

## 40 - 44 YEAR OLD MALE (OUTDOOR)

### 60M

2018	Marvin Johnson	7.38
2018	Brian Carnate	7.51
2018	Jay Guzman	8.10

### 100M

2019	Brian Carnate	11.29
2017	Marvin Johnson	11.38
2018	Marvin Johnson	11.50
2018	Brian Carnate	11.50
2016	Marvin Johnson	11.63
2011	Paul Tshinyama	11.85
2014	Sam Walker	12.13
2013	Sam Walker	12.14
2015	Sam Walker	12.20
2012	Paul Tshinyama	12.21
2012	Sam Walker	12.23
2016	Sam Walker	12.30
2016	Jay Guzman	12.70
2014	Eric Torin	12.74
2015	Jay Guzman	12.80
2017	Jay Guzman	12.81
2013	Paul Tshinyama	12.83
2018	Jay Guzman	13.04

### 200M

2018	Marvin Johnson	23.29
2017	Marvin Johnson	23.33
2016	Marvin Johnson	23.67
2019	Brian Carnate	24.01
2018	Brian Carnate	24.47
2014	Sam Walker	24.48
2013	Sam Walker	24.52
2012	Sam Walker	24.67
2015	Sam Walker	24.78
2016	Sam Walker	24.78
2012	Paul Tshinyama	25.43
2014	Eric Torin	25.81
2016	Jay Guzman	26.20
2015	Jay Guzman	26.44
2017	Jay Guzman	26.55
2018	Jay Guzman	26.88

### 400M

2016	Marvin Johnson	51.34
2016	Marvin Johnson	54.81
2014	Sam Walker	54.94
2015	Sam Walker	55.20
2016	Sam Walker	55.29
2013	Sam Walker	55.31
2012	Sam Walker	55.55
2016	Jay Guzman