

70 - 74 YEAR OLD MALE (OUTDOOR)

50M

2016	Harold Morioka	8.01
2019	Hardev Sandhu	8.09
2018	Arthur Gee	8.51
2023	Hardev Sandhu	8.64

60M

2018	Arthur Gee	10.56
2017	Arthur Gee	10.93

100M

2013	Harold Morioka	14.11
2007	Andy Aadmi	14.18
2001	Norm Lesage	14.57
2023	Al Percival	14.57
2021	Roy Turkington	14.67
2016	John Winfield	14.71
2009	Andy Aadmi	14.73
2017	Francisco Machado	14.87
2019	Hardev Sandhu	14.90
2022	Roy Turkington	14.94
2001	Les Robson	15.02
2022	Reidar Zapf-Gilje	15.10
2013	Surinder Shah	15.19
2016	Sewa Birring	15.22
2001	Isaac Thiessen	15.24
2008	Andy Aadmi	15.27
2015	Mark Stewart	15.28
2017	Amarjit Chahal	15.35
2007	Les Friesen	15.36

100M (cont'd)

2008	Les Friesen	15.36
2015	Surinder Shah	15.46
2018	Les Fowler	15.47
2019	Francisco Machado	15.48
2004	Phil Lefebure	15.50
2016	Mark Stewart	15.53
2001	Phil Lefebure	15.58
2000	Norm Lesage	15.61
2017	John Winfield	15.62
2015	Grant Lamothe	15.63
2017	Sewa Birring	15.63
2000	Les Robson	15.67
2018	Amarjit Chahal	15.69
2014	Surinder Shah	15.74
2008	Bakhshish Dhillon	15.90
2020	Les Fowler	15.94
2023	Hardev Sandhu	16.18
2009	Bakhshish Dhillon	16.24
2001	Harry Palidwor	16.28

100M (cont'd)

2022	Hardev Sandhu	16.41
2017	Surinder Shah	16.42
2014	Wayne Horne	16.52
2018	Arthur Gee	16.58
2010	Bakhshish Dhillon	16.61
2015	Wayne Horne	16.62
2015	Arthur Gee	16.63
2019	Sewa Birring	16.86
2016	Arthur Gee	16.98
2014	Arthur Gee	17.32
2000	Ian Tipton	17.57
2015	Spencer Krewenchuk	17.62
2017	Arthur Gee	17.73
2018	Spencer Krewenchuk	17.94
2019	Brian Graham	18.64
2017	Spencer Krewenchuk	19.02
2023	Steven Lowe	20.90
2016	Spencer Krewenchuk	23.43

200M

2009	Andy Aadmi	29.22
2017	Francisco Machado	30.42
2019	Hardev Sandhu	30.78
2016	Sewa Birring	30.91
2001	Norm Lesage	31.10
2001	Les Robson	31.19
2022	Reidar Zapf-Gilje	31.22
2013	Surinder Shah	31.30
2014	Surinder Shah	31.39
2016	Mark Stewart	31.46
2023	Al Percival	31.53
2015	Mark Stewart	31.70
2016	John Winfield	31.70
2013	Reidar Zapf-Gilje	31.83
2008	Les Friesen	32.02
2000	Les Robson	32.11
2015	Surinder Shah	32.11

200M (cont'd)

2021	Roy Turkington	32.13
2001	Phil Lefebure	32.28
2000	Norm Lesage	32.61
2022	Roy Turkington	32.63
2001	Isaac Thiessen	32.72
2017	Sewa Birring	33.10
2018	Francisco Machado	33.20
2001	Harry Palidwor	33.43
2008	Bakhshish Dhillon	33.43
2004	Phil Lefebure	33.50
2018	Amarjit Chahal	33.74
2017	Surinder Shah	33.77
2019	Francisco Machado	34.05
2023	Hardev Sandhu	34.06
2014	Bill Mcnamara	34.49
2014	Arthur Gee	34.65
2002	Phil Lefebure	34.72

200M (cont'd)

