

## ATHLETICS SOUTHLAND SENIOR RECORDS (OCTOBER 2018)

### OPEN MEN'S

100m	J Crawford	St Pauls	1999	10.88=
	S Jones	Southern Stars	2000	10.88=
200m	S Jones	Southern Stars	2000	21.79=
	G Clark	Winton	1988	21.79=
400m	G Clark	Winton	1987	47.29
800m	G Ballam	Invercargill	2010	1:50.15
1500m	E Crowe	Winton	1992	3:43.16
1 Mile	P Williams	Gore	1985	4:01.15
3000m	C Dagg	Southern Stars	1999	8:20.1
3k Steeplechase	D O'Sullivan	St Pauls	1973	8:56.4
3000m Track Walk	-----	STANDARD	-----	16:30.0
5000m	C Dagg	Remarkables	1997	14:01.74
5000m Track Walk	A Moreton	Invercargill	1986	23:39.16
10,000m	C Dagg	Remarkables	1997	29:16.10
20,000m Track Walk	T Mayhew	St Pauls	1968	1:33:18.0
20 Mile Walk	L Stevenson	Mataura	1973	2:45:11.0
Marathon (BP)	J Campbell	Invercargill	1985	2:12:38.0
110m Hurdles (1067cm)	D Hansen	Gore	2001	15.78
400m Hurdles (914cm)	Z Butson	Invercargill	1984	53.06
4 x 100m Relay	J Harvey J Adams D Baird J Crawford	Southern Stars	1998	43.29
4 x 400m Relay	A Hamilton N Familton A Campbell Z Butson	Southland	1982	3:17.18
Shot Put (7.26kg)	L Heenan	St Pauls	1963	15.18m
Discus (2.0kg)	M Hall	Invercargill	2017	64.55m
Hammer (7.26kg)	P Dryden	St Pauls	1983	53.40m
Pole Vault	D Hansen	Southern Stars	2001	4.30m
High Jump	G Barnard	Invercargill	2010	2.07m
Long Jump	S Raynes	St Pauls	1991	7.35m
Triple Jump	T Swanson	St Pauls	2011	14.81m
Decathlon	D Hansen	Southern Stars	2001	6850 pts
24 Hour Run (BP)	D Grieve	Fiordland	2013	184.847km
100km Run (BP)	D Grieve	Fiordland	2013	9:49.25

### MEN 20

100m	S Jones	Southern Stars	2000	10.88
200m	S Jones	Southern Stars	2000	21.79
400m	G Clark	Winton	1987	47.29
800m	G Ballam	Invercargill	2010	1:50.15
1500m	E Crowe	Winton	1990	3:46.10
3000m	J Beaumont	Winton	2016	8:36.39
3k Steeplechase	J Beaumont	Winton	2015	9:21.69
3000m Track Walk	G Clark	Invercargill	1979	14:43.2

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5000m	J Beaumont	Winton	2016	15:02.64
10,000m	J Beaumont	Winton	2015	33:05.51
110m Hurdles (990cm)	-----	STANDARD	-----	16.50
400m Hurdles (914cm)	D O'Shea	Invercargill	2008	54.99
4 x 100m Relay	J Te Pana M Gold C Swale R Kinley	Southland	1983	43.92
4 x 400m Relay	M Longworth B McGowan G Dawson R Corson	Southern Stars	2000	3:22.94
Shot Put (6.0kg)	A Craig	St Pauls	2013	14.01m
Discus (1.75kg)	M Hall	Invercargill	2007	46.79m
Hammer (6.0kg)	-----	STANDARD	-----	50.00m
Javelin (800g)	R Mitchell	Invercargill	1989	64.10m
Pole Vault	J Senior	Winton	1982	3.80m
High Jump	B MacDiarmid	Gore	2004	2.02m
Long Jump	T Swanson	St Pauls	2008	7.09m
Triple Jump	T Swanson	St Pauls	2011	14.81m
Decathlon	S Stewart	Invercargill	2016	5578 pts

