

THROWS PENTATHLON RECORDS

MEN												
AGE GROUP	NAME	AGE	PROVINCE	DATE	LOCATION	HAMMER	SHOT PUT	DISCUS	JAVELIN	WEGHT	POINTS	WORLD RECORD
M35	Scott Paterson	35	AB	Sep 05 2018	Malaga, Spain	46.14 m 403 pt	11.50 m 711 pt	29.95 m 636 pt	36.83 m 602 pt	14.29 m 472 pt	2824	
M40	Ian Maplethorpe	41	AB	Aug 11 2007	Spokane WA	58.39 m 938 pt	9.99 m 553 pt	39.68 m 740 pt	25.61 m 269 pt	17.88 m 993 pt	3493	
M45	Paul Gautier	49	NB	Oct 04 2014	Moncton, NB	36.04 m 589 pt	12.88 m 819 pt	35.95 m 732 pt	40.57 m 552 pt	13.48 m 779 pt	3471	
M50	Dan Parsons	53	AB	Aug 21 2021	Calgary AB	47.77 m 787 pt	13.56 m 844 pt	48.22 m 855 pt	32.88 m 447 pt	16.51 m 868 pt	3801	
M55	Dan Parsons	55	AB	Sep 25 2022	Langley BC	47.55 m 885 pt	13.05 m 887 pt	44.07 m 848 pt	33.06 m 504 pt	16.77 m 955 pt	4079	
M60	John Kasperski	60	ON	Sep 18 2004	Stouffville ON	43.11 m 782 pt	13.73 m 921 pt	40.20 m 720 pt	33.14 m 542 pt	17.26 m 907 pt	3872	
M65	Marek Glowacki	65	AB	May 13 2006	Calgary AB	40.67 m 836 pt	13.64 m 1009 pt	46.01 m 944 pt	39.09 m 754 pt	15.43 m 861 pt	4404	
M70	Marek Glowacki	70	BC	Jul 17 2011	Sacramento CA	37.81 m 758 pt	13.20 m 907 pt	38.29 m 848 pt	38.09 m 798 pt	15.59 m 895 pt	4206	
M75	Harnek Toor	76	BC	Aug 27 2022	Surrey BC	37.56 m 875 pt	10.21 m 745 pt	27.47 m 652 pt	30.55 m 705 pt	15.74 m 985 pt	3962	
M80	Marek Glowacki	80	BC	Aug 28 2021	Vernon BC	36.62 m 982 pt	11.52 m 934 pt	29.51 m 839 pt	26.45 m 669 pt	13.82 m 909 pt	4333	
M85	Garry Bachman	85	ON	Jul 21 2007	Stouffville ON	28.62 m 902 pt	10.08 m 913 pt	24.86 m 839 pt	18.49 m 516 pt	13.23 m 972 pt	4142	
M90	Garry Bachman	90	ON	May 19 2012	Stouffville ON	21.40 m 828 pt	8.44 m 881 pt	17.98 m 744 pt	15.00 m 496 pt	9.80 m 814 pt	3763	
M95	Atter Singh Sekhon	95	ON	Aug 03 2018	Surrey BC	6.09 m 231 pt	4.78 m 575 pt	8.84 m 456 pt	8.55 m 313 pt	4.53 m 426 pt	2001	

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WOMEN												
AGE GROUP	NAME	AGE	PROVINCE	DATE	LOCATION	HAMMER	SHOT PUT	DISCUS	JAVELIN	WEGHT	POINTS	WORLD RECORD
W35	Marie-Josée Lejour	36	ON	Aug 14 2015	Lyon, France	50.65 m 1053 pt	12.26 m 708 pt	46.47 m 815 pt	31.58 m 544 pt	16.56 m 994 pt	4114	WR
W40	Mélanie Guy	44	QC	Oct 15 2022	Longueuil QC	42.48 m 931 pt	11.03 m 677 pt	39.85 m 741 pt	31.44 m 592 pt	12.11 m 761 pt	3702	
W45	Nicole Carlos	47	BC	Aug 28 2021	Vernon BC	37.31 m 875 pt	9.38 m 608 pt	36.40 m 730 pt	31.80 m 661 pt	12.46 m 872 pt	3746	
W50	Kristen Dajia	50	ON	May 11 2013	Toronto ON	41.25 m 998 pt	9.17 m 632 pt	29.34 m 625 pt	21.80 m 451 pt	13.04 m 827 pt	3533	
W55	Kristen Dajia	57	ON	Jul 19 2019	Brampton ON	38.61 m 1021 pt	8.94 m 678 pt	28.49 m 674 pt	21.26 m 491 pt	13.03 m 916 pt	3780	
W60	Rose Hare	64	BC	Jul 26 2013	Regina SK	29.98 m 844 pt	8.7 5m 736 pt	22.44 m 573 pt	19.38 m 500 pt	12.10 m 779 pt	3432	
W65	Rose Hare	65	BC	May 16 2014	Kamloops BC	30.37 m 971 pt	9.33 m 893 pt	23.78 m 706 pt	21.66 m 655 pt	11.70 m 833 pt	4058	
W70	Margaret Tosh	70	SK	Aug 01 2008	Regina SK	27.73 m 1002 pt	9.16 m 995 pt	22.91 m 793 pt	25.30 m 920 pt	10.64 m 839 pt	4549	
W75	Margaret Tosh	76	SK	Sep 07 2014	Saskatoon SK	36.04 m 1341 pt	10.20 m 1110 pt	22.91 m 838 pt	24.34 m 967 pt	13.66 m 1056 pt	5312	
W80	Margaret Tosh	80	SK	Sep 08 2018	Saskatoon SK	30.70 m 1300 pt	8.89 m 1092 pt	21.37 m 929 pt	20.49 m 968 pt	11.64 m 986 pt	5275	
W85	Myrtle Acton	86	BC	Sep 14 2019	Kelowna BC	21.04 m 1003 pt	6.45 m 888 pt	15.48 m 793 pt	13.51 m 768 pt	8.91 m 827 pt	4279	
W90	Olga Kotelko	90	BC	Aug 06 2009	Lahti, Finland	12.87 m 694 pt	4.68 m 739 pt	14.80 m 984 pt	13.24 m 1015 pt	6.41 m 658 pt	4090	WR
W95	Olga Kotelko	95	BC	May 16 2014	Kamloops BC	14.92 m 1097 pt	4.91 m 985 pt	11.75 m 1066 pt	9.64 m 1072 pt	6.41 m 796 pt	5016	WR