

## 45 - 49 YEAR OLD MALE (INDOOR)

### 50M

<b>2023</b>	<b>Brian Carnate</b>	<b>6.37</b>
<b>2023</b>	<b>Paul Gibbon-Smythe</b>	<b>6.91</b>

### 60M

<b>2023</b>	<b>Brian Carnate</b>	<b>7.38</b>
2019	Marvin Johnson	7.43
2018	Luke Wang	7.58
2019	Luke Wang	7.60
2020	Luke Wang	7.68
2017	Sam Walker	7.79
2022	Luiz Balcers	7.80
2019	Shawn Nouraei	7.85
2018	Sam Walker	7.86
2019	Sam Walker	7.90
<b>2023</b>	<b>Paul Gibbon-Smythe</b>	<b>7.96</b>
2022	Luke Wang	7.99
2020	Jay Guzman	8.10
2018	Shawn Nouraei	8.12
2020	Sam Walker	8.14
2016	Pete Pretorius	8.30
<b>2023</b>	<b>Jay Guzman</b>	<b>8.38</b>
2013	Mike Kang	8.56
2017	Rob Smith	8.77
2019	Faraaz Taiyab	8.99
2020	Faraaz Taiyab	9.38
<b>2023</b>	<b>Manny Abecia</b>	<b>11.38</b>

### 200M

2019	Marvin Johnson	24.30
2019	Luke Wang	24.58
2022	Marvin Johnson	24.69
2018	Luke Wang	24.79
2019	Sam Walker	25.54
<b>2023</b>	<b>Brian Carnate</b>	<b>25.54</b>
2018	Sam Walker	25.70
2017	Sam Walker	25.99
<b>2023</b>	<b>Paul Gibbon-Smythe</b>	<b>26.78</b>
2018	Shawn Nouraei	26.92
2020	Sam Walker	27.07
2017	Rob Smith	30.24
2019	Faraaz Taiyab	30.41
2015	Mark Phillips	33.24

### 300M

2018	Sam Walker	41.29
2019	Shawn Nouraei	41.42
2019	Sam Walker	41.53
2017	Sam Walker	41.88
<b>2023</b>	<b>Matthew Brown</b>	<b>43.08</b>
<b>2023</b>	<b>Jay Guzman</b>	<b>46.58</b>

### 400M

2022	Marvin Johnson	56.44
2019	Sam Walker	58.54
2017	Sam Walker	58.64
2018	Sam Walker	58.90
2015	Mark Phillips	1:10.34

### 1000M

<b>2023</b>	<b>Matthew Brown</b>	<b>3:03.17</b>
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### 1500M

<b>2023</b>	<b>Matthew Brown</b>	<b>4:46.54</b>
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### 60M HURDLES (39")

<b>2023</b>	<b>Matthew Brown</b>	<b>11.96</b>
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### LONG JUMP

<b>2023</b>	<b>Matthew Brown</b>	<b>4.25</b>
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### HIGH JUMP

<b>2023</b>	<b>Matthew Brown</b>	<b>1.30</b>
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### WEIGHT THROW (35lbs)

2015	Jody Cranston	8.78
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### SHOT PUT (16lbs)

2015	Jody Cranston	8.78
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### PENTATHLON (60MH, LJ, SP, HJ, 1000M)

<b>2023</b>	<b>Matthew Brown</b>	<b>2147</b>
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