



NCCWMA MEET RECORDS

W30	100m	12.70	2010
W35	100m	12.53	1996
W40	100m	12.91	2008
W45	100m	12.50	2014
W50	100m	13.37	2014
W55	100m	13.43	2017
W60	100m	13.93	2017
W65	100m	15.31	1992
W70	100m	15.17	2012
W75	100m	14.96	2017
W80	100m	17.65	2017
W85	100m	21.27	2017
W90	100m	31.09	2008
W30	200m	25.55	2014
W35	200m	25.66	1996
W40	200m	26.48	2014
W45	200m	25.82	1996
W50	200m	26.43	2010
W55	200m	27.98	2012
W60	200m	28.71	2017
W65	200m	35.41	2017
W70	200m	31.51	2012
W75	200m	31.89	2017
W80	200m	38.35	2017
W85	200m	49.08	2017
W30	400m	57.65	1994
W35	400m	58.22	1996
W40	400m	60.48	1996
W45	400m	58.51	2004
W50	400m	60.60	2010
W55	400m	66.44	2012
W60	400m	68.38	2017
W65	400m	77.13	1998
W70	400m	81.69	2017
W75	400m	1:25.07	2012
W80	400m	1:39.80	2017
W85	400m	2:10.42	2017
W30	800m	2:25.36	2014
W35	800m	2:14.14	1996
W40	800m	2:27.83	2017
W45	800m	2:27.11	2012
W50	800m	2:24.54	1996
W55	800m	2:35.94	1996
W60	800m	2:40.58	2000
W65	800m	2:52.20	2017
W70	800m	3:16.69	2008
W75	800m	3:48.09	2012
W80	800m	3:57.34	2017
W85	800m	5:47.23	1998

M30	100m	10.33	2017
M35	100m	10.89	1996
M40	100m	10.93	2014
M45	100m	11.01	2017
M50	100m	11.24	2017
M55	100m	11.78	2008
M60	100m	12.50	1992
M65	100m	12.98	2017
M70	100m	13.13	2017
M75	100m	14.29	1996
M80	100m	14.63	2017
M85	100m	21.35	1998
M90	100m	28.55	2017
M30	200m	21.30	2017
M35	200m	22.03	2017
M40	200m	22.09	2014
M45	200m	22.51	2017
M50	200m	23.12	2017
M55	200m	23.81	2004
M60	200m	24.81	1992
M65	200m	26.83	2017
M70	200m	27.36	2002
M75	200m	30.55	1996
M80	200m	29.90	2017
M85	200m	37.12	2014
M90	200m	1:05.47	2017
M30	400m	48.16	2008
M35	400m	50.63	2006
M40	400m	50.07	2017
M45	400m	51.40	2012
M50	400m	52.38	2017
M55	400m	52.76	2004
M60	400m	54.58	1992
M65	400m	58.90	1998
M70	400m	1:01.72	2002
M75	400m	1:13.12	1996
M80	400m	1:12.10	2017
M85	400m	1:24.22	2017
M30	800m	1:58.17	2017
M35	800m	1:55.29	1996
M40	800m	1:57.00	2017
M45	800m	2:01.80	2017
M50	800m	2:05.08	2017
M55	800m	2:07.95	2004
M60	800m	2:20.63	1992
M65	800m	2:16.04	1994
M70	800m	2:29.03	2002
M75	800m	2:54.01	2017
M80	800m	3:27.86	2017
M85	800m	3:23.2h	2014

