

Canadian Men's Decathlon Records

April 25, 2022

Group	Surname	Name	Age	Event	100M	LJ	SP	HJ	400M	Hurdles	DT	PV	JT	1500M
35-39	Myrick	Lee	39	Los Angeles, CA	12.62	6.04	12.19	1.64	58.07	18.26	38.38	2.83	49.83	5:48.74
	5335			08/09-10/2017	563	637	645	528	557	516	643	326	595	325
	O'Kane	James	38	Langley, BC	12.71	5.46	11.12	1.78	57.29	17.87	35.84	3.30	39.49	5:28.88
	5312			06/14-15/2013	547	508	578	644	586	553	591	444	442	419
40-44	Kemp	Steve	40	Miyazaki, JPN	12.08	5.75	10.33	1.56	57.51	16.72	32.36	3.00	46.06	4:50.85
	6112			10/07-08/1993	736	644	576	488	648	741	577	413	589	700
	No Previous Record													
45-49	Justason	Andrew	45	Saint John, NB	12.42	5.49	9.51	1.64	57.89	18.04	31.49	3.00	39.81	5:16.29
	6242			06/24-25/17	744	661	572	627	706	676	623	467	539	627
	Ritchie	Don	46	Joplin, MO	13.05	5.41	10.78	1.75	1:01.36	20.01	31.96	3.10	38.99	5:44.07
	5871			06/21-22/2008	628	639	665	731	577	494	634	496	525	482
50-54	Kemp	Steve	52	Donostia, ESP	12.70	5.17	11.49	1.54	57.62	15.96	35.77	3.20	41.63	5:23.22
	6801			08/23-24/2005	767	664	695	610	794	810	595	595	605	666
	Hawkins	John	53	Trenton, NJ	13.39	5.18	10.39	1.69	65.5	19.67	35.92	3.70	34.28	6:06.87
	5863			06/22-23/02	599	666	617	767	503	421	598	772	472	448
55-59	Hawkins	John	57	Seattle, WA	13.68	5.31	12.68	1.75	1:06.51	19.49	37.05	3.80	41.23	6:18.00
	7079			07/15-16/2006	669	804	858	934	550	525	688	910	665	476
	Hamill	Warren		Carolina, PR	13.14	5.00	11.61	1.56	61.83	16.92	34.6	3.4	37.46	6:10.50
	6946			07/02-03/2003	765	711	774	723	713	776	632	754	590	508
60-64	Hamill	Warren	60	Seattle, WA	13.83	4.90	11.57	1.57	1:05.9	17.38	42.12	3.30	37.97	6:32.24
	7243			07/15-16/2007	723	788	755	840	650	770	762	816	643	496
	Hering	Kurt	63	Eugene, OR	14.25	4.26	7.34	1.29	69.08	19.73	24.50	2.40	27.98	6:11.96
	5159			07/27-28/89	653	584	435	528	546	544	387	459	436	587
65-69	Hume	Ian	66	Sherbrooke, PQ	14.90	4.87	10.97	1.45	1:12.6	20.40	35.86	2.80	39.48	7:04.8
	6788			06/20-21/1981	595	908	785	813	521	541	700	711	763	451
	No Previous Record													
70-74	Hume	Ian	74	Eugene, OR	16.52	3.97	9.57	1.37	1:28.8	18.16	28.70	2.40	30.80	0
	5194			07/27-28/1989	492	707	622	831	225	472	597	634	614	0
	No Previous Record													
75-79	Ukonmaanaho	Tuomas	77	Surrey, BC	17.83	2.98	8.92	1.12	1:18.7	19.39	22.06	2.05	26.96	8:10.4
	5297			08/7-8/2021	456	455	636	610	600	425	496	573	604	442
	Renwick	Doug	75	Calgary, AB	16.46	3.44	6.37	1.15	80.35	21.38	18.53	1.80	16.69	6:47.24
	5071			05/13-14/17	612	628	420	653	555	271	397	449	322	764
80-84	Rowan	Ted	80	Neosho, MO	15.32	3.68	8.77	1.14	93.16	18.23	22.51	1.80	23.48	8:57.27
	6602			07/05-06/2014	933	888	679	767	438	705	604	551	577	460
	Daniels	Danny	80	Lahti, Finland	17.25	2.88	8.50	1.06	125.50	20.74	19.17	1.10	22.03	11:04.8
	4325			07/28-29/09	647	527	654	644	6	478	494	199	532	144
85-84	Rowan	Ted	85	Malaga, Spain	16.99	3.31	8.08	1.09	1:40.25	20.09	25.87	1.60	19.86	9:43.23
	7110	WR			878	893	705	840	574	648	880	560	565	567

