

65 - 69 YEAR OLD MALE (OUTDOOR)

50M

2019	Tom Dickson	6.94
2018	Al Percival	7.33
2016	Roy Turkington	7.42
2023	Edwin Liu	7.58
2017	Al Percival	7.67
2020	Roy Turkington	7.76
2016	Jagtar Cheema	7.89
2018	Hardev Sandhu	8.02
2016	Hardev Sandhu	8.06
2020	Roger Swetnam	8.12
2017	Hardev Sandhu	8.15
2016	Les Fowler	8.28

60M

2018	Al Percival	8.60
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100M

2019	Tom Dickson	12.95
2018	Tom Dickson	12.97
2022	Tom Dickson	13.01
2021	Tom Dickson	13.09
2020	Tom Dickson	13.28
2006	Herb Gee	13.31
2022	Ray Alley	13.55
2001	Les Friesen	13.60
2009	Herb Gee	13.70
2018	Al Percival	13.71
2012	John Winfield	13.75
2022	Edwin Liu	13.81
2017	Al Percival	13.83
2001	Larry Forseille	13.84
2021	Ray Alley	13.84
2011	John Winfield	13.88
2023	Edwin Liu	13.90
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

100M (cont'd)

2008	Tony Badowski	14.10
2016	Roy Turkington	14.17
2014	John Winfield	14.18
2019	Al Percival	14.33
2017	Reidar Zapf-Gilje	14.35
2013	Sewa Birring	14.30
2021	Al Percival	14.40
2015	John Winfield	14.41
2020	Roy Turkington	14.44
2005	Les Friesen	14.50
2001	Vernon Priebe	14.52
2002	Les Friesen	14.52
2003	Larry Forseille	14.55
2017	Hardev Sandhu	14.63
2016	Hardev Sandhu	14.64
2019	Roger Swetnam	14.64
2018	Roy Turkington	14.76
2021	Sam Tsui	14.78
2021	Roger Swetnam	14.86
2016	Jagtar Cheema	14.88
2023	Kaz Shibata	14.90
2018	Reidar Zapf-Gilje	14.99

100M (cont'd)

2000	Vernon Priebe	15.11
2018	Hardev Sandhu	15.24
2020	Roger Swetnam	15.25
2014	Les Fowler	15.33
2017	Larry Johnston	15.34
2018	Roger Swetnam	15.36
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
2018	Larry Johnston	16.20
2013	Les Fowler	16.26
2013	Arthur Gee	16.30
2013	Grant Lamothe	16.84

65 - 69 YEAR OLD MALE (OUTDOOR)

200M		
2019	Tom Dickson	27.78
2012	John Winfield	27.96
2006	Herb Gee	28.03
2013	Sewa Birring	28.09
2020	Tom Dickson	28.38
2014	Sewa Birring	28.43
2018	Al Percival	28.44
2022	Tom Dickson	28.46
2011	John Winfield	28.52
2001	Les Friesen	28.61
2021	Tom Dickson	28.66
2009	Herb Gee	28.68
2007	Herb Gee	28.73
2013	John Winfield	28.75
2014	John Winfield	28.79
2018	Tom Dickson	28.89
2001	Larry Forseille	28.97
2008	Tony Badowski	29.06
2022	Edwin Liu	29.25
2007	Herb Gee	29.27
2002	Les Friesen	29.40

200M (cont'd)		
2014	Hardev Sandhu	29.49
2018	Reidar Zapf-Gilje	29.72
2023	Edwin Liu	29.76
2023	Chris Finding	29.78
2017	Al Percival	29.79
2022	Brent Davy	29.85
2017	Reidar Zapf-Gilje	29.88
2015	Hardev Sandhu	30.00
2003	Larry Forseille	30.54
2018	Hardev Sandhu	30.55
2015	John Winfield	30.69
2017	Hardev Sandhu	30.71
2016	Hardev Sandhu	30.77
2004	Larry Forseille	30.81
2016	Jagtar Cheema	30.97
2018	Roger Swetnam	31.24
1999	Phil Lefebure	31.31
2019	Roger Swetnam	31.32
2015	Harnek Toor	31.36
2011	Les Fowler	31.58
2010	Grant Lamothe	31.60
2000	Vernon Priebe	31.71

