



WNZ Masters Record Standards

Effective from 1 January 2025

NB: Standards MUST be EXCEEDED

SUBJECT TO CONFIRMATION by 17.2.25

MALE
60
65
71
79
88
98
110
110+

M35		
Sn	C&J	Total
80	98	178
85	104	189
90	110	200
96	118	214
102	125	227
107	131	238
112	137	249
121	148	269

M40		
Sn	C&J	Total
76	93	169
80	98	178
85	104	189
91	111	202
96	118	214
101	124	225
106	129	235
115	140	255

M45		
Sn	C&J	Total
72	88	160
76	93	169
80	98	178
86	105	191
91	111	202
95	117	212
100	122	222
108	132	240

FEMALE
48
53
58
63
69
77
86
86+

F35		
Sn	C&J	Total
50	61	111
54	66	120
58	70	128
61	74	135
64	78	142
68	83	151
71	87	158
77	95	172

F40		
Sn	C&J	Total
47	58	105
51	62	113
54	66	120
57	70	127
60	74	134
64	78	142
67	82	149
73	89	162

F45		
Sn	C&J	Total
44	54	98
47	58	105
51	62	113
53	65	118
56	69	125
59	73	132
62	76	138
68	83	151



WNZ Masters Record Standards

Effective from 1 January 2025

NB: Standards MUST be EXCEEDED

SUBJECT TO CONFIRMATION by 17.2.25

MALE
60
65
71
79
88
98
110
110+

M50		
Sn	C&J	Total
67	82	149
71	87	158
76	92	168
81	99	180
85	104	189
90	110	200
94	115	209
102	124	226

M55		
Sn	C&J	Total
62	76	138
66	81	147
70	85	155
74	91	165
79	96	175
83	101	184
87	106	193
94	115	209

M60		
Sn	C&J	Total
57	70	127
60	74	134
64	78	142
68	83	151
72	88	160
76	93	169
79	97	176
86	105	191

FEMALE
48
53
58
63
69
77
86
86+

F50		
Sn	C&J	Total
40	49	89
43	53	96
46	56	102
49	59	108
51	63	114
54	66	120
57	69	126
62	76	138

F55		
Sn	C&J	Total
36	44	80
39	47	86
41	50	91
43	53	96
46	56	102
48	59	107
51	62	113
55	67	122

F60		
Sn	C&J	Total
32	39	71
34	42	76
36	44	80
38	47	85
40	49	89
43	52	95
45	55	100
49	60	109



WNZ Masters Record Standards

Effective from 1 January 2025

NB: Standards MUST be EXCEEDED

SUBJECT TO CONFIRMATION by 17.2.25

MALE
60
65
71
79
88
98
110
110+

M65		
Sn	C&J	Total
52	63	115
55	67	122
58	71	129
62	76	138
66	80	146
69	84	153
72	88	160
78	96	174

M70		
Sn	C&J	Total
46	56	102
49	60	109
52	63	115
55	68	123
58	71	129
61	75	136
64	79	143
70	85	155

M75		
Sn	C&J	Total
41	50	91
43	53	96
46	56	102
49	60	109
52	63	115
54	66	120
57	69	126
61	75	136

FEMALE
48
53
58
63
69
77
86
86+

F65		
Sn	C&J	Total
29	35	64
31	38	69
33	40	73
35	43	78
37	45	82
39	47	86
41	50	91
44	54	98

F70		
Sn	C&J	Total
26	32	58
28	34	62
30	36	66
31	38	69
33	40	73
35	43	78
37	45	82
40	49	89

F75		
Sn	C&J	Total
23	28	51
25	30	55
27	32	59
28	34	62
30	36	66
31	38	69
33	40	73
36	44	80