

## 40 - 44 YEAR OLD MALE (OUTDOOR)

### 50M

2020 Brian Carnate 6.57

### 60M

2018 Marvin Johnson 7.38  
 2018 Brian Carnate 7.51  
 2018 Jay Guzman 8.10

### 100M

2019 Brian Carnate 11.29  
 2017 Marvin Johnson 11.38  
 2018 Marvin Johnson 11.50  
 2018 Brian Carnate 11.50  
 2022 Brian Carnate 11.51  
 2021 Brian Carnate 11.58  
 2016 Marvin Johnson 11.63  
 2011 Paul Tshinyama 11.85  
 2014 Sam Walker 12.13  
 2013 Sam Walker 12.14  
 2015 Sam Walker 12.20  
 2012 Paul Tshinyama 12.21  
 2020 Brian Carnate 12.21  
 2012 Sam Walker 12.23  
 2016 Sam Walker 12.30  
**2023 Ronnie Daines 12.30**  
 2022 Martin Kariya 12.68  
 2016 Jay Guzman 12.70  
 2014 Eric Torin 12.74  
 2015 Jay Guzman 12.80  
 2017 Jay Guzman 12.81  
 2013 Paul Tshinyama 12.83  
 2018 Jay Guzman 13.04  
 2021 Kevin Kirechuk 13.75  
**2023 Manny Abecia 15.63**  
 2022 Manny Abecia 15.82

### 200M

2018 Marvin Johnson 23.29  
 2017 Marvin Johnson 23.33  
 2016 Marvin Johnson 23.67  
 2019 Brian Carnate 24.01  
 2021 Brian Carnate 24.16  
 2018 Brian Carnate 24.47  
 2014 Sam Walker 24.48  
 2013 Sam Walker 24.52  
**2023 Ronnie Daines 24.62**  
 2012 Sam Walker 24.67  
 2015 Sam Walker 24.78  
 2016 Sam Walker 24.78  
**2022 Brian Carnate 25.25**  
 2012 Paul Tshinyama 25.43  
 2014 Eric Torin 25.81  
 2016 Jay Guzman 26.20  
**2023 Jesse Tock 26.29**  
 2022 Martin Kariya 26.41  
 2015 Jay Guzman 26.44  
 2017 Jay Guzman 26.55  
 2018 Jay Guzman 26.88  
**2023 Martin Kariya 27.63**

### 300M

**2023 Jesse Tock 49.34**

### 400M

2017 Marvin Johnson 51.34  
 2016 Marvin Johnson 54.81  
 2014 Sam Walker 54.94  
 2015 Sam Walker 55.20  
 2016 Sam Walker 55.29  
 2013 Sam Walker 55.31  
 2012 Sam Walker 55.55  
 2022 Martin Kariya 58.12  
 2016 Jay Guzman 1:02.51  
 2017 Jay Guzman 1:01.50  
 2021 Kevin Kirechuk 1:02.46

### 800M

2022 Matthew Brown 2:14.64  
 2022 Martin Kariya 2:20.90

### 1500M

2022 Matthew Brown 4:41.64  
 2022 Martin Kariya 5:03.04  
**2023 Martin Kariya 5:26.57**

### 3000M

2022 Matthew Brown 9:58.86

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### ONE MILE

2022 Matthew Brown 5:11.20

### LONG JUMP

2014 Eric Torin 5.79

2022 Matthew Brown 4.91

2022 Martin Kariya 4.83

**2023 Martin Kariya 4.52**

2017 Marvin Johnson 4.41

### POLE VAULT

2022 Martin Kariya 2.50

### TRIPLE JUMP

2014 Eric Torin 11.64

2011 Paul Tshinyama 10.94

2012 Paul Tshinyama 10.78

### 110M HURDLES (39")

2022 Martina Kariya 20.49

### HIGH JUMP

2022 Martin Kariya 1.50

2022 Matthew Brown 1.10

### SHOT PUT (7.26kg)

2014 Eric Torin 9.92

2022 Martin Kariya 9.44

### DISCUS (2kg)

**2023 Martin Kariya 29.56**

2022 Martin Kariya 27.61

2022 Matthew Brown 13.62

### JAVELIN (800g)

**2023 Martin Kariya 38.28**

2022 Martin Kariya 35.93

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

**2023 Martin Kariya 2329**

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

2022 Martin Kariya 4504