

75 - 79 YEAR OLD MALE (INDOOR)

50M

2023 Arthur Gee 8.86

60M

2018 Harold Morioka 9.48
 2022 Arthur Gee 10.31
 2019 Arthur Gee 10.34
 2020 Arthur Gee 10.36
 2019 Surinder Shah 10.57
2023 Arthur Gee 10.64
 2020 Surinder Shah 10.71
 2017 Bill McNamara 10.78
 2019 Bill McNamara 10.98
 2018 Surinder Shah 11.05
 2022 Surinder Shah 11.20
 2018 Vern Shook 11.23
 2020 Surinder Shah 11.49
 2019 Vern Shook 12.32

200M

2018 Harold Morioka 32.03
 2020 Arthur Gee 34.55
 2019 Surinder Shah 35.69
 2019 Arthur Gee 35.95
2023 Arthur Gee 36.96
 2020 Surinder Shah 36.70
 2017 Bill McNamara 36.85
 2022 Arthur Gee 38.49
 2018 Vern Shook 39.58
 2019 Bill McNamara 40.17
 2022 Surinder Shah 40.80
 2019 Vern Shook 45.72

300M

2019 Surinder Shah 1:01.70
 2020 Surinder Shah 1:05.42

400M

2020 Mark Stewart 1:16.65
 2022 Mark Stewart 1:19.76
 2022 Arthur Gee 1:29.94
 2017 Bill McNamara 1:30.17
 2019 Arthur Gee 1:33.16
2023 Arthur Gee 1:34.04
 2020 Arthur Gee 1:34.77

800M

2020 Mark Stewart 2:56.97
 2022 Mark Stewart 3:02.56
 2020 Arthur Gee 3:48.10
 2019 Arthur Gee 4:01.05

1000M

2022 Arthur Gee 5:03.61
2023 Arthur Gee 5:21.08
 2019 Surinder Shah 6:40.92

1500M

2020 Mark Stewart 6:26.11
 2020 Arthur Gee 8:00.45
 2019 Arthur Gee 8:06.26

3000M

2020 Mark Stewart 13:32.90
 2019 Arthur Gee 17:48.56
 2020 Arthur Gee 18:42.30

3000M RACE WALK

2018 Jim Dyer 23:28.01

50M HURDLES (30")

2023 Arthur Gee 12.60

60M HURDLES (30")

2022 Arthur Gee 14.13
2023 Arthur Gee 14.41
 2019 Surinder Shah 14.94
 2020 Surinder Shah 15.12
 2022 Surinder Shah 16.15

POLE VAULT

2023 Arthur Gee 1.40

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LONG JUMP

2019	Arthur Gee	3.41
2022	Arthur Gee	3.28
2020	Arthur Gee	3.25
2019	Surinder Shah	3.20
2019	Bill McNamara	3.14
2023	Arthur Gee	3.07
2017	Bill McNamara	2.71
2022	Surinder Shah	2.28

TRIPLE JUMP

2019	Arthur Gee	7.00
2022	Arthur Gee	6.93
2023	Arthur Gee	6.35
2020	Arthur Gee	6.34
2019	Surinder Shah	5.49
2022	Surinder Shah	5.18

HIGH JUMP

2022	Arthur Gee	1.13
2023	Arthur Gee	1.05
2019	Surinder Shah	1.00
2020	Arthur Gee	1.00
2019	Arthur Gee	.95

SHOT PUT (4kg)

2014	Bakhshish Dhillon	9.45
2018	Harold Morioka	9.36
2015	Bakhshish Dhillon	8.62
2019	Harold Morioka	8.41
2018	Jim Dyer	7.77
2022	Arthur Gee	6.91
2019	Surinder Shah	6.85
2019	Arthur Gee	6.62
2020	Arthur Gee	6.58
2020	Surinder Shah	6.51
2022	Surinder Shah	6.45
2023	Arthur Gee	6.39
2020	Spencer Krewenchuk	5.66

DISCUS (1kg)

2014	Bakhshish Dhillon	28.70
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JAVELIN (500g)

2023	Arthur Gee	13.05
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WEIGHT THROW (16lbs)

2018	Jim Dyer	12.09
2014	Bakhshish Dhillon	11.01
2015	Bakhshish Dhillon	10.65
2019	Surinder Shah	9.07
2019	Harold Morioka	8.53
2022	Surinder Shah	8.23
2019	Arthur Gee	7.82
2023	Arthur Gee	7.21
2022	Arthur Gee	7.20

PENTATHLON (60MH, LJ, SP, HJ, 1000M)

2022	Arthur Gee	2464
2023	Arthur Gee	1816
2019	Surinder Shah	1770