

## 70 - 74 YEAR OLD MALE (OUTDOOR)

50M		60M	
2016 Harold Morioka	8.01	2017 Arthur Gee	10.93

  

100M		200M		400M	
2013 Harold Morioka	14.11	2009 Andy Aadmi	29.22	2009 Andy Aadmi	1:07.47
2007 Andy Aadmi	14.18	2017 Francisco Machado	30.42	2016 Mark Stewart	1:08.43
2001 Norm Lesage	14.57	2016 Sewa Birring	30.91	2015 Mark Stewart	1:08.82
2016 John Winfield	14.71	2001 Norm Lesage	31.10	2013 Surinder Shah	1:09.71
2009 Andy Aadmi	14.73	2001 Les Robson	31.19	2016 John Winfield	1:10.13
2017 Francisco Machado	14.87	2013 Surinder Shah	31.30	2007 Les Friesen	1:10.72
2001 Les Robson	15.02	2014 Surinder Shah	31.39	2014 Surinder Shah	1:11.55
2013 Surinder Shah	15.19	2016 Mark Stewart	31.46	2017 Francisco Machado	1:11.90
2016 Sewa Birring	15.22	2015 Mark Stewart	31.70	2008 Les Friesen	1:13.05
2001 Isaac Thiessen	15.24	2016 John Winfield	31.70	2016 Sewa Birring	1:13.20
2008 Andy Aadmi	15.27	2008 Les Friesen	32.02	2001 Les Robson	1:14.24
2015 Mark Stewart	15.28	2000 Les Robson	32.11	2011 Bill Mcnamara	1:14.73
2017 Amarjit Chahal	15.35	2015 Surinder Shah	32.11	2015 Surinder Shah	1:15.37
2007 Les Friesen	15.36	2001 Phil Lefebure	32.28	2000 Les Robson	1:16.04
2008 Les Friesen	15.36	2000 Norm Lesage	32.61	2016 Surinder Shah	1:16.23
2015 Surinder Shah	15.46	2001 Isaac Thiessen	32.72	2017 John Winfield	1:16.55
2004 Phil Lefebure	15.50	2017 Sewa Birring	33.10	2001 Phil Lefebure	1:16.83
2016 Mark Stewart	15.53	2001 Harry Palidwor	33.43	2001 Harry Palidwor	1:18.02
2001 Phil Lefebure	15.58	2008 Bakshish Dhillon	33.43	2013 Bill Mcnamara	1:19.08
2000 Norm Lesage	15.61	2004 Phil Lefebure	33.50	2002 Phil Lefebure	1:19.37
2017 John Winfield	15.62	2017 Surinder Shah	33.77	2017 Surinder Shah	1:19.93
2015 Grant Lamothe	15.63	2014 Bill Mcnamara	34.49	2016 Francisco Machado	1:20.03
2017 Sewa Birring	15.63	2014 Arthur Gee	34.65	2014 Bill Mcnamara	1:20.03
2000 Les Robson	15.67	2002 Phil Lefebure	34.72	2015 Bill Mcnamara	1:21.26
2014 Surinder Shah	15.74	2015 Bill Mcnamara	34.88	2001 Isaac Thiessen	1:22.90
2008 Bakshish Dhillon	15.90	2015 Grant Lamothe	35.20	2017 Spencer Krewenchuk	1:34.72
2009 Bakshish Dhillon	16.24	2013 Bill Mcnamara	35.24	2016 Arthur Gee	1:40.13
2001 Harry Palidwor	16.28	2000 Ian Tipton	36.11		
2017 Surinder Shah	16.42	2015 Wayne Horne	36.16		
2014 Wayne Horne	16.52	2015 Arthur Gee	36.30		
2010 Bakshish Dhillon	16.61	2015 Spencer Krewenchuk	36.47		
2015 Wayne Horne	16.62	2016 Grant Lamothe	36.47		
2015 Arthur Gee	16.63	2014 Wayne Horne	36.64		
2016 Arthur Gee	16.98	2016 Spencer Krewenchuk	37.90		
2014 Arthur Gee	17.32	2016 Arthur Gee	37.20		
2000 Ian Tipton	17.57	2017 Arthur Gee	38.46		
2015 Spencer Krewenchuk	17.62	2015 Joginder Dhillon	1:01.44		
2017 Arthur Gee	17.73				
2017 Spencer Krewenchuk	19.02				
2016 Spencer Krewenchuk	23.43				

