



Athletics Wellington Track and Field

Female 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 10 October 2022

OPEN WOMEN Records							
100m	Michelle Seymour	Paraparaumu	25-Feb-93	11.32	ET		Melbourne, AUS (NZ Record)
200m	Penny Hunt	University	20-Feb-71	23.4	HT		Evans Bay, Wellington
	Michelle Seymour	Paraparaumu	25-Feb-93	23.60	ET		Melbourne, AUS
400m	Penny Hunt	University	21-Feb-76	53.0	HT		QEII Christchurch
	Standard			53.15	ET		
800m	Alison Andrews-Paul	Wairarapa T&F	14-Apr-22	2.01.43	ET		Azusa, USA
1000m	Anne Hare	WHAC	26-Jun-86	2.40.64	ET		Manresa, ESP
1500m	Maia Ramsden	WHAC	18 May-24	4.02.58	ET		Westwood, USA
1 mile	Anne McKenzie	Lower Hutt	9-Feb-85	4.36.19	ET		Mount Smart Stadium
1 mile Indoors	Maia Ramsden	WHAC	11-Feb-24	4.23.84	ET		New York, USA
2000m	Anne Hare	Lower Hutt	11-Jul-86	5.44.67	ET		Crystal Palace GBR (NZ Record)
3000m	Kate McIlroy	Wellington HAC	09-Mar-06	8.53.10	ET		Melbourne, AUS
3000m Indoors	Maia Ramsden	WHAC	02-Dec-23	8.46.84	ET		Boston USA
5000m	Anne Hare	Wellington HAC	26-Jul-96	15.22.31	ET		Hechtel, Belgium
10000m	Barbara Moore	Wellington HAC	9-Dec-89	32.12.78	ET		Newtown Park, Wellington
3000m steeplechase	Kate McIlroy	WHAC	22-Jul-06	9.32.54	ET		Huesden, Belgium (NZ record)
100m Hurdles	Barbara Beable	University	6-Apr-75	14.0	HT	840 hurdles	Sydney
	Standard			14.15	ET	840 hurdles	
400m Hurdles	Hanna McEwan	WHAC	13-Mar-05	62.56s	ET	762 hurdles	Wanganui
3000m Track Walk	Standard			14:00.0			
5000m Track Walk	Standard			27:30.0			
10,000m Track Walk	No Standard						
20000m Track Walk	Lin Murphy	Scottish	21-Jan-93	1.39.54			Auckland (NZ Record)
High Jump	Tracey Phillips	Paraparaumu	12-Mar-94	1.88m			AUS T&F Champs, ?
Long Jump	Frith Maunder	WHAC	22-Mar-98	6.40m			Auckland
Triple Jump	Anna Thomson	Mana	27-Mar-21	13.06m	1.5		NZL Championships, Hastings
Shot Put	Barbara Beable	University	20-Mar-76	15.68m		4.00kg	Porritt Stadium, Hamilton
Pole Vault		Standard		3.75m			
Discus Throw	Leesa Lealaisalanoa	Titahi Bay	28-Mar-10	51.41m		1.00kg	QEII, Christchurch
Javelin Throw	Jessica Beyler	University	2-Mar-96	42.76m		600g	Mt Smart Auckland
Hammer Throw	Elizabeth Hewitt	Lower Hutt	3-Feb-24	56.19m		4.00kg	Lower Hutt
Heptathlon	Phoebe Edwards	WHAC	2-Apr-16	5157			Sydney, Australia
4x100 relay open	E MacIntyre, F Maunder, T Phillips, M Seymour	Centre	14-Mar-93	47.14	ET		Newtown Park, Wellington
4x100 relay club	Paraparaumu		14-Mar-92	47.44	ET		Porritt Stadium, Hamilton
4x400 relay open	Centre		4-Mar-78	03:41.1	HT		North Shore
4x400 relay club	Paraparaumu		26-Mar-89	3.53.76			Auckland
1 Hour	Tina Wild	Onslow	14-Mar-79	16,393m			Newtown Park
WOMENS GRADE BEST PERFORMANCES							
Half Marathon							
Marathon	Ngaire Drake	Wellington HAC	5-Mar-89	02:35.5			



