

**55+ Games - 2023-08-23****Gerry and Jane Swan****Results****Event 1 Women Throws Pentathlon 55-59**

Name	Age Team	Finals	H#
Finals			
1 Dalgleish, Christine	W59 North Central	1827	

**Event 1 Throws Pentathlon: #1 Women Hammer Throw 3Kg 55-59 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Dalgleish, Christine	W59 North Central	27.20m	504
		25.74m FOUL 27.20m	

**Event 1 Throws Pentathlon: #2 Women Shot Put 3Kg 55-59 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Dalgleish, Christine	W59 North Central	6.73m	419
		6.73m x	

**Event 1 Throws Pentathlon: #3 Women Discus Throw 1Kg 55-59 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Dalgleish, Christine	W59 North Central	13.07m	254
		13.07m x	

**Event 1 Throws Pentathlon: #4 Women Javelin Throw 500g 55-59 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Dalgleish, Christine	W59 North Central	8.92m	152
		8.92m x	

**Event 1 Throws Pentathlon: #5 Women Weight Throw 16 lbs 55-59 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Dalgleish, Christine	W59 North Central	9.14m	498
		8.76m 8.70m 9.14m	

**Event 2 Women Throws Pentathlon 60-64**

Name	Age Team	Finals	H#
1 Harris, Joan	W61 North Central	3049	

**Event 2 Throws Pentathlon: #1 Women Hammer Throw 3Kg 60-64 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Harris, Joan	W61 North Central	29.66m	636
		28.56m 28.32m 29.66m	

**55+ Games - 2023-08-23****Gerry and Jane Swan****Results****Event 2 Throws Pentathlon: #2 Women Shot Put 3Kg 60-64 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Harris, Joan 8.10m 8.19m 7.95m	W61 North Central	8.19m	600

**Event 2 Throws Pentathlon: #3 Women Discus Throw 1Kg 60-64 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Harris, Joan 22.57m 23.44m 18.57m	W61 North Central	23.44m	600

**Event 2 Throws Pentathlon: #4 Women Javelin Throw 500g 60-64 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Harris, Joan 23.78m FOUL FOUL	W61 North Central	23.78m	618

**Event 2 Throws Pentathlon: #5 Women Weight Throw 12lbs 60-64 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Harris, Joan 11.31m 11.07m 11.43m	W61 North Central	11.43m	595

**Event 3 Women Throws Pentathlon 65-69**

Name	Age Team	Finals	H#
1 Hendrie, Nola	W68 Vancouver Island	1840	
2 Essex, Joyce	W66 Fraser Valley	1453	

**Event 3 Throws Pentathlon: #1 Women Hammer Throw 3Kg 65-69 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Hendrie, Nola 16.70m 15.58m FOUL	W68 Vancouver Island	16.70m	362
2 Essex, Joyce 14.95m 15.06m FOUL	W66 Fraser Valley	15.06m	317

**Event 3 Throws Pentathlon: #2 Women Shot Put 3Kg 65-69 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Hendrie, Nola 5.90m 5.81m 5.75m	W68 Vancouver Island	5.90m	452
2 Essex, Joyce 4.84m 4.99m 5.05m	W66 Fraser Valley	5.05m	370

**55+ Games - 2023-08-23****Gerry and Jane Swan****Results****Event 3 Throws Pentathlon: #3 Women Discus Throw 1Kg 65-69 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Hendrie, Nola 11.40m 12.22m 12.69m	W68 Vancouver Island	12.69m	323
2 Essex, Joyce 10.01m 9.50m FOUL	W66 Fraser Valley	10.01m	238

**Event 3 Throws Pentathlon: #4 Women Javelin Throw 500g 65-69 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Hendrie, Nola 10.01m 11.47m 10.74m	W68 Vancouver Island	11.47m	294
2 Essex, Joyce 9.97m 9.39m 9.86m	W66 Fraser Valley	9.97m	245

**Event 3 Throws Pentathlon: #5 Women Weight Throw 12lbs 65-69 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Hendrie, Nola 6.71m 6.72m 7.56m	W68 Vancouver Island	7.56m	409
2 Essex, Joyce 5.51m 5.62m 5.67m	W66 Fraser Valley	5.67m	283

