



ATHLETICS CANTERBURY

TRACK AND FIELD RECORDS

as at 15/03/2022

Note: All **NEW** records set during the 2021 / 2022 season appear as **BOLD** and *Italic*.

| Senior Men | | | | RECORD |
|----------------------------|------------------------------|-------------------------------|------------------------|----------------------------|
| 100m | <i>Tiaan Whelpton</i> | <i>Old Boys United</i> | <i>22/01/22</i> | <i>10.18 (+1.9)</i> |
| 200m | Mark Keddell | Old Boys United | 05/03/95 | 20.51 |
| 400m | Shaun Farrell | Papanui Toc H | 07/03/98 | 46.09 |
| 800m | Shaun Farrell | Papanui Toc H | 28/02/98 | 1:45.45 |
| 1000m | Standard | | | 2:21.50 |
| 1500m | Michael Gilchrist | Technical | 01/04/83 | 3:38.4H |
| One Mile | Malcolm Hicks | University | 27/01/12 | 3:59.87 |
| 3000m | Paul Smith | Olympic | 16/01/93 | 7:57.90 |
| 5000m | Rodney Dixon | University | 21/01/78 | 13:25.2H |
| 10000m | David Burridge | University | 05/02/87 | 28:06.16 |
| 1 Hour Track | Tony Good | New Brighton | 08/03/75 | 19422m |
| 110m Hurdles (1067mm) | Nicholas Bolton | Old Boys United | 18/02/98 | 14.47 |
| 400m Hurdles (914mm) | Wayne Paul | Papanui/Redwood | 26/03/86 | 50.70 |
| 3000m Steeplechase (914mm) | Peter Renner | New Brighton | 29/08/84 | 8:14.05 |
| 4 x 100m Relay | Old Boys United | | 11/02/95 | 40.51 |
| 4 x 200m Relay | Old Boys United | | 27/02/93 | 1:26.6H |
| 4 x 400m Relay | Old Boys United | | 13/02/93 | 3:10.20 |
| Long Jump | John Hunt | South Canterbury | 13/04/85 | 7.55m |
| Triple Jump | Matthew Walsh | Old Boys United | 25/05/19 | 15.58m(+1.0) |
| High Jump | Hamish Kerr | Old Boys United | 20/02/21 | 2.31m |
| Pole Vault | Kieran McKee | Toc H | 25/02/84 | 5.02m |
| Shot Put (7.26kg) | Tomas Walsh | South Canterbury | 05/10/19 | 22.90m |
| Discus Throw (2.0kg) | Christopher Mene | Papanui Toc H | 25/02/01 | 56.25m |
| Javelin Throw (800gm) | John Stapylton- Smith | Papanui Toc H | 18/02/89 | 78.14m |
| Hammer Throw (7.26kg) | Warrick Nichol | Technical | 25/01/74 | 63.72m |
| Decathlon | John Hunt | South Canterbury | 24/25/11/84 | 7473 points |
| Pentathlon | Standard | | | TBA |
| 3000m Track Walk | Standard | | | 11:55.00 |
| 5000m Track Walk | Graham Seatter | Old Boys / Te Kura | 01/02/86 | 20:33.0H |
| 20000m Track Walk | Graham Seatter | Old Boys / Te Kura | 09/02/80 | 1:30:17.3H |

| Men Under 20 | | | | RECORD |
|--------------|--------------|-----------------|----------|--------|
| 100m | David Ambler | Old Boys United | 13/03/09 | 10.35 |
| 200m | Mark Keddell | Old Boys United | 06/03/93 | 20.95 |

