



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

100m	Mathew Coad	Kiwi	21-Jan-96	10.47	ET		Papakura
200m	Mathew Coad	Kiwi	27-Jan-96	20.61	ET		North Shore NZ RES Record
400m	Bevan Smith	Kiwi	1-Mar-75	46.1	ET		Caledonian, Dunedin
800m	James Preston	Scottish	25-May-24	1.44.04	ET		Pfungstadt, Germany
1000m	Nick Willis	Lower Hutt	20-Aug-14	2.16.58	ET		Linz AUT
1500m	Nick Willis	Lower Hutt	17-Jul-15	3.29.66	ET		Monaco MON (NZ Record)
1 Mile	Nick Willis	Lower Hutt	11-Jun-14	3.49.83	ET		Oslo Norway
2000m	Rod Dixon	Nelson	04-Jul-75	5. 01.8s	HT		London, Great Britian
3000m	Nick Willis	Valleys United	17-Jul-14	7:36.91	ET		Ostrava CZE (NZ Record)
5000m	Hamish Carson	Scottish	25-May-22	13:17.27	ET		Huelva, ESP
10000m	John Henwood	Scottish	30-Apr-04	27.45.98	ET		Stanford University
3000m steeplechase	Rod Dixon	Nelson*	23-Aug-73	8.29.00	ET		Oslo, Norway
110m Hurdles	Tim Soper	University	28-Sep-82	13.90	ET	1067mm	Brisbane
400m Hurdles	Nick Kalavati	Valleys United	26-Jan-08	51.52	ET	914mm	Canberra
3000m Track Walk	Quentin Rew	WHAC	23-Jan-15	11.15.20	ET		Wellington (NZ record)
5000m Track Walk	Quentin Rew	WHAC	10-Dec-17	19.35.70	ET		Melbourne
10000m Track Walk	Quentin Rew	WHAC	5-Apr-19	41.02.24	ET		Sydney
20000m Track Walk	Ross Reid	Titahi Bay	9-Mar-85	1.37.33.0	ET		Caledonian, Dunedin
High Jump	Roger Te Puni	Paraparaumu	24-Feb-90	2.24m			Auckland
Pole Vault	Simon Werthmuller	Masterton	15-Feb-86	4.73m			Newtown Park, Wellington
Long Jump	Scott Clements	WHAC	24-Feb-01	7.32m			Nelson Park, Hastings
Triple Jump	Alan Whitton	Paraparaumu	30-Jan-88	15.39m			Nelson Park, Hastings
	Alan Whitton	Paraparaumu	11-Mar-88	15.39m			Porritt Stadium, Hamilton
Shot Put	Henry Smith	Titahi Bay	31-Jan-81	17.16m	7.26kg		QEII Christchurch
Discus Throw	Anthony Pervan	Kiwi	20-Jan-73	56.94m	2.00kg		Newtown Park, Wellington
Hammer Throw	Philip Jensen	Lower Hutt	26-Apr-10	62.53m	7.26kg		QEII Christchurch
Javelin Throw	Diggory Brooke	Paraparaumu	5-Mar-93	74.26m	800gms		Newtown Park, Wellington
Decathlon	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	Jonathon Wyatt		2-Jun- 02	1.02.37			Christchurch
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
3000m Indoors	Will Anthony	Olympic	11 Feb -23	8.01.81	ET		Boston USA
5000m	Will Anthony	Olympic	19-Apr-24	13.35.50	ET		Charlottesville, USA
10,000m	Timothy Hodge	Scottish	26 Jan-06	30.46.05	ET		Inglewood
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



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Pole Vault	Simon Werthmuller	Masterton	15-Feb-86	4.73m			Newtown Park Wellington
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	Nathaniel Sulupo	Lower Hutt	18-Nov-17	17.09m	6.00kg		Newtown Park, Wellington
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

