

55 - 59 YEAR OLD MALE (INDOOR)

60M

1999	Harold Morioka	7.79
2011	Al Percival	8.48
2016	Jorge Woods	8.53
2018	Jorge Woods	8.58
2019	Steve Law	8.74
2016	Stephen Whittemore	8.88
2015	Jorge Woods	9.01
2018	Bill Codville	9.54

200M

1999	Harold Morioka	24.94
2011	Al Percival	28.84
2018	Jorge Woods	29.20
2019	Steve Law	29.63

800M

1999	Harold Morioka	2:11.71
2014	Harjinder Kang	3:10.35

SHOT PUT (6kg)

2012	Frank Ehrenreich	10.32
2016	Stephen Whittemore	9.79

HIGH JUMP

2018	Bill Codville	1.35
------	---------------	------

300M

2018	Bill Codville	47.57
------	---------------	-------

1500M

2014	Harjinder Kang	7:04.26
------	----------------	---------

WEIGHT THROW (16lbs)

2011	Dave McDonald	13.32
2012	Frank Ehrenreich	11.89

400M

1999	Harold Morioka	54.36
2016	Jorge Woods	1:12.04
2014	Harjinder Kang	1:19.06

3000M

2014	Harjinder Kang	14:45.28
------	----------------	----------