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|----------------------------|--------------------|--------------------------|-----------------|----------------|
| 400m | Shaun Farrell | Papanui Toc H | 22/07/94 | 46.31 |
| 800m | Clyde McIntosh | Papanui Toc H | 14/02/98 | 1:49.35 |
| 1000m | Gregory Nicholls | Christchurch Avon | 04/03/95 | 2:25.8H |
| 1500m | Chanel Muir | Christchurch Avon | 06/03/22 | 3:44.86 |
| 3000m | Richard Lindroos | Old Boys United | 21/01/89 | 8:10.47 |
| 5000m | Richard Lindroos | Old Boys United | 26/11/89 | 14:05.83 |
| 110m Hurdles (990mm) | James Sandilands | South Canterbury | 13/03/15 | 13.92(-0.1) |
| 400m Hurdles (914mm) | Mark Edmond | Old Boys United | 03/03/96 | 52.66 |
| 3000m Steeplechase (914mm) | Peter Renner | New Brighton | 11/03/78 | 8:51.8H |
| 4 X 100m Relay | Standard | | | 43.44 |
| | (Toc H 4x110 yd | | 14/12/68 | 43.5H) |
| 4x400m Relay | Avon | | 20/02/77 | 3:21.8H |
| Long Jump | Jesse Bryant | University | 15/03/12 | 7.49m |
| Triple Jump | Matthew Walsh | Papanui Toc H | 17/02/18 | 14.67m |
| High Jump | Glenn Howard | Papanui Toc H | 03/02/96 | 2.23m |
| Pole Vault | Tim McKee | Papanui Toc H | 07/03/10 | 4.61m |
| Shot Put (6.00kg) | Tomas Walsh | South Canterbury | 02/07/11 | 20.56m |
| Discus Throw (1.75kg) | Christopher Mene | Papanui Toc H | 17/01/91 | 55.54m |
| Javelin Throw (800gm) | Andrew Harrison | Papanui Toc H | 17/01/96 | 71.74m |
| Hammer Throw (6.00kg) | Michael Hancock | Old Boys United | 29/01/05 | 61.10m |
| Decathlon | Kieran Fowler | Geraldine | 2/3/03/07 | 7222 pts |
| Pentathlon | Standard | | | TBA |
| 3000m Track Walk | Andrew Causer | Christchurch Avon | 16/03/91 | 12:25.9H |
| 10000m Track Walk | Daniel Lord | South Canterbury | 20/02/10 | 46:37.26 |

| Men Under 19 | | | | RECORD |
|----------------------------|--------------------|-------------------|----------|---------------|
| 100m | Mark Keddell | Old Boys United | 07/03/93 | 10.70 |
| 200m | Mark Keddell | Old Boys United | 06/03/93 | 20.95 |
| 400m | Mark Keddell | Old Boys United | 30/01/93 | 46.38 |
| 800m | Clyde McIntosh | St Andrews | 28/12/94 | 1:51.4H |
| 1000m | Gregory Nicholls | Christchurch Avon | 12/03/95 | 2:25.8H |
| 1500m | Nicholas Moulai | Papanui Toc H | 23/01/18 | 3:47.05 |
| 3000m | Nicholas Moulai | Papanui Toc H | 03/12/16 | 8:16.77 |
| 5000m | David Burridge | University | 17/01/81 | 14:09.6H |
| 110m Hurdles (990mm) | James Sandilands | South Canterbury | 13/03/15 | 13.92(-0.1) |
| 400m Hurdles (914mm) | Hayo van Gestel | Avon | 09/03/86 | 54.27 |
| 3000m Steeplechase (914mm) | Peter Renner | New Brighton | 11/03/78 | 8:51.8H |
| 4 x 100m Relay | Standard | | | 43.44 |
| | (Toc H 4 x 110 yds | | 14/12/68 | 43.5H) |
| 4 x 400m Relay | Ashburton | | 18/02/79 | 3:23.2H |