**Event 4 Women Throws Pentathlon 70-74**

Name	Age Team	Finals	H#
1 Begg, Denise	W72 Fraser Valley	2935	

**Event 4 Throws Pentathlon: #1 Women Hammer Throw 3Kg 70-74 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Begg, Denise FOUL 22.90m 24.41m	W72 Fraser Valley	24.41m	670

**Event 4 Throws Pentathlon: #2 Women Shot Put 3Kg 70-74 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Begg, Denise 6.32m 6.39m 6.43m	W72 Fraser Valley	6.43m	575

**Event 4 Throws Pentathlon: #3 Women Discus Throw 1Kg 70-74 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Begg, Denise FOUL 18.25m FOUL	W72 Fraser Valley	18.25m	586

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**Event 4 Throws Pentathlon: #4 Women Javelin Throw 500g 70-74 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Begg, Denise 14.16m 13.80m FOUL	W72 Fraser Valley	14.16m	445

**Event 4 Throws Pentathlon: #5 Women Weight Throw 121lbs 70-74 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Begg, Denise 10.02m 9.91m 9.69m	W72 Fraser Valley	10.02m	659

**Event 6 Women Throws Pentathlon 80-84**

Name	Age Team	Finals	H#
1 Brand, Kathy	W81 South Central	3178	

**Event 6 Throws Pentathlon: #1 Women Hammer Throw 2Kg 80-84 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Brand, Kathy FOUL 25.92m 25.37m	W81 South Central	25.92m	732

**Event 6 Throws Pentathlon: #2 Women Shot Put 2Kg 80-84 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Brand, Kathy 6.80m 6.69m 6.68m	W81 South Central	6.80m	651

**Event 6 Throws Pentathlon: #3 Women Discus Throw 0.75Kg 80-84 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Brand, Kathy 12.54m 16.07m 14.07m	W81 South Central	16.07m	589

**Event 6 Throws Pentathlon: #4 Women Javelin Throw 400g 80-84 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Brand, Kathy 13.35m 13.38m 13.66m	W81 South Central	13.66m	519

**Event 6 Throws Pentathlon: #5 Women Weight Throw 4Kg 80-84 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Brand, Kathy 9.55m 8.75m 9.05m	W81 South Central	9.55m	687

**55+ Games - 2023-08-23****Gerry and Jane Swan****Results****Event 7 Women Throws Pentathlon 90-94**

Name	Age Team	Finals	H#
1 Acton, Myrtle	W90 Vancouver Island	3750	

**Event 7 Throws Pentathlon: #1 Women Hammer Throw 2Kg 90-94 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Acton, Myrtle	W90 Vancouver Island	16.58m	672
		16.03m 16.58m 15.29m	

**Event 7 Throws Pentathlon: #2 Women Shot Put 2Kg 90-94 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Acton, Myrtle	W90 Vancouver Island	5.80m	791
		4.67m 5.80m 5.62m	

**Event 7 Throws Pentathlon: #3 Women Discus Throw 0.75Kg 90-94 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Acton, Myrtle	W90 Vancouver Island	15.12m	833
		13.65m 11.97m 15.12m	

**Event 7 Throws Pentathlon: #4 Women Javelin Throw 400g 90-94 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Acton, Myrtle	W90 Vancouver Island	11.92m	663
		FOUL 11.18m 11.92m	

**Event 7 Throws Pentathlon: #5 Women Weight Throw 4Kg 90-94 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Acton, Myrtle	W90 Vancouver Island	7.55m	791
		7.04m 7.55m 7.09m	

**Event 8 Men Throws Pentathlon 55-59**

Name	Age Team	Finals	H#
1 Morfitt, Graham	M56 Vancouver Island	3432	

**Event 8 Throws Pentathlon: #1 Men Hammer Throw 6Kg 55-59 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Morfitt, Graham	M56 Vancouver Island	37.76m	613
		36.64m 37.76m 35.65m	

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## Event 8 Throws Pentathlon: #2 Men Shot Put 6Kg 55-59 Throws Pentathlon

Name	Age Team	Finals	Points
1 Morfitt, Graham	M56 Vancouver Island	10.04m	634
		9.63m FOUL 10.04m	

## Event 8 Throws Pentathlon: #3 Men Discus Throw 1.5Kg 55-59 Throws Pentathlon

Name	Age Team	Finals	Points
1 Morfitt, Graham	M56 Vancouver Island	35.38m	633
		35.38m 34.19m 32.65m	

