

## CMA COMBINED EVENTS RECORDS - based on WMA ver.2023 Tables

### Canadian Men's Decathlon Records

March 19, 2023

Group	Surname	Name	Age	Event	100M	LJ	SP	HJ	400M	Hurd	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
	5277			08/09-10/2017	534	646	652	512	519	506	632	323	618	335
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
	6024			10/07-08/1993	715	652	575	504	611	725	523	408	613	698
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
	6118			06/24-25/17	730	668	563	653	668	658	547	457	562	612
50-54	Kemp	Steve	52	Donostia, ESP	12.70	5.17	11.49	1.54	57.62	2.00	35.77	3.20	41.63	5:23.22
	6695			08/23-24/2005	759	664	684	627	754	798	585	579	606	639
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
	6926			07/15-16/2006	663	797	835	944	509	525	670	877	668	438
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
	6857			07/15-16/2007	719	764	739	831	603	684	678	775	617	447
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
	6410			06/20-21/1981	626	859	765	785	468	498	623	659	737	390
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
	7094			08/27-28/2022	677	675	866	803	669	643	673	576	631	881
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
	5440			08/27-28/2022	825	477	672	585	579	495	433	623	537	214
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
	5503			07/05-06/2014	814	762	617	661	261	611	544	469	489	275
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
	5732	WR		05/09/2018	689	776	647	679	294	619	781	467	493	287

### 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
	3106			07/03/1998	720	556	702	643	485
40-44	Rees	Greg	40	Spokane, WA	5.88	45.80	24.24	32.00	4:56.82
	3259			08/15/1996	686	609	786	516	662
45-49	Kemp	Steve	47	Eugene, OR	5.43	47.37	25.66	34.75	5:21.19
	3286			08/10/2000	652	698	733	618	585
50-54	Kemp	Steve	50	Eugene, OR	5.33	43.32	25.80	38.96	5:31.37
	3371			08/07/2003	709	637	793	637	595
55-59	Kemp	Steve	56	Oshkosh, WI	5.13	42.44	27.38	35.75	5:23.19
	3518			7/8/2009	741	692	735	642	708

60-64	Zapf-Gilje	Reidar	63	Tonsberg, NOR	4.58	38.05	29.01	38.37	5:13.42
	3407			6/13/2015	664	619	682	604	838
65-69	Zapf-Gilje	Reidar	65	Toronto, ON	4.39	37.08	29.88	39.57	5:14.80
	3680			08/11/2017	693	682	692	703	910
70-74	Zapf-Gilje	Reidar	70	Victoria, BC	3.89	33.62	31.10	36.08	5:41.14
	3486			14/19/2022	617	623	680	713	853
75-79	Rowan	Ted	75	Kamloops, BC	3.77	26.84	32.05	26.68	8:28.75
	2743			07/17/2009	668	553	689	568	265
80-84	Rowan	Ted	80	Regina, SK	3.52	21.03	32.17	24.31	8:14.65
	2899			07/26/2013	695	423	779	598	404
85-89	Rowan	Ted	85	South Surrey, BC	3.15	22.94	36.30	21.03	9:38.84
	2872	WR		08/03/2018	700	592	674	607	299
90-94	Giegerich	Joe	90	Regina, SASK	2.09	14.2	51.40	11.5	14:37.26
	1371			29/07/2022	386	418	206	358	3

### Canadian Men's Indoor Heptathlon Records

Group	Surname	Name	Age	Event	60M	LJ	SP	HJ	60H	PV	1000M
40-44	Justason	Andrew	44	Kenosha, WI	8.23	5.55	9.92	1.65	10.41	3.00	03:11.6
	3836			01/30-31/16	548	604	548	585	522	408	621
45-49	Le Mouël	Yannick	49	Quebec, PQ	7.71	5.94	8.99	1.58	9.07	4.10	3:05.60
	5077			02/25-26/2017	762	788	525	593	860	804	745
50-54	Le Mouël	Yannick	50	Que. U. Champs	7.69	6.11	9.82	1.57	8.85	4.23	3:03.94
	5728			02/24/18	833	937	566	661	959	941	831
55-59	Hawkins	John	56	Kenosha, WI	8.55	5.30	12.93	1.71	11.25	3.70	3:50.87
	5089			03/05/2006	643	792	854	896	564	837	503
60-64	Hawkins	John	60	Kenosha, WI	9.01	5.04	11.98	1.49	11.25	3.00	4:06.90
	4613			01/30-31/2010	586	811	787	740	574	656	459
65-69	Zowkewych	Peter	66	Kenosha, WI	9.26	4.14	10.5	1.45	12.46	2.20	4:55.30
	3850			01/28-29/2017	595	613	725	785	466	421	245
70-74	Delhomeau	Roland	72	Kenosha, WI	10.78	3.29	8.29	1.21	14.42	1.00	4:37.28
	2598			01/28-29/2017	333	419	534	577	254	70	411
75-79	Renwick	Doug	76	Kenosha, WI	10.40	3.87	6.39	1.12	15.40	2.10	4:10.09
	3598			01/28-28/2017	484	707	437	544	232	527	667
80-84	Rowan	Ted	81	Kenosha, WI	9.63	3.67	8.17	1.06	13.90	1.55	5:17.69
	3871			03/07-08/2015	752	760	566	552	526	350	365