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|-----------------------|------------------|-------------------|-----------|----------|
| Long Jump | Jesse Bryant | University | 15/03/12 | 7.49m |
| Triple Jump | Matthew Walsh | Papanui Toc H | 03/02/18 | 14.49m |
| High Jump | Glenn Howard | Papanui Toc H | 12/02/94 | 2.17m |
| Pole Vault | Alex Mander | Papanui Toc H | 21/02/16 | 4.50m |
| Shot Put (6.00kg) | Tomas Walsh | South Canterbury | 18/03/10 | 18.82m |
| Discus Throw (1.75kg) | Christopher Mene | Papanui Toc H | 16/02/91 | 55.54m |
| Javelin Throw (800gm) | Andrew Harrison | Papanui Toc H | 28/01/96 | 64.20m |
| Hammer Throw (6.00kg) | Michael Hancock | Old Boys United | 29/01/05 | 61.10m |
| Decathlon | Kieran Fowler | Geraldine | 2/3/03/07 | 7222 pts |
| Pentathlon | Standard | | | TBA |
| 3000m Track Walk | Andrew Causer | Christchurch Avon | 16/03/91 | 12:25.9H |
| 10000m Track Walk | Daniel Lord | South Canterbury | 20/02/10 | 46:37.26 |

| Men Under 18 | | | | RECORD |
|------------------------------|------------------|-------------------|----------|---------------|
| 100m | Mark Keddell | Old Boys United | 16/09/92 | 10.72 |
| 200m | Mark Keddell | Old Boys United | 20/01/93 | 21.00 |
| 400m | Mark Keddell | Old Boys United | 30/01/93 | 46.38 |
| 800m | Clyde McIntosh | St Andrews | 28/12/94 | 1:51.4H |
| 1500m | Nicholas Moulai | Papanui Toc H | 23/01/18 | 3:47.05 |
| 3000m | Nick Moulai | Papanui Toc H | 03/12/16 | 8:16.77 |
| 5000m | Hayden McLaren | New Brighton | 12/02/05 | 14:32.56 |
| 110m Hurdles (914 mm) | James Sandilands | South Canterbury | 05/04/14 | 13.84(+1.1) |
| 300m Hurdles (838mm) | Mark Edmond | Old Boys United | 04/12/94 | 37.35 |
| (2000m Steeplechase (914mm)) | Peter Renner | Cashmere | 29/01/77 | 5:51.2H) |
| 2000m Steeplechase (838mm) | Standard | | | 5:45.00 |
| 4 x 100m Relay | St Andrews | | 12/02/84 | 43.62 |
| 4 x 400m Relay | Ashburton | | 18/02/79 | 3:23.2H |
| Long Jump | Jessie Bryant | University | 15/03/12 | 7.49m |
| Triple Jump | Matthew Walsh | Papanui Toc H | 03/12/16 | 14.17m |
| High Jump | Glenn Howard | Papanui Toc H | 12/02/94 | 2.17m |
| Pole Vault | Tim McKee | Papanui Toc H | 09/02/08 | 4.35m |
| Shot Put (5.00kg) | Tomas Walsh | South Canterbury | 12/12/09 | 20.21m |
| Discus Throw (1.50kg) | Nikolas Kini | Old Boys United | 26/10/19 | 60.60m |
| Javelin Throw (700gm) | Andrew Harrison | Papanui Toc H | 05/12/93 | 63.88m |
| Hammer Throw (5.00kg) | Michael Hancock | Old Boys United | 15/02/04 | 65.10m |
| 3000m Track Walk | Andrew Causer | Christchurch Avon | 16/03/91 | 12:25.9H |

| Men Under 17 | | | | RECORD |
|---------------------|--------------|-----------------|----------|---------------|
| 100m | Mark Keddell | Old Boys United | 27/10/91 | 10.83 |
| 200m | Mark Keddell | Old Boys United | 15/01/92 | 21.37 |

