



Open Men | 2009

Top Performances as of: 09 Feb 2012

100m | Open Men | 2009

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|-------|------|--------------------|--------|-------------|-----|------------------------|----------------|-------------|
| 1 | 10.35 | 0.6 | David Ambler | CAN | 15 Sep 1989 | 1 | ITM | Christchurch | 13 Mar 2009 |
| 2 | 10.51 | 0.0 | Carl Van Der Speck | AKL | 14 Sep 1977 | 1 | Winter Series #8 | Gold Coast AUS | 17 Jul 2009 |
| 3 | 10.54 | 1.4 | Michael Wilson | WEL | 06 Oct 1988 | 6 | Florida Ch | Clermont FL | 07 Jun 2009 |
| 4 | 10.59 | 1.7 | Craig Bearda | AKL | 17 Jun 1982 | 1 | Auckland Championships | Auckland | 07 Mar 2009 |
| 5 | 10.63 | 1.7 | James Dolphin | AKL | 17 Jun 1983 | 2 | Mini-Hot Meet 5 | North Shore | 04 Jul 2009 |
| 6 | 10.66 | 0.6 | Chris Donaldson | OTG | 26 May 1975 | 2 | ITM | Christchurch | 13 Mar 2009 |
| 7 | 10.67 | 1.8 | Clayton Mbofana | AKL | 10 Jan 1989 | 3h1 | Arafura Games | Darwin AUS | 11 May 2009 |
| 8 | 10.68 | 1.9 | Ben Potter | AKL | 14 Jun 1979 | 1 | Hot Meet 9 | Auckland | 31 Jan 2009 |
| 9 | 10.71 | 0.8 | Jeffrey Thumath | AKL | 03 Mar 1985 | 6h4 | AUS Championships | Brisbane AUS | 19 Mar 2009 |
| 10 | 10.73 | -1.3 | Isaac Tatao | AKL | 12 Feb 1990 | 1 | Hot Meet 1 | Auckland | 24 Oct 2009 |
| 11 | 10.80 | -0.9 | Joseph Millar | WBP | 24 Sep 1992 | 2 | Winter Series #6 | Gold Coast AUS | 30 Jun 2009 |
| 12 | 10.81 | 1.9 | Matthew Brown | AKL | 29 Aug 1986 | 3 | Hot Meet 9 | Auckland | 31 Jan 2009 |
| 13 | 10.85 | 0.6 | Cory Innes | OTG | 15 Jul 1985 | 6 | ITM | Christchurch | 13 Mar 2009 |
| 14 | 10.87 | -1.5 | James Mortimer | AKL | 01 Mar 1983 | 3 | Northern Region CE Ch | Hamilton | 11 Jan 2009 |
| 15 | 10.87 | 1.0 | Tama Toki | AKL | 11 Feb 1991 | 2 | NZL Championships | Wellington | 27 Mar 2009 |
| 16 | 10.90 | 1.7 | Brent Newdick | AKL | 31 Jan 1985 | 4 | Auckland Championships | Auckland | 07 Mar 2009 |
| 17 | 10.90 | 0.0 | Alex Jordan | TAS | 10 Apr 1992 | 1 | Open Meet | Nelson | 20 Jun 2009 |
| 18 | 10.92 | 1.7 | Morgan Foster | CAN | 02 Jan 1976 | 5 | Auckland Championships | Auckland | 07 Mar 2009 |
| 19 | 10.92 | 0.6 | Todd Mansfield | CAN | 29 Sep 1985 | 7 | ITM | Christchurch | 13 Mar 2009 |
| 20 | 10.92 | 0.6 | Andrew Moore | OTG | 11 Mar 1984 | 8 | ITM | Christchurch | 13 Mar 2009 |
| 21 | 10.93 | 1.7 | Adam Somerville | AKL | 30 Oct 1980 | 6 | Auckland Championships | Auckland | 07 Mar 2009 |
| 22 | 10.96 | 2.0 | Zac Topping | MWA | 07 Jul 1991 | 1q3 | NZSS Championships | Timaru | 12 Dec 2009 |
| 23 | 10.98 | 0.1 | Scott Walker | CAN | 17 Aug 1992 | 1 | NZSS Championships | Timaru | 13 Dec 2009 |
| 24 | 11.01 | 1.3 | Frazer Wickes | AKL | 10 Feb 1992 | 2r1 | Battle of the Cities 3 | Auckland | 28 Nov 2009 |
| 25 | 11.02 | 2.0 | Yarride Rosario | HBG | 16 Jul 1993 | 2q3 | NZSS Championships | Timaru | 12 Dec 2009 |
| 26 | 11.03 | 1.2 | Matthew Robinson | STH | 19 Jul 1991 | 1 | Centre Meeting | Invercargill | 07 Feb 2009 |
| 27 | 11.03 | 0.9 | Todd Johnston | OTG | 08 Jan 1992 | 2 | NZL Championships | Wellington | 27 Mar 2009 |
| 28 | 11.05 | 0.9 | Ben Ryan | CAN | 24 Jun 1988 | 1 | Interclub | Christchurch | 07 Feb 2009 |
| 29 | 11.09 | 0.9 | Jackson Smith | WEL | 29 Mar 1993 | 4 | NZL Championships | Wellington | 27 Mar 2009 |
| 30 | 11.12 | 0.1 | Michael Cooke | AKL | 23 Oct 1991 | 3 | NZSS Championships | Timaru | 13 Dec 2009 |
| 31 | 11.13 | 0.3 | Tim Jones | CAN | 04 Dec 1988 | 2 | Interclub | Christchurch | 24 Jan 2009 |
| 32 | 11.13 | 1.0 | Andrew Kennedy | WEL | 08 Jul 1989 | 4 | NZL Championships | Wellington | 27 Mar 2009 |
| 33 | 11.16 | -2.0 | Stephen Buckley | AKL | 04 May 1988 | D | Northern Region CE Ch | Hamilton | 11 Jan 2009 |
| 34 | 11.16 | 1.0 | Daniel O'Shea | OTG | 11 Feb 1989 | 5 | NZL Championships | Wellington | 27 Mar 2009 |
| 35 | 11.20 | 0.0 | Dalton Coppins | AKL | 27 Apr 1995 | 1r1 | Battle of the Cities 1 | Auckland | 14 Nov 2009 |
| 36 | 11.20 | 0.9 | Guy Woodhouse | OTG | 18 Jun 1993 | 5 | NZL Championships | Wellington | 27 Mar 2009 |
| 37 | 11.23 | 1.2 | Toby Flett | OTG | 26 Nov 1992 | 2r2 | Interclub | Christchurch | 13 Mar 2009 |
| 38 | 11.24 | 0.0 | Graeme Read | AKL | 19 May 1986 | 2 | Porritt Classic | Hamilton | 15 Feb 2009 |
| 39 | 11.25 | 0.3 | Dafydd Morgan | CAN | 16 Nov 1989 | 3 | Interclub | Christchurch | 24 Jan 2009 |
| 40 | 11.27 | 1.8 | Josh Harrison | CAN | 27 Sep 1985 | 2 | Open Meeting | Tauranga | 21 Feb 2009 |
| 41 | 11.29 | -0.4 | Ryan Roselli | TAS | 03 Feb 1988 | 3 | Central Region League | Wellington | 28 Nov 2009 |
| 42 | 11.31 | 0.1 | Timothy Lawrence | OTG | 08 Oct 1993 | 5 | NZSS Championships | Timaru | 13 Dec 2009 |
| 43 | 11.31 | 1.0 | Waisake Noholo | MWA | 08 May 1991 | 7 | NZL Championships | Wellington | 28 Mar 2009 |
| 44 | 11.34 | 1.3 | Malcolm Creelman | CAN | 02 Jul 1992 | 2r2 | Interclub | Christchurch | 14 Nov 2009 |
| 45 | 11.35 | 2.0 | William Lentjes | CAN | 02 Nov 1991 | 4q3 | NZSS Championships | Timaru | 12 Dec 2009 |
| 46 | 11.36 | 1.5 | Joshua Cocker-Valu | AKL | 20 Jun 1993 | 2 | Hot Meet 9 | Auckland | 31 Jan 2009 |
| 47 | 11.39 | 1.5 | Daniel Dyet | AKL | 21 Mar 1991 | 5 | Auckland Championships | Auckland | 07 Mar 2009 |
| 48 | 11.39 | 0.6 | Nick Ash | CAN | 16 Jan 1986 | 4 | Interclub | Christchurch | 31 Jan 2009 |

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|----|-------|-----|--------------|-----|-------------|-----|-------------------|--------------|-------------|
| 49 | 11.40 | 0.9 | John Gilmour | OTG | 11 May 1992 | 7 | NZL Championships | Wellington | 27 Mar 2009 |
| 50 | 11.41 | 1.5 | Ben Evans | CAN | 03 Apr 1992 | 2r2 | Interclub | Christchurch | 05 Dec 2009 |

200m | Open Men | 2009

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|-------|------|------------------------|--------|-------------|-----|--------------------------|----------------|-------------|
| 1 | 21.03 | 0.2 | James Dolphin | AKL | 17 Jun 1983 | 1 | UQ Winter All Comers | St Lucia AUS | 12 Jul 2009 |
| 2 | 21.07 | -0.1 | Jeffrey Thumath | AKL | 03 Mar 1985 | 4 | Sydney Track Classic | Sydney AUS | 28 Feb 2009 |
| 3 | 21.18 | 0.2 | Carl Van Der Speck | AKL | 14 Sep 1977 | 3 | UQ Winter All Comers | St Lucia AUS | 12 Jul 2009 |
| 4 | 21.28 | 1.3 | Ben Potter | AKL | 14 Jun 1979 | 2 | Battle of the Cities 3 | Auckland | 28 Nov 2009 |
| 5 | 21.29 | 0.2 | Matthew Brown | AKL | 29 Aug 1986 | 4 | UQ Winter All Comers | St Lucia AUS | 12 Jul 2009 |
| 6 | 21.30 | 0.7 | Michael Wilson | WEL | 06 Oct 1988 | 2r3 | Florida Relays | Gainesville FL | 04 Apr 2009 |
| 7 | 21.32 | 0.1 | Andrew Moore | OTG | 11 Mar 1984 | 1 | Otago Championships | Dunedin | 28 Jan 2009 |
| 8 | 21.52 | 0.8 | Craig Bearda | AKL | 17 Jun 1982 | 2h1 | NZL Championships | Wellington | 28 Mar 2009 |
| 9 | 21.52 | 0.4 | David Ambler | CAN | 15 Sep 1989 | 1 | Interclub | Christchurch | 28 Nov 2009 |
| 10 | 21.67 | -1.4 | James Mortimer | AKL | 01 Mar 1983 | 3 | Northern Region CE Ch | Hamilton | 11 Jan 2009 |
| 11 | 21.70 | -0.1 | Clayton Mbofana | AKL | 10 Jan 1989 | 2 | Arafura Games | Darwin AUS | 13 May 2009 |
| 12 | 21.71 | 1.6 | Todd Mansfield | CAN | 29 Sep 1985 | 4h2 | NZL Championships | Wellington | 28 Mar 2009 |
| 13 | 21.72 | 0.8 | Adam Somerville | AKL | 30 Oct 1980 | 4h1 | NZL Championships | Wellington | 28 Mar 2009 |
| 14 | 21.76 | -0.4 | Joseph Millar | WBP | 24 Sep 1992 | 1 | Winter Series #6 | Gold Coast AUS | 30 Jun 2009 |
| 15 | 21.86 | 1.6 | Cory Innes | OTG | 15 Jul 1985 | 5h2 | NZL Championships | Wellington | 28 Mar 2009 |
| 16 | 21.91 | 1.4 | Alex Jordan | TAS | 10 Apr 1992 | 5s3 | World Youth Chmps | Bressanone ITA | 11 Jul 2009 |
| 17 | 21.93 | 0.2 | Matthew Robinson | STH | 19 Jul 1991 | 1 | Interclub | Invercargill | 07 Mar 2009 |
| 18 | 21.99 | -1.2 | Toby Flett | OTG | 26 Nov 1992 | 1 | SI Sec Schools | Invercargill | 05 Apr 2009 |
| 19 | 22.00 | 0.0 | Tama Toki | AKL | 11 Feb 1991 | 2 | Hot Meet 11 | Auckland | 28 Feb 2009 |
| 20 | 22.03 | 1.5 | Andrew Matsuoka-Webber | WEL | 11 Apr 1981 | 3 | Black Programme | Wellington | 07 Mar 2009 |
| 21 | 22.15 | -3.1 | Frazer Wickes | AKL | 10 Feb 1992 | 1 | Hot Meet 12 | North Shore | 14 Mar 2009 |
| 22 | 22.16 | 1.3 | Morgan Foster | CAN | 02 Jan 1976 | 1 | Waikato BP Championshi | Hamilton | 14 Mar 2009 |
| 23 | 22.17 | 1.1 | Scott Burch | MWA | 03 May 1991 | 3 | NZL Championships | Wellington | 29 Mar 2009 |
| 24 | 22.21 | 0.8 | Daniel O'Shea | OTG | 11 Feb 1989 | 2 | Centre Meeting | Invercargill | 31 Jan 2009 |
| 25 | 22.33 | 0.6 | Todd Johnston | OTG | 08 Jan 1992 | 1 | Interclub | | 07 Mar 2009 |
| 26 | 22.37 | -1.9 | Andrew Underwood | WEL | 08 Jun 1989 | 1 | Interclub | Wellington | 21 Mar 2009 |
| 27 | 22.38 | -1.2 | Dee Jay Kennedy | STH | 29 Sep 1992 | 2 | SI Sec Schools | Invercargill | 05 Apr 2009 |
| 28 | 22.44 | 1.7 | Shaun McFarlane | MWA | 27 May 1991 | 2h1 | NZL Championships | Wellington | 28 Mar 2009 |
| 29 | 22.48 | 0.7 | Scott Walker | CAN | 17 Aug 1992 | 1 | Interclub | Christchurch | 19 Dec 2009 |
| 30 | 22.58 | -1.2 | William Lentjes | CAN | 02 Nov 1991 | 3 | SI Sec Schools | Invercargill | 05 Apr 2009 |
| 31 | 22.59 | 1.3 | Waisake Noholo | MWA | 08 May 1991 | 3 | NI Sec Schools | Wellington | 05 Apr 2009 |
| 32 | 22.59 | -2.9 | Michael Cooke | AKL | 23 Oct 1991 | 1h1 | NZSS Championships | Timaru | 12 Dec 2009 |
| 33 | 22.59 | 2.0 | Ben Paltridge | AKL | 21 Sep 1992 | 1h2 | NZL Championships | Wellington | 28 Mar 2009 |
| 34 | 22.59 | -0.2 | Tim Jones | CAN | 04 Dec 1988 | 2 | Interclub | Christchurch | 31 Jan 2009 |
| 35 | 22.60 | -2.0 | Nick Kalivati | WEL | 29 Jun 1987 | 2 | Wellington Championships | Wellington | 28 Feb 2009 |
| 36 | 22.61 | 0.3 | Zac Topping | MWA | 07 Jul 1991 | 2s1 | NZSS Championships | Timaru | 13 Dec 2009 |
| 37 | 22.61 | 1.4 | Shay Taylor | AKL | 24 Jan 1989 | 1r2 | Battle of the Cities 3 | Auckland | 28 Nov 2009 |
| 38 | 22.64 | 1.4 | Joshua Hawkins | AKL | 09 Feb 1994 | 1r1 | Battle of the Cities 1 | Auckland | 14 Nov 2009 |
| 39 | 22.65 | -1.2 | Guy Woodhouse | OTG | 18 Jun 1993 | 1 | SI Sec Schools | Invercargill | 05 Apr 2009 |
| 40 | 22.68 | 0.9 | Liam Mitchell | AKL | 08 Feb 1991 | 2 | Hot Meet 1 | Auckland | 24 Oct 2009 |
| 41 | 22.70 | -0.2 | Ben Ryan | CAN | 24 Jun 1988 | 3 | Interclub | Christchurch | 31 Jan 2009 |
| 42 | 22.73 | 0.4 | Malcolm Creelman | CAN | 02 Jul 1992 | 1r1 | Interclub | Christchurch | 14 Nov 2009 |
| 43 | 22.76 | -1.3 | Graeme Read | AKL | 19 May 1986 | 1 | Open Meeting | Waitakere | 07 Feb 2009 |
| 44 | 22.77 | 1.4 | Dalton Coppins | AKL | 27 Apr 1995 | 2r1 | Battle of the Cities 1 | Auckland | 14 Nov 2009 |
| 45 | 22.81 | 0.7 | Tim Couprie | CAN | 30 Sep 1990 | 2 | Interclub | Christchurch | 13 Mar 2009 |
| 46 | 22.87 | 0.4 | James Panton | OTG | 06 Apr 1978 | 2 | Gold Programme | Wellington | 14 Mar 2009 |
| 47 | 22.89 | 0.1 | Joshua Cocker-Valu | AKL | 20 Jun 1993 | 1 | Hot Meet 11 | Auckland | 28 Feb 2009 |
| 48 | 22.89 | -0.2 | Nick Ash | CAN | 16 Jan 1986 | 4 | Interclub | Christchurch | 31 Jan 2009 |
| 49 | 22.90 | -1.5 | William Simpson | WEL | 23 Jan 1992 | 2s2 | NZSS Championships | Timaru | 13 Dec 2009 |
| 50 | 22.93 | -0.3 | Nicolaas Vickers | WBP | 29 Apr 1993 | 4h3 | NZSS Championships | Timaru | 12 Dec 2009 |