**MEN 19**

100m	S Jones	Southern Stars	2000	10.88
200m	S Jones	Southern Stars	2000	21.79
400m	G Clark	Winton	1987	47.29
800m	G Ballam	Invercargill	2010	1:50.15
1500m	E Crowe	Winton	1990	3:46.10
3000m	J Beaumont	Winton	2016	8:36.39
3k Steeplechase	J Beaumont	Winton	2015	9:21.69
3000m Track Walk	G Clark	Invercargill	1979	14:43.2
5000m	J Beaumont	Winton	2016	15:02.64
10,000m	J Beaumont	Winton	2015	33:05.51
110m Hurdles (990cm)	-----	STANDARD	-----	16.50
400m Hurdles (914cm)	D O'Shea	Invercargill	2008	54.99
4 x 100m Relay	J Te Pana M Gold C Swale R Kinley	Southland	1983	43.92
4 x 400m Relay	M Longworth B McGowan G Dawson R Corson	Southern Stars	2000	3:22.94
Shot Put (6.0kg)	A Craig	St Pauls	2013	14.01m
Discus (1.75kg)	-----	STANDARD	-----	45.00m
Hammer (6.0kg)	-----	STANDARD	-----	50.00m
Javelin (800g)	A Schroder	Winton	2018	57.65m
Pole Vault	J Senior	Winton	1982	3.80m
High Jump	R Fraser	Riverton	1995	2.00m
Long Jump	T Swanson	St Pauls	2008	7.09m
Triple Jump	M Robinson	St Pauls	2009	14.51m

## ATHLETICS SOUTHLAND SENIOR RECORDS (OCTOBER 2018)

Decathlon	N Napier	Gore	2006	5546 pts
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### Record Holders of Events no longer competed for in this age group:

100m Hurdles (914cm)	P Taylor	Gore	1990	14.19
Shot Put (5.0kg)	W Hubber	Invercargill	2008	15.08m
Discus (1.50kg)	M Hall	Invercargill	2006	50.79m
Hammer (5.0kg)	D Keenan	Gore	2001	53.93m
Javelin (700g)	G Evans	Winton	1992	62.36m

### MEN 18

100m	M Robinson	St Pauls	2008	11.06
200m	M Robinson	St Pauls	2009	21.93
400m	M Robinson	St Pauls	2009	47.78
800m	G Ballam	Invercargill	2009	1:53.83
1500m	J Rackham	Invercargill	2013	3:58.71
3000m	S Burgess	St Pauls	2007	8:47.45
3k Steeplechase	J Beaumont	Winton	2015	9:21.69
3000m Track Walk	-----	STANDARD	-----	15:45.00
5000m	S Burgess	St Pauls	2007	15:56.68
10,000m	J Beaumont	Winton	2015	33:05.51
110m Hurdles (990cm)	-----	STANDARD	-----	16.50
400m Hurdles (914cm)	-----	STANDARD	-----	57.00
4 x 100m Relay	D Keenan B Graham J Cox A Moore	Southland	2000	46.38
4 x 400m Relay	G Ballam C Butson D Kennedy M Robinson	Southland	2009	3:25.85
Shot Put (6.0kg)	A Craig	St Pauls	2013	14.01m
Discus (1.75kg)	-----	STANDARD	-----	45.00m
Hammer (6.0kg)	-----	STANDARD	-----	50.00m
Javelin (800g)	-----	STANDARD	-----	50.00m
Pole Vault	J Senior	Winton	1982	3.80m
High Jump	R Fraser	Riverton	1995	2.00m
Long Jump	T Swanson	St Pauls	2008	7.09m
Triple Jump	M Robinson	St Pauls	2009	14.51m
Decathlon	N Napier	Gore	2006	5546 pts

### Record Holders of Events no longer competed for in this age group:

300m Hurdles (840cm)	P Taylor	Gore	1989	38.85
Shot Put (5.0kg)	W Hubber	Invercargill	2008	15.08m
Discus (1.50kg)	D Keenan	Gore	2001	49.79m
Hammer (5.0kg)	D Keenan	Gore	2001	53.93m
Javelin (700g)	A La Salle	Gore	2007	56.39m