100m	Tyrone Trego	Mana	03-Feb-23	10.61 [1.6]	ET		Newtown Park, Wellington
200m	Cody Wilson	Mana	2-Nov-19	21.68	ET		Inglewood
400m	Andrew Underwood	Scottish	13-Jan-07	47.17	ET		Sydney
800m	Joe Martin	Scottish	20 Dec-25	1.48.25	ET		AUT Stadium North Shore
1000m	Jag Willers	WHAC	3-Jan-26	2.25.82	ET		Tauranga Domain
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	Will Anthony	Olympic	30-Jan-22	08:04.25	ET		Cooks Gardens, Whanganui (NZ U19 Record)
5000m	Will Anthony	Olympic	23-Mar -22	14.15.08	ET		North Shore
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	Hugo Jones	WHAC	27-Jan -24	2.07m			Wanganui
Pole Vault	Simon Werthmuller	Masterton	9-Mar-85	4.30m			Caledonian Dunedin
Long Jump	Lyon Rodger	Wairarapa T&F	12 Apr -25	7.03m			Perth, AUS
Triple Jump	Tim Hawkes	Scottish	9-Dec-00	14.42m			Porritt Stadium, Hamilton
Shot Put	Nathaniel Sulupo	Lower Hutt	21-Jan-17	16.80m		6.00Kg	Sola Power, Lower Hutt



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Discus Throw	Zion Trigger-Faitele	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	Joe Martin	Scottish	20-Dec-25	1.48.25	ET		AUT Stadium North Shore
1000m	Jag Willers	WHAC	26-Feb-25	2.27.99	ET		Newtown Park, Wellington
1500m	Joe Martin	Wellington Scottish	15-Feb-25	3.46.03	ET		Porritt Stadium, Hamilton
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	Timothy Hodge	Scottish	12-Feb-05	14.57.91	ET		Newtown Park, Wellington
2000m steeplechase	Terefe Ejigu	Scottish	21-Jan-05	05:57.5	HT		Sydney
110m hurdles	Asher Robertson	Lower Hutt	7-Dec-25	14.43 +1.8)	ET	.914m H	Mitre 10 Park, Hastings
300m hurdles	Asher Robertson	Lower Hutt	7-Dec-25	38.03	ET	-.840m H	Mitre 10 Park, Hastings
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	Hugo Jones	WHAC	27-Jan-24	2.07m			Wanganui
Pole Vault	Simon Werthmuller	Masterton	9-Mar-85	4.30m			Caledonian, Dunedin
Long Jump	Asher Robertson	Lower Hutt	6-Dec-25	7.02m (+1.8)			Mitre 10 Park, Hastings
Triple Jump	Tim Hawkes	Scottish	9-Dec-00	14.42m			Porritt Stadium, Hamilton
Shot Put	Zion Trigger-Faitele	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-Faitele	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
Hammer throw	Ryan Tinkle	WHAC	14-Mar-09	64.56m	5.00Kg		Newtown Park, Wellington



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Javelin Throw	Cam Robinson	Kiwi	1-Dec-17	69.68m	700gsm	Hastings, NZSS
Javelin Throw (*25 Specs)	George Gray	WHAC	7-Dec-25	57.72m		Hastings, NZSS
Javelin Throw	Corran Hanning (Para F12)	Kiwi	20-Sep-20	31.78m	700gsm	Hastings
Octathlon	No Standard					
4x100 relay Open	Wellington Centre team		6-Mar-93	42.93	ET	Newtown Park, Wellington
4x100 relay Club	Willcocks, Trego, Bealing, Krijnen	Mana	10-Apr-21	43.01	ET	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	Troy Waldrom	Lower Hutt	22-Nov -25	10.83 (0.2)	ET	Colin Pugh SportsBowl, Masterton
200m	Troy Waldrom	Lower Hutt	7-Dec-25	21.73 +1.0	ET	Mitre 10 Park, Hastings
400m	Andrew Underwood	Scottish	11-Dec-05	47.90	ET	Auckland NZSS
800m	Alex MacBeth	Olympic	20-Dec-25	1.52.66	ET	AUT Stadium, North Shore
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	Asher Robertson	Lower Hutt	06-Mar-25	39.85	ET	.840 hurdles Dunedin
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
High Jump	Hugo Jones	WHAC	16-Apr-23	1.99m		Brisbane, Australia
Pole Vault						
Long jump	Asher Robertson	Lower Hutt	29 Mar-25	6.79 (0.1)		Newtown Park, Wellington
Triple Jump	Roderick Solo	Titahi Bay	7-Apr-18	13.65m (w 1.3)		Wanganui, NISS
Shot Put	Zion Trigger-Faitele	Titahi Bay	7-Apr-18	16.81m		5.00Kg Wanganui, NISS
Discus Throw	Zion Trigger-Faitele	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		700gsm 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	Alex Macbeth	Wellington Harriers	08-Mar-25	3:58.99	ET		Caledonian Ground , Dunedin
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	Asher Robertson	Lower Hutt	3 -Mar-24	6.47m			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						