200M (cont'd)		
2018	Larry Johnston	31.85
2013	Harnek Toor	31.91
2021	Roger Swetnam	32.03
2014	Les Fowler	32.09
2012	Les Fowler	32.14
2016	Amarjit Chahal	32.17
2000	Phil Lefebure	32.32
2019	Larry Johnston	32.38
2013	Les Fowler	32.45
2017	Larry Johnston	32.72
2011	Grant Lamothe	32.78
2016	Les Fowler	32.90
2014	Manjit Johal	34.02
2020	Roger Swetnam	35.07
2013	Bruce Hill	35.39
2016	David Ulis	36.13
2013	Arthur Gee	36.30
2019	Harjinder Kang	36.35
2015	Manjit Johal	36.36
2019	Jasbir Sandhu	37.97
2013	Manjit Johal	42.08

400M		
2017	Reidar Zapf-Gilje	1:03.86
2013	Sewa Birring	1:04.16
2001	Les Friesen	1:04.19
2008	Tony Badowski	1:04.29
2011	John Winfield	1:05.10
2018	Reidar Zapf-Gilje	1:05.38
2023	Chris Finding	1:05.55
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

400M (cont'd)		
2019	Reidar Zapf-Gilje	1:07.75
2014	John Winfield	1:09.05
2002	Les Friesen	1:09.76
2014	Hardev Sandhu	1:10.15
2021	Sam Tsui	1:10.33
2022	Edwin Liu	1:10.71
2010	Surinder Shah	1:10.87
2015	John Winfield	1:11.03
2015	Hardev Sandhu	1:11.67
2019	Larry Johnston	1:14.34
2000	Vernon Priebe	1:14.42
2017	Hardev Sandhu	1:13.72
2016	Hardev Sandhu	1:15.01
2000	Phil Lefebure	1:15.21

400M (cont'd)		
2023	Raffie Antepyan	1:15.54
2012	Surinder Shah	1:16.06
2011	Bill McNamara	1:16.25
2019	Jasbir Sandhu	1:16.35
1999	Phil Lefebure	1:17.04
2016	Jagtar Cheema	1:18.30
2021	Kelly Sharp	1:18.95
2013	Bruce Hill	1:20.45
2022	Kelly Sharp	1:21.43
2023	Kelly Sharp	1:22.59
2019	Harjinder Kang	1:24.34
2014	Orlando Naranjo	1:27.19
2015	Orlando Naranjo	1:27.56
2013	Manjit Johal	1:34.97

65 - 69 YEAR OLD MALE (OUTDOOR)

800M

2017	Reidar Zapf-Gilje	2:24.20
2018	Reidar Zapf-Gilje	2:28.54
2019	Reidar Zapf-Gilje	2:32.38
2023	Raffi Antepyan	2:50.71
2019	Kelly Sharp	2:52.58
2022	Kelly Sharp	3:04.90
2000	Phil Lefebure	3:06.14
2021	Kelly Sharp	3:06.35
2011	Bill McNamara	3:07.08
2019	Jasbir Sandhu	3:08.72
2023	Kelly Sharp	3:14.09
1999	Phil Lefebure	3:17.00
2014	Orlando Naranjo	3:18.52
2019	Gurmit Singh	3:20.09
2013	Manjit Johal	3:20.91
2015	Orlando Naranjo	3:24.51
2019	Harjinder Kang	3:29.99
2017	David Walker	3:53.41

1500M

2017	Reidar Zapf-Gilje	5:14.80
2018	Reidar Zapf-Gilje	5:24.35
2019	Reidar Zapf-Gilje	5:28.46
2023	Raffie Antepyan	5:55.38
2019	Kelly Sharp	6:06.92
2022	Kelly Sharp	6:11.87
2019	Jasbir Sandhu	6:21.40
2023	Kelly Sharp	6:26.18
2021	Kelly Sharp	6:29.78
2014	Orlando Naranjo	6:47.55
2000	Phil Lefebure	6:55.02
2015	Orlando Naranjo	7:12.10
2019	Gurmit Singh	7:15.85
2022	Edwin Liu	7:20.58
2016	David Walker	7:26.53
2013	David Ulis	7:34.00
2016	David Ulis	7:39.35
2019	Harjinder Kang	7:46.77
2015	Manjit Johal	7:58.91
2017	David Walker	8:11.81

3000M

2013	Arthur Gee	8:39.76
2016	Amarjit Chahal	13:56.17
2022	Kelly Sharp	14:41.91
2021	Kelly Sharp	14:08.78
2019	Gurmit Singh	16:31.47