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| 400m | Mark Keddell | Old Boys United | 30/03/91 | 48.33 |
| 800m | Clyde McIntosh | St Andrews | 28/12/94 | 1:51.4H |
| 1500m | Elliott Drayton | Avon | 15/01/83 | 3:54.4H |
| 3000m | Nick Moulai | Papanui Toc H | 03/12/16 | 8:16.77 |
| 110m Hurdles (914mm) | James Sandilands | South Canterbury | 23/03/13 | 13.88 |
| 300m Hurdles (838mm) | Martin Swart | Christchurch BHS | 29/03/09 | 39.07 |
| (2000m Steeplechase (914mm) | Hayden McLaren | New Brighton | 24/01/06 | 6:13.36) |
| 2000m Steeplechase (838mm) | Standard | | | 6:07.00 |
| 4 x 100m Relay | ChCh Boys High School | | 23/02/08 | 44.45 |
| 4 x 400m Relay | Standard | | | 3:31.00 |
| Long Jump | Jesse Bryant | University | 11/12/11 | 7.13m |
| Triple Jump | Ethan Gow | Selwyn | 07/11/20 | 13.67m |
| High Jump | Glenn Howard | Papanui Toc H | 09/04/92 | 2.05m |
| Pole Vault | Tim McKee | Papanui Toc H | 01/12/07 | 4.30m |
| Shot Put (5.00kg) | Tomas Walsh | South Canterbury | 13/12/08 | 18.38m |
| Discus Throw (1.50kg) | Charlie Gamble | Papanui Toc H | 06/03/13 | 59.00m |
| Javelin Throw (700gm) | Guy Archibald | Christ's College | 24/03/07 | 61.71m |
| Hammer Throw (5.00kg) | Richard Mavor | Old Boys United | 13/03/04 | 52.61m |
| Octathlon | Kieran Fowler | Geraldine | 13/14/07/05 | 5929 pts |
| 3000m Track Walk | Daniel Lord | South Canterbury | 02/02/08 | 12:50.34 |

| Men Under 16 | | | | RECORD |
|-----------------------|------------------------|------------------|-----------------|----------------|
| 100m | Mark Keddell | Old Boys United | 02/12/90 | 10.88 |
| 200m | Mark Keddell | Old Boys United | 02/12/90 | 21.52 |
| 400m | Shaun Farrell | Papanui Toc H | 02/02/91 | 49.24 |
| 800m | Shaun Farrell | Papanui Toc H | 23/03/91 | 1:56.19 |
| 1500m | Daniel Prescott | Selwyn | 12/02/22 | 3:59.21 |
| 3000m | Nick Moulai | Papanui Toc H | 21/11/15 | 8:40.21 |
| 100m Hurdles (838mm) | Christopher Wiremu | Christchurch BHS | 12/12/09 | 13.24 |
| 300m Hurdles (838mm) | Standard | | | 40.64 |
| 2000m Steeplechase | Standard | | | 6:16.30 |
| 4 x 100m Relay | Papanui Toc H | | 18/02/90 | 45.87 |
| Long Jump | Kieran Fowler | Geraldine | 13/07/05 | 6.90m |
| Triple Jump | Callum Stewart | Old Boys United | 04/12/16 | 13.37m |
| High Jump | Glenn Howard | Papanui Toc H | 21/03/92 | 2.01m |
| Pole Vault | Tim McKee | Papanui Toc H | 25/11/06 | 3.91m |
| Shot Put (5.00kg) | Kieran Fowler | Geraldine | 13/07/05 | 16.43m |
| Discus Throw (1.25kg) | Jordan Pinnock | Greymouth | 17/11/12 | 56.25m |
| Discus Throw (1.50kg) | Charlie Gamble | North Canterbury | 11/02/12 | 51.56m |
| Javelin Throw (700gm) | Mathew McKellar | Christ's College | 08/11/2014 | 54.99m |

