

45 - 49 YEAR OLD MALE (OUTDOOR)

50M

2020 Marvin Johnson 6.51

60M

2018 Sam Walker 7.94

2017 Sam Walker 7.97

100M

2023 Brian Carnate 11.55

2018 Luke Wang 11.83

2019 Luke Wang 11.94

2020 Marvin Johnson 12.00

2019 Shawn Nouraei 12.21

2018 Shawn Nouraei 12.29

2022 Luiz Balcers 12.39

2016 Sam Walker 12.41

2018 Sam Walker 12.48

2020 Shawn Nouraei 12.55

2023 Paul Gibbon-Smythe 12.64

2019 Sam Walker 12.65

2017 Sam Walker 12.66

2014 Pete Pretorius 12.97

2020 Jay Guzman 13.15

2021 Jay Guzman 13.25

2013 Mike Kang 13.29

2022 Jay Guzman 13.38

2023 Jay Guzman 13.56

2016 Rob Smith 13.62

2017 Rob Smith 13.62

2019 Faraaz Taiyab 14.01

2018 Faraaz Taiyab 14.26

2014 Mark Phillips 14.72

2012 Harb Bajaj 15.29

2013 Pete Pretorius 22.07

200M

2018 Luke Wang 24.31

2020 Marvin Johnson 24.40

2023 Marvin Johnson 24.43

2016 Sam Walker 24.68

2023 Brian Carnate 24.84

2019 Marvin Johnson 24.86

2019 Luke Wang 24.87

2018 Shawn Nouraei 24.93

2019 Shawn Nouraei 25.32

2018 Sam Walker 25.37

2014 Pete Pretorius 25.57

2017 Sam Walker 25.65

2011 Pete Pretorius 25.67

2020 Shawn Nouraei 25.68

2022 Luiz Balcers 25.68

2019 Sam Walker 26.01

2020 Jay Guzman 27.06

2022 Jay Guzman 27.60

2023 Jay Guzman 27.72

2016 Rob Smith 28.24

2017 Rob Smith 29.02

2019 Faraaz Taiyab 29.92

2014 Mark Phillips 30.13

400M

2016 Sam Walker 55.25

2018 Sam Walker 56.81

2017 Sam Walker 57.62

2014 Pete Pretorius 57.95

2023 Matthew Brown 59.39

2014 Mark Phillips 1:06.37

2018 Garrett Gentle 1:18.70

45 - 49 YEAR OLD MALE (OUTDOOR)

POLE VAULT

2019	Sam Walker	2.70
2017	Sam Walker	1.75

110M HURDLES (39")

2014	Pete Pretorius	18.51
2023	Matthew Brown	21.66

WEIGHT THROW (35lbs)

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

1 MILE RACE WALK

2020	Dmitry Babenko	7:01.70
------	----------------	---------

LONG JUMP

2019	Sam Walker	3.78
------	------------	------

400M HURDLES (36")

2023	Matthew Brown	1:07.01
-------------	----------------------	----------------

SUPER WEIGHT THROW (56lbs)

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

3000M RACE WALK

2021	Dmitry Babenko	14:06.25
------	----------------	----------