W30	1500m	5:21.10	2017
W35	1500m	4:48.51	2004
W40	1500m	4:54.14	2017
W45	1500m	4:59.15	2012
W50	1500m	5:05.38	2017
W55	1500m	5:22.44	2017
W60	1500m	5:46.10	1996
W65	1500m	5:25.65	2017
W70	1500m	6:42.00	2008
W75	1500m	7:30.44	2012
W80	1500m	8:00.38	2017
W30	5000m	18:26.02	2017
W35	5000m	18:18.68	2000
W40	5000m	18:34.91	2002
W45	5000m	18:33.50	2012
W50	5000m	18:34.18	1996
W55	5000m	18:43.65	1996
W60	5000m	21:16.58	1996
W65	5000m	20:30.54	2017
W70	5000m	23:43.59	2017
W75	5000m	36:57.18	2017
W80	5000m	29:29.37	2012
W30	Steeplechase	9:24.97	2006
W35	Steeplechase	8:46.57	2012
W40	Steeplechase	8:43.69	2017
W45	Steeplechase	8:21.53	2017
W50	Steeplechase	9:08.41	2000
W55	Steeplechase	8:50.40	2017
W60	Steeplechase	11:22.82	2010
W65	Steeplechase	8:52.49	2017
W70	Steeplechase	15:58.37	2017
W35	100 Hurdles	17.84	2017
W40	80 Hurdles	13.33	2010
W45	80 Hurdles	12.22	1994
W50	80 Hurdles	13.01	2014
W55	80 Hurdles	12.99	2017
W60	80 Hurdles	14.90	2008
W65	80 Hurdles	16.65	2014
W70	80 Hurdles	19.27	2008
W75	80 Hurdles	18.56	2014
W80	80 Hurdles	21.01	2017

M30	1500m	4:10.17	2002
M35	1500m	4:02.50	1996
M40	1500m	4:05.90	1996
M45	1500m	4:16.37	2014
M50	1500m	4:34.92	2017
M55	1500m	4:29.92	2014
M60	1500m	4:54.85	1996
M65	1500m	4:54.99	2008
M70	1500m	5:23.40	1996
M75	1500m	6:07.49	2017
M80	1500m	7:25.15	2017
M85	1500m	9:46.64	2014
M30	5000m	16:45.1h	2014
M35	5000m	15:19.62	2002
M40	5000m	14:59.98	2017
M45	5000m	16:17.00	1992
M50	5000m	16:57.09	2017
M55	5000m	16:28.42	2017
M60	5000m	17:48.88	2000
M65	5000m	18:23.71	2017
M70	5000m	19:51.00	2002
M75	5000m	21:37.12	2014
M80	5000m	23:57.74	1996
M85	5000m	35:09.02	2010
M30	Steeplechase	11:15.13	2008
M35	Steeplechase	11:18.28	2000
M40	Steeplechase	10:08.14	2017
M45	Steeplechase	10:37.46	2017
M50	Steeplechase	11:23.92	2012
M55	Steeplechase	11:32.98	2017
M60	Steeplechase	7:55.72	2017
M65	Steeplechase	10:19.9h	2014
M70	Steeplechase	9:12.58	2012
M75	Steeplechase	10:05.78	2017
M80	Steeplechase	11:56.88	2008
M30	110 Hurdles	15.19	2017
M35	110 Hurdles	14.31	2008
M40	110 Hurdles	14.66	2004
M45	110 Hurdles	14.49	1992
M50	100 Hurdles	13.89	2017
M55	100 Hurdles	14.49	1996
M60	100 Hurdles	15.60	2008
M65	100 Hurdles	15.82	2017
M70	80 Hurdles	13.17	2017
M75	80 Hurdles	18.54	2006
M75	85 Hurdles	21.04	2008

W30	400	Hurdles	62.29	2017
W35	400	Hurdles	64.12	1996
W40	400	Hurdles	67.18	2017
W45	400	Hurdles	72.59	2017
W50	300	Hurdles	50.86	2014
W55	300	Hurdles	55.24	2017
W60	300	Hurdles	58.99	2017
W65	300	Hurdles	78.09	2006
W70	200	Hurdles	48.77	2010
W75	200	Hurdles	42.66	2014
W30	4x100m	Relay	51.56	2017
W35	4x100m	Relay	50.45	2010
W40	4x100m	Relay	50.84	2004
W45	4x100m	Relay	52.67	2017
W50	4x100m	Relay	55.37	2010
W55	4x100m	Relay	56.22	2017
W60	4x100m	Relay	57.94	2017
W65	4x100m	Relay	1:27.18	2012
W70	4x100m	Relay	1:27.01	2002
W75	4x100m	Relay	2:05.77	2006
W80	4x100m	Relay	1:48.10	2017
W30	4x400m	Relay	4:09.74	2004
W35	4x400m	Relay	4:31.68	2004
W40	4x400m	Relay	4:14.73	2017
W45	4x400m	Relay	4:17.21	2004
W50	4x400m	Relay	4:38.75	2010
W55	4x400m	Relay	5:07.54	2017
W60	4x400m	Relay	6:04.93	2014
W65	4x400m	Relay	7:10.77	2012
W70	4x400m	Relay	8:04.66	2012
W75	4x400m	Relay		
W30	High Jump		1.35m	2008
W35	High Jump		1.23m	2010
W40	High Jump		1.45m	2006
W45	High Jump		1.65m	2000
W50	High Jump		1.50m	2017
W55	High Jump		1.30m	2017
W60	High Jump		1.29m	2008
W65	High Jump		1.10m	2000
W70	High Jump		1.15m	2000
W75	High Jump		1.10m	2017
W80	High Jump		1.00m	2017

