

50 - 54 YEAR OLD MALE (INDOOR)

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
2019	Jess Aujla	8.14
2018	Jess Aujla	8.16
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
2020	Mark Phillips	9.08
2019	Mark Phillips	9.12
2015	Jeff Byington	11.61
2017	Jeff Byington	12.03
2014	Jeff Byington	12.66

200M

2019	Steve Colbert	26.51
2019	Jess Aujla	28.75
2019	Rob Smith	29.38
2016	Mark Phillips	29.56
2018	Mark Phillips	30.03
2019	Mark Phillips	30.32
2017	Mark Phillips	30.94

300M

2018	Mark Phillips	47.51
2017	Mark Phillips	49.21

400M

1999	Harold Morioka	52.72
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

1500M

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

1500M RACE WALK

2017	Jeff Byington	12:34.01
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LONG JUMP

2019	Jess Aujla	4.13
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TRIPLE JUMP

2019	Jess Aujla	8.52
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SHOT PUT (6kg)

2016	James Korchinski	9.30
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