## Event 8 Throws Pentathlon: #4 Men Javelin Throw 700g 55-59 Throws Pentathlon

Name	Age Team	Finals	Points
1 Morfitt, Graham	M56 Vancouver Island	51.34m	873
		FOUL FOUL 51.34m	

## Event 8 Throws Pentathlon: #5 Men Weight Throw 25lbs 55-59 Throws Pentathlon

Name	Age Team	Finals	Points
1 Morfitt, Graham	M56 Vancouver Island	13.10m	679
		12.36m 12.05m 13.10m	

## Event 9 Men Throws Pentathlon 60-64

Name	Age Team	Finals	H#
1 McMahon, Shawm	M61 Buckley Valley-L	1833	

## Event 9 Throws Pentathlon: #1 Men Hammer Throw 5Kg 60-64 Throws Pentathlon

Name	Age Team	Finals	Points
1 McMahon, Shawm	M61 Buckley Valley-L	24.39m	353
		24.39m 23.59m 24.08m	

## Event 9 Throws Pentathlon: #2 Men Shot Put 5Kg 60-64 Throws Pentathlon

Name	Age Team	Finals	Points
1 McMahon, Shawm	M61 Buckley Valley-L	6.87m	391
		6.87m FOUL FOUL	

## Event 9 Throws Pentathlon: #3 Men Discus Throw 1Kg 60-64 Throws Pentathlon

Name	Age Team	Finals	Points
1 McMahon, Shawm	M61 Buckley Valley-L	26.11m	371
		26.11m FOUL 25.51m	

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## Event 9 Throws Pentathlon: #4 Men Javelin Throw 600g 60-64 Throws Pentathlon

Name	Age Team	Finals	Points
1 McMahon, Shawm 22.97m 20.12m 20.29m	M61 Buckley Valley-L	22.97m	319

## Event 9 Throws Pentathlon: #5 Men Weight Throw 20lbs 60-64 Throws Pentathlon

Name	Age Team	Finals	Points
1 McMahon, Shawm FOUL 8.99m 8.75m	M61 Buckley Valley-L	8.99m	399

## Event 11 Men Throws Pentathlon 70-74

Name	Age Team	Finals	H#
1 Bains, Mohan	M73 Fraser Valley	2941	
2 Essex, Al	M71 Fraser Valley	2859	
3 Tatla, Saroop	M73 Fraser Valley	2348	

## Event 11 Throws Pentathlon: #1 Men Hammer Throw 4Kg 70-74 Throws Pentathlon

Name	Age Team	Finals	Points
1 Bains, Mohan 31.38m 33.65m 35.18m	M73 Fraser Valley	35.18m	621
2 Essex, Al 29.15m 26.72m 33.51m	M71 Fraser Valley	33.51m	585
3 Tatla, Saroop FOUL 28.19m 28.67m	M73 Fraser Valley	28.67m	484

## Event 11 Throws Pentathlon: #2 Men Shot Put 4Kg 70-74 Throws Pentathlon

Name	Age Team	Finals	Points
1 Bains, Mohan 10.29m FOUL 8.62m	M73 Fraser Valley	10.29m	692
2 Essex, Al 10.01m 9.72m 10.18m	M71 Fraser Valley	10.18m	684
3 Tatla, Saroop 7.43m FOUL 7.04m	M73 Fraser Valley	7.43m	466

## Event 11 Throws Pentathlon: #3 Men Discus Throw 1Kg 70-74 Throws Pentathlon

Name	Age Team	Finals	Points
1 Essex, Al 30.57m FOUL 32.81m	M71 Fraser Valley	32.81m	635
2 Bains, Mohan 28.93m 31.46m 30.83m	M73 Fraser Valley	31.46m	603
3 Tatla, Saroop 24.39m 24.31m 23.98m	M73 Fraser Valley	24.39m	438

**55+ Games - 2023-08-23****Gerry and Jane Swan****Results****Event 11 Throws Pentathlon: #4 Men Javelin Throw 500g 70-74 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Tatla, Saroop 21.05m FOUL 22.97m	M73 Fraser Valley	22.97m	381
2 Essex, Al 22.46m 20.83m 22.53m	M71 Fraser Valley	22.53m	371
3 Bains, Mohan 15.71m 21.52m 21.48m	M73 Fraser Valley	21.52m	349

