A Williams	11.81	2008	W85	P. Purser	11.14	2008
W90	D. Howells	9.36	2008				

HAMMER

M35	M. Cumming	43.58	2001	M40	M Cumming	46.15	2006
M45	M. Cumming	48.83	2007	M50	L. Devlin	48.84	1987
M55	L. Devlin	45.10	1991	M60	L. Devlin	48.46	1996
M65	L. Devlin	44.36	2000	M70	M. Carr	42.76	1992
M75	M. Carr	31.87	1999	M80	D. Scratton	23.62	1999
M85	D. Scratton	21.72	2006	M90	F. Cox	7.99	2002

W30	H. Kaur	54.27	2009	W35	C. McCahill	41.40	2001
W40	C. McCahill	37.59	2006	W45	A. Goulter	39.15	2008
W50	B. Savage	37.45	2000	W55	V. Babe	30.36	1994
W60	B. Savage	32.78	2008	W65	C. Bruncker	25.80	1999
W70	C. Bruncker	26.74	2004	W75	C Bruncker	21.47	2006
W80	P. Purser	13.75	2002	W85	P. Purser	10.77	2007

JAVELIN

M30	D Immink	23.80	2006	M35	J. Bradley	56.82	1991
M40	J. Bradley	51.62	1997	M45	D. Brand	60.97	2008
M50	J Bradley	51.67	2006	M55	J. Bradley	50.21	2008
M60	L. Malcolmson	42.48	2009	M65	R Johnson	34.74	1999
M70	D. Scratton	33.69	1989	M75	R. Johnson	32.43	2008
M80	D. Scratton	25.78	1999	M85	D. Scratton	19.95	2004
M90	F. Cox	7.80	2002				

W30	C. McNie	26.26	1993	W35	S. Jones	30.73	2007
W40	C. Browne	31.30	2009	W45	J. Evans	25.40	1998
W50	J. Evans	29.19	1999	W55	J. Evans	26.92	2004
W60	W. Pepene	25.18	1994	W65	W. Pepene	22.19	1999
W70	H. May	20.26	1993	W75	W. Pepene	19.36	2005
W80	A Williams	10.73	2008	W85	P. Purser	9.39	2008

WEIGHT THROW

M35	D Wagner	13.79	2006	M40	M Cumming	14.67	2006
M45	M. Cumming	15.34	2008	M50	J. Bradley	13.31	2003
M55	K. Bradley	13.34	2001	M60	K Bradley	16.54	2008
M65	L. Devlin	16.37	2004	M70	R. Ball	12.35	2006
M75	M. Carr	11.87	2000	M80	D. Scratton	11.21	2002
M85	D Scratton	10.22	2004				

W35	C. McCahill	13.00	2001	W40	C. McCahill	14.51	2008
W45	A. Goulter	11.08	2008	W50	B. Savage	12.91	2000
W55	B. Savage	12.21	2001	W60	B. Savage	12.97	2008
W65	C. Bruncker	10.18	1999	W70	Bruncker/Blair	10.03	2002/04
W75	C. Blair	9.33	2005	W80	M. Petley	6.22	2009
W85	P. Purser	4.48	2009				

HIGH JUMP

M30	D Immink	1.50	2006	M35	J. Turner	1.61	2005
M40	P. Gulliven	1.80	2008	M45	B. Curry	1.68	2007
M50	L. Smith	1.50	1994	M55	R. McGregor	1.41	1999
M60	R. McGregor	1.40	2000	M65	Blair/McGregor	1.30	1998/06
M70	J. Blair	1.25	2004	M75	J Blair	1.22	2007
M80	B. Nicholson	0.90	2003	M85	F Cox	0.75	1998
W30	P. Workman	1.32	1987	W35	A. Goulter	1.31	1998
W40	J. Andersen	1.43	1994	W45	J. Andersen	1.35	1995
W50	N. Bowmar	1.25	2000/03	W55	Y. Simeon	1.21	1997
W60	A. Deleiros	1.13	2008	W65	W. Pepene	1.05	1997
W70	J. Hammond	1.06	2007	W75	W. Pepene	0.95	2005