2015	Bill Mcnamara	34.88
2019	David Ullis	34.91
2015	Grant Lamothe	35.20
2013	Bill Mcnamara	35.24
2018	Arthur Gee	35.33
2022	Hardev Sandhu	35.75
2019	Sewa Birring	35.90
2000	Ian Tipton	36.11
2015	Wayne Horne	36.16
2015	Arthur Gee	36.30
2015	Spencer Krewenchuk	36.47
2016	Grant Lamothe	36.47
2014	Wayne Horne	36.64
2016	Spencer Krewenchuk	37.90
2016	Arthur Gee	37.20
2018	Spencer Krewenchuk	38.21
2017	Arthur Gee	38.46
2015	Joginder Dhillon	1:01.44

70 - 74 YEAR OLD MALE (OUTDOOR)

400M

2009	Andy Aadmi	1:07.47
2016	Mark Stewart	1:08.43
2022	Reidar Zapf-Gilje	1:08.59
2015	Mark Stewart	1:08.82
2013	Surinder Shah	1:09.71
2016	John Winfield	1:10.13
2007	Les Friesen	1:10.72
2014	Surinder Shah	1:11.55
2017	Francisco Machado	1:11.90
2008	Les Friesen	1:13.05
2016	Sewa Birring	1:13.20

400M (cont'd)

2001	Les Robson	1:14.24
2011	Bill Mcnamara	1:14.73
2019	Mark Stewart	1:14.86
2015	Surinder Shah	1:15.37
2000	Les Robson	1:16.04
2016	Surinder Shah	1:16.23
2017	John Winfield	1:16.55
2001	Phil Lefebure	1:16.83
2001	Harry Palidwor	1:18.02
2013	Bill Mcnamara	1:19.08
2002	Phil Lefebure	1:19.37

400M (cont'd)

2017	Surinder Shah	1:19.93
2016	Francisco Machado	1:20.03
2014	Bill Mcnamara	1:20.03
2015	Bill Mcnamara	1:21.26
2001	Isaac Thiessen	1:22.90
2018	Spencer Krewenchuk	1:29.94
2018	Arthur Gee	1:34.16
2017	Spencer Krewenchuk	1:34.72
2016	Arthur Gee	1:40.13
2019	Hardev Sandhu	1:53.92

800M

2023	Reidar Zapf-Gilj	2:40.13
2016	Mark Stewart	2:41.39
2015	Mark Stewart	2:41.71
2019	Mark Stewart	2:53.68
2020	Piara Bhullar	2:54.65
2011	Bill Mcnamara	3:03.82
2001	Phil Lefebure	3:10.72
2013	Bill Mcnamara	3:18.28
2000	Les Robson	3:25.50
2014	Bill Mcnamara	3:30.25
2002	Phil Lefebure	3:31.55
2015	Bill Mcnamara	3:39.60
2019	Sewa Birring	3:41.59
2023	David Walker	3:45.21
2018	Arthur Gee	3:48.01
2017	Arthur Gee	4:36.16

1500M

2022	Reidar Zapf-Gilje	5:35.79
2016	Mark Stewart	5:44.12
2015	Mark Stewart	5:44.84
2023	Reidar Zapf-Gilje	5:48.32
2019	Mark Stewart	6:07.79
2020	Piara Bhullar	6:14.33
2011	Bill Mcnamara	7:03.12
2002	Phil Lefebure	7:06.00
2013	Bill Mcnamara	7:07.39
2022	David Walker	7:26.76
2015	Arthur Gee	7:47.94
2023	David Walker	7:47.94
2016	Arthur Gee	7:48.41
2021	David Walker	7:55.16
2015	Bill Mcnamara	8:10.79
2019	David Ullis	8:11.60
2018	Arthur Gee	8:21.38
2017	Arthur Gee	9:01.04

3000M

2015	Mark Stewart	12:30.52
2016	Mark Stewart	12:56.09
2019	Mark Stewart	13:21.80
2018	Arthur Gee	18:28.96
2017	Arthur Gee	19:43.65

5000M

2016	Mark Stewart	21:30.19
2015	Mark Stewart	21:49.88

80M HURDLES (27")

