

#### 45 - 49 YEAR OLD MALE (OUTDOOR)

##### 60M

2017	Sam Walker	7.97
------	------------	------

##### 100M

2016	Sam Walker	12.41
2017	Sam Walker	12.66
2014	Pete Pretorius	12.97
2013	Mike Kang	13.29
2016	Rob Smith	13.62
2017	Rob Smith	13.62
2014	Mark Phillips	14.72
2012	Harb Bajaj	15.29
2013	Pete Pretorius	22.07

##### 200M

2016	Sam Walker	24.68
2014	Pete Pretorius	25.57
2017	Sam Walker	25.65
2011	Pete Pretorius	25.67
2016	Rob Smith	28.24
2017	Rob Smith	29.02
2014	Mark Phillips	30.13

##### 400M

2016	Sam Walker	55.25
2017	Sam Walker	57.62
2014	Pete Pretorius	57.95
2014	Mark Phillips	1:06.37

##### POLE VAULT

2017	Sam Walker	1.75
------	------------	------

##### 110M HURDLES (39" @9.14m)

2014	Pete Pretorius	18.51
------	----------------	-------

##### WEIGHT THROW (35lbs)

2015	Jody Cranston	8.65
------	---------------	------

##### SUPER WEIGHT THROW (56lbs)

2015	Jody Cranston	6.28
------	---------------	------

#### 45 - 49 YEAR OLD MALE (INDOOR)

##### 60M

2017	Sam Walker	7.79
2016	Pete Pretorius	8.30
2013	Mike Kang	8.56
2017	Rob Smith	8.77

##### 200M

2017	Sam Walker	25.99
2017	Rob Smith	30.24
2015	Mark Phillips	33.24

##### 300M

2017	Sam Walker	41.88
------	------------	-------

##### 400M

2017	Sam Walker	58.64
2015	Mark Phillips	1:10.34

##### 4X200M RELAY

2015	Jorge Woods (56), Surinder Shah (65), Branko Zurkovic (50), Mark Phillips (49)	2:05.02
------	--	---------

##### 4X400M RELAY

2015	Mark Phillips (49), Gordon Flett (54), Harjinder Kang (60), Steve Briggerman (55)	5:05.38
------	---	---------

##### WEIGHT THROW (35lbs)

2015	Jody Cranston	8.78
------	---------------	------