M30	400	Hurdles	54.21	2017
M35	400	Hurdles	53.36	2006
M40	400	Hurdles	55.50	2004
M45	400	Hurdles	57.65	2008
M50	400	Hurdles	59.07	2014
M55	400	Hurdles	63.03	2000
M60	300	Hurdles	46.22	2017
M65	300	Hurdles	49.96	2010
M70	300	Hurdles	54.61	2008
M75	300	Hurdles	59.91	2014
M80	200	Hurdles	36.95	2010
M85	200	Hurdles	42.70	2014
M30	4x100m	Relay	42.08	2014
M35	4x100m	Relay	43.28	2010
M40	4x100m	Relay	42.44	2008
M45	4x100m	Relay	44.36	2017
M50	4x100m	Relay	44.56	2017
M55	4x100m	Relay	46.31	2017
M60	4x100m	Relay	51.50	2008
M65	4x100m	Relay	54.25	2017
M70	4x100m	Relay	60.50	2008
M30	4x400m	Relay	3:29.26	2014
M35	4x400m	Relay	3:26.57	2008
M40	4x400m	Relay	3:31.25	2017
M45	4x400m	Relay	3:29.95	2008
M50	4x400m	Relay	3:37.55	2017
M55	4x400m	Relay	3:58.04	2017
M60	4x400m	Relay	4:30.34	2014
M65	4x400m	Relay	5:11.79	2014
M70	4x400m	Relay	4:58.76	2008
M75	4x400m	Relay	5:13.92	2017
M80	4x400m	Relay		
M30	High Jump		1.75m	2014
M35	High Jump		1.97m	1994
M40	High Jump		1.95m	1996
M45	High Jump		1.90m	2008
M50	High Jump		1.90m	2010
M55	High Jump		1.75m	2014
M60	High Jump		1.65m	2000
M65	High Jump		1.43m	2014
M70	High Jump		1.45m	2017
M75	High Jump		1.40m	2008
M80	High Jump		1.12m	2008
M85	High Jump		1.01m	2008
M90	High Jump		0.85m	2017

W30	Pole Vault	2.90m	1996
W35	Pole Vault	2.85m	2017
W40	Pole Vault	2.28m	2017
W45	Pole Vault	1.50m	2017
W50	Pole Vault	2.65m	1996
W55	Pole Vault	2.35m	1996
W60	Pole Vault	2.35m	2017
W65	Pole Vault	1.75m	1996
W70	Pole Vault	1.83m	1996
W75	Pole Vault	1.50m	1996
W80	Pole Vault	1.70m	2017
W30	Long Jump	4.47m	1996
W35	Long Jump	5.64m	1998
W40	Long Jump	5.07m	2008
W45	Long Jump	4.62m	1992
W50	Long Jump	4.68m	2017
W55	Long Jump	4.59m	2017
W60	Long Jump	4.07m	2008
W65	Long Jump	3.28m	1994
W70	Long Jump	4.26m	2012
W75	Long Jump	4.09m	2017
W80	Long Jump	2.99m	2017
W85	Long Jump	2.11m	2004
W90	Long Jump	1.52m	2012
W35	Triple Jump	10.81m	2017
W40	Triple Jump	10.91m	2010
W45	Triple Jump	10.25m	2014
W50	Triple Jump	9.00m	2017
W55	Triple Jump	8.26m	2004
W60	Triple Jump	8.01m	2017
W65	Triple Jump	5.28m	2017
W70	Triple Jump	8.11m	2012
W75	Triple Jump	7.95m	2017
W80	Triple Jump	5.72m	2017
W30	Shot Put	10.50m	1994
W35	Shot Put	12.30m	2010
W40	Shot Put	11.56m	2012
W45	Shot Put	11.60m	2012
W50	Shot Put	13.60m	2014
W55	Shot Put	14.09m	1994
W60	Shot Put	10.23m	2017
W65	Shot Put	9.19m	2012
W70	Shot Put	8.21m	2012
W75	Shot Put	8.11m	2012
W80	Shot Put	6.86m	2017
W85	Shot Put	3.20m	2012
W90	Shot Put	4.62m	2012

