

## 80 - 84 YEAR OLD MALE (OUTDOOR)

### 50M

2019	Karl Mey	9.68
2019	Don McLean	12.12

### 100M

2012	Norm Lesage	15.70
2011	Norm Lesage	15.97
2010	Norm Lesage	16.11
2014	Norm Lesage	16.18
2013	Norm Lesage	16.60
2016	Andy Aadmi	17.33
2019	Karl Mey	17.70
2018	Karl Mey	18.08
2011	Phil Lefebure	18.39
2008	Les Robson	18.46
2013	Phil Lefebure	18.78
2012	Phil Lefebure	19.44
2011	Les Robson	19.60
2014	Phil Lefebure	20.08
2012	Les Robson	21.70
2017	Mac McNair	28.40

### 200M

2011	Norm Lesage	33.61
2010	Norm Lesage	34.55
2012	Norm Lesage	35.17
2014	Norm Lesage	35.37
2013	Norm Lesage	35.79
2018	Karl Mey	35.92
2019	Karl Mey	37.32
2016	Andy Aadmi	37.72
2008	Les Robson	39.69
2012	Phil Lefebure	42.00
2011	Les Robson	42.53
2014	Phil Lefebure	45.32
2013	Phil Lefebure	45.71
2012	Les Robson	50.64

### 400M

2018	Karl Mey	1:22.01
2019	Karl Mey	1:23.59
2012	Norm Lesage	1:27.00
2011	Norm Lesage	1:28.93
2013	Norm Lesage	1:31.19
2008	Les Robson	1:34.91
2012	Phil Lefebure	1:50.44
2011	Les Robson	1:51.51
2011	Phil Lefebure	1:53.82

### 800M

2019	Karl Mey	3:36.30
2018	Karl Mey	3:50.08

### 80M HURDLES (27")

2018	Karl Mey	19.80
2019	Karl Mey	20.45

### 200M HURDLES (27")

2019	Karl Mey	40.88
2018	Karl Mey	42.46
2016	Andy Aadmi	57.96

### LONG JUMP

2019	Karl Mey	2.90
2008	Les Robson	2.69
2011	Phil Lefebure	2.32
2011	Les Robson	2.21
2012	Les Robson	1.83

### TRIPLE JUMP

2008	Les Robson	5.83
2011	Les Robson	5.25
2012	Les Robson	4.82

### HIGH JUMP

2019	Karl Mey	1.15
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### SHOT PUT (3kg)

2018	Bakhshish Dhillon	9.84
2019	Bakhshish Dhillon	9.60
2016	Andy Aadmi	9.57
2014	George Zaklan	7.76
2019	Karl Mey	7.39
2014	Phil Lefebure	6.08

### DISCUS (1kg)

2018	Bakhshish Dhillon	26.97
2019	Bakhshish Dhillon	25.62
2014	George Zaklan	19.06
2016	Andy Aadmi	17.92
2013	Phil Lefebure	15.42
2019	Karl Mey	15.19
2014	Phil Lefebure	13.67
2017	Mac McNair	11.57

### JAVELIN (400g)

2018	Bakhshish Dhillon	25.14
2019	Bakhshish Dhillon	24.60
2002	Garry Bachman	23.37
2016	Andy Aadmi	19.50
2014	George Zaklan	16.07
2019	Karl Mey	15.99
2011	Phil Lefebure	12.97
2012	Phil Lefebure	11.64
2013	Phil Lefebure	11.05

### HAMMER THROW (3kg)

2019	Bakhshish Dhillon	36.21
2018	Bakhshish Dhillon	35.24
2016	Andy Aadmi	29.12
2014	Norm Lesage	21.31
2014	George Zaklan	21.26

### WEIGHT THROW (12lbs)

2019	Bakhshish Dhillon	13.98
2018	Bakhshish Dhillon	13.79
2016	Andy Aadmi	11.45
2014	George Zaklan	8.61

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

2018	Bakhshish Dhillon	3784
2019	Bakhshish Dhillon	3643
2016	Andy Aadmi	2848
2014	George Zaklan	2324

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

2019	Karl Mey	2644
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