400m | Open Men | 2009

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|-------|------|---------------|--------|-------------|-----|------------------------|--------------|-------------|
| 1 | 46.95 | | Andrew Moore | OTG | 11 Mar 1984 | 1 | Centre Meeting | Invercargill | 07 Feb 2009 |
| 2 | 47.36 | | Frazer Wickes | AKL | 10 Feb 1992 | 1 | NZL Championships | Wellington | 28 Mar 2009 |
| 3 | 47.52 | | Matthew Brown | AKL | 29 Aug 1986 | 1 | Battle of the Cities 4 | North Shore | 05 Dec 2009 |

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|----|-------|--|------------------------|-----|-------------|-----|------------------------|------------------|-------------|
| 4 | 47.74 | | Cory Innes | OTG | 15 Jul 1985 | 2 | NZL Championships | Wellington | 28 Mar 2009 |
| 5 | 47.78 | | Matthew Robinson | STH | 19 Jul 1991 | 1 | NZL Championships | Wellington | 28 Mar 2009 |
| 6 | 47.86 | | Alex Jordan | TAS | 10 Apr 1992 | 1 | AYOF | Sydney AUS | 16 Jan 2009 |
| 7 | 48.05 | | Ben Potter | AKL | 14 Jun 1979 | 1 | Battle of the Cities 2 | Hamilton | 21 Nov 2009 |
| 8 | 48.18 | | Daniel O'Shea | OTG | 11 Feb 1989 | 1 | Weekly Meeting | Dunedin | 31 Oct 2009 |
| 9 | 48.19 | | Scott Burch | MWA | 03 May 1991 | 2 | NZL Championships | Wellington | 28 Mar 2009 |
| 10 | 48.49 | | Tim Jones | CAN | 04 Dec 1988 | 3 | NZL Championships | Wellington | 28 Mar 2009 |
| 11 | 48.50 | | James Dolphin | AKL | 17 Jun 1983 | 3 | Battle of the Cities 4 | North Shore | 05 Dec 2009 |
| 12 | 48.51 | | Tim Hawkes | WEL | 17 Jan 1983 | 1 | Porritt Classic | Hamilton | 15 Feb 2009 |
| 13 | 48.52 | | Andrew Underwood | WEL | 08 Jun 1989 | 3 | AUS U23 & U20 Champs | Adelaide AUS | 05 Apr 2009 |
| 14 | 48.67 | | Tama Toki | AKL | 11 Feb 1991 | 4 | Battle of the Cities 4 | North Shore | 05 Dec 2009 |
| 15 | 48.76 | | Stephen Buckley | AKL | 04 May 1988 | D | National CE Chmps | Waitakere | 08 Feb 2009 |
| 16 | 49.30 | | Todd Mansfield | CAN | 29 Sep 1985 | 1 | Interclub | Christchurch | 24 Oct 2009 |
| 17 | 49.40 | | Shay Taylor | AKL | 24 Jan 1989 | 5 | Battle of the Cities 4 | North Shore | 05 Dec 2009 |
| 18 | 49.51 | | David Ambler | CAN | 15 Sep 1989 | 1 | Interclub | Christchurch | 31 Oct 2009 |
| 19 | 49.52 | | Joseph Millar | WBP | 24 Sep 1992 | 1 | Open Meeting | Tauranga | 19 Dec 2009 |
| 20 | 49.57 | | Brent Newdick | AKL | 31 Jan 1985 | D | National CE Chmps | Waitakere | 08 Feb 2009 |
| 21 | 49.61 | | Toby Flett | OTG | 26 Nov 1992 | 2 | Weekly Meeting | Dunedin | 31 Oct 2009 |
| 22 | 49.66 | | Adam Somerville | AKL | 30 Oct 1980 | 6 | Battle of the Cities 4 | North Shore | 05 Dec 2009 |
| 23 | 49.66 | | Daniel Dyet | AKL | 21 Mar 1991 | 2 | Porritt Classic | Hamilton | 15 Feb 2009 |
| 24 | 49.88 | | Michael Wilson | WEL | 06 Oct 1988 | 1 | Central Region League | Wellington | 28 Nov 2009 |
| 25 | 49.97 | | Mark Bradcock | WEL | 19 Aug 1981 | 4 | NZL Championships | Wellington | 28 Mar 2009 |
| 26 | 49.99 | | Andrew Matsuoka-Webber | WEL | 11 Apr 1981 | 2 | Central Region League | Wellington | 28 Nov 2009 |
| 27 | 50.02 | | Glen Matuschka | MWA | 29 Mar 1992 | 1 | Central Region League | Wellington | 28 Nov 2009 |
| 28 | 50.19 | | Ben Evans | CAN | 03 Apr 1992 | 1r1 | Interclub | Christchurch | 21 Nov 2009 |
| 29 | 50.22 | | Ziad Mohammed | AKL | 13 Nov 1991 | 3 | NZSS Championships | Timaru | 13 Dec 2009 |
| 30 | 50.28 | | Glen Ballam | STH | 21 Jun 1991 | 3 | Weekly Meeting | Dunedin | 31 Oct 2009 |
| 31 | 50.30 | | Nick Kalivati | WEL | 29 Jun 1987 | 7 | Black Singlet | Waitakere | 20 Feb 2009 |
| 32 | 50.41 | | Michael Whitehead | AKL | 26 Mar 1990 | 1 | Auckland Championships | Auckland | 07 Feb 2009 |
| 33 | 50.53 | | Joel Armstrong | CAN | 02 Jun 1991 | 2r1 | Interclub | Christchurch | 21 Nov 2009 |
| 34 | 50.69 | | Liam Mitchell | AKL | 08 Feb 1991 | 3 | Hot Meet 2 | Auckland | 31 Oct 2009 |
| 35 | 50.77 | | Angus Rattray | CAN | 05 Jan 1992 | 3 | NZL Championships | Wellington | 28 Mar 2009 |
| 36 | 50.98 | | William Riley | AKL | 05 Aug 1990 | 3 | Hot Meet 11 | Auckland | 28 Feb 2009 |
| 37 | 51.00 | | Ben Jowsey | OTG | 27 Jul 1993 | 1 | Weekly Meeting | Dunedin | 31 Oct 2009 |
| 38 | 51.01 | | James Holder | AKL | 23 Mar 1993 | 3s3 | NZSS Championships | Timaru | 13 Dec 2009 |
| 39 | 51.02 | | Dee Jay Kennedy | STH | 29 Sep 1992 | 4 | NZL Championships | Wellington | 28 Mar 2009 |
| 40 | 51.09 | | Tim Couprie | CAN | 30 Sep 1990 | 4 | NZL Championships | Wellington | 28 Mar 2009 |
| 41 | 51.14 | | Tom Osborne | AKL | 25 Sep 1983 | 1 | Central Championships | Palmerston North | 07 Mar 2009 |
| 42 | 51.18 | | Ashton Tuck | HBG | 15 Jan 1991 | 4 | Porritt Classic | Hamilton | 15 Feb 2009 |
| 43 | 51.23 | | Jaxon Bonnici | AKL | 22 May 1993 | 3s1 | NZSS Championships | Timaru | 13 Dec 2009 |
| 44 | 51.34 | | Michael Cochrane | WBP | 13 Aug 1991 | D | National CE Chmps | Waitakere | 08 Feb 2009 |
| 45 | 51.34 | | Derick Lotz | CAN | 19 Nov 1992 | 3r1 | Interclub | Christchurch | 21 Nov 2009 |
| 46 | 51.35 | | Cameron French | WBP | 17 May 1992 | 1 | Waikato Schools League | Hamilton | 11 Nov 2009 |
| 47 | 51.40 | | John Whibley | AKL | 26 Oct 1992 | 2h1 | NZL Championships | Wellington | 27 Mar 2009 |
| 48 | 51.50 | | Paul Wyber | OTG | 25 Aug 1990 | 3h2 | NZL Championships | Wellington | 27 Mar 2009 |
| 49 | 51.66 | | Thomas Martin | CAN | 23 Mar 1995 | 1 | NZSS Championships | Timaru | 13 Dec 2009 |
| 50 | 51.67 | | Campbell Wu | AKL | 16 Sep 1993 | 1r1 | Battle of the Cities 2 | Hamilton | 21 Nov 2009 |

800m | Open Men | 2009

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|---------|------|-------------------|--------|-------------|-----|-------------------|----------------|-------------|
| 1 | 1:49.21 | | Tim Hawkes | WEL | 17 Jan 1983 | 2 | NZL Championships | Wellington | 28 Mar 2009 |
| 2 | 1:49.31 | | Gareth Hyett | WEL | 13 Feb 1980 | 3 | NZL Championships | Wellington | 28 Mar 2009 |
| 3 | 1:50.48 | | Tom Osborne | AKL | 25 Sep 1983 | 4 | NZL Championships | Wellington | 28 Mar 2009 |
| 4 | 1:51.02 | | Jacob Coom | CAN | 29 Oct 1988 | 3 | ITM | Christchurch | 13 Mar 2009 |
| 5 | 1:51.44 | | Tim Jones | CAN | 04 Dec 1988 | 5 | ITM | Christchurch | 13 Mar 2009 |
| 6 | 1:51.91 | | Hamish Carson | WEL | 01 Nov 1988 | 1 | Interclub | Wellington | 21 Mar 2009 |
| 7 | 1:51.92 | | Richard Olsen | CAN | 22 Feb 1985 | 7r3 | Guldensporen | Kortrijk BEL | 11 Jul 2009 |
| 8 | 1:51.98 | | Brendon Blacklaws | WEL | 04 Jun 1989 | 2 | Interclub | Wellington | 21 Mar 2009 |
| 9 | 1:52.03 | | Lewis Jenkin | AKL | 07 Dec 1987 | 6 | ITM | Christchurch | 13 Mar 2009 |
| 10 | 1:52.17 | | Leyden Tolhurst | AKL | 07 Jan 1985 | 7 | Minnesota Open | Minneapolis MN | 08 May 2009 |