**Event 11 Throws Pentathlon: #5 Men Weight Throw 16lbs 70-74 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Bains, Mohan 13.04m 13.01m 13.61m	M73 Fraser Valley	13.61m	676
2 Essex, Al 11.26m 12.03m 11.85m	M71 Fraser Valley	12.03m	584
3 Tatla, Saroop 11.94m FOUL 11.65m	M73 Fraser Valley	11.94m	579

**Event 12 Men Throws Pentathlon 75-79**

Name	Age Team	Finals	H#
1 Toor, Harnek	M77 Fraser Valley	3303	
2 Ulis, David	M75 Fraser Valley	3067	
3 Townsend, Ken	M77 Fraser Valley	2468	

**Event 12 Throws Pentathlon: #1 Men Hammer Throw 4Kg 75-79 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Toor, Harnek 31.98m 32.60m 33.47m	M77 Fraser Valley	33.47m	674
2 Ulis, David 26.91m 28.90m 27.84m	M75 Fraser Valley	28.90m	565
3 Townsend, Ken 25.69m 22.30m 24.80m	M77 Fraser Valley	25.69m	490

**Event 12 Throws Pentathlon: #2 Men Shot Put 4Kg 75-79 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Toor, Harnek 9.30m 9.21m 9.45m	M77 Fraser Valley	9.45m	703
2 Ulis, David 8.47m 8.99m 8.95m	M75 Fraser Valley	8.99m	663
3 Townsend, Ken FOUL 7.70m 7.88m	M77 Fraser Valley	7.88m	566

**Event 12 Throws Pentathlon: #3 Men Discus Throw 1Kg 75-79 Throws Pentathlon**

Name	Age Team	Finals	Points
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1	Ulis, David	M75	Fraser Valley	29.09m	632
	29.05m FOUL 29.09m				
2	Toor, Harnek	M77	Fraser Valley	24.09m	500
	24.09m FOUL 22.28m				
3	Townsend, Ken	M77	Fraser Valley	21.53m	434
	FOUL 21.53m FOUL				

**Event 12 Throws Pentathlon: #4 Men Javelin Throw 500g 75-79 Throws Pentathlon**

Name	Age	Team	Finals	Points	
1	Ulis, David	M75	Fraser Valley	30.26m	643
	30.26m 29.59m 28.03m				
2	Toor, Harnek	M77	Fraser Valley	28.43m	595
	27.02m 28.43m FOUL				
3	Townsend, Ken	M77	Fraser Valley	22.37m	437
	19.72m 18.45m 22.37m				

**Event 12 Throws Pentathlon: #5 Men Weight Throw 16lbs 75-79 Throws Pentathlon**

Name	Age	Team	Finals	Points	
1	Toor, Harnek	M77	Fraser Valley	14.85m	831
	14.26m 14.85m 14.24m				
2	Ulis, David	M75	Fraser Valley	10.69m	564
	9.67m 10.69m 10.16m				
3	Townsend, Ken	M77	Fraser Valley	10.32m	541
	10.32m 10.28m FOUL				

**Event 13 Men Throws Pentathlon 80-84**

Name	Age	Team	Finals	H#
1	Dyer, Jim	M80	North Central	2913
2	Morioka, Harold	M80	Fraser Valley	2596
3	East, Les	M84	Vancouver Island	2500

**Event 13 Throws Pentathlon: #1 Men Hammer Throw 3Kg 80-84 Throws Pentathlon**

Name	Age	Team	Finals	Points	
1	Dyer, Jim	M80	North Central	34.49m	693
	33.29m 33.29m 34.49m				
2	East, Les	M84	Vancouver Island	28.99m	563
	28.99m 27.20m FOUL				
3	Morioka, Harold	M80	Fraser Valley	27.62m	530
	26.10m 26.01m 27.62m				

**Event 13 Throws Pentathlon: #2 Men Shot Put 3Kg 80-84 Throws Pentathlon**

Name	Age	Team	Finals	Points	
1	Morioka, Harold	M80	Fraser Valley	9.23m	656
	8.87m 9.23m 8.99m				
2	Dyer, Jim	M80	North Central	9.20m	653
	9.18m 9.20m 8.90m				

**55+ Games - 2023-08-23****Gerry and Jane Swan****Results****...Event 13 Throws Pentathlon: #2 Men Shot Put 3Kg 80-84 Throws Pentathlon**

