

40 - 44 YEAR OLD MALE (OUTDOOR)

100M		
2017	Marvin Johnson	11.38
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
2012	Sam Walker	12.23
2016	Sam Walker	12.30
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

200M		
2017	Marvin Johnson	23.33
2016	Marvin Johnson	23.67
2014	Sam Walker	24.48
2013	Sam Walker	24.52
2012	Sam Walker	24.67
2015	Sam Walker	24.78
2016	Sam Walker	24.78
2012	Paul Tshinyama	25.43
2014	Eric Torin	25.81
2016	Jay Guzman	26.20
2015	Jay Guzman	26.44
2017	Jay Guzman	26.55

400M		
2016	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
2016	Jay Guzman	1:02.51
2017	Jay Guzman	1:01.50

LONG JUMP		
2014	Eric Torin	5.79
2017	Marvin Johnson	4.41

TRIPLE JUMP		
2014	Eric Torin	11.64
2011	Paul Tshinyama	10.94
2012	Paul Tshinyama	10.78

SHOT PUT (7.26kg)		
2014	Eric Torin	9.92

4X100M RELAY		
2014	Sam Walker (42), Charles Oamen (40), Will Harrower (42), Luke Wang (41)	48.08

40 - 44 YEAR OLD MALE (INDOOR)

60M		
2011	Paul Tshinyama	7.39
2017	Marvin Johnson	7.45
2013	Paul Tshinyama	7.50
2012	Paul Tshinyama	7.63
2016	Sam Walker	7.71
2013	Sam Walker	7.74
2014	Sam Walker	7.78
2015	Sam Walker	7.78
2011	Pete Pretorius	7.80
2012	Sam Walker	7.87
2016	Jay Guzman	7.91
2017	Jay Guzman	7.95
2014	Eric Torin	8.03

200M		
2017	Marvin Johnson	23.74
2013	Sam Walker	25.41
2016	Sam Walker	25.41
2015	Sam Walker	25.43
2014	Sam Walker	25.55
2012	Sam Walker	25.65
2012	Paul Tshinyama	25.80
2014	Eric Torin	25.86
2011	Pete Pretorius	26.17
2016	Jay Guzman	26.91

300M		
2016	Sam Walker	40.37
2017	Jay Guzman	42.84
2017	Marvin Johnson	43.19

400M		
2017	Marvin Johnson	54.19
2016	Sam Walker	56.63
2015	Sam Walker	56.82
2014	Sam Walker	57.04
2013	Sam Walker	57.44
2012	Sam Walker	58.45

LONG JUMP		
2014	Eric Torin	5.69

TRIPLE JUMP		
2014	Eric Torin	11.29
2013	Paul Tshinyama	10.12

HIGH JUMP		
2016	Jon Hirota	1.40

POLE VAULT		
2016	Jon Hirota	2.30

SHOT PUT ()		
2016	Jon Hirota	9.89

WEIGHT THROW (20lbs)		
2013	Paul Tshinyama	7.54

4X200M RELAY		
2012	Will Harrower (40), Sam Walker (40), Randy Sheldon (41), Paul Tshinyama (41)	1:43.97
2015	Sam Walker (43), Will Harrower (43), Andy Bienefeld (40), Luke Wang (43)	1:44.58