**ATHLETICS SOUTHLAND SENIOR RECORDS  
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**MEN 16 - 17**

100m	G Stark	Gore	2012	11.14
200m	S Jones	St Pauls	1998	22.38=
	D Kennedy	Invercargill	2009	22.38=
400m	M Robinson	St Pauls	2007	48.74
800m	E Crowe	Winton	1989	1:53.95
1500m	G Ballam	Invercargill	2008	3:59.37
2k Steeplechase	J Beaumont	Winton	2014	6:00.05
3000m	S Burgess	St Pauls	2007	8:47.45
3000m Track Walk	-----	STANDARD	-----	18:30.00
110m Hurdles (914cm)	N Napier	Gore	2005	15.82
400m Hurdles (840cm)	-----	STANDARD	-----	57.00
4 x 100m Relay	D Keenan B Graham J Cox A Moore	Southland	2000	46.38
4 x 200m Relay (BP)	N Tudor A Wilson-Woodford J Tudor J Beaumont	Southland	2014	1:52.04
4 x 400m Relay	G Ballam C Butson D Kennedy M Robinson	Southland	2008	3:27.71
4 x 800m Relay (BP)	A Wilson-Woodford N Tudor R George J Beaumont	Southland	2014	9:42.00
Shot Put (5.0kg)	A Craig	St Pauls	2013	16.30m
Discus (1.50kg)	J Welsh	St Pauls	2014	47.49m
Hammer (5.0kg)	A Craig	St Pauls	2014	51.10m
Javelin (700g)	A La Salle	Gore	2005	54.02m
Pole Vault	J Senior	Winton	1982	3.80m
High Jump	D McLaughlin	St Pauls	1990	1.95m
Long Jump	T Swanson	St Pauls	2008	7.09m
Triple Jump	M Robinson	St Pauls	2008	14.18m
Octathlon	N Napier	Gore	2005	4982 pts

**Record Holders of Events no longer competed for in this age group:**

300m Hurdles (840cm)	D O'Shea	Invercargill	2005	39.60
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**BOYS 15**

100m	G Stark	Gore	2012	11.14
200m	S Jones	St Pauls	1998	22.38
400m	M Robinson	St Pauls	2007	49.46
800m	E Crowe	Winton	1989	1:53.95

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1500m	E Crowe	Winton	1989	4:05.57
2k Steeplechase (914cm)	L Cullen	St Pauls	2014	6:32.23
3000m	-----	STANDARD	-----	9:00.00
3000m Track Walk	-----	STANDARD	-----	18:30.0
110m Hurdles (914cm)	-----	STANDARD	-----	16.50
400m Hurdles (840cm)	-----	STANDARD	-----	57.00
4 x 100m Relay	D Keenan B Graham J Cox A Moore	Southland	2000	46.38
4 x 400m Relay	D McLaughlin T Dawson R Glass J Shaw	St Pauls	1987	3:48.30
Shot Put (5.0kg)	W Hubber	Invercargill	2007	13.71m
Discus (1.50kg)	-----	STANDARD	-----	47.00m
Hammer (5.0kg)	-----	STANDARD	-----	50.00m
Javelin (700g)	A La Salle	Gore	2005	54.02m
Pole Vault	J Senior	Winton	1983	3.50m
High Jump	D McLaughlin	St Pauls	1990	1.95m
Long Jump	B Bishop	Gore	1989	6.65m
Triple Jump	S Colyer	St Pauls	2017	13.58m
Decathlon	N Napier	Gore	2004	4264 pts

**Record Holders of Events no longer competed for in this age group:**

100m Hurdles (840cm)	P Taberner	Fiordland	2013	14.56
300m Hurdles (840cm)	D O'Shea	Invercargill	2005	39.60
Discus (1.50kg)	D Keenan	Gore	1999	49.34m

