

## 55 - 59 YEAR OLD MALE (OUTDOOR)

### 50M

2016	Edwin Liu	7.49
2016	Stephen Whittemore	7.59
2017	Jack Laughlin	8.00

### 60M

2017	Jorge Woods	8.80
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### 100M

2001	Harold Morioka	12.02
1999	Harold Morioka	12.08
2000	Harold Morioka	12.10
2002	Harold Morioka	12.97
2000	Tony Badowski	13.07
2011	Al Percival	13.09
2011	Bruno Gartner	13.16
2000	Herb Gee	13.22
2017	Jorge Woods	13.23
2017	Joe Hill	13.35
2018	Jorge Woods	13.41
2007	Jagtar Cheema	13.50
2002	Tony Badowski	13.63
2009	Jagtar Cheema	13.65
2015	Jorge Woods	13.66
2017	Gary Kuno	13.66
2008	Jagtar Cheema	13.74
2001	Barry Meier	13.81
2014	Jorge Woods	14.30
2016	Joe Hill	14.32
2016	Stephen Whittemore	14.33
2016	Edwin Liu	14.36
2017	Jack Laughlin	14.78
2018	Chris Finding	15.47
2008	Phil Bell	15.83

### 200M

1999	Harold Morioka	24.44
2000	Harold Morioka	24.71
2001	Harold Morioka	25.02
2002	Harold Morioka	26.11
2001	Jess Brewer	26.64
2000	Tony Badowski	27.00
2011	Al Percival	27.28
2005	Sewa Birring	27.32
2018	Jorge Woods	27.52
2000	Herb Gee	27.61
2002	Tony Badowski	27.64
2017	Jorge Woods	27.64
2007	Jagtar Cheema	27.75
2011	Bruno Gartner	27.80
2017	Joe Hill	27.89
2004	Sewa Birring	27.93
2009	Jagtar Cheema	28.15
2008	Jagtar Cheema	28.27
2003	Sewa Birring	28.70
2015	Jorge Woods	29.01
2016	Joe Hill	29.31
2015	Jay Bains	30.00
2014	Jay Bains	30.04
2014	Jorge Woods	30.09
2016	Edwin Liu	30.09
2018	Chris Finding	30.38
2013	Jay Bains	30.55
2008	Phil Bell	31.09
2017	Jack Laughlin	31.11
2016	Stephen Whittemore	31.18

### 400M

1999	Harold Morioka	53.61
2000	Harold Morioka	54.07
2001	Harold Morioka	55.29
2002	Harold Morioka	56.82
2001	Jess Brewer	59.41
2005	Sewa Birring	1:00.33
2000	Tony Badowski	1:00.57
2004	Sewa Birring	1:01.75
2002	Tony Badowski	1:02.21
2001	Barry Meier	1:02.31
2017	Joe Hill	1:03.01
2000	Barry Meier	1:03.39
2003	Sewa Birring	1:03.50
2011	Bruno Gartner	1:06.53
2014	Jay Bains	1:06.71
2008	Phil Bell	1:07.10
2000	Peter O'Reilly	1:07.76
2017	Jorge Woods	1:08.72
2004	Harold Morioka	1:09.23
2014	Jorge Woods	1:09.45
2013	Jay Bains	1:09.48
2004	Bruce Hill	1:12.89
2015	Jorge Woods	1:13.41

### 800M

1999	Harold Morioka	2:07.10
2000	Harold Morioka	2:11.56
2002	Harold Morioka	2:14.71
1999	Harold Morioka	2:16.85
2001	Harold Morioka	2:18.78
2000	Barry Meier	2:26.04
2001	Barry Meier	2:31.90
2000	Bill McNamara	2:39.94
2000	Peter O'Reilly	2:40.25
2008	Phil Bell	2:40.75
2013	Jay Bains	2:42.22
2015	Jorge Woods	3:08.15
2018	Jeff Byington	3:59.18

### 1500M

2000	Barry Meier	5:09.56
2001	Barry Meier	5:18.37
2000	Bill McNamara	5:51.07
2015	Jorge Woods	6:37.77
2013	Harjinder Kang	6:45.97

### 1500M RACE WALK

2018	Jeff Byington	11:16.83
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**3000M**

2013 Harjinder Kang 14:18.59

**5000M**

2004 John Winfield 20:47.57  
2000 Peter O'Reilly 22:16.92

**3000M STEEPLE CHASE (36")**

2000 Bill McNamara 14:44.77

**100M HURDLES (36")**

2015 Jay Bains 43.97

**400M HURDLES (33")**

2000 Harold Morioka 1:03.03  
2001 Harold Morioka 1:17.51  
2013 Jay Bains 1:46.68

**STANDING LONG JUMP**

2016 Edwin Liu 2.29

**HIGH JUMP**

2001 Harold Morioka 1.45  
2000 Harold Morioka 1.35  
2000 Tony Badowski 1.30  
2016 Stephen Whittemore 1.30  
2000 Herb Gee 1.15  
2015 Jorge Woods 1.15

**LONG JUMP**

2000 Herb Gee 4.75  
2000 Tony Badowski 4.64  
2016 Stephen Whittemore 4.45  
2001 Jess Brewer 4.39  
2017 Siraj Majumdar 4.37  
2016 Edwin Liu 4.36

**TRIPLE JUMP**

2016 Edwin Liu 9.44

**SHOT PUT (6kg)**

2012 Frank Ehrenreich 10.81  
2013 Dave McDonald 10.26  
2000 Harold Morioka 9.68  
2002 Sewa Birring 9.65  
2016 Stephen Whittemore 9.29  
2001 Harold Morioka 9.27  
2019 Ray Carroll 9.15  
2000 Herb Gee 8.28

**DISCUS (1.5kg)**

2014 Marcel Kosierb 37.11  
2013 Dave McDonald 35.64  
2015 Marcel Kosierb 35.50  
2011 Dave McDonald 34.04  
2016 Marcel Kosierb 32.63  
2001 Harold Morioka 28.06  
2012 Frank Ehrenreich 27.49  
2017 Joe Hill 27.43  
2000 Harold Morioka 25.99  
2000 Herb Gee 25.09  
2016 Stephen Whittemore 23.22

**JAVELIN (700g)**

2013 Dave McDonald 40.45  
2011 Dave McDonald 36.46  
2019 Ray Carroll 33.76  
2001 Harold Morioka 33.14  
2000 Harold Morioka 31.47  
2012 Frank Ehrenreich 26.59  
2000 Herb Gee 23.81  
2016 Stephen Whittemore 23.39

**HAMMER THROW (6kg)**

2011 Dave McDonald 36.47  
2013 Dave McDonald 35.39

**WEIGHT THROW (25lbs)**

2011 Dave McDonald 14.21  
2011 Dave McDonald 14.21

**SUPER WEIGHT THROW (56lbs)**

2013 Dave McDonald 5.52  
5.05

**THROWS PENTATHLON (HT, SP, DT, JT, WT)**

2011 Dave McDonald 3182  
2013 Dave McDonald 2905

**PENTATHLON (LJ, JT, 200M, DT, 1500M)**

2003 Grant Lamothe 2640

**DECATHLON (100M, LJ, SP, HJ, 400M, 100MH, DT, PV, JT, 1500M)**

2009 Grant Lamothe 5506