

65 - 69 YEAR OLD MALE (INDOOR)

50M		
2017	Roy Turkington	7.54
2015	Hardev Sandhu	7.85

60M		
2019	Tom Dickson	8.12
2020	Tom Dickson	8.22
2006	Herb Gee	8.46
2014	Sewa Birring	8.85
2017	Roy Turkington	8.87
2018	Roy Turkington	8.92
2015	Hardev Sandhu	9.05
2011	Tony Badowski	9.08
2014	Hardev Sandhu	9.13
2017	Hardev Sandhu	9.36
2019	Roger Swetnam	9.36
2016	John Winfield	9.59
2015	Sewa Birring	9.65
2012	Les Fowler	9.67
2018	Roger Swetnam	9.71
2016	Dan Krause	10.92

200M		
2006	Herb Gee	28.39
2014	Sewa Birring	29.43
2011	Tony Badowski	30.41
2015	Hardev Sandhu	30.42
2014	Hardev Sandhu	30.50
2013	Sewa Birring	30.52
2016	John Winfield	32.31
2012	Les Fowler	32.38
2015	Sewa Birring	32.63

300M		
2019	Roger Swetnam	54.87

400M		
2008	Tony Badowski	1:04.04
2014	Sewa Birring	1:05.67
2011	Tony Badowski	1:09.59
2013	Sewa Birring	1:10.53
2015	Hardev Sandhu	1:11.48
2014	Hardev Sandhu	1:12.43
2012	Les Fowler	1:15.20
2017	Hardev Sandhu	1:16.56
2016	Hardev Sandhu	1:17.35
2015	Sewa Birring	1:18.34
2016	John Winfield	1:18.57

800M		
2015	Sewa Birring	2:49.00
2013	Sewa Birring	3:04.07
2019	Gurmit Singh	3:18.22
2014	Orlando Noranjo	3:26.70

1000M		
2011	Grant Lamothe	5:02.14

1500M		
2019	Gurmit Singh	7:06.35
2014	Orlando Noranjo	7:17.65

3000M		
2019	Gurmit Singh	15:57.52
2014	Orlando Noranjo	16:00.91

HIGH JUMP		
2011	Grant Lamothe	1.21
2015	David Ulis	1.20
2017	David Ulis	1.20
2019	David Dickey	1.20
2013	HarneK Toor	1.15
2014	Dan Krause	1.15
2014	HarneK Toor	1.05
2015	HarneK Toor	1.00

LONG JUMP		
2018	Roy Turkington	4.34
2017	Roy Turkington	4.29
2011	Grant Lamothe	3.86
2015	HarneK Toor	3.73
2015	David Ulis	3.58
2013	HarneK Toor	3.40
2014	HarneK Toor	3.33

TRIPLE JUMP		
2015	HarneK Toor	7.54
2013	HarneK Toor	7.40
2014	HarneK Toor	6.94

SHOT PUT (5kg)		
2016	Mohan Bains	10.02
2015	David Ulis	9.93
2014	Dan Krause	9.85
2014	HarneK Toor	9.20
2017	David Ulis	9.14
2013	HarneK Toor	9.01
2015	HarneK Toor	8.88
2011	Harold Morioka	8.81
2015	Hardev Sandhu	8.77
2014	Hardev Sandhu	8.75
2011	Grant Lamothe	8.53
2016	Hardev Sandhu	8.24

POLE VAULT		
2011	Grant Lamothe	1.50

WEIGHT THROW (20lbs)		
2015	HarneK Toor	12.62
2014	Dan Krause	12.45
2014	Hardev Sandhu	12.02
2015	Hardev Sandhu	11.66
2013	HarneK Toor	11.35
2017	Hardev Sandhu	11.32
2017	David Ulis	10.94
2016	Hardev Sandhu	10.45
2014	HarneK Toor	10.16
2015	David Ulis	10.01
2016	Dan Krause	9.93

HAMMER THROW (5 kg)		
2017	Hardev Sandhu	28.97

PENTATHLON (60MH, LJ, SP, HJ, 1000M)		
2011	Grant Lamothe	1797

1500M RACE WALK		
2013	HarneK Toor	10:28.94
2015	HarneK Toor	10:33.92
2014	HarneK Toor	10:49.03

3000M RACE WALK		
2015	HarneK Toor	22:56.58
2014	HarneK Toor	23:46.81