



# Athletics Wellington Track and Field

## Male Records



Note: For all Age Records athletes are to be that age or under on the day of the event BY-LAW C2 FROM 1/04/04 - Updated 21 April 2023

NB: \* Nelson was then part of the Wellington Centre

### OPEN MEN Records

<b>100m</b>	Mathew Coad	Kiwi	21-Jan-96	10.47	ET		Papakura
<b>200m</b>	Mathew Coad	Kiwi	27-Jan-96	20.61	ET		North Shore NZ RES Record
<b>400m</b>	Bevan Smith	Kiwi	1-Mar-75	46.1	ET		Caledonian, Dunedin
<b>800m</b>	James Preston	Scottish	18-Jun-22	1.45.30	ET		Pfungstadt, Germany
<b>1000m</b>	Nick Willis	Lower Hutt	20-Aug-14	2.16.58	ET		Linz AUT
<b>1500m</b>	Nick Willis	Lower Hutt	17-Jul-15	3.29.66	ET		Monaco MON ( NZ Record)
<b>1 Mile</b>	Nick Willis	Lower Hutt	11-Jun-14	3.49.83	ET		Oslo Norway
<b>2000m</b>	Standard			5.10.00			
<b>3000m</b>	Nick Willis	Valleys United	17-Jul-14	7:36.91	ET		Ostrava CZE (NZ Record)
<b>5000m</b>	Hamish Carson	Scottish	25-May-22	13:17.27	ET		Huelva, ESP
<b>10000m</b>	John Henwood	Scottish	30-Apr-04	27.45.98	ET		Stanford University
<b>3000m steeplechase</b>	Rod Dixon	Nelson*	23-Aug-73	8.29.00	ET		Oslo
<b>110m Hurdles</b>	Tim Soper	University	28-Sep-82	13.90	ET	1067mm	Brisbane
<b>400m Hurdles</b>	Nick Kalavati	Valleys United	26-Jan-08	51.52	ET	914mm	Canberra
<b>3000m Track Walk</b>	Quentin Rew	WHAC	23-Jan-15	11.15.20	ET		Wellington (NZ record)
<b>5000m Track Walk</b>	Quentin Rew	WHAC	10-Dec-17	19.35.70	ET		Melbourne
<b>10000m Track Walk</b>	Quentin Rew	WHAC	5-Apr-19	41.02.24	ET		Sydney
<b>20000m Track Walk</b>	Ross Reid	Titahi Bay	9-Mar-85	1.37.33.0	ET		Caledonian, Dunedin
<b>High Jump</b>	Roger Te Puni	Paraparaumu	24-Feb-90	2.24m			Auckland
<b>Pole Vault</b>	Simon Werthmuller	Masterton	15-Feb-86	4.73m			Newtown Park, Wellington
<b>Long Jump</b>	Scott Clements	WHAC	24-Feb-01	7.32m			Nelson Park, Hastings
<b>Triple Jump</b>	Alan Whitton	Paraparaumu	30-Jan-88	15.39m			Nelson Park, Hastings
	Alan Whitton	Paraparaumu	11-Mar-88	15.39m			Porritt Stadium, Hamilton
<b>Shot Put</b>	Henry Smith	Titahi Bay	31-Jan-81	17.16m	7.26kg		QEII Christchurch
<b>Discus Throw</b>	Anthony Pervan	Kiwi	20-Jan-73	56.94m	2.00kg		Newtown Park, Wellington
<b>Hammer Throw</b>	Philip Jensen	Lower Hutt	26-Apr-10	62.53m	7.26kg		QEII Christchurch
<b>Javelin Throw</b>	Diggory Brooke	Paraparaumu	5-Mar-93	74.26m	800gms		Newtown Park, Wellington
<b>Decathlon</b>	Roger Te Puni	Paraparaumu	24-25/3/90	6641pts			Newtown Park, Wellington



