

65 - 69 YEAR OLD MALE (OUTDOOR)

50M		
2016	Roy Turkington	7.42
<b>2017</b>	<b>Al Percival</b>	<b>7.67</b>
2016	Jagtar Cheema	7.89
2016	Hardev Sandhu	8.06
<b>2017</b>	<b>Hardev Sandhu</b>	<b>8.15</b>
2016	Les Fowler	8.28

100M		
2006	Herb Gee	13.31
2001	Les Friesen	13.60
2009	Herb Gee	13.70
2012	John Winfield	13.75
<b>2017</b>	<b>Al Percival</b>	<b>13.83</b>
2001	Larry Forseille	13.84
2011	John Winfield	13.88
2014	Sewa Birring	14.00
2007	Herb Gee	14.01
2013	John Winfield	14.08
2014	Hardev Sandhu	14.08
2015	Hardev Sandhu	14.08
2008	Tony Badowski	14.10
2016	Reidar Zapf-Gilje	14.14
2016	Roy Turkington	14.17
2014	John Winfield	14.18
<b>2017</b>	<b>Reidar Zapf-Gilje</b>	<b>14.35</b>
2013	Sewa Birring	14.30
2015	John Winfield	14.41
2005	Les Friesen	14.50
2001	Vernon Priebe	14.52
2002	Les Friesen	14.52
2003	Larry Forseille	14.55
<b>2017</b>	<b>Hardev Sandhu</b>	<b>14.63</b>
2016	Hardev Sandhu	14.64
2016	Jagtar Cheema	14.88
2000	Vernon Priebe	15.11
2014	Les Fowler	15.33
<b>2017</b>	<b>Larry Johnston</b>	<b>15.34</b>
2011	Les Fowler	15.37
2012	Les Fowler	15.40
2010	Surinder Shah	15.46
2010	Grant Lamothe	15.62
2016	Amarjit Chahal	15.62
2016	Les Fowler	15.81
2011	Grant Lamothe	15.85
2012	Grant Lamothe	15.94
2012	HarneK Toor	15.95
2012	Arthur Gee	16.04
1999	Phil Lefebure	16.10
2013	Les Fowler	16.26
2013	Arthur Gee	16.30
2013	Grant Lamothe	16.84

200M		
2012	John Winfield	27.96
2006	Herb Gee	28.03
2013	Sewa Birring	28.09
2014	Sewa Birring	28.43
2011	John Winfield	28.52
2001	Les Friesen	28.61
2009	Herb Gee	28.68
2007	Herb Gee	28.73
2013	John Winfield	28.75
2014	John Winfield	28.79
2001	Larry Forseille	28.97
2008	Tony Badowski	29.06
2016	Reidar Zapf-Gilje	29.12
2007	Herb Gee	29.27
2002	Les Friesen	29.40
2014	Hardev Sandhu	29.49
<b>2017</b>	<b>Al Percival</b>	<b>29.79</b>
<b>2017</b>	<b>Reidar Zapf-Gilje</b>	<b>29.88</b>
2015	Hardev Sandhu	30.00
2003	Larry Forseille	30.54
2015	John Winfield	30.69
<b>2017</b>	<b>Hardev Sandhu</b>	<b>30.71</b>
2016	Hardev Sandhu	30.77
2004	Larry Forseille	30.81
2016	Jagtar Cheema	30.97
1999	Phil Lefebure	31.31
2015	HarneK Toor	31.36
2011	Les Fowler	31.58
2010	Grant Lamothe	31.60
2000	Vernon Priebe	31.71
2013	HarneK Toor	31.91
2014	Les Fowler	32.09
2012	Les Fowler	32.14
2016	Amarjit Chahal	32.17
2000	Phil Lefebure	32.32
2013	Les Fowler	32.45
<b>2017</b>	<b>Larry Johnston</b>	<b>32.72</b>
2011	Grant Lamothe	32.78
2016	Les Fowler	32.90
2014	Manjit Johal	34.02
2013	Bruce Hill	35.39
2016	David Ullis	36.13
2013	Arthur Gee	36.30
2015	Manjit Johal	36.36
2013	Manjit Johal	42.08

