

60 - 64 YEAR OLD MALE (OUTDOOR)

50M

2013	Al Percival	7.01
2014	Al Percival	7.05
2012	Al Percival	7.08
2016	Al Percival	7.28
2020	Edwin Liu	7.52
2018	Edwin Liu	7.53
2017	Edwin Liu	7.57
2019	Edwin Liu	7.67
2013	Hardev Sandhu	7.70
2013	Hardev Sandhu	7.70
2019	Jack Laughlin	7.93
2019	Larry Jer	8.01
2016	David Dickey	8.26

60M

2018	David Wall	8.59
2018	Edwin Liu	8.70

100M

2003	Harold Morioka	12.43
2014	Al Percival	12.80
2013	Al Percival	12.81
2001	Herb Gee	12.85
2012	Al Percival	12.93
2015	Al Percival	13.08
2003	Herb Gee	13.15
2002	Herb Gee	13.26
2005	Harold Morioka	13.28
2006	Sewa Birring	13.28
2003	Tony Badowski	13.48
2010	John Winfield	13.55
2011	Roy Turkington	13.55
2018	Joe Hill	13.56
2021	Jorge Woods	13.62
2022	Joe Hill	13.63
2018	David Wall	13.65
2014	Roy Turkington	13.66
2007	Sewa Birring	13.67
2020	Joe Hill	13.68
2020	Jorge Woods	13.71
2023	Joe Hill	13.93

100M (cont'd)

2016	Al Percival	13.73
2019	Jorge Woods	13.79
2019	Joe Hill	13.80
2008	John Winfield	13.83
2021	Ray Alley	13.84
2018	Edwin Liu	13.92
2013	Bruno Gartner	13.93
2019	David Wall	13.93
2021	Joe Hill	13.93
2011	Jagtar Cheema	13.95
2017	Edwin Liu	13.96
2019	Edwin Liu	14.01
2015	Bruno Gartner	14.02
2013	Reidar Zapf-Gilje	14.04
2017	David Wall	14.04
2015	Roy Turkington	14.06
2020	Edwin Liu	14.06
2015	Reidar Zapf-Gilje	14.07
2010	Sewa Birring	14.09
2000	Les Friesen	14.12
2018	Brent Davy	14.12

100M (cont'd)

2012	Hardev Sandhu	14.13
2016	Reidar Zapf-Gilje	14.14
2000	Larry Forseille	14.16
2021	Edwin Liu	14.33
2016	Bruno Gartner	14.51
2010	Hardev Sandhu	14.52
2018	Jim Carwana	14.74
2013	Hardev Sandhu	14.79
2019	Jack Laughlin	14.85
2009	Les Fowler	14.88
2008	Les Fowler	15.00
2010	Les Fowler	15.01
2010	Bruce Hill	15.03
2011	Hardev Sandhu	15.08
2016	David Dickey	15.15
2014	Bruno Gartner	15.18
2015	David Dickey	15.19
2011	Les Fowler	16.04
2018	Jack Laughlin	16.86
2023	Chris Finding	17.46
2012	Orlando Naranjo	17.57

60 - 64 YEAR OLD MALE (OUTDOOR)

200M

2003	Harold Morioka	25.36
2001	Herb Gee	26.02
2012	Al Percival	26.56
2001	Herb Gee	26.61
2013	Al Percival	26.66
2014	Al Percival	26.80
2006	Sewa Birring	26.85
2002	Herb Gee	26.92
2003	Herb Gee	26.97
2015	Al Percival	27.33
2009	John Winfield	27.51
2008	John Winfield	27.64
2010	John Winfield	27.75
2018	Joe Hill	27.78
2003	Tony Badowski	27.79
2010	Sewa Birring	28.01
2007	Sewa Birring	28.05
2020	Joe Hill	28.19
2017	David Wall	28.32
2020	Jorge Woods	28.33
2022	Joe Hill	28.45
2019	Joe Hill	28.52

200M (cont'd)