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4x100 relay open	McDonald, Coad, Bruce, Panton	Wgtn Centre team	20-Mar-99	40.16	ET		Melbourne
4x100 relay club	Bruce, Falealili, Coad, Panton	WHAC	7-Mar-98	40.55	ET		Wanganui
4x400 relay open	Odams, Purdie, Collins, Green		12-Mar-89	3.08.70	ET		Mt Smart, Auckland
4x400 relay club	University		15-Feb-76	3.18.60	ET		Newtown Park, Wellington
4x800 relay	Standard			7.46.00			
4x1500 relay	Standard			16.00.00			
1 hour run	Steve Hunt	Scottish	6-Mar-82	19,109m			Newtown Park
Half Marathon	Nick Willis	Valleys United	1-Jun-14	1.07.06.0	ET		Ann Arbor USA
Marathon	Derek Froude	Wellington Harriers	29-Oct-88	2.12.40.0			Chicago, USA

### MENS GRADE BEST PERFORMANCES

Marathon	Derek Froude	Wellington Harriers	23-Oct-83	2.11.25			New York , USA
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### MEN 19 years Records

100m	Donald McDonald	Kiwi	14-Jan-97	10.52	ET		QEII, Christchurch
200m	Mathew Coad	Kiwi	28-Jan-95	21.07	ET		North Shore Bays
400m	Andrew Underwood	Scottish	13-Jan-07	47.17	ET		Sydney Australia
800m	James Preston	WHAC	23-Jul-16	1.48.06	ET		Bydgoszcz, Poland, (NZ Record)
1000m	Carl McKenzie	Valleys United	24-Mar-07	2.22.0	HT		Newtown Park, Wellington, (NZ Record)
1500m	Nick Willis	Valleys United	21-Jul-02	3.42.69	ET		Jamaica
1 Mile	Nick Willis	Valleys United	20-Jan-01	4.01.32	ET		Wanganui
3000m	Philip Starr	Wellington Harriers	16-Dec-93	8.04.13	ET		Newtown Park, Wellington
5000m	Jonathon Wyatt	Dunlop Hutt Valley	25-Jan-92	14.05.60	ET		North Shore Bays
10,000m	No Standard						
3000m steeplechase	Standard			9.00.00			
110m Hurdles	Paul Lloyd		9-Mar-86	14.7	HT	990mm	QEII Christchurch
110m Hurdles	Standard			14.85	ET		
400m Hurdles	Nick Kalavati	Valleys United	4-Mar-07	51.81	ET	914mm	Inglewood
3000m Track walk	Daniel du Toit	WHAC	23.11.2019	12:25.1	ET		Masterton
5000m Track Walk	Daniel du Toit	WHAC	27-Jun-19	22.14.09	ET		Townsville, Australia
10000m Track Walk	Daniel du Toit	WHAC	10-Mar-19	48.43.36	ET		Nga Puna Wai, Christchurch
High Jump	Roger Te Puni	Tawa	18-Mar-83	2.15m			Melbourne, AUS
Pole Vault	Simon Werthmuller	Masterton	15-Feb-86	4.73m			Newtown Park Wellington



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Long Jump	Peter Pearless	Nelson*	6-Mar-76	7.12m			Mount Smart AKL
Triple Jump	Alan Whitton	Paraparaumu	14-Dec-85	14.87m			Newtown Park Wellington
Shot Put	Faleono Seve	Kiwi	7-Mar-97	16.29m	6.25Kg		QEII Christchurch
Shot Put	<b>Nathaniel Sulupo</b>	<b>Lower Hutt</b>	<b>18-Nov-17</b>	<b>17.09m</b>	<b>6.00kg</b>		<b>Newtown Park, Wellington</b>
Discus Throw	Nathaniel Sulupo	Lower Hutt	25-Nov-17	55.45m	1.75Kg		Newtown Park Wellington
Javelin Throw	Cameron Greening	Porirua	8-Mar-86	72.42m	800gms		QEII Christchurch
Hammer Throw	Ryan Tinkle	Titahi Bay	28-Mar-10	61.02m	6.00Kg		QEII Christchurch
Decathlon	Peter Lacey	ICSC	26-27/01/85	6794pts			Newtown Park Wellington
4x100 relay open	Wellington Centre Team		6-Mar-94	42.08	ET		Porritt Stadium, Hamilton
4x100 relay club	Falealili, Panton, Giles, Thompson,	WHAC	7-Mar-98	42.24	ET		Wanganui
4x400 relay open	Hangdon, Rickling, Allen, Parker		5-Mar-77	3:18.5	HT		Porritt Stadium, Hamilton
4x400 relay club	Prendergast, Ruthe, Bradcock, Winder	Scottish	7-Mar-98	3:25.91	ET		Wanganui