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WOMEN 19 years Records							
100m	Jessica Penney	WHAC	9-Feb-05	12.11	ET		Hamilton
200m	Kaye Hawkins	Maidstone	21-Feb-70	24.5	HT		Evans Bay, Wellington
Standard				24.65	ET		
400m	Kelly Edge	Dunlop Hutt Valley	15-Feb-97	55.5	HT		Newtown Park, Wellington
400m	Kelly Edge	Dunlop Hutt Valley	15-Feb-97	55.66	ET		Newtown Park, Wellington
800m	Kelly Edge	Dunlop Hutt Valley	14-Mar-98	2.05.98	ET		Melbourne, AUS (T&F Champs)
1500m	Andrea Stuart	Scottish	6-Mar-87	4.17.3	HT		Newtown Park, Wellington
1 mile	No standard						
3000m	Andrea Stuart	Otaki	21-Aug-84	9.37.6	HT		Auckland
5000m	Kirstie Rae	WHAC	8-Mar-19	16.44.29	ET		Nga Puna Wai, Chch
2000m steeplechase	Kelsey Forman	WHAC	8-Mar-15	6:52.72	ET		Newtown Park, Wellington
3000m steeplechase	No standard						
100m Hurdles	Phoebe Edwards	WHAC	10-Mar-16	14.44	ET	.840 hurdles	Perth, Australia
400m Hurdles	Hanna McEwan	WHAC	13-Mar-05	62.56	ET	762 hurdles	Wanganui
2000m Track Walk	Standard			11.00.00			
3000m Track Walk	Standard			14.30.00			
5,000m Track Walk	No standard						
10,000m Track Walk	No standard						
High Jump	Josephine Reeves	Lower Hutt	7-Apr-19	1.86m			Sydney
	Josephine Reeves	Lower Hutt	28-Jun-19	1.86m			Townsville, Australia
Pole Vault	Standard			3.50m			
Long Jump	Jessica Penney	WHAC	19-Aug-06	6.37m			Beijing (NZ Record)
Triple Jump	Anna Thomson	Mana	13-Apr-13	11.93m			Sydney
Shot Put	Leesa Lealaisalanoa	Titahi Bay	12-Dec-09	13.37m		4.00kg	Timaru
Discus Throw	Leesa Lealaisalanoa	Titahi Bay	28-Mar-10	51.41m		1.00kg	QEII Christchurch
Hammer Throw	Elizabeth Hewitt	Mana	03 Feb-23	55.35m		4.00kg	Newtown Park, Wellington
Javelin Throw	Jessica Beyler	University	3-Dec-88	41.98m		600gm	QEII Christchurch
Heptathlon	Phoebe Edwards	WHAC	2-Apr-16	5157			Sydney, Australia
4x100 relay open	L. Kidd, Van Straten, P. Edwards, K Freakley	Centre	18-Feb-78	47.9	HT		North Shore
	Standard			48.05	ET		
4x100 relay club	L. Kidd, Van Straten, P. Edwards, K Freakley	Lower Hutt	18-Feb-78	49.9	HT		North Shore
	Standard			48.05	ET		
4x400 relay Centre	L. Kidd, F. Janis, P. Edwards, K Freakley	Centre team	11-Mar-78	3.51.0	HT		McLean Park, Napier
4x400 relay club	K. Freakley, F. Janis, P. Edwards, L. Kidd	Lower Hutt	26-Nov-77	3.56.6	HT		North Shore