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|----|---------|--|-------------------|-----|-------------|-----|--------------------------|----------------|-------------|
| 11 | 1:52.31 | | Glen Ballam | STH | 21 Jun 1991 | 1 | NZSS Championships | Timaru | 13 Dec 2009 |
| 12 | 1:52.50 | | Michael Whitehead | AKL | 26 Mar 1990 | 4 | AUS U23 & U20 Champs | Adelaide AUS | 04 Apr 2009 |
| 13 | 1:52.89 | | Brett Tingay | CAN | 04 Aug 1980 | 1 | Interclub | Christchurch | 17 Jan 2009 |
| 14 | 1:53.31 | | Hayden McLaren | CAN | 11 Aug 1987 | 1 | Quinnipiac | New Haven CT | 08 Apr 2009 |
| 15 | 1:53.39 | | Dominic Channon | TAS | 28 Jul 1989 | 2 | Connecticut Invitation | Storrs CT | 04 Apr 2009 |
| 16 | 1:53.43 | | Corey Casey | WEL | 18 Jan 1991 | 3 | Interclub | Wellington | 21 Mar 2009 |
| 17 | 1:53.51 | | Aniel Smith | AKL | 02 Apr 1986 | 6 | NZL Championships | Wellington | 28 Mar 2009 |
| 18 | 1:53.64 | | Stefan Smith | WEL | 21 Nov 1981 | 7 | NZL Championships | Wellington | 28 Mar 2009 |
| 19 | 1:53.98 | | James List | OTG | 20 Jul 1984 | 4 | Interclub | Wellington | 21 Mar 2009 |
| 20 | 1:54.01 | | Brad Mathas | MWA | 24 Jun 1993 | 1 | NZL Championships | Wellington | 28 Mar 2009 |
| 21 | 1:54.15 | | Dallas Bowden | TAS | 20 Mar 1990 | 2 | New Year Meeting | Timaru | 03 Jan 2009 |
| 22 | 1:54.48 | | Nathan Barrett | WEL | 17 Feb 1992 | 4 | Capital Classic | Wellington | 13 Feb 2009 |
| 23 | 1:54.69 | | Adam Steinmetz | WEL | 25 Feb 1981 | 5 | Interclub | Wellington | 21 Mar 2009 |
| 24 | 1:54.80 | | Neil Sampson | WEL | 01 May 1984 | 5 | Capital Classic | Wellington | 13 Feb 2009 |
| 25 | 1:55.06 | | Joshua Tattley | AKL | 06 May 1991 | 2 | NZSS Championships | Timaru | 13 Dec 2009 |
| 26 | 1:55.09 | | Hayden Donnelly | MWA | 17 Apr 1990 | 3 | NZL Championships | Wellington | 28 Mar 2009 |
| 27 | 1:55.37 | | James Hand | AKL | 06 Jul 1990 | 2 | Open Meeting | Waitakere | 07 Feb 2009 |
| 28 | 1:55.37 | | Simon Bunckenburg | CAN | 22 Nov 1990 | 4 | NZL Championships | Wellington | 28 Mar 2009 |
| 29 | 1:55.68 | | Tom Hall | WBP | 21 Jan 1991 | 3 | Tauranga Twilight | Tauranga | 01 Jan 2009 |
| 30 | 1:55.83 | | Simon Bucknell | AKL | 04 Aug 1986 | 11 | Fred Duckett Inv. | Houston TX | 29 Apr 2009 |
| 31 | 1:55.99 | | Joseph Taylor | CAN | 21 Mar 1993 | 2 | NZL Championships | Wellington | 28 Mar 2009 |
| 32 | 1:56.05 | | Callan Moody | OTG | 25 Mar 1988 | 1 | Weekly Meeting | Dunedin | 24 Oct 2009 |
| 33 | 1:56.10 | | Matthew Harris | CAN | 28 Nov 1987 | 7 | Canterbury Championships | Christchurch | 06 Mar 2009 |
| 34 | 1:56.14 | | Jonathan McKee | AKL | 30 Nov 1978 | 3 | Open Meeting | Waitakere | 07 Feb 2009 |
| 35 | 1:56.20 | | Max Biggs | WEL | 13 Nov 1991 | 6 | NZL Championships | Wellington | 28 Mar 2009 |
| 36 | 1:56.22 | | Derick Lotz | CAN | 19 Nov 1992 | 3 | NZSS Championships | Timaru | 13 Dec 2009 |
| 37 | 1:56.23 | | Simon Rogers | WEL | 01 Oct 1989 | 6 | Capital Classic | Wellington | 13 Feb 2009 |
| 38 | 1:56.33 | | Steven Langdon | AKL | 26 Sep 1989 | 8 | NZL Championships | Wellington | 28 Mar 2009 |
| 39 | 1:56.53 | | Scott Kinnear | WEL | 26 May 1989 | 3 | Winter Series #7 | Gold Coast AUS | 01 Jul 2009 |
| 40 | 1:56.58 | | Michael Eggleton | WBP | 10 Sep 1992 | 3 | Northern Region CE Ch | Hamilton | 11 Jan 2009 |
| 41 | 1:56.77 | | David Catherwood | CAN | 24 Mar 1982 | 8 | Canterbury Championships | Christchurch | 06 Mar 2009 |
| 42 | 1:56.97 | | Daniel Hermann | MWA | 10 Aug 1992 | 4 | NZL Championships | Wellington | 28 Mar 2009 |
| 43 | 1:57.10 | | Tim Prendergast | WEL | 01 Mar 1979 | 1r9 | BMC | Solihull GBR | 18 Jul 2009 |
| 44 | 1:57.56 | | Alex Parlane | AKL | 31 Mar 1990 | 6 | Open Meeting | Waitakere | 07 Feb 2009 |
| 45 | 1:57.59 | | Malcolm Hicks | AKL | 19 Oct 1987 | 2 | Interclub | Christchurch | 13 Mar 2009 |
| 46 | 1:57.64 | | Jack Oliver | WEL | 16 Feb 1993 | 2h1 | NZL Championships | Wellington | 27 Mar 2009 |
| 47 | 1:57.72 | | Alyx Hodgson | AKL | 04 Jan 1989 | 4r1 | Hot Meet 8 | Auckland | 24 Jan 2009 |
| 48 | 1:57.87 | | Nathan Baxter | OTG | 21 Apr 1987 | 3 | Otago Championships | Dunedin | 28 Feb 2009 |
| 49 | 1:57.90 | | Jordan Miller | TAS | 29 Oct 1991 | 5 | NZSS Championships | Timaru | 13 Dec 2009 |
| 50 | 1:58.01 | | Tim Cornish | WEL | 10 Feb 1990 | 8 | Capital Classic | Wellington | 13 Feb 2009 |

1000m | Open Men | 2009

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|---------|------|----------------|--------|-------------|-----|----------------------|--------------|-------------|
| 1 | 2:23.06 | | Gareth Hyett | WEL | 13 Feb 1980 | 1 | Sylvia Potts Classic | Hastings | 24 Jan 2009 |
| 2 | 2:23.66 | | Brett Tingay | CAN | 04 Aug 1980 | 2 | Sylvia Potts Classic | Hastings | 24 Jan 2009 |
| 3 | 2:25.43 | | Hayden McLaren | CAN | 11 Aug 1987 | 1 | Big East | New York NY | 21 Feb 2009 |
| 4 | 2:25.78 | | Tim Hawkes | WEL | 17 Jan 1983 | 3 | Sylvia Potts Classic | Hastings | 24 Jan 2009 |
| 5 | 2:28.23 | | Carl McKenzie | WEL | 11 Apr 1987 | 12 | New Balance Games | New York NY | 06 Feb 2009 |
| 6 | 2:28.72 | | Tom Osborne | AKL | 25 Sep 1983 | 4 | Sylvia Potts Classic | Hastings | 24 Jan 2009 |
| 7 | 2:28.78 | | Hamish Carson | WEL | 01 Nov 1988 | 5 | Sylvia Potts Classic | Hastings | 24 Jan 2009 |
| 8 | 2:29.33 | | Simon Rogers | WEL | 01 Oct 1989 | 6 | Sylvia Potts Classic | Hastings | 24 Jan 2009 |
| 9 | 2:30.25 | | Corey Casey | WEL | 18 Jan 1991 | 8 | Sylvia Potts Classic | Hastings | 24 Jan 2009 |
| 10 | 2:30.25 | | Stefan Smith | WEL | 21 Nov 1981 | 7 | Sylvia Potts Classic | Hastings | 24 Jan 2009 |
| 11 | 2:30.77 | | Neil Sampson | WEL | 01 May 1984 | 9 | Sylvia Potts Classic | Hastings | 24 Jan 2009 |
| 12 | 2:33.00 | | Tom Hall | WBP | 21 Jan 1991 | 10 | Sylvia Potts Classic | Hastings | 24 Jan 2009 |
| 13 | 2:35.62 | | Jesse Patel | WEL | 13 Aug 1990 | 11 | Sylvia Potts Classic | Hastings | 24 Jan 2009 |
| 14 | 2:36.20 | | Scott Kinnear | WEL | 26 May 1989 | 12 | Sylvia Potts Classic | Hastings | 24 Jan 2009 |
| 15 | 2:36.50 | | Brad Mathas | MWA | 24 Jun 1993 | 1 | Club Competition | Wanganui | 01 Dec 2009 |
| 16 | 2:36.67 | | Glen Ballam | STH | 21 Jun 1991 | 1 | Open Meeting | Invercargill | 18 Oct 2009 |
| 17 | 2:44.65 | | Shaun Burgess | STH | 02 Apr 1991 | 2 | Open Meeting | Invercargill | 18 Oct 2009 |

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|----|---------|--|-------------------|-----|-------------|---|--------------------|----------|-------------|
| 18 | 2:45.21 | | Andrew Muggeridge | WBP | 19 Mar 1995 | 1 | Open Meeting | Hamilton | 10 Oct 2009 |
| 19 | 2:46.40 | | Asher Cook | WBP | 29 Dec 1992 | 1 | Nick Willis Relays | Hamilton | 07 Nov 2009 |
| 20 | 2:46.52 | | Sam McNamara | WBP | 08 Jun 1994 | 1 | Open Meeting | Hamilton | 10 Oct 2009 |

