

75 - 79 YEAR OLD MALE (OUTDOOR)

50M

| | | |
|------|---------------|-------|
| 2019 | Arthur Gee | 8.53 |
| 2013 | Norm Lesage | 8.68 |
| 2017 | Bill McNamara | 9.08 |
| 2017 | Derek Desa | 9.82 |
| 2017 | Don McLean | 11.72 |

100M

| | | |
|------|----------------|-------|
| 2007 | Norm Lesage | 14.51 |
| 2005 | Norm Lesage | 14.55 |
| 2011 | Andy Aadmi | 14.61 |
| 2018 | Harold Morioka | 15.11 |
| 2008 | Norm Lesage | 15.54 |
| 2000 | Harry Palidwor | 15.66 |
| 2019 | Arthur Gee | 16.04 |
| 2003 | Les Robson | 16.05 |
| 2018 | Surinder Shah | 16.27 |
| 2019 | Mark Phillips | 16.28 |
| 2002 | Les Robson | 16.34 |
| 2019 | Surinder Shah | 16.44 |
| 2004 | Les Robson | 16.72 |
| 2011 | Gurdev Nagi | 16.87 |
| 2016 | Bill McNamara | 16.98 |
| 2007 | Phil Lefebure | 17.25 |
| 2007 | Phil Lefebure | 17.25 |
| 2017 | Bill McNamara | 17.31 |
| 2006 | Phil Lefebure | 17.35 |
| 2018 | Bill McNamara | 17.68 |
| 2018 | Vern Shook | 18.14 |
| 2009 | Phil Lefebure | 18.50 |
| 2010 | Phil Lefebure | 18.77 |
| 2017 | Derek Desa | 20.48 |
| 2017 | Don McLean | 22.14 |
| 2014 | Don McLean | 22.70 |
| 2016 | Don McLean | 23.17 |

200M

| | | |
|------|----------------|-------|
| 2005 | Norm Lesage | 29.51 |
| 2004 | Norm Lesage | 29.78 |
| 2011 | Andy Aadmi | 30.17 |
| 2018 | Harold Morioka | 31.92 |
| 2000 | Harry Palidwor | 32.61 |
| 2008 | Norm Lesage | 33.12 |
| 2002 | Les Robson | 33.31 |
| 2014 | Andy Aadmi | 33.78 |
| 2003 | Les Robson | 33.90 |
| 2019 | Mark Stewart | 33.97 |
| 2007 | Phil Lefebure | 34.00 |
| 2019 | Arthur Gee | 34.22 |
| 2018 | Surinder Shah | 34.56 |
| 2019 | Surinder Shah | 34.56 |
| 2004 | Les Robson | 35.81 |
| 2011 | Gurdev Nagi | 36.04 |
| 2016 | Bill McNamara | 36.06 |
| 2017 | Bill McNamara | 36.31 |
| 2018 | Bill McNamara | 37.78 |
| 2018 | Vern Shook | 37.83 |
| 2009 | Phil Lefebure | 38.05 |
| 2010 | Phil Lefebure | 41.38 |

400M

| | | |
|------|----------------|---------|
| 2011 | Andy Aadmi | 1:10.54 |
| 2005 | Norm Lesage | 1:10.57 |
| 2000 | Harry Palidwor | 1:15.91 |
| 2019 | Mark Stewart | 1:16.46 |
| 2019 | Surinder Shah | 1:20.42 |
| 2018 | Surinder Shah | 1:20.43 |
| 2003 | Les Robson | 1:23.68 |
| 2002 | Les Robson | 1:24.65 |
| 2016 | Bill McNamara | 1:26.48 |
| 2019 | Arthur Gee | 1:26.82 |
| 2006 | Phil Lefebure | 1:32.09 |
| 2017 | Bill McNamara | 1:33.58 |
| 2009 | Phil Lefebure | 1:40.00 |