### MEN 18 years Records

<b>100m</b>	<b>Tyrone Trego</b>	<b>Mana</b>	<b>03 -Feb-23</b>	<b>10.61 [1.6]</b>	<b>ET</b>		<b>Newtown Park, Wellington</b>
200m	Cody Wilson	Mana	2-Nov-19	21.68	ET		Inglewood
400m	Andrew Underwood	Scottish	13-Jan-07	47.17	ET		Sydney
800m	Nick Willis	Valleys United	16-Feb-01	1:49.98	ET		Porritt Stadium Hamilton (NZ Record)
1000m	No Standard						
1500m	Nick Willis	Valleys United	15-Jul-01	3:43.54	ET		Finland
1 Mile	Nick Willis	Valleys United	20-Jan-01	4:01.32	ET		Wanganui
3000m	<b>Will Anthony</b>	<b>Olympic</b>	<b>30-Jan-22</b>	<b>08:04.25</b>	<b>ET</b>		<b>Cooks Gardens, Whanganui (NZ U19 Record)</b>
5000m	Thomas Strawbridge	Trentham United	30-Mar-19	15:43.31	ET		Newtown Park, Wellington
3000m steeplechase	No Standard						
110m Hurdles	No Standard					.990 mm	
400m Hurdles	No Standard					.914 mm	
3000m Track Walk	Daniel du Toit	WHAC	23.11.2019	12:25.1	ET		Masterton
5000m Track Walk	Daniel du Toit	WHAC	27-Jun-19	22:14.09	ET		Townsville, Australia
10,000m Track Walk	Daniel du Toit	WHAC	10-Mar-19	48:43.36	ET		Nga Puna Wai, Christchurch
High Jump	Roger Te Puni	Tawa	28-Feb-81	2.06m			Newtown Park
	Jeff Edwards	Titahi Bay	3-Mar-89	2.06m			Caledonian Dunedin
	William Crayford	WHAC	10-Dec-05	2.06m			Auckland, NZSS
Pole Vault	Simon Werthmuller	Masterton	9-Mar-85	4.30m			Caledonian Dunedin
Long Jump	David Lane	WHAC	22-Jan-00	6.97m			Wanganui
Triple Jump	Tim Hawkes	Scottish	9-Dec-00	14.42m			Porritt Stadium, Hamilton



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Shot Put	Nathaniel Sulupo	Lower Hutt	21-Jan-17	16.80m		6.00Kg	Sola Power, Lower Hutt
Discus Throw	Zion Trigger-Fautele	Titahi Bay	5-Apr-19	56.80m		1.5kg	Sydney
Discus Throw	Nathaniel Sulupo	Lower Hutt	19-Nov-16	53.62m		1.75kg	Newtown Park, Wellington
Hammer Throw	Ryan Tinkle	Titahi Bay	28-Mar-10	61.02m		6.00kg	QEII, Christchurch
Javelin Throw	Cam Robinson	Kiwi	11-Mar-18	65.12m		800gms	Porritt Stadium, Hamilton
Decathlon	No Standard						
4x100 relay Open	Willcocks, Trego, Bealing, Krijnen	CSW	10-Apr-21	43.01	ET		Porritt Stadium, Hamilton
4x100 relay Club	Willcocks, Trego, Bealing, Krijnen	Mana	10-Apr-21	43.01	ET		Porritt Stadium, Hamilton
4x400 relay Centre	No Standard	Centre					
4x400 relay Club	No Standard	Club					