1500m | Open Men | 2009

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|---------|------|-------------------|--------|-------------|-----|--------------------------|-----------------|-------------|
| 1 | 3:42.25 | | Jason Woolhouse | ANZ | 09 Sep 1980 | 2rA | BMC | Stretford GBR | 23 Jun 2009 |
| 2 | 3:44.02 | | Hayden McLaren | CAN | 11 Aug 1987 | 9r1 | Mt SAC Relays | Walnut CA | 17 Apr 2009 |
| 3 | 3:44.46 | | Gareth Hyett | WEL | 13 Feb 1980 | 1 | Porritt Classic | Hamilton | 15 Feb 2009 |
| 4 | 3:44.90 | | Brett Tingay | CAN | 04 Aug 1980 | 2 | Porritt Classic | Hamilton | 15 Feb 2009 |
| 5 | 3:45.03 | | Richard Olsen | CAN | 22 Feb 1985 | 8 | AUS Championships | Brisbane AUS | 21 Mar 2009 |
| 6 | 3:45.67 | | Carl McKenzie | WEL | 11 Apr 1987 | 3 | Swarthmore Last Chance | Swarthmore PA | 11 May 2009 |
| 7 | 3:46.16 | | Dominic Channon | TAS | 28 Jul 1989 | 8r2 | Mt SAC Relays | Walnut CA | 17 Apr 2009 |
| 8 | 3:46.56 | | Mathew Mildenhall | AKL | 03 Oct 1988 | 6 | New Balance Twilight #3 | Boston MA | 13 Jun 2009 |
| 9 | 3:47.29 | | Leyden Tolhurst | AKL | 07 Jan 1985 | 3 | Drake Relays | Des Moines IA | 22 Apr 2009 |
| 10 | 3:47.44 | | Lewis Jenkin | AKL | 07 Dec 1987 | 4 | Porritt Classic | Hamilton | 15 Feb 2009 |
| 11 | 3:47.80 | | Ben Ruthe | WBP | 17 Feb 1980 | 5 | Porritt Classic | Hamilton | 15 Feb 2009 |
| 12 | 3:48.96 | | Luke Hurring | OTG | 16 Sep 1984 | 6 | Victoria Championships | Melbourne AUS | 21 Feb 2009 |
| 13 | 3:50.20 | | Simon Bucknell | AKL | 04 Aug 1986 | 1 | UCLA RJ - JJK Invite | Westwood CA | 12 Apr 2009 |
| 14 | 3:50.64 | | Matthew Harris | CAN | 28 Nov 1987 | 2 | Interclub | Christchurch | 27 Feb 2009 |
| 15 | 3:50.64 | | Tom Osborne | AKL | 25 Sep 1983 | 3 | NZL Championships | Wellington | 29 Mar 2009 |
| 16 | 3:50.82 | | Hamish Carson | WEL | 01 Nov 1988 | 4 | NZL Championships | Wellington | 29 Mar 2009 |
| 17 | 3:51.43 | | Simon Rogers | WEL | 01 Oct 1989 | 6 | Porritt Classic | Hamilton | 15 Feb 2009 |
| 18 | 3:51.44 | | Richard Jones | WEL | 06 Oct 1983 | 3 | Alumni Gold | Baton Rouge LA | 18 Apr 2009 |
| 19 | 3:51.93 | | Brendon Blacklaws | WEL | 04 Jun 1989 | 1 | NZL Championships | Wellington | 29 Mar 2009 |
| 20 | 3:52.50 | | Edwin Henshaw | AKL | 22 Sep 1985 | 9r1 | McDonnell Invitation | Fayetteville AR | 18 Apr 2009 |
| 21 | 3:52.92 | | Eric Speakman | HBG | 29 Aug 1990 | 8 | Porritt Classic | Hamilton | 15 Feb 2009 |
| 22 | 3:52.93 | | Jacob Coom | CAN | 29 Oct 1988 | 3 | Interclub | Christchurch | 27 Feb 2009 |
| 23 | 3:53.42 | | James Hand | AKL | 06 Jul 1990 | 9 | Porritt Classic | Hamilton | 15 Feb 2009 |
| 24 | 3:53.59 | | Matthew Lambert | OTG | 21 Jun 1987 | 5 | NZL Championships | Wellington | 29 Mar 2009 |
| 25 | 3:53.61 | | Nathan Barrett | WEL | 17 Feb 1992 | 10 | Porritt Classic | Hamilton | 15 Feb 2009 |
| 26 | 3:53.79 | | Andrew Davidson | CAN | 15 Mar 1983 | 4 | Interclub | Christchurch | 27 Feb 2009 |
| 27 | 3:53.85 | | David Morton | AKL | 13 Oct 1990 | 11 | Porritt Classic | Hamilton | 15 Feb 2009 |
| 28 | 3:54.35 | | Alex Parlane | AKL | 31 Mar 1990 | 1 | Battle of the Cities 4 | North Shore | 05 Dec 2009 |
| 29 | 3:54.65 | | Aaron Pulford | WBP | 24 Aug 1991 | 4 | NZL Championships | Wellington | 29 Mar 2009 |
| 30 | 3:55.15 | | Timothy Hodge | WEL | 27 Aug 1987 | 2 | Yale Springtime Invite | New Haven CT | 26 Apr 2009 |
| 31 | 3:55.54 | | Corey Casey | WEL | 18 Jan 1991 | 5 | NZL Championships | Wellington | 29 Mar 2009 |
| 32 | 3:55.57 | | Daniel Wallis | WEL | 11 Nov 1987 | 9 | Oregon Relays | Eugene OR | 24 Apr 2009 |
| 33 | 3:55.83 | | Tim Prendergast | WEL | 01 Mar 1979 | 11 | Mem. Geert Rasschaert | Ninove BEL | 08 Aug 2009 |
| 34 | 3:56.32 | | Callan Moody | OTG | 25 Mar 1988 | 1 | Weekly Meeting | Dunedin | 17 Oct 2009 |
| 35 | 3:56.42 | | Jonathan Jackson | AKL | 09 Jan 1991 | 2 | Hot Meet 11 | Auckland | 28 Feb 2009 |
| 36 | 3:56.43 | | Kim Hogarth | CAN | 18 Dec 1975 | 12 | Porritt Classic | Hamilton | 15 Feb 2009 |
| 37 | 3:56.51 | | Stefan Smith | WEL | 21 Nov 1981 | 1 | Interclub | Wellington | 21 Mar 2009 |
| 38 | 3:56.84 | | James List | OTG | 20 Jul 1984 | 1 | Twilight Meet | Dunedin | 18 Mar 2009 |
| 39 | 3:56.91 | | Andrew Haigh | AKL | 01 Sep 1986 | 4 | McDonnell Invitation | Fayetteville AR | 18 Apr 2009 |
| 40 | 3:56.96 | | Mohamed Ali | WBP | 01 Jul 1993 | 2 | Battle of the Cities 2 | Hamilton | 21 Nov 2009 |
| 41 | 3:57.21 | | Daniel Balchin | OTG | 13 Aug 1990 | 1 | Weekly Meeting | Dunedin | 17 Oct 2009 |
| 42 | 3:57.47 | | Julian Harris | AKL | 27 Mar 1990 | 3 | Battle of the Cities 2 | Hamilton | 21 Nov 2009 |
| 43 | 3:57.70 | | Cameron Graves | AKL | 01 Feb 1992 | 3 | Battle of the Cities 4 | North Shore | 05 Dec 2009 |
| 44 | 3:57.98 | | Jonathan McKee | AKL | 30 Nov 1978 | 5 | Hot Meet 11 | Auckland | 28 Feb 2009 |
| 45 | 3:58.33 | | Michael Whitehead | AKL | 26 Mar 1990 | 4 | Battle of the Cities 2 | Hamilton | 21 Nov 2009 |
| 46 | 3:58.50 | | John Schreuder | AKL | 10 May 1992 | 4 | Battle of the Cities 4 | North Shore | 05 Dec 2009 |
| 47 | 3:58.51 | | Glen Ballam | STH | 21 Jun 1991 | 1 | Weekly Meeting | Dunedin | 31 Oct 2009 |
| 48 | 3:58.78 | | Mathew Morreau | AKL | 04 Feb 1992 | 5 | Battle of the Cities 4 | North Shore | 05 Dec 2009 |
| 49 | 3:58.98 | | Harry Dixon | TAS | 28 Aug 1990 | 2 | Canterbury Championships | Christchurch | 08 Mar 2009 |
| 50 | 3:59.11 | | Samuel Dobson | AKL | 01 Oct 1985 | 2 | Hot Meet 7 | North Shore | 17 Jan 2009 |

Mile | Open Men | 2009

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|---------|------|----------------|--------|-------------|-----|---------------------|-----------|-------------|
| 1 | 3:53.54 | | Nick Willis | WEL | 25 Apr 1983 | 1 | Boston Indoor Games | Boston MA | 07 Feb 2009 |
| 2 | 3:57.78 | | Hayden McLaren | CAN | 11 Aug 1987 | 2 | BU Valentine Inv | Boston MA | 14 Feb 2009 |

| | | | | | | | | | |
|----|---------|--|-----------------------|-----|-------------|-----|------------------------|---------------------|-------------|
| 3 | 3:59.80 | | Jason Woolhouse | ANZ | 09 Sep 1980 | 4 | ITM | Christchurch | 13 Mar 2009 |
| 4 | 4:00.26 | | Richard Olsen | CAN | 22 Feb 1985 | 6 | ITM | Christchurch | 13 Mar 2009 |
| 5 | 4:00.33 | | Adrian Blincoe | AKL | 04 Nov 1979 | 3 | New Balance Games | New York NY | 23 Jan 2009 |
| 6 | 4:06.30 | | Dominic Channon | TAS | 28 Jul 1989 | 1 | Giegenback Invitation | New Haven CT | 07 Feb 2009 |
| 7 | 4:07.00 | | Max Smith | OTG | 28 Oct 1984 | 2 | Giegenback Invitation | New Haven CT | 07 Feb 2009 |
| 8 | 4:07.43 | | Leyden Tolhurst | AKL | 07 Jan 1985 | 5 | Iowa State Classic | Ames IA | 14 Feb 2009 |
| 9 | 4:07.96 | | Carl McKenzie | WEL | 11 Apr 1987 | 3h2 | Big East | New York NY | 21 Feb 2009 |
| 10 | 4:08.34 | | Simon Bucknell | AKL | 04 Aug 1986 | 5 | UCLA RJ - JJK Invite | Westwood CA | 09 Apr 2009 |
| 11 | 4:10.01 | | Hamish Carson | WEL | 01 Nov 1988 | 9 | ITM | Christchurch | 13 Mar 2009 |
| 12 | 4:11.87 | | Edwin Henshaw | AKL | 22 Sep 1985 | 1 | J D Martin Invitation | Norman OK | 31 Jan 2009 |
| 13 | 4:12.54 | | Jonathan Jackson | AKL | 09 Jan 1991 | 1 | John Walker Night of M | Auckland | 19 Dec 2009 |
| 14 | 4:12.84 | | Corey Casey | WEL | 18 Jan 1991 | 2 | Scottish Night of M | Wellington | 19 Dec 2009 |
| 15 | 4:12.95 | | Aaron Pulford | WBP | 24 Aug 1991 | 2 | John Walker Night of M | Auckland | 19 Dec 2009 |
| 16 | 4:13.07 | | Alexander Wallace | WEL | 25 Mar 1990 | 3 | John Walker Night of M | Auckland | 19 Dec 2009 |
| 17 | 4:17.31 | | James Hand | AKL | 06 Jul 1990 | 4 | John Walker Night of M | Auckland | 19 Dec 2009 |
| 18 | 4:18.36 | | Andrew Haigh | AKL | 01 Sep 1986 | 6 | Frank Sevigne | Lincoln NE | 07 Feb 2009 |
| 19 | 4:18.72 | | John Schreuder | AKL | 10 May 1992 | 5 | John Walker Night of M | Auckland | 19 Dec 2009 |
| 20 | 4:20.02 | | Aniel Smith | AKL | 02 Apr 1986 | 1 | Hot Meet 9 | Auckland | 31 Jan 2009 |
| 21 | 4:20.44 | | Shane Hazelden | AKL | 24 Jan 1990 | 6 | John Walker Night of M | Auckland | 19 Dec 2009 |
| 22 | 4:20.73 | | Malcolm Hicks | AKL | 19 Oct 1987 | 2 | Hot Meet 9 | Auckland | 31 Jan 2009 |
| 23 | 4:21.08 | | Tim Cornish | WEL | 10 Feb 1990 | 7 | John Walker Night of M | Auckland | 19 Dec 2009 |
| 24 | 4:21.43 | | Michael Whitehead | AKL | 26 Mar 1990 | 8 | John Walker Night of M | Auckland | 19 Dec 2009 |
| 25 | 4:22.06 | | James List | OTG | 20 Jul 1984 | 1 | Interclub | Christchurch | 19 Dec 2009 |
| 26 | 4:22.65 | | Cameron Graves | AKL | 01 Feb 1992 | 9 | John Walker Night of M | Auckland | 19 Dec 2009 |
| 27 | 4:24.16 | | Alex Parlane | AKL | 31 Mar 1990 | 4 | Hot Meet 9 | Auckland | 31 Jan 2009 |
| 28 | 4:24.35 | | Joshua Van Dalen | MWA | 20 Feb 1991 | 3 | Scottish Night of M | Wellington | 19 Dec 2009 |
| 29 | 4:25.42 | | Samuel Mills | CAN | 25 Aug 1992 | 2 | Interclub | Christchurch | 19 Dec 2009 |
| 30 | 4:25.86 | | Daniel Wallis | WEL | 11 Nov 1987 | 4 | Air Force Collegiate | Colorado Springs CO | 14 Feb 2009 |
| 31 | 4:26.12 | | Luke O'Donnell | WEL | 15 Aug 1990 | 3 | Scottish Night of M | Wellington | 19 Dec 2009 |
| 32 | 4:28.09 | | Adam Steinmetz | WEL | 25 Feb 1981 | 5 | Scottish Night of M | Wellington | 19 Dec 2009 |
| 33 | 4:28.40 | | Michael Vercoe-Curtis | AKL | 05 Jun 1992 | 1 | John Walker Night of M | Auckland | 19 Dec 2009 |
| 34 | 4:28.79 | | Ben Barry | AKL | 23 Jan 1991 | 6 | Scottish Night of M | Wellington | 19 Dec 2009 |
| 35 | 4:29.15 | | Tom Stewart | AKL | 04 Aug 1990 | 2 | John Walker Night of M | Auckland | 19 Dec 2009 |
| 36 | 4:29.44 | | Caden Shields | OTG | 07 Aug 1988 | 12 | Indiana Invitational | Bloomington IN | 17 Jan 2009 |
| 37 | 4:29.56 | | Evan Cooper | WEL | 03 Sep 1990 | 7 | Scottish Night of M | Wellington | 19 Dec 2009 |
| 38 | 4:29.65 | | Glen Ballam | STH | 21 Jun 1991 | 1 | Weekly Meeting | Dunedin | 14 Nov 2009 |
| 39 | 4:29.81 | | Michael Christmas | OTG | 06 Aug 1987 | 3 | Gulden Relays | Lewsburg Va | 10 Jan 2009 |
| 40 | 4:30.42 | | Matt O'Donoghue | AKL | 18 Dec 1968 | 6 | Hot Meet 9 | Auckland | 31 Jan 2009 |
| 41 | 4:31.28 | | Michael Krause | WEL | 17 Aug 1992 | 1 | Scottish Night of M | Wellington | 19 Dec 2009 |
| 42 | 4:31.32 | | Mathew Rogers | WEL | 21 Feb 1979 | 8 | Scottish Night of M | Wellington | 19 Dec 2009 |
| 43 | 4:32.34 | | Cory Whiting | WBP | 15 Aug 1991 | 10 | John Walker Night of M | Auckland | 19 Dec 2009 |
| 44 | 4:32.75 | | Andrew McKee | AKL | 12 Nov 1979 | 7 | Hot Meet 9 | Auckland | 31 Jan 2009 |
| 45 | 4:32.89 | | Joshua Tattley | AKL | 06 May 1991 | 1 | Open Meeting | Auckland | 07 Nov 2009 |
| 46 | 4:33.20 | | Hayden Shearman | WEL | 11 Feb 1981 | 8 | Scottish Night of M | Wellington | 19 Dec 2009 |
| 47 | 4:33.79 | | Dallas Bowden | TAS | 20 Mar 1990 | 1 | New Year Meeting | Timaru | 03 Jan 2009 |
| 48 | 4:33.91 | | Scott Russell | AKL | 13 Mar 1992 | 2 | Open Meeting | Auckland | 07 Nov 2009 |
| 49 | 4:34.35 | | Matthew Pavitt | WEL | 01 Aug 1992 | 2 | Scottish Night of M | Wellington | 19 Dec 2009 |
| 50 | 4:34.39 | | Sam Morreau | AKL | 29 Jul 1993 | 1 | Open Meeting | Auckland | 07 Nov 2009 |