800M

| | | |
|------|---------------|---------|
| 2019 | Mark Stewart | 2:53.46 |
| 2002 | Les Robson | 3:27.68 |
| 2019 | Arthur Gee | 3:41.81 |
| 2007 | Phil Lefebure | 3:42.00 |
| 2016 | Bill McNamara | 3:54.11 |
| 2017 | Bill McNamara | 4:08.79 |

1500M

| | | |
|------|--------------|---------|
| 2019 | Mark Stewart | 6:04.44 |
| 2019 | Arthur Gee | 7:54.65 |

3000M

| | | |
|------|------------|----------|
| 2019 | Arthur Gee | 17:07.52 |
|------|------------|----------|

5000M

| | | |
|------|--------------|----------|
| 2019 | Mark Stewart | 23:37.64 |
|------|--------------|----------|

80M HURDLES (30")

| | | |
|------|---------------|-------|
| 2019 | Surinder Shah | 20.51 |
| 2018 | Surinder Shah | 20.55 |

300M HURDLES (27")

| | | |
|------|----------------|---------|
| 2011 | Andy Aadmi | 55.87 |
| 2018 | Harold Morioka | 1:05.37 |
| 2019 | Surinder Shah | 1:07.92 |
| 2019 | Arthur Gee | 1:14.46 |
| 2018 | Surinder Shah | 1:17.02 |

2000M STEEPLE CHASE (30")

| | | |
|------|------------|----------|
| 2019 | Arthur Gee | 12:03.80 |
|------|------------|----------|

3000M RACE WALK

| | | |
|------|------------|----------|
| 2015 | Mac McNair | 27:22.35 |
| 2017 | Derek Desa | 40:40.54 |

HIGH JUMP

| | | |
|------|----------------|------|
| 2000 | Harry Palidwor | 1.15 |
| 2019 | Arthur Gee | 1.10 |
| 2019 | Surinder Shah | 1.05 |

LONG JUMP

| | | |
|------|----------------|------|
| 2002 | Les Robson | 3.53 |
| 2019 | Arthur Gee | 3.50 |
| 2000 | Harry Palidwor | 3.28 |
| 2018 | Bill McNamara | 3.23 |
| 2016 | Bill McNamara | 3.20 |
| 2003 | Les Robson | 3.16 |
| 2018 | Surinder Shah | 3.13 |
| 2017 | Bill McNamara | 3.11 |
| 2004 | Les Robson | 3.03 |
| 2019 | Surinder Shah | 2.75 |
| 2019 | Vern Shook | 2.34 |
| 2017 | Derek Desa | 2.22 |
| 2010 | Phil Lefebure | 2.19 |

TRIPLE JUMP

| | | |
|------|---------------|-------------|
| 2019 | Arthur Gee | 7.07 |
| 2019 | Surinder Shah | 5.66 |
| 2017 | Derek Desa | 5.65 |
| 2018 | Surinder Shah | 4.75 |

STANDING LONG JUMP

| | | |
|------|------------|------|
| 2019 | Arthur Gee | 1.67 |
|------|------------|------|

SHOT PUT (4kg)

| | | |
|------|-------------------|-------|
| 2005 | Rainer Sillantaus | 11.27 |
| 2008 | Rainer Sillantaus | 10.28 |
| 2011 | Andy Aadmi | 9.52 |
| 2014 | Bakhshish Dhillon | 9.36 |
| 2015 | Bakhshish Dhillon | 9.13 |
| 2014 | Andy Aadmi | 9.08 |
| 2016 | Bakhshish Dhillon | 8.99 |
| 2018 | Harold Morioka | 8.88 |
| 2013 | Bakhshish Dhillon | 8.71 |
| 2018 | Jim Dyer | 8.67 |
| 2019 | Harold Morioka | 8.47 |
| 2017 | Bakhshish Dhillon | 8.24 |
| 2000 | Harry Palidwor | 6.97 |
| 2019 | Arthur Gee | 6.82 |
| 2019 | Surinder Shah | 6.48 |
| 2018 | Surinder Shah | 6.29 |

