

## **BEST PERFORMANCES**

Note: pre 2010 Electronic timing was not available in some years

After 2010 – only Electronic timing can be accepted for track events Best Performances

### **BOYS TRACK**

<b>Grade</b>	<b>Event</b>	<b>Name</b>	<b>Club</b>	<b>Time or Distance</b>	<b>Year</b>
7	60m	A Curtis	Kiwi Wellington	9.09	2000
8	60m	R. Brown	Paraparaumu	8.82	1991
9	60m	A Brewster	Titahi Bay	8.53	2000
7	100m	A. Curtis	Kiwi Wellington	14.63	2000
8	100m	J. Donnelly	Titahi Bay	14.30	1983
9	100m	A. Brewster	Titahi Bay	13.47	2000
10	100m	A. Schroder	Richmond	13.33	1981
11	100m	Mafutaga Tau	Titahi Bay	12.47	2010
12	100m	Mafutaga Tau	Titahi Bay	11.96	2011
13	100m	Mafutaga Tau	Titahi Bay	11.55	2012
14	100m	Finn Yeats	Athletics Wairarapa	11.48	2013
15	100m	M. Coad	Kiwi	11.32	1991
7	200m	N. Willis	Lower Hutt	30.96	1991
8	200m	A. Steinmetz	Paraparaumu	30.07	1990
9	200m	A Brewster	Titahi Bay	28.30	2000
10	200m	A. Brewster	Titahi Bay	27.18	2001
11	200m	A. Brewster	Titahi Bay	25.40	2002
12	200m	Mafutaga Tau	Titahi Bay	24.69	2011
13	200m	M. Beldham	Paraparaumu	23.21	1989
14	200m	Jackson Smith	Mid Valley	23.47	2008
15	200m	R. Bade	Paraparaumu	23.20	1995
10	400m	B. Mohamed	Titahi Bay	63.37	2007
11	400m	Barkhad Mohamed	Titahi Bay	58.71	2008
12	400m	G. Stone	Maidstone	56.50	1983
13	400m	G. Stone	Maidstone	53.50	1984
14	400m	D. Laterveer	Johnsonville	51.90	1986
15	400m	M. Beldham	Paraparaumu	51.63	1991
10	800m	B. Mohamed	Titahi Bay	02:20.80	2007
11	800m	Barkhad Mohamed	Titahi Bay	02:12.64	2008
12	800m	N. Willis	Lower Hutt	02:13.64	1996
13	800m	J. Oliver	Titahi Bay	02:02.96	2007
14	800m	C. Casey	Carterton	02:00.02	2006
15	800m	C. Spencer	Mana	02:01.93	1989
10	1500m	B. Mohamed	Titahi Bay	04:48.24	2007
11	1500m	Barkhad Mohamed	Titahi Bay	04:31.31	2008
12	1500m	J. Oliver	Titahi Bay	04:33.46	2006
13	1500m	C. Casey	Carterton	04:24.21	2005
14	1500m	C. Casey	Carterton	04:07.79	2006
15	1500m	Kieron McDonald	WHAC	04:10.90	2010
12	80m Hurdles	M. Walker- Tepania	Titahi Bay	12.21	2006
13	80m Hurdles	M. Walker- Tepania	Titahi Bay	11.62	2007

14	80m Hurdles	J. Higgs	Paraparaumu	12.72	1995
14	100m Hurdles	Jordan Brown	Paraparaumu	14.25	2011
15	100m Hurdles	J. Watt	Kiwi	14.80	1993
10	1000m Walk	Matthew Rowling	Wellington	06:31.00	2012
11	1000m Walk	Matthew Leikis	Karori	06:33.27	2012
12	1000m Walk	K. Gibson	Lower Hutt	05:49.19	2003
13	1000m Walk	Andrew Paton	Upper Hutt	05:31.26	2012
14	1000m Walk	Fraser Sampson	WHAC	05:30.99	2011
15	1000m Walk	Stuart Hood	Maidstone	04:29.79	2011
10	1200m Walk	Luke Elliott	Upper Hutt	07:24.21	2013
11	1200m Walk	Matthew Rowling	WHAC	07:22.66	2013
12	1200m Walk	Jayden Maule	Upper Hutt	07:41.79	2013
13	1600m Walk	Sean Beresford	Olympic	11:40.31	2013
14	2000m Walk				
15	2000m Walk				
12	1000m Steeple	C. Casey	Carterton	03:16.80	2004
13	1000m Steeple	Tom Quinn	Carterton	03:01.60	2009
14	1000m Steeple	C. Casey	Carterton	02:52.18	2006
15	1000m Steeple	Hector Farmer	Wellington Scottish	03:03.40	2008