3 East, Les	M84 Vancouver Island	7.95m	548
7.27m 7.95m FOUL			

**Event 13 Throws Pentathlon: #3 Men Discus Throw 1Kg 80-84 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Morioka, Harold	M80 Fraser Valley	23.49m	573
FOUL 23.49m 22.94m			
2 Dyer, Jim	M80 North Central	21.54m	514
20.12m 20.06m 21.54m			
3 East, Les	M84 Vancouver Island	19.79m	462
19.79m FOUL FOUL			

**Event 13 Throws Pentathlon: #4 Men Javelin Throw 400g 80-84 Throws Pentathlon**

Name	Age Team	Finals	Points
1 East, Les	M84 Vancouver Island	19.82m	391
FOUL 19.48m 19.82m			
2 Dyer, Jim	M80 North Central	18.77m	364
18.77m 17.97m 18.02m			
3 Morioka, Harold	M80 Fraser Valley	17.47m	329
FOUL 15.28m 17.47m			

**Event 13 Throws Pentathlon: #5 Men Weight Throw 121lbs 80-84 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Dyer, Jim	M80 North Central	13.47m	689
13.47m 13.40m 13.45m			
2 East, Les	M84 Vancouver Island	10.91m	536
8.95m FOUL 10.91m			
3 Morioka, Harold	M80 Fraser Valley	10.43m	508
10.40m 10.43m 10.39m			

**Event 14 Men Throws Pentathlon 85-89**

Name	Age Team	Finals	H#
1 Dhillon, Bakhshish	M85 Fraser Valley	2695	
2 Butcher, Bruce	M89 South Central	2454	

**Event 14 Throws Pentathlon: #1 Men Hammer Throw 3Kg 85-89 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Dhillon, Bakhshish	M85 Fraser Valley	25.11m	574
25.11m FOUL FOUL			
2 Butcher, Bruce	M89 South Central	20.69m	452
19.93m 20.64m 20.69m			

**55+ Games - 2023-08-23****Gerry and Jane Swan****Results****Event 14 Throws Pentathlon: #2 Men Shot Put 3Kg 85-89 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Dhillon, Bakhshish 7.19m FOUL 8.03m	M85 Fraser Valley	8.03m	642
2 Butcher, Bruce 7.70m 7.63m 7.75m	M89 South Central	7.75m	615

**Event 14 Throws Pentathlon: #3 Men Discus Throw 1Kg 85-89 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Dhillon, Bakhshish 19.05m 18.91m FOUL	M85 Fraser Valley	19.05m	537
2 Butcher, Bruce 17.90m FOUL 16.42m	M89 South Central	17.90m	497

**Event 14 Throws Pentathlon: #4 Men Javelin Throw 400g 85-89 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Butcher, Bruce 16.32m 16.25m 15.65m	M89 South Central	16.32m	381
2 Dhillon, Bakhshish 15.64m FOUL 15.42m	M85 Fraser Valley	15.64m	359

**Event 14 Throws Pentathlon: #5 Men Weight Throw 12lbs 85-89 Throws Pentathlon**

Name	Age Team	Finals	Points
1 Dhillon, Bakhshish FOUL 10.14m 10.24m	M85 Fraser Valley	10.24m	583
2 Butcher, Bruce 9.15m 8.86m 8.86m	M89 South Central	9.15m	509

**Event 15 Women Outdoor Pentathlon 65-69**

Name	Age Team	Finals	H#
1 O'Brien Hugh, Cindy	W65 Fraser Valley	3303	

**Event 15 Outdoor Pentathlon: #1 Women 80 Short Hurdles 27" 65-69 Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Points
1 O'Brien Hugh, Cindy	W65 Fraser Valley	15.56	-1.6	768

**Event 15 Outdoor Pentathlon: #2 Women High Jump 65-69 Outdoor Pentathlon**

Name	Age Team	Finals	Points
1 O'Brien Hugh, Cindy 1.02 1.05 1.08 1.11 1.14 1.17 1.20 O O O O XO XO XXX	W65 Fraser Valley	1.17m	736

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**Event 15 Outdoor Pentathlon: #3 Women Shot Put 3Kg 65-69 Outdoor Pentathlon**

