



Women 19 | 2010

Top Performances as of: 09 Feb 2012

100m | Women 19 | 2010

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|-------|------|-----------------------|--------|-------------|------|------------------------|--------------|-------------|
| 1 | 11.71 | 0.4 | Andrea Koenen | AKL | 13 Jan 1990 | 2 | NZL Championships | Christchurch | 26 Mar 2010 |
| 2 | 12.13 | -0.4 | Lauren Wilson | OTG | 24 Nov 1992 | 1 | NZL Championships | Christchurch | 26 Mar 2010 |
| 3 | 12.22 | 1.1 | Mariah Ririnui | WBP | 26 Jun 1992 | 1r1 | Cooks Classic | Wanganui | 26 Jan 2010 |
| 4 | 12.28 | -0.4 | Kelsey Berryman | CAN | 04 Feb 1992 | 2 | NZL Championships | Christchurch | 26 Mar 2010 |
| 5 | 12.34 | -0.4 | Livvy Wilson | AKL | 09 Aug 1992 | 3 | NZL Championships | Christchurch | 26 Mar 2010 |
| 6 | 12.38 | -0.4 | Chelsea Johannsen | AKL | 06 Sep 1991 | 4 | NZL Championships | Christchurch | 26 Mar 2010 |
| 7 | 12.46 | 0.0 | Hazel Bowering-Scott | TAS | 01 Apr 1993 | 1 | Interclub | Christchurch | 13 Nov 2010 |
| 8 | 12.48 | 1.0 | Rachel Peeters | AKL | 29 Jun 1991 | 1 | Hot Meet 4 | North Shore | 16 Jan 2010 |
| 9 | 12.57 | -0.4 | Phillipa Symes | MWA | 12 Mar 1992 | 7 | NZL Championships | Christchurch | 26 Mar 2010 |
| 10 | 12.61 | 0.8 | Brogan McDonald | AKL | 08 Jul 1993 | 1sf2 | NZSSAA Championships | Hastings | 13 Dec 2010 |
| 11 | 12.71 | 0.5 | Emma Blake | HBG | 05 Apr 1993 | 2sf1 | NZSSAA Championships | Hastings | 13 Dec 2010 |
| 12 | 12.75 | -0.1 | Holly Janssen | WEL | 21 Nov 1992 | 1 | Gold Programme | Wellington | 04 Dec 2010 |
| 13 | 12.75 | -0.1 | Laura McPhail | OTG | 24 Nov 1991 | 4h2 | NZL Championships | Christchurch | 26 Mar 2010 |
| 14 | 12.76 | 1.1 | Lauren Nicol | CAN | 24 Apr 1993 | 1r1 | Interclub | Christchurch | 20 Nov 2010 |
| 15 | 12.78 | 0.8 | Elizabeth Rankin | AKL | 18 May 1992 | 3sf2 | NZSSAA Championships | Hastings | 13 Dec 2010 |
| 16 | 12.78 | 1.4 | Abigail Watson | CAN | 22 Nov 1991 | 4r1 | Interclub | Christchurch | 13 Feb 2010 |
| 17 | 12.84 | -1.6 | Katherine Camp | WBP | 06 Feb 1992 | 2 | Open Meeting | Hamilton | 16 Jan 2010 |
| 18 | 12.90 | -1.2 | Kristie Baillie | WBP | 09 Sep 1991 | 1 | Trevor Craven Memorial | Burnaby CAN | 10 Jul 2010 |
| 19 | 12.96 | 0.6 | Vanessa Hill | WBP | 23 Jun 1993 | 4h3 | NZSSAA Championships | Hastings | 11 Dec 2010 |
| 20 | 12.97 | 2.0 | Tessa Miller | STH | 06 Sep 1993 | 2 | Twilight Meeting | Invercargill | 26 Nov 2010 |
| 21 | 13.01 | 0.0 | Elise McIlroy | WEL | 07 Oct 1993 | 1 | Black Programme | Wellington | 13 Nov 2010 |
| 22 | 13.09 | 1.9 | Amy Adler | WBP | 09 Jan 1991 | 5 | Open Meeting | Tauranga | 05 Jan 2010 |
| 23 | 13.10 | -0.2 | Angela Smit | CAN | 16 Aug 1991 | 4r1 | Interclub | Christchurch | 06 Feb 2010 |
| 24 | 13.11 | 1.8 | Rebecca Gibson | STH | 02 May 1990 | 3r2 | Cooks Classic | Wanganui | 26 Jan 2010 |
| 25 | 13.11 | -0.3 | Tracey Hale | WBP | 26 Sep 1990 | 5h1 | NZL Championships | Christchurch | 26 Mar 2010 |
| 26 | 13.14 | -0.3 | Ellen Schaefer | WEL | 25 Oct 1990 | 6h1 | NZL Championships | Christchurch | 26 Mar 2010 |
| 27 | 13.14 | 0.0 | Genelle Vanderschantz | WBP | 01 Jun 1993 | 4 | Putaruru Bell 2 | Tauranga | 30 Oct 2010 |
| 28 | 13.15 | 0.3 | Monique Barker | CAN | 14 Dec 1992 | 1r3 | Interclub | Christchurch | 06 Feb 2010 |