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WOMEN 18 years Records							
100m	Jessica Penney	WHAC	9-Dec-05	12.11	ET		Porritt Stadium Hamilton
200m	Standard			24.65	ET		
400m	Kelly Edge	Dunlop Hutt Valley	15-Dec-97	55.66	ET		Newtown Park
800m	Anna Roche	WHAC	12-Jul-10	2.07.17	ET		Vancouver, Kajaks International Meet
1500m	Andrea Stuart	Otaki	6-Mar-87	04:17.3	HT		Newtown Park, Wellington
1 Mile	No Standard						
3000m	Andrea Stuart	Otaki	28-Jan-84	09:37.6	HT		Auckland
5000m	Kirstie Rae	WHAC	8-Mar-19	16.44.29	ET		Nga Puna Wai, Chch
100m Hurdles	Phoebe Edwards	WHAC	10-Mar-16	14.44		.840 Hurdles	Perth
400m Hurdles	Hannah McEwen	WHAC	13-Mar-05	62.56		762 Hurdles	Wanganui
2000m steeplechase	Kelsey Forman	WHAC	8-Mar-15	6:52.72	ET		Newtown Park, Wellington
3000m steeplechase	No Standard						
3000m Track Walk	Standard			14:45.0			
5000m Track Walk	Standard			26:00.0			
10,000m Track Walk	No Standard						
High jump	Josephine Reeves	Lower Hutt	7-Apr-19	1.86m			Sydney (NZ record)
Pole Vault	Standard			3.30m			
Long jump	Jessica Penney	WHAC	19-Aug-06	6.37m			Beijing (NZ Record)
Triple Jump	Anna Thomson	Mana	13-Apr-13	11.93m			Sydney
Shot put	Leesa Lealaisalanoa	Titahi Bay	12-Dec-09	13.37m		4.00Kg	Timaru
Discus throw	Leesa Lealaisalanoa	Titahi Bay	28-Mar-10	51.41m		1.00Kg	QEII Christchurch
Javelin throw	Jessica Beyler	University	3-Dec-88	41.98m		600gm	QEII Christchurch
Hammer throw	Elizabeth Hewitt	Mana	03-Feb-23	55.35m		4.00kg	Newtown Park Wellington
Heptathlon	Phoebe Edwards	WHAC	27-Mar-15	5163			Brisbane, Australia
4x100m club	Standard			48.00			
4x100m centre	Standard			47.90			
4x400m club	L. Kidd, Van Straton, P Edwards, K Freakley	Lower Hutt	26-Nov-77	03:56.6	HT		North Shore
4x400m centre	L Kidd, F .Janis, P Edwards, K Freakley	Lower Hutt	11-Mar-78	03:51.0	HT		McLean Park Napier