Canadian Men's Outdoor Pentathlon Records

Group	Surname	Name	Age	Event	LJ	JT	200M	DT	1500M
35-39	Johnson	Winchester	35	Saskatoon, SK	6.36	45.82	24.40	38.96	5:18.29
	3067			07/03/1998	711	535	692	655	474
	Rees	Greg	36	Spokane, WA	6.05	48.68	24	32.82	5:07.86
	2983			07/13/1992	639	578	707	529	530
40-44	Rees	Greg	40	Spokane, WA	5.88	45.80	24.24	32.00	4:56.82
	3266			08/15/1996	675	585	774	568	664
	Kemp	Steve	40	Provo, Utah	5.78	40.5	24.92	33.40	5:01.52
	3100			08/01/1993	650	500	714	599	637
45-49	Kemp	Steve	47	Eugene, OR	5.43	47.37	25.66	34.75	5:21.19
	3339			08/10/2000	646	670	720	703	600
	Burniston	Bob	45	Toronto, ON	5.25	40.26	28.14	34.24	5:29.50
	2918			07/13/1985	600	547	525	690	556
50-54	Kemp	Steve	50	Eugene, OR	5.33	43.32	25.80	38.96	5:31.37
	3407			08/07/2003	707	636	781	660	623
	Sundin	Alf	50	Toronto, ON	4.89	41.66	25.90	33.4	6:00.20
	2970			07/14/1984	587	606	752	546	479
55-59	Kemp	Steve	56	Oshkosh, WI	5.13	42.44	27.38	35.75	5:23.19
	3572			7/8/2009	750	690	726	658	748
	Kemp	Steve	55	Spokane, WA	4.92	40.88	25.33	33.91	0
	3514			07/08/2008	686	658	896	617	657
60-64	Zapf-Gilje	Reidar	63	Tonsberg, NOR	4.58	38.05	29.01	38.37	5:13.42
	3575			6/13/2015	684	645	677	680	889
	Adams	Barry	60	Orono, ME	3.61	38.56	28.09	29.55	5:09.88
	3203			08/08/2002	398	656	747	492	910
65-69	Zapf-Gilje	Reidar	65	Toronto, ON	4.39	37.08	29.88	39.57	5:14.80
	3802			08/11/2017	734	706	699	788	975
	Armstrong	Mervyn	66	Edmonton, AB	4.29	31.27	28.74	34.52	6:34.41

	3299			07/24-31/2005	700	571	783	668	577
70-74	Adams	Barry	71	Kamloops, BC	3.43	29.62	32.51	24.79	6:30.03
	2919			08/22/2013	512	5.85	619	498	705
	Warwas	Hans	70	Scarborough, ON	3.50	23.36	31.35	24.86	6:40.50
	2820			07/12/1987	535	431	697	499	658
75-79	Rowan	Ted	75	Kamloops, BC	3.77	26.84	32.05	26.68	8:28.75
	3149			07/17/2009	764	601	773	629	382
	Rowan	Ted	75	Regina, SK	3.73	26.19	33.09	26.34	8:11.37
	3092			08/01/2008	748	582	704	619	439
80-84	Rowan	Ted	80	Regina, SK	3.52	21.03	32.17	24.31	8:14.65
	3506			07/26/2013	811	501	928	664	602
	Trei	Karl	80	Raleigh, NC	3.46	7.82	36.58	24.72	0
	2223			04/01/1989	783	113	649	678	0
85-89	Rowan	Ted	85	South Surrey, BC	3.15	22.94	36.30	21.03	9:38.84
	3635	WR		08/03/2018	807	677	886	685	580
	Trei	Karl	85	Raleigh, NC	3.26	20.96	41.60	19.14	0
	2673			05/06/1994	866	605	591	611	0