200m | Women 19 | 2010

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|-------|------|----------------------|--------|-------------|------|-----------------------|---------------|-------------|
| 1 | 23.67 | 1.3 | Andrea Koenen | AKL | 13 Jan 1990 | 3 | AUS Championships | Perth AUS | 18 Apr 2010 |
| 2 | 24.88 | 1.8 | Lauren Wilson | OTG | 24 Nov 1992 | 1 | NZSSAA Championships | Hastings | 12 Dec 2010 |
| 3 | 25.16 | -1.0 | Kristie Baillie | WBP | 09 Sep 1991 | 2 | NZL Championships | Christchurch | 28 Mar 2010 |
| 4 | 25.30 | 1.9 | Chelsea Johannsen | AKL | 06 Sep 1991 | 2h2 | NZL Championships | Christchurch | 28 Mar 2010 |
| 5 | 25.33 | -0.3 | Hazel Bowering-Scott | TAS | 01 Apr 1993 | 6h3 | Youth Olympic Games | Singapore SIN | 19 Aug 2010 |
| 6 | 25.34 | -1.0 | Livvy Wilson | AKL | 09 Aug 1992 | 3 | NZL Championships | Christchurch | 28 Mar 2010 |
| 7 | 25.36 | 1.8 | Emma Blake | HBG | 05 Apr 1993 | 2 | NZSSAA Championships | Hastings | 12 Dec 2010 |
| 8 | 25.48 | 1.9 | Rebecca Gibson | STH | 02 May 1990 | 6r1 | Capital Classic | Wellington | 22 Jan 2010 |
| 9 | 25.50 | -0.8 | Katherine Camp | WBP | 06 Feb 1992 | 6 | Australia Junior Ch | Sydney AUS | 14 Mar 2010 |
| 10 | 25.54 | 0.9 | Holly Janssen | WEL | 21 Nov 1992 | 2 | Central Region Lge R3 | Wellington | 27 Nov 2010 |
| 11 | 25.66 | 1.9 | Rachel Peeters | AKL | 29 Jun 1991 | 3h2 | NZL Championships | Christchurch | 28 Mar 2010 |
| 12 | 25.70 | 1.7 | Abigail Watson | CAN | 22 Nov 1991 | 2 | Interclub | Christchurch | 20 Nov 2010 |
| 13 | 25.70 | 1.9 | Kelsey Berryman | CAN | 04 Feb 1992 | 7r1 | Capital Classic | Wellington | 22 Jan 2010 |
| 14 | 25.98 | -0.6 | Katrina Anderson | AKL | 22 Mar 1992 | 1 | Hot Meet 7 | Auckland | 06 Mar 2010 |
| 15 | 26.01 | 1.9 | Ellen Schaefer | WEL | 25 Oct 1990 | 8r1 | Capital Classic | Wellington | 22 Jan 2010 |
| 16 | 26.06 | -1.5 | Mariah Ririnui | WBP | 26 Jun 1992 | 1 | WBOP Schools | Tauranga | 13 Mar 2010 |
| 17 | 26.11 | 0.2 | Elizabeth Rankin | AKL | 18 May 1992 | 5sf2 | NZSSAA Championships | Hastings | 12 Dec 2010 |
| 18 | 26.24 | 0.9 | Kristin Dovey | WEL | 13 Mar 1993 | 3sf1 | NZSSAA Championships | Hastings | 12 Dec 2010 |

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|----|-------|------|-----------------|-----|-------------|-----|------------------------|----------------|-------------|
| 19 | 26.28 | 1.7 | Lauren Nicol | CAN | 24 Apr 1993 | 3 | Interclub | Christchurch | 20 Nov 2010 |
| 20 | 26.32 | 0.9 | Elise McLlroy | WEL | 07 Oct 1993 | 3 | Central Region Lge R3 | Wellington | 27 Nov 2010 |
| 21 | 26.44 | 2.0 | Brogan Mcdonald | AKL | 08 Jul 1993 | 2h1 | Down Under | Gold Coast AUS | 02 Jul 2010 |
| 22 | 26.54 | 1.2 | Laura McPhail | OTG | 24 Nov 1991 | 4 | Canterbury Championshi | Christchurch | 07 Mar 2010 |
| 23 | 26.66 | 0.3 | Devon Helm | OTG | 30 Jul 1992 | 3 | SI Sec Schools | Dunedin | 20 Mar 2010 |
| 24 | 26.70 | -1.9 | Angela Smit | CAN | 16 Aug 1991 | 2 | Interclub | Christchurch | 18 Dec 2010 |
| 25 | 26.72 | 0.3 | Vicky Paine | WEL | 11 Jun 1991 | 3r2 | Capital Classic | Wellington | 22 Jan 2010 |
| 26 | 28.68 | 0.9 | Lauren Orchard | WBP | 10 Nov 1993 | 1 | Gold Programme | Wellington | 04 Dec 2010 |

