

Women's UK Throws Pentathlon Records

Last Updated:

09 October 2018

Age Group	Name	Venue	Date	Hammer	Shot	Discus	Javelin	Weight	Total
W35	Lucy Marshall	Sheffield	14/07/2018	58.49	10.56	30.35	26.37	17.55	3828
W40	Andrea Jenkins	Perth,AUS	04/11/2016	44.68	9.76	40.50	24.59	14.43	3704
W45	Alyson Hourihan	Lahti, FIN	07/08/2009	32.23	10.73	37.09	31.69	10.23	3545
W50	Janet Smith	Ewell	19/10/2014	43.50	9.19	29.30	18.97	15.79	3732
W55	Vilma Thompson	Sacramento, USA	15/07/2011	34.46	10.55	28.26	24.00	12.17	3797
W60	Jennifer Ibbitson	Sheffield	14/07/2018	35.92	9.21	24.00	19.18	11.64	3689
W65	Liz Sissons	Ewell	10/12/2011	26.90	9.41	21.10	23.64	11.27	3875
W70	Liz Sissons	Birmingham	19/09/2015	26.48	8.49	18.91	20.98	9.36	3959
W75	Evaun Williams	Porto Alegre, BRA	25/10/2013	38.61	10.45	26.75	24.73	12.43	5528
W80	Evaun Williams	Malaga, ESP	12/09/2018	37.85	9.23	23.00	24.65	12.68	6080
<i>Best performances with the 400g Javelin</i>									
W55	Evaun Williams	Athens, GRE	16/10/1994	43.50	12.13	27.38	36.22	17.02	6.9497
W60	Evaun Williams	Cesenatico, ITA	18/09/1998	39.21	11.54	28.99	35.14	16.23	5036
W65	Evaun Williams	Poznan, POL	28/07/2006	36.49	10.69	30.58	35.74	14.03	5376
W70	Evaun Williams	Ljubljana, SVN	01/01/2008	37.40	9.79	27.17	31.47	13.80	5765