

## 50 - 54 YEAR OLD MALE (OUTDOOR)

### 50M

2017 Mike Bradecamp 6.70

### 60M

2017 Steve Colbert 7.85  
 2017 Alex Galo 8.84  
 2017 Mark Phillips 9.36  
 2017 Mike Sturgeon 9.58

### 100M

2017 Steve Colbert 12.17  
 2017 Mike Bradecamp 12.37  
 2016 Steve Colbert 12.42  
 2017 Jess Aujla 13.02  
 2017 Alex Galo 13.59  
 2016 Alex Galo 13.62  
 2015 Mark Phillips 13.84  
 2014 Michael Rich 13.86  
 2016 Mark Phillips 13.98  
 2017 Mark Phillips 14.71  
 2017 Mike Sturgeon 15.01

### 200M

2017 Mike Bradecamp 24.70  
 2017 Steve Colbert 25.26  
 2017 Jess Aujla 26.37  
 2017 Alex Galo 27.34  
 2016 Alex Galo 27.36  
 2016 Mark Phillips 28.01  
 2015 Mark Phillips 28.13  
 2017 Mike Sturgeon 31.57

### 400M

2016 Alex Galo 1:00.20  
 2016 Mark Philips 1:02.08  
 2017 Alex Galo 1:02.35  
 2015 Mark Phillips 1:03.34  
 2017 Mike Sturgeon 1:11.76

### 800M

2015 Mark Phillips 2:51.34  
 2015 Jeff Byington 3:25.11  
 2014 Jeff Byington 3:31.06  
 2016 Jeff Byington 3:35.71  
 2017 Jeff Byington 3:36.88

### 1500M

2014 Jeff Byington 6:43.58

### 1500M RACE WALK

2017 Jeff Byington 11:18.58

### TRIPLE JUMP

2016 Siraj Majumdar 9.31

### SHOT PUT (6kg)

2016 Andrew Arthur 10.84  
 2015 Andrew Arthur 10.59  
 2017 Mike Sturgeon 9.60

### DISCUS (1.5kg)

2015 Andrew Arthur 34.65  
 2016 Andrew Arthur 34.65  
 2017 Jeff Byington 13.38

### HAMMER THROW (6kg)

2016 Andrew Arthur 33.12  
 2015 Andrew Arthur 31.75

### JAVELIN (700g)

2016 Andrew Arthur 39.74  
 2017 Ray Carroll 38.88  
 2015 Andrew Arthur 37.85  
 2014 Michael Rich 30.39  
 2014 Jeff Byington 17.88  
 2016 Jeff Byington 15.86

### WEIGHT THROW (25lbs)

2016 Andrew Arthur 13.92  
 2015 Andrew Arthur 13.35

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

2016 Andrew Arthur 2772  
 2015 Andrew Arthur 2710

### SUPER WEIGHT THROW (56lbs)

2016 Andrew Arthur 6.03

### 50 - 54 YEAR OLD MALE (INDOOR)

60M		
2017	Steven Colbert	7.84
2016	Steven Colbert	8.08
2016	Mark Phillips	8.89
2017	Mark Phillips	8.96
2015	Jeff Byington	11.61
2017	Jeff Byington	12.03
2014	Jeff Byington	12.66

200M		
2016	Mark Phillips	29.56
2017	Mark Phillips	30.94

300M		
2017	Mark Phillips	49.21

400M		
1999	Harold Morioka	52.72
2016	Mark Phillips	1:04.99
2017	Mark Phillips	1:08.18

800M		
2017	Jeff Byington	3:37.30
2016	Jeff Byington	3:39.85

1500M		
2016	Jeff Byington	7:26.89
2017	Jeff Byington	7:27.77

1500M RACE WALK		
2017	Jeff Byington	12:34.01

SHOT PUT (6kg)		
2016	James Korchinski	9.30