

70 - 74 YEAR OLD MALE (OUTDOOR)

50M

2016	Harold Morioka	8.01
2019	Hardev Sandhu	8.09
2018	Arthur Gee	8.51

60M

2018	Arthur Gee	10.56
2017	Arthur Gee	10.93

100M

2013	Harold Morioka	14.11
2007	Andy Aadmi	14.18
2001	Norm Lesage	14.57
2016	John Winfield	14.71
2009	Andy Aadmi	14.73
2017	Francisco Machado	14.87
2019	Hardev Sandhu	14.90
2001	Les Robson	15.02
2013	Surinder Shah	15.19
2016	Sewa Birring	15.22
2001	Isaac Thiessen	15.24
2008	Andy Aadmi	15.27
2015	Mark Stewart	15.28
2017	Amarjit Chahal	15.35
2007	Les Friesen	15.36
2008	Les Friesen	15.36
2015	Surinder Shah	15.46
2018	Les Fowler	15.47
2019	Francisco Machado	15.48
2004	Phil Lefebure	15.50
2016	Mark Stewart	15.53
2001	Phil Lefebure	15.58
2000	Norm Lesage	15.61
2017	John Winfield	15.62
2015	Grant Lamothe	15.63
2017	Sewa Birring	15.63
2000	Les Robson	15.67
2018	Amarjit Chahal	15.69
2014	Surinder Shah	15.74
2008	Bakhshish Dhillon	15.90
2009	Bakhshish Dhillon	16.24
2001	Harry Palidwor	16.28
2017	Surinder Shah	16.42
2014	Wayne Horne	16.52
2018	Arthur Gee	16.58
2010	Bakhshish Dhillon	16.61
2015	Wayne Horne	16.62
2015	Arthur Gee	16.63
2019	Sewa Birring	16.86
2016	Arthur Gee	16.98
2014	Arthur Gee	17.32
2000	Ian Tipton	17.57
2015	Spencer Krewenchuk	17.62
2017	Arthur Gee	17.73
2018	Spencer Krewenchuk	17.94
2019	Brian Graham	18.64
2017	Spencer Krewenchuk	19.02
2016	Spencer Krewenchuk	23.43

200M

2009	Andy Aadmi	29.22
2017	Francisco Machado	30.42
2019	Hardev Sandhu	30.78
2016	Sewa Birring	30.91
2001	Norm Lesage	31.10
2001	Les Robson	31.19
2013	Surinder Shah	31.30
2014	Surinder Shah	31.39
2016	Mark Stewart	31.46
2015	Mark Stewart	31.70
2016	John Winfield	31.70
2008	Les Friesen	32.02
2000	Les Robson	32.11
2015	Surinder Shah	32.11
2001	Phil Lefebure	32.28
2000	Norm Lesage	32.61
2001	Isaac Thiessen	32.72
2017	Sewa Birring	33.10
2018	Francisco Machado	33.20
2001	Harry Palidwor	33.43
2008	Bakhshish Dhillon	33.43
2004	Phil Lefebure	33.50
2018	Amarjit Chahal	33.74
2017	Surinder Shah	33.77
2019	Francisco Machado	34.05
2014	Bill Mcnamara	34.49
2014	Arthur Gee	34.65
2002	Phil Lefebure	34.72
2015	Bill Mcnamara	34.88
2019	David Ulis	34.91
2015	Grant Lamothe	35.20
2013	Bill Mcnamara	35.24
2018	Arthur Gee	35.33
2019	Sewa Birring	35.90
2000	Ian Tipton	36.11
2015	Wayne Horne	36.16
2015	Arthur Gee	36.30
2015	Spencer Krewenchuk	36.47
2016	Grant Lamothe	36.47
2014	Wayne Horne	36.64
2016	Spencer Krewenchuk	37.90
2016	Arthur Gee	37.20
2018	Spencer Krewenchuk	38.21
2017	Arthur Gee	38.46
2015	Joginder Dhillon	1:01.44