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**OPEN WOMEN'S**

100m	J Arnott	Wyndham	1993	11.83
200m	J Arnott	Wyndham	1997	23.96
400m	J Arnott	Wyndham	1997	53.94
800m	K Ashley	Gore	1993	2:10.57
1500m	T Kennedy	St Pauls	1986	4:23.72
3000m	L Durry	St Pauls	1995	9:21.04
3k Steeplechase (762cm)	C Taylor	St Pauls	2012	11:01.51
3000m Track Walk	L Cantwell	Fiordland	2013	14:35.40
5000m	H Miller	Gore	2017	16:12.55
10,000m	L Durry	St Pauls	1996	34:14.26
10km Track Walk	L Cantwell	Fiordland	2005	58:49.00
20km Track Walk	L Cantwell	Fiordland	2013	1:51:26.0
Marathon (BP)	L King	Fiordland	1988	2:53:18.0
100m Hurdles (840cm)	M Anderson	Gore	1986	15.50
400m Hurdles (762cm)	M Anderson	Gore	1986	1:05.01
4 x 100m Relay	K Brown J Todd T Hokaumau J Arnott	Southland	1991	48.64
4 x 400m Relay	C Blick K Ashley J Gardyne J Arnott	Southland	1994	3:52.53
Shot Put (4.0kg)	J Knapp	Invercargill	1986	13.82m
Discus (1.0kg)	J Knapp	Invercargill	1984	44.10m
Hammer (4.0kg)	E Ryan	St Pauls	2017	44.10m
Javelin (600g)	H Wilson	Gore	1997	49.91m
Pole Vault	E Marshall	Gore	1995	3.15m
High Jump	K Brown	Invercargill	1991	1.82m
Long Jump	A Mabonga	Otautau	2016	5.88m
Triple Jump	A Mabonga	Otautau	2017	12.52m
Heptathlon	-----	STANDARD	-----	4300 pts

**ATHLETICS SOUTHLAND SENIOR RECORDS  
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**WOMEN 20**

100m	J Arnott	Wyndham	1993	11.83
200m	J Arnott	Wyndham	1994	24.18
400m	R Gibson	Gore	2009	56.38
800m	K Ashley	Gore	1993	2:10.57
1500m	T Kennedy	St Pauls	1986	4:23.72
2k Steeplechase (762cm)	C Taylor	St Pauls	2009	6:59.03
3000m	T Kennedy	St Pauls	1986	9:21.24
3000m Track Walk	L Cantwell	Fiordland	2005	16:56.27
5000m	H Miller	Gore	2017	16:12.55
10km Track Walk	L Cantwell	Fiordland	2005	58:49.00
100m Hurdles (840cm)	M Anderson	Gore	1986	15.50
400m Hurdles (762cm)	-----	STANDARD	-----	1:09.00
4 x 100m Relay	K Brown J Todd T Hokaumau J Arnott	Southland	1991	48.64
4 x 400m Relay	C Blick K Ashley J Gardyne J Arnott	Southland	1994	3:52.53
Shot Put (4.0kg)	M Taito	Invercargill	2000	13.18m
Discus (1.0kg)	J Knapp	Invercargill	1984	44.10m
Hammer (4.0kg)	E Ryan	St Pauls	2017	44.10m
Javelin (600g)	H Wilson	Gore	1995	46.34m
Pole Vault	-----	STANDARD	-----	2.85m
High Jump	K Brown	Invercargill	1991	1.82m
Long Jump	A Mabonga	Otautau	2016	5.88m
Triple Jump	A Mabonga	Otautau	2017	12.52m
Heptathlon	A McDowell	St Pauls	2017	4028 pts

