

Canadian Men's Decathlon Records
October 22, 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
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
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
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
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
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
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
70-74	Zapf-Gilje	Reidar	70	Surrey, BC	15.10	4.06	12.46	1.39	1:08.59	15.59	34.42	2.40	33.94	5:35.79
	7691			08/27-28/2022	699	741	848	859	761	740	746	634	693	970
75-79	Ukonmaanaho	Tuomas	77	Surrey, BC	14.71	3.24	9.09	1.15	1:14.59	18.08	21.50	2.30	26.22	8:47.28
	6089			08/27-28/2022	883	550	650	653	720	543	480	702	583	325
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
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		05/09/2018	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
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
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
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
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
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
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
70-74	Zapf-Gilje	Reidar	70	Victoria, BC	3.89	33.62	31.10	36.08	5:41.14
	3808			14/19/2022	677	685	714	790	942
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
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
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
90-94	Giegerich	Joe	90	Regina, SASK	2.09	14.23	51.40	11.53	14:37.26
	2014			29/07/2022	427	463	456	428	267

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
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
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
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
60-64	Hawkins	John	60	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
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
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
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
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

Canadian 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
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
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
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
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
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
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
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
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
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
85-90	Nett	Arnold	87	Edmonton, AB	15.24	2.65	7.64	0.98	9:22.24
	2550			Edmonton, AB	656	559	660	661	14

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
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
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
50-54	Ethier	Kim	50	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
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
60-64	O'Brien Hugh	Cindy	62	Surrey, BC	14.77	1.22	7.43	32.39	3.70	16.53	3:24.98
	4779			08/27-28/2022	887	830	605	833	648	413	563
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
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
85-89	Bortignon	Christa	85	Surrey, BC	DNF	0.95	6.00	40.20	3.03	10.20	DNF
	5807			08/27-28/2022	0	1184	816	1417	1834	556	0

Canadian Women's Outdoor Pentathlon Records

Group	Surname	Name	Age	Event	Hurdles	HJ	SP	LJ	800M
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
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
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
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
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
60-64	Gieni	Muriel	64	Regina, SASK	14.16	1.24	8.66	3.87	3:36.45
	3737			29/06/2022	970	855	727	720	465
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
70-74	Bortignon	Christa	74	Berea, OH	20.76	1.06	5.92	3.36	3:58.68
	3348			6/29/2022	620	818	594	756	560
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

Canadian Women's Indoor Pentathlon Records

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	02:27.5
	4327			1/26/18	1086	867	745	896	733
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
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
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
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
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
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
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
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
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

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