2022	Reidar Zapf-Gilje	15.23
2023	Reidar Zapf-Gilje	15.48
2019	Hardev Sandhu	17.08
2023	Hardev Sandhu	18.22
2022	Hardev Sandhu	18.82
2016	Surinder Shah	19.73
2020	Les Fowler	20.00
2017	Surinder Shah	20.03

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300M HURDLES (27")

2013	Harold Morioka	54.15
2022	Reidar Zapf-Gilje	55.94
2019	Hardev Sandhu	57.01
2019	Francisco Machado	58.55
2017	Francisco Machado	59.15
2013	Surinder Shah	1:01.94
2023	Hardev Sandhu	1:03.84
2015	Surinder Shah	1:06.16
2016	Grant Lamothe	1:08.80
2017	Surinder Shah	1:09.43
2022	Hardev Sandhu	1:09.88
2016	Surinder Shah	1:11.56
2016	Arthur Gee	1:12.00
2015	Arthur Gee	1:15.93
2017	Arthur Gee	1:16.83
2018	Arthur Gee	1:18.94
2014	Arthur Gee	1:22.46

2000M STEEPLE CHASE (30")

2023	Reidar Zapf-Gilje	8:54.20
2016	Arthur Gee	12:05.71
2014	Arthur Gee	12:16.69
2015	Arthur Gee	12:24.43
2013	Bill Mcnamara	12:34.83
2018	Arthur Gee	12:52.51
2017	Arthur Gee	13:35.79

1500M RACE WALK

2015	Arthur Gee	10:44.58
2017	Arthur Gee	11:52.50

3000M RACEWALK

2015	Jim Dyer	20:39.30
2015	Arthur Gee	20:50.72

5000M RACEWALK

2015	Arthur Gee	35:40.94
2014	Arthur Gee	36:17.95
2016	Jim Dyer	36:37.24
2016	Arthur Gee	38:07.70
2017	Arthur Gee	38:25.20
2018	Arthur Gee	41:45.28

5000M POWER WALK

2018	Arthur Gee	38:47.57
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10 000M RACE WALK

2014	Arthur Gee	1:13:19.00
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STANDING LONG JUMP

2016	Surinder Shah	1.76
2018	Arthur Gee	1.59

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HIGH JUMP

2022	Reidar Zapf-Gilje	1.39
2023	Reidar Zapf-Gilje	1.35
2018	David Ulis	1.25
2019	David Ulis	1.25
2001	Harry Palidwor	1.10
2014	Surinder Shah	1.10
2001	Les Robson	1.05
2015	Surinder Shah	1.05
2018	Arthur Gee	1.05
2019	Hardev Sandhu	1.01
2000	Les Robson	1.00
2016	Grant Lamothe	1.00
2015	Joginder Dhillon	.95
2023	Hardev Sandhu	.95
2022	Hardev Sandhu	.90

LONG JUMP

2023	Reidar Zapf-Gilje	4.12
2022	Reidar Zapf-Gilje	4.07
2021	Roy Turkington	4.03
2022	Roy Turkington	4.02
2013	Surinder Shah	3.73
2018	David Ulis	3.64
2001	Les Robson	3.58
2000	Les Robson	3.55
2014	Surinder Shah	3.54
2018	Arthur Gee	3.51
2019	David Ulis	3.46
2015	Arthur Gee	3.45
2019	Hardev Sandhu	3.44
2016	Arthur Gee	3.43
2017	Arthur Gee	3.41
2001	Isaac Thiessen	3.31
2013	Bill Mcnamara	3.29
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
2019	Brian Graham	2.96
2014	Grant Lamothe	2.95
2015	Joginder Dhillon	2.86
2023	Hardev Sandhu	2.84
2018	Spencer Krewenchuk	2.78
2017	Spencer Krewenchuk	2.70
2022	Hardev Sandhu	2.61
2015	Spencer Krewenchuk	2.60

TRIPLE JUMP

2022	Reidar Zapf-Gilje	8.60
2018	Arthur Gee	8.00
2016	Arthur Gee	7.07
2023	Hardev Sandhu	7.04
2017	Arthur Gee	6.92
2019	Hardev Sandhu	6.92
2015	Arthur Gee	6.89
2013	Surinder Shah	6.85
2014	Surinder Shah	6.75
2014	Arthur Gee	6.73
2019	Brian Graham	6.53
2015	Joginder Dhillon	6.47
2015	Surinder Shah	6.24
2015	Grant Lamothe	6.22
2022	Hardev Sandhu	5.83