400m | Women 19 | 2010

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|-------|------|----------------------|--------|-------------|------|------------------------|--------------|-------------|
| 1 | 54.57 | | Kristie Baillie | WBP | 09 Sep 1991 | 1 | NZL Championships | Christchurch | 27 Mar 2010 |
| 2 | 55.37 | | Katherine Camp | WBP | 06 Feb 1992 | 4 | Australia Junior Ch | Sydney AU | 13 Mar 2010 |
| 3 | 56.13 | | Angela Smit | CAN | 16 Aug 1991 | 1 | Canterbury Championshi | Christchurch | 07 Mar 2010 |
| 4 | 56.14 | | Katrina Anderson | AKL | 22 Mar 1992 | 5 | Australia Junior Ch | Sydney AU | 13 Mar 2010 |
| 5 | 56.14 | | Rebecca Gibson | STH | 02 May 1990 | 3 | NZL Championships | Christchurch | 27 Mar 2010 |
| 6 | 56.29 | | Hazel Bowering-Scott | TAS | 01 Apr 1993 | 1 | NZSSAA Championships | Hastings | 12 Dec 2010 |
| 7 | 56.62 | | Abigail Watson | CAN | 22 Nov 1991 | 3mx | Interclub | Christchurch | 13 Feb 2010 |
| 8 | 57.31 | | Vicky Paine | WEL | 11 Jun 1991 | 1 | Wellington Championshi | Wellington | 27 Feb 2010 |
| 9 | 58.31 | | Sarah Flynn | HBG | 03 Nov 1992 | 2 | NZSSAA Championships | Hastings | 12 Dec 2010 |
| 10 | 58.54 | | Georgina Allison | CAN | 19 Apr 1991 | 1 | Otago Championships | Dunedin | 21 Feb 2010 |
| 11 | 58.55 | | Lauren Nicol | CAN | 24 Apr 1993 | 3 | NZSSAA Championships | Hastings | 12 Dec 2010 |
| 12 | 58.58 | | Anne Simpson | AKL | 17 Sep 1992 | 1 | Open Meeting | Hamilton | 04 Dec 2010 |
| 13 | 58.80 | | Elena Hewett | AKL | 08 Nov 1991 | 6 | NZL Championships | Christchurch | 27 Mar 2010 |
| 14 | 58.84 | | Alisha Lovrich | AKL | 19 Jul 1993 | 4 | NZSSAA Championships | Hastings | 12 Dec 2010 |
| 15 | 58.95 | | Rachael Catley | AKL | 04 Oct 1991 | 1 | Open Meeting | Auckland | 20 Mar 2010 |
| 16 | 59.42 | | Ximena Smith | AKL | 11 Oct 1992 | 4 | Battle of Regions 2 | Hamilton | 20 Nov 2010 |
| 17 | 59.43 | | Anna Roche | WEL | 04 Dec 1992 | 2r1 | Cooks Classic | Wanganui | 26 Jan 2010 |
| 18 | 59.70 | | Rebekah Greene | OTG | 26 Dec 1993 | 1 | Hurring Relays 3 | Dunedin | 13 Nov 2010 |
| 19 | 59.78 | | Fern Lowrie | HBG | 14 Sep 1992 | 3sf2 | NZSSAA Championships | Hastings | 12 Dec 2010 |
| 20 | 59.81 | | Rebecca Lovell | WBP | 08 Oct 1992 | 8 | NZL Championships | Christchurch | 27 Mar 2010 |
| 21 | 59.82 | | Ellen Schaeef | WEL | 25 Oct 1990 | 2 | Wellington Championshi | Wellington | 27 Feb 2010 |