Name	Age Team	Finals	Points
1 O'Brien Hugh, Cindy	W65 Fraser Valley	7.27m	585
6.62m 6.94m 7.27m			

**Event 15 Outdoor Pentathlon: #4 Women Long Jump 65-69 Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Points
1 O'Brien Hugh, Cindy	W65 Fraser Valley	3.67m	-1.0	671
3.67m(-1.0) 3.51m(-0.7) 3.58m(-1.3)				

**Event 15 Outdoor Pentathlon: #5 Women 800 Meter Run 65-69 Outdoor Pentathlon**

Name	Age Team	Finals	Points
1 O'Brien Hugh, Cindy	W65 Fraser Valley	3:32.56	543

**Event 16 Women Outdoor Pentathlon 70-74**

Name	Age Team	Finals	H#
1 Hayley, Urith	W72 Fraser Valley	1810	

**Event 16 Outdoor Pentathlon: #1 Women 80 Short Hurdles 27" 70-74 Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Points
1 Hayley, Urith	W72 Fraser Valley	20.17	-1.6	287

**Event 16 Outdoor Pentathlon: #2 Women High Jump 70-74 Outdoor Pentathlon**

Name	Age Team	Finals	Points
1 Hayley, Urith	W72 Fraser Valley	1.02m	588
0.90 0.93 0.96 0.99 1.02 1.05			
XO O XO XO O XXX			

**Event 16 Outdoor Pentathlon: #3 Women Shot Put 3Kg 70-74 Outdoor Pentathlon**

Name	Age Team	Finals	Points
1 Hayley, Urith	W72 Fraser Valley	5.85m	511
5.75m 5.85m 4.17m			

**Event 16 Outdoor Pentathlon: #4 Women Long Jump 70-74 Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Points
1 Hayley, Urith	W72 Fraser Valley	2.39m	0.3	254
2.33m(-2.2) 2.39m(0.3) 2.39m(-1.2)				

**55+ Games - 2023-08-23****Gerry and Jane Swan****Results****Event 16 Outdoor Pentathlon: #5 Women 800 Meter Run 70-74 Outdoor Pentathlon**

Name	Age Team	Finals	Points
1 Hayley, Urith	W72 Fraser Valley	4:42.18	170

**Event 17 Men Outdoor Pentathlon 55-59**

Name	Age Team	Finals	H#
1 Randhawa, Parminder	M58 Fraser Valley	1344	

**Event 17 Outdoor Pentathlon: #1 Men Long Jump 55-59 Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Points
1 Randhawa, Parminder	M58 Fraser Valley	2.91m	-0.9	173
FOUL		2.91m(-0.9)		2.88m(+0.0)

**Event 17 Outdoor Pentathlon: #2 Men Javelin Throw 700g 55-59 Outdoor Pentathlon**

Name	Age Team	Finals	Points
-- Randhawa, Parminder	M58 Fraser Valley	ND	
FOUL FOUL FOUL			

**Event 17 Outdoor Pentathlon: #3 Men 200 Meter Dash 55-59 Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Points
1 Randhawa, Parminder	M58 Fraser Valley	34.47	-2.1	273

**Event 17 Outdoor Pentathlon: #4 Men Discus Throw 1.5Kg 55-59 Outdoor Pentathlon**

Name	Age Team	Finals	Points
1 Randhawa, Parminder	M58 Fraser Valley	18.42m	272
		18.42m 16.55m 18.33m	

**Event 17 Outdoor Pentathlon: #5 Men 1500 Meter Run 55-59 Outdoor Pentathlon**

Name	Age Team	Finals	Points
1 Randhawa, Parminder	M58 Fraser Valley	5:38.58	626

**Event 18 Men Outdoor Pentathlon 60-64**

Name	Age Team	Finals	H#
1 McMahon, Shawm	M61 Buckley Valley-L	1587	

**Event 18 Outdoor Pentathlon: #1 Men Long Jump 60-64 Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Points
1 McMahon, Shawm	M61 Buckley Valley-L	3.84m	+0.0	445
		3.59m(+0.0) 3.57m(+0.0) 3.84m(+0.0)		

**55+ Games - 2023-08-23****Gerry and Jane Swan****Results****Event 18 Outdoor Pentathlon: #2 Men Javelin Throw 600g 60-64 Outdoor Pentathlon**

Name	Age Team	Finals	Points
1 McMahon, Shawm 12.26m 19.19m 19.18m	M61 Buckley Valley-L	19.19m	247