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| (Octathlon | Kieran Fowler | Geraldine | 13/14/07/05 | 5929 pts) |
| 3000m Track Walk | Jonah Cropp | Sumner | 20/03/21 | 13:39.77 |

| Senior Women | | | | RECORD |
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|--------------------------------|-----------------------|------------------------|-----------------|---------------------|
| 100m | Anna Percy | Old Boys United | 04/12/21 | 11.40 (+1.8) |
| 200m | Caro Hunt | Old Boys United | 22/07/00 | 23.52 |
| 400m | Rosie Elliott | Old Boys United | 05/03/22 | 52.59 |
| 800m | Angela Smit | University | 10/07/15 | 1:59.06 |
| 1000m | Angela Petty | University | 15/08/15 | 2:37.28 |
| 1500m | Angela Petty | University | 29/06/17 | 4:07.83 |
| One Mile | Sue Bruce | New Brighton | 15/01/83 | 4:37.89 |
| 3000m | Sue Bruce | New Brighton | 05/02/85 | 8:56.2H |
| 5000m | Mary O'Connor | University | 21/01/84 | 15:49.3H |
| 10000m | Anne Hannam | University | 09/12/89 | 32:18.53 |
| 100m Hurdles (838mm) | Fiona Morrison | Old Boys United | 03/04/16 | 13.16 |
| 400m Hurdles (762mm) | Rebecca Wardell | Old Boys United | 23/03/03 | 56.25 |
| 3000m Steeplechase (762mm) | Rosa Flanagan | University | 21/03/15 | 9:41.42 |
| 4 x 100m Relay | Old Boys United | | 05/02/00 | 46.00 |
| 4 x 400m Relay | Technical | | 20/02/83 | 3:49.40 |
| Long Jump | Jayne Mitchell | Old Boys United | 26/11/88 | 6.55m |
| Triple Jump | Jayne Mitchell | Old Boys United | 23/02/91 | 13.00m |
| High Jump | Keeley O'Hagan | Old Boys United | 05/03/22 | 1.88m |
| Pole Vault | Melina Hamilton | Old Boys United | 12/04/03 | 4.40m |
| Shot Put (4.00kg) | Valerie Young | Technical | 23/10/64 | 16.71m |
| Discus Throw (1.00kg) | Adrienne Lynn | Papanui Toc H | 12/03/95 | 56.10m |
| Javelin Throw (600gm)post 2000 | Standard | | | 59.10m |
| Javelin Throw (600gm) | Kaye Nordstrom | Papanui Toc H | 16/02/92 | 60.84m |
| Hammer Throw (4.00kg) | Lauren Bruce | South Canterbury | 20/05/21 | 74.61m |
| Heptathlon | Joanne Henry | South Canterbury | 29/2/1/3/92 | 6278 pts |
| Decathlon | Standard | | | TBA |
| 3000m Track Walk | Courtney Ruske | Christchurch Avon | 24/01/15 | 13:36.31 |
| 5000m Track Walk | Courtney Ruske | Christchurch Avon | 31/10/15 | 23:23.97 |
| 10000m Track Walk | Courtney Ruske | Christchurch Avon | 13/07/14 | 49:40.78 |

| Women Under 20 | | | | RECORD |
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|-------------|-----------------------|------------------------|-----------------|---------------------|
| 100m | Standard | | | 11.74 |
| | (Beverley Peterson | Technical | 18/01/75 | 11.5H) |
| 200m | Maia Broughton | Old Boys United | 21/11/21 | 23.96 (+0.8) |
| 400m | Joanna Beckett | Technical | 26/01/75 | 53.42 |
| 800m | Angela Smit | North Canterbury | 07/07/10 | 2:03.87 |