800m | Women 19 | 2010

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|---------|------|--------------------|--------|-------------|-----|--------------------------|------------------|-------------|
| 1 | 2:03.87 | | Angela Smit | CAN | 16 Aug 1991 | 4rA | Victoria Track Classic | Victoria CAN | 07 Jul 2010 |
| 2 | 2:07.01 | | Anna Roche | WEL | 04 Dec 1992 | 7s1 | World Junior Championshi | Moncton CAN | 21 Jul 2010 |
| 3 | 2:07.77 | | Rebekah Greene | OTG | 26 Dec 1993 | 1 | Weekly Meeting | Dunedin | 18 Dec 2010 |
| 4 | 2:10.81 | | Hannah Newbould | CAN | 19 Jun 1991 | 2 | Sylvia Potts Classic | Hastings | 29 Jan 2010 |
| 5 | 2:13.02 | | Annika Pfitzinger | AKL | 24 Aug 1992 | 1 | NZSSAA Championships | Hastings | 12 Dec 2010 |
| 6 | 2:14.16 | | Barbara Roy | WEL | 22 Oct 1990 | 1 | Otago Championships | Dunedin | 21 Feb 2010 |
| 7 | 2:14.96 | | Laura Nagel | HBG | 11 Feb 1992 | 5 | Sylvia Potts Classic | Hastings | 29 Jan 2010 |
| 8 | 2:15.67 | | Rachael Catley | AKL | 04 Oct 1991 | 1 | Auckland Championships | Auckland | 28 Feb 2010 |
| 9 | 2:16.00 | | Ximena Smith | AKL | 11 Oct 1992 | 5 | NZSSAA Championships | Hastings | 12 Dec 2010 |
| 10 | 2:16.27 | | Laura Sinclair | WBP | 13 Dec 1990 | 3r1 | Mason Spring Inv | Fairfax VA | 10 Apr 2010 |
| 11 | 2:16.88 | | Katrina Anderson | AKL | 22 Mar 1992 | 2 | Auckland Championships | Auckland | 28 Feb 2010 |
| 12 | 2:17.10 | | Melissa Murrihy | WBP | 31 Jan 1990 | 5 | NZL Championships | Christchurch | 27 Mar 2010 |
| 13 | 2:17.37 | | Flora Brocherie | CAN | 30 Oct 1992 | 6 | NZSSAA Championships | Hastings | 12 Dec 2010 |
| 14 | 2:17.64 | | Esther Keown | AKL | 25 May 1992 | 5 | Capital Classic | Wellington | 22 Jan 2010 |
| 15 | 2:17.86 | | Poppy Kelt | HBG | 13 Sep 1992 | 7 | NZSSAA Championships | Hastings | 12 Dec 2010 |
| 16 | 2:18.10 | | Caroline Mellsop | MWA | 05 Sep 1991 | 1 | Central Region Lge R3 | Wellington | 27 Nov 2010 |
| 17 | 2:18.80 | | Annabelle White | CAN | 02 Dec 1993 | 3h2 | NZSSAA Championships | Hastings | 11 Dec 2010 |
| 18 | 2:18.86 | | Jenny Hauke | AKL | 06 Feb 1993 | 1 | Open Meeting | Hamilton | 04 Dec 2010 |
| 19 | 2:21.33 | | Kim Chambers | OTG | 10 Apr 1991 | 2 | Canterbury Championshi | Christchurch | 07 Mar 2010 |
| 20 | 2:21.51 | | Florence Reynolds | WEL | 31 Dec 1992 | 1 | Central Region Lge R2 | Palmerston North | 20 Nov 2010 |
| 21 | 2:21.69 | | Nicole Mitchell | WEL | 19 Aug 1992 | 2 | Wellington Championshi | Wellington | 27 Feb 2010 |
| 22 | 2:21.82 | | Katherine Vance | WEL | 19 Apr 1991 | 3 | Wellington Championshi | Wellington | 27 Feb 2010 |
| 23 | 2:22.96 | | Christina Taylor | STH | 02 Aug 1992 | 4mx | Open Meeting | Invercargill | 04 Dec 2010 |
| 24 | 2:23.15 | | Francesca Priest | AKL | 07 Mar 1991 | 1 | Otago Championships | Dunedin | 21 Feb 2010 |
| 25 | 2:23.53 | | Bella Bloomfield | OTG | 12 Apr 1992 | 1 | SI Sec Schools | Dunedin | 20 Mar 2010 |
| 26 | 2:23.64 | | Kimberley Chambers | CAN | 04 Oct 1991 | 8 | NZL Championships | Christchurch | 27 Mar 2010 |

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|----|---------|--|---------------|-----|-------------|---|----------------------|--------------|-------------|
| 27 | 2:23.65 | | Nicole Mesman | CAN | 02 Feb 1993 | H | Canterbury CE Champs | Christchurch | 19 Dec 2010 |
| 28 | 2:23.94 | | Emily Kinsler | AKL | 10 Aug 1993 | 2 | Open Meeting | Hamilton | 04 Dec 2010 |

1000m | Women 19 | 2010

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|---------|------|----------------|--------|-------------|-----|------------------------|-------------|-------------|
| 1 | 2:56.01 | | Laura Sinclair | WBP | 13 Dec 1990 | 12 | New Balance Collegiate | New York NY | 06 Feb 2010 |