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WOMEN 17 years Records						
100m	Jessica Penney	WHAC	9-Dec-05	12.11	ET	Hamilton
200m	Kaye Hawkins	Maidstone	21-Feb-70	24.5	HT	Evans Bay, Wellington
200m	Standard			24.65	ET	
400m	Kelly Edge	Dunlop Hutt Valley	15-Feb-97	55.66	ET	Newtown Park, Wellington
800m	Anna Roche	WHAC	12-Jul-10	2.07.17	ET	Vancouver, Kajaks International meet
1500m	Andrea Stuart	Scottish	6-Mar-87	4.17.3	HT	Newtown Park, Wellington
3000m	Andrea Stuart	Otaki	28-Jan-84	9.37.6	HT	Auckland
5000m	Kirstie Rae	WHAC	8-Mar-19	16.44.29	ET	Nga Puna Wai, Chch
100m Hurdles	Phoebe Edwards	WHAC	12-Mar-15	14.08	ET	.762 hurdles Sydney
300m Hurdles	Cara Marshall	Dunlop Hutt Valley	25-Feb-95	46.78	ET	762 hurdles Newtown Park, Wellington
2000m steeplechase	Kelsey Forman	WHAC	8-Mar-15	6:52.72	ET	Newtown Park, Wellington
3000m steeplechase **	No standard					
2000m track walk	Standard			11.00.00		
3000m track walk	Standard			15.00.00		
High Jump	Josephine Reeves	Lower Hutt	8-Mar-19	1.84m		Nga Puna Wai, Chch
Pole Vault	Standard	3.10m				
Long Jump	Jessica Penney	WHAC	12-Nov-05	6.27m		Hamilton (NZ record)
Triple Jump	Anna Thomson	Mana	13-Apr-13	11.93m		Sydney
Shot Put	Leesa Lealaisalanoa	Titahi Bay	12-Dec-09	13.37m		4.00Kg Timaru
Discus Throw	Leesa Lealaisalanoa	Titahi Bay	28-Mar-10	51.41m		1.00Kg QEII Christchurch
Hammer Throw	Elizabeth Hewitt	Mana	11-Apr-21	61.72		3.00Kg Hamilton
Javelin Throw	Jessica Beyler	University	3-Feb-88	41.98m		600g QEII Christchurch
Heptathlon	Phoebe Edwards	WHAC	27-Mar-15	5163		Brisbane, Australia (NZ Record)
4x100 relay open	L. Kidd, Van Straten, P. Edwards, K. Freakley	Centre team	18-Feb-78	47.9	HT	North Shore
	Standard			48.05	ET	
4x100 relay club	L. Kidd, Van Straten, P. Edwards, K. Freakley	Lower Hutt	18-Feb-78	47.9	HT	North Shore
	Standard			48.05	ET	
4x400 relay open	K. Freakley, F. Janis, P. Edwards, L. Kidd	Centre Team	11-Mar-78	3.51.0	HT	McLean Park, Napier
4x400 relay club	K. Freakley, F. Janis, P. Edwards, L. Kidd	Lower Hutt	26-Nov-77	3.56.6	HT	North Shore
NB:	** W17 compete over this distance at nationals					



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WOMEN 16 years Records							
100m	Maria Maunder	Paraparaumu	20-Mar-93	12.43	ET		Sydney
200m	Kirsten Wilson	Lower Hutt	18-Feb-88	25.6	HT		Newtown Park
400m	Kathryn Kennedy	WHAC	9-Dec-07	57.58	ET		Wanganui
800m	Andrea Stuart	Otaki	7-Apr-84	2.10.07	ET		Hamilton
1500m	Andrea Stuart	Otaki	4-Mar-84	04:27.1	HT		Hastings
3000m	Phoebe McKnight	Lower Hutt	17-Mar-17	9:38.49	ET		Hamilton
2000m steeplechase	Kelsey Forman	WHAC	8-Mar-15	6:52.72	ET		Newtown Park, Wellington
100m Hurdles	Phoebe Edwards	WHAC	16-Mar-14	14.33	ET		Newtown
300m Hurdles	No Standard						
3000m track walk	No Standard						
High Jump	Keeley O'Hagan	Paraparaumu	20-Feb-10	1.82m			Waitakere (NZ Record)
Pole Vault	No Standard						
Long Jump	Jessica Penney	WHAC	30-Nov-04	5.86m			Newtown Park
Triple Jump	Anna Thomson	Mana	1-Apr-14	11.77m			Tauranga
Shot Put	Leesa Lealaisalanoa	Titahi Bay	12-Dec-09	13.37m		4.00kg	Timaru
Discus throw	Leesa Lealaisalanoa	Titahi Bay	28-Mar-10	51.41m		1.00kg	QEII Christchurch (NZ Record)
Hammer throw	Elizabeth Hewitt	Mana	06-Mar-21	56.66m		3.00kg	Sola Power, Lower Hutt
Javelin throw	Jessica Beyler	University	3-Dec-88	41.98m		600gms	QEII Christchurch
Heptathlon	Phoebe Edwards	WHAC	16-Feb-14	4454			Waitakere
4x100 relay club	No Standard						
4x100 relay open	No Standard						
4x400 relay club	No Standard						
4x400 relay open	No Standard						

WOMEN 15 years Records							
100m	Maria Maunder	Paraparaumu	20-Mar-93	12.43	ET		Sydney

