

55 - 59 YEAR OLD MALE (OUTDOOR)

50M		
2016	Edwin Liu	7.49
2016	Stephen Whittemore	7.59
2017	Jack Laughlin	8.00

60M		
2017	Jorge Woods	8.80

400M		
1999	Harold Morioka	53.61
2000	Harold Morioka	54.07
2001	Harold Morioka	55.29
2002	Harold Morioka	56.82
2001	Jess Brewer	59.41
2005	Sewa Birring	1:00.33
2000	Tony Badowski	1:00.57
2004	Sewa Birring	1:01.75
2002	Tony Badowski	1:02.21
2001	Barry Meier	1:02.31
2017	Joe Hill	1:03.01
2000	Barry Meier	1:03.39
2003	Sewa Birring	1:03.50
2011	Bruno Gartner	1:06.53
2014	Jay Bains	1:06.71
2008	Phil Bell	1:07.10
2000	Peter O'Reilly	1:07.76
2017	Jorge Woods	1:08.72
2004	Harold Morioka	1:09.23
2014	Jorge Woods	1:09.45
2013	Jay Bains	1:09.48
2004	Bruce Hill	1:12.89
2015	Jorge Woods	1:13.41

3000M		
2013	Harjinder Kang	14:18.59

100M HURDLES (36")		
2015	Jay Bains	43.97

HIGH JUMP		
2001	Harold Morioka	1.45
2000	Harold Morioka	1.35
2000	Tony Badowski	1.30
2016	Stephen Whittemore	1.30
2000	Herb Gee	1.15
2015	Jorge Woods	1.15

100M		
2001	Harold Morioka	12.02
1999	Harold Morioka	12.08
2000	Harold Morioka	12.10
2002	Harold Morioka	12.97
2000	Tony Badowski	13.07
2011	Al Percival	13.09
2011	Bruno Gartner	13.16
2000	Herb Gee	13.22
2017	Jorge Woods	13.23
2017	Joe Hill	13.35
2007	Jagtar Cheema	13.50
2002	Tony Badowski	13.63
2009	Jagtar Cheema	13.65
2015	Jorge Woods	13.66
2017	Gary Kuno	13.66
2008	Jagtar Cheema	13.74
2001	Barry Meier	13.81
2014	Jorge Woods	14.30
2016	Joe Hill	14.32
2016	Stephen Whittemore	14.33
2016	Edwin Liu	14.36
2017	Jack Laughlin	14.78
2008	Phil Bell	15.83

800M		
1999	Harold Morioka	2:07.10
2000	Harold Morioka	2:11.56
2002	Harold Morioka	2:14.71
1999	Harold Morioka	2:16.85
2001	Harold Morioka	2:18.78
2000	Barry Meier	2:26.04
2001	Barry Meier	2:31.90
2000	Bill McNamara	2:39.94
2000	Peter O'Reilly	2:40.25
2008	Phil Bell	2:40.75
2013	Jay Bains	2:42.22
2015	Jorge Woods	3:08.15

5000M		
2004	John Winfield	20:47.57
2000	Peter O'Reilly	22:16.92

400M HURDLES (33")		
2000	Harold Morioka	1:03.03
2001	Harold Morioka	1:17.51
2013	Jay Bains	1:46.68

LONG JUMP		
2000	Herb Gee	4.75
2000	Tony Badowski	4.64
2016	Stephen Whittemore	4.45
2001	Jess Brewer	4.39
2017	Siraj Majumdar	4.37
2016	Edwin Liu	4.36

200M		
1999	Harold Morioka	24.44
2000	Harold Morioka	24.71
2001	Harold Morioka	25.02
2002	Harold Morioka	26.11
2001	Jess Brewer	26.64
2000	Tony Badowski	27.00
2011	Al Percival	27.28
2005	Sewa Birring	27.32
2000	Herb Gee	27.61
2002	Tony Badowski	27.64
2017	Jorge Woods	27.64
2007	Jagtar Cheema	27.75
2011	Bruno Gartner	27.80
2017	Joe Hill	27.89
2004	Sewa Birring	27.93
2009	Jagtar Cheema	28.15
2008	Jagtar Cheema	28.27
2003	Sewa Birring	28.70
2015	Jorge Woods	29.01
2016	Joe Hill	29.31
2015	Jay Bains	30.00
2014	Jay Bains	30.04
2014	Jorge Woods	30.09
2016	Edwin Liu	30.09
2013	Jay Bains	30.55
2008	Phil Bell	31.09
2017	Jack Laughlin	31.11
2016	Stephen Whittemore	31.18