400M		
2016	Reidar Zapf-Gilje	1:03.40
<b>2017</b>	<b>Reidar Zapf-Gilje</b>	<b>1:03.86</b>
2013	Sewa Birring	1:04.16
2001	Les Friesen	1:04.19
2008	Tony Badowski	1:04.29
2011	John Winfield	1:05.10
2009	Tony Badowski	1:05.94
2006	Herb Gee	1:06.00
2001	Larry Forseille	1:06.24
2012	John Winfield	1:06.25
2014	Sewa Birring	1:06.59
2013	John Winfield	1:06.82
2008	Tony Badowski	1:07.70
2014	John Winfield	1:09.05
2002	Les Friesen	1:09.76
2014	Hardev Sandhu	1:10.15
2010	Surinder Shah	1:10.87
2015	John Winfield	1:11.03
2015	Hardev Sandhu	1:11.67
2000	Vernon Priebe	1:14.42
<b>2017</b>	<b>Hardev Sandhu</b>	<b>1:13.72</b>
2016	Hardev Sandhu	1:15.01
2000	Phil Lefebure	1:15.21
2012	Surinder Shah	1:16.06
2011	Bill McNamara	1:16.25
1999	Phil Lefebure	1:17.04
2016	Jagtar Cheema	1:18.30
2013	Bruce Hill	1:20.45
2014	Orlando Naranjo	1:27.19
2015	Orlando Naranjo	1:27.56
2013	Manjit Johal	1:34.97

800M		
<b>2017</b>	<b>Reidar Zapf-Gilje</b>	<b>2:24.20</b>
2016	Reidar Zapf-Gilje	2:28.09
2000	Phil Lefebure	3:06.14
2011	Bill McNamara	3:07.08
1999	Phil Lefebure	3:17.00
2014	Orlando Naranjo	3:18.52
2013	Manjit Johal	3:20.91
2015	Orlando Naranjo	3:24.51
<b>2017</b>	<b>David Walker</b>	<b>3:53.41</b>

1500M		
2016	Reidar Zapf-Gilje	5:11.29
<b>2017</b>	<b>Reidar Zapf-Gilje</b>	<b>5:14.80</b>
2014	Orlando Naranjo	6:47.55
2000	Phil Lefebure	6:55.02
2015	Orlando Naranjo	7:12.10
2016	David Walker	7:26.53
2013	David Ullis	7:34.00
2016	David Ullis	7:39.35
2015	Manjit Johal	7:58.91
<b>2017</b>	<b>David Walker</b>	<b>8:11.81</b>

3000M		
2013	Arthur Gee	8:39.76
2016	Amarjit Chahal	13:56.17

5000M		
2016	David Walker	28:27.60

10 000M		
2016	David Walker	58:03.11
2014	Orlando Naranjo	1:00:21.80

2000M STEEPLE CHASE (30")		
<b>2017</b>	<b>Reidar Zapf-Gilje</b>	<b>7:52.04</b>
2013	Arthur Gee	11:55.02
2009	Bill McNamara	10:36.3 (h)

100M HURDLES (33")		
2016	Reidar Zapf-Gilje	17.59
<b>2017</b>	<b>Reidar Zapf-Gilje</b>	<b>17.80</b>

300M HURDLES (30")		
2016	Reidar Zapf-Gilje	51.02
<b>2017</b>	<b>Hardev Sandhu</b>	<b>56.87</b>
2011	Grant Lamothe	1:12.61

1500M RACEWALK		
2014	HarneK Toor	9:45.29
2013	HarneK Toor	10:09.77
2013	Arthur Gee	10:10.42

3000M RACEWALK		
2014	HarneK Toor	21:13.38

5000M RACEWALK		
2013	Arthur Gee	34:40.80

( . . cont'd) 65 - 69 YEAR OLD MALE (OUTDOOR)

HIGH JUMP		
2016	Reidar Zapf-Gilje	1.47
<b>2017</b>	<b>Reidar Zapf-Gilje</b>	<b>1.40</b>
2014	Dan Krause	1.30
2008	Tony Badowski	1.25
2014	David Ulis	1.25
<b>2017</b>	<b>David Ulis</b>	<b>1.25</b>
2013	David Ulis	1.20
2015	David Ulis	1.20
2016	David Ulis	1.20
2016	Jagtar Cheema	1.19
2013	HarneK Toor	1.15
2012	HarneK Toor	1.15
2014	HarneK Toor	1.10
2011	Grant Lamothe	1.05
2012	Grant Lamothe	1.05
2012	Arthur Gee	1.05
2013	Arthur Gee	1.05
2014	Manjit Johal	1.05
2013	Grant Lamothe	.90