LONG JUMP

M30	V Hibbert	4.71	2006	M35	P. Gilbert	6.55	1986
M40	S Te Whaiti	5.68	2006	M45	M. Andersen	5.51	1994
M50	Simpson/Priest	5.14	2000/02	M55	G. Simpson	4.84	2007
M60	R. Petrie	4.78	2000	M65	R McGregor	4.35	2006
M70	T Tolhurst	4.06	2003	M75	R. Johnson	3.23	2008
M80	F. Cox	2.56	1992	M85	F. Cox	1.35	1998
M90	F Cox	1.14	2002				
W30	Buchanan/Grigg	4.40	2002	W35	L. Lochhead	4.41	1994
W40	J. Andersen	4.47	1994	W45	A. Hunter	4.54	1997
W50	A. Hunter	4.80	1998	W55	Y. Simeon	4.01	1998
W60	J. Hammond	3.65	1998	W65	C. Blair	3.32	1995
W70	C. Blair	3.07	2002	W75	A. Sole	2.62	1992
W85	A Sole	1.37	2000				

POLE VAULT

M35	D. Rondon	3.20	1998	M40	S Te Whaiti	3.00	2006
M45	M. Andersen	3.20	1995	M50	G. Simpson	2.50	2000
M55	M. Andersen	3.20	2003	M60	R. Ball	2.70	1997
M65	R. Ball	2.60	2004	M70	R. Johnson	2.40	2002
M75	R. Johnson	2.00	2007	M80	W Opperman	1.3	2009
W40	J. Andersen	2.30	1994	W45	J. Andersen	2.20	1995
W50	J. Andersen	2.00	2002/03/04	W55	J Andersen	1.80	2006

TRIPLE JUMP

M35	J. Edwin	11.43	1986	M40	R. Fletcher	11.90	1986
M45	G Lawson	11.15	2006	M50	S. Priest	11.10	2001
M55	M Callaghan	10.22	2003	M60	C. Deacon	9.41	1991
M65	L. Williams	8.70	2003	M70	T Tolhurst	8.44	2003
M75	J. Mowatt-Wilson	7.45	1991	M80	S. Hogg	5.47	1994
M85	F. Cox	2.66	1998				
W30	R. Grigg	9.15	1999	W35	W. Brown	9.37	1990
W40	J. Andersen	9.46	1994	W45	A Hunter	10.15	1997
W50	A. Hunter	9.27	1998	W55	A. Hunter	8.62	2004
W60	C. Blair	7.61	1990	W65	C Blair	6.98	1996
W70	M. Petley	6.13	2001	W75	A. Sole	5.91	1991

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PENTATHLON

(All re-calculated on 1997 tables)

M30	DE Immink	1915	2006	M35	D. Rondon	2291	1998
M40	J. Turner	2553	2007	M45	G Rawson	2493	2006
M50	G. Simpson	2919	2000	M55	R. McGregor	2994	1997
M60	R. McGregor	3480	2000	M65	R McGregor	3111	2006
M70	R Johnson	3502	2002	M75	H Mein	2721	2006
M80	W. Nicholson	2068	2003	M85			
M90	F Cox	800	2002				
W30	N Buchanan	1960	2002	W35	A. Harris	2187	1995
W40	C. Browne	2627	2002	W45	T.Ramanui	2856	1998
W50	T Ashe	2840	2006	W55	T. Ashe	2987	2009
W60	J. Hammond	3106	1997	W65	J Sherburn	2837	2006
W70	J. Hammond	3482	2007	W75	C. van der Veecken	2808	2008

WEIGHT PENTATHLON

M30	R. Hansford	1659	2008				
M35	D Wagner	2708	2006	M40	D. Wagner	2827	2008
M45	M. Cumming	3057	2008	M50	J Bradley	3088	2003
M55	L. Devlin	3471	1992	M60	I. Devlin	3814	1996
M65	R. Ball	3746	2004	M70	S. Johnson	4173	1992
M75	R. Johnson	3589	2008	M80	D. Scratton	3806	1999
M85	D. Scratton	4086	2004				
W30	C. McNie	2884	1992	W35	C. McCahill	3283	2001
W40	C. McCahill	3747	2008	W45	J. Evans	2442	1998
W50	B. Savage	3325	1997	W55	B. Savage	3644	2001
W60	B. Savage	3524	2008	W65	C. Bruncker	3183	1999
W70	C. Bruncker	3586	2002	W75	C Bruncker	3736	2006
W80	A Williams	2805	2006	W85	P. Purser	3242	2008

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