  

800M		1500M		3000M	
2016 Mark Stewart	2:41.39	2016 Mark Stewart	5:44.12	2015 Mark Stewart	12:30.52
2015 Mark Stewart	2:41.71	2015 Mark Stewart	5:44.84	2016 Mark Stewart	12:56.09
2011 Bill Mcnamara	3:03.82	2011 Bill Mcnamara	7:03.12	2017 Arthur Gee	19:43.65
2001 Phil Lefebure	3:10.72	2002 Phil Lefebure	7:06.00		
2013 Bill Mcnamara	3:18.28	2013 Bill Mcnamara	7:07.39		
2000 Les Robson	3:25.50	2015 Arthur Gee	7:47.94		
2014 Bill Mcnamara	3:30.25	2016 Arthur Gee	7:48.41		
2002 Phil Lefebure	3:31.55	2015 Bill Mcnamara	8:10.79		
2015 Bill Mcnamara	3:39.60	2017 Arthur Gee	9:01.04		
2017 Arthur Gee	4:36.16				

  

5000M		80M HURDLES (27")	
2016 Mark Stewart	21:30.19	2016 Surinder Shah	19.73
2015 Mark Stewart	21:49.88	2017 Surinder Shah	20.03

  

300M HURDLES (27")		2000M STEEPLE CHASE (30")	
2013 Harold Morioka	54.15	2016 Arthur Gee	12:05.71
2017 Francisco Machado	59.15	2014 Arthur Gee	12:16.69
2013 Surinder Shah	1:01.94	2015 Arthur Gee	12:24.43
2015 Surinder Shah	1:06.16	2013 Bill Mcnamara	12:34.83
2016 Grant Lamothe	1:08.80	2017 Arthur Gee	13:35.79
2017 Surinder Shah	1:09.43		
2016 Surinder Shah	1:11.56		
2016 Arthur Gee	1:12.00		
2015 Arthur Gee	1:15.93		
2017 Arthur Gee	1:16.83		
2014 Arthur Gee	1:22.46		

  

1500M RACE WALK		3000M RACEWALK		5000M RACEWALK	
2015 Arthur Gee	10:44.58	2015 Jim Dyer	20:39.30	2015 Arthur Gee	35:40.94
2017 Arthur Gee	11:52.50	2015 Arthur Gee	20:50.72	2014 Arthur Gee	36:17.95
				2016 Jim Dyer	36:37.24
				2016 Arthur Gee	38:07.70
				2017 Arthur Gee	38:25.20

(... cont'd) 70 - 74 YEAR OLD MALE (OUTDOOR)

10 000 RACE WALK		STANDING LONG JUMP	
2014 Arthur Gee	1:13:19.00	2016 Surinder Shah	1.76

  

HIGH JUMP		LONG JUMP		TRIPLE JUMP	
2001 Harry Palidwor	1.10	2013 Surinder Shah	3.73	2017 Arthur Gee	6.92
2014 Surinder Shah	1.10	2001 Les Robson	3.58	2015 Arthur Gee	6.89
2001 Les Robson	1.05	2000 Les Robson	3.55	2013 Surinder Shah	6.85
2015 Surinder Shah	1.05	2014 Surinder Shah	3.54	2014 Surinder Shah	6.75
2000 Les Robson	1.00	2015 Arthur Gee	3.45	2014 Arthur Gee	6.73
2016 Grant Lamothe	1.00	2016 Arthur Gee	3.43	2015 Joginder Dhillon	6.47
2015 Joginder Dhillon	.95	2017 Arthur Gee	3.41	2015 Surinder Shah	6.24
		2001 Isaac Thiessen	3.31	2015 Grant Lamothe	6.22
		2013 Bill Mcnamara	3.29	2016 Arthur Gee	7.07
		2014 Arthur Gee	3.27		
		2015 Bill Mcnamara	3.27		
		2015 Grant Lamothe	3.12		
		2014 Bill Mcnamara	2.99		
		2017 Surinder Shah	2.99		
		2015 Surinder Shah	2.97		
		2014 Grant Lamothe	2.95		
		2015 Joginder Dhillon	2.86		
		2017 Spencer Krewenchuk	2.70		
		2015 Spencer Krewenchuk	2.60		

  