LONG JUMP		
2008	Tony Badowski	4.81
2006	Herb Gee	4.65
2016	Roy Turkington	4.49
2016	Reidar Zapf-Gilje	4.47
<b>2017</b>	<b>Reidar Zapf-Gilje</b>	<b>4.39</b>
2015	HarneK Toor	4.36
2001	Les Friesen	4.16
2002	Les Friesen	4.00
2013	HarneK Toor	3.91
2012	HarneK Toor	3.91
2014	HarneK Toor	3.76
2015	David Ulis	3.76
2013	David Ulis	3.66
2016	Jagtar Cheema	3.66
<b>2017</b>	<b>David Ulis</b>	<b>3.58</b>
2011	Grant Lamothe	3.55
2016	David Ulis	3.46
<b>2017</b>	<b>Larry Johnston</b>	<b>3.22</b>
2013	Arthur Gee	3.08
2013	Grant Lamothe	2.92
2012	Grant Lamothe	2.74
2015	Manjit Johal	2.59

TRIPLE JUMP		
2016	Reidar Zapf-Gilje	9.52
<b>2017</b>	<b>Reidar Zapf-Gilje</b>	<b>9.43</b>
2008	Jan Vipler	9.28
2014	HarneK Toor	8.06
2015	HarneK Toor	7.87
2013	HarneK Toor	7.86
2012	HarneK Toor	7.57
2013	Arthur Gee	6.92
<b>2017</b>	<b>Larry Johnston</b>	<b>6.85</b>

STANDING LONG JUMP	
2016	Roy Turkington 2.21

POLE VAULT	
2016	Reidar Zapf-Gilje 2.80
<b>2017</b>	<b>Reidar Zapf-Gilje 2.75</b>
2016	Hardev Sandhu 1.90

SHOT PUT (5kg)		
2016	Reidar Zapf-Gilje	12.21
<b>2017</b>	<b>Reidar Zapf-Gilje</b>	<b>11.67</b>
2016	Mohan Bains	10.63
2013	David Ulis	10.38
<b>2017</b>	<b>Alan Essex</b>	<b>10.38</b>
2013	HarneK Toor	10.20
2015	David Ulis	10.04
2014	David Ulis	9.91
2016	David Ulis	9.76
2015	HarneK Toor	9.69
2008	Harold Morioka	9.28
2014	HarneK Toor	9.23
2012	HarneK Toor	9.15
2014	Dan Krause	9.06
2012	Harold Morioka	8.98
2011	Grant Lamothe	8.92
2012	Grant Lamothe	8.92
2011	Harold Morioka	8.86
<b>2017</b>	<b>David Ulis</b>	<b>8.54</b>
2013	Grant Lamothe	8.26
2003	Bakhshish Dhillon	7.24
2013	Manjit Johal	7.14
2012	Arthur Gee	6.90
2013	Arthur Gee	6.61

DISCUS (1kg)		
<b>2017</b>	<b>Reidar Zapf-Gilje</b>	<b>39.57</b>
2016	Reidar Zapf-Gilje	39.20
2015	David Ulis	36.06
2014	David Ulis	35.99
<b>2017</b>	<b>Alan Essex</b>	<b>35.89</b>
2001	Vernon Priebe	35.76
2000	Vernon Priebe	34.74
2013	David Ulis	34.41
2016	David Ulis	34.22
2008	Harold Morioka	32.58
<b>2017</b>	<b>David Ulis</b>	<b>32.58</b>
2015	HarneK Toor	31.54
2011	Harold Morioka	30.81
2014	Dan Krause	30.81
2012	Harold Morioka	30.49
2003	Bakhshish Dhillon	30.47
2013	HarneK Toor	30.20
2016	Mohan Bains	29.93
2014	HarneK Toor	27.81
<b>2017</b>	<b>Hardev Sandhu</b>	<b>26.72</b>
2013	Arthur Gee	26.44
2014	Manjit Johal	22.84
2012	HarneK Toor	22.42
2016	Hardev Sandhu	21.51
2015	Manjit Johal	21.38
1999	Phil Lefebure	19.50
2013	Manjit Johal	18.36