2019	David Wall	28.54
2018	David Wall	28.74
2023	Joe Hill	28.77
2011	Jagtar Cheema	28.83
2019	Jorge Woods	28.86
2018	Brent Davy	28.92
2021	Jorge Woods	28.94
2015	Reidar Zapf-Gilje	29.01
2013	Bruno Gartner	29.02
2012	Hardev Sandhu	29.08
2000	Les Friesen	29.10
2016	Reidar Zapf-Gilje	29.12
2016	David Wall	29.13
2016	Al Percival	29.19
2013	Reidar Zapf-Gilje	29.20
2011	Jagtar Cheema	29.32
2000	Larry Forseille	29.34
2016	Bruno Gartner	29.34
2010	Hardev Sandhu	29.63
2010	Hardev Sandhu	29.63
2015	Bruno Gartner	29.66
2019	Chris Finding	29.69

200M (cont'd)

2018	Edwin Liu	29.80
2013	Hardev Sandhu	29.85
2014	Bruno Gartner	29.88
2017	Edwin Liu	30.02
2009	Les Fowler	30.32
2019	Jack Laughlin	30.67
2008	Les Fowler	30.82
2010	Les Fowler	31.10
2016	David Dickey	31.38
2011	Hardev Sandhu	31.54
2010	Bruce Hill	31.92
2015	David Dickey	31.94
2014	David Dickey	32.01
2016	Harjinder Kang	32.35
2011	Les Fowler	32.60
2017	Harjinder Kang	32.99
2014	Harjinder Kang	33.45
2018	Harjinder Kang	33.77
2018	David Dickey	34.12
2015	Harjinder Kang	34.15
2021	Hanif Rajan	41.21

400M

2003	Harold Morioka	55.04
2006	Sewa Birring	1:00.39
2002	Herb Gee	1:02.46
2016	Reidar Zapf-Gilje	1:03.40
2003	Herb Gee	1:03.57
2017	David Wall	1:03.67
2016	David Wall	1:03.87
2018	David Wall	1:03.95
2001	Herb Gee	1:04.10
2008	John Winfield	1:04.20
2010	Sewa Birring	1:04.35
2013	Reidar Zapf-Gilje	1:04.36
2000	Larry Forseille	1:04.44
2000	Les Friesen	1:04.90
2010	John Winfield	1:05.46

400M (cont'd)

2022	Joe Hill	1:05.58
2000	Les Friesen	1:05.64
2000	Larry Forseille	1:05.85
2019	Chris Finding	1:05.98
2018	Joe Hill	1:06.29
2019	Joe Hill	1:07.31
2001	Bill McNamara	1:08.00
2011	Jagtar Cheema	1:08.76
2022	Chris Finding	1:09.55
2013	Bruno Gartner	1:10.41
2015	Bruno Gartner	1:12.15
2015	David Dickey	1:12.26
2016	David Dickey	1:12.38
2014	Bruno Gartner	1:12.42
2017	Kelly Sharp	1:12.97

400M (cont'd)

2016	Bruno Gartner	1:13.25
2013	Hardev Sandhu	1:13.35
2017	Harjinder Kang	1:13.54
2018	Harjinder Kang	1:13.54
2009	Bruce Hill	1:13.72
2016	Harjinder Kang	1:14.25
2021	Edwin Liu	1:15.01
2015	Harjinder Kang	1:15.29
2014	Phil Bell	1:15.30
2013	Phil Bell	1:15.34
2014	Harjinder Kang	1:16.79
2023	Joe Hill	1:16.81
2021	Joe Hill	1:17.07
2021	Hanif Rajan	1:42.21

60 - 64 YEAR OLD MALE (OUTDOOR)

800M

2003	Harold Morioka	2:12.33
2016	Reidar Zapf-Gilje	2:28.09
2013	Reidar Zapf-Gilje	2:29.91
2015	Reidar Zapf-Gilje	2:30.50
2014	Reidar Zapf-Gilje	2:30.63
2017	David Wall	2:33.39
2018	David Wall	2:40.71
2001	Bill McNamara	2:41.40
2016	David Wall	2:44.63
2017	Kelly Sharp	2:48.49
2018	Kelly Sharp	2:48.83
2009	Bruce Hill	2:51.54
2022	Raffi Antepyan	2:54.38
2016	Harjinder Kang	3:00.56
2015	Harjinder Kang	3:00.79
2017	Harjinder Kang	3:03.61
2014	Harjinder Kang	3:05.10
2018	Harjinder Kang	3:11.15