M30	Pole Vault	4.15m	1996
M35	Pole Vault	4.55m	1996
M40	Pole Vault	4.88m	1996
M45	Pole Vault	4.40m	1996
M50	Pole Vault	4.30m	2000
M55	Pole Vault	3.50m	2000
M60	Pole Vault	3.60m	2008
M65	Pole Vault	3.25m	2017
M70	Pole Vault	3.16m	1992
M75	Pole Vault	2.40m	2017
M80	Pole Vault	2.30m	2008
M85	Pole Vault	1.50m	2017
M30	Long Jump	6.70m	2008
M35	Long Jump	6.32m	2014
M40	Long Jump	6.54m	2012
M45	Long Jump	6.45m	2008
M50	Long Jump	6.08m	2017
M55	Long Jump	5.97m	2017
M60	Long Jump	5.25m	2008
M65	Long Jump	5.04m	1998
M70	Long Jump	4.66m	2000
M75	Long Jump	4.03m	2014
M80	Long Jump	3.55m	1996
M85	Long Jump	3.12m	2008
M90	Long Jump	2.56m	2017
M30	Triple Jump	13.35m	2010
M35	Triple Jump	12.38m	2014
M40	Triple Jump	13.90m	1996
M45	Triple Jump	12.94m	2017
M50	Triple Jump	13.58m	2017
M55	Triple Jump	11.63m	2017
M60	Triple Jump	10.40m	2014
M65	Triple Jump	9.34m	2012
M70	Triple Jump	7.73m	2017
M75	Triple Jump	8.22m	2006
M80	Triple Jump	5.75m	2017
M85	Triple Jump	5.83m	2017
M30	Shot Put	15.17m	2004
M35	Shot Put	12.91m	2017
M40	Shot Put	13.71m	2000
M45	Shot Put	16.18m	2004
M50	Shot Put	16.99m	2010
M55	Shot Put	14.53m	2008
M60	Shot Put	13.67m	1994
M65	Shot Put	13.70m	2017
M70	Shot Put	13.86m	2008
M75	Shot Put	11.17m	1996
M80	Shot Put	10.98m	2008
M85	Shot Put	7.28m	2008
M90	Shot Put	5.41m	2012

W30	Discus	26.73m	2014
W35	Discus	43.07m	1998
W40	Discus	34.47m	2017
W45	Discus	30.83m	2017
W50	Discus	34.85m	1998
W55	Discus	30.21m	2008
W60	Discus	24.53m	2017
W65	Discus	26.86m	1992
W70	Discus	21.76m	2017
W75	Discus	15.66m	2014
W80	Discus	16.47m	2017
W85	Discus	14.64m	2004
W90	Discus	13.81m	2012
W30	Hammer	37.43	2002
W35	Hammer	30.37m	2012
W40	Hammer	50.38m	2017
W45	Hammer	34.23m	2000
W50	Hammer	38.05m	2000
W55	Hammer	37.33m	2008
W60	Hammer	32.33m	2014
W65	Hammer	27.68m	2014
W70	Hammer	27.02m	2012
W75	Hammer	24.02m	2012
W80	Hammer	21.19m	2017
W85	Hammer	16.57m	2004
W30	Javelin	41.98m	2004
W35	Javelin	41.78m	2010
W40	Javelin	40.98m	2012
W45	Javelin	38.22m	2012
W50	Javelin	40.97m	2014
W55	Javelin	33.37m	2012
W60	Javelin	34.20m	2017
W65	Javelin	26.19m	2017
W70	Javelin	16.95m	2014
W75	Javelin	17.78m	2000
W80	Javelin	16.93m	2000
W85	Javelin	15.62m	2004
W90	Javelin	11.09m	2012
W30	Weight Throw		
W35	Weight Throw	9.13m	2006
W40	Weight Throw	13.66m	2017
W45	Weight Throw	11.70m	2017
W50	Weight Throw	13.49m	2008
W55	Weight Throw	13.24m	2008
W60	Weight Throw	13.39m	2017
W65	Weight Throw	11.00m	2017
W70	Weight Throw	12.24m	2012
W75	Weight Throw	10.30m	2012
W80	Weight Throw	8.92m	2017
W85	Weight Throw	5.95m	2000
W90	Weight Throw	7.11m	2012