### 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
	3249			03/10/2018	698	677	636	610	628
40-44	Le Mouël	Yannick	43	Kamloops, BC	8.74	6.05	8.88	1.63	3:02.09
	3350			03/01/2010	865	727	478	569	711
45-49	Justason	Andrew	45	Toronto, ON	9.75	5.08	10.35	1.62	3:10.22
	3229			02/21/17	715	563	623	627	701
50-54	Le Mouël	Yannick	50	Madrid, Spain	8.90	5.87	8.95	1.51	3:05.57
	3735			02/13/12	949	864	505	602	815
55-59	Hamill	Warren	55	Boston, MA	9.83	5.37	11.26	1.66	3:34.1
	3841			03/23/2001	827	814	727	840	633
60-64	Hawkins	John	60	Kamloops, BC	10.8	4.85	13.1	1.64	3:52.15
	3736			03/01/2010	656	748	852	915	565
65-69	Zowkewych	Peter	65	Toronto, ON	12.37	3.69	10.90	1.40	4:40.04
	2757			03/19/2016	479	471	760	723	324
70-74	Renwick	Doug	70	Regina, SK	12.7	3.73	7.35	1.18	3:50.28
	2760			02/10/2012	464	561	460	544	731
75-79	Rowan	Ted	76	Edmonton, AB	13.03	4.06	9.00	1.16	4:46.04
	3001			02/07/2009	519	781	664	602	435
80-84	Rowan	Ted	80	Toronto, ON	13.54	3.59	8.65	1.15	5:20.58
	2929			03/16/2014	576	725	607	670	351
85-90	Nett	Arnold	87	Edmonton, AB	15.24	2.65	7.64	0.98	9:22.24
	2149			02/15/2020	541	475	605	528	0
<b>90-94</b>	<b>Nett</b>	<b>Arnold</b>	<b>91</b>	<b>Edmonton, AB</b>	<b>17.42</b>	<b>2.27</b>	<b>6.87</b>	<b>0.93</b>	<b>DNF</b>
	<b>2204</b>			<b>04/02/2023</b>	<b>554</b>	<b>471</b>	<b>627</b>	<b>552</b>	<b>0</b>

### Canadian Women's Outdoor Heptathlon Records

Group	Surname	Name	Age	Event	Hurd	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
	6070			04/12-13/2018	1086	916	654	854	930	776	854
40-44	McBlain	Liz	41	Eugene, OR	13.38	1.57	9.83	28.72	4.49	20.82	2:38.31
	4418			07/27-28/1989	813	830	593	622	530	355	675
45-49	Freeman	BJ	49	Calgary, AB	13.17	1.34	8.40	29.20	4.74	22.02	2:52.35
	4456			06/17-18/2008	916	621	538	672	688	430	591
50-54	Ethier	Kim	50	Malaga, Spain	13.82	1.31	10.95	31.46	4.14	32.21	3:28.98
	4423			9/6-7/2018	888	666	688	597	576	681	327
55-59	Trott	Rhona	59	Riccione, IT	14.93	1.24	8.05	32.45	3.98	15.45	3:06.99
	4147			09/04-05/2007	813	666	525	619	603	321	600

