

## 85 - 89 YEAR OLD MALE (INDOOR)

### 60M

2015	Norm Lesage	10.68
<b>2023</b>	<b>Karl Mey</b>	<b>11.39</b>
2022	Karl Mey	12.11
2013	Les Robson	16.08

### 200M

<b>2023</b>	<b>Karl Mey</b>	<b>38.60</b>
2015	Norm Lesage	39.76
2022	Karl Mey	40.63
2013	Les Robson	52.65

### 400M

2022	Karl Mey	1:37.76
2015	Norm Lesage	1:38.16

### 800M

<b>2023</b>	<b>Karl Mey</b>	<b>4:15.14</b>
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### 1500M

<b>2023</b>	<b>Karl Mey</b>	<b>9:11.14</b>
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### LONG JUMP

<b>2023</b>	<b>Karl Mey</b>	<b>2.78</b>
2022	Karl Mey	2.58
2013	Les Robson	1.64

### TRIPLE JUMP

<b>2023</b>	<b>Karl Mey</b>	<b>6.57</b>
2022	Karl Mey	5.50
2013	Les Robson	3.58

### HIGH JUMP

2022	Karl Mey	1.06
<b>2023</b>	<b>Karl Mey</b>	<b>1.05</b>

### SHOT PUT (3kg)

<b>2023</b>	<b>Karl Mey</b>	<b>6.35</b>
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