### **BOYS FIELD**

<b>Grade</b>	<b>Event</b>	<b>Name</b>	<b>Club</b>		<b>Year</b>
7	Long Jump	F. Meo	Wellington	3.92m	2005
8	Long Jump	K. Kuzmicich	Eastern Suburbs	4.27m	1982
9	Long Jump	A. Brewster	Titahi Bay	4.77m	2000
10	Long Jump	A. Steinmetz	Paraparaumu	4.99m	1992
11	Long Jump	A. Brewster	Titahi Bay	5.30m	2002
12	Long Jump	M. Walker-Tepania	Titahi Bay	5.65m	2006
13	Long Jump	M. Walker-Tepania	Titahi Bay	5.91m	2007
14	Long Jump	Manaaki Walker-Tepania	Titahi Bay	6.48m	2008
15	Long Jump	Jackson Smith	Mid Valley	6.29m	2009
10	High Jump	Mate Poduje	WHAC	1.51m	2009
11	High Jump	Barkhad Mohamed	Titahi Bay	1.65m	2008
12	High Jump	H. Walker-Tepania	Titahi Bay	1.69m	2007
13	High Jump	Hoani Walker-Tepania	Titahi Bay	1.82m	2008
14	High Jump	J. Edwards	Titahi Bay	1.95m	1986
15	High Jump	S. Rongo	Kiwi	1.85m	1994
7	Shotput 1.375kg	J. Singleton	Paraparaumu	7.91m	1993
7	Shotput 2009 1.0kg	Torrel Kitiseni	Titahi Bay	7.53m	2013
8	Shotput	Broadus Melvin	Titahi Bay	9.61m	2008

	1.375kg				
8	Shotput 2009 1.5kg	Ryufus Rusholme Cobb	Lower Hutt	8.50m	2013
9	Shotput 1.375kg	A. Davis	Porirua	11.62m	1984
9	Shotput 2009 1.5kg	Nathan Giles	Mana	10.77m	2010
10	Shotput 1.92kg	A. Brewster	Titahi Bay	12.62m	2001
10	Shotput 2009 1.5kg	Mafutaga Tau	Titahi Bay	11.07m	2009
11	Shotput 2.72kg	M. Walker- Tepania	Titahi Bay	11.62m	2005
11	Shotput 2009 3.0kg	Mafutaga Tau	Titahi Bay	11.03m	2010
12	Shotput 3.25kg	M. Walker- Tepania	Titahi Bay	13.44m	2006
12	Shotput 2008 3.0kg	Johannes Akapita	Maidstone	13.01m	2008
13	Shotput 4.0kg	Denzelle To'o	Titahi Bay	14.60m	2012
14	Shotput 5.0kg	Ben Power	Kiwi	13.24m	2012
15	Shotput 5.0kg	T. Smith	Titahi Bay	13.19m	2000
7	Discus	S. Williams	Porirua	24.17m	1984
8	Discus	F. Ngatai	Porirua	28.44m	1984
9	Discus	T. Waldrom	Wainuiomata	30.70m	1993
10	Discus	M. Walker- Tepania	Titahi Bay	32.80m	2004
11	Discus	T. Waldrom	Wainuiomata	35.44m	1995
12	Discus	T. Waldrom	Wainuiomata	38.54m	1996
13	Discus	T. Waldrom	Wainuiomata	49.89m	1997
14	Discus	Alex Fafeita	Carterton	48.54m	2009
15	Discus	Alex Fafeita	Carterton	48.69m	2010

### **GIRLS TRACK**

<b>Grade</b>	<b>Event</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Year</b>
7	60m	R. Stirling	Titahi Bay	9.46	2007
8	60m	L. Read	Titahi Bay	9.20	1982
9	60m	C. Marshall	Maidstone	8.80	1987
7	100m	A. Birch	Onslow	15.52	2000
8	100m	K. Cusin	Maidstone	14.80	1986
9	100m	A. Watson	Titahi Bay	14.20	1981
10	100m	A. Piper	Paraparaumu	13.93	1989
11	100m	D. Choat	Karori	13.15	2003
12	100m	A. Atkinson	Mana	12.90	1984
13	100m	S Buchanan	Karori	12.68	2000
14	100m	K Kalivati	Lower Hutt	12.59	2000
15	100m	M. Maunder	Paraparaumu	12.40	1993
7	200m	A. Conroy	Mana	33.48	2000
8	200m	E. MacIntyre	Otaki	31.90	1984
9	200m	K. Cusin	Maidstone	29.70	1987
10	200m	T. Waikari	Titahi Bay	28.50	1987
11	200m	C. Faumuina	Titahi Bay	27.28	2004
12	200m	A. Atkinson	Mana	26.50	1984

