



# ATHLETICS CANTERBURY TRACK AND FIELD RECORDS as at 06/07/2022

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

<b>Senior Men</b>				<b>RECORD</b>
<b>100m</b>	<b><i>Tiaan Whelpton</i></b>	<b><i>Old Boys United</i></b>	<b><i>22/01/22</i></b>	<b><i>10.18 (w1.9)</i></b>
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
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
<b>Decathlon</b>	<b><i>Max Attwell</i></b>	<b><i>Old Boys United</i></b>	<b><i>7-8/07/22</i></b>	<b><i>7538 points</i></b>
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
<b>Men Under 20</b>				<b>RECORD</b>
100m	David Ambler	Old Boys United	13/03/09	10.35
200m	Mark Keddell	Old Boys United	06/03/93	20.95

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
<b>1500m</b>	<b>Chanel Muir</b>	<b>Christchurch Avon</b>	<b>06/03/22</b>	<b>3:44.86</b>
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
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

<b>Men Under 19</b>				<b>RECORD</b>
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
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

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

<b>Men Under 18</b>				<b>RECORD</b>
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
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

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

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

<b>Men Under 16</b>				<b>RECORD</b>
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
<b>1500m</b>	<b>Daniel Prescott</b>	<b>Selwyn</b>	<b>12/02/22</b>	<b>3:59.21</b>
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

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

<b>Senior Women</b>				<b>RECORD</b>
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<b>100m</b>	<b>Anna Percy</b>	<b>Old Boys United</b>	<b>04/12/21</b>	<b>11.40 (w 1.8)</b>
200m	Caro Hunt	Old Boys United	22/07/00	23.52
<b>400m</b>	<b>Rosie Elliott</b>	<b>Old Boys United</b>	<b>05/03/22</b>	<b>52.59</b>
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
<b>High Jump</b>	<b>Keeley O'Hagan</b>	<b>Old Boys United</b>	<b>05/03/22</b>	<b>1.88m</b>
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

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

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
<b>Shot Put (4.00kg)</b>	<b>Tapensia Havea</b>	<b>South Canterbury</b>	<b>06/03/22</b>	<b>15.97m</b>
<b>Discus Throw (1.00kg)</b>	<b>Tapensia Havea</b>	<b>South Canterbury</b>	<b>06/03/22</b>	<b>53.40m</b>
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

<b>Women Under 19</b>				<b>RECORD</b>
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

	(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
<b>Shot Put (4.00kg)</b>	<b>Tapensia Havea</b>	<b>South Canterbury</b>	<b>06/03/22</b>	<b>15.97m</b>
<b>Discus Throw (1.00kg)</b>	<b>Tapensia Havea</b>	<b>South Canterbury</b>	<b>06/03/22</b>	<b>53.40m</b>
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

<b>Women Under 18</b>				<b>RECORD</b>
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

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
<b>Women Under 17</b>				
100m	Maia Broughton	Selwyn	01/12/17	12.13
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

<b>Women Under 16</b>				
100m	Maia Broughton	Selwyn	01/12/17	12.13
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