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|------------------------------|-----------------------|-------------------------|-----------------|---------------|
| 1000m | Rosa Flanagan | University | 15/08/15 | 2:50.62 |
| 1500m | Rosa Flanagan | University | 06/03/15 | 4:14.19 |
| 3000m | Sue Bruce | New Brighton | 20/01/84 | 9:05.95 |
| 5000m | Rosa Flanagan | University | 15/12/15 | 15:52.10 |
| 100m Hurdles (838mm) | Joanne Henry | South Canterbury | 16/02/91 | 14.01 |
| 400m Hurdles (762mm) | Anna Percy | Old Boys United | 09/07/17 | 58.60 |
| 2000m Steeplechase (762mm) | Rosa Flanagan | University | 23/11/13 | 6:33.97 |
| 3000m Steeplechase (762mm) | Rosa Flanagan | University | 21/03/15 | 9:41.42 |
| 4 x 100m Relay | Standard | | | 47.94 |
| | (Technical | | 16/03/74 | 47.8H) |
| 4 x 400m Relay | Standard | | | 3:55.00 |
| Long Jump | Joanne Henry | South Canterbury | 14/02/91 | 6.36m |
| Triple Jump | Bridgette Pateman | South Canterbury | 08/03/98 | 12.60 |
| High Jump | Angela Pule | New Brighton | 21/03/81 | 1.80m |
| | Emma Sutherland | Old Boys United | 05/01/13 | 1.80m |
| Pole Vault | Eliza Meekings | Papanui Toc H | 06/02 21 | 3.60m |
| Shot Put (4.00kg) | Tapenisa Havea | South Canterbury | 06/03/22 | 15.97m |
| Discus Throw (1.00kg) | Tapenisa Havea | South Canterbury | 06/03/22 | 53.40m |
| Javelin Throw (600gm) | Kaye Nordstrom | Papanui Toc H | 06/03/87 | 49.04m |
| Hammer Throw (4.00kg) | Lauren Bruce | South Canterbury | 02/04/17 | 59.53 |
| Heptathlon | Joanne Henry | South Canterbury | 16/17/03/91 | 6092 pts |
| 3000m Track Walk | Kate Newitt | Port Hills | 22/01/10 | 13:41.52 |
| 5000m Track Walk | Courtney Ruske | ChCh-Avon | 13/07/14 | 24:11.5H |
| 10000m Track Walk | Courtney Ruske | ChCh-Avon | 13/07/14 | 49:40.78 |

| Women Under 19 | | | | RECORD |
|----------------------------|--------------------|------------------|----------|---------------|
| 100m | Standard | | | 11.74 |
| | (Beverley Peterson | Technical | 18/01/75 | 11.5H) |
| 200m | Standard | | | 24.44 |
| | (Beverley Peterson | Technical | 17/03/74 | 24.2H) |
| 400m | Joanna Beckett | Technical | 26/01/75 | 53.42 |
| 800m | Angela Smit | North Canterbury | 07/07/10 | 2:03.87 |
| 1000m | Standard | | | 2:53.00 |
| 1500m | Rosa Flanagan | University | 26/02/15 | 4:15.86 |
| 3000m | Rosa Flanagan | University | 23/01/15 | 9:07.85 |
| 100m Hurdles (838mm) | Fiona Morrison | Old Boys United | 26/02/06 | 14.41 |
| 400m Hurdles (762mm) | Anna Percy | Old Boys United | 01/04/16 | 60.76 |
| 2000m Steeplechase (762mm) | Rosa Flanagan | University | 23/11/13 | 6:33.97 |
| 3000m Steeplechase (762mm) | Rosa Flanagan | University | 07/02/15 | 9:48.39 |
| 4 x 100m Relay | Standard | | | 47.94 |