1 MILE

2023	Raffie Antepyan	6:30.23
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5000M

2019	Kelly Sharp	24:00.49
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")

2019	Jasbir Sandhu	5:50.80
2017	Reidar Zapf-Gilje	7:52.04
2013	Arthur Gee	11:55.02
2009	Bill McNamara	10.36.3 (h)

100M HURDLES (33")

2017	Reidar Zapf-Gilje	17.80
2018	Reidar Zapf-Gilje	18.36
2022	Edwin Liu	22.83

300M HURDLES (30")

2017	Hardev Sandhu	56.87
2018	Hardev Sandhu	59.87
2019	Jasbir Sandhu	1:01.54
2011	Grant Lamothe	1:12.61

1500M RACEWALK

2014	Harneek Toor	9:45.29
2013	Harneek Toor	10:09.77
2013	Arthur Gee	10:10.42

3000M RACEWALK

2014	Harneek Toor	21:13.38
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5000M RACEWALK

2013	Arthur Gee	34:40.80
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65 - 69 YEAR OLD MALE (OUTDOOR)

HIGH JUMP

2017	Reidar Zapf-Gilje	1.40
2018	Reidar Zapf-Gilje	1.35
2014	Dan Krause	1.30
2022	Edwin Liu	1.30
2008	Tony Badowski	1.25
2014	David Ulis	1.25
2017	David Ulis	1.25
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
2019	Larry Johnston	1.11
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
2018	Reidar Zapf-Gilje	4.49
2017	Reidar Zapf-Gilje	4.39
2015	HarneK Toor	4.36
2023	Edwin Liu	4.32
2022	Edwin Liu	4.28
2001	Les Friesen	4.16
2022	Ray Alley	4.16
2018	Roy Turkington	4.13
2002	Les Friesen	4.00
2021	Ray Alley	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
2017	David Ulis	3.58
2011	Grant Lamothe	3.55
2016	David Ulis	3.46
2018	Larry Johnston	3.27
2017	Larry Johnston	3.22
2013	Arthur Gee	3.08
2019	Jasbir Sandhu	2.94
2013	Grant Lamothe	2.92
2019	Larry Johnston	2.83
2012	Grant Lamothe	2.74
2015	Manjit Johal	2.59
2019	Kelly Sharp	2.40

TRIPLE JUMP

2022	Edwin Liu	9.51
2017	Reidar Zapf-Gilje	9.43
2008	Jan Vipler	9.28
2023	Edwin Liu	9.25
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
2017	Larry Johnston	6.85
2018	Larry Johnston	6.77
2019	Jasbir Sandhu	6.54
2019	Larry Johnston	6.43

STANDING LONG JUMP

2023	Edwin Liu	2.31
2016	Roy Turkington	2.21

POLE VAULT

2017	Reidar Zapf-Gilje	2.75
2018	Reidar Zapf-Gilje	2.70
2019	Reidar Zapf-Gilje	2.60
2022	Ray Alley	2.30
2018	Hardev Sandhu	2.10
2022	Edwin Liu	2.10
2016	Hardev Sandhu	1.90

65 - 69 YEAR OLD MALE (OUTDOOR)

SHOT PUT (5kg)

2017	Reidar Zapf-Gilje	11.67
2018	Reidar Zapf-Gilje	11.57
2019	Reidar Zapf-Gilje	10.99
2016	Mohan Bains	10.63
2013	David Ulis	10.38
2017	Alan Essex	10.38
2013	HarneK Toor	10.20
2019	Alan Essex	10.19
2018	Alan Essex	10.18
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
2020	Alan Essex	9.10
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
2017	David Ulis	8.54
2013	Grant Lamothe	8.26
2018	John O'Keefe	7.63
2022	Edwin Liu	7.54
2003	Bakhshish Dhillon	7.24
2013	Manjit Johal	7.14
2012	Arthur Gee	6.90
2013	Arthur Gee	6.61

DISCUS (1kg)