400M

2009	Andy Aadmi	1:07.47
2016	Mark Stewart	1:08.43
2015	Mark Stewart	1:08.82
2013	Surinder Shah	1:09.71
2016	John Winfield	1:10.13
2007	Les Friesen	1:10.72
2014	Surinder Shah	1:11.55
2017	Francisco Machado	1:11.90
2008	Les Friesen	1:13.05
2016	Sewa Birring	1:13.20
2001	Les Robson	1:14.24
2011	Bill Mcnamara	1:14.73
2019	Mark Stewart	1:14.86
2015	Surinder Shah	1:15.37
2000	Les Robson	1:16.04
2016	Surinder Shah	1:16.23
2017	John Winfield	1:16.55
2001	Phil Lefebure	1:16.83
2001	Harry Palidwor	1:18.02
2013	Bill Mcnamara	1:19.08
2002	Phil Lefebure	1:19.37
2017	Surinder Shah	1:19.93
2016	Francisco Machado	1:20.03
2014	Bill Mcnamara	1:20.03
2015	Bill Mcnamara	1:21.26
2001	Isaac Thiessen	1:22.90
2018	Spencer Krewenchuk	1:29.94
2018	Arthur Gee	1:34.16
2017	Spencer Krewenchuk	1:34.72
2016	Arthur Gee	1:40.13
2019	Hardev Sandhu	1:53.92

800M		
2016	Mark Stewart	2:41.39
2015	Mark Stewart	2:41.71
2019	Mark Stewart	2:53.68
2011	Bill Mcnamara	3:03.82
2001	Phil Lefebure	3:10.72
2013	Bill Mcnamara	3:18.28
2000	Les Robson	3:25.50
2014	Bill Mcnamara	3:30.25
2002	Phil Lefebure	3:31.55
2015	Bill Mcnamara	3:39.60
2019	Sewa Birring	3:41.59
2018	Arthur Gee	3:48.01
2017	Arthur Gee	4:36.16

5000M		
2016	Mark Stewart	21:30.19
2015	Mark Stewart	21:49.88

300M HURDLES (27")		
2013	Harold Morioka	54.15
2019	Hardev Sandhu	57.01
2019	Francisco Machado	58.55
2017	Francisco Machado	59.15
2013	Surinder Shah	1:01.94
2015	Surinder Shah	1:06.16
2016	Grant Lamothe	1:08.80
2017	Surinder Shah	1:09.43
2016	Surinder Shah	1:11.56
2016	Arthur Gee	1:12.00
2015	Arthur Gee	1:15.93
2017	Arthur Gee	1:16.83
2018	Arthur Gee	1:18.94
2014	Arthur Gee	1:22.46

1500M RACE WALK		
2015	Arthur Gee	10:44.58
2017	Arthur Gee	11:52.50

1500M		
2016	Mark Stewart	5:44.12
2015	Mark Stewart	5:44.84
2019	Mark Stewart	6:07.79
2011	Bill Mcnamara	7:03.12
2002	Phil Lefebure	7:06.00
2013	Bill Mcnamara	7:07.39
2015	Arthur Gee	7:47.94
2016	Arthur Gee	7:48.41
2015	Bill Mcnamara	8:10.79
2019	David Ullis	8:11.60
2018	Arthur Gee	8:21.38
2017	Arthur Gee	9:01.04

80M HURDLES (27")		
2019	Hardev Sandhu	17.08
2016	Surinder Shah	19.73
2017	Surinder Shah	20.03

2000M STEEPLE CHASE (30")		
2016	Arthur Gee	12:05.71
2014	Arthur Gee	12:16.69
2015	Arthur Gee	12:24.43
2013	Bill Mcnamara	12:34.83
2018	Arthur Gee	12:52.51
2017	Arthur Gee	13:35.79

3000M RACEWALK		
2015	Jim Dyer	20:39.30
2015	Arthur Gee	20:50.72

3000M		
2015	Mark Stewart	12:30.52
2016	Mark Stewart	12:56.09
2019	Mark Stewart	13:21.80
2018	Arthur Gee	18:28.96
2017	Arthur Gee	19:43.65

5000M RACEWALK		
2015	Arthur Gee	35:40.94
2014	Arthur Gee	36:17.95
2016	Jim Dyer	36:37.24
2016	Arthur Gee	38:07.70
2017	Arthur Gee	38:25.20
2018	Arthur Gee	41:45.28

