

CMA Women's Throws Pentathlon Records / Individual Event Performances & Points:

Age Factors changes: post May 2010 & revised 2023

Women	HT	SP	DT	JT	WT	Total	Date	Venue
W30 Anna McNab	38.23	9.93	35.63	22.85	12.53		20/11/2016	Timaru
Points:	527	525	570	342	550	2514		
W35 Anna Lynch	41.72	9.65	36.89	23.99	12.52		28/02/2021	Inglewood
Points:	625	529	594	374	572	2694		
W40 Toni Oudemans	22.59	8.97	22.13	26.04	8.32		14/11/2020	Dunedin
Points:	329	530	346	465	382	2052		
W45 Ayaka Stewart	20.94	7.08	24.90	14.58	8.53		26/1/2025	Nga Puna Wai
Points:	338	434	449	256	436	1913		
W50								
Points:								
W55 Tania Lutton	27.50	11.96	28.51	13.91	9.78	2847		
Points:		845	669	281	541		28/9/25	Rawhiti Domain
W60 Sissi Stein-Abel	17.47	9.64	25.09	23.63	9.81		19/03/2017	Rawhiti Domain
Points:	331	730	651	613	496	2821		
W65 Beverley Church	23.10	6.30	16.46	14.29	8.42		23/01/2018	Dunedin
Points:	542	491	447	387	467	2334		
W70 Glen Watts	23.44	6.87	17.50	13.55	8.44		03/03/2014	Invercargill
Points:	543	562	548	433	501	2587		
W75 Glen Watts	29.55	7.91	18.09	12.39	10.51		12/12/2015	Rawhiti Domain
Points:	715	666	570	388	650	2989		
W80 Glen Watts	25.61	6.72	18.55	11.81	8.59		13/03/2021	Rawhiti Domain
Points:	722	642	698	436	607	3105		
W85 Colleen Maloney	17.65	4.65	9.2	7.16	8.16		29/09/2024	Nga Puna Wai
Points:	569	491	363	286	692	2401		
W90								
Points:								

CMA Women's Pentathlon Records / Individual Event Performances & Points:

Age Factors changes: May 2010 & revised 2023

Women	100m	SP	LJ	JT	800m	Total	Date	Venue
W30								
Points:								
W35								
Points:								
W40								
Points:								
W45								
Points:								
W50 Lyn Osmer	15.32	10.15	4.12	30.09	3:45.95		03/03/2014	Invercargill
Points:	617	627	567	630	401	2842		
W55								
Points:								
W60								
Points:								

W65	Lois Anderson	16.55	7.49	3.12	13.88	3:53.02		30/11/2013	Timaru
	<i>Points:</i>	716	607	451	373	381	2528		
W70	Lois Anderson	18.77	6.41	3.02	12.31	4:06.40		12/11/2017	Timaru
	<i>Points:</i>	533	573	495	375	377	2353		
W75									
	<i>Points:</i>								
W80									
	<i>Points:</i>								
W85									
	<i>Points:</i>								

CMA Heptathlon Records / Individual Event Performances: (post May 2010 for all, except W60-W70 javelin 500gms, i.e. post January 2014)									
		Hur	HJ	SP	200m	LJ	JT	800m	Total
W30									
	<i>Points:</i>								
W35	Helena Dinnissen (Nga Puna Wai – November 2019)	15.27	1.70	8.61	26.47	5.56	24.10	2:33.00	
	<i>Points:</i>	835	891	459	757	768	376	669	4755
W40									
	<i>Points:</i>								
W45									
	<i>Points:</i>								
W50									
	<i>Points:</i>								
W55									
	<i>Points:</i>								
W60									
	<i>Points:</i>								
W70	Lois Anderson (Perth)	19.41	1.06m	6.69m	38.85	2.87m	14.00m	3:55.30	
	<i>Points:</i>	573	655	603	517	433	439	456	3676
W75									
	<i>Points:</i>								
W80									
	<i>Points:</i>								