2000m | Open Men | 2009

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|---------|------|---------------|--------|-------------|-----|------------------------|----------------|-------------|
| 1 | 5:30.22 | | Richard Olsen | CAN | 22 Feb 1985 | 1r1 | Ereprijs Rosine Wallez | Oudenaarde BEL | 20 Jun 2009 |

3000m | Open Men | 2009

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|---------|------|-----------------|--------|-------------|------|------------------------|--------------|-------------|
| 1 | 7:53.98 | | Adrian Blincoe | AKL | 04 Nov 1979 | 6 | Boston Indoor Games | Boston MA | 07 Feb 2009 |
| 2 | 7:58.85 | | Dominic Channon | TAS | 28 Jul 1989 | 4 | BU Valentine Inv | Boston MA | 14 Feb 2009 |
| 3 | 8:04.38 | | Matt Smith | CAN | 26 Dec 1974 | 3 | ITM | Christchurch | 13 Mar 2009 |
| 4 | 8:05.17 | | Andrew Davidson | CAN | 15 Mar 1983 | 4 | ITM | Christchurch | 13 Mar 2009 |
| 5 | 8:08.73 | | Kim Hogarth | CAN | 18 Dec 1975 | 6 | ITM | Christchurch | 13 Mar 2009 |
| 6 | 8:09.18 | | Hugo Beamish | CAN | 18 Jan 1989 | 10r2 | New Balance Collegiate | New York NY | 06 Feb 2009 |

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|----|---------|--|-------------------|-----|-------------|-----|------------------------|-------------------|-------------|
| 7 | 8:12.24 | | Jason Woolhouse | ANZ | 09 Sep 1980 | 3 | PB Meet | Bendigo AUS | 19 Dec 2009 |
| 8 | 8:13.10 | | Matthew Lambert | OTG | 21 Jun 1987 | 7 | ITM | Christchurch | 13 Mar 2009 |
| 9 | 8:13.53 | | Michael Aish | WEL | 24 Jul 1976 | 8 | ITM | Christchurch | 13 Mar 2009 |
| 10 | 8:13.83 | | Edwin Henshaw | AKL | 22 Sep 1985 | 10 | Tyson Invitational | Fayetteville AR | 14 Feb 2009 |
| 11 | 8:16.04 | | Rowan Hooper | CAN | 31 Oct 1978 | 9 | ITM | Christchurch | 13 Mar 2009 |
| 12 | 8:16.07 | | Max Smith | OTG | 28 Oct 1984 | 12 | Tyson Invitational | Fayetteville AR | 14 Feb 2009 |
| 13 | 8:19.45 | | Aaron Pulford | WBP | 24 Aug 1991 | 1 | NZSS Championships | Timaru | 13 Dec 2009 |
| 14 | 8:20.52 | | Timothy Hodge | WEL | 27 Aug 1987 | 2 | American East Conf | Boston MA | 21 Feb 2009 |
| 15 | 8:22.37 | | Leyden Tolhurst | AKL | 07 Jan 1985 | 7 | Iowa State Open | Ames IA | 24 Jan 2009 |
| 16 | 8:22.78 | | Daniel Wallis | WEL | 11 Nov 1987 | 5 | Frank Sevigne | Lincoln NE | 07 Feb 2009 |
| 17 | 8:23.24 | | Shaun Krawitz | AKL | 15 Feb 1985 | 10 | NSW Championship | Sydney AUS | 14 Nov 2009 |
| 18 | 8:25.88 | | Luke Hurring | OTG | 16 Sep 1984 | 1 | Tauranga Twilight | Tauranga | 01 Jan 2009 |
| 19 | 8:25.89 | | Rees Buck | WEL | 19 May 1976 | 10 | ITM | Christchurch | 13 Mar 2009 |
| 20 | 8:26.76 | | Brendon Blacklaws | WEL | 04 Jun 1989 | 1 | NZ 3000m Championship | Christchurch | 13 Mar 2009 |
| 21 | 8:28.88 | | Hamish Carson | WEL | 01 Nov 1988 | 1 | Central Region League | Wellington | 28 Nov 2009 |
| 22 | 8:28.89 | | Eric Speakman | HBG | 29 Aug 1990 | 2 | NZ 3000m Championship | Christchurch | 13 Mar 2009 |
| 23 | 8:29.18 | | Simon Rogers | WEL | 01 Oct 1989 | 3 | NZ 3000m Championship | Christchurch | 13 Mar 2009 |
| 24 | 8:29.47 | | Corey Casey | WEL | 18 Jan 1991 | 4 | NZ 3000m Championship | Christchurch | 13 Mar 2009 |
| 25 | 8:29.82 | | Jonathan Jackson | AKL | 09 Jan 1991 | 1 | Battle of the Cities 3 | Auckland | 28 Nov 2009 |
| 26 | 8:29.83 | | Simon Bucknell | AKL | 04 Aug 1986 | 4r1 | Houston Invitational | Houston Tx | 31 Jan 2009 |
| 27 | 8:30.33 | | Tom Osborne | AKL | 25 Sep 1983 | 2 | Capital Classic | Wellington | 13 Feb 2009 |
| 28 | 8:31.05 | | Harry Dixon | TAS | 28 Aug 1990 | 5 | NZ 3000m Championship | Christchurch | 13 Mar 2009 |
| 29 | 8:31.89 | | Glenn Hughes | WEL | 13 Apr 1982 | 3 | Tauranga Twilight | Tauranga | 01 Jan 2009 |
| 30 | 8:32.72 | | Malcolm Hicks | AKL | 19 Oct 1987 | 1 | Interclub | Christchurch | 28 Nov 2009 |
| 31 | 8:32.85 | | Matthew Harris | CAN | 28 Nov 1987 | 1 | Interclub | Christchurch | 14 Feb 2009 |
| 32 | 8:33.06 | | Stefan Smith | WEL | 21 Nov 1981 | 1 | Interclub | Christchurch | 13 Mar 2009 |
| 33 | 8:33.15 | | Alex Parlane | AKL | 31 Mar 1990 | 2 | Battle of the Cities 3 | Auckland | 28 Nov 2009 |
| 34 | 8:33.60 | | Nathan Barrett | WEL | 17 Feb 1992 | 6 | NZ 3000m Championship | Christchurch | 13 Mar 2009 |
| 35 | 8:33.61 | | Mark Bailey | CAN | 18 Apr 1976 | 1 | Interclub | Christchurch | 05 Dec 2009 |
| 36 | 8:34.17 | | Aniel Smith | AKL | 02 Apr 1986 | 4 | NZ 3000m Championship | Waitakere | 20 Feb 2009 |
| 37 | 8:37.47 | | Alexander Wallace | WEL | 25 Mar 1990 | 2 | Central Region League | Wellington | 28 Nov 2009 |
| 38 | 8:37.73 | | Cameron Graves | AKL | 01 Feb 1992 | 2 | Open Meeting | Auckland | 07 Nov 2009 |
| 39 | 8:37.90 | | Jonathan McKee | AKL | 30 Nov 1978 | 4 | Capital Classic | Wellington | 13 Feb 2009 |
| 40 | 8:38.31 | | Daniel Balchin | OTG | 13 Aug 1990 | 8 | NZ 3000m Championship | Christchurch | 13 Mar 2009 |
| 41 | 8:39.15 | | Tim Cornish | WEL | 10 Feb 1990 | 4 | Central Region League | Wellington | 28 Nov 2009 |
| 42 | 8:39.46 | | Joshua Van Dalen | MWA | 20 Feb 1991 | 9 | NZ 3000m Championship | Christchurch | 13 Mar 2009 |
| 43 | 8:40.48 | | Brett Tingay | CAN | 04 Aug 1980 | 6 | NZ 3000m Championship | Waitakere | 20 Feb 2009 |
| 44 | 8:42.36 | | Caden Shields | OTG | 07 Aug 1988 | 7 | Gene Edmonds Cup | West Lafayette IN | 24 Jan 2009 |
| 45 | 8:42.89 | | Callan Moody | OTG | 25 Mar 1988 | 1 | Weekly Meeting | Dunedin | 07 Nov 2009 |
| 46 | 8:43.02 | | Matthew Russ | TAS | 03 Aug 1990 | 11 | NZ 3000m Championship | Christchurch | 13 Mar 2009 |
| 47 | 8:43.18 | | Peter Meffan | TAS | 24 Nov 1990 | 12 | NZ 3000m Championship | Christchurch | 13 Mar 2009 |
| 48 | 8:43.68 | | Stephen Lett | AKL | 09 Feb 1984 | 1 | Hot Meet 12 | North Shore | 14 Mar 2009 |
| 49 | 8:43.72 | | Nicholas Rennie | CAN | 24 May 1990 | 14 | NZ 3000m Championship | Christchurch | 13 Mar 2009 |
| 50 | 8:45.29 | | Sam Kidd | OTG | 16 Apr 1987 | 2 | Interclub | Christchurch | 13 Mar 2009 |

5000m | Open Men | 2009

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|----------|------|-----------------|--------|-------------|-----|------------------------|---------------|-------------|
| 1 | 13:56.86 | | Jason Woolhouse | ANZ | 09 Sep 1980 | 1 | Victoria Championships | Melbourne AUS | 26 Nov 2009 |
| 2 | 14:04.71 | | Luke Hurring | OTG | 16 Sep 1984 | 11 | Melbourne Grand Prix | Melbourne AUS | 05 Mar 2009 |
| 3 | 14:10.36 | | Timothy Hodge | WEL | 27 Aug 1987 | 8 | IC4A | Princeton NJ | 16 May 2009 |
| 4 | 14:23.21 | | Daniel Wallis | WEL | 11 Nov 1987 | 1 | Invite | Fullerton CA | 07 Mar 2009 |
| 5 | 14:24.09 | | Shaun Krawitz | AKL | 15 Feb 1985 | 6 | Victoria Championships | Melbourne AUS | 26 Nov 2009 |
| 6 | 14:27.04 | | Caden Shields | OTG | 07 Aug 1988 | 1 | Arizona State Invite | Pheonix AZ | 27 Mar 2009 |
| 7 | 14:28.78 | | Kim Hogarth | TAS | 18 Dec 1975 | 1 | Interclub | Christchurch | 19 Dec 2009 |
| 8 | 14:30.91 | | Andrew Davidson | CAN | 15 Mar 1983 | 2 | Interclub | Christchurch | 19 Dec 2009 |
| 9 | 14:37.12 | | Mark Bailey | CAN | 18 Apr 1976 | 3 | Interclub | Christchurch | 19 Dec 2009 |
| 10 | 14:41.91 | | Rees Buck | WEL | 19 May 1976 | 5 | Interclub | Christchurch | 19 Dec 2009 |
| 11 | 14:45.94 | | Malcolm Hicks | AKL | 19 Oct 1987 | 6 | Interclub | Christchurch | 19 Dec 2009 |
| 12 | 14:49.15 | | Richard Olsen | CAN | 22 Feb 1985 | 7 | Interclub | Christchurch | 19 Dec 2009 |
| 13 | 14:49.45 | | Stefan Smith | WEL | 21 Nov 1981 | 8 | Interclub | Christchurch | 19 Dec 2009 |