5000M POWER WALK

2018 Arthur Gee 38:47.57

10 000M RACE WALK

2014 Arthur Gee 1:13:19.00

STANDING LONG JUMP2016 Surinder Shah 1.76
2018 Arthur Gee 1.59**HIGH JUMP**2018 David Ulis 1.25
2019 David Ulis 1.25
2001 Harry Palidwor 1.10
2014 Surinder Shah 1.10
2001 Les Robson 1.05
2015 Surinder Shah 1.05
2018 Arthur Gee 1.05
2019 Hardev Sandhu 1.01
2000 Les Robson 1.00
2016 Grant Lamothe 1.00
2015 Joginder Dhillon .95**LONG JUMP**2013 Surinder Shah 3.73
2018 David Ulis 3.64
2001 Les Robson 3.58
2000 Les Robson 3.55
2014 Surinder Shah 3.54
2018 Arthur Gee 3.51
2019 David Ulis 3.46
2015 Arthur Gee 3.45
2019 Hardev Sandhu 3.44
2016 Arthur Gee 3.43
2017 Arthur Gee 3.41
2001 Isaac Thiessen 3.31
2013 Bill Mcnamara 3.29
2014 Arthur Gee 3.27
2015 Bill Mcnamara 3.27
2015 Grant Lamothe 3.12
2014 Bill Mcnamara 2.99
2017 Surinder Shah 2.99
2015 Surinder Shah 2.97
2019 Brian Graham 2.96
2014 Grant Lamothe 2.95
2015 Joginder Dhillon 2.86
2018 Spencer Krewenchuk 2.78
2017 Spencer Krewenchuk 2.70
2015 Spencer Krewenchuk 2.60**TRIPLE JUMP**2018 Arthur Gee 8.00
2016 Arthur Gee 7.07
2017 Arthur Gee 6.92
2019 Hardev Sandhu 6.92
2015 Arthur Gee 6.89
2013 Surinder Shah 6.85
2014 Surinder Shah 6.75
2014 Arthur Gee 6.73
2019 Brian Graham 6.53
2015 Joginder Dhillon 6.47
2015 Surinder Shah 6.24
2015 Grant Lamothe 6.22**SHOT PUT (4kg)**2018 David Ulis 11.37
2019 David Ulis 11.13
2003 Rainer Sillantaus 10.49
2015 Grant Lamothe 10.17
2013 Harold Morioka 10.06
2008 Andy Aadmi 10.05
2014 Grant Lamothe 9.54
2016 Grant Lamothe 9.48
2012 Bakhshish Dhillon 9.41
2008 Bakhshish Dhillon 9.39
2014 Harold Morioka 9.39
2015 Jim Dyer 9.25
2011 Bakhshish Dhillon 9.16
2019 Hardev Sandhu 9.14
2016 Harold Morioka 9.01
2014 Charnjit Sandhu 8.81
2015 Charnjit Sandhu 8.60
2016 Dan Krause 8.43
2015 Joginder Dhillon 8.32
2001 Isaac Thiessen 7.96
2015 Surinder Shah 7.90
2015 Arthur Gee 7.00
2014 Arthur Gee 6.90
2017 Arthur Gee 6.60
2019 Spencer Krewenchuk 5.86**DISCUS (1kg)**2018 David Ulis 33.83
2019 David Ulis 33.25
2013 Harold Morioka 33.21
2013 Surinder Shah 30.60
2008 Bakhshish Dhillon 29.68
2009 Bakhshish Dhillon 29.12
2012 Bakhshish Dhillon 28.79
2010 Bakhshish Dhillon 28.46
2014 Harold Morioka 28.36
2011 Bakhshish Dhillon 28.09
2015 Jim Dyer 28.02
2019 Hardev Sandhu 26.68
2008 Andy Aadmi 26.01
2016 Arthur Gee 26.01
2014 Arthur Gee 25.80
2015 Harold Morioka 25.73
2015 Arthur Gee 24.94
2016 Harold Morioka 24.29
2015 Grant Lamothe 23.38
2017 Arthur Gee 23.28
2001 Harry Palidwor 23.06
2016 Jim Dyer 23.06
2018 Arthur Gee 22.97
2015 Joginder Dhillon 22.45
2003 Rainer Sillantaus 22.01
2015 Charnjit Sandhu 21.11
2019 Brian Graham 20.84
2014 Charnjit Sandhu 20.02
2001 Isaac Thiessen 18.02**JAVELIN (500g)**2019 David Ulis 39.25
2018 David Ulis 38.04
2003 Rainer Sillantaus 31.00
2014 Grant Lamothe 28.61
2013 Harold Morioka 28.49
2015 Grant Lamothe 26.86
2016 Grant Lamothe 26.27
2014 Harold Morioka 24.42
2008 Andy Aadmi 24.31
2001 Isaac Thiessen 24.18
2019 Hardev Sandhu 22.33
2016 Harold Morioka 22.07
2011 Bakhshish Dhillon 21.60
2014 Charnjit Sandhu 20.72
2015 Charnjit Sandhu 20.56
2014 Arthur Gee 19.30
2018 Arthur Gee 19.26
2013 Surinder Shah 18.56
2015 Arthur Gee 18.49
2016 Jim Dyer 18.24
2017 Arthur Gee 17.89
2015 Joginder Dhillon 17.52
2000 Les Robson 15.85
2019 Spencer Krewenchuk 15.18
2016 Arthur Gee 14.45**SOFTBALL THROW**