M30	Discus	52.77m	2004
M35	Discus	39.50m	2000
M40	Discus	45.80m	2008
M45	Discus	46.08m	2008
M50	Discus	44.70m	1992
M55	Discus	44.48m	1992
M60	Discus	49.00m	2008
M65	Discus	49.46m	2008
M70	Discus	47.75m	2008
M75	Discus	35.85m	2012
M80	Discus	33.52m	1996
M85	Discus	28.60m	2000
M90	Discus	13.77m	2017
M30	Hammer	64.62m	2000
M35	Hammer	45.44m	2008
M40	Hammer	51.86m	1996
M45	Hammer	54.82m	2004
M50	Hammer	49.87m	2006
M55	Hammer	48.91m	2000
M60	Hammer	51.49m	2004
M65	Hammer	49.80m	2008
M70	Hammer	43.82m	2014
M75	Hammer	38.97m	2012
M80	Hammer	25.81m	2008
M85	Hammer	19.26m	2000
M90	Hammer	15.25m	2017
M30	Javelin	52.11m	2010
M35	Javelin	53.21m	2010
M40	Javelin	56.80m	2000
M45	Javelin	59.32m	2000
M50	Javelin	57.40m	2004
M55	Javelin	52.29m	2008
M60	Javelin	57.76m	2002
M65	Javelin	47.45m	2014
M70	Javelin	46.05m	2017
M75	Javelin	37.41m	2012
M80	Javelin	29.00m	2012
M85	Javelin	18.83m	2000
M30	Weight Throw	14.26m	2017
M35	Weight Throw	14.51m	2008
M40	Weight Throw	14.10m	2000
M45	Weight Throw	14.30m	2008
M50	Weight Throw	17.50m	2017
M55	Weight Throw	17.19m	2000
M60	Weight Throw	17.53m	2006
M65	Weight Throw	16.84m	2010
M70	Weight Throw	18.37m	2017
M75	Weight Throw	14.32m	2012
M80	Weight Throw	10.15m	2000
M85	Weight Throw	10.89m	2000
M90	Weight Throw	3.28m	2017

W30	Pentathlon	2118	2008
W35	Pentathlon	2283	2014
W40	Pentathlon	2151	2006
W45	Pentathlon	2873	2017
W50	Pentathlon	3782	2017
W55	Pentathlon	2430	2017
W60	Pentathlon	2946	2017
W65	Pentathlon		
W70	Pentathlon	3012	2006
W75	Pentathlon	4743	2012
W80	Pentathlon	4004	2017
W30	Throws Pentathlon		
W35	Throws Pentathlon	2345	2012
W40	Throws Pentathlon	2510	2017
W45	Throws Pentathlon	3071	2017
W50	Throws Pentathlon	3235	2012
W55	Throws Pentathlon	3842	2008
W60	Throws Pentathlon	3926	2017
W65	Throws Pentathlon	3428	2017
W70	Throws Pentathlon	4257	2012
W75	Throws Pentathlon	3079	2012
W80	Throws Pentathlon	3131	2017
W30	5000m RaceWalk	27:52.02	2017
W35	5000m RaceWalk	27:06.36	1996
W40	5000m RaceWalk	24:58.29	2000
W45	5000m RaceWalk	30:18.53	2017
W50	5000m RaceWalk	29:58.70	1996
W55	5000m RaceWalk	30:31.00	1992
W60	5000m RaceWalk	28:57.30	2017
W65	5000m RaceWalk	29:54.19	1996
W70	5000m RaceWalk	34:47.00	1992
W75	5000m RaceWalk	34:31.84	2000
W80	5000m RaceWalk	45:22.00	2002
W85	5000m RaceWalk	45:44.00	2002
W90	5000m RaceWalk	52:04.00	2010
W30	10k Race Walk	57:43	1994
W35	10k Race Walk	56:52	1994
W40	10k Race Walk	1:06.14	2014
W45	10k Race Walk	1:00:24	2012
W50	10k Race Walk	1:03:01	2012
W55	10k Race Walk	56:46	2012
W60	10k Race Walk	1:04:55	2014
W65	10k Race Walk	1:06:22	1994
W70	10k Race Walk	1:11:07	1992
W75	10k Race Walk	1:17:42	2006
W80	10k Race Walk		
W85	10k Race Walk	1:40:43	2006
W90	10k Race Walk	1:46:00	2010