1500M		
2000	Barry Meier	5:09.56
2001	Barry Meier	5:18.37
2000	Bill McNamara	5:51.07
2015	Jorge Woods	6:37.77
2013	Harjinder Kang	6:45.97

3000M STEEPLE CHASE (36")		
2000	Bill McNamara	14:44.77

STANDING LONG JUMP		
2016	Edwin Liu	2.29

TRIPLE JUMP		
2016	Edwin Liu	9.44

(... cont'd) 55 - 59 YEAR OLD MALE (OUTDOOR)

SHOT PUT (6kg)		
2012	Frank Ehrenreich	10.81
2013	Dave McDonald	10.26
2000	Harold Morioka	9.68
2002	Sewa Birring	9.65
2016	Stephen Whittemore	9.29
2001	Harold Morioka	9.27
2000	Herb Gee	8.28

DISCUS (1.5kg)		
2014	Marcel Kosierb	37.11
2013	Dave McDonald	35.64
2015	Marcel Kosierb	35.50
2011	Dave McDonald	34.04
2016	Marcel Kosierb	32.63
2001	Harold Morioka	28.06
2012	Frank Ehrenreich	27.49
2017	Joe Hill	27.43
2000	Harold Morioka	25.99
2000	Herb Gee	25.09
2016	Stephen Whittemore	23.22

JAVELIN (700g)		
2013	Dave McDonald	40.45
2011	Dave McDonald	36.46
2001	Harold Morioka	33.14
2000	Harold Morioka	31.47
2012	Frank Ehrenreich	26.59
2000	Herb Gee	23.81
2016	Stephen Whittemore	23.39

HAMMER THROW (6kg)		
2011	Dave McDonald	36.47
2013	Dave McDonald	35.39

WEIGHT THROW (25lbs)		
2011	Dave McDonald	14.21
2011	Dave McDonald	14.21

SUPER WEIGHT THROW (56lbs)		
2013	Dave McDonald	5.52
		5.05

WEIGHT PENTATHLON (HT, SP, DT, JT, WT)		
2011	Dave McDonald	3182
2013	Dave McDonald	2905

PENTATHLON (LJ, JT, 200M, DT, 1500M)		
2003	Grant Lamothe	2640

DECATHLON <small>(100M, 150M, 200M, 400M, 800M, 1500M, 5000M, 10000M, 50000M, 100000M)</small>		
2009	Grant Lamothe	5506

4X100M RELAY		
2002	Herb Gee (61), Tony Badowski (59), Lee Southern (58), Harold Morioka (59)	50.49
2000	Herb Gee (59), Tony Badowski (57), Gary Malo (57), Harold Morioka (57)	51.22
2011	Hardev Sandhu (62), Al Percival (59), Bruno Gartner (58), Jason Wong (55)	55.08

4X400M RELAY		
2000	Bill McIlwaine (61), Jake Madderom (55), Tony Badowski (57), Harold Morioka (57)	3:57.61
2002	Tony Badowski (59), Jess Brewer (56), Barry Meier (57), Harold Morioka (59)	4:05.2 (h)

55 - 59 YEAR OLD MALE (INDOOR)

60M		
1999	Harold Morioka	7.79
2011	Al Percival	8.48
2016	Jorge Woods	8.53
2016	Stephen Whittemore	8.88
2015	Jorge Woods	9.01

200M		
1999	Harold Morioka	24.94
2011	Al Percival	28.84

400M		
1999	Harold Morioka	54.36
2014	Harjinder Kang	1:19.06
2016	Jorge Woods	1:12.04

800M		
1999	Harold Morioka	2:11.71
2014	Harjinder Kang	3:10.35

1500M		
2014	Harjinder Kang	7:04.26

3000M		
2014	Harjinder Kang	14:45.28

SHOT PUT (6kg)		
2012	Frank Ehrenreich	10.32
2016	Stephen Whittemore	9.79

WEIGHT THROW (16lbs)		
2011	Dave McDonald	13.32
2012	Frank Ehrenreich	11.89