

NATIONAL RECORDS - PAPUA NEW GUINEA

MEN

100m (e)	10.40 [+1.6]	Peter PULU	250875	Stuttgart	29.07.95
100m (h)	10.3	Nelson STONE	060284	Lae	26.06.09
200m (e)	20.97 (1.9)	Theo PINIAU	080693	Jacksonville, FL	12.06.16
400m (e)	46.70	Nelson STONE	060284	New Delhi	08.10.10
800m	1:48.29	Clement ABAI	140479	Baton Rouge	20.04.02
1500m	4:00.02	Sebastine SENA	121075	Adelaide	08.02.97
5000m	14:43.4	John KOKINAI	300651	Rabaul	10.09.72
10000m	31:21.4	Tau John TOKWEPOTA	250656	Lae	.76
Half Marathon	1:11:16	Sapolai YAO	150982	Gold Coast	04.07.10
Marathon	2:28:13	Tau John TOKWEPOTA	250656	Honolulu	07.12.80
3000m St	9:25.8	John KOKINAI	300651	Port Moresby	27.08.71
110mH (e)	14.04 [+1.9]	Wala GIME	161279	Allendale, Mich	22.05.14
400mH (e)	50.37	Mowen BOINO	161279	Melbourne	21.03.06
High Jump	2.06	Hapo MALIAKI	120379	Port Moresby	29.09.96
	2.06	Sandy KATUSELE	131280	Suva	10.07.03
Pole Vault	4.20	Eric MOMBERGER	060868	Barcelona	06.08.92
Long Jump	7.23	Peniel Richard	140694	Commerce TX	06.05.17
Triple Jump	15.51 (-0.3)	Peniel RICHARD	140694	Apia Samoa	19.07.19
Shot Put	15.64	De'bono PARAKA	200790	Suva, Fiji	30.06.17
Discus	52.60	Debono PARAKA	200790	Gold Coast	13.04.18
Hammer	39.45	Debono PARAKA	200790	Suva, Fiji	10.12.17
Javelin	64.89	Lakona GEREGA	250296	Townsville	25.06.19
Decathlon (e)	7178	Eric MOMBERGER 060868 Emmitsburg 28.06.92 (11.07, 13.48, 1.93, 6.91, 50.10 / 15.63, 38.64, 4.00, 52.20, 4:46.04)			
4 X 100m (e)	40.29	NATIONAL TEAM (Akia, Pulu, Ali, Babo)		Pirae	24.08.95
4 x 400m (e)	3:09.55	NATIONAL TEAM (Tuna, Neuendorf, Selot, Babo)		Port Moresby	21.09.91

WOMEN

100m (e)	11.29 [1.9]	Toea WISIL	010188	Fiji, Suva	09.07.16
200m (e)	23.13	Toea WISIL	010188	Canberra	12.03.17
400m (e)	53.19	Toea WISIL	010188	Gold Coast	14.08.10
800m	2:03.53	Salome DELL	210383	Delhi	10.10.10
1500m	4:27.77	Salome DELL	210383	Brisbane	11.02.11
3000mSt	11:10.48	Rama KUMILGO	180899	Cairns	08.05.15
5000m	18:09.30 mx	Rosemary OMUNDSEN	060664	Flein, Germany	26.07.95
	18:18.1	Rosemary OMUNDSEN	060664	Lae	30.06.95
10000m	38:01.73	Rosemary OMUNDSEN	060664	Port Vila	11.12.93
Half Mar	1:27:21	Rosemary OMUNDSEN	060664	Port Moresby	05.06.94
100mH (e)	13.52	Sharon KWARULA	080687	Norwalk, California	18.04.15
400mH (e)	58.02	Betty BURUA	241186	Brisbane	29.03.15
High Jump	1.77	Rellie KAPUTIN	120393	Port Moresby	14.07.15
Pole Vault	2.30	Delilah KAMI	240486	Brisbane	14.06.15
Long Jump	6.50	Rellie KAPUTIN	120393	Townsville	25.06.19
Triple Jump	13.28	Rellie KAPUTIN	120393	Bradenton, FL	28.05.17
Shot Put	13.50	Iammo LAUNA	160957	Port Moresby	17.09.91
Discus	38.96	Sharon TOAKO	121092	Port Moresby	14.11.20
Javelin	49.18	Sharon TOAKO	121092	Kingsville	25.05.19
Hammer	47.99	Jacklyn TRAVERTZ	170993	Apia	16.07.19
Heptathlon	5221	Adrine Monagi (15.49, 1.53, 12.25, 25.26 / 5.20, 49.80, 2:38.29)	080695	San Angelo	16.03.17
4 x 100m (e)	45.97	NATIONAL TEAM (Monagi, Beu, Malamut, Wisil)		Apia	19.07.19
4 x 400m (e)	3:40.40	NATIONAL TEAM (Burua, Dell, Philemon, Wisil)		Delhi	11.10.10

(e) - fully electronic timing

(h) - hand timing

nwi - no wind information

mx - mixed gender race

Records updated 31.12.20