

Pakuranga Athletic Club

Senior Track and Field Records

100m				Event	Venue	100m				Event	Venue
SM	10.88	John Ryan	1988			SW	11.68	Rochelle Coster	2011		
U20	10.81	Zach Saunders	2021	McKinnon	Mt Smart	U20	12.1	Sharon Tillotsen	1982		
U18	10.89	Austen Heuvel	2013			U18	12.1	Sharon Tillotsen	1982		
U16						U16	12.44	Marielle Venida	2020	NZ Sec	Tauranga
200m						200m					
SM	21.72	John Ryan	1988			SW	24.25	Louise Jones	2015		
U20	21.72	John Ryan	1988			U20	25.36	Penny Smith			
U18	21.83	Ethan Stewart	2005			U18	25.51	Kelera Nacewa			
U16						U16	25.51	Marielle Venida	2020	NZ Sec	Tauranga
400m						400m					
SM	47.17	Bailey Stewart	2014			SW	53.29	Louise Jones	2014		
U20	47.17	Bailey Stewart	2014			U20	57.34	Charlotte Smaill	2014		
U18	48.46	Bailey Stewart	2013			U18	57.34	Charlotte Smaill	2014		
U16						U16					
800m						800m					
SM	1.51.18	Brent Henley	2013			SW	2.06.27	Lesley Croxton	1985		
U20	1.53.31	Richard Kee	1991			U20	2.06.27	Lesley Croxton	1985		
U18	1.55.09	Bailey Stewart	2013			U18	2.11.50	Anne Lardner	1986		

U16						U16	2:21.05	Caitlyn Harley	2018	NZ Sec	Dunedin
1500m						1500m					
SM	3.38.53	Alan Bunce	1992			SW	4.17.19	Anne Lardner	1988		
U20	3.50.76	James Hand	2017			U20	4.17.19	Anne Lardner	1988		
U18	3.52.70	Theo Quax	2015			U18	4.17.19	Anne Lardner	1988		
U16						U16					
Mile						Mile					
SM	3.59.61	Alan Bunce				SW	4.54.85	Kelsi Patterson	2007		
U20	4.12.38	David Morton				U20	4.54.85	Kelsi Patterson	2007		
U18	4.25.82	James Hand				U18	4.54.85	Kelsi Patterson	2007		
U16						U16					
3000m						3000m					
SM	7.54.36	Kerry Rodger	1995			SW	9.13.37	Anne Lardner	1988		
U20	8.26.08	Alex Parlane	2010			U20	9.13.37	Anne Lardner	1988		
U18	8:31.48	Zane Powel	2020	NZ Sec	Wellington	U18	10.05.18	Kelsi Patterson	2005		
U16	8:46.84	Zane Powel	2018	NZ Sec	Dunedin	U16					
5000m						5000m					
SM	13.44.88	Kerry Rodger	1994			SW	15.47.33	Helen Moros	1993		
U20	14.53.31	Alex Parlane	2009			U20	18.28.00	Catherine Roberts	1985		
10000m						10000m					

SM	28.25.01	Kerry Rodger	1991			SW	32.32.24	Helen Moros	1993		
U20	31.54.85	Alex Parlane	2010			U20	38.51.77	Casey Mitchell	2007		
Sprint Hurdles						Sprint Hurdles					
SM 110m (1067m)	14.79	Brent Newdick	2007			SW 100m	13.10	Rochelle Coster	2016		
U20 110m	14.23	Peter Callagher	2011			U20 100m	14.75	Rochelle Coster	2008		
U18 110m	14.51	Daniel Parkes	2018			U18 100m	14.63	Paige Harwood	2011		
U16 100m						U16 80m (762mm)					
300m Hurdles						300m Hurdles					
U18 (840mm)	38.91	Zach Saunders	2020	Porrit classic	Hamilton	U18 (762mm)	45.75	Samadiana Fariz	2019		
U16 (840mm)	42.06	Zach Saunders	2018	NZ Sec	Dunedin	U16 (762mm)	46.2	Samadiana Fariz	2018	NZ Sec	Dunedin
400m Hurdles						400m Hurdles					
SM	52.89	Peter Callagher	2014			SW	69.44	Renee Sharp	2005		
U20	66.45	Geoff Rickerby	2003			U20	69.44	Renee Sharp	2005		
2km Steeplechase						2km Steeplechase					
U18	6.17.00	Ray Wang	2012			U18	7.50.02	Amanda Bracewell	2012		
U/16	6:14.9	Zane Powel	2018	NZ Sec	Dunedin	U/16					
3km Steeplechase						3km Steeplechase					
SM	9.01.37	David Drummond	1989			SW	10.08.58	Alice Mason	2009		

U20	10.25.51	Lachlan McNie	2011			U20	11.36.75	Renee Holton	2005		
3000m Walk						3000m Walk					
SM	15.34.60	Shane Donnally	1994			SW	16.58.49	Sarah Amy Drummond	2009		
U20	21.36.48	Anthony Curry	2006			U20	16.58.49	Sarah Amy Drummond	2009		
U18	21.36.48	Anthony Curry	2006			U18	16.58.49	Sarah Amy Drummond	2009		
U/16						U/16					
High Jump						High Jump					
SM	1.95m	Wade Rixon	1995			SW	1.80m	Paige Harwood	2012		
U20	1.95m	Wade Rixon	1995			U20	1.80m	Paige Harwood	2012		
	1.95m	Peter Callagher	2009			U18	1.80m	Paige Harwood	2012		
	1.95m	Jonny Goosman	2013								
U18	1.92m	Hunter Curran	2014								
U16	1.7	Zach Saunders	2018	NZ Sec	Dunedin	U16					
Long Jump						Long Jump					
SM	7.10m	Brent Newdick	2008			SW	5.88m	Rochelle Coster	2012		
U20	6.67m	Joseph Heath Hall	2008			U20	5.62m	Paige Harwood	2010		
U18	6.45m	Ben Potter	1995			U18	5.62m	Paige Harwood	2010		
U16						U16	4.64m	Sonya Ha	2019		

