

65 - 69 YEAR OLD MALE (INDOOR)

50M

2023	Ray Alley	7.52
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
2023	Ray Alley	8.60
2023	Edwin Liu	8.81
2014	Sewa Birring	8.85
2022	Ray Alley	8.86
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
2020	Roy Turkington	9.34
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
2020	Tom Dickson	29.01
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
2022	Brent Davy	30.91
2016	John Winfield	32.31
2012	Les Fowler	32.38
2015	Sewa Birring	32.63

300M

2019	Roger Swetnam	54.87
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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
2022	Brent Davy	1:11.47
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
2020	Gurmit Singh	1:23.06

800M

2015	Sewa Birring	2:49.00
2013	Sewa Birring	3:04.07
2020	Kelly Sharp	3:04.67
2019	Gurmit Singh	3:18.22
2020	Gurmit Singh	3:24.59
2014	Orlando Noranjo	3:26.70

60M HURDLES (33")

2023	Edwin Liu	12.93
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1000M

2023	Edwin Liu	4:24.93
2011	Grant Lamothe	5:02.14

1500M

2020	Kelly Sharp	6:10.80
2019	Gurmit Singh	7:06.35
2014	Orlando Noranjo	7:17.65
2020	Gurmit Singh	7:18.21

3000M

2020	Kelly Sharp	13:34.72
2019	Gurmit Singh	15:57.52
2014	Orlando Noranjo	16:00.91

HIGH JUMP

2023	Edwin Liu	1.32
2011	Grant Lamothe	1.21
2015	David Ulis	1.20
2017	David Ulis	1.20
2019	David Dickey	1.20
2013	Harneek Toor	1.15
2014	Dan Krause	1.15
2014	Harneek Toor	1.05
2015	Harneek Toor	1.00

LONG JUMP

2018	Roy Turkington	4.34
2017	Roy Turkington	4.29
2023	Ray Alley	4.28
2023	Edwin Liu	4.26
2022	Edwin Liu	4.11
2011	Grant Lamothe	3.86
2022	Ray Alley	3.85
2020	Roy Turkington	3.80
2015	Harneek Toor	3.73
2015	David Ulis	3.58
2013	Harneek Toor	3.40
2014	Harneek Toor	3.33

TRIPLE JUMP

2023	Edwin Liu	8.77
2022	Edwin Liu	8.60
2023	Ray Alley	7.95
2022	Ray Alley	7.73
2015	Harneek Toor	7.54
2013	Harneek Toor	7.40
2014	Harneek Toor	6.94

SHOT PUT (5kg)

2016	Mohan Bains	10.02
2015	David Ulis	9.93
2014	Dan Krause	9.85
2014	Harneek Toor	9.20
2017	David Ulis	9.14
2013	Harneek Toor	9.01
2015	Harneek 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
2023	Edwin Liu	7.74

POLE VAULT

2011	Grant Lamothe	1.50
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WEIGHT THROW (20lbs)

2015	Harneek Toor	12.62
2014	Dan Krause	12.45
2014	Hardev Sandhu	12.02
2015	Hardev Sandhu	11.66
2013	Harneek Toor	11.35
2017	Hardev Sandhu	11.32
2017	David Ulis	10.94
2016	Hardev Sandhu	10.45
2014	Harneek Toor	10.16
2015	David Ulis	10.01
2016	Dan Krause	9.93

HAMMER THROW (5 kg)

2017	Hardev Sandhu	28.97
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PENTATHLON (60MH, LJ, SP, HJ,
1000M)

2023	Edwin Liu	2546
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