1000M

2017	David Dickey	3:59.18
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1500M

2016	Reidar Zapf-Gilje	5:11.29
2015	Reidar Zapf-Gilje	5:13.42
2013	Reidar Zapf-Gilje	5:14.34
2014	Reidar Zapf-Gilje	5:16.35
2018	Kelly Sharp	5:48.52
2001	Bill McNamara	5:53.30
2017	Kelly Sharp	5:57.18
2022	Raffi Antepyan	5:57.54
2014	Harjinder Kang	6:12.81
2012	Orlando Naranjo	6:25.99
2015	Harjinder Kang	6:27.01
2018	Joe Hill	6:43.85
2020	Joe Hill	6:51.12
2001	Ed White	6:58.73
2022	Joe Hill	7:14.11
2021	Joe Hill	7:18.21
2018	David Dickey	7:42.30
2021	Edwin Liu	7:44.42
2020	David Walker	7:50.31
2018	Harjinder Kang	8:04.64

3000M

2015	Harjinder Kang	12:41.78
2017	Kelly Sharp	13:00.66
2018	Kelly Sharp	13:20.23
2012	Orlando Naranjo	13:41.02
2011	Orlando Naranjo	14:00.67

5000M

2001	Ed White	22:23.94
2018	Kelly Sharp	23:03.58
2017	Kelly Sharp	23:07.32
2014	Harjinder Kang	24:33.80
2015	Harjinder Kang	25:04.34

5K ROAD RACE

2019	Al Percival	49:44.00
2018	Al Percival	50:57.00

10K ROAD RACE

2017	Kelly Sharp	51:09.00
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60 - 64 YEAR OLD MALE (OUTDOOR)

2000M STEEPLE CHASE (30")

2016	Reidar Zapf-Gilje	7:54.67
2015	Reidar Zapf-Gilje	7:55.08
2013	Reidar Zapf-Gilje	7:57.92
2021	Doug Henderson	9:24.62

100M HURDLES (33"@8.0m)

2016	Reidar Zapf-Gilje	17.59
2015	Reidar Zapf-Gilje	18.32
2013	Reidar Zapf-Gilje	18.43
2016	David Dickey	19.48
2022	Joe Hill	19.58
2003	Tony Badowski	19.59
2015	David Dickey	20.34
2017	David Dickey	21.00
2021	Edwin Liu	21.19
2021	Joe Hill	21.25
2017	Edwin Liu	21.95
2019	Jim Carwana	24.18

300M HURDLES (30")

2003	Harold Morioka	45.33
2013	Reidar Zapf-Gilje	50.18
2016	Reidar Zapf-Gilje	51.02
2015	Reidar Zapf-Gilje	52.07
2003	Tony Badowski	53.74
2013	Bruno Gartner	54.12
2014	Bruno Gartner	55.92
2016	Bruno Gartner	57.72

STANDING LONG JUMP

2017	Edwin Liu	2.35
2018	Edwin Liu	2.34
2013	Hardev Sandhu	1.90

HIGH JUMP

2016	Reidar Zapf-Gilje	1.47
2013	Reidar Zapf-Gilje	1.42
2015	Reidar Zapf-Gilje	1.35
2019	Larry Jer	1.35
2021	Edwin Liu	1.33
2018	David Dickey	1.31
2003	Harold Morioka	1.30
2001	Herb Gee	1.30
2015	David Dickey	1.30
2016	David Dickey	1.30
2017	David Dickey	1.30
2021	Larry Jer	1.30

HIGH JUMP (cont'd)

2022	Joe Hill	1.30
2021	Joe Hill	1.27
2019	Joe Hill	1.21
2011	Jagtar Cheema	1.20
2012	David Ulis	1.20
2000	John Ekstedt	1.15
2011	Hardev Sandhu	1.10
2013	Hardev Sandhu	1.10
2001	John Ekstedt	1.05
2011	Hardev Sandhu	1.05
2012	Hardev Sandhu	1.05
2001	Ray Kennedy	1.00

