

Men's Indoor Pentathlon Records

Group	Surname	Name	Age	Event	Hurd.	LJ	Shot	HJ	1000M
M30									
M35	Freeman	Sean	36	Edmonton					
	1383	Old Scoring Tables		07.02.2009					
M40	Dong	Walter	44	Edmonton	9.4	4.95	7.29	1.39	3:03.45
	2624			22.02.2006	720	467	373	367	697
M45	Mintz	Bruce	46	Edmonton					
	1787	Old Scoring Tables		19.02.1994					
M50	Black	Murray	54	Edmonton	9.14	4.46	7.87	1.45	3:59.36
	2716			02.02.2014	896	477	431	536	376
M55	Black	Murray	57	Edmonton	11.04	4.86	8.62	1.56	3:58.38
	2968			19.02.2017	599	661	528	731	449
M60	Judson	Fred	60	Edmonton	10.96	4.89	9.58	1.45	3:18.11
	3516			11.02.2006	623	762	590	696	845
M65	Judson	Fred	66	Jyvaskla FIN	13.64	3.92	8.68	1.36	3:37.10
	2866			04.03.2012	308	542	579	679	758
M70	Nett	Arnold	74	Edmonton					
	2188	Old Scoring Tables		10.02.2007					
M75	Nett	Arnold	75	Edmonton	13.59	3.75	8.58	1.12	5:31.23
	2482			10.02.2008	440	661	627	544	210
M80	Nett	Arnold	80	Edmonton	13.72	3.00	8.79	1.12	6:07.90
	2447			20.02.2013	551	487	619	636	154
M85	Nett	Arnold	87	Edmonton	15.24	2.65	7.64	0.98	9:22.24
	2149			15.02.20220	541	475	605	528	0
M90	Nett	Arnold	90	Edmonton	17.41	2.27	6.87	0.93	DNF
	2204			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	McBlain	Liz	38	Edmonton					
	3697	Old Scoring Tables		22.02.1986					
W40	Linaker	Launa	41	Edmonton	11.04	1.27	6.82	4.52	3:00.61
	2482			02.02.2005	664	470	374	538	436
W45 (1)	McBlain	Liz	45	Edmonton	11.09	1.44	9.29	4.2	2:53.50
	3182			05.03.1994	720	759	608	516	579
W45 (1)	Freeman	BJ	49	Edmonton					
	3407	Old Scoring Tables		10.02.2008					
W50	Freeman	BJ	50	Edmonton	9.96	1.40	9.55	4.65	2:50.46
	3767			07.02.2009	946	795	583	753	690
W55	Jolicouer	Jovette	55	Edmonton	12.49	1.15	9.85	3.73	3:00.79
	2978			15.02.2015	594	534	672	516	662
W60	Jolicouer	Jovette	60	Edmonton	13.38	1.06	8.99	3.40	3:34.00
	2622			15.02.2020	541	491	672	477	441
W65	Lauridsen	Susanne	66	Montreal QC	14.74	1.14	6.03	2.82	4:27.33
	2192			16.02.2024	447	689	464	421	171
W70	Amerongen	Loretta	70	Chicago IL	DNF	1.06	6.58	2.79	DNF
	1647			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.