JAVELIN (600g)		
2016	Reidar Zapf-Gilje	37.29
<b>2017</b>	<b>Reidar Zapf-Gilje</b>	<b>37.08</b>
<b>2017</b>	<b>David Ulis</b>	<b>35.64</b>
2015	David Ulis	35.60
2014	David Ulis	34.97
2016	David Ulis	34.62
2013	HarneK Toor	33.01
2013	David Ulis	32.67
2014	HarneK Toor	31.58
2008	Harold Morioka	30.34
2015	HarneK Toor	30.29
2011	Grant Lamothe	29.64
2011	Harold Morioka	28.63
2012	Grant Lamothe	27.09
2000	Vernon Priebe	25.63
2013	Arthur Gee	20.00
2014	Dan Krause	18.32
2015	Manjit Johal	17.62
2014	Manjit Johal	17.15
2012	Arthur Gee	16.18

HAMMER THROW (5kg)		
2016	Reidar Zapf-Gilje	33.70
2016	Mohan Bains	32.93
2015	HarneK Toor	32.66
2014	Hardev Sandhu	31.36
<b>2017</b>	<b>David Ulis</b>	<b>31.29</b>
2014	HarneK Toor	30.83
<b>2017</b>	<b>Alan Essex</b>	<b>30.32</b>
2016	Hardev Sandhu	30.22
2015	David Ulis	29.98
<b>2017</b>	<b>Hardev Sandhu</b>	<b>29.68</b>
2015	Hardev Sandhu	28.61
2013	HarneK Toor	28.46
2014	Dan Krause	28.24
2003	Bakhshish Dhillon	27.98
2016	David Ulis	27.96
2014	David Ulis	27.41
2013	David Ulis	26.45
2013	HarneK Toor	22.37
2013	Manjit Johal	20.82
2012	Arthur Gee	18.64
2013	Arthur Gee	17.87

WEIGHT THROW (20lbs)		
<b>2017</b>	<b>Hardev Sandhu</b>	<b>13.44</b>
2016	Reidar Zapf-Gilje	13.08
2016	Hardev Sandhu	12.85
2015	HarneK Toor	12.84
2016	Mohan Bains	12.73
2014	Hardev Sandhu	12.33
2015	David Ulis	12.21
2013	HarneK Toor	12.03
<b>2017</b>	<b>Alan Essex</b>	<b>12.00</b>
2014	HarneK Toor	11.93
2013	David Ulis	11.69
<b>2017</b>	<b>David Ulis</b>	<b>11.50</b>
2016	David Ulis	11.41
2014	David Ulis	11.35
2014	Dan Krause	10.36

SUPER WEIGHT THROW (44lbs)		
2014	Hardev Sandhu	5.24
2016	David Ulis	5.12
2015	David Ulis	5.07
<b>2017</b>	<b>Hardev Sandhu</b>	<b>4.86</b>

WEIGHT PENTATHLON (HT, SP, DT, JT, WT)		
<b>2017</b>	<b>Reidar Zapf-Gilje</b>	<b>3415</b>
2016	Reidar Zapf-Gilje	3328
2015	David Ulis	3106
2015	HarneK Toor	3104
2014	David Ulis	2979
2016	David Ulis	2919
2013	David Ulis	2873
<b>2017</b>	<b>David Ulis</b>	<b>2853</b>
2014	HarneK Toor	2832
2014	Dan Krause	2490
2013	Arthur Gee	1574

PENTATHLON (LJ, JT, 200M, DT, WT)		
<b>2017</b>	<b>Reidar Zapf-Gilje</b>	<b>3902</b>
2016	Reidar Zapf-Gilje	3418
2014	HarneK Toor	2483
2013	HarneK Toor	2447
<b>2017</b>	<b>David Ulis</b>	<b>2370</b>
2013	David Ulis	2306
2014	David Ulis	2241
2016	David Ulis	2153
2015	HarneK Toor	1697
2013	Arthur Gee	1364
2015	Manjit Johal	1238
2014	Manjit Johal	1056

THROWS TRIATHLON (SP, DT, JT)	
<b>2017</b>	<b>David Ulis 1608</b>

DECATHLON (100M, LL SP, HL, 400M, HL, DT, PJ, JT, 1500M)	
2016	Reidar Zapf-Gilje 7014
2011	Grant Lamothe 2510

4X100M RELAY		
2010	<b>Tony Badowski</b> (67), Lee Southern (65), <b>Harold Morioka</b> (67), Tuomas Ukonmaanaho (65)	54.17
2002	<b>Les Friesen</b> (65), Verne Priebe (65), Ed Collinson (65), Joel Gigrich (65)	57.76