M30	Pentathlon	2249	2017
M35	Pentathlon	2949	2008
M40	Pentathlon	3287	2017
M45	Pentathlon	3526	2010
M50	Pentathlon	3524	2008
M55	Pentathlon	3102	2008
M60	Pentathlon	3065	2006
M65	Pentathlon	3902	2017
M70	Pentathlon	3011	2008
M75	Pentathlon	2730	2017
M80	Pentathlon	2074	2008
M85	Pentathlon	2185	2017
M30	Throws Pentathlc	2029	2017
M35	Throws Pentathlc	2495	2012
M40	Throws Pentathlc	1877	2012
M45	Throws Pentathlc	3623	2008
M50	Throws Pentathlc	3867	2010
M55	Throws Pentathlc	3739	2017
M60	Throws Pentathlc	3389	2006
M65	Throws Pentathlc	4295	2008
M70	Throws Pentathlc	3605	2012
M75	Throws Pentathlc	4911	2008
M80	Throws Pentathlc	3571	2008
M30	5000m RaceWalk	27:13.00	2002
M35	5000m RaceWalk	23:16.03	2000
M40	5000m RaceWalk	22:57.29	2017
M45	5000m RaceWalk	24:30.81	2000
M50	5000m RaceWalk	23:35.83	2017
M55	5000m RaceWalk	25:05.60	2017
M60	5000m RaceWalk	25:25.37	1996
M65	5000m RaceWalk	25:32.10	2017
M70	5000m RaceWalk	30:07.00	1992
M75	5000m RaceWalk	32:19.00	1992
M80	5000m RaceWalk	35:08.26	1996
M30	10k Race Walk	51:22	2002
M35	10k Race Walk	48:50	2002
M40	10k Race Walk	40:01	2002
M45	10k Race Walk	50:20	1994
M50	10k Race Walk	51:03	2014
M55	10k Race Walk	51:27	1994
M60	10k Race Walk	52:51	2014
M65	10k Race Walk	58:59	2012
M70	10k Race Walk	1:05:14	1994
M75	10k Race Walk	1:13:23	2012
M80	10k Race Walk	1:24:12	2002
M85	10k Race Walk		

Road Run

W30	10k Run	42:53	2000
W35	10k Run	38:17	2000
W40	10k Run	42:31	2012
W45	10k Run	38:40	2000
W50	10k Run	47:44	2014
W55	10k Run	48:29	2010
W60	10k Run	47:42	2000
W65	10k Run	51:30	2012
W70	10k Run	1:09:14	2000
W75	10k Run	1:16:50	2014
W80	10k Run	1:04:03	2012

Road Run

M30	10k Run	36:39	2014
M35	10k Run	36:22	2010
M40	10k Run	33:15	2000
M45	10k Run	36:22	2012
M50	10k Run	37:11	2012
M55	10k Run	40:58	2012
M60	10k Run	36:30	2000
M65	10k Run	40:55	2010
M70	10k Run	46:49	2014
M75	10k Run	49:35	2014
M80	10k Run	1:02:43	2000
M85	10k Run	1:08:03	2000