

75 - 79 YEAR OLD MALE (OUTDOOR)

50M

2019	Arthur Gee	8.53
2013	Norm Lesage	8.68
2020	Arthur Gee	8.74
2023	Arthur Gee	8.99
2017	Bill McNamara	9.08
2017	Derek Desa	9.82
2022	Arthur Gee	11.18
2017	Don McLean	11.72

100M

2007	Norm Lesage	14.51
2005	Norm Lesage	14.55
2011	Andy Aadmi	14.61
2018	Harold Morioka	15.11
2008	Norm Lesage	15.54
2000	Harry Palidwor	15.66
2023	Arthur Gee	15.93
2019	Arthur Gee	16.04
2003	Les Robson	16.05
2018	Surinder Shah	16.27
2019	Mark Phillips	16.28
2002	Les Robson	16.34
2019	Surinder Shah	16.44
2020	Arthur Gee	16.65
2004	Les Robson	16.72
2011	Gurdev Nagi	16.87
2016	Bill McNamara	16.98
2021	Arthur Gee	16.98
2007	Phil Lefebure	17.25
2007	Phil Lefebure	17.25
2017	Bill McNamara	17.31
2022	Arthur Gee	17.32
2006	Phil Lefebure	17.35
2018	Bill McNamara	17.68
2023	Amarjit Chahal	17.75
2018	Vern Shook	18.14
2022	Surinder Shah	18.25
2009	Phil Lefebure	18.50
2010	Phil Lefebure	18.77
2023	Surinder Shah	19.76
2017	Derek Desa	20.48
2017	Don McLean	22.14
2014	Don McLean	22.70
2016	Don McLean	23.17

200M

2005	Norm Lesage	29.51
2004	Norm Lesage	29.78
2011	Andy Aadmi	30.17
2018	Harold Morioka	31.92
2000	Harry Palidwor	32.61
2008	Norm Lesage	33.12
2002	Les Robson	33.31
2014	Andy Aadmi	33.78
2003	Les Robson	33.90
2019	Mark Stewart	33.97
2007	Phil Lefebure	34.00
2019	Arthur Gee	34.22
2018	Surinder Shah	34.56
2019	Surinder Shah	34.56
2004	Les Robson	35.81
2011	Gurdev Nagi	36.04
2016	Bill McNamara	36.06
2020	Arthur Gee	36.26
2017	Bill McNamara	36.31
2023	Arthur Gee	36.81
2018	Bill McNamara	37.78
2022	Arthur Gee	37.81
2018	Vern Shook	37.83
2009	Phil Lefebure	38.05
2021	Arthur Gee	38.34
2022	Surinder Shah	38.49
2010	Phil Lefebure	41.38

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400M

2011	Andy Aadmi	1:10.54
2005	Norm Lesage	1:10.57
2022	Mark Stewart	1:12.76
2021	Mark Stewart	1:13.25
2000	Harry Palidwor	1:15.91
2019	Mark Stewart	1:16.46
2020	Mark Stewart	1:18.61
2019	Surinder Shah	1:20.42
2018	Surinder Shah	1:20.43
2003	Les Robson	1:23.68
2002	Les Robson	1:24.65
2016	Bill McNamara	1:26.48
2019	Arthur Gee	1:26.82
2022	Arthur Gee	1:28.09
2023	Arthur Gee	1:29.95
2021	Arthur Gee	1:30.15
2020	Arthur Gee	1:31.43
2006	Phil Lefebure	1:32.09
2017	Bill McNamara	1:33.58
2009	Phil Lefebure	1:40.00

800M

2020	Mark Stewart	2:50.50
2021	Mark Stewart	2:50.94
2021	Piara Bhullar	2:51.57
2019	Mark Stewart	2:53.46
2022	Mark Stewart	3:01.74
2023	Piara Bhullar	3:03.04
2002	Les Robson	3:27.68
2019	Arthur Gee	3:41.81
2007	Phil Lefebure	3:42.00
2016	Bill McNamara	3:54.11
2017	Bill McNamara	4:08.79
2023	Arthur Gee	4:13.42