LONG JUMP

2002	Herb Gee	4.95
2011	Roy Turkington	4.90
2002	Herb Gee	4.86
2014	Roy Turkington	4.72
2015	Reidar Zapf-Gilje	4.68
2015	Roy Turkington	4.66
2013	Reidar Zapf-Gilje	4.58
2001	Herb Gee	4.47
2016	Reidar Zapf-Gilje	4.47
2019	Edwin Liu	4.41
2020	Edwin Liu	4.40
2018	Edwin Liu	4.35

LONG JUMP (cont'd)

2017	Edwin Liu	4.29
2021	Edwin Liu	4.29
2022	Joe Hill	4.29
2020	Joe Hill	4.28
2019	Jack Laughlin	4.20
2021	Joe Hill	4.16
2016	David Dickey	4.13
2000	Les Friesen	4.10
2011	Jagtar Cheema	4.08
2018	David Wall	4.07
2000	John Ekstedt	3.98
2018	Jim Carwana	3.98

LONG JUMP (cont'd)

2019	Jim Carwana	3.98
2019	Joe Hill	3.98
2015	David Dickey	3.95
2018	Joe Hill	3.85
2019	Larry Jer	3.79
2018	David Dickey	3.77
2017	David Dickey	3.75
2021	Larry Jer	3.75
2012	Hardev Sandhu	3.73
2013	Hardev Sandhu	3.48
2014	David Dickey	2.03

60 - 64 YEAR OLD MALE (OUTDOOR)

TRIPLE JUMP

2015	Reidar Zapf-Gilje	9.98
2013	Reidar Zapf-Gilje	9.58
2018	Edwin Liu	9.54
2016	Reidar Zapf-Gilje	9.52
2019	Edwin Liu	9.29
2019	Jack Laughlin	9.23
2021	Edwin Liu	9.23
2017	Edwin Liu	9.07
2015	David Dickey	8.74
2016	David Dickey	8.55
2015	Roy Turkington	8.25
2018	David Dickey	8.16
2019	Larry Jer	7.94
2012	Hardev Sandhu	7.82
2013	Hardev Sandhu	7.72
2019	Jim Carwana	7.72
2018	Jack Laughlin	7.37
2021	Larry Jer	7.30

POLE VAULT

2016	Reidar Zapf-Gilje	2.80
2015	Reidar Zapf-Gilje	2.70
2013	Reidar Zapf-Gilje	2.60
2022	Joe Hill	2.20
2021	Joe Hill	2.15
2021	Edwin Liu	2.15
2018	David Dickey	2.10
2017	David Dickey	2.05
2011	Hardev Sandhu	2.00
2016	David Dickey	1.90
2013	Hardev Sandhu	1.83
2012	Hardev Sandhu	1.60
2017	Edwin Liu	1.55

60 - 64 YEAR OLD MALE (OUTDOOR)

SHOT PUT (5kg)

2015	Dave McDonald	12.26
2016	Reidar Zapf-Gilje	12.21
2014	Dave McDonald	11.69
2013	Reidar Zapf-Gilje	11.64
2015	Reidar Zapf-Gilje	11.42
2011	Hardev Sandhu	11.18
2012	David Ulis	10.70
2014	Alan Essex	10.48
2006	Sewa Birring	10.23
2007	Sewa Birring	10.20
2011	David Ulis	10.38
2003	Harold Morioka	9.99
2016	Andrew Natale	9.59
2020	Joe Hill	9.40
2023	Joe Hill	9.37
2011	Hardev Sandhu	9.21
2021	Joe Hill	8.92
2013	Hardev Sandhu	8.81
2012	Hardev Sandhu	8.75
2000	Don Armstrong	8.74
2022	Joe Hill	8.71
2001	Herb Gee	8.64
2002	Herb Gee	8.52
2000	John Ekstedt	8.30
2017	David Dickey	7.33
2021	Edwin Liu	7.33
2015	David Dickey	6.04

DISCUS (1kg)