## 65 - 69 YEAR OLD MALE (INDOOR)

50M		
2017	<b>Roy Turkington</b>	7.54
2015	Hardev Sandhu	7.85

60M		
2006	Herb Gee	8.46
2014	Sewa Birring	8.85
2017	<b>Roy Turkington</b>	8.87
2016	Reidar Zapf-Gilje	8.94
2015	Hardev Sandhu	9.05
2011	Tony Badowski	9.08
2014	Hardev Sandhu	9.13
2017	<b>Hardev Sandhu</b>	9.36
2016	John Winfield	9.59
2015	Sewa Birring	9.65
2012	Les Fowler	9.67
10.92	Dan Krause	10.92

200M		
2006	Herb Gee	28.39
2014	Sewa Birring	29.43
2011	Tony Badowski	30.41
2015	Hardev Sandhu	30.42
2014	Hardev Sandhu	30.50
2013	Sewa Birring	30.52
2016	John Winfield	32.31
2012	Les Fowler	32.38
2015	Sewa Birring	32.63

400M		
2008	Tony Badowski	1:04.04
2014	Sewa Birring	1:05.67
2011	Tony Badowski	1:09.59
2013	Sewa Birring	1:10.53
2015	Hardev Sandhu	1:11.48
2014	Hardev Sandhu	1:12.43
2012	Les Fowler	1:15.20
2017	<b>Hardev Sandhu</b>	1:16.56
2016	Hardev Sandhu	1:17.35
2015	Sewa Birring	1:18.34
2016	John Winfield	1:18.57

800M		
2015	Sewa Birring	2:49.00
2013	Sewa Birring	3:04.07
2014	Orlando Noranjo	3:26.70

1000M		
2011	Grant Lamothe	5:02.14

1500M		
2014	Orlando Noranjo	7:17.65

3000M		
2014	Orlando Noranjo	16:00.91

60M HURDLES (30")		
2016	Reidar Zapf-Gilje	10.73

HIGH JUMP		
2011	Grant Lamothe	1.21
2015	David Ulis	1.20
2017	<b>David Ulis</b>	1.20
2013	HarneK Toor	1.15
2014	Dan Krause	1.15
2014	HarneK Toor	1.05
2015	HarneK Toor	1.00

LONG JUMP		
2017	<b>Roy Turkington</b>	4.29
2011	Grant Lamothe	3.86
2015	HarneK Toor	3.73
2015	David Ulis	3.58
2013	HarneK Toor	3.40
2014	HarneK Toor	3.33

TRIPLE JUMP		
2015	HarneK Toor	7.54
2013	HarneK Toor	7.40
2014	HarneK Toor	6.94

SHOT PUT (5kg)		
2016	Mohan Bains	10.02
2015	David Ulis	9.93
2014	Dan Krause	9.85
2014	HarneK Toor	9.20
2017	<b>David Ulis</b>	9.14
2013	HarneK Toor	9.01
2015	HarneK Toor	8.88
2011	Harold Morioka	8.81
2015	Hardev Sandhu	8.77
2014	Hardev Sandhu	8.75
2011	Grant Lamothe	8.53
2016	Hardev Sandhu	8.24

POLE VAULT		
2011	Grant Lamothe	1.50

WEIGHT THROW (20lbs)		
2015	HarneK Toor	12.62
2014	Dan Krause	12.45
2014	Hardev Sandhu	12.02
2015	Hardev Sandhu	11.66
2013	HarneK Toor	11.35
2017	<b>Hardev Sandhu</b>	11.32
2017	<b>David Ulis</b>	10.94
2016	Hardev Sandhu	10.45
2014	HarneK Toor	10.16
2015	David Ulis	10.01
2016	Dan Krause	9.93

HAMMER THROW (5 kg)		
2017	<b>Hardev Sandhu</b>	28.97

INDOOR PENTATHLON		
2011	Grant Lamothe	1797

1500M RACE WALK		
2013	HarneK Toor	10:28.94
2015	HarneK Toor	10:33.92
2014	HarneK Toor	10:49.03

3000M RACE WALK		
2015	HarneK Toor	22:56.58
2014	HarneK Toor	23:46.81

4X200M RELAY		
2014	Tuomas Ukonmaanaho (69), Fred Pawluk (66), <b>Hardev Sandhu (65), Sewa Birring (68)</b>	2:03.06