2019 Hardev Sandhu 25.93

HAMMER THROW (4kg)

2018	David Ulis	37.58
2019	David Ulis	36.27
2019	Hardev Sandhu	35.28
2015	Jim Dyer	35.06
2008	Bakhshish Dhillon	34.56
2011	Bakhshish Dhillon	34.56
2012	Bakhshish Dhillon	34.37
2009	Andy Aadmi	34.16
2016	Jim Dyer	30.75
2009	Bakhshish Dhillon	30.08
2016	Dan Krause	27.54
2015	Grant Lamothe	26.73
2015	Joginder Dhillon	23.01
2013	Surinder Shah	22.26
2014	Charnjit Sandhu	22.21
2015	Surinder Shah	22.06
2015	Charnjit Sandhu	21.51
2014	Surinder Shah	21.03
2016	Arthur Gee	20.96
2018	Arthur Gee	19.07
2015	Arthur Gee	17.27
2014	Grant Lamothe	15.07
2017	Arthur Gee	14.39

WEIGHT THROW (16lbs)

2019	Hardev Sandhu	14.18
2018	David Ulis	13.92
2019	David Ulis	13.58
2015	Jim Dyer	13.34
2012	Bakhshish Dhillon	13.30
2011	Bakhshish Dhillon	13.12
2008	Andy Aadmi	12.71
2008	Bakhshish Dhillon	12.19
2015	Surinder Shah	10.76
2014	Surinder Shah	10.09
2017	Surinder Shah	10.05
2014	Charnjit Sandhu	9.30
2018	Arthur Gee	9.30
2015	Charnjit Sandhu	9.27
2016	Arthur Gee	8.88
2017	Arthur Gee	8.60
2015	Joginder Dhillon	8.53
2014	Grant Lamothe	8.33
2015	Arthur Gee	6.73

POLE VAULT

2019	Hardev Sandhu	1.30
2015	Joginder Dhillon	1.24

SUPER WEIGHT THROW (25LBS)

2018	David Ulis	7.03
2019	Hardev Sandhu	6.33
2017	Surinder Shah	5.35

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

2019	David Ulis	3578
2018	David Ulis	3511
2008	Bakhshish Dhillon	2924
2011	Bakhshish Dhillon	2924
2015	Jim Dyer	2923
2019	Hardev Sandhu	2741
2016	Jim Dyer	2486
2014	Charnjit Sandhu	2146
2015	Charnjit Sandhu	2094
2016	Arthur Gee	1898

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

2019	David Ulis	2727
2015	Arthur Gee	1915
2018	Arthur Gee	1836
2017	Arthur Gee	1746
2014	Arthur Gee	1624

THROWS TRIATHLON (SP, DT, JT)

2018	David Ulis	1990
------	------------	------