1500M

2019	Mark Stewart	6:04.44
2021	Piara Bhullar	6:10.79
2023	Piara Bhullar	6:29.02
2019	Arthur Gee	7:54.65
2023	Arthur Gee	8:55.66
2022	Arthur Gee	9:29.00
2021	Arthur Gee	11:03.18

3000M

2019	Arthur Gee	17:07.52
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5000M

2019	Mark Stewart	23:37.64
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80M HURDLES (30")

2023	Arthur Gee	20.42
2022	Arthur Gee	20.44
2019	Surinder Shah	20.51
2018	Surinder Shah	20.55
2022	Surinder Shah	21.76

300M HURDLES (27")

2011	Andy Aadmi	55.87
2018	Harold Morioka	1:05.37
2019	Surinder Shah	1:07.92
2020	Arthur Gee	1:10.80
2019	Arthur Gee	1:14.46
2021	Arthur Gee	1:15.70
2018	Surinder Shah	1:17.02
2022	Arthur Gee	1:19.20
2022	Surinder Shah	1:30.57

2000M STEEPLE CHASE (30")

2019	Arthur Gee	12:03.80
2021	Arthur Gee	13:21.07

3000M RACE WALK

2015	Mac McNair	27:22.35
2017	Derek Desa	40:40.54

HIGH JUMP

2000	Harry Palidwor	1.15
2019	Arthur Gee	1.10
2023	Arthur Gee	1.06
2019	Surinder Shah	1.05
2022	Arthur Gee	1.05
2021	Arthur Gee	.97
2022	Surinder Shah	.90

LONG JUMP

2002	Les Robson	3.53
2019	Arthur Gee	3.50
2020	Arthur Gee	3.40
2022	Arthur Gee	3.29
2000	Harry Palidwor	3.28
2018	Bill McNamara	3.23
2016	Bill McNamara	3.20
2023	Arthur Gee	3.19
2021	Arthur Gee	3.18
2003	Les Robson	3.16
2018	Surinder Shah	3.13
2017	Bill McNamara	3.11
2004	Les Robson	3.03
2019	Surinder Shah	2.75
2019	Vern Shook	2.34
2017	Derek Desa	2.22
2022	Surinder Shah	2.21
2010	Phil Lefebure	2.19

TRIPLE JUMP

2019	Arthur Gee	7.07
2022	Arthur Gee	6.78
2020	Arthur Gee	6.76
2021	Arthur Gee	6.47
2023	Arthur Gee	6.12
2019	Surinder Shah	5.66
2017	Derek Desa	5.65
2018	Surinder Shah	4.75
2022	Surinder Shah	4.03

STANDING LONG JUMP

2019	Arthur Gee	1.67
2023	Arthur Gee	1.59

POLE VAULT

2023	Arthur Gee	1.67
2022	Arthur Gee	1.40
2021	Arthur Gee	1.35

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SHOT PUT (4kg)

2005	Rainer Sillantaus	11.27
2008	Rainer Sillantaus	10.28
2011	Andy Aadmi	9.52
2014	Bakhshish Dhillon	9.36
2015	Bakhshish Dhillon	9.13
2014	Andy Aadmi	9.08
2016	Bakhshish Dhillon	8.99
2018	Harold Morioka	8.88
2013	Bakhshish Dhillon	8.71
2018	Jim Dyer	8.67
2019	Harold Morioka	8.47
2017	Bakhshish Dhillon	8.24
2000	Harry Palidwor	6.97
2020	Arthur Gee	6.94
2023	Arthur Gee	6.85
2019	Arthur Gee	6.82
2020	Surinder Shah	6.51
2019	Surinder Shah	6.48
2018	Surinder Shah	6.29
2021	Arthur Gee	5.91
2022	Surinder Shah	5.89