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|----|----------|--|-------------------|-----|-------------|----|--------------------------|---------------|-------------|
| 14 | 14:52.87 | | Dougal Thorburn | WEL | 14 Jan 1981 | 9 | Interclub | Christchurch | 19 Dec 2009 |
| 15 | 14:53.31 | | Alex Parlane | AKL | 31 Mar 1990 | 10 | Interclub | Christchurch | 19 Dec 2009 |
| 16 | 14:54.61 | | Aaron Pulford | WBP | 24 Aug 1991 | 1 | NZL Championships | Wellington | 27 Mar 2009 |
| 17 | 14:54.73 | | Leyden Tolhurst | AKL | 07 Jan 1985 | 1 | Missouri Relays | Colombia MO | 27 Mar 2009 |
| 18 | 14:56.19 | | Tony Payne | OTG | 13 Jan 1989 | 11 | Interclub | Christchurch | 19 Dec 2009 |
| 19 | 14:56.53 | | Harry Dixon | TAS | 28 Aug 1990 | 12 | Interclub | Christchurch | 19 Dec 2009 |
| 20 | 14:56.84 | | Daniel Balchin | OTG | 13 Aug 1990 | 13 | Interclub | Christchurch | 19 Dec 2009 |
| 21 | 15:00.25 | | Andrew Haigh | AKL | 01 Sep 1986 | 14 | Drake Relays | Des Moines IA | 22 Apr 2009 |
| 22 | 15:03.59 | | Samuel Dobson | AKL | 01 Oct 1985 | 1 | Auckland Championships | Auckland | 08 Mar 2009 |
| 23 | 15:09.06 | | Jason Cressingham | WEL | 24 Aug 1982 | 1 | Taranaki 5000m Champs | Inglewood | 03 Feb 2009 |
| 24 | 15:10.17 | | Jonathan Jackson | AKL | 09 Jan 1991 | 2 | NZL Championships | Wellington | 27 Mar 2009 |
| 25 | 15:11.86 | | Neville Smith | HBG | 06 Aug 1983 | 1 | Central Region League | Wellington | 28 Nov 2009 |
| 26 | 15:12.54 | | Aniel Smith | AKL | 02 Apr 1986 | 2 | Auckland Championships | Auckland | 08 Mar 2009 |
| 27 | 15:14.91 | | Eric Speakman | HBG | 29 Aug 1990 | 2 | Central Region League | Wellington | 28 Nov 2009 |
| 28 | 15:16.81 | | Nathan Coombes | TAR | 14 Jan 1990 | 1 | Taranaki 5000m Champs | Inglewood | 03 Feb 2009 |
| 29 | 15:16.92 | | Brendon Blacklaws | WEL | 04 Jun 1989 | 3 | NZL Championships | Wellington | 27 Mar 2009 |
| 30 | 15:18.50 | | Jonathan McKee | AKL | 30 Nov 1978 | 4 | NZL Championships | Wellington | 27 Mar 2009 |
| 31 | 15:21.51 | | Sam Kidd | OTG | 16 Apr 1987 | 2 | Wellington Championships | Wellington | 28 Feb 2009 |
| 32 | 15:27.94 | | Stephen Lett | AKL | 09 Feb 1984 | 4 | Auckland Championships | Auckland | 08 Mar 2009 |
| 33 | 15:29.48 | | Angus Taylor | CAN | 17 Sep 1989 | 6 | NZL Championships | Wellington | 27 Mar 2009 |
| 34 | 15:29.60 | | Oliver O'Sullivan | OTG | 16 Apr 1987 | 1 | Programme A | Dunedin | 14 Feb 2009 |
| 35 | 15:29.73 | | Grant McLean | AKL | 19 Jan 1968 | 3 | Wellington Championships | Wellington | 28 Feb 2009 |
| 36 | 15:36.51 | | Matthew Russ | TAS | 03 Aug 1990 | 8 | NZL Championships | Wellington | 27 Mar 2009 |
| 37 | 15:37.66 | | Bevan Stevens | OTG | 23 Dec 1985 | 16 | Interclub | Christchurch | 19 Dec 2009 |
| 38 | 15:37.70 | | Mikael Andersson | WEL | 05 Jun 1986 | 1 | Black Programme | Wellington | 21 Nov 2009 |
| 39 | 15:40.76 | | Lyndon Brown | OTG | 21 Jan 1989 | 2 | Weekly Meeting | Dunedin | 14 Nov 2009 |
| 40 | 15:41.23 | | Peter Meffan | TAS | 24 Nov 1990 | 9 | NZL Championships | Wellington | 27 Mar 2009 |
| 41 | 15:42.00 | | Glen Ferguson | OTG | 27 Jan 1964 | 1 | Programme A | Dunedin | 14 Feb 2009 |

10000m | Open Men | 2009

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|----------|------|-----------------------|--------|-------------|-----|--------------------------|-----------------|-------------|
| 1 | 28:56.47 | | Jason Woolhouse | ANZ | 09 Sep 1980 | 7 | Zatopek | Melbourne AUS | 10 Dec 2009 |
| 2 | 29:46.93 | | Shaun Krawitz | AKL | 15 Feb 1985 | 12 | Zatopek | Melbourne AUS | 10 Dec 2009 |
| 3 | 29:56.57 | | Caden Shields | OTG | 07 Aug 1988 | 3 | Penn Relays | Philadelphia PA | 22 Apr 2009 |
| 4 | 30:31.08 | | Rowan Hooper | CAN | 31 Oct 1978 | 1 | NZ 10000m Championship | Inglewood | 24 Jan 2009 |
| 5 | 30:41.00 | | Sam Wreford | CAN | 26 Feb 1983 | 1 | Auckland 10000m Champion | Auckland | 01 Apr 2009 |
| 6 | 30:43.59 | | Andrew Davidson | CAN | 15 Mar 1983 | 2 | NZ 10000m Championship | Inglewood | 24 Jan 2009 |
| 7 | 31:48.00 | | Jonathan Jackson | AKL | 09 Jan 1991 | 1 | Auckland 10000m Champion | Auckland | 01 Apr 2009 |
| 8 | 31:56.00 | | Jonathan McKee | AKL | 30 Nov 1978 | 2 | Auckland 10000m Champs | Auckland | 26 Sep 2009 |
| 9 | 32:13.30 | | Jason Cressingham | WEL | 24 Aug 1982 | 3 | NZ 10000m Championship | Inglewood | 24 Jan 2009 |
| 10 | 32:28.94 | | Tony Payne | OTG | 13 Jan 1989 | 1 | NZ 10000m Championship | Inglewood | 24 Jan 2009 |
| 11 | 32:42.50 | | Tadele Tekle-Haimanot | AKL | 14 Aug 1992 | 3 | Auckland 10000m Champs | Auckland | 26 Sep 2009 |
| 12 | 32:44.00 | | Grant McLean | WEL | 19 Jan 1968 | 1 | NZ Masters Championshi | Tauranga | 08 Mar 2009 |
| 13 | 33:15.80 | | Eric Speakman | HBG | 29 Aug 1990 | 2 | NZ 10000m Championship | Inglewood | 24 Jan 2009 |
| 14 | 33:29.77 | | Glen Ferguson | OTG | 27 Jan 1964 | 1 | Otago Championship | Dunedin | 07 Nov 2009 |
| 15 | 33:32.03 | | Gary McIlroy | CAN | 06 Apr 1967 | 2 | Canterbury 10000m Ch | Christchurch | 28 Nov 2009 |
| 16 | 33:42.99 | | Lyndon Brown | OTG | 21 Jan 1989 | 3 | NZ 10000m Championship | Inglewood | 24 Jan 2009 |

10Km | Open Men | 2009

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|-------|------|-----------------|--------|-------------|-----|------------------------|---------------|-------------|
| 1 | 28:48 | | Jake Robertson | WBP | 14 Nov 1989 | 6 | Tesco Grand Prix | Prague CZE | 12 Sep 2009 |
| 2 | 29:28 | | Adrian Blincoe | AKL | 04 Nov 1979 | 3 | Healthy Kidney | New York NY | 16 May 2009 |
| 3 | 29:43 | | Jason Woolhouse | ANZ | 09 Sep 1980 | 3 | Skins Sandown Classic | Melbourne AUS | 30 May 2009 |
| 4 | 30:03 | | Kim Hogarth | TAS | 18 Dec 1975 | 1 | NZ Road Championships | Dunedin | 05 Sep 2009 |
| 5 | 30:11 | | Sam Wreford | CAN | 26 Feb 1983 | 2 | NZ Road Championships | Dunedin | 05 Sep 2009 |
| 6 | 30:25 | | Brett Tingay | CAN | 04 Aug 1980 | 3 | NZ Road Championships | Dunedin | 05 Sep 2009 |
| 7 | 30:31 | | Matthew Lambert | OTG | 21 Jun 1987 | 1 | Clyde to Alexandra RR | Clyde | 15 Aug 2009 |
| 8 | 30:34 | | Rowan Hooper | CAN | 31 Oct 1978 | 4 | NZ Road Championships | Dunedin | 05 Sep 2009 |
| 9 | 30:37 | | Dale Warrander | AKL | 08 Sep 1973 | 2 | Sir Barry Curtis 10k | Auckland | 18 Oct 2009 |
| 10 | 30:37 | | Timothy Hodge | WEL | 27 Aug 1987 | 1 | WEL Road Championships | Trentham | 22 Aug 2009 |
| 11 | 30:44 | | Dougal Thorburn | WEL | 14 Jan 1981 | 2 | Clyde to Alexandra RR | Clyde | 15 Aug 2009 |

| | | | | | | | | | |
|----|-------|--|----------------------|-----|-------------|----|------------------------|--------------|-------------|
| 12 | 30:52 | | Andrew Davidson | CAN | 15 Mar 1983 | 6 | NZ Road Championships | Dunedin | 05 Sep 2009 |
| 13 | 30:53 | | Stephen Lett | AKL | 09 Feb 1984 | 7 | NZ Road Championships | Dunedin | 05 Sep 2009 |
| 14 | 30:58 | | Tony Payne | OTG | 13 Jan 1989 | 3 | Clyde to Alexandra RR | Clyde | 15 Aug 2009 |
| 15 | 31:10 | | Samuel Dobson | AKL | 01 Oct 1985 | 3 | Sir Barry Curtis 10k | Auckland | 18 Oct 2009 |
| 16 | 31:24 | | Paul Hamblyn | AKL | 27 Aug 1980 | 8 | NZ Road Championships | Dunedin | 05 Sep 2009 |
| 17 | 31:26 | | Luke Hurring | OTG | 16 Sep 1984 | 4 | Clyde to Alexandra RR | Clyde | 15 Aug 2009 |
| 18 | 31:26 | | Richard Bennett | CAN | 06 Dec 1964 | 1 | Canterbury Road Champs | Christchurch | 22 Aug 2009 |
| 19 | 31:26 | | Rees Buck | WEL | 19 May 1976 | 2 | WEL Road Championships | Trentham | 22 Aug 2009 |
| 20 | 31:27 | | Glenn Hughes | WEL | 13 Apr 1982 | 3 | WEL Road Championships | Trentham | 22 Aug 2009 |
| 21 | 31:31 | | Michael Pugh | WBP | 06 Sep 1972 | 1 | WBOP Road Championship | Rotorua | 22 Aug 2009 |
| 22 | 31:31 | | Martin VAN BARNEVELD | WEL | 03 Nov 1985 | 4 | WEL Road Championships | Trentham | 22 Aug 2009 |
| 23 | 31:36 | | Daniel Balchin | OTG | 13 Aug 1990 | 1 | Clyde to Alexandra RR | Clyde | 15 Aug 2009 |
| 24 | 31:36 | | Iain MacDonald | WBP | 22 Sep 1983 | 1 | WBOP Road Championship | Rotorua | 22 Aug 2009 |
| 25 | 31:42 | | Andrew Curtayne | AKL | 27 Jun 1987 | 1 | Auckland Road Champs | Auckland | 16 Aug 2009 |
| 26 | 31:46 | | Callan Moody | OTG | 25 Mar 1988 | 9 | NZ Road Championships | Dunedin | 05 Sep 2009 |
| 27 | 31:49 | | Angus Taylor | CAN | 17 Sep 1989 | 10 | NZ Road Championships | Dunedin | 05 Sep 2009 |
| 28 | 31:50 | | Malcolm Hicks | AKL | 19 Oct 1987 | 11 | NZ Road Championships | Dunedin | 05 Sep 2009 |
| 29 | 31:51 | | Kees Keizer | WEL | 24 Oct 1980 | 12 | NZ Road Championships | Dunedin | 05 Sep 2009 |
| 30 | 31:51 | | Bevan Stevens | OTG | 23 Dec 1985 | 6 | Clyde to Alexandra RR | Clyde | 15 Aug 2009 |
| 31 | 31:51 | | Philip Costley | CAN | 16 Mar 1970 | 3 | Canterbury Road Champs | Christchurch | 22 Aug 2009 |
| 32 | 31:53 | | William Curtayne | AKL | 27 Jun 1987 | 3 | Auckland Road Champs | Auckland | 16 Aug 2009 |
| 33 | 31:55 | | Oliver O'Sullivan | OTG | 16 Apr 1987 | 13 | NZ Road Championships | Dunedin | 05 Sep 2009 |
| 34 | 31:56 | | Lyndon Brown | OTG | 21 Jan 1989 | 7 | Clyde to Alexandra RR | Clyde | 15 Aug 2009 |
| 35 | 31:58 | | Steven O'Callaghan | WBP | 25 Feb 1981 | 1 | Huntly Half Marathon | Huntly | 24 May 2009 |
| 36 | 32:01 | | Brett Smith | CAN | 06 May 1985 | 4 | Canterbury Road Champs | Christchurch | 22 Aug 2009 |
| 37 | 32:10 | | Matthew Ingram | CAN | 16 Dec 1979 | 14 | NZ Road Championships | Dunedin | 05 Sep 2009 |
| 38 | 32:10 | | James List | OTG | 20 Jul 1984 | 5 | WEL Road Championships | Trentham | 22 Aug 2009 |
| 39 | 32:12 | | Grant McLean | WEL | 19 Jan 1968 | 2 | NZ Road Champs (Mastr) | Dunedin | 05 Sep 2009 |
| 40 | 32:13 | | James Coubrough | WEL | 26 Sep 1981 | 6 | WEL Road Championships | Trentham | 22 Aug 2009 |
| 41 | 32:14 | | Aniel Smith | AKL | 02 Apr 1986 | 4 | Auckland Road Champs | Auckland | 16 Aug 2009 |
| 42 | 32:15 | | Kerry Faass | CAN | 11 Feb 1966 | 2 | Canterbury Road Champs | Christchurch | 22 Aug 2009 |
| 43 | 32:17 | | Kerry Suter | WBP | 05 Oct 1977 | 3 | WBOP Road Championship | Rotorua | 22 Aug 2009 |
| 44 | 32:18 | | Jonathan McKee | AKL | 30 Nov 1978 | 5 | Auckland Road Champs | Auckland | 16 Aug 2009 |
| 45 | 32:22 | | Jon-Paul Hendriksen | AKL | 19 Sep 1978 | 18 | Alstralauf | Hamburg GER | 06 Sep 2009 |
| 46 | 32:23 | | Hamish Carson | WEL | 01 Nov 1988 | 7 | WEL Road Championships | Trentham | 22 Aug 2009 |
| 47 | 32:27 | | Glen Ferguson | OTG | 27 Jan 1964 | 3 | NZ Road Champs (Mastr) | Dunedin | 05 Sep 2009 |
| 48 | 32:28 | | David Cooper | AKL | 28 Nov 1986 | 6 | Auckland Road Champs | Auckland | 16 Aug 2009 |
| 49 | 32:30 | | Robbie Johnston | AKL | 21 Aug 1967 | 4 | NZ Road Champs (Mastr) | Dunedin | 05 Sep 2009 |
| 50 | 32:30 | | Stafford Thompson | OTG | 06 May 1980 | 10 | Clyde to Alexandra RR | Clyde | 15 Aug 2009 |