13	200m	L. Bogiwalu	Johnsonville	26.09	1991
14	200m	K. Kalivati	Lower Hutt	25.82	2000
15	200m	E. MacIntyre	Otaki	26.23	1990
10	400m	E. Eastgate	Karori	66.81	2005
11	400m	E. Eastgate	Karori	63.12	2006
12	400m	A. Roche	Wellington	60.78	2005
13	400m	Stevie Paine	Masterton	58.85	2009
14	400m	Stevie Paine	Masterton	60.10	2010
15	400m	V. Paine	Masterton	60.17	2007
10	800m	G. Smith	Masterton	02:29.53	1986
11	800m	W. Driver	Titahi Bay	02:25.50	1983
12	800m	A. Stuart	Otaki	02:19.90	1982
13	800m	A. Stuart	Otaki	02:14.70	1983
14	800m	A. Stuart	Otaki	02:12.80	1984
15	800m	Alison Andrews-paul	Athletics Wairarapa	02:18.60	2013
10	1500m	Kushla Smith	Olympic Harriers	05:19.49	2012
11	1500m	Phoebe McKnight	Lower Hutt	04:55.60	2013
12	1500m	Stevie Paine	Masterton	04:47.60	2008
13	1500m	A. Stuart	Otaki	04:39.00	1983
14	1500m	A. Stuart	Otaki	04:32.00	1984
15	1500m	Bridget Kiddle	Karori	04:53.06	2012
12	70m Hurdles	H. McEwan	Kiwi Wellington	12.37	1999
12	80m Hurdles 2008	Lucy White	Paraparaumu	13.46	2010
13	70m Hurdles	H. McEwan	Kiwi Wellington	11.30	2000
13	80m Hurdles 2008	April Campbell	Carterton	12.81	2008
14	80m Hurdles	K. Kalivati	Lower Hutt	12.22	2000
15	80m Hurdles	C. Dunning	Onslow	12.20	1995
15	100m Hurdles 2004 ?	Lucy White	Paraparaumu	17.43	2013
10	1000m Walk	McKenzie Jacques	Maidstone	06:36.97	2011
11	1000m Walk	McKenzie Jacques	Upper Hutt	05:59.09	2012
12	1000m Walk	T. Heenan	Kiwi Wellington	05:15.68	2000
13	1000m Walk	Rachael Witkowski	Wellington	05:53.01	2012
14	1000m Walk	Michaela Housiaux- Andrews	Otaki	05:06.26	2010
15	1000m Walk	A. Sampson	Wellington	05:37.95	2006
10	1200m Walk				
11	1200m Walk				
12	1200m Walk				
13	1600m Walk				
14	2000m Walk				
15	2000m Walk				
12	1000m Steeple	Kelsey Forman	WHAC	03:30.82	2011

13	1000m Steeple	Ariana Blackwood	Carterton	03:26.72	2008
14	1000m Steeple	Alison Andrews-Paul	Masterton	03:18.46	2012
15	1000m Steeple	Alison Andrews-Paul	Athletics Wairarapa	03:22.97	2013