SHOT PUT (4kg)		DISCUS (1kg)		JAVELIN (500g)	
2003 Rainer Sillantaus	10.49	2013 Harold Morioka	33.21	2003 Rainer Sillantaus	31.00
2015 Grant Lamothe	10.17	2013 Surinder Shah	30.60	2014 Grant Lamothe	28.61
2013 Harold Morioka	10.06	2008 Bakshshish Dhillon	29.68	2013 Harold Morioka	28.49
2008 Andy Aadmi	10.05	2009 Bakshshish Dhillon	29.12	2015 Grant Lamothe	26.86
2014 Grant Lamothe	9.54	2012 Bakshshish Dhillon	28.79	2016 Grant Lamothe	26.27
2016 Grant Lamothe	9.48	2010 Bakshshish Dhillon	28.46	2014 Harold Morioka	24.42
2012 Bakshshish Dhillon	9.41	2014 Harold Morioka	28.36	2008 Andy Aadmi	24.31
2008 Bakshshish Dhillon	9.39	2011 Bakshshish Dhillon	28.09	2001 Isaac Thiessen	24.18
2014 Harold Morioka	9.39	2015 Jim Dyer	28.02	2016 Harold Morioka	22.07
2015 Jim Dyer	9.25	2008 Andy Aadmi	26.01	2011 Bakshshish Dhillon	21.60
2011 Bakshshish Dhillon	9.16	2016 Arthur Gee	26.01	2014 Charnjit Sandhu	20.72
2016 Harold Morioka	9.01	2014 Arthur Gee	25.80	2015 Charnjit Sandhu	20.56
2014 Charnjit Sandhu	8.81	2015 Harold Morioka	25.73	2014 Arthur Gee	19.30
2015 Charnjit Sandhu	8.60	2015 Arthur Gee	24.94	2013 Surinder Shah	18.56
2016 Dan Krause	8.43	2016 Harold Morioka	24.29	2015 Arthur Gee	18.49
2015 Joginder Dhillon	8.32	2015 Grant Lamothe	23.38	2016 Jim Dyer	18.24
2001 Isaac Thiessen	7.96	2017 Arthur Gee	23.28	2017 Arthur Gee	17.89
2015 Surinder Shah	7.90	2001 Harry Palidwor	23.06	2015 Joginder Dhillon	17.52
2015 Arthur Gee	7.00	2016 Jim Dyer	23.06	2000 Les Robson	15.85
2014 Arthur Gee	6.90	2015 Joginder Dhillon	22.45	2016 Arthur Gee	14.45
2017 Arthur Gee	6.60	2003 Rainer Sillantaus	22.01		
		2015 Charnjit Sandhu	21.11		
		2014 Charnjit Sandhu	20.02		
		2001 Isaac Thiessen	18.02		

  

HAMMER THROW (4kg)		WEIGHT THROW (16lbs)		POLE VAULT	
2015 Jim Dyer	35.06	2015 Jim Dyer	13.34	2015 Joginder Dhillon	1.24
2008 Bakshshish Dhillon	34.56	2012 Bakshshish Dhillon	13.30		
2011 Bakshshish Dhillon	34.56	2011 Bakshshish Dhillon	13.12		
2012 Bakshshish Dhillon	34.37	2008 Andy Aadmi	12.71		
2009 Andy Aadmi	34.16	2008 Bakshshish Dhillon	12.19		
2016 Jim Dyer	30.75	2015 Surinder Shah	10.76		
2009 Bakshshish Dhillon	30.08	2014 Surinder Shah	10.09		
2016 Dan Krause	27.54	2017 Surinder Shah	10.05		
2015 Grant Lamothe	26.73	2014 Charnjit Sandhu	9.30		
2015 Joginder Dhillon	23.01	2015 Charnjit Sandhu	9.27		
2013 Surinder Shah	22.26	2016 Arthur Gee	8.88		
2014 Charnjit Sandhu	22.21	2017 Arthur Gee	8.60		
2015 Surinder Shah	22.06	2015 Joginder Dhillon	8.53		
2015 Charnjit Sandhu	21.51	2014 Grant Lamothe	8.33		
2014 Surinder Shah	21.03	2015 Arthur Gee	6.73		
2016 Arthur Gee	20.96				
2015 Arthur Gee	17.27				
2014 Grant Lamothe	15.07				
2017 Arthur Gee	14.39				

  

SUPER WEIGHT THROW (25LBS)	
2017 Surinder Shah	5.35

(... cont'd) 70 - 74 YEAR OLD MALE (OUTDOOR)