1500m | Women 19 | 2010

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|---------|------|--------------------|--------|-------------|-----|--------------------------|--------------|-------------|
| 1 | 4:14.54 | | Hannah Newbould | CAN | 19 Jun 1991 | 2rA | Victoria Track Classic | Victoria CAN | 07 Jul 2010 |
| 2 | 4:18.90 | | Rebekah Greene | OTG | 26 Dec 1993 | 5h1 | World Junior Championshi | Moncton CAN | 23 Jul 2010 |
| 3 | 4:24.06 | | Laura Nagel | HBG | 11 Feb 1992 | 2 | NZL Championships | Christchurch | 28 Mar 2010 |
| 4 | 4:24.69 | | Anna Roche | WEL | 04 Dec 1992 | 3 | NZL Championships | Christchurch | 28 Mar 2010 |
| 5 | 4:25.50 | | Lydia O'Donnell | WBP | 14 Jun 1990 | 3 | Porritt Classic | Hamilton | 13 Feb 2010 |
| 6 | 4:26.16 | | Barbara Roy | WEL | 22 Oct 1990 | 4 | NZL Championships | Christchurch | 28 Mar 2010 |
| 7 | 4:29.31 | | Angela Smit | CAN | 16 Aug 1991 | 1 | Interclub | Christchurch | 16 Jan 2010 |
| 8 | 4:29.45 | | Olivia Burne | MWA | 03 Sep 1991 | 6 | Porritt Classic | Hamilton | 13 Feb 2010 |
| 9 | 4:32.81 | | Esther Keown | AKL | 25 May 1992 | 8 | Porritt Classic | Hamilton | 13 Feb 2010 |
| 10 | 4:33.44 | | Caroline Mellso | MWA | 05 Sep 1991 | 5rB | Victoria Track Classic | Victoria CAN | 07 Jul 2010 |
| 11 | 4:34.16 | | Laura Sinclair | WBP | 13 Dec 1990 | 1h1 | Colonial | Fairfax VA | 30 Apr 2010 |
| 12 | 4:35.01 | | Annika Pfitzinger | AKL | 24 Aug 1992 | 10 | Porritt Classic | Hamilton | 13 Feb 2010 |
| 13 | 4:37.88 | | Danielle Trevis | AKL | 19 Jan 1991 | 11 | Porritt Classic | Hamilton | 13 Feb 2010 |
| 14 | 4:38.39 | | Annie Keown | AKL | 16 Nov 1990 | 6 | NZL Championships | Christchurch | 28 Mar 2010 |
| 15 | 4:40.75 | | Flora Brocherie | CAN | 30 Oct 1992 | 9 | NZL Championships | Christchurch | 28 Mar 2010 |
| 16 | 4:40.97 | | Jacinda Swain | WEL | 28 May 1982 | 1 | Gold Programme | Wellington | 06 Mar 2010 |
| 17 | 4:42.74 | | Florence Reynolds | WEL | 31 Dec 1992 | 1 | Gold Programme | Wellington | 04 Dec 2010 |
| 18 | 4:44.00 | | Georgie Grgec | AKL | 19 Nov 1993 | 1 | Waitakere Festival | Waitakere | 30 Oct 2010 |
| 19 | 4:48.16 | | Rebecca Kingsford | WBP | 08 Nov 1990 | 16 | Porritt Classic | Hamilton | 13 Feb 2010 |
| 20 | 4:48.30 | | Nicole Mitchell | WEL | 19 Aug 1992 | 2 | Gold Programme | Wellington | 04 Dec 2010 |
| 21 | 4:49.11 | | Francesca Priest | AKL | 07 Mar 1991 | 1 | Otago Championships | Dunedin | 21 Feb 2010 |
| 22 | 4:49.25 | | Christina Taylor | STH | 02 Aug 1992 | 1 | Weekly Meeting | Dunedin | 27 Nov 2010 |
| 23 | 4:49.52 | | Kimberley Chambers | CAN | 04 Oct 1991 | 10 | NZL Championships | Christchurch | 28 Mar 2010 |
| 24 | 4:51.10 | | Melissa Murrihy | WBP | 31 Jan 1990 | 18 | Porritt Classic | Hamilton | 13 Feb 2010 |
| 25 | 4:51.26 | | Kim Chambers | OTG | 10 Apr 1991 | 2 | Canterbury Championshi | Christchurch | 07 Mar 2010 |
| 26 | 4:51.33 | | Katherine Vance | WEL | 19 Apr 1991 | 3 | Wellington Championshi | Wellington | 27 Feb 2010 |
| 27 | 4:51.72 | | Shauna Pali | OTG | 28 Nov 1993 | 2 | Hurring Relays 3 | Dunedin | 13 Nov 2010 |
| 28 | 4:53.25 | | Poppy Kelt | HBG | 13 Sep 1992 | 6 | Porritt Classic | Hamilton | 13 Feb 2010 |
| 29 | 4:54.27 | | Brigitte Hicks | AKL | 23 Jun 1993 | 4 | NZSSAA Championships | Hastings | 12 Dec 2010 |
| 30 | 4:54.65 | | Josie Wilcox | TAS | 11 Jun 1991 | 5 | Canterbury Championshi | Christchurch | 07 Mar 2010 |