**ATHLETICS SOUTHLAND SENIOR RECORDS  
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**WOMEN 19**

100m	J Arnott	Wyndham	1993	11.83
200m	J Arnott	Wyndham	1994	24.18
400m	R Gibson	Gore	2009	56.38
800m	K Ashley	Gore	1993	2:10.57
1500m	T Kennedy	St Pauls	1986	4:23.72
2k Steeplechase (762cm)	C Taylor	St Pauls	2009	6:59.03
3000m	T Kennedy	St Pauls	1986	9:21.24
3000m Track Walk	L Cantwell	Fiordland	2005	16:56.27
5000m	H Miller	Gore	2017	16:12.55
100m Hurdles (840cm)	-----	STANDARD	-----	16.30
400m Hurdles (762cm)	-----	STANDARD	-----	1:09.00
4 x 100m Relay	K Brown J Todd T Hokaumau J Arnott	Southland	1991	48.64
4 x 400m Relay	C Blick K Ashley J Gardyne J Arnott	Southland	1994	3:52.53
Shot Put (4.0kg)	M Taito	Invercargill	2000	13.18m
Discus (1.0kg)	J Knapp	Invercargill	1984	44.10m
Hammer (4.0kg)	E Ryan	St Pauls	2017	44.10m
Javelin (600g)	H Wilson	Gore	1995	46.34m
Pole Vault	-----	STANDARD	-----	2.85m
High Jump	K Brown	Invercargill	1991	1.82m
Long Jump	A Mabonga	Otautau	2016	5.88m
Triple Jump	A Mabonga	Otautau	2017	12.52m
Heptathlon	A McDowell	St Pauls	2017	4028 pts



**ATHLETICS SOUTHLAND SENIOR RECORDS  
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**WOMEN 18**

100m	J Arnott	Wyndham	1990	12.18
200m	J Arnott	Wyndham	1991	25.42
400m	T Hokaumau	St Pauls	1990	57.65
800m	K Ashley	Gore	1992	2:13.1
1500m	T Kennedy	St Pauls	1985	4:32.73
2k Steeplechase (762cm)	C Taylor	St Pauls	2009	6:59.03
3000m	C Taylor	St Pauls	2008	10:10.33
3000m Track Walk	L Cantwell	Fiordland	2005	16:56.27
100m Hurdles (840cm)	-----	STANDARD	-----	16.30
400m Hurdles (762cm)	-----	STANDARD	-----	1:09.30
4 x 100m Relay	G Alsop D Spark J Graham R Peterson	Southland	2011	49.89
4 x 400m Relay	C Blick K Ashley J Gardyne J Arnott	Southland	1994	3:52.53
Shot Put (4.0kg)	M Taito	Invercargill	2000	13.18m
Discus (1.0kg)	J Knapp	Invercargill	1983	38.54m
Hammer (4.0kg)	E Ryan	St Pauls	2017	44.10m
Javelin (600g)	T Peeters	Gore	2012	45.59m
Pole Vault	M Lindsay	St Pauls	2016	2.65m
High Jump	K Brown	Invercargill	1991	1.73m=
	S Bruin	Invercargill	2010	1.73m=
Long Jump	A Mabonga	Otautau	2016	5.88m
Triple Jump	A Mabonga	Otautau	2017	12.52m
Heptathlon	A McDowell	St Pauls	2016	4022 pts

**Record Holders of Events no longer competed for in this age group:**

100m Hurdles (762cm)	P Solomon	St Pauls	2000	15.47
300m Hurdles (762cm)	M Anderson	Gore	1987	45.21

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**WOMEN 17**

100m	J Arnott	Wyndham	1990	12.18
200m	J Arnott	Wyndham	1991	25.42
400m	T Hokaumau	St Pauls	1990	57.65
800m	K Ashley	Gore	1992	2:13.1
1500m	T Kennedy	St Pauls	1985	4:32.73
2k Steeplechase (762cm)	C Taylor	St Pauls	2009	6:59.03
3000m	C Taylor	St Pauls	2008	10:10.33
3000m Track Walk	L Cantwell	Fiordland	2005	16:56.27
100m Hurdles (762cm)	P Solomon	St Pauls	2000	15.47
300m Hurdles (762cm)	M Anderson	Gore	1987	45.21
4 x 100m Relay	G Alsop D Spark J Graham R Peterson	Southland	2011	49.89
4 x 400m Relay	C Blick K Ashley J Gardyne J Arnott	Southland	1994	3:52.53
Shot Put (3.0kg)	-----	STANDARD	-----	13.80m
Discus (1.0kg)	J Knapp	Invercargill	1983	38.54m
Hammer (3.0kg)	D Shepherd-Oates	Fiordland	2017	50.25m
Javelin (500g)	L Overton	Invercargill	2013	45.41m
Pole Vault	M Lindsay	St Pauls	2016	2.65m
High Jump	K Brown	Invercargill	1991	1.73m=
	S Bruin	Invercargill	2010	1.73m=
Long Jump	A Mabonga	Otautau	2016	5.88m
Triple Jump	G Alsop	Invercargill	2012	12.36m
Heptathlon	A McDowell	St Pauls	2016	4022 pts