### MEN 17 years Records

100m	Nicholas Smith	Lower Hutt	14-Dec-16	10.71	ET		Waitakere Stadium, Auckland
200m	Andrew Collins	University	14-Mar-82	21.74	ET		Newtown Park, Wellington
400m	Andrew Underwood	Scottish	13-Jan-07	47.17	ET		Sydney
800m	Nick Willis	Valleys United	16-Feb-01	1.48.98	ET		Porritt Stadium, Hamilton ( NZ Record )
1500m	Philip Starr	Wellington Harriers	25-Jan-92	3.49.82	ET		North Shore Bays
1 Mile	Nick Willis	Valleys United	20-Jan-01	4.01.32	ET		Wanganui
3000m	Will Anthony	Olympic	10-Apr-21	08:16.3	HT		Porritt Stadium, Hamilton
5000m	Thomas Strawbridge	Trentham United	30-Mar-19	15.43.31	ET		Newtown Park, Wellington
2000m steeplechase	Terefe Ejigu	Scottish	21-Jan-05	05:57.5	HT		Sydney
110m hurdles	Roderick Solo	Titahi Bay	11-Mar-18	14.68 (w -0.2)	ET	914 hurdles	Porritt Stadium, Hamilton
300m hurdles	Stephen Isaac	Scottish	12-Dec-09	38.60	ET	840 hurdles	Timaru NZSS Champs
3000m Track Walk	Daniel du Toit	WHAC	23-Nov-19	12:25.1	ET		Masterton, (NZ record)
5000m Track Walk	Daniel du Toit	WHAC	27-Jun-19	22.14.09	ET		Townsville, Australia
10000m Track Walk	Daniel du Toit	WHAC	10-Mar-19	48.43.36	ET		Nga Puna Wai, Christchurch
High Jump	Roger Te Puni	Tawa	28-Feb-81	2.06m			Newtown Park, Wellington
	Jeff Edwards	Titahi Bay	3-Mar-89	2.06m			Caledonian, Dunedin
Pole Vault	Simon Werthmuller	Masterton	9-Mar-85	4.30m			Caledonian, Dunedin
Long Jump	David Lane	WHAC	22-Jan-00	6.97m			Wanganui
Triple Jump	Tim Hawkes	Scottish	9-Dec-00	14.42m			Porritt Stadium, Hamilton
Shot Put	Zion Trigger-Fautele	Titahi Bay	7-Apr-18	16.81m	5.00Kg		Wanganui, NISS
Shot Put	Corran Hanning (Para F12)	Kiwi	20-Sep-20	11.74m	5.00Kg		Hastings
Discus Throw	Zion Trigger-Fautele	Titahi Bay	5-Apr-19	56.80m	1.50Kg		Sydney
Discus Throw	Corran Hanning (Para F12)	Kiwi	20-Sep-20	39.67m	1.50Kg		Hastings



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Hammer throw	Ryan Tinkle	WHAC	14-Mar-09	64.56m	5.00Kg		Newtown Park, Wellington
Javelin Throw	Cam Robinson	Kiwi	1-Dec-17	69.68m	700g		Hastings, NZSS
Javelin Throw	Corran Hanning (Para F12)	Kiwi	20-Sep-20	31.78m	700g		Hastings
Octathlon	No Standard						
4x100 relay Open	Wellington Centre team		6-Mar-93	42.93	ET		Newtown Park, Wellington
4x100 relay Club	<b>Willcocks, Trego, Bealing, Krijnen</b>	<b>Mana</b>	<b>10-Apr-21</b>	<b>43.01</b>	<b>ET</b>		Porritt Stadium, Hamilton
4x400 relay Open	Wellington Centre team		7-Mar-93	3.20.92	ET		Newtown Park, Wellington
4x400 relay Club	Thomas, Sommerville, Morath, Beable	WHAC	25-Feb-01	3.25.05	ET		Nelson Park, Hastings

