











**Men's Indoor Pentathlon Records**

Group	Surname	Name	Age	Event	Hurd.	LJ	Shot	HJ	1000M
<b>M30</b>									
<b>M35</b>	<b>Freeman</b>	<b>Sean</b>	<b>36</b>	<b>Edmonton</b>					
	<b>1383</b>	<b>Old Scoring Tables</b>		Feb. 7, 2009					
<b>M40</b>	<b>Dong</b>	<b>Walter</b>	<b>44</b>	<b>Edmonton</b>	<b>9.4</b>	<b>4.95</b>	<b>7.29</b>	<b>1.39</b>	<b>3:03.45</b>
	<b>2624</b>			Feb. 11, 2006	720	467	373	367	697
<b>M45</b>	<b>Mintz</b>	<b>Bruce</b>	<b>46</b>	<b>Edmonton</b>					
	<b>1787</b>	<b>Old Scoring Tables</b>		Feb. 19, 1994					
<b>M50</b>	<b>Black</b>	<b>Murray</b>	<b>54</b>	<b>Edmonton</b>	<b>9.14</b>	<b>4.46</b>	<b>7.87</b>	<b>1.45</b>	<b>3:59.36</b>
	<b>2716</b>			Feb. 2, 2014	896	477	431	536	376
<b>M55</b>	<b>Black</b>	<b>Murray</b>	<b>57</b>	<b>Edmonton</b>	<b>11.04</b>	<b>4.86</b>	<b>8.62</b>	<b>1.56</b>	<b>3:58.38</b>
	<b>2968</b>			Feb. 19, 2017	599	661	528	731	449
<b>M60</b>	<b>Judson</b>	<b>Fred</b>	<b>60</b>	<b>Edmonton</b>	<b>10.96</b>	<b>4.89</b>	<b>9.58</b>	<b>1.45</b>	<b>3:18.11</b>
	<b>3516</b>			Feb. 11, 2006	623	762	590	696	845
<b>M65</b>	<b>Judson</b>	<b>Fred</b>	<b>66</b>	<b>Jyvaskla FIN</b>	<b>13.64</b>	<b>3.92</b>	<b>8.68</b>	<b>1.36</b>	<b>3:37.10</b>
	<b>2866</b>			Mar. 4, 2012	308	542	579	679	758
<b>M70</b>	<b>Nett</b>	<b>Arnold</b>	<b>74</b>	<b>Edmonton</b>					
	<b>2188</b>	<b>Old Scoring Tables</b>		Feb. 10, 2007					
<b>M75</b>	<b>Nett</b>	<b>Arnold</b>	<b>75</b>	<b>Edmonton</b>	<b>13.59</b>	<b>3.75</b>	<b>8.58</b>	<b>1.12</b>	<b>5:31.23</b>
	<b>2482</b>			Feb. 10, 2008	440	661	627	544	210
<b>M80</b>	<b>Nett</b>	<b>Arnold</b>	<b>80</b>	<b>Edmonton</b>	<b>13.72</b>	<b>3.00</b>	<b>8.79</b>	<b>1.12</b>	<b>6:07.90</b>
	<b>2447</b>			Feb. 10, 2013	551	487	619	636	154
<b>M85</b>	<b>Nett</b>	<b>Arnold</b>	<b>87</b>	<b>Edmonton</b>	<b>15.24</b>	<b>2.65</b>	<b>7.64</b>	<b>0.98</b>	<b>9:22.24</b>
	<b>2149</b>			Feb. 15, 2020	541	475	605	528	0
<b>M90</b>	<b>Nett</b>	<b>Arnold</b>	<b>90</b>	<b>Edmonton</b>	<b>17.41</b>	<b>2.27</b>	<b>6.87</b>	<b>0.93</b>	<b>DNF</b>
	<b>2204</b>			Feb. 4, 2023	554	471	627	552	0

## Women's Indoor Pentathlon Records

Group	Surname	Name	Age	Event	Hurd.	HJ	Shot	LJ	800M
W30									
W35	McBlain	Liz	38	Edmonton					
	<b>3697</b>			Feb. 22, 1986					
W40	Linaker	Launa	41	Edmonton	<b>11.04</b>	<b>1.27</b>	<b>6.82</b>	<b>4.52</b>	<b>3:00.61</b>
	<b>2482</b>			Feb. 2, 2005	664	470	374	538	436
W45 (1)	McBlain	Liz	45	Edmonton	<b>11.09</b>	<b>1.44</b>	<b>9.29</b>	<b>4.2</b>	<b>2:53.50</b>
	<b>3182</b>			Mar. 5, 1994	720	759	608	516	579
W45 (1)	Freeman	BJ	49	Edmonton					
	<b>3407</b>			Feb. 10, 2008					
W50	Freeman	BJ	50	Edmonton	<b>9.96</b>	<b>1.40</b>	<b>9.55</b>	<b>4.65</b>	<b>2:50.46</b>
	<b>3767</b>			Feb. 7, 2009	946	795	583	753	690
W55	Jolicouer	Jovette	55	Edmonton	<b>12.49</b>	<b>1.15</b>	<b>9.85</b>	<b>3.73</b>	<b>3:00.79</b>
	<b>2978</b>			Feb. 15, 2015	594	534	672	516	662
W60	Jolicouer	Jovette	60	Edmonton	<b>13.38</b>	<b>1.06</b>	<b>8.99</b>	<b>3.40</b>	<b>3:34.00</b>
	<b>2622</b>			Feb. 15, 2020	541	491	672	477	441
W65	Lauridsen	Susanne	65	Torun POL	<b>16.3</b>	<b>1.08</b>	<b>6.09</b>	<b>2.56</b>	<b>4:51.70</b>
	<b>1675</b>			Mar. 31, 2023	279	599	470	257	70
W70									
W75									
W80									
W85									
W90									

(1) We do not have the details of BJs individual performances in the five events so are unable to update her score to the 2023 scoring tables. Liz's scores for each event have been updated from 1994 to the 2023 scoring table. Liz's original score was very close to BJs non-updated score, therefore both have been left in.