15Km | Open Men | 2009

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|-------|------|--------------------|--------|-------------|-----|----------------------|---------------|-------------|
| 1 | 44:45 | | Matt Smith | CAN | 26 Dec 1974 | 1 | New Balance Tai Tapu | Tai Tapu | 03 May 2009 |
| 2 | 44:53 | | Rowan Hooper | CAN | 31 Oct 1978 | 2 | New Balance Tai Tapu | Tai Tapu | 03 May 2009 |
| 3 | 46:58 | | Kim Hogarth | TAS | 18 Dec 1975 | 14 | Great Australian Run | Melbourne AUS | 29 Nov 2009 |
| 4 | 46:35 | | Mark Bailey | CAN | 18 Apr 1976 | 3 | New Balance Tai Tapu | Tai Tapu | 03 May 2009 |
| 5 | 46:48 | | Matthew Ingram | CAN | 16 Dec 1979 | 4 | New Balance Tai Tapu | Tai Tapu | 03 May 2009 |
| 6 | 49:27 | | Carsten Joergensen | CAN | 25 Oct 1970 | 5 | New Balance Tai Tapu | Tai Tapu | 03 May 2009 |
| 7 | 49:34 | | Luke Armstrong | CAN | 12 May 1980 | 6 | New Balance Tai Tapu | Tai Tapu | 03 May 2009 |
| 8 | 50:12 | | Samuel Dobson | AKL | 01 Oct 1985 | 21 | Great Australian Run | Melbourne AUS | 29 Nov 2009 |
| 9 | 50:18 | | Thijs Hubber | CAN | 20 Oct 1983 | 7 | New Balance Tai Tapu | Tai Tapu | 03 May 2009 |
| 10 | 51:37 | | Jack McDonald | CAN | 22 Apr 1993 | 8 | New Balance Tai Tapu | Tai Tapu | 03 May 2009 |
| 11 | 52:55 | | Chris Jordan | CAN | 25 Mar 1966 | 1 | New Balance Tai Tapu | Tai Tapu | 03 May 2009 |
| 12 | 53:32 | | Don Greig | CAN | 23 Oct 1956 | 1 | New Balance Tai Tapu | Tai Tapu | 03 May 2009 |
| 13 | 54:00 | | Danny Carmine | CAN | 28 Apr 1979 | 10 | New Balance Tai Tapu | Tai Tapu | 03 May 2009 |
| 14 | 54:21 | | Anthony Duncraft | CAN | 28 Apr 1965 | 3 | New Balance Tai Tapu | Tai Tapu | 03 May 2009 |
| 15 | 54:31 | | Shane Grose | CAN | 29 Jul 1967 | 4 | New Balance Tai Tapu | Tai Tapu | 03 May 2009 |
| 16 | 55:52 | | Dave Collie | CAN | 03 Feb 1963 | 6 | New Balance Tai Tapu | Tai Tapu | 03 May 2009 |
| 17 | 55:52 | | Richard Merrett | CAN | 07 Nov 1961 | 5 | New Balance Tai Tapu | Tai Tapu | 03 May 2009 |
| 18 | 55:55 | | Phil Forde | CAN | 03 Aug 1958 | 2 | New Balance Tai Tapu | Tai Tapu | 03 May 2009 |

| | | | | | | | | | |
|----|-------|--|------------|-----|-------------|---|----------------------|----------|-------------|
| 19 | 56:48 | | Gary Jones | CAN | 27 Dec 1962 | 9 | New Balance Tai Tapu | Tai Tapu | 03 May 2009 |
|----|-------|--|------------|-----|-------------|---|----------------------|----------|-------------|

Half Marathon | Open Men | 2009

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|---------|------|------------------------|--------|-------------|-----|-------------------------|----------------|-------------|
| 1 | 1:04:30 | | Jason Woolhouse | ANZ | 09 Sep 1980 | 1 | Burnley Half Marathon | Burnley AUS | 06 Sep 2009 |
| 2 | 1:06:01 | | Kim Hogarth | TAS | 18 Dec 1975 | 8 | Gold Coast Marathon | Gold Coast AUS | 05 Jul 2009 |
| 3 | 1:06:19 | | Matt Smith | CAN | 26 Dec 1974 | 1 | adidas Auckland | Auckland | 01 Nov 2009 |
| 4 | 1:06:30 | | Dale Warrander | AKL | 08 Sep 1973 | 2 | adidas Auckland | Auckland | 01 Nov 2009 |
| 5 | 1:08:07 | | Scott Winton | AKL | 17 Oct 1974 | 5 | SBS Christchurch | Christchurch | 31 May 2009 |
| 6 | 1:08:59 | | Mark McKeown | WBP | 27 May 1974 | 6 | SBS Christchurch | Christchurch | 31 May 2009 |
| 7 | 1:09:07 | | Kerry Faass | CAN | 11 Feb 1966 | 3 | Buller George Marathon | Buller | 14 Feb 2009 |
| 8 | 1:09:15 | | Jonathan McKee | AKL | 30 Nov 1978 | 7 | SBS Christchurch | Christchurch | 31 May 2009 |
| 9 | 1:09:18 | | Samuel Dobson | AKL | 01 Oct 1985 | 3 | adidas Auckland | Auckland | 01 Nov 2009 |
| 10 | 1:09:26 | | Glynn Hadley | CAN | 30 Aug 1979 | 3 | Buller George Marathon | Buller | 14 Feb 2009 |
| 11 | 1:09:44 | | Luke Armstrong | CAN | 12 May 1980 | 4 | Buller George Marathon | Buller | 14 Feb 2009 |
| 12 | 1:09:59 | | Dougal Thorburn | WEL | 14 Jan 1981 | 8 | SBS Christchurch | Christchurch | 31 May 2009 |
| 13 | 1:10:10 | | Rees Buck | WEL | 19 May 1976 | 3 | Harbour Capital | Wellington | 28 Jun 2009 |
| 14 | 1:10:14 | | Jon-Paul Hendriksen | AKL | 19 Sep 1978 | 3 | Alstertal Half Marathon | Hamburg GER | 27 Sep 2009 |
| 15 | 1:10:27 | | Craig Kirkwood | WBP | 18 Oct 1974 | 1 | Whangamata Festival | Whangamata | 05 Sep 2009 |
| 16 | 1:10:34 | | Matthew Dravitzki | WEL | 27 May 1975 | 4 | Harbour Capital | Wellington | 28 Jun 2009 |
| 17 | 1:10:44 | | Steven O'Callaghan | WBP | 25 Feb 1981 | 10 | SBS Christchurch | Christchurch | 31 May 2009 |
| 18 | 1:10:51 | | Sam Kidd | OTG | 16 Apr 1987 | 11 | SBS Christchurch | Christchurch | 31 May 2009 |
| 19 | 1:11:43 | | Simon Mardon | TAS | 26 Oct 1972 | 3 | Nelson Shoe Clinic 1/2 | Nelson | 03 May 2009 |
| 20 | 1:11:02 | | Mike Wakelin | WEL | 22 Jun 1968 | 1 | Balclutha Half | Balclutha | 28 Jun 2009 |
| 21 | 1:11:11 | | Michael Pugh | WBP | 06 Sep 1972 | 1 | SBS Half Marathon | Hamilton | 04 Oct 2009 |
| 22 | 1:11:26 | | Andrew Kilding | AKL | 19 Aug 1975 | 1 | Fullers Great Sights | Kerikeri | 21 Nov 2009 |
| 23 | 1:11:44 | | Grant McLean | AKL | 19 Jan 1968 | 1 | New Balance | Wellington | 14 Feb 2009 |
| 24 | 1:11:54 | | Jason Baillie | CAN | 08 Mar 1970 | 5 | Buller George Marathon | Buller | 14 Feb 2009 |
| 25 | 1:12:00 | | Michael Adams | CAN | 01 Jan 1960 | 2 | Huntly Half Marathon | Huntly | 24 May 2009 |
| 26 | 1:12:22 | | Iain MacDonald | WBP | 22 Sep 1983 | 13 | SBS Christchurch | Christchurch | 31 May 2009 |
| 27 | 1:12:30 | | Jonathan Jackson | AKL | 09 Jan 1991 | 4 | Huntly Half Marathon | Huntly | 24 May 2009 |
| 28 | 1:12:31 | | Paul Hamblyn | AKL | 27 Aug 1980 | 5 | Huntly Half Marathon | Huntly | 24 May 2009 |
| 29 | 1:12:39 | | Paul Crowhurst | AKL | 30 Oct 1978 | 2 | Whangamata Festival | Whangamata | 05 Sep 2009 |
| 30 | 1:12:54 | | Matt Parsonage | WBP | 09 Sep 1980 | 6 | Huntly Half Marathon | Huntly | 24 May 2009 |
| 31 | 1:12:59 | | Rob Little | WEL | 06 Apr 1982 | 7 | Buller George Marathon | Buller | 14 Feb 2009 |
| 32 | 1:13:49 | | Adrian Bailey | CAN | 06 Jan 1976 | 1 | Gore Half Marathon | Gore | 17 May 2009 |
| 33 | 1:13:10 | | Robbie Johnston | AKL | 21 Aug 1967 | 4 | adidas Auckland | Auckland | 01 Nov 2009 |
| 34 | 1:13:23 | | Johan Vanhoovels | AKL | 03 Jun 1977 | 2 | Fullers Great Sights | Kerikeri | 21 Nov 2009 |
| 35 | 1:13:25 | | Thijs Hubber | CAN | 20 Oct 1983 | 14 | SBS Christchurch | Christchurch | 31 May 2009 |
| 36 | 1:13:39 | | Callan Moody | OTG | 25 Mar 1988 | 1 | Moro Half | Dunedin | 12 Sep 2009 |
| 37 | 1:13:43 | | Glen Ferguson | OTG | 27 Jan 1964 | 2 | Moro Half | Dunedin | 12 Sep 2009 |
| 38 | 1:13:49 | | Daniel Clendon | WEL | 21 Jun 1976 | 16 | SBS Christchurch | Christchurch | 31 May 2009 |
| 39 | 1:13:52 | | Stefan Smith | WEL | 21 Nov 1981 | 5 | Harbour Capital | Wellington | 28 Jun 2009 |
| 40 | 1:13:56 | | Glenn Sexton | WBP | 30 Oct 1967 | 18 | SBS Christchurch | Christchurch | 31 May 2009 |
| 41 | 1:13:59 | | Scott Ferguson | WEL | 18 Jun 1984 | 19 | SBS Christchurch | Christchurch | 31 May 2009 |
| 42 | 1:14:14 | | Richard Swan | AKL | 23 Feb 1980 | 20 | SBS Christchurch | Christchurch | 31 May 2009 |
| 43 | 1:14:21 | | Jon Healey | AKL | 25 Dec 1974 | 21 | SBS Christchurch | Christchurch | 31 May 2009 |
| 44 | 1:14:22 | | Tony Payne | OTG | 13 Jan 1989 | 3 | Moro Half | Dunedin | 12 Sep 2009 |
| 45 | 1:14:26 | | Christopher Harrington | OTG | 02 Apr 1990 | 4 | Moro Half | Dunedin | 12 Sep 2009 |
| 46 | 1:14:26 | | Stephen Smith | WBP | 23 Aug 1976 | 9 | Huntly Half Marathon | Huntly | 24 May 2009 |
| 47 | 1:14:41 | | Danny Carmine | CAN | 28 Apr 1979 | 8 | Buller George Marathon | Buller | 14 Feb 2009 |
| 48 | 1:14:43 | | Vaile Mexted | WEL | 31 Dec 1972 | 22 | SBS Christchurch | Christchurch | 31 May 2009 |
| 49 | 1:15:02 | | Corey Hinde | AKL | 22 Jun 1974 | 3 | Whangamata Festival | Whangamata | 05 Sep 2009 |
| 50 | 1:15:07 | | Matthew Ingram | CAN | 16 Dec 1979 | 25 | SBS Christchurch | Christchurch | 31 May 2009 |