### MEN 16 years Records

100m	Nicholas Smith	Lower Hutt	7-Sep-15	10.84	ET		Apia, Samoa
200m	Nicholas Smith	Lower Hutt	7-Jul-15	21.90	ET		Apia, Samoa
400m	Andrew Underwood	Scottish	11-Dec-05	47.90	ET		Auckland NZSS
800m	Kieron McDonald	WHAC	27-Mar-10	1.54.43	ET		QEII Christchurch
1500m	Nathan Barrett	WHAC	15-Feb-09	3.53.61	ET		Porritt Stadium Hamilton
3000m	Will Anthony	Olympic	18-Jan-20	8.26.00	ET		Wanganui
2000m steeplechase	Terefe Ejigu	Scottish	21-Feb-05	5.57.50	ET		Sydney
110m hurdles	Roderick Solo	Titahi Bay	11-Mar-18	14.68 (w -0.2)	ET	.914 hurdles	Porritt Stadium, Hamilton
300m hurdles	No Standard					.840 hurdles	
3000m Track walk	Daniel du Toit	WHAC	23.11.2019	12:25.1	ET		Masterton (NZ Record)
5000m Track Walk	Daniel du Toit	WHAC	27-Jun-19	22.14.09	ET		Townsville, Australia
10000m Track Walk	Daniel du Toit	WHAC	10-Mar-19	48.43.36	ET		Nga Puna Wai, Christchurch
<b>High Jump</b>	<b>Hugo Jones</b>	<b>WHAC</b>	<b>16-Apr-23</b>	<b>1.99m</b>			<b>Brisbane, Australia</b>
Pole Vault	Standard			3.80m			
Long jump	Roderick Solo	Titahi Bay	7-Apr-18	6.69m (w -1.0)			Wanganui, NISS
Triple Jump	Roderick Solo	Titahi Bay	7-Apr-18	13.65m (w 1.3)			Wanganui, NISS
Shot Put	Zion Trigger-Fautele	Titahi Bay	7-Apr-18	16.81m		5.00Kg	Wanganui, NISS
Discus Throw	Zion Trigger-Fautele	Titahi Bay	30-Nov-18	49.46m		1.50kg	Dunedin, NZSS
Hammer Throw	Ryan Tinkle	WHAC	24-Jan-09	63.36m		5.00Kg	Hastings (NZ Record)
Javelin Throw	Franko Patu	Titahi Bay	25-Jan-10	64.97m		700g	Cooks Gardens Wanganui
Octathlon	No Standard						



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4x100m relay club	Lambett, Yip, Mitchell, Garbett	Kiwi	26-Nov-88	46.2	HT		Newtown Park, Wellington
4x100m relay open	Lambett, Yip, Mitchell, Garbett	Kiwi	26-Nov-88	46.2	HT		Newtown Park, Wellington
4x400 relay Club	No Standard						
4x400 relay Centre	Kilmister, Skelton, Martin, Stefanidis	CSW	11-Apr-21	3:31.23	ET		Porritt Stadium

### MEN 15 years Records

Event	Name	Club	Date Set	Performance	ET/HT	Event Spec.	Venue
100m	Nicholas Smith	Lower Hutt	6-Mar-15	10.97	ET		Newtown Park, Wellington
200m	Andrew Underwood	Scottish	26-Feb-06	21.96	ET		Porritt, Hamilton
400m	Andrew Underwood	Scottish	1-Jul-05	48.71	ET		Marrakesh
800m	Keiron McDonald	WHAC	27-Mar-10	1:54.43	ET		QEIII Christchurch
1500m	Matthew Titcombe	Wellington Harriers	7-Feb-87	4:02.07	ET		Newtown Park, Wellington
3000m	Will Anthony	Olympic	6-Apr-19	8:46.20	ET		Tauranga, NISS
2000m steeplechase	No standard						
100m Hurdles	D. Payne	Kiwi	26-Feb-94	13.9	HT	840mm	Newtown Park, Wellington
100m Hurdles	Standard			14.05	ET		
3000m Track Walk	Daniel du Toit	WHAC	8-Mar-19	12:49.03	ET		Nga Puna Wai, Christchurch (NZ Record)
10000m Track Walk	Daniel du Toit	WHAC	10-Mar-19	48:43.36	ET		Nga Puna Wai, Christchurch
High Jump	Hugo Jones	WHAC	15-Oct-22	1.96m			Newtown Park, Wellington
Pole Vault	Standard			3.70m			
Long Jump	R Martin	Maidstone	30-Jan-82	6.41m			Newtown Park, Wellington
Triple jump	Standard			12.80m			
Shot Put	Zion Trigger-Faitele	Titahi Bay	11-Dec-17	16.62m		5.00Kg	Hastings, NZSS
Discus Throw	Zion Trigger-Faitele	Titahi Bay	1-Dec-17	56.24m		1.25Kg	Hastings, NZSS
Hammer Throw	Heath Abbot	Karori	26-Nov-22	60.24m		4.00Kg	Masterton
Javelin Throw	Tim Robinson	Kiwi	2-Dec-17	54.43m		700gm	Hastings, NZSS
4x100 club relay	Lambett, Yip, Mitchell, Garbett	Kiwi	26-Nov-88	46.2	HT		Newtown Park, Wellington
4x100m centre	Lambett, Yip, Mitchell, Garbett	Kiwi	26-Nov-88	46.2	HT		Newtown Park, Wellington
4x400m club	No Standard						
4x400 centre	No Standard						