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SHOT PUT (4kg)

2022	Reidar Zapf-Gilje	12.46
2023	Reidar Zapf-Gilje	12.21
2018	David Ulis	11.37
2022	Alex Essex	11.25
2019	David Ulis	11.13
2023	Alex Essex	10.84
2003	Rainer Sillantaus	10.49
2015	Grant Lamothe	10.17
2021	David Ulis	10.13
2013	Harold Morioka	10.06
2008	Andy Aadmi	10.05
2014	Grant Lamothe	9.54
2016	Grant Lamothe	9.48
2012	Bakhshish Dhillon	9.41
2008	Bakhshish Dhillon	9.39
2014	Harold Morioka	9.39
2015	Jim Dyer	9.25
2011	Bakhshish Dhillon	9.16
2020	Hardev Sandhu	9.15
2019	Hardev Sandhu	9.14
2016	Harold Morioka	9.01
2014	Charnjit Sandhu	8.81
2015	Charnjit Sandhu	8.60
2022	Hardev Sandhu	8.48
2016	Dan Krause	8.43
2015	Joginder Dhillon	8.32
2023	Hardev Sandhu	8.09
2001	Isaac Thiessen	7.96
2015	Surinder Shah	7.90
2015	Arthur Gee	7.00
2014	Arthur Gee	6.90
2017	Arthur Gee	6.60
2019	Spencer Krewenchuk	5.86

DISCUS (1kg)

2023	Reidar Zapf-Gilje	35.32
2022	Reidar Zapf-Gilje	34.94
2018	David Ulis	33.83
2019	David Ulis	33.25
2013	Harold Morioka	33.21
2023	Al Essex	32.81
2022	Al Essex	31.82
2013	Surinder Shah	30.60
2008	Bakhshish Dhillon	29.68
2009	Bakhshish Dhillon	29.12
2012	Bakhshish Dhillon	28.79
2010	Bakhshish Dhillon	28.46
2014	Harold Morioka	28.36
2021	David Ulis	28.27
2011	Bakhshish Dhillon	28.09
2015	Jim Dyer	28.02
2019	Hardev Sandhu	26.68
2020	Hardev Sandhu	26.02
2008	Andy Aadmi	26.01
2016	Arthur Gee	26.01
2014	Arthur Gee	25.80
2015	Harold Morioka	25.73
2015	Arthur Gee	24.94
2022	Hardev Sandhu	24.80
2016	Harold Morioka	24.29
2015	Grant Lamothe	23.38
2017	Arthur Gee	23.28
2001	Harry Palidwor	23.06
2016	Jim Dyer	23.06
2018	Arthur Gee	22.97
2015	Joginder Dhillon	22.45
2003	Rainer Sillantaus	22.01
2015	Charnjit Sandhu	21.11
2019	Brian Graham	20.84
2014	Charnjit Sandhu	20.02
2001	Isaac Thiessen	18.02

JAVELIN (500g)

2019	David Ulis	39.25
2018	David Ulis	38.04
2022	Reidar Zapf-Gilje	35.36
2023	Reidar Zapf-Gilje	33.55
2021	David Ulis	32.29
2003	Rainer Sillantaus	31.00
2014	Grant Lamothe	28.61
2013	Harold Morioka	28.49
2015	Grant Lamothe	26.86
2016	Grant Lamothe	26.27
2022	Al Essex	24.78
2014	Harold Morioka	24.42
2008	Andy Aadmi	24.31
2001	Isaac Thiessen	24.18
2020	Hardev Sandhu	22.91
2023	Al Essex	22.53
2019	Hardev Sandhu	22.33
2016	Harold Morioka	22.07
2011	Bakhshish Dhillon	21.60
2023	Hardev Sandhu	21.45
2014	Charnjit Sandhu	20.72
2015	Charnjit Sandhu	20.56
2014	Arthur Gee	19.30
2018	Arthur Gee	19.26
2013	Surinder Shah	18.56
2015	Arthur Gee	18.49
2016	Jim Dyer	18.24
2017	Arthur Gee	17.89
2015	Joginder Dhillon	17.52
2000	Les Robson	15.85
2019	Spencer Krewenchuk	15.18
2016	Arthur Gee	14.45