Canadian Men's Indoor Heptathlon Records

Group	Surname	Name	Age	Event	60M	LJ	SP	HJ	60 Hurd.	PV	1000M
40-44	Justason	Andrew	44	Kenosha, WI	8.23	5.55	9.92	1.65	10.41	3.00	03:11.6
	3926			01/30-31/16	595	595	548	569	568	413	638
	No Previous Record										
45-49	Le Mouël	Yannick	49	Quebec, PQ	7.71	5.94	8.99	1.58	9.07	4.10	3:05.60
	5225			02/25-26/2017	826	781	534	577	920	819	768
	Justason	Andrew	45	Kenosha, WI	8.16	5.50	10.44	1.60	9.88	3.20	3:10.44
	4581			01/28-29/2017	687	664	640	593	748	527	722
50-54	Le Mouël	Yannick	50	Que. U. Champs	7.69	6.11	9.82	1.57	8.85	4.23	3:03.94
	5905			02/24/18	911	935	577	644	1007	969	862
	Ritchie	Don	50	Kenosha, WI	8.30	4.95	11.82	1.57	9.67	3.10	3:35.69
	4664			03/03-04/2012	726	604	719	644	829	562	580
55-59	Hawkins	John	56	Kenosha, WI	8.55	5.30	12.93	1.71	11.25	3.70	3:50.87
	5326			3/04-05/2006	732	802	877	887	615	871	542
	Hawkins	John	55	Kenosha, WI	8.35	5.29	12.2	1.71	11.19	3.5	3:45.28
	5297			03/05-06/2005	789	799	820	887	625	793	584
60-64	Hawkins	John	56	Kenosha, WI	9.01	5.04	11.98	1.49	11.25	3.00	4:06.9
	4929			01/30-31/2010	687	835	787	749	668	693	510
	No Previous Record										
65-69	Zowkewych	Peter	66	Kenosha, WI	9.26	4.14	10.47	1.45	12.46	2.20	4:55.30
	4235			01/28-29/2017	710	648	743	813	560	457	304
	Zowkewych	Peter	65	Kenosha, WI	9.35	4.20	10.69	1.42	13.04	2.10	4:54.89
	4080			01/30-31/2016	687	668	761	767	475	416	306
70-74	Delhomeau	Roland	72	Kenosha, WI	10.78	3.29	8.29	1.21	14.42	1.00	4:37.28
	2998			01/28-29/2017	454	465	522	619	348	84	506
	Delhomeau	Roland	70	Kenosha, WI	10.65	2.92	8.18	1.21	14.42	1.35	4:41.02
	2986			03/07-08/2015	481	346	514	619	348	195	483
75-79	Renwick	Doug	76	Kenosha, WI	10.40	3.87	6.39	1.12	15.40	2.10	4:10.09
	4232			01/28-28/2017	650	807	422	610	324	598	821
	No Previous Record										
80-84	Rowan	Ted	81	Kenosha, WI	9.63	3.67	8.17	1.06	13.90	1.55	5:17.69
	4779			03/07-08/2015	992	883	624	644	642	416	578
	No Previous Record										