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|------------------------------|-----------------------|-------------------------|-----------------|---------------|
| | (Technical | | 16/03/74 | 47.8H) |
| 4 x 400m Relay | Standard | | | 3:55.00 |
| Long Jump | Susan Burnside | Technical | 19/12/73 | 6.19m |
| Triple Jump | Bridgette Pateman | South Canterbury | 08/03/98 | 12.60m |
| High Jump | Angela Pule | New Brighton | 21/03/81 | 1.80m |
| Pole Vault | Eliza Meekings | Papanui Toc H | 06/02/21 | 3.60m |
| Shot Put (4.00kg) | Tapensia Havea | South Canterbury | 04/02/22 | 15.92m |
| Discus Throw (1.00kg) | Tapensia Havea | South Canterbury | 27/11/21 | 51.52m |
| Javelin Throw (600gm) | Kaye Nordstrom | Papanui Toc H | 06/03/87 | 49.04m |
| Hammer Throw (4.00kg) | Lauren Bruce | South Canterbury | 05/03/16 | 58.37m |
| Heptathlon | Joanne Henry | South Canterbury | 18/19/02/89 | 5136 pts |
| 3000m Track Walk | Kate Newitt | Port Hills | 10/11/07 | 14.21.09 |
| 5000m Track Walk | Kate Newitt | Port Hills | 12/07/07 | 24:20.26 |
| 10000m Track Walk | Courtney Ruske | Christchurch Avon | 17/12/11 | 52:42.7H |

| Women Under 18 | | | | RECORD |
|----------------------------|--------------------|------------------|-------------|---------------|
| 100m | Standard | | | 11.74 |
| | (Beverley Peterson | Technical | 18/01/75 | 11.5H) |
| 200m | Standard | | | 24.44 |
| | (Beverley Peterson | Technical | 17/03/74 | 24.2H) |
| 400m | Katie Johnstone | South Canterbury | 10/02/01 | 55.32 |
| 800m | Rachael Rowberry | Papanui Toc H | 02/02/92 | 2:06.42 |
| 1500m | Sue Bruce | New Brighton | 15/02/81 | 4:21.18 |
| 3000m | Sue Bruce | New Brighton | 11/02/81 | 9:19.76 |
| 100m Hurdles (762mm) | Georgina Allison | North Canterbury | 14/12/08 | 14.11 |
| 300m Hurdles (762mm) | Georgina Allison | North Canterbury | 14/12/08 | 43.16 |
| 2000m Steeplechase (762mm) | Rosa Flanagan | University | 23/11/13 | 6:33.97 |
| 3000m Steeplechase (762mm) | Rosa Flanagan | University | 22/03/14 | 9:56.98 |
| 4 x 100m Relay | Standard | | | 47.94 |
| | (Technical | | 16/03/74 | 47.8H) |
| Long Jump | Susan Burnside | Technical | 19/12/73 | 6.19m |
| Triple Jump | Bridgette Pateman | South Canterbury | 09/03/97 | 12.45m |
| High Jump | Angela Pule | New Brighton | 21/03/81 | 1.80m |
| Pole Vault | Julia Brown | North Canterbury | 11/03/05 | 3.50m |
| Shot Put (3.00kg) | Tapenisa Havea | Lions AC | 10/04/21 | 17.27m |
| Discus Throw (1.00kg) | Adrienne Lynn | Papanui Toc H | 14/02/91 | 50.30m |
| Javelin Throw (600gm) | Kaye Nordstrom | Papanui Toc H | 22/03/86 | 46.40m |
| Javelin Throw (500gm) | Standard | | | 53.00m |
| Hammer Throw (3.00kg) | Lauren Bruce | South Canterbury | 06/12/14 | 63.67m |
| Heptathlon | Joanne Henry | South Canterbury | 18/19/02/89 | 5136 pts |

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| 3000m Track Walk | Kate Newitt | Port Hills | 10/11/07 | 14:21.09 |
| 5000m Track Walk | Kate Newitt | Port Hills | 12/07/07 | 24:20.26 |