SOFTBALL THROW

2019	Hardev Sandhu	25.93
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HAMMER THROW (4kg)

2022	Reidar Zapf-Gilje	39.81
2018	David Ulis	37.58
2019	David Ulis	36.27
2023	Al Essex	35.35
2019	Hardev Sandhu	35.28
2022	Al Essex	35.20
2015	Jim Dyer	35.06
2022	Hardev Sandhu	34.64
2008	Bakhshish Dhillon	34.56
2011	Bakhshish Dhillon	34.56
2020	Hardev Sandhu	34.51
2012	Bakhshish Dhillon	34.37
2009	Andy Aadmi	34.16
2021	David Ulis	32.82
2016	Jim Dyer	30.75
2009	Bakhshish Dhillon	30.08
2016	Dan Krause	27.54
2015	Grant Lamothe	26.73
2015	Joginder Dhillon	23.01
2013	Surinder Shah	22.26
2014	Charnjit Sandhu	22.21
2015	Surinder Shah	22.06
2015	Charnjit Sandhu	21.51
2014	Surinder Shah	21.03
2016	Arthur Gee	20.96
2018	Arthur Gee	19.07
2015	Arthur Gee	17.27
2014	Grant Lamothe	15.07
2017	Arthur Gee	14.39

WEIGHT THROW (16lbs)

2020	Hardev Sandhu	14.53
2022	Hardev Sandhu	14.22
2019	Hardev Sandhu	14.18
2018	David Ulis	13.92
2019	David Ulis	13.58
2023	Hardev Sandhu	13.40
2015	Jim Dyer	13.34
2012	Bakhshish Dhillon	13.30
2011	Bakhshish Dhillon	13.12
2022	Al Essex	12.75
2008	Andy Aadmi	12.71
2008	Bakhshish Dhillon	12.19
2023	Al Essex	12.03
2021	David Ulis	11.01
2015	Surinder Shah	10.76
2014	Surinder Shah	10.09
2017	Surinder Shah	10.05
2014	Charnjit Sandhu	9.30
2018	Arthur Gee	9.30
2015	Charnjit Sandhu	9.27
2016	Arthur Gee	8.88
2017	Arthur Gee	8.60
2015	Joginder Dhillon	8.53
2014	Grant Lamothe	8.33
2022	Reidar Zapf-Gilje	7.65
2015	Arthur Gee	6.73

POLE VAULT

2023	Reidar Zapf-Gilje	2.50
2022	Reidar Zapf-Gilje	2.40
2022	Hardev Sandhu	1.60
2023	Hardev Sandhu	1.60
2019	Hardev Sandhu	1.30
2015	Joginder Dhillon	1.24

SUPER WEIGHT THROW (25LBS)

2018	David Ulis	7.03
2019	Hardev Sandhu	6.33
2022	Al Essex	6.25
2017	Surinder Shah	5.35

THROWS PENTATHLON (HT, SP, DT, JT, WT)

2019	David Ulis	3578
2018	David Ulis	3511
2022	Al Essex	3119
2021	David Ulis	3101
2008	Bakhshish Dhillon	2924
2011	Bakhshish Dhillon	2924
2015	Jim Dyer	2923
2023	Hardev Sandhu	2859
2019	Hardev Sandhu	2741
2020	Hardev Sandhu	2639
2016	Jim Dyer	2486
2014	Charnjit Sandhu	2146
2015	Charnjit Sandhu	2094
2016	Arthur Gee	1898

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

2022	Reidar Zapf-Gilje	3804
2023	Reidar Zapf-Gilje	3435
2019	David Ulis	2727
2015	Arthur Gee	1915
2018	Arthur Gee	1836
2017	Arthur Gee	1746
2014	Arthur Gee	1624

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

2022	Reidar Zapf-Gilje	7691
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THROWS TRIATHLON (SP, DT, JT)

2018	David Ulis	1990
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