Men's Indoor Pentathlon Records

Group	Surname	Name	Age	Event	60H	LJ	SP	HJ	1000M
35-39	McDowall	Matthew	36	Can Champs	9.22	6.18	11.93	1.76	3:03.78
	3282			03/10/2018	728	668	629	627	640
	McLaren	Doug	35	Can Champs	8.74	5.51	11.28	1.63	3:32.95
	2853			03/19/2011	836	519	588	520	390
40-44	Le Mouël	Yannick	43	Kamloops, BC	8.74	6.05	8.88	1.63	3:02.09
	3381			03/01/2010	913	718	478	544	728
	Johnson	Winchester	43	Boise, ID	10.84	5.91	11.62	1.72	3:21.47
	3016			03/11/2005	491	684	664	627	550
45-49	Justason	Andrew	45	Toronto, ON	9.75	5.08	10.35	1.62	3:10.22
	3298			02/21/17	775	556	633	610	724
	Ritchie	Don	49	Toronto, ON	9.88	5.18	11.36	1.64	3:25.03
	3256			02/13/2011	748	582	707	627	592
50-54	Le Mouël	Yannick	50	Madrid, Spain	8.90	5.87	8.95	1.51	3:05.57
	3804			02/13/12	994	864	515	585	846

	Ritchie	Don	50	Toronto, ON	9.47	4.89	11.97	1.60	3:26.83
	3513			02/13/12	872	587	730	670	654
55-59	Hamill	Warren	55	Boston, MA	9.83	5.37	11.26	1.66	3:34.1
	3955			03/23/2001	881	823	747	831	673
	Kemp	Steve	55	Landover, MD	10.37	4.97	10.39	1.38	3:18.48
	3500			03/20/09	775	702	679	536	808
60-64	Hawkins	John	60	Kamloops, BC	10.78	4.85	13.07	1.64	3:52.15
	3934			03/01/2010	752	771	870	925	616
	Meyer	JP	60	Clermont, FRA	10.24	5.17	13.93	1.48	4:04.43
	3928			03/17/2008	855	878	937	731	527
65-69	Zowkewych	Peter	65	Toronto, ON	12.37	3.69	10.90	1.40	4:40.04
	2991			03/19/2016	574	502	779	749	387
	Renwick	Doug	65	Edmonton, AB	12.76	3.92	7.02	1.18	3:24.45
	2972			02/10/2007	515	576	459	488	934
70-74	Renwick	Doug	70	Regina, SK	12.74	3.73	7.35	1.18	3:50.28
	3058			02/10/2012	574	617	450	585	832
	Rowan	Ted	74	Edmonton, AB	12.81	4.08	8.33	1.12	4:40.37
	2834			02/09/2008	562	748	525	512	487
75-79	Rowan	Ted	76	Edmonton, AB	13.03	4.06	9.00	1.16	4:46.04
	3404			02/07/2009	629	888	642	661	584
	Nett	Arnold	76	Edmonton, AB	13.59	3.75	8.58	1.12	5:31.23
	2859			02/09/2008	486	723	454	776	877
80-84	Rowan	Ted	80	Toronto, ON	13.54	3.59	8.65	1.15	5:20.58
	3552			03/16/2014	692	845	668	785	562
	Nett	Arnold	80	Edmonton, AB	13.72	3.00	8.79	1.12	6:07.90
	2999			02/10/2013	666	578	681	740	334
85-90	Nett	Arnold	87	02/15-16/2020	15.24	2.65	7.64	0.98	9:22.24
	2550			Edmonton, AB	656	559	660	661	14
	Giegerich	Joe	85	BC Champs	19.99	2.13	6.47	0.98	7:56.51
	1883			03/11/18	185	328	540	661	169