Pole Vault						Pole Vault					
SM	4.80m	Brent Newdick	2007			SW	2.10m	Nyrene Crowley	2004		
U20	4.05m	Matthew Aucamp	2018			U20	2.10m	Nyrene Crowley	2004		
U18	3.60m	Joseph Heath Hall	2006			U18	2.10m	Nyrene Crowley	2004		
U16						U16					
Triple Jump						Triple Jump					
SM	15.43m	Ebuka Okpala	2017			SW	13.89m	Nneka Okpala	2016		
U20	13.40m	Richard Kee	1989			U20	11.49m	Paige Harwood	2008		
U18	12.90	Thomas Wynne	2020	NZ Sec	Tauranga	U18	11.49m	Paige Harwood	2008		
U16	11.49	Thomas Wynne	2019	NZ Sec	Wellington	U16					
Hammer						Hammer					
SM (7.26kg)	61.21m	Pat Hellier	2007			SW (4kg)	28.89m	Vanessa Hurley	2008		
U20 (6kg)	24.89m	Nathan Buckley	2012			U20 (4kg)	28.89m	Vanessa Hurley	2008		
U18 (5kg)	28.36m	Samuel Murphy	2002			U18 (3kg)	25.76m	Amy Harrison	2015		
U16 (4kg)						U16 (3kg)					
Discus						Discus					
SM (2kg)	50.66m	Pat Hellier	2007			SW (1kg)	48.62m	Mere Vaka	2013		
U20 (1.75kg)	38.19m	Joseph Heath Hall	2008			U20 (1kg)	48.62m	Mere Vaka	2013		

U18 (1.5kg)	42.86m	Chris Elliot	1995			U18 (1kg)	37.10m	Joanne Sutton	1989		
U16 (1.25kg)						U16 (1kg)					
Javelin						Javelin					
SM (800g)	60.72m	Nathan Buckley	2014			SW (600g)	38.79	Ashleigh Brockett	2015		
U20 (800g)	56.02m	Julian Abraham	2014			U20 (600g)	38.27m	Ashleigh Brockett	2012		
U18 (700g)	56.26m	Julian Abraham	2014			U18 (600g)	30.17m	Paige Harwood	2011		
						U18 (500g)	33.33m	Briar Guy	2012		
U16 (800g)						U16 (500g)					
Shot Put						Shot Put					
SM (7.26kg)	16.04m	Pat Hellier	2008			SW (4kg)	21.24m	Valerie Adams	2011		
U20 (6kg)	12.46m	Jonathan Curry	2010			W20 (4kg)	14.56m	Vanessa Hurley	2008		
U18 (5kg)	12.54m	Jonathan Curry	2008			U18 (4kg)	12.63m	Vanessa Hurley	2005		
						U18 (3kg)	12.45m	Arwyn Solomon	2020	NZ Sec	Tauranga
U16 (5kg)						U16 (3kg)					
Octathlon						Heptathlon					

U18	4567 pts	Hunter Curran	2014			SW	5029 pts	Paige Harwood	2012		
						U20	5029 pts	Paige Harwood	2012		
Decathlon						U18	5029 pts	Paige Harwood	2012		
SM	7730 pts	Brent Newdick	2007								
U20	6087 pts	Joseph Heath Hall	2009								
U18	5539 pts	Matthew Aucamp	2017								
4x100m Relay						4x100m Relay					
SM	43.84	Simon Potter	1995			SW	51.71	Julie Savory	1995		
		Daniel Barry						Penny Smith			
		Greg Birbeck						Anna Smith			
		Ben Potter						Shelly Foster			
U20	43.84	Simon Potter	1995			U20	51.71	Julie Savory	1995		
		Daniel Barry						Penny Smith			
		Greg Birbeck						Anna Smith			
		Ben Potter						Shelly Foster			
U18	45.88	Daniel Barry	1993			U18	50.34	Ava Duggan	2019	McKinnon	Mt Smart
		Greg Birbeck						Jorien Fourie			
		Andre Cettina						Marolene Basson			
		Simon Potter						Natasha Smith			

4x400m Relay				4x400m Relay							
SM	3.26.46	Jonathan Dooner	1988			SW	4.06.60	Rachael Catley	2007		
		Chris Howie						Alex Patterson			
		Dean Penny						Kelsi Patterson			
		John Ryan						Kirsten Hurley			
U20	3.26.46	Jonathan Dooner	1988			U20	4.06.60	Rachael Catley	2007		
		Chris Howie						Alex Patterson			
		Dean Penny						Kelsi Patterson			
		John Ryan						Kirsten Hurley			
U18	3.38.75	Daniel Barry	1993			U18	4.06.60	Rachael Catley	2007		
		Simon Potter						Alex Patterson			
		Wade Rixon						Kelsi Patterson			
		Jeremy Macdonald						Kirsten Hurley			