DISCUS (1kg)

| | | |
|------|-------------------|-------|
| 2014 | Bakhshish Dhillon | 30.49 |
| 2013 | Bakhshish Dhillon | 30.42 |
| 2015 | Bakhshish Dhillon | 29.06 |
| 2017 | Bakhshish Dhillon | 26.43 |
| 2018 | Jim Dyer | 26.14 |
| 2006 | Rainer Sillantaus | 25.96 |
| 2008 | Rainer Sillantaus | 25.82 |
| 2016 | Bakhshish Dhillon | 25.80 |
| 2019 | Harold Morioka | 25.30 |
| 2019 | Arthur Gee | 23.86 |
| 2018 | Harold Morioka | 23.71 |
| 2000 | Harry Palidwor | 23.21 |
| 2010 | Phil Lefebure | 14.43 |

JAVELIN (500g)

| | | |
|------|-------------------|-------|
| 2005 | Rainer Sillantaus | 34.61 |
| 2006 | Rainer Sillantaus | 31.50 |
| 2008 | Rainer Sillantaus | 30.35 |
| 2017 | Bakhshish Dhillon | 25.39 |
| 2016 | Bakhshish Dhillon | 24.93 |
| 2018 | Harold Morioka | 24.34 |
| 2019 | Harold Morioka | 24.01 |
| 2015 | Bakhshish Dhillon | 23.87 |
| 2014 | Bakhshish Dhillon | 23.26 |
| 2018 | Jim Dyer | 20.34 |
| 2000 | Harry Palidwor | 19.42 |
| 2019 | Arthur Gee | 18.13 |
| 2009 | Phil Lefebure | 12.60 |

HAMMER THROW (4kg)

| | | |
|------|-------------------|-------|
| 2013 | Bakhshish Dhillon | 33.16 |
| 2014 | Bakhshish Dhillon | 32.97 |
| 2016 | Bakhshish Dhillon | 32.49 |
| 2011 | Andy Aadmi | 31.94 |
| 2015 | Bakhshish Dhillon | 31.46 |
| 2018 | Jim Dyer | 31.14 |
| 2017 | Bakhshish Dhillon | 29.41 |
| 2019 | Harold Morioka | 22.01 |
| 2018 | Surinder Shah | 20.14 |
| 2019 | Vern Shook | 18.57 |
| 2019 | Arthur Gee | 18.47 |
| 2019 | Surinder Shah | 18.15 |

WEIGHT THROW (16lbs)

| | | |
|------|-------------------|-------|
| 2013 | Bakhshish Dhillon | 13.83 |
| 2016 | Bakhshish Dhillon | 13.21 |
| 2018 | Jim Dyer | 13.02 |
| 2011 | Andy Aadmi | 12.86 |
| 2014 | Bakhshish Dhillon | 12.59 |
| 2015 | Bakhshish Dhillon | 12.40 |
| 2017 | Bakhshish Dhillon | 12.11 |
| 2018 | Surinder Shah | 10.90 |
| 2019 | Harold Morioka | 8.96 |
| 2019 | Surinder Shah | 8.74 |
| 2019 | Arthur Gee | 8.03 |
| 2019 | Vern Shook | 6.77 |

SUPER WEIGHT THROW (35lbs)

| | | |
|------|---------------|------|
| 2019 | Surinder Shah | 4.83 |
| 2019 | Arthur Gee | 3.82 |

SOFTBALL THROW

| | | |
|------|------------|-------|
| 2019 | Arthur Gee | 29.99 |
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**PENTATHLON (LJ, JT, 200M, DT,
1500M)**

2019 Arthur Gee 2410

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

2013 Bakhshish Dhillon 3455
2015 Bakhshish Dhillon 3323
2014 Bakhshish Dhillon 3289
2018 Jim Dyer 2950
2016 Bakhshish Dhillon 2920
2017 Bakhshish Dhillon 2660
2019 Harold Morioka 2472
2019 Arthur Gee 2030