Canadian Women's Outdoor Heptathlon Records

Group	Surname	Name	Age	Event	Hurdles	HJ	SP	200M	LJ	JT	800M
35-39	Whyte	Angela	37	Commonwealth G	13.35	1.72	11.48	25.36	6.07	44.58	2:18.79
	6278			04/12-13/2018	1100	978	654	923	965	809	849
	McBlain	Liz	35	Saskatoon, SK	15.50	1.53	10.35	26.30	5.05	26.86	2:26.1
	4751			07/16-17/1983	775	736	577	819	643	449	752
40-44	McBlain	Liz	41	Eugene, OR	13.38	1.57	9.83	28.72	4.49	20.82	2:38.31
	4535			07/27-28/1989	734	891	589	725	554	361	681
	No Previous Record										
45-49	Freeman	BJ	49	Calgary, AB	13.17	1.34	8.40	29.20	4.74	22.02	2:52.35
	4668			06/17-18/2008	925	678	531	777	723	429	605
	McBlain	Liz	46	Columbus, OH	14.8	1.47	8.89	32.6	3.94	22.48	2:54.60
	4103			07/10-11/1998	664	855	569	533	461	440	581
50-54	Ethier	Kim		Malaga, Spain	13.82	1.31	10.95	31.46	4.14	32.21	3:28.98
	4710			9/6-7/2018	821	736	781	701	612	712	347
	Jolicouer	Jovette	51	Sacramento, CA	16.25	1.18	9.99	31.05	3.93	24.14	2:53.55
	4218			07/6-7/11	507	555	700	730	538	509	679
55-59	Trott	Rhona	59	Riccione, IT	14.93	1.24	8.05	32.45	3.98	15.45	3:06.99
	4516			09/04-05/2007	842	736	597	727	651	333	630
	Roberts	Catherine	59	Calgary, AB	19.62	1.06	7.51	35.58	2.98	20.01	3:04.85
	3296			05/13-14/2007	327	481	548	525	306	457	652
60-64	O'Brien Hugh	Cindy	62	Surrey, BC	15.35	1.18	6.61	33.43	3.73	17.97	3:22.3
	4561			08/7-8/2021	810	759	5214	761	663	457	587
	Lauridsen	Susanne	60	Malaga, Spain	19.56	1.23	6.54	37.74	3.47	19.02	4:06.91
	3499			7/5-6/2018	352	842	517	494	557	489	248
70-74	Bortignon	Christa	74	Sacramento, CA	20.20	1.09	6.20	34.68	3.33	10.33	3:42.2
	4866			07/06-07/2011	674	879	628	931	741	320	693
	No Previous Record										
75-79	Bortignon	Christa	76	Turin, IT	18.26	1.09	7.35	34.23	3.49	16.30	3:52.03
	6519			08/03-04/2013	1124	1054	758	1139	1014	613	817
	Bortignon	Christa	76	Stendal, GDR	18.31	1.09	7.47	33.86	3.26	14.00	3:55.02
	6293			06/01-02/2013	1120	1054	773	1163	877	513	793

Canadian Women's Outdoor Pent Records

Group	Surname	Name	Age	Event	Hurdles	HJ	SP	LJ	800M
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35-39	Vowk	Lisa-Marie	36	Sydney, AUS	23.25	1.25	7.73	3.91	3:04.77
	1586			10/14/2009	106	419	400	331	330
	Senn	Deana	39	Edmonton, AB	DNF	1.15	6.11	3.27	3:51.59
	832			07/24-31/2005	0	312	292	186	42
40-44	Linaker	Launa	41	Edmonton, AB	14.35	1.33	7.09	4.46	3:01.68
	2541			07/24-31/2005	598	577	390	546	430
	No Previous Record								
45-49	Willis	Becky	48	Eugene, OR	14.32	1.49	8.93	4.67	2:53.90
	3509			08/21/1996	760	891	573	697	588
	Willis	Becky	48	Spokane, WA	14.97	1.45	9.44	4.59	2:55.94
	3354			08/15/96	673	830	613	671	567
50-54	Freeman	BJ	51	Toronto, ON	13.65	1.36	9.10	4.52	2:55.71
	3680			07/16/2010	846	806	626	747	655
	Hodgson	Bonny Lynn	50	Edmonton, AB	17.04	1.25	7.92	3.84	3:26.39
	2479			07/24-31/2005	420	655	528	508	368
55-59	Trott	Rhona	59	Orono, ME	15.71	1.18	7.69	3.61	3:02.33
	3151			08/02/2007	741	655	564	514	677
	Trott	Rhona	57	Edmonton, AB	16.77	1.16	6.93	3.31	3:11.34
	2730			07/24-31/2005	614	621	496	411	588
60-64	Trott	Rhona	60	Kaamloops, BC	14.58	1.17	7.34	3.29	3:14.57
	3402			07/17/09	913	747	596	487	659
	Gray	Edith	63	Raleigh, NC	17.9	1.25	6.98	3.57	4:21.20
	2693			05/07/1999	487	879	561	598	168
65-69	Anderson	Sandy	68	Spokane, WA	18.81	1.19	8.17	2.81	4:06.02
	3039			08/06/2008	603	916	765	396	359
	Anderson	Sandy	68	Regina, WA	18.88	1.23	7.35	2.73	4:11.42
	2936			08/01/2008	596	978	674	364	324
70-74	Bortignon	Christa	74	Berea, OH	20.76	1.06	5.92	3.36	3:58.68
	3348			07/28/11	620	818	594	756	560
	No Previous Record								
75-79	Bortignon	Christa	75	St. John, NB	19.71	1.09	7.58	3.48	3:39.57
	4743			08/09/2012	974	1054	786	1007	922
80-84	Bortignon	Christa	81	South Surrey, BC	20.12	0.97	6.34	2.97	4:25.23
	4838			08/03/2018	1284	991	737	981	845