Marathon | Open Men | 2009

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|---------|------|----------------|--------|-------------|-----|------------------------|----------------|-------------|
| 1 | 2:15:43 | | Michael Aish | WEL | 24 Jul 1976 | 6 | Rock n Roll | Phoenix AZ | 18 Jan 2009 |
| 2 | 2:16:48 | | Matt Smith | CAN | 26 Dec 1974 | 3 | Gold Coast Marathon | Gold Coast AUS | 05 Jul 2009 |
| 3 | 2:18:26 | | Dale Warrander | AKL | 08 Sep 1973 | 18 | Beppu-Oita Marathon | Kitakyushu JPN | 01 Feb 2009 |
| 4 | 2:20:31 | | Philip Costley | CAN | 16 Mar 1970 | 1 | Buller George Marathon | Buller | 14 Feb 2009 |

| | | | | | | | | | |
|----|---------|--|---------------------|-----|-------------|----|-------------------------|----------------|-------------|
| 5 | 2:20:45 | | Matthew Dravitzki | WEL | 27 May 1975 | 1 | NZL Marathon Chps | Invercargill | 22 Nov 2009 |
| 6 | 2:23:11 | | Sam Wreford | CAN | 26 Feb 1983 | 1 | Lydiard Legend | Waitakere | 19 Sep 2009 |
| 7 | 2:23:46 | | Scott Winton | AKL | 17 Oct 1974 | 8 | Gold Coast Marathon | Gold Coast AUS | 05 Jul 2009 |
| 8 | 2:24:00 | | Rowan Hooper | CAN | 31 Oct 1978 | 3 | SBS Christchurch | Christchurch | 31 May 2009 |
| 9 | 2:27:20 | | Steven O'Callaghan | WBP | 25 Feb 1981 | 2 | Lion Foundation Rotorua | Rotorua | 02 May 2009 |
| 10 | 2:29:00 | | Iain MacDonald | WBP | 22 Sep 1983 | 3 | Lion Foundation Rotorua | Rotorua | 02 May 2009 |
| 11 | 2:29:25 | | Ben Ruthe | WBP | 17 Feb 1980 | 4 | Lion Foundation Rotorua | Rotorua | 02 May 2009 |
| 12 | 2:30:12 | | Dave Parsons | WEL | 02 Feb 1977 | 2 | NZL Marathon Chps | Invercargill | 22 Nov 2009 |
| 13 | 2:31:27 | | Jon-Paul Hendriksen | AKL | 19 Sep 1978 | 1 | Stadtwerke Lubeck | Lubeck GER | 25 Oct 2009 |
| 14 | 2:32:06 | | Gavin Stevens | ANZ | 23 Feb 1956 | 71 | Flora London | London GBR | 26 Apr 2009 |
| 15 | 2:32:37 | | Glynn Hadley | CAN | 30 Aug 1979 | 6 | Lion Foundation Rotorua | Rotorua | 02 May 2009 |
| 16 | 2:33:13 | | Simon Mardon | TAS | 26 Oct 1972 | 3 | Buller George Marathon | Buller | 14 Feb 2009 |
| 17 | 2:34:39 | | Grant McLean | WEL | 19 Jan 1968 | 7 | Lion Foundation Rotorua | Rotorua | 02 May 2009 |
| 18 | 2:36:42 | | Adrian Bailey | CAN | 06 Jan 1976 | 6 | SBS Christchurch | Christchurch | 31 May 2009 |
| 19 | 2:36:43 | | Jon-Paul Henricksen | AKL | 19 Sep 1978 | 36 | Regensburg Marathon | Regensburg GER | 24 May 2009 |
| 20 | 2:36:56 | | Michael Pugh | WBP | 06 Sep 1972 | 1a | NZL Marathon Chps | Invercargill | 22 Nov 2009 |
| 21 | 2:36:59 | | Jon Healey | AKL | 25 Dec 1974 | 3 | NZL Marathon Chps | Invercargill | 22 Nov 2009 |
| 22 | 2:37:23 | | James Kuegler | AKL | 31 Oct 1987 | 5 | adidas Auckland | Auckland | 01 Nov 2009 |
| 23 | 2:37:24 | | Graeme Taylor | AKL | 05 Oct 1969 | 4 | adidas Auckland | Auckland | 01 Nov 2009 |
| 24 | 2:37:27 | | Andrew Kilding | AKL | 19 Aug 1975 | 7 | SBS Christchurch | Christchurch | 31 May 2009 |
| 25 | 2:38:27 | | David King | CAN | 04 Mar 1984 | 4 | NZL Marathon Chps | Invercargill | 22 Nov 2009 |
| 26 | 2:39:43 | | Corey Hinde | AKL | 22 Jun 1974 | 8 | Lion Foundation Rotorua | Rotorua | 02 May 2009 |
| 27 | 2:40:56 | | Ricky Gutsell | STH | 09 Jun 1962 | 1a | NZL Marathon Chps | Invercargill | 22 Nov 2009 |
| 28 | 2:41:11 | | Rohan Biggs | WEL | 04 Sep 1976 | 5 | NZL Marathon Chps | Invercargill | 22 Nov 2009 |
| 29 | 2:42:10 | | Justin Carnaby | AKL | 21 Apr 1982 | 7 | adidas Auckland | Auckland | 01 Nov 2009 |
| 30 | 2:43:35 | | Nathan Aldridge | CAN | 26 Jul 1978 | 12 | SBS Christchurch | Christchurch | 31 May 2009 |
| 31 | 2:43:38 | | Nick Pannett | AKL | 31 Mar 1982 | 9 | adidas Auckland | Auckland | 01 Nov 2009 |
| 32 | 2:43:53 | | John Bayne | OTG | 15 Nov 1964 | 2a | NZL Marathon Chps | Invercargill | 22 Nov 2009 |
| 33 | 2:44:29 | | John Caie | WBP | 24 Mar 1966 | 9 | Lion Foundation Rotorua | Rotorua | 02 May 2009 |
| 34 | 2:44:33 | | Ake Fagereng | OTG | 27 Mar 1982 | 6 | NZL Marathon Chps | Invercargill | 22 Nov 2009 |
| 35 | 2:44:39 | | Hugh Allison | HBG | 02 May 1969 | 10 | Lion Foundation Rotorua | Rotorua | 02 May 2009 |
| 36 | 2:45:12 | | Brent Halley | OTG | 16 Sep 1964 | 3a | NZL Marathon Chps | Invercargill | 22 Nov 2009 |
| 37 | 2:45:24 | | Adrian Lysaght | WBP | 10 Sep 1974 | 1 | Feilding Marathon | Feilding | 07 Nov 2009 |
| 38 | 2:46:21 | | Philip Souster | AKL | 03 Aug 1968 | 11 | adidas Auckland | Auckland | 01 Nov 2009 |
| 39 | 2:46:41 | | Tony Price | WEL | 25 Apr 1956 | 2a | NZL Marathon Chps | Invercargill | 22 Nov 2009 |
| 40 | 2:47:01 | | Andrew Hall | OTG | 09 Oct 1968 | 1a | NZL Marathon Chps | Invercargill | 22 Nov 2009 |
| 41 | 2:47:29 | | Warick Brenan | AKL | 19 Feb 1968 | 2a | NZL Marathon Chps | Invercargill | 22 Nov 2009 |
| 42 | 2:48:01 | | Colin Earwaker | WBP | 10 Jul 1956 | | Lion Foundation Rotorua | Rotorua | 02 May 2009 |
| 43 | 2:48:01 | | Joel Martin | AKL | 20 Jul 1973 | 2a | NZL Marathon Chps | Invercargill | 22 Nov 2009 |
| 44 | 2:48:06 | | Graham Moore | AKL | 10 Apr 1964 | 10 | adidas Auckland | Auckland | 01 Nov 2009 |
| 45 | 2:48:43 | | Grant Winwood | AKL | 02 Mar 1966 | 3a | NZL Marathon Chps | Invercargill | 22 Nov 2009 |
| 46 | 2:49:13 | | Tom Hunt | OTG | 20 Jan 1988 | 2 | Moro | Dunedin | 12 Sep 2009 |
| 47 | 2:49:31 | | Mark Howard | OTG | 15 Mar 1969 | 16 | adidas Auckland | Auckland | 01 Nov 2009 |
| 48 | 2:49:41 | | Paul Angland | AKL | 09 Aug 1973 | 16 | SBS Christchurch | Christchurch | 31 May 2009 |

2000m Steeplechase | Open Men | 2009

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|---------|------|------------------|--------|-------------|-----|------------------------|------------|-------------|
| 1 | 6:15.84 | | Michael Banks | AKL | 09 Oct 1990 | 1 | Battle of the Cities 2 | Hamilton | 21 Nov 2009 |
| 2 | 6:17.91 | | Michael Krause | WEL | 17 Aug 1992 | 1 | NZL Championships | Wellington | 29 Mar 2009 |
| 3 | 6:20.06 | | Angus Watson | MWA | 15 Jul 1991 | 1 | NZSS Championships | Timaru | 13 Dec 2009 |
| 4 | 6:21.42 | | Luke Longdill | AKL | 29 Aug 1991 | 2 | Battle of the Cities 2 | Hamilton | 21 Nov 2009 |
| 5 | 6:26.63 | | Cameron McNaught | MWA | 13 Sep 1991 | 2 | NI Sec Schools | Wellington | 05 Apr 2009 |
| 6 | 6:28.08 | | William Scorgie | OTG | 06 Dec 1992 | 3 | NZSS Championships | Timaru | 13 Dec 2009 |
| 7 | 6:31.43 | | Lachlan Mcnie | AKL | 09 Sep 1992 | 4 | NZSS Championships | Timaru | 13 Dec 2009 |

3000m Steeplechase | Open Men | 2009

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|---------|------|----------------|--------|-------------|-----|-------------------|------------|-------------|
| 1 | 8:55.70 | | Kim Hogarth | CAN | 18 Dec 1975 | 1 | NZL Championships | Wellington | 29 Mar 2009 |
| 2 | 9:30.89 | | Michael Banks | AKL | 09 Oct 1990 | 1 | NZL Championships | Wellington | 28 Mar 2009 |
| 3 | 9:38.87 | | Lyndon Brown | OTG | 21 Jan 1989 | 1 | Weekly Meeting | Dunedin | 07 Nov 2009 |
| 4 | 9:39.91 | | Daniel Balchin | OTG | 13 Aug 1990 | 2 | NZL Championships | Wellington | 28 Mar 2009 |

| | | | | | | | | | |
|----|----------|--|----------------|-----|-------------|---|--------------------------|--------------|-------------|
| 5 | 9:44.46 | | Michael Krause | WEL | 17 Aug 1992 | 2 | AUS U23 & U20 Champs | Adelaide AUS | 04 Apr 2009 |
| 6 | 9:51.48 | | Bevan Stevens | OTG | 23 Dec 1985 | 1 | Otago Championships | Dunedin | 28 Feb 2009 |
| 7 | 10:01.22 | | Angus Watson | MWA | 15 Jul 1991 | 4 | NZL Championships | Wellington | 28 Mar 2009 |
| 8 | 10:07.42 | | Luke Longdill | AKL | 29 Aug 1991 | 2 | Auckland Championships | Auckland | 07 Mar 2009 |
| 9 | 10:09.87 | | Dougan Butler | TAR | 24 Aug 1989 | 5 | NZL Championships | Wellington | 28 Mar 2009 |
| 10 | 10:11.37 | | Stephen Day | WEL | 19 Sep 1975 | 1 | Wellington Championships | Wellington | 28 Feb 2009 |

110m Hurdles | Open Men | 2009

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|-------|------|------------------|--------|-------------|-----|-----------------------|----------------|-------------|
| 1 | 14.07 | 0.9 | James Mortimer | AKL | 01 Mar 1983 | 1 | NZL Championships | Wellington | 28 Mar 2009 |
| 2 | 14.38 | 0.2 | Brent Newdick | AKL | 31 Jan 1985 | D | TNT Fortuna | Kladno CZE | 23 Jun 2009 |
| 3 | 15.47 | -1.0 | Michael Cochrane | WBP | 13 Aug 1991 | 3h2 | Oceania Regional | Gold Coast AUS | 06 Aug 2009 |
| 4 | 16.11 | 1.8 | Jordan Taylor | WBP | 06 Jul 1989 | 1 | Putaruru Bell 2 | Tauranga | 31 Oct 2009 |
| 5 | 16.25 | 0.0 | Stephen Buckley | AKL | 04 May 1988 | D | Northern Region CE Ch | Hamilton | 11 Jan 2009 |

400m Hurdles | Open Men | 2009

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|-------|------|------------------|--------|-------------|-----|--------------------------|------------------|-------------|
| 1 | 52.38 | | Nick Kalivati | WEL | 29 Jun 1987 | 1 | Gold Programme | Wellington | 14 Mar 2009 |
| 2 | 53.09 | | Daniel O'Shea | OTG | 11 Feb 1989 | 1 | Interclub | Invercargill | 19 Dec 2009 |
| 3 | 53.10 | | Michael Cochrane | WBP | 13 Aug 1991 | 1 | Hot Meet 3 | Auckland | 12 Dec 2009 |
| 4 | 53.62 | | Shay Taylor | AKL | 24 Jan 1989 | 2 | Hot Meet 3 | Auckland | 12 Dec 2009 |
| 5 | 53.87 | | Daniel Dyet | AKL | 21 Mar 1991 | 1 | NZL Championships | Wellington | 29 Mar 2009 |
| 6 | 55.12 | | Cameron French | WBP | 17 May 1992 | 1 | Battle of the Cities 2 | Hamilton | 21 Nov 2009 |
| 7 | 56.56 | | Simon Manson | AKL | 13 Aug 1988 | 2 | NZL Championships | Wellington | 29 Mar 2009 |
| 8 | 56.98 | | Callum McConachy | MWA | 23 Aug 1985 | 3 | NZL Championships | Wellington | 29 Mar 2009 |
| 9 | 58.07 | | Martin Swart | CAN | 29 May 1992 | 1 | Canterbury Championships | Christchurch | 06 Mar 2009 |
| 10 | 58.08 | | Stephen Isaac | WEL | 29 Oct 1992 | 1 | Central Region League | Palmerston North | 14 Nov 2009 |
| 11 | 59.14 | | Daniel Laws | CAN | 19 Oct 1988 | 4 | NZL Championships | Wellington | 29 Mar 2009 |