Women Under 17

| | | | | |
|----------------------------|--------------------|------------------|-------------|-------------|
| 100m | Maia Broughton | Selwyn | 03/12/17 | 12.13(+2.0) |
| 200m | Standard | | | 24.44 |
| | (Beverley Peterson | Technical | 17/03/74 | 24.2H) |
| 400m | Anna Rowberry | Papanui Toc H | 10/04/92 | 56.30 |
| 800m | Angela Smit | North Canterbury | 08/07/08 | 2:08.15 |
| 1500m | Sue Bruce | New Brighton | 15/02/81 | 4:21.18 |
| 3000m | Sue Bruce | New Brighton | 11/02/81 | 9:19.76 |
| 100m Hurdles (762mm) | Mackenzie Keenan | Old Boys United | 26/03/11 | 14.14 |
| 300m Hurdles (762mm) | Kelsey Berryman | Old Boys United | 30/03/08 | 44.06 |
| 2000m Steeplechase (762mm) | Liliana Braun | Port Hills | 03/12/17 | 6:59.55 |
| 4x 100m Relay | Standard | | | 50.64 |
| | (Technical | | 28/12/74 | 50.5H) |
| Long Jump | Susan Burnside | Technical | 19/12/73 | 6.19m |
| Triple Jump | Phoebe Lester | Port Hills | 19/03/05 | 11.52m |
| High Jump | Angela Pule | New Brighton | 21/03/81 | 1.80m |
| Pole Vault | Julia Brown | North Canterbury | 11/03/05 | 3.50m |
| Shot Put (3.00kg) | Tapenisa Havea | Lions AC | 06/03/19 | 15.92m |
| Discus Throw (1.00kg) | Violette Perry | Old Boys United | 07/03/20 | 46.54m |
| Javelin Throw (500gm) | Caitlin Bonné | Papanui Toc H | 13/02/16 | 43.70m |
| Hammer Throw (3.00kg) | Lauren Bruce | South Canterbury | 14/12/13 | 60.17m |
| Heptathlon | Joanne Henry | South Canterbury | 19/20/03/88 | 4743 pts |
| 3000m Track Walk | Kate Newitt | Port Hills | 28/10/06 | 14:33.70 |
| 5000m Track walk | Kate Newitt | Port Hills | 18/11/06 | 24:41.70 |

Women Under 16

| | | | | |
|----------------------|--------------------|------------------|----------|-------------|
| 100m | Maia Broughton | Selwyn | 03/12/17 | 12.13(+2.0) |
| 200m | Maia Broughton | Selwyn | 19/03/17 | 24.75 |
| 400m | Anna Hayward | South Canterbury | 05/03/16 | 56.39 |
| 800m | Angela Smit | North Canterbury | 30/11/05 | 2:10.48 |
| 1500m | Sue Bruce | New Brighton | 10/02/80 | 4:28.8H |
| 3000m | Rosa Flanagan | University | 11/02/12 | 9:46.56 |
| (80m Hurdles (762mm) | Rowena Welford | South Canterbury | 18/11/89 | 11.4H) |
| 100m Hurdles (762mm) | Charlotte Hastings | Papanui Toc H | 05/03/93 | 14.55 |
| 300m Hurdles (762mm) | Olivia Burnham | Old Boys United | 04/12/16 | 44.48 |
| 4 x 100m Relay | Standard | | | 50.64 |
| | (Technical | | 28/12/74 | 50.5H) |

| | | | | |
|-----------------------|------------------|-------------------|----------|---------|
| Long Jump | Annabelle Coates | Old Boys United | 26/03/05 | 5.76m |
| Triple Jump | Phoebe Lester | Port Hills | 19/03/05 | 11.52m |
| High Jump | Jessica Hendren | North Canterbury | 13/12/20 | 1.77m |
| Pole Vault | | | | |
| Shot Put (3.00kg) | Tapenisa Havea | Lions AC | 06/03/19 | 15.92m |
| Discus Throw (1 kg) | Adrienne Lynn | Papanui Toc H | 28/01/89 | 41.24m |
| Javelin Throw (500gm) | Caitlin Bonné | Papanui Toc H | 13/02/16 | 43.70m |
| Hammer Throw (3.00kg) | Lauren Bruce | South Canterbury | 28/02/13 | 55.67m |
| 2000m Track Walk | Courtney Ruske | Christchurch Avon | 05/12/09 | 9:58.5H |