Canadian Women's Indoor Heptathlon Records

Group	Surname	Name	Age	Event	60M	LJ	SP	HJ	60 Hurd.	PV	800M
45-49	Cochrane	Nancy	49	Kenosha, WI	10.31	3.43	5.80	1.27	13.21	1.45	3:23.54
	2553			03/02-03/2002	449	315	330	588	405	152	314
	No Previous Record										

Canadian Women's Indoor Pent Records (IAAF)

Group	Surname	Name	Age	Event	Hurdles	HJ	SP	LJ	800M
35-39	Whyte	Angela	37	Indiana U. Meet	8.49	1.63	12.8	5.86	02:27.6
	4327			1/26/18	1086	867	745	896	733
	No Previous Record								
40-44	Linaker	Launa	41	Edmonton, AB	11.04	1.27	6.82	4.52	3:00.61
	2596			02/12/2005	710	512	372	562	440
	No Previous Record								
45-49	McBlain	Liz	45		11.09	1.44	9.29	4.20	2:53.5
	3276			03/05/1994	721	818	601	543	593
	No Previous Record								
50-54	Freeman	BJ	50	Edmonton, AB	9.96	1.40	9.55	4.65	2:50.46
	4037			02/07/2009	997	867	663	798	712
	Trott	Rhona	50	Boston, MA	12.68	1.22	7.99	3.67	3:03.94
	2715			03/28/2003	546	610	534	454	571
55-59	Jolicoeur	Jovette	59	AB Indoor Games	12.49	1.15	9.85	3.73	3:00.79
	3273			02/14/2015	650	610	761	559	693
	Trott	Rhona	59	Boston, MA	11.83	1.12	8.09	3.55	3:03.56
	3073			03/23/07	750	566	600	492	665
60-64	Gieni	Muriel	63	Saint John, NB	10.67	1.27	9.25	3.96	3:43.13
	3886			3/26/2022	1026	903	786	759	412
	Gieni	Muriel	63	Edmonton, AB	10.74	1.27	8.98	3.83	3:51.71
	3728			2/6/2022	1013	903	759	703	348
65-69	Hayley	Urith	67	Kamloops, BC	13.42	1.07	5.83	2.77	4:40.09
	2436			03/31/2019	684	701	508	379	164
	No Previous Record								
70-74	Bortignon	Christa	74	Albuquerque, NM	14.45	1.09	5.98	3.19	3:55.13
	3379			03/04/2011	641	879	601	671	587

	No Previous Record								
75-79	Bortignon	Christa	75	Bloomington, IN	13.39	1.06	7.62	3.39	3:47.46
	4494			03/16/12	904	991	791	953	855
	No Previous Record								
90-94	Kotelko	Olga	93	Jyväskylä, FIN	DNF	0.61	4.91	1.42	8:49.15
	2326			03/04/2012	0	523	783	464	556
	No Previous Record								

April 25, 2022

