

75 - 79 YEAR OLD MALE (INDOOR)

60M

2018	Harold Morioka	9.48
2019	Arthur Gee	10.34
2019	Surinder Shah	10.57
2017	Bill McNamara	10.78
2019	Bill McNamara	10.98
2018	Surinder Shah	11.05
2018	Vern Shook	11.23
2020	Surinder Shah	11.49
2019	Vern Shook	12.32

200M

2018	Harold Morioka	32.03
2019	Surinder Shah	35.69
2019	Arthur Gee	35.95
2017	Bill McNamara	36.85
2018	Vern Shook	39.58
2019	Bill McNamara	40.17
2019	Vern Shook	45.72

300M

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

400M

2017	Bill McNamara	1:30.17
2019	Arthur Gee	1:33.16

800M

2019	Arthur Gee	4:01.05
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1000M

2019	Surinder Shah	6:40.92
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1500M

2019	Arthur Gee	8:06.26
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3000M

2019	Arthur Gee	17:48.56
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60M HURDLES (30")

2019	Surinder Shah	14.94
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3000M RACE WALK

2018	Jim Dyer	23:28.01
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LONG JUMP

2019	Arthur Gee	3.41
2019	Surinder Shah	3.20
2019	Bill McNamara	3.14
2017	Bill McNamara	2.71

TRIPLE JUMP

2019	Arthur Gee	7.00
2019	Surinder Shah	5.49

HIGH JUMP

2019	Surinder Shah	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
2019	Surinder Shah	6.85
2019	Arthur Gee	6.62
2020	Arthur Gee	6.23
2020	Spencer Krewenchuk	5.66

DISCUS (1kg)

2014	Bakhshish Dhillon	28.70
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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
2019	Arthur Gee	7.82

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

2019	Surinder Shah	1770
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