

80 - 84 YEAR OLD MALE (INDOOR)

60M

2012	Norm Lesage	9.90
2010	Norm Lesage	9.92
2013	Norm Lesage	10.17
2014	Norm Lesage	10.43
2011	Norm Lesage	10.49
2016	Andy Aadmi	10.50
2020	Karl Mey	11.62
2012	Phil Lefebure	11.65
2012	Les Robson	12.72
2011	Les Robson	12.82

200M

2011	Norm Lesage	33.82
2012	Norm Lesage	35.49
2020	Karl Mey	37.52
2012	Phil Lefebure	42.78
2011	Les Robson	43.35

400M

2012	Norm Lesage	1:24.83
2019	Karl Mey	1:24.94
2014	Norm Lesage	1:30.47
2010	Norm Lesage	1:32.53
2011	Norm Lesage	1:36.87
2011	Les Robson	2:00.24
2012	Les Robson	2:14.17

800M

2019	Karl Mey	3:43.40
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1500M RACE WALK

2017	Mac McNair	15:08.45
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LONG JUMP

2012	Norm Lesage	2.37
2012	Les Robson	2.10
2011	Les Robson	2.05

TRIPLE JUMP

2020	Karl Mey	6.00
2012	Les Robson	4.12
2011	Les Robson	5.10
2012	Les Robson	4.12

HIGH JUMP

2020	Karl Mey	1.05
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SHOT PUT (3kg)

2016	Andy Aadmi	9.86
2023	Harold Morioka	9.29

WEIGHT THROW (12lb)

2023	Harold Morioka	11.03
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