60-64	O'Brien Hugh	Cindy	62	Surrey, BC	14.8	1.22	7.43	32.4	3.70	16.53	3:24.98
	4400			08/27-28/2022	917	724	533	718	589	401	518
70-74	Bortignon	Christa	74	Sacramento, CA	20.20	1.09	6.20	34.68	3.33	10.33	3:42.2
	4003			07/06-07/2011	498	701	550	768	626	301	559
75-79	Bortignon	Christa	76	Turin, IT	18.26	1.09	7.35	34.23	3.49	16.30	3:52.03
	5098			08/03-04/2013	832	806	610	906	819	539	586
85-89	Bortignon	Christa	85	Surrey, BC	DNF	0.95	6.00	40.20	3.03	10.20	DNF
	3631	WR		08/27-28/2022	0	747	670	830	940	444	0

### Canadian Women's Outdoor Pentathlon Records

Group	Surname	Name	Age	Event	Hurd	HJ	SP	LJ	800M
35-39	Vowk	Lisa-Marie	36	Sydney, AUS	23.25	1.25	7.73	3.91	3:04.77
	1524			10/14/2009	96	379	400	315	334
40-44	Linaker	Launa	41	Edmonton, AB	14.35	1.33	7.09	4.46	3:01.68
	2551			07/24-31/2005	676	534	394	522	425
45-49	Willis	Becky	48	Eugene, OR	14.32	1.49	8.93	4.67	2:53.90
	3387			08/21/1996	749	818	580	665	575
50-54	Freeman	BJ	51	Toronto, ON	13.65	1.36	9.10	4.52	2:55.71
	3538			07/16/2010	913	736	550	706	633
55-59	Trott	Rhona	59	Orono, ME	15.71	1.18	7.69	3.61	3:02.33
	2907			08/02/2007	713	577	496	474	647
60-64	Gieni	Muriel	64	Regina, SASK	14.16	1.24	8.66	3.87	3:36.45
	3479			29/06/2022	1001	759	643	654	422
65-69	Anderson	Sandy	68	Spokane, WA	18.81	1.19	8.17	2.81	4:06.02
	2607			08/06/2008	530	771	674	340	292
70-74	Bortignon	Christa	74	Berea, OH	20.76	1.06	5.92	3.36	3:58.68
	2694			2022-06-29	448	655	519	640	432
75-79	Bortignon	Christa	75	St. John, NB	19.71	1.09	7.58	3.48	3:39.57
	3626			08/09/2012	683	806	633	816	688
80-84	Bortignon	Christa	81	South Surrey, BC	20.12	0.97	6.34	2.97	4:25.23
	3277			08/03/2018	825	678	598	697	479

### Canadian Women's Indoor Heptathlon Records

Group	Surname	Name	Age	Event	60M	LJ	SP	HJ	60H	PV	800M
45-49	Cochrane	Nancy	49	Kenosha, WI	10.31	3.43	5.80	1.27	13.21	1.45	3:23.54
	2339			03/02-03/2002	353	296	334	534	402	118	302

### Canadian Women's Indoor Pentathlon Records

Group	Surname	Name	Age	Event	60H	HJ	SP	LJ	800M
35-39	Whyte	Angela	37	Indiana U. Meet	8.49	1.63	12.8	5.86	#####
	4170			1/26/18	1019	806	745	862	738
40-44	Linaker	Launa	41	Edmonton, AB	11.04	1.27	6.82	4.52	3:00.61
	2482			02/12/2005	664	470	374	538	436
45-49	McBlain	Liz	45		11.09	1.44	9.29	4.20	2:53.5
	3182			03/05/1994	720	759	608	516	579
50-54	Freeman	BJ	50	Edmonton, AB	9.96	1.40	9.55	4.65	2:50.46
	3767			02/07/2009	946	795	583	753	690
55-59	Jolicoeur	Jovette	59	AB Indoor Games	12.49	1.15	9.85	3.73	3:00.79
	2978			02/14/2015	594	534	672	516	662
60-64	Gieni	Muriel	63	Saint John, NB	10.67	1.27	9.25	3.96	3:43.13
	3525			2022-03-26	963	806	695	691	370
65-69	Hayley	Urith	67	Kamloops, BC	13.4	1.07	5.83	2.77	4:40.09
	2086			03/31/2019	614	588	445	326	113
70-74	Bortignon	Christa	74	Albuquerque, NM	14.45	1.09	5.98	3.19	3:55.13
	2828			03/04/2011	578	701	526	565	458
75-79	Bortignon	Christa	75	Bloomington, IN	13.39	1.06	7.62	3.39	3:47.46
	3626			03/16/12	852	747	637	768	622
90-94	Kotelko	Olga	93	Jyväskylä, FIN	DNF	0.61	4.91	1.42	8:49.15
	1074			03/04/2012	0	239	649	186	0

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