

35 - 39 YEAR OLD MALE (OUTDOOR)

60M

2017 Brian Carnate 7.47

100M

2017 Brian Carnate 11.34
2016 Brian Carnate 11.55
2015 Brian Carnate 11.57
2021 Martin Kariya 12.69
2021 Navreet Singh 13.11
2022 Gurpreet Dhatt 13.91

200M

2017 Brian Carnate 23.40
2016 Brian Carnate 24.77
2015 Brian Carnate 25.07
2021 Martin Kariya 26.37

400M

2021 Martin Kariya 1:00.32

1500M

2021 Martin Kariya 5:26.17

110M HURDLES (39")

2021 Martin Kariya 20.92

LONG JUMP

2021 Martin Kariya 4.30

HIGH JUMP

2021 Martin Kariya 1.45

POLE VAULT

2021 Martin Kariya 2.65

DISCUS (2kg)

2021 Martin Kariya 22.79

SHOT PUT (7.262kg)

2021 Martin Kariya 9.66

JAVELIN (800g)

2021 Martin Kariya 31.83
2020 Martin Kariya 29.50

DECATHLON (100M, LJ, SP, HJ, 400M, 100MH, DT, PV, JT, 1500M)

2021 Martin Kariya 3818