ATHLETICS ALBERTA WEIGHT PENTATHLON RECORDS - based on WMA 2023 Tables

Where detailed information is not available for existing records, points based on old scoring tables will remain in the data base. To evaluate whether a record has been broken, the current performance will be scored using the old scoring table. If that score is greater than the existing record, the old record is broken and the new performance will be entered as a record using the current scoring tables.

Men's Weight Pentathlon Records

Group	Surname	Name	Age	Event	Hammer	Shot	Discus	Javelin	Weight
M30									
M35	Koo	Eric	36	Calgary					
	2877	Old Scoring Table		18.05.2007					
M40	Maplethorpe	Ian	41	Spokane WA	58.39	9.99	39.68	25.61	17.88
	3369			11.08.2007	893	553	673	281	969
M45	MacDonald	Mike	46	Calgary	30.74	11.12	30.43	34.09	10.91
	2700			26.08.2023	447	679	524	461	589
M50	Parsons	Dan	50	Calgary	47.77	13.56	48.22	32.88	16.51
	3677			21.08.2021	739	830	841	448	819
M55	Glowacki	Marek	59	Kamloops					
	3957	Old Scoring Table		20.08.2000					
M60	Glowacki	Marek	64	Edmonton	31.2	13.06	43.62	40.34	14.78
	3433			31.07.2005	482	851	707	665	728
M65	Glowacki	Marek	65	Calgary	40.67	13.64	46.01	39.09	15.43
	4135			13.05.2006	743	985	844	728	835
M70	Szafranski	Longin	70	Calgary	40.3	10.97	39.08	27.76	12.70
	3373			24.09.2022	729	747	785	489	623
M75									
M80									
M85	Saar	Lembit	87	14.05.2006					
	3055	Old Scoring Table							
M90									

Women's Weight Pentathlon Records

Group	Surname	Name	Age	Event	Hammer	Shot	Discus	Javelin	Weight
W30									
W35	Dundas	Tammy	37	Edmonton	17.57	7.15	17.12	21.38	8.07
	1449			31.07.2005	205	361	226	324	333
W40	Diener	Andrea	44	Toronto	27.68	9.61	33.15	27.94	9.61
	2534			19.07.2019	426	577	568	506	457
W45	Diener	Andrea	49	Calgary	38.39	10.7	34.11	28.87	12.15
	3345			11.05.2024	709	721	657	592	666
W50	McBlain	Liz	52	Kamloops	28.15	9.46	21.41	21.77	10.96
	2445			2000	463	576	420	430	556
W55	McBlain	Liz	57	Edmonton	26.45	9.02	18.69	16.72	9.78
	2388			31.07.2005	487	604	401	355	541
W60	McBlain	Liz	60	Clermont FL	27.3	9.47	19.93	16.77	11.73
	2807			31.08.2008	577	715	493	408	614
W65	Hessel	Laura	69	Vernon BC	29.84	8.1	21.7	18.69	10.47
	3167			20.08.2022	734	667	625	534	607
W70	Hessel	Laura	70	Las Vegas NE	28.07	8.88	22.97	19.97	11.28
	3826			07.10.2022	789	845	770	666	756
W75	Nakano	Yuko	75	Surrey BC	24.83	7.91	22.26	19.35	9.06
	3181			03.08.2018	582	666	730	658	545
W80	Nakano	Yuko	80	Langley BC	20.71	7.27	19.79	16.92	6.44
	3116			12.08.2023	561	706	754	666	429
W85									
W90									