**ATHLETICS SOUTHLAND SENIOR RECORDS  
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**WOMEN 16**

100m	J Arnott	Wyndham	1990	12.18
200m	J Arnott	Wyndham	1991	25.42
400m	T Hokaumau	St Pauls	1990	57.65
800m	K Ashley	Gore	1992	2:13.1
1500m	T Kennedy	St Pauls	1985	4:32.73
2k Steeplechase (762cm)	C Taylor	St Pauls	2009	6:59.03
3000m	C Taylor	St Pauls	2008	10:10.33
3000m Track Walk	L Cantwell	Fiordland	2004	17:27.33
100m Hurdles (762cm)	-----	STANDARD	-----	16.00
300m Hurdles (762cm)	-----	STANDARD	-----	49.00
4 x 100m Relay	G Alsop D Spark J Graham R Peterson	Southland	2011	49.89
4 x 400m Relay	B Stringer H Saunders A Huisman R Gibson	Southland	2005	4:11.83
Shot Put (3.0kg)	-----	STANDARD	-----	13.80m
Discus (1.0kg)	J Knapp	Invercargill	1983	38.54m
Hammer (3.0kg)	D Shepherd-Oates	Fiordland	2017	46.99m
Javelin (500g)	L Overton	Invercargill	2013	45.41m
Pole Vault	-----	STANDARD	-----	2.60m
High Jump	K Brown	Invercargill	1991	1.73m
Long Jump	A Mabonga	Otautau	2014	5.80m
Triple Jump	A Mabonga	Otautau	2015	12.32m
Heptathlon	A McDowell	St Pauls	2016	4022 pts

**ATHLETICS SOUTHLAND SENIOR RECORDS  
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**GIRLS 15**

100m	J Arnott	Wyndham	1990	12.18
200m	J Arnott	Wyndham	1991	25.42
400m	T Hokaumau	St Pauls	1990	57.65
800m	K Ashley	Gore	1992	2:13.1
1500m	T Kennedy	St Pauls	1985	4:32.73
2k Steeplechase (762cm)	C Taylor	St Pauls	2008	7:11.96
3000m	C Taylor	St Pauls	2008	10:13.42
3000m Track Walk	-----	STANDARD	-----	18:00.00
100m Hurdles (762cm)	-----	STANDARD	-----	16.00
300m Hurdles (762cm)	-----	STANDARD	-----	49.00
4 x 100m Relay	S Lawry V Harding S Bennetts L Wilmshurst	St Pauls	1982	52.00
4 x 400m Relay	-----	STANDARD	-----	4:15.00
Shot Put (3.0kg)	-----	STANDARD	-----	13.80m
Discus (1.0kg)	J Knapp	Invercargill	1983	38.54m
Hammer (3.0kg)	D Shepherd-Oates	Fiordland	2016	43.00m
Javelin (500g)	J Senior	Winton	2016	42.67m
Pole Vault	-----	STANDARD	-----	2.60m
High Jump	K Brown	Invercargill	1991	1.73m
Long Jump	E Hopcroft	Gore	2014	5.62m
Triple Jump	J Graham	Gore	2010	11.70m
Heptathlon	S Lawry	St Pauls	1983	3781 pts

**Record Holders of Events no longer competed for in this age group:**

80m Hurdles (762cm)	L McLellan	Invercargill	1997	12.30
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