

75 - 79 YEAR OLD MALE (OUTDOOR)

50M		100M		200M	
2013 Norm Lesage	8.68	2007 Norm Lesage	14.51	2005 Norm Lesage	29.51
2017 Bill McNamara	9.08	2005 Norm Lesage	14.55	2004 Norm Lesage	29.78
2017 Derek Desa	9.82	2011 Andy Aadmi	14.61	2011 Andy Aadmi	30.17
2017 Don McLean	11.72	2008 Norm Lesage	15.54	2000 Harry Palidwor	32.61
		2000 Harry Palidwor	15.66	2008 Norm Lesage	33.12
		2003 Les Robson	16.05	2002 Les Robson	33.31
		2002 Les Robson	16.34	2014 Andy Aadmi	33.78
		2004 Les Robson	16.72	2003 Les Robson	33.90
		2011 Gurdev Nagi	16.87	2007 Phil Lefebure	34.00
		2016 Bill McNamara	16.98	2004 Les Robson	35.81
		2007 Phil Lefebure	17.25	2011 Gurdev Nagi	36.04
		2017 Bill McNamara	17.31	2016 Bill McNamara	36.06
		2006 Phil Lefebure	17.35	2017 Bill McNamara	36.31
		2009 Phil Lefebure	18.50	2009 Phil Lefebure	38.05
		2010 Phil Lefebure	18.77	2010 Phil Lefebure	41.38
		2017 Derek Desa	20.48		
		2017 Don McLean	22.14		
		2014 Don McLean	22.70		
		2016 Don McLean	23.17		

400M		800M	
2011 Andy Aadmi	1:10.54	2002 Les Robson	3:27.68
2005 Norm Lesage	1:10.57	2007 Phil Lefebure	3:42.00
2000 Harry Palidwor	1:15.91	2016 Bill McNamara	3:54.11
2003 Les Robson	1:23.68	2017 Bill McNamara	4:08.79
2002 Les Robson	1:24.65		
2016 Bill McNamara	1:26.48		
2006 Phil Lefebure	1:32.09		
2017 Bill McNamara	1:33.58		
2009 Phil Lefebure	1:40.00		

300M HURDLES (27")		3000M RACE WALK	
2011 Andy Aadmi	55.87	2015 Mac McNair	27:22.35
		2017 Derek Desa	40:40.54

HIGH JUMP		LONG JUMP		TRIPLE JUMP	
2000 Harry Palidwor	1.15	2002 Les Robson	3.53	2017 Derek Desa	5.65
		2000 Harry Palidwor	3.28		
		2016 Bill McNamara	3.20		
		2003 Les Robson	3.16		
		2017 Bill McNamara	3.11		
		2004 Les Robson	3.03		
		2017 Derek Desa	2.22		
		2010 Phil Lefebure	2.19		

SHOT PUT (4kg)		DISCUS (1kg)		JAVELIN (500g)	
2005 Rainer Sillantaus	11.27	2014 Bakhshish Dhillon	30.49	2005 Rainer Sillantaus	34.61
2008 Rainer Sillantaus	10.28	2013 Bakhshish Dhillon	30.42	2006 Rainer Sillantaus	31.50
2011 Andy Aadmi	9.52	2015 Bakhshish Dhillon	29.06	2008 Rainer Sillantaus	30.35
2014 Bakhshish Dhillon	9.36	2017 Bakhshish Dhillon	26.43	2017 Bakhshish Dhillon	25.39
2015 Bakhshish Dhillon	9.13	2006 Rainer Sillantaus	25.96	2016 Bakhshish Dhillon	24.93
2014 Andy Aadmi	9.08	2008 Rainer Sillantaus	25.82	2015 Bakhshish Dhillon	23.87
2016 Bakhshish Dhillon	8.99	2016 Bakhshish Dhillon	25.80	2014 Bakhshish Dhillon	23.26
2013 Bakhshish Dhillon	8.71	2000 Harry Palidwor	23.21	2000 Harry Palidwor	19.42
2017 Bakhshish Dhillon	8.24	2010 Phil Lefebure	14.43	2009 Phil Lefebure	12.60
2000 Harry Palidwor	6.97				

HAMMER THROW (4kg)		WEIGHT THROW (16lbs)		EIGHT PENTATHLON (HT, SP, DT, JT, V)	
2013 Bakhshish Dhillon	33.16	2013 Bakhshish Dhillon	13.83	2013 Bakhshish Dhillon	3455
2014 Bakhshish Dhillon	32.97	2016 Bakhshish Dhillon	13.21	2015 Bakhshish Dhillon	3323
2016 Bakhshish Dhillon	32.49	2011 Andy Aadmi	12.86	2014 Bakhshish Dhillon	3289
2011 Andy Aadmi	31.94	2014 Bakhshish Dhillon	12.59	2016 Bakhshish Dhillon	2920
2015 Bakhshish Dhillon	31.46	2015 Bakhshish Dhillon	12.40	2017 Bakhshish Dhillon	2660
2017 Bakhshish Dhillon	29.41	2017 Bakhshish Dhillon	12.11		

4X100M RELAY	
2006 Les Robson (79), Isaac Thiessen (77), Norm Lesage (76), Phil Lefebure (75)	1:06.15

75 - 79 YEAR OLD MALE (INDOOR)

60M		200M		400M	
2017 Bill McNamara	10.78	2017 Bill McNamara	36.85	2017 Bill McNamara	1:30.17

LONG JUMP	
2017 Bill McNamara	2.71

SHOT PUT (4kg)		DISCUS (1kg)		WEIGHT THROW (16lbs)	
2014 Bakhshish Dhillon	9.45	2014 Bakhshish Dhillon	28.70	2014 Bakhshish Dhillon	11.01
2015 Bakhshish Dhillon	8.62			2015 Bakhshish Dhillon	10.65