

85 - 89 YEAR OLD MALE (OUTDOOR)

100M

2015	Norm Lesage	18.00
2021	Karl Mey	18.25
2021	Karl Mey	18.29
2012	Les Robson	22.06
2013	Les Robson	25.73

200M

2022	Karl Mey	39.17
2015	Norm Lesage	39.99
2021	Karl Mey	40.48
2012	Les Robson	47.83
2013	Les Robson	1:01.10

400M

2021	Karl Mey	1:32.68
2022	Karl Mey	1:36.27
2015	Norm Lesage	1:38.76
2012	Les Robson	2:08.30

800M

2022	Karl Mey	3:54.86
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1500M

2022	Karl Mey	8:27.84
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LONG JUMP

2022	Karl Mey	2.77
2012	Les Robson	2.04
2013	Les Robson	1.37

TRIPLE JUMP

2022	Karl Mey	6.18
2012	Les Robson	4.37
2013	Les Robson	3.50

HIGH JUMP

2022	Karl Mey	1.04
2021	Karl Mey	1.00

DISCUS (1kg)

2023	Bakhshish Dhillon	19.20
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HAMMER THROW (3kg)

2023	Bakhshish Dhillon	26.63
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SHOT PUT (3kg)

2023	Bakhshish Dhillon	8.03
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WEIGHT THROW (12lbs)

2023	Bakhshish Dhillon	11.52
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JAVELIN (400g)

2023	Bakhshish Dhillon	18.37
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THROWS PENTATHLON (HT, SP, DT, JT, WT)

2023	Bakhshish Dhillon	2695
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