

2010 Throwing Records -- Throws Pentathlon

THROWS PENTATHLON											as of September 8, 2011	
<u>MEN</u>												
GROUP	NAME	AGE	PROV	DATE	LOCATION	Hammer	Shot Put	Discus	Javelin	Weight	2010 Points	2006 Points
M35	Richard Parkinson	39	ON	May 15, 2004	Stouffville, ON	36.41 472	11.19 582	34.57 565	51.00 613	12.20 589	2821	2852
M40	Ian Maplethorpe	41	AB	Aug 11, 2007	Spokane, WA	58.39 938	9.99 553	39.68 740	25.61 269	17.88 993	3493	3335
M45	Richard Parkinson	45	ON	Aug 15, 2009	Stouffville, ON	33.08 529	11.36 707	33.35 668	50.35 723	12.15 690	3317	3166
M50	Zenon Smiechowski	50	BC	July 31, 2005	Edmonton, AB	34.77 533	12.23 749	41.16 706	42.05 613	13.37 679	3280	3312
M55	John Kasperski	58	ON	Aug 6, 2002	Stouffville, ON	40.71 735	12.84 870	40.97 777	31.50 473	15.87 897	3752	4098
M60	John Kasperski	60	ON	Sept 18, 2004	Stouffville, ON	43.11 782	13.73 921	40.20 720	33.14 542	17.26 907	3872	4142
M65	Marek Glowacki	65	AB	May 13, 2006	Calgary, AB	40.67 836	13.64 1009	46.01 944	39.09 754	15.43 861	4404	4848
M70	Marek Glowacki	70	BC	July 17, 2011	Sacramento, CA	37.81 796	13.20 961	38.29 848	38.09 798	15.59 895	4298	
M75	Douglas Monds	76	BC	July 31, 2005	Edmonton, AB	30.84 730	8.61 651	23.10 526	20.03 412	12.10 727	3046	3426
M80	Garry Bachman	81	ON	June 9, 2003	Stouffville, ON	28.10 735	10.36 885	30.82 884	25.26 632	13.94 918	4054	4702
M85	Garry Bachman	85	ON	July 21, 2007	Stouffville, ON	28.62 930	10.08 986	24.86 839	18.49 516	13.23 972	4243	4930
M90	Jim Murray	91	BC	July 31, 2005	Edmonton, AB	15.31 572	6.02 650	16.56 673	13.35 426	7.89 631	2952	3996
<u>WOMEN</u>												
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W30	Angie Banack	34	BC	Aug 17, 2000	Kamloops, BC	16.01	9.98	28.45	18.66	9.69	N/A	2029
W35	Diana Jaam-Shahriari	38	ON	Sept 17, 2005	Stouffville, ON	27.95	10.64	37.24	22.71	11.17	2723	2857
						506	597	627	366	627		
W40	Kristen Dajia	40	ON	Sept 8, 2003	Stouffville, ON	36.45	9.39	29.69	20.27	10.78	2864	3123
						774	557	521	349	663		
W45	Kristen Dajia	46	ON	July 05, 2009	Toronto, ON	37.09	8.48	27.49	16.88	11.26	3012	3461
						869	537	522	309	775		
W50	Denise Clements	50	BC	June 05, 2011	Port Alberni, BC	36.40	9.35	21.69	9.93	12.25	3115	
						860	647	434	405	769		
W55	Liz McBlain	55	AB	July 10, 2003	Puerto Rico	26.30	9.58	18.66	15.32	10.36	2810	2962
						640	736	404	329	701		
W60	Rose Hare	62	BC	Sept. 17, 2010	Courtenay, BC	29.45	8.51	23.57	19.42	11.78	3376	
						826	712	608	475	755		
W65	Margaret Tosh	69	SK	June 23, 2007	Stouffville, ON	22.02	8.21	23.92	25.17	9.26	3501	3793
						656	769	710	734	632		
W70	Margaret Tosh	70	SK	Aug 01, 2008	Regina, SK	27.73	9.16	22.91	25.30	10.64	4484	4902
						1002	995	793	855	839		
W75	Myrtle Acton	78	BC	Aug. 19, 2011	Trail, BC	26.08	8.20	17.81	17.55	10.45	3983	
						979	862	623	667	852		
W80	Olga Kotelko	84	BC	May 10, 2003	Las Vegas, NV	16.40	5.70	14.40	14.27	7.37	3185	4086
						662	649	583	643	648		
W85	Olga Kotelko	85	BC	July 17, 2004	Calgary, AB	17.62	5.85	14.55	16.94	7.72	4211	5524
						887	792	737	991	804		
W90	Olga Kotelko	90	BC	Aug 06, 2009	Lahti, FIN	12.87	4.68	14.80	13.24	6.41	4287	5905
						775	739	984	1015	774		