

**THROWS PENTATHLON RECORDS**Updated November 21 2023  
Point Scores Based on WMA 2023 Tables

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 640 pt	11.50 m 608 pt	29.95 m 463 pt	36.83 m 420 pt	14.29 m 694 pt	2825	
M40	Ian Maplethorpe	41	AB	Aug 11 2007	Spokane WA	58.39 m 893 pt	9.99 m 553 pt	39.68 m 673 pt	25.61 m 281 pt	17.88 m 969 pt	3369	
M45	Paul Gautier	49	NB	Oct 04 2014	Moncton, NB	36.04 m 544 pt	12.88 m 807 pt	35.95 m 645 pt	40.57 m 576 pt	13.48 m 756 pt	3328	
M50	Dan Parsons	53	AB	Aug 21 2021	Calgary AB	47.77 m 739 pt	13.56 m 830 pt	48.22 m 841 pt	32.88 m 448 pt	16.51 m 819 pt	3677	
M55	Dan Parsons	55	AB	Aug 26 2023	Calgary AB	46.18 m 777 pt	12.82 m 846 pt	45.59 m 861 pt	33.54 m 515 pt	17.98 m 979 pt	3978	
M60	John Kasperski	60	ON	Sep 18 2004	Stouffville ON	43.11 m 712 pt	13.73 m 902 pt	40.20 m 640 pt	33.14 m 520 pt	17.26 m 872 pt	3646	
M65	Marek Glowacki	65	AB	May 13 2006	Calgary AB	40.67 m 743 pt	13.64 m 985 pt	46.01 m 844 pt	39.09 m 728 pt	15.43 m 835 pt	4135	
M70	Marek Glowacki	70	BC	Jul 17 2011	Sacramento CA	37.81 m 676 pt	13.20 m 925 pt	38.29 m 766 pt	38.09 m 727 pt	15.59 m 792 pt	3886	
M75	Harnek Toor	76	BC	Aug 27 2022	Surrey BC	37.56 m 772 pt	10.21 m 770 pt	27.47 m 589 pt	30.55 m 650 pt	15.74 m 889 pt	3670	
M80	Marek Glowacki	80	BC	Aug 28 2021	Vernon BC	36.62 m 743 pt	11.52 m 851 pt	29.51 m 758 pt	26.45 m 569 pt	13.82 m 710 pt	3631	
M85	Garry Bachman	85	ON	Jul 21 2007	Stouffville ON	28.62 m 671 pt	10.08 m 838 pt	24.86 m 745 pt	18.49 m 449 pt	13.23 m 788 pt	3491	
M90	Garry Bachman	90	ON	May 19 2012	Stouffville ON	21.40 m 596 pt	8.44 m 800 pt	17.98 m 632 pt	15.00 m 449 pt	9.80 m 674 pt	3151	
M95	Atter Singh Sekhon	95	ON	Aug 03 2018	Surrey BC	6.09 m 150 pt	4.78 m 489 pt	8.84 m 345 pt	8.55 m 296 pt	4.53 m 341 pt	1621	

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WOMEN												
AGE GROUP	NAME	AGE	PROVINCE	DATE	LOCATION	HAMMER	SHOT PUT	DISCUS	JAVELIN	WEGHT	POINTS	WORLD RECORD
W35	Rachel Andres	36	AB	Sep 23 2023	Calgary AB	43.26 m 652 pt	13.33 m 782 pt	51.77 m 887 pt	35.02 m 588 pt	14.63 m 687 pt	3596	WR
W40	Mélanie Guy	44	QC	Oct 15 2022	Longueuil QC	42.48 m 713 pt	11.03 m 682 pt	39.85 m 708 pt	31.44 m 582 pt	12.11 m 603 pt	3288	
<b>W45</b>	<b>Mélanie Guy</b>	<b>45</b>	<b>QC</b>	<b>Oct 14 2023</b>	<b>Longueuil QC</b>	<b>42.97m 808 pt</b>	<b>11.04 m 748 pt</b>	<b>39.45 m 781 pt</b>	<b>32.36 m 676 pt</b>	<b>12.39 m 681 pt</b>	<b>3694</b>	
W50	Kristen Dajia	50	ON	May 11 2013	Toronto ON	41.25 m 732 pt	9.17 m 554 pt	29.34 m 615 pt	21.80 m 431 pt	13.04 m 683 pt	3015	
W55	Kristen Dajia	57	ON	Jul 19 2019	Brampton ON	38.61 m 764 pt	8.94 m 597 pt	28.49 m 669 pt	21.26 m 475 pt	13.03 m 758 pt	3263	
W60	Kristen Dajia	60	ON	Jul 22 2023	Toronto ON	37.31 m 832 pt	8.95m 668 pt	25.34 m 658 pt	19.09 m 477 pt	15.00 m 817 pt	3452	
W65	Rose Hare	65	BC	May 16 2014	Kamloops BC	30.37 m 749 pt	9.33 m 789 pt	23.78 m 697 pt	21.66 m 635 pt	11.70 m 691 pt	3561	
W70	Margaret Tosh	70	SK	Aug 01 2008	Regina SK	27.73 m 778 pt	9.16 m 876 pt	22.91 m 768 pt	25.30 m 872 pt	10.64 m 707 pt	4001	
W75	Margaret Tosh	76	SK	Sep 07 2014	Saskatoon SK	36.04 m 899 pt	10.20 m 900 pt	22.91 m 755 pt	24.34 m 855 pt	13.66 m 881 pt	4290	
W80	Margaret Tosh	80	SK	Sep 08 2018	Saskatoon SK	30.70 m 890 pt	8.89 m 894 pt	21.37 m 825 pt	20.49 m 828 pt	11.64 m 863 pt	4300	
W85	Myrtle Acton	86	BC	Sep 14 2019	Kelowna BC	21.04 m 701 pt	6.45 m 731 pt	15.48 m 684 pt	13.51 m 618 pt	8.91 m 767 pt	3501	
W90	Myrtle Acton	90	BC	Aug 11 2023	Langley BC	20.47 m 858 pt	6.58 m 917 pt	15.21 m 839 pt	11.59 m 642 pt	6.95 m 719 pt:	3975	WR
W95	Olga Kotelko	95	BC	May 16 2014	Kamloops BC	14.92 m 791 pt	4.91 m 830 pt	11.75 m 812 pt	9.64 m 673 pt	6.41 m 861 pt	3967	