WEIGHT PENTATHLON (HT, SP, DT, JT, WT)		PENTATHLON (LJ, JT, 200M, DT, 1500M)		
2008	Bakhshish Dhillon	2924	2015 Arthur Gee	1915
2011	Bakhshish Dhillon	2924	<b>2017 Arthur Gee</b>	<b>1746</b>
2015	Jim Dyer	2923	2014 Arthur Gee	1624
2016	Jim Dyer	2486		
2014	Charnjit Sandhu	2146		
2015	Charnjit Sandhu	2094		
2016	Arthur Gee	1898		

4X100M RELAY		
2008	Gordon Johnson (70), Joe Giegerich (75), Norm Lesage (78), Isaac Thiessen (71)	1:00.24
2000	Harry Thompson (77), Norm Lesage (70), Isaac Thiessen (71), Harry Palidwor (75)	1:05.23

70 - 74 YEAR OLD MALE (INDOOR)

60M		200M		400M		
2013	Harold Morioka	8.71	<b>2017 Francisco Machado</b>	<b>31.33</b>	2010 Andy Aadmi	1:09.29
2010	Andy Aadmi	8.97	2016 Mark Stewart	32.03	2016 Mark Stewart	1:10.16
2016	Mark Stewart	9.50	<b>2017 John Winfield</b>	<b>32.53</b>	2014 Harold Morioka	1:12.23
2015	Mark Stewart	9.81	2015 Surinder Shah	32.80	2015 Surinder Shah	1:15.36
2015	Surinder Shah	9.87	2015 Mark Stewart	33.05	<b>2017 Francisco Machado</b>	<b>1:15.69</b>
<b>2017 Sewa Birring</b>	<b>9.88</b>	2016 Sewa Birring	33.75	2015 Mark Stewart	1:15.73	
2015	Arthur Gee	10.24	<b>2017 Surinder Shah</b>	<b>35.98</b>	<b>2017 John Winfield</b>	<b>1:20.75</b>
<b>2017 Surinder Shah</b>	<b>10.79</b>	2015 Bill McNamara	36.10	<b>2017 Sewa Birring</b>	<b>1:21.24</b>	
2016	Surinder Shah	11.98		2015 Bill McNamara	1:29.16	
<b>2017 Spencer Krewenchuk</b>	<b>12.26</b>					

800M		1500M		3000M		
2016	Mark Stewart	2:48.97	2016 Mark Stewart	5:56.34	2016 Mark Stewart	12:43.22
2015	Mark Stewart	2:58.41	2015 Mark Stewart	6:14.26	2015 Mark Stewart	13:15.21
2015	Bill McNamara	3:44.38	2016 Jim Dyer	10:17.25	2016 Jim Dyer	20:33.22

60MH (30")		
2016	Surinder Shah	18.34

1500M RACE WALK		3000M RACE WALK		
2015	Arthur Gee	10:36.12	2015 Arthur Gee	21:34.77
2015	Joginder Dhillon	12:15.26	2015 Joginder Dhillon	27:58.05

4X200M RELAY		4X400M RELAY		
2015	Surinder Shah (71), Mark Stewart (70), Bill McNamara (73), Tuomas Ukonmaanaho (70)	2:19.16	2015 Surinder Shah (71), Bill McNamara (73), Tuomas Ukonmaanaho (70), Mark Stewart (70)	5:12.10

LONG JUMP		HIGH JUMP		TRIPLE JUMP		
2015	Surinder Shah	3.49	2014 Harold Morioka	1.20	2015 Arthur Gee	6.49
2015	Bill McNamara	2.80	2015 Joginder Dhillon	.95	2015 Joginder Dhillon	5.69
<b>2017 Spencer Krewenchuk</b>	<b>2.46</b>					

SHOT PUT (4kg)		WEIGHT THROW (16lbs)		
2013	Harold Morioka	9.75	2011 Bakhshish Dhillon	12.67
2014	Harold Morioka	9.42	2016 Jim Dyer	12.00
2016	Harold Morioka	8.97	2015 Surinder Shah	10.71
2015	Harold Morioka	8.96	2015 Harold Morioka	9.36
2011	Bakhshish Dhillon	8.81	2016 Surinder Shah	8.71
2016	Jim Dyer	8.68		
2015	Joginder Dhillon	8.23		