2022	Marcel Kosierb	41.72
2017	Reidar Zapf-Gilje	39.57
2019	Reidar Zapf-Gilje	38.80
2018	Reidar Zapf-Gilje	37.78
2015	David Ulis	36.06
2014	David Ulis	35.99
2017	Alan Essex	35.89
2001	Vernon Priebe	35.76
2018	Alan Essex	34.88
2000	Vernon Priebe	34.74
2013	David Ulis	34.41
2019	Alan Essex	34.35
2016	David Ulis	34.22
2008	Harold Morioka	32.58
2017	David Ulis	32.58
2015	HarneK Toor	31.54
2021	Alan Essex	30.88
2011	Harold Morioka	30.81
2014	Dan Krause	30.81
2012	Harold Morioka	30.49
2003	Bakhshish Dhillon	30.47
2020	Alan Essex	30.24
2013	HarneK Toor	30.20
2016	Mohan Bains	29.93
2014	HarneK Toor	27.81
2017	Hardev Sandhu	26.72
2013	Arthur Gee	26.44
2018	Hardev Sandhu	25.69
2014	Manjit Johal	22.84
2012	HarneK Toor	22.42
2016	Hardev Sandhu	21.51
2015	Manjit Johal	21.38
2022	Edwin Liu	21.13
2019	Harjinder Kang	20.97
1999	Phil Lefebure	19.50
2013	Manjit Johal	18.36

JAVELIN (600g)

2017	Reidar Zapf-Gilje	37.08
2017	David Ulis	35.64
2015	David Ulis	35.60
2018	Reidar Zapf-Gilje	35.56
2014	David Ulis	34.97
2019	Reidar Zapf-Gilje	34.70
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
2018	Alan Essex	24.46
2022	Edwin Liu	24.13
2018	Hardev Sandhu	21.91
2019	Alan Essex	21.70
2023	Ben Chow	21.34
2013	Arthur Gee	20.00
2018	John O'Keefe	18.36
2014	Dan Krause	18.32
2015	Manjit Johal	17.62
2014	Manjit Johal	17.15
2012	Arthur Gee	16.18
2019	Harjinder Kang	15.29

65 - 69 YEAR OLD MALE (OUTDOOR)**HAMMER THROW (5kg)**

2016	Mohan Bains	32.93
2015	Harnek Toor	32.66
2018	Reidar Zapf-Gilje	32.48
2014	Hardev Sandhu	31.36
2017	David Ulis	31.29
2014	Harnek Toor	30.83
2018	Hardev Sandhu	30.42
2017	Alan Essex	30.32
2016	Hardev Sandhu	30.22
2015	David Ulis	29.98
2019	Alan Essex	29.95
2020	Alan Essex	29.81
2017	Hardev Sandhu	29.68
2021	Alan Essex	28.88
2018	Alan Essex	28.80
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
2019	Harjinder Kang	19.46
2012	Arthur Gee	18.64
2013	Arthur Gee	17.87

WEIGHT THROW (20lbs)

2017	Hardev Sandhu	13.44
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
2018	Hardev Sandhu	12.13
2018	Alan Essex	12.09
2013	Harnek Toor	12.03
2017	Alan Essex	12.00
2014	Harnek Toor	11.93
2019	Alan Essex	11.87
2013	David Ulis	11.69
2017	David Ulis	11.50
2020	Alan Essex	11.48
2016	David Ulis	11.41
2014	David Ulis	11.35
2014	Dan Krause	10.36
2019	Harjinder Kang	7.28

SUPER WEIGHT THROW (44lbs)

2014	Hardev Sandhu	5.24
2016	David Ulis	5.12
2015	David Ulis	5.07
2017	Hardev Sandhu	4.86

5000M

2018	David Walker	28:50.42
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10 000M

2018	David Walker	58:40.42
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65 - 69 YEAR OLD MALE (OUTDOOR)**THROWS PENTATHLON (HT, SP, DT, JT, WT)**

2017	Reidar Zapf-Gilje	3415
2015	David Ulis	3106
2015	Harneke Toor	3104
2014	David Ulis	2979
2016	David Ulis	2919
2013	David Ulis	2873
2018	Alan Essex	2861
2017	David Ulis	2853
2014	Harneke Toor	2832
2019	Alan Essex	2813
2014	Dan Krause	2490
2013	Arthur Gee	1574
2019	Harjinder Kang	1411

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

2017	Reidar Zapf-Gilje	3902
2018	Reidar Zapf-Gilje	3745
2014	Harneke Toor	2483
2013	Harneke Toor	2447
2017	David Ulis	2370
2013	David Ulis	2306
2014	David Ulis	2241
2016	David Ulis	2153
2015	Harneke Toor	1697
2013	Arthur Gee	1364
2015	Manjit Johal	1238
2014	Manjit Johal	1056

THROWS TRIATHLON (SP, DT, JT)

2017	David Ulis	1608
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DECATHLON (100M, LJ, SP, HJ, 400M, 100MH, DT, PV, JT, 1500M)

2022	Edwin Liu	5123
2011	Grant Lamothe	2510