### **GIRLS FIELD**

<b>Grade</b>	<b>Event</b>	<b>Name</b>	<b>Club</b>		<b>Year</b>
7	Long Jump	I. Iota	Naenae	3.46m	1983
8	Long Jump	T. Catchpole	Eastern Suburbs	4.04m	1982
9	Long Jump	L. Platt	Paraparaumu	4.27m	1981
10	Long Jump	A. Birch	Onslow	4.55m	2003
11	Long Jump	D. Rongonui	Porirua	4.77m	1982
12	Long Jump	E. Eastgate	Karori	4.95m	2007
13	Long Jump	BR. Girven-Russell	Wellington	5.11m	2007
14	Long Jump	D. Judd	Maidstone	5.30m	1985
15	Long Jump	B. Beazer	Lower Hutt	5.28m	1994
10	High Jump	T. Lewis	Titahi Bay	1.42m	2006
11	High Jump	Phoebe Edwards	WHAC	1.46m	2010
12	High Jump	Tiana Lewis	Titahi Bay	1.56m	2008
13	High Jump	Phoebe Edwards	Wellington	1.60m	2012
14	High Jump	Keeley O'Hagan	Paraparaumu	1.70m	2009
15	High Jump	Keeley O'Hagan	Paraparaumu	1.75m	2010
7	Shotput 1.375kg	N. Cox	Titahi Bay	6.86m	1984
7	Shotput 2009 1.0kg	Kyrrah Whitman	Titahi Bay	6.73m	2012
8	Shotput 1.375kg	Terrelle Onesemo	Lower Hutt	8.46m	2008
8	Shotput 2009 1.5kg	Kyrrah Whitman	Titahi Bay	7.58m	2013
9	Shotput 1.375kg	O. Baker	Titahi Bay	9.19m	1989
9	Shotput 2009 1.5kg	Terrelle Onesemo	Lower Hutt	8.64m	2009
10	Shotput 1.92kg	G. Isaacs	Paraparaumu	10.82m	1985
10	Shotput 2009 2.0kg	Falasia Lupo	Titahi Bay	9.55m	2011
11	Shotput 2.72kg	G. Isaacs	Paraparaumu	10.76m	1986
11	Shotput 2009 2.0kg	Falasia Lupo	Titahi Bay	11.18m	2012
12	Shotput 2.72kg	O. Baker	Titahi Bay	11.87m	1992
12	Shotput 2008 3.0kg	Rebecca Toimata	Karori	11.58m	2013
13	Shotput 3.25kg	S. Curtis	Kiwi	10.40m	1991
13	Shotput 2008 3.0kg	Emily White	Paraparaumu	10.94m	2013
14	Shotput 3.25kg	G. Isaacs	Paraparaumu	12.83m	1988
14	Shotput 2008 3.0kg	Leesa Lealaisalanoa	Titahi Bay	13.13m	2008
15	Shotput 3.25kg	O. Baker	Titahi Bay	11.25m	1995
15	Shotput 2008 4.0kg	Leesa Lealaisalanoa	Titahi Bay	11.81m	2009
7	Discus	J. Akavi	Mana	18.10m	2003

8	Discus	Terrelle Onesemo	Lower Hutt	23.32m	2008
9	Discus	M. Ngatai	Porirua	24.88m	1986
10	Discus	Amanda Holmes	Titahi Bay	26.74m	2012
11	Discus	G. Isaacs	Paraparaumu	30.00m	1986
12	Discus	Jessika Akavi	Titahi Bay	33.17m	2008
13	Discus	M. Ngatai	Porirua	33.12m	1990
14	Discus	Courtney Fafeita	Carterton	40.34m	2008
15	Discus	Leesa Lealaisalanoa	Titahi Bay	46.40m	2009

## **RELAYS**

7	Boys Relay	4 x 100m	Porirua	63.90	1983
8	Boys Relay	4 x 100m	Paraparaumu	59.70	1984
9	Boys Relay	4 x 100m	Paraparaumu	58.80	1985
10	Boys Relay	4 x 100m	Titahi Bay	57.20	1987
11	Boys Relay	4 x 100m	Paraparaumu	54.20	1987
12	Boys Relay	4 x 100m	Titahi Bay	50.34	2007
13	Boys Relay	4 x 100m	Titahi Bay	47.74	2007
14	Boys Relay	4 x 100m	Titahi Bay	47.19	2008
15	Boys Relay	4 x 100m	Titahi Bay	46.85	1992
7	Girls Relay	4 x 100m	Paraparaumu	66.40	1987
8	Girls Relay	4 x 100m	Paraparaumu	63.10	1982
9	Girls Relay	4 x 100m	Karori	61.20	1987
10	Girls Relay	4 x 100m	Paraparaumu	59.10	1982
	Girls Relay	4 x 100m	Paraparaumu	59.10	1984
11	Girls Relay	4 x 100m	Karori	56.07	2003
12	Girls Relay	4 x 100m	Titahi Bay	52.93	2013
13	Girls Relay	4 x 100m	Paraparaumu	52.12	1981
14	Girls Relay	4 x 100m	Paraparaumu	52.00	1984
15	Girls Relay	4 x 100m	Paraparaumu	51.26	1992
10	Medley Relay	( Mixed )	Lower Hutt	04:57.11	2008
11	Medley Relay	( Mixed )	Lower Hutt	04:38.72	2009
12	Medley Relay	( Mixed )	Olympic	04:28.16	2013
13	Medley Relay	( Mixed )	Titahi Bay	04:24.07	2009
14	Medley Relay	( Mixed )	Lower Hutt	04:10.22	2011
15	Medley Relay	( Mixed )	Carterton	03:55.25	2006