

## 50 - 54 YEAR OLD MALE (INDOOR)

### 50M

**2023 Sam Walker 6.90**

### 60M

2018 Steven Colbert 7.68

2019 Steven Colbert 7.79

2017 Steven Colbert 7.84

2018 Pete Pretorius 8.05

2016 Steven Colbert 8.08

**2023 Sam Walker 8.13**

2019 Jess Aujla 8.14

2018 Jess Aujla 8.16

**2023 Raymond Ong 8.40**

2019 Rob Smith 8.64

2018 Rob Smith 8.66

2020 Rob Smith 8.71

2016 Mark Phillips 8.89

2018 Mark Phillips 8.92

2017 Mark Phillips 8.96

**2023 Rob Smith 8.98**

2020 Mark Phillips 9.08

2019 Mark Phillips 9.12

2022 Rob Smith 9.29

2015 Jeff Byington 11.61

2017 Jeff Byington 12.03

2014 Jeff Byington 12.66

### 200M

2019 Steve Colbert 26.51

**2023 Sam Walker 26.58**

2019 Jess Aujla 28.75

2019 Rob Smith 29.38

2016 Mark Phillips 29.56

2020 Rob Smith 29.93

2018 Mark Phillips 30.03

2019 Mark Phillips 30.32

2017 Mark Phillips 30.94

2022 Rob Smith 31.82

### 300M

2018 Mark Phillips 47.51

**2023 Rob Smith 48.80**

2017 Mark Phillips 49.21

### 400M

1999 Harold Morioka 52.72

**2023 Sam Walker 1:00.43**

2016 Mark Phillips 1:04.99

2019 Mark Phillips 1:06.18

2018 Mark Phillips 1:09.51

2017 Mark Phillips 1:08.18

2018 Mark Phillips 1:09.51

### 800M

2019 Mark Phillips 2:43.69

2018 Mark Phillips 2:55.20

2017 Jeff Byington 3:37.30

2016 Jeff Byington 3:39.85

### 1000M

2022 Gary Silvester 4:07.07

**2023 Gary Silvester 4:38.49**

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### 1500M

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

### 60M HURDLES (36")

2022	Gary Silvester	10.70
2023	Gary Silvester	11.39

### 1500M RACE WALK

2017	Jeff Byington	12:34.01
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### LONG JUMP

2023	Raymond Ong	4.48
2023	Gary Silvester	4.20
2019	Jess Aujla	4.13
2022	Gary Silvester	4.00

### TRIPLE JUMP

2019	Jess Aujla	8.52
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### HIGH JUMP

2022	Gary Silvester	1.49
2023	Gary Silvester	1.48

### SHOT PUT (6kg)

2022	Gary Silvester	11.38
2023	Gary Silvester	9.88
2016	James Korchinski	9.30

### PENTATHLON (60MH, LJ, SP, HJ, 1000M)

2022	Gary Silvester	2603
2023	Gary Silvester	2175