2014	Dave McDonald	43.89
2020	Marcel Kosierb	42.94
2015	Dave McDonald	41.67
2015	Reidar Zapf-Gilje	39.39
2016	Reidar Zapf-Gilje	39.20
2013	Reidar Zapf-Gilje	37.76
2014	Alan Essex	37.61
2003	Harold Morioka	36.09
2019	Joe Hill	34.69
2015	Alan Essex	34.53
2016	Alan Essex	33.34
2011	David Ulis	32.92
2023	Joe Hill	32.91
2012	David Ulis	32.83
2021	Joe Hill	32.77
2022	Joe Hill	32.75
2020	Joe Hill	32.42
2001	Herb Gee	32.34
2016	Andrew Natale	32.33
2018	Joe Hill	31.07
2002	Herb Gee	30.56
2012	Hardev Sandhu	27.22
2013	Hardev Sandhu	26.71
2011	Hardev Sandhu	26.12
2017	David Dickey	25.26
2015	David Dickey	24.04
2021	Edwin Liu	23.72
2018	David Dickey	23.53
2017	Harjinder Kang	22.58
2018	Harjinder Kang	21.89
2000	Don Armstrong	21.36

JAVELIN (600g)

2014	Dave McDonald	42.55
2015	Dave McDonald	40.04
2015	Reidar Zapf-Gilje	38.05
2016	Reidar Zapf-Gilje	37.29
2015	John Hodgson	36.70
2022	Joe Hill	36.33
2020	Joe Hill	35.94
2021	Joe Hill	35.84
2023	Joe Hill	34.44
2019	Joe Hill	33.20
2011	David Ulis	33.17
2003	Harold Morioka	32.79
2012	David Ulis	30.07
2000	Don Armstrong	29.14
2019	Jack Laughlin	28.58
2000	John Ekstedt	25.73
2001	Ray Kennedy	25.45
2016	Andrew Natale	25.01
2001	Herb Gee	24.74
2018	Jack Laughlin	24.23
2011	Hardev Sandhu	22.16
2021	Edwin Liu	20.81
2013	Hardev Sandhu	20.69
2018	Joe Hill	20.39
2012	Hardev Sandhu	19.60
2017	David Dickey	12.52
2018	David Dickey	11.99
2014	Al Essex	11.86

60 - 64 YEAR OLD MALE (OUTDOOR)

HAMMER THROW (5kg)

2014	Dave McDonald	43.80
2015	Dave McDonald	43.47
2015	Reidar Zapf-Gilje	34.87
2016	Reidar Zapf-Gilje	33.70
2015	Alan Essex	31.79
2013	Hardev Sandhu	28.84
2011	Hardev Sandhu	28.74
2012	Hardev Sandhu	28.69
2012	David Ulis	28.10
2016	Andrew Natale	26.94
2011	David Ulis	26.50
2000	Don Armstrong	22.28
2017	David Dickey	19.19

WEIGHT THROW (20lbs)

2015	Dave McDonald	16.95
2014	Dave McDonald	16.22
2015	Reidar Zapf-Gilje	14.23
2015	Alan Essex	14.06
2016	Reidar Zapf-Gilje	13.08
2013	Hardev Sandhu	12.82
2011	Hardev Sandhu	12.20
2012	David Ulis	12.06
2012	Hardev Sandhu	11.75
2011	David Ulis	11.73
2016	Andrew Natale	11.67

SUPER WEIGHT THROW (44lbs)

2015	Dave McDonald	8.19
2014	Dave McDonald	7.46

THROWS TRIATHLON (SP,DT,JT)

2017	David Dickey	858
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THROWS PENTATHLON (HT, SP, DT, JT, WT)

2014	Dave McDonald	3608
2015	Dave McDonald	3606
2016	Reidar Zapf-Gilje	3328
2015	Reidar Zapf-Gilje	3295
2014	Alan Essex	2542
2016	Andrew Natale	2210
2000	Don Armstrong	2145

PENTATHLON (LJ, JT, 200M, DT, 1500M)

2015	Reidar Zapf-Gilje	3575
2016	Reidar Zapf-Gilje	3418
2018	Joe Hill	2325
2012	David Ulis	1752
2001	John Ekstedt	1659
2018	David Dickey	1443
2022	Joe Hill	????

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

2016	Reidar Zapf-Gilje	7014
2013	Reidar Zapf-Gilje	6723
2022	Joe Hill	5355
2021	Joe Hill	5014
2021	Edwin Liu	4296