











**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>		07.02.2009					
<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>			22.02.2006	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>		19.02.1994					
<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>			02.02.2014	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>			19.02.2017	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>			11.02.2006	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>			04.03.2012	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>		10.02.2007					
<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>			10.02.2008	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>			20.02.2013	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>			15.02.20220	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>			04.02.2023	554	471	627	552	0

## Women's Indoor Pentathlon Records

Group	Surname	Name	Age	Event	Hurd.	HJ	Shot	LJ	800M
W30									
W35	<b>McBlain</b>	<b>Liz</b>	<b>38</b>	<b>Edmonton</b>					
	<b>3697</b>	<b>Old Scoring Tables</b>		22.02.1986					
W40	<b>Linaker</b>	<b>Launa</b>	<b>41</b>	<b>Edmonton</b>	<b>11.04</b>	<b>1.27</b>	<b>6.82</b>	<b>4.52</b>	<b>3:00.61</b>
	<b>2482</b>			02.02.2005	664	470	374	538	436
W45 (1)	<b>McBlain</b>	<b>Liz</b>	<b>45</b>	<b>Edmonton</b>	<b>11.09</b>	<b>1.44</b>	<b>9.29</b>	<b>4.2</b>	<b>2:53.50</b>
	<b>3182</b>			05.03.1994	720	759	608	516	579
W45 (1)	<b>Freeman</b>	<b>BJ</b>	<b>49</b>	<b>Edmonton</b>					
	<b>3407</b>	<b>Old Scoring Tables</b>		10.02.2008					
W50	<b>Freeman</b>	<b>BJ</b>	<b>50</b>	<b>Edmonton</b>	<b>9.96</b>	<b>1.40</b>	<b>9.55</b>	<b>4.65</b>	<b>2:50.46</b>
	<b>3767</b>			07.02.2009	946	795	583	753	690
W55	<b>Jolicouer</b>	<b>Jovette</b>	<b>55</b>	<b>Edmonton</b>	<b>12.49</b>	<b>1.15</b>	<b>9.85</b>	<b>3.73</b>	<b>3:00.79</b>
	<b>2978</b>			15.02.2015	594	534	672	516	662
W60	<b>Jolicouer</b>	<b>Jovette</b>	<b>60</b>	<b>Edmonton</b>	<b>13.38</b>	<b>1.06</b>	<b>8.99</b>	<b>3.40</b>	<b>3:34.00</b>
	<b>2622</b>			15.02.2020	541	491	672	477	441
W65	<b>Lauridsen</b>	<b>Susanne</b>	<b>66</b>	<b>Montreal QC</b>	<b>14.74</b>	<b>1.14</b>	<b>6.03</b>	<b>2.82</b>	<b>4:27.33</b>
	<b>2192</b>			16.02.2024	447	689	464	421	171
W70	<b>Amerongen</b>	<b>Loretta</b>	<b>70</b>	<b>Chicago IL</b>	<b>DNF</b>	<b>1.06</b>	<b>6.58</b>	<b>2.79</b>	<b>DNF</b>
	<b>1647</b>			21.03.2024	0	655	591	401	0
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.