DISCUS (1kg)

2014	Bakhshish Dhillon	30.49
2013	Bakhshish Dhillon	30.42
2015	Bakhshish Dhillon	29.06
2017	Bakhshish Dhillon	26.43
2018	Jim Dyer	26.14
2006	Rainer Sillantaus	25.96
2008	Rainer Sillantaus	25.82
2016	Bakhshish Dhillon	25.80
2019	Harold Morioka	25.30
2020	Arthur Gee	24.25
2019	Arthur Gee	23.86
2018	Harold Morioka	23.71
2000	Harry Palidwor	23.21
2023	Arthur Gee	23.20
2021	Arthur Gee	22.85
2022	Arthur Gee	21.22
2010	Phil Lefebure	14.43

JAVELIN (500g)

2005	Rainer Sillantaus	34.61
2006	Rainer Sillantaus	31.50
2008	Rainer Sillantaus	30.35
2017	Bakhshish Dhillon	25.39
2016	Bakhshish Dhillon	24.93
2018	Harold Morioka	24.34
2019	Harold Morioka	24.01
2015	Bakhshish Dhillon	23.87
2014	Bakhshish Dhillon	23.26
2018	Jim Dyer	20.34
2000	Harry Palidwor	19.42
2022	Arthur Gee	18.28
2019	Arthur Gee	18.13
2023	Arthur Gee	17.50
2021	Arthur Gee	17.10
2020	Arthur Gee	16.87
2009	Phil Lefebure	12.60

75 - 79 YEAR OLD MALE (OUTDOOR)

HAMMER THROW (4kg)

2013	Bakhshish Dhillon	33.16
2014	Bakhshish Dhillon	32.97
2016	Bakhshish Dhillon	32.49
2011	Andy Aadmi	31.94
2015	Bakhshish Dhillon	31.46
2018	Jim Dyer	31.14
2017	Bakhshish Dhillon	29.41
2019	Harold Morioka	22.01
2018	Surinder Shah	20.14
2021	Arthur Gee	18.71
2019	Vern Shook	18.57
2019	Arthur Gee	18.47
2020	Arthur Gee	18.19
2019	Surinder Shah	18.15
2020	Surinder Shah	16.26

WEIGHT THROW (16lbs)

2013	Bakhshish Dhillon	13.83
2016	Bakhshish Dhillon	13.21
2018	Jim Dyer	13.02
2011	Andy Aadmi	12.86
2014	Bakhshish Dhillon	12.59
2015	Bakhshish Dhillon	12.40
2017	Bakhshish Dhillon	12.11
2018	Surinder Shah	10.90
2019	Harold Morioka	8.96
2019	Surinder Shah	8.74
2020	Surinder Shah	8.67
2020	Arthur Gee	8.53
2021	Surinder Shah	8.34
2022	Surinder Shah	8.08
2019	Arthur Gee	8.03
2019	Vern Shook	6.77
2022	Arthur Gee	6.08

SUPER WEIGHT THROW (35lbs)

2019	Surinder Shah	4.83
2022	Surinder Shah	4.70
2019	Arthur Gee	3.82
2022	Arthur Gee	3.53

SOFTBALL THROW

2019	Arthur Gee	29.99
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PENTATHLON (LJ, JT, 200M, DT, 1500M)

2019	Arthur Gee	2410
2022	Arthur Gee	1749
2023	Arthur Gee	1633

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

2013	Bakhshish Dhillon	3455
2015	Bakhshish Dhillon	3323
2014	Bakhshish Dhillon	3289
2018	Jim Dyer	2950
2016	Bakhshish Dhillon	2920
2017	Bakhshish Dhillon	2660
2019	Harold Morioka	2472
2019	Arthur Gee	2030

DECATHLON (100M, LJ, SP, HJ, 400M, 110MH, DT, PV, JT, 1500M)

2021	Arthur Gee	2963
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