

70 - 74 YEAR OLD MALE (INDOOR)

60M

2013	Harold Morioka	8.71
2010	Andy Aadmi	8.97
2018	Francisco Machado	9.31
2019	Hardev Sandhu	9.42
2016	Mark Stewart	9.50
2018	John Winfield	9.62
2015	Mark Stewart	9.81
2015	Surinder Shah	9.87
2017	Sewa Birring	9.88
2015	Arthur Gee	10.24
2018	Arthur Gee	10.25
2017	Surinder Shah	10.79
2018	Spencer Krewenchuk	11.43
2016	Surinder Shah	11.98
2017	Spencer Krewenchuk	12.26

200M

2017	Francisco Machado	31.33
2018	Francisco Machado	31.43
2019	Hardev Sandhu	32.00
2016	Mark Stewart	32.03
2017	John Winfield	32.53
2015	Surinder Shah	32.80
2015	Mark Stewart	33.05
2016	Sewa Birring	33.75
2019	Sewa Birring	35.67
2017	Surinder Shah	35.98
2018	Arthur Gee	36.25
2015	Bill McNamara	36.10

300M

2018	Arthur Gee	1:02.24
2018	Spencer Krewenchuk	1:02.57

400M

2010	Andy Aadmi	1:09.29
2016	Mark Stewart	1:10.16
2014	Harold Morioka	1:12.23
2018	Francisco Machado	1:15.05
2015	Surinder Shah	1:15.36
2017	Francisco Machado	1:15.69
2015	Mark Stewart	1:15.73
2019	Mark Stewart	1:16.82
2019	Hardev Sandhu	1:19.30
2017	John Winfield	1:20.75
2017	Sewa Birring	1:21.24
2015	Bill McNamara	1:29.16
2018	Arthur Gee	1:39.35

600M

2018	Arthur Gee	3:02.70
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800M

2019	Mark Stewart	2:59.30
2019	Sewa Birring	3:45.03

1000M

2019	David Ulis	5:33.28
2019	Hardev Sandhu	5:36.35

1500M

2019	Mark Stewart	6:18.23
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3000M

2019	Mark Stewart	13:26.87
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60M HURDLES (30")

2019	Hardev Sandhu	12.52
2019	David Ulis	14.87

1500M RACE WALK

2015	Arthur Gee	10:36.12
2015	Joginder Dhillon	12:15.26

3000M RACE WALK

2015	Arthur Gee	21:34.77
2015	Joginder Dhillon	27:58.05

LONG JUMP

2019	Hardev Sandhu	3.55
2015	Surinder Shah	3.49
2018	Arthur Gee	3.42
2019	David Ulis	2.89
2015	Bill McNamara	2.80
2017	Spencer Krewenchuk	2.46

HIGH JUMP

2014	Harold Morioka	1.20
2019	David Ulis	1.20
2019	Hardev Sandhu	1.05
2015	Joginder Dhillon	.95

TRIPLE JUMP

2019	Hardev Sandhu	7.08
2015	Arthur Gee	6.49
2015	Joginder Dhillon	5.69

SHOT PUT (4kg)

2019	David Ulis	11.00
2013	Harold Morioka	9.75
2014	Harold Morioka	9.42
2016	Harold Morioka	8.97
2015	Harold Morioka	8.96
2019	Hardev Sandhu	8.96
2011	Bakhshish Dhillon	8.81
2016	Jim Dyer	8.68
2015	Joginder Dhillon	8.23
2019	Spencer Krewenchuck	5.94

WEIGHT THROW (16lbs)

2019	Hardev Sandhu	13.88
2019	David Ulis	13.81
2011	Bakhshish Dhillon	12.67
2016	Jim Dyer	12.00
2015	Surinder Shah	10.71
2015	Harold Morioka	9.36
2016	Surinder Shah	8.71

POLE VAULT

2019	Hardev Sandhu	1.50
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PENTATHLON (60MH, LJ, SP, HJ, 1000M)

2019	Hardev Sandhu	2206
2019	David Ulis	1917