Mile | Women 19 | 2010

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|---------|------|--------------------|--------|-------------|-----|-------------------------|---------------|-------------|
| 1 | 4:46.46 | | Hannah Newbould | CAN | 19 Jun 1991 | 1 | Cooks Classic | Wanganui | 26 Jan 2010 |
| 2 | 4:51.38 | | Laura Nagel | HBG | 11 Feb 1992 | 3 | Cooks Classic | Wanganui | 26 Jan 2010 |
| 3 | 4:52.22 | | Olivia Burne | MWA | 03 Sep 1991 | 4 | Cooks Classic | Wanganui | 26 Jan 2010 |
| 4 | 4:59.06 | | Caroline Mellso | MWA | 05 Sep 1991 | 1 | Scottish Night of Miles | Wellington | 18 Dec 2010 |
| 5 | 5:00.05 | | Georgie Grgec | AKL | 19 Nov 1993 | 1 | Open Meeting | Hamilton | 04 Dec 2010 |
| 6 | 5:00.65 | | Esther Keown | AKL | 25 May 1992 | 7 | Cooks Classic | Wanganui | 26 Jan 2010 |
| 7 | 5:02.11 | | Rochelle Sceats | HBG | 01 Aug 1990 | 11 | Virginia Tech Challang | Blacksburg VA | 20 Feb 2010 |
| 8 | 5:05.13 | | Laura Sinclair | WBP | 13 Dec 1990 | 12 | Hokie Invitational | Blacksburg VA | 22 Jan 2010 |
| 9 | 5:13.14 | | Katherine Vance | WEL | 19 Apr 1991 | 2 | Scottish Night of Miles | Wellington | 18 Dec 2010 |
| 10 | 5:15.85 | | Christina Taylor | STH | 02 Aug 1992 | 1 | St Pauls Memorial | Invercargill | 20 Nov 2010 |
| 11 | 5:17.92 | | Tara La Grange | AKL | 01 Jun 1991 | 1 | John Walker Miles | Auckland | 18 Dec 2010 |
| 12 | 5:23.30 | | Ella Mangan-Walker | AKL | 14 Jun 1993 | 2 | John Walker Miles | Auckland | 18 Dec 2010 |

3000m | Women 19 | 2010

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|---------|------|-----------------|--------|-------------|-----|--------------------------|---------------|-------------|
| 1 | 9:15.68 | | Hannah Newbould | CAN | 19 Jun 1991 | 8 | World Junior Championshi | Moncton CAN | 19 Jul 2010 |
| 2 | 9:25.91 | | Laura Nagel | HBG | 11 Feb 1992 | 16 | World Junior Championshi | Moncton CAN | 19 Jul 2010 |
| 3 | 9:28.54 | | Lydia O'Donnell | WBP | 14 Jun 1990 | 2 | TT21 Test Match | Waitakere | 20 Feb 2010 |
| 4 | 9:33.59 | | Danielle Trevis | AKL | 19 Jan 1991 | 2 | Distance Series 1 | North Shore | 23 Nov 2010 |
| 5 | 9:47.55 | | Rochelle Sceats | HBG | 01 Aug 1990 | 4 | Hokie Invitational | Blacksburg VA | 22 Jan 2010 |

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|----|----------|--|---------------------|-----|-------------|------|------------------------|------------------|-------------|
| 6 | 9:49.54 | | Nicki McFadzien | CAN | 17 Sep 1991 | 6mx | ITM | Christchurch | 18 Mar 2010 |
| 7 | 9:49.59 | | Olivia Burne | MWA | 03 Sep 1991 | 4 | TT21 Test Match | Waitakere | 20 Feb 2010 |
| 8 | 9:51.78 | | Laura Sinclair | WBP | 13 Dec 1990 | 4 | Virginia Tech Challang | Blacksburg VA | 19 Feb 2010 |
| 9 | 9:54.86 | | Georgie Grgec | AKL | 19 Nov 1993 | 1 | NZSSAA Championships | Hastings | 12 Dec 2010 |
| 10 | 9:54.92 | | Annie Keown | AKL | 16 Nov 1990 | 7 | NZ 3000m Championship | Wellington | 22 Jan 2010 |
| 11 | 9:54.99 | | Rebekah Greene | OTG | 26 Dec 1993 | 2 | NZSSAA Championships | Hastings | 12 Dec 2010 |
| 12 | 10:04.41 | | Sarah McSweeney | WBP | 08 Jan 1990 | 8 | NZ 3000m Championship | Wellington | 22 Jan 2010 |
| 13 | 10:07.63 | | Anna-Lisa Uttley | OTG | 07 Mar 1993 | 2rB | Youth Olympic Games | Singapore SIN | 22 Aug 2010 |
| 14 | 10:09.42 | | Caroline Mellso | MWA | 05 Sep 1991 | 1 | Black Programme | Wellington | 13 Mar 2010 |
| 15 | 10:13.46 | | Nicole Mitchell | WEL | 19 Aug 1992 | 3 | NI Sec Schools | Wellington | 20 Mar 2010 |
| 16 | 10:14.50 | | Angela Smit | CAN | 16 Aug 1991 | 7mx | Interclub | Christchurch | 11 Dec 2010 |
| 17 | 10:20.43 | | Breeanna Potter | AKL | 23 Apr 1990 | 2 | Hot Meet 7 | Auckland | 06 Mar 2010 |
| 18 | 10:24.45 | | Tara La Grange | AKL | 01 Jun 1991 | 2 | Battle of Regions 1 | Auckland | 13 Nov 2010 |
| 19 | 10:25.41 | | Rebecca Kingsford | WBP | 08 Nov 1990 | 9 | NZ 3000m Championship | Wellington | 22 Jan 2010 |
| 20 | 10:26.21 | | Josie Wilcox | TAS | 11 Jun 1991 | 3 | NZ W19 3000m Chp | Dunedin | 06 Feb 2010 |
| 21 | 10:32.15 | | Shauna Pali | OTG | 28 Nov 1993 | 1 | Hurring Relays 2 | Dunedin | 06 Nov 2010 |
| 22 | 10:44.83 | | Ella Mangan-Walker | AKL | 14 Jun 1993 | 2 | Battle of Regions 1 | Auckland | 13 Nov 2010 |
| 23 | 10:46.34 | | Samantha Blanch | AKL | 10 Sep 1990 | 1 | Club Meet | Palmerston North | 09 Mar 2010 |
| 24 | 10:46.37 | | Karly Ryder | CAN | 19 Jul 1992 | 2 | SI Sec Schools | Dunedin | 20 Mar 2010 |
| 25 | 10:48.97 | | Hannah Harty | HBG | 08 Jul 1992 | 5 | NI Sec Schools | Wellington | 20 Mar 2010 |
| 26 | 10:52.20 | | Kim Chambers | OTG | 10 Apr 1991 | 11mx | Interclub | Christchurch | 11 Dec 2010 |
| 27 | 10:53.31 | | Kathryn Bunckenburg | WEL | 27 Oct 1992 | 6 | NI Sec Schools | Wellington | 20 Mar 2010 |