**Event 18 Outdoor Pentathlon: #3 Men 200 Meter Dash 60-64 Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Points
1 McMahon, Shawm	M61 Buckley Valley-L	33.64	-2.1	379

**Event 18 Outdoor Pentathlon: #4 Men Discus Throw 1Kg 60-64 Outdoor Pentathlon**

Name	Age Team	Finals	Points
1 McMahon, Shawm FOUL 18.84m FOUL	M61 Buckley Valley-L	18.84m	238

**Event 18 Outdoor Pentathlon: #5 Men 1500 Meter Run 60-64 Outdoor Pentathlon**

Name	Age Team	Finals	Points
1 McMahon, Shawm	M61 Buckley Valley-L	7:16.25	278

**Event 19 Men Outdoor Pentathlon 70-74**

Name	Age Team	Finals	H#
1 Zapf-Gilje, Reidar	M71 Lower Mainland	3334	
2 Johnson, Jim	M73 East Kootenay	2226	

**Event 19 Outdoor Pentathlon: #1 Men Long Jump 70-74 Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Points
1 Zapf-Gilje, Reidar 3.94m(+0.0) 4.07m(-0.6) 4.12m(-1.0)	M71 Lower Mainland	4.12m	-1.0	697
2 Johnson, Jim 3.00m(+0.0) 3.50m(+0.0) 3.46m(0.5)	M73 East Kootenay	3.50m	+0.0	485

**Event 19 Outdoor Pentathlon: #2 Men Javelin Throw 500g 70-74 Outdoor Pentathlon**

Name	Age Team	Finals	Points
1 Zapf-Gilje, Reidar 27.58m 31.03m 32.36m	M71 Lower Mainland	32.36m	594
2 Johnson, Jim 25.34m 24.11m 26.76m	M73 East Kootenay	26.76m	466

**Event 19 Outdoor Pentathlon: #3 Men 200 Meter Dash 70-74 Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Points
1 Zapf-Gilje, Reidar	M71 Lower Mainland	32.33	-2.1	597
2 Johnson, Jim	M73 East Kootenay	34.53	-2.1	462

**55+ Games - 2023-08-23****Gerry and Jane Swan****Results****Event 19 Outdoor Pentathlon: #4 Men Discus Throw 1Kg 70-74 Outdoor Pentathlon**

Name	Age Team	Finals	Points
1 Zapf-Gilje, Reidar 33.07m 29.79m 32.06m	M71 Lower Mainland	33.07m	641
2 Johnson, Jim FOUL 27.48m FOUL	M73 East Kootenay	27.48m	509

**Event 19 Outdoor Pentathlon: #5 Men 1500 Meter Run 70-74 Outdoor Pentathlon**

Name	Age Team	Finals	Points
1 Zapf-Gilje, Reidar	M71 Lower Mainland	5:50.56	805
2 Johnson, Jim	M73 East Kootenay	7:50.92	304

**Event 20 Men Outdoor Pentathlon 75-79**

Name	Age Team	Finals	H#
1 Gee, Arthur	M79 Lower Mainland	1403	

**Event 20 Outdoor Pentathlon: #1 Men Long Jump 75-79 Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Points
1 Gee, Arthur 2.85m(NWI) FOUL 2.93m(NWI)	M79 Lower Mainland	2.93m	NWI	373

**Event 20 Outdoor Pentathlon: #2 Men Javelin Throw 500g 75-79 Outdoor Pentathlon**

Name	Age Team	Finals	Points
1 Gee, Arthur FOUL 14.60m FOUL	M79 Lower Mainland	14.60m	242

**Event 20 Outdoor Pentathlon: #3 Men 200 Meter Dash 75-79 Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Points
1 Gee, Arthur	M79 Lower Mainland	41.61	-2.1	187

**Event 20 Outdoor Pentathlon: #4 Men Discus Throw 1Kg 75-79 Outdoor Pentathlon**

Name	Age Team	Finals	Points
1 Gee, Arthur 18.37m 20.42m 20.55m	M79 Lower Mainland	20.55m	408

**Event 20 Outdoor Pentathlon: #5 Men 1500 Meter Run 75-79 Outdoor Pentathlon**

Name	Age Team	Finals	Points
1 Gee, Arthur	M79 Lower Mainland	8:55.66	193