

50 - 54 YEAR OLD MALE (OUTDOOR)

50M

2017	Mike Bradecamp	6.70
2020	Pete Pretorius	7.02
2020	Alex Galo	7.44

60M

2017	Steve Colbert	7.85
2018	Mike Bradecamp	7.94
2018	Pete Pretorius	8.56
2018	Rob Smith	8.67
2017	Alex Galo	8.84
2018	Mark Phillips	9.02
2017	Mark Phillips	9.36
2017	Mike Sturgeon	9.58

100M

2017	Steve Colbert	12.17
2018	Steve Colbert	12.21
2017	Mike Bradecamp	12.37
2016	Steve Colbert	12.42
2023	Shawn Nouraei	12.42
2021	Shawn Nouraei	12.48
2018	Jess Aujla	12.52
2018	Mike Bradecamp	12.53
2021	Paul Tshinyama	12.58
2023	Sam Walker	12.64
2018	Pete Pretorius	12.68
2022	Sam Walker	12.71
2022	Shawn Nouraei	12.74

100M (cont'd)

2019	Jess Aujla	12.77
2023	Raymond Ong	12.89
2021	Sam Walker	12.96
2019	Pete Pretorius	12.98
2017	Jess Aujla	13.02
2020	Pete Pretorius	13.05
2021	Gary Silvester	13.26
2022	Gary Silvester	13.32
2018	Rob Smith	13.35
2020	Alex Galo	13.37
2017	Alex Galo	13.38
2017	Alex Galo	13.59
2019	Rob Smith	13.60

100M (cont'd)

2016	Alex Galo	13.62
2019	Alex Galo	13.74
2018	Mark Phillips	13.76
2019	Mark Phillips	13.77
2015	Mark Phillips	13.84
2020	Rob Smith	13.85
2014	Michael Rich	13.86
2021	Rob Smith	13.91
2016	Mark Phillips	13.98
2023	Gary Silvester	14.03
2022	Rob Smith	14.38
2017	Mark Phillips	14.71
2017	Mike Sturgeon	15.01

200M

2017	Mike Bradecamp	24.70
2018	Mike Bradecamp	25.12
2018	Jess Aujla	25.12
2017	Steve Colbert	25.26
2018	Steve Colbert	25.41
2023	Shawn Nouraei	25.86
2022	Sam Walker	25.87
2021	Shawn Nouraei	25.99
2019	Steve Colbert	26.00
2023	Sam Walker	26.09
2017	Jess Aujla	26.37

200M (cont'd)

2021	Paul Tshinyama	26.54
2019	Pete Pretorius	26.61
2021	Sam Walker	26.82
2020	Alex Galo	26.92
2019	Jess Aujla	27.02
2018	Alex Galo	27.21
2018	Pete Pretorius	27.22
2019	Alex Galo	27.29
2017	Alex Galo	27.34
2016	Alex Galo	27.36
2023	Raymond Ong	27.45

200M (cont'd)

2018	Mark Phillips	27.81
2016	Mark Phillips	28.01
2019	Mark Phillips	28.07
2015	Mark Phillips	28.13
2018	Rob Smith	28.19
2019	Rob Smith	28.87
2020	Rob Smith	29.10
2022	Rob Smith	29.49
2021	Rob Smith	30.17
2017	Mike Sturgeon	31.57
2022	Garret Gentle	32.90

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400M

2018	Mike Bradecamp	56.51
2022	Sam Walker	57.75
2023	Sam Walker	59.18
2018	Alex Galo	59.61
2016	Alex Galo	1:00.20
2018	Pete Pretorius	1:00.21
2021	Sam Walker	1:01.53
2019	Alex Galo	1:01.93
2016	Mark Philips	1:02.08
2018	Mark Philips	1:02.33
2017	Alex Galo	1:02.35
2022	Gary Silvester	1:03.25
2015	Mark Philips	1:03.34
2019	Mark Philips	1:03.55
2021	Gary Silvester	1:04.03
2017	Mike Sturgeon	1:11.76
2022	Garret Gentle	1:24.40

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

2019	Mark Phillips	6:24.44
2022	Gary Silvester	6:37.68
2014	Jeff Byington	6:43.58
2021	Gary Silvester	6:53.15

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

2019	Mark Phillips	6:24.44
2022	Gary Silvester	6:37.68
2014	Jeff Byington	6:43.58
2021	Gary Silvester	6:53.15

100M HURDLES (36")

2020	Pete Pretorius	17.18
2022	Gary Silvester	19.96
2021	Gary Silvester	20.61

1500M RACE WALK

2017	Jeff Byington	11:18.58
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POLE VAULT

2021	Gary Silvester	2.95
2022	Gary Silvester	2.80

LONG JUMP

2021	Gary Silvester	4.91
2022	Gary Silvester	4.66
2023	Raymond Ong	4.30
2023	Gary Silvester	4.22

TRIPLE JUMP

2021	Paul Tshinyama	9.71
2016	Siraj Majumdar	9.31

HIGH JUMP

2021	Gary Silvester	1.48
2022	Gary Silvester	1.48

50 - 54 YEAR OLD MALE (OUTDOOR)

SHOT PUT (6kg)

2016	Andrew Arthur	10.84
2015	Andrew Arthur	10.59
2021	Gary Silvester	10.58
2022	Gary Silvester	10.57
2017	Mike Sturgeon	9.60

DISCUS (1.5kg)

2015	Andrew Arthur	34.65
2016	Andrew Arthur	34.65
2021	Gary Silvester	29.19
2022	Gary Silvester	26.56
2017	Jeff Byington	13.38

HAMMER THROW (6kg)

2016	Andrew Arthur	33.12
2015	Andrew Arthur	31.75

JAVELIN (700g)

2020	Pete Pretorius	42.02
2019	Pete Pretorius	41.79
2019	Andrew Arthur	39.74
2017	Ray Carroll	38.88
2015	Andrew Arthur	37.85
2021	Gary Silvester	31.14
2014	Michael Rich	30.39
2022	Gary Silvester	27.99
2014	Jeff Byington	17.88
2016	Jeff Byington	15.86

WEIGHT THROW (25lbs)

2016	Andrew Arthur	13.92
2015	Andrew Arthur	13.35

THROWS PENTATHLON (HT, SP, DT, JT, WT)

2016	Andrew Arthur	2772
2015	Andrew Arthur	2710

SUPER WEIGHT THROW (56lbs)

2016	Andrew Arthur	6.03
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DECATHLON (100M, LJ, SP, HJ, 400M, 100MH, DT, PV, JT, 1500M)

2021	Gary Silvester	5016
2022	Gary Silvester	4915