5000m | Women 19 | 2010

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|----------|------|-----------------|--------|-------------|-----|-----------------------|------------------|-------------|
| 1 | 16:11.49 | | Danielle Trevis | AKL | 19 Jan 1991 | 9mx | Bays Distance Series | North Shore | 22 Dec 2010 |
| 2 | 16:34.40 | | Rochelle Sceats | HBG | 01 Aug 1990 | 3r2 | ECAC | Roxbury MA | 06 Mar 2010 |
| 3 | 16:46.58 | | Nicki McFadzien | CAN | 17 Sep 1991 | 9mx | Interclub | Christchurch | 29 Dec 2010 |
| 4 | 16:56.10 | | Olivia Burne | MWA | 03 Sep 1991 | 2mx | Central Championships | Palmerston North | 28 Feb 2010 |
| 5 | 17:06.74 | | Lydia O'Donnell | WBP | 14 Jun 1990 | 1 | NZL Championships | Christchurch | 26 Mar 2010 |
| 6 | 17:29.28 | | Sarah McSweeney | CAN | 08 Jan 1990 | 2 | NZL Championships | Christchurch | 26 Mar 2010 |

Half Marathon | Women 19 | 2010

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|---------|------|-----------------|--------|-------------|-----|------------------------|--------------|-------------|
| 1 | 1:20:45 | | Tara La Grange | AKL | 01 Jun 1991 | 1 | Kerikeri Half Marathon | Kerikeri | 20 Nov 2010 |
| 2 | 1:21:52 | | Nicki McFadzien | CAN | 17 Sep 1991 | 7 | SBS Christchurch | Christchurch | 06 Jun 2010 |
| 3 | 1:24:18 | | Ruby Muir | WBP | 01 Jul 1991 | 9 | adidas Auckland | Auckland | 31 Oct 2010 |

2000m Steeplechase | Women 19 | 2010

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|---------|------|-------------------|--------|-------------|-----|------------------------|-------------|-------------|
| 1 | 6:56.56 | | Caroline Mellso | MWA | 05 Sep 1991 | 1 | Trevor Craven Memorial | Burnaby CAN | 10 Jul 2010 |
| 2 | 7:11.35 | | Christina Taylor | STH | 02 Aug 1992 | 1 | NZSSAA Championships | Hastings | 12 Dec 2010 |
| 3 | 7:18.50 | | Florence Reynolds | WEL | 31 Dec 1992 | 1 | NI Sec Schools | Wellington | 21 Mar 2010 |
| 4 | 7:23.24 | | Flora Brocherie | CAN | 30 Oct 1992 | 3 | NZSSAA Championships | Hastings | 12 Dec 2010 |
| 5 | 7:24.31 | | Hannah Harty | HBG | 08 Jul 1992 | 4 | NI Sec Schools | Wellington | 21 Mar 2010 |
| 6 | 7:33.00 | | Georgie Blackwood | MWA | 19 Sep 1993 | 6 | NZSSAA Championships | Hastings | 12 Dec 2010 |
| 7 | 7:38.19 | | Kate Hewitt | CAN | 23 Aug 1993 | 7 | NZSSAA Championships | Hastings | 12 Dec 2010 |
| 8 | 7:42.20 | | Nikki Powell | HBG | 15 Aug 1992 | 8 | NZSSAA Championships | Hastings | 12 Dec 2010 |
| 9 | 7:45.30 | | Greta Porter | HBG | 04 Oct 1992 | 10 | NZSSAA Championships | Hastings | 12 Dec 2010 |
| 10 | 7:52.32 | | Jenna Hansen | WBP | 16 Jul 1993 | 11 | NZSSAA Championships | Hastings | 12 Dec 2010 |

