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	**Andres**	**Rachel**	**36**	**Calgary**	**43.26**	**13.33**	**51.77**	**35.02**	**14.63**
	3596			23.09.2023	652	782	887	588	687
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**	**8.10**	**21.7**	**18.69**	**10.47**
	3167			20.08.2022	734	667	625	534	607
W70	**Hessel**	**Laura**	**71**	**Langley BC**	**29.55**	**8.89**	**20.92**	**19.31**	**11.46**
	3862			11.08.2023	837	846	768	641	770
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									