3000m Steeplechase | Women 19 | 2010

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|----------|------|-----------------|--------|-------------|-----|----------------------|--------------|-------------|
| 1 | 10:35.19 | | Caroline Mellso | MWA | 05 Sep 1991 | 1 | NZL Championships | Christchurch | 27 Mar 2010 |
| 2 | 10:43.22 | | Sarah McSweeney | CAN | 08 Jan 1990 | 2 | NZL Championships | Christchurch | 27 Mar 2010 |
| 3 | 11:05.50 | | Annie Keown | AKL | 16 Nov 1990 | 2 | Sylvia Potts Classic | Hastings | 29 Jan 2010 |
| 4 | 11:29.70 | | Josie Wilcox | TAS | 11 Jun 1991 | 3 | NZL Championships | Christchurch | 27 Mar 2010 |

110m Hurdles | Women 19 | 2010

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|-------|------|-----------------|--------|-------------|-----|------------------------|--------------|-------------|
| 1 | 14.80 | 0.3 | Kelsey Berryman | CAN | 04 Feb 1992 | H | Canterbury CE Champs | Christchurch | 18 Dec 2010 |
| 2 | 14.81 | -1.5 | Portia Bing | AKL | 17 Apr 1993 | H | North Island CE Champs | Hastings | 23 Oct 2010 |
| 3 | 14.82 | 0.5 | Zoe Ballantyne | AKL | 28 Mar 1992 | 1 | Auckland Championships | Auckland | 27 Feb 2010 |

| | | | | | | | | | |
|---|-------|------|----------------|-----|-------------|---|----------------------|--------------|-------------|
| 4 | 15.12 | -0.9 | Phillipa Symes | MWA | 12 Mar 1992 | 3 | NZL Championships | Christchurch | 27 Mar 2010 |
| 5 | 15.26 | -0.9 | Tracey Hale | WBP | 26 Sep 1990 | 4 | NZL Championships | Christchurch | 27 Mar 2010 |
| 6 | 15.99 | -0.4 | Mariah Ririnui | WBP | 26 Jun 1992 | 1 | Tauranga Twilight | Tauranga | 01 Jan 2010 |
| 7 | 16.15 | 0.3 | Nicole Mesman | CAN | 02 Feb 1993 | H | Canterbury CE Champs | Christchurch | 18 Dec 2010 |
| 8 | 16.35 | 0.2 | Elizabeth Lamb | AKL | 12 May 1991 | 1 | Hot Meet 4 | North Shore | 16 Jan 2010 |

400m Hurdles | Women 19 | 2010

| Rank | Perf | Wind | Athlete | Centre | DOB | Pos | Competition | Venue | Date |
|------|-------|------|-------------------|--------|-------------|-----|------------------------|--------------|-------------|
| 1 | 61.28 | | Georgina Allison | CAN | 19 Apr 1991 | 1 | NZL Championships | Christchurch | 28 Mar 2010 |
| 2 | 61.78 | | Katherine Camp | WBP | 06 Feb 1992 | 2 | NZL Championships | Christchurch | 28 Mar 2010 |
| 3 | 63.53 | | Kelsey Berryman | CAN | 04 Feb 1992 | 3 | NZL Championships | Christchurch | 28 Mar 2010 |
| 4 | 63.65 | | Alexandra Skerten | OTG | 02 Jul 1992 | 1 | Area Championships | Cairns AUS | 25 Sep 2010 |
| 5 | 64.12 | | Zoe Ballantyne | AKL | 28 Mar 1992 | 4 | NZL Championships | Christchurch | 28 Mar 2010 |
| 6 | 67.64 | | Jaimee Knyn | MWA | 07 Oct 1990 | 3 | Capital Classic | Wellington | 22 Jan 2010 |
| 7 | 67.91 | | Abigail Watson | CAN | 22 Nov 1991 | 1 | Canterbury Championshi | Christchurch | 07 Mar 2010 |
| 8 | 68.39 | | Caroline Mellisop | MWA | 05 Sep 1991 | 4 | Capital Classic | Wellington | 22 Jan 2010 |
| 9 | 69.88 | | Paige Lowe | MWA | 03 Mar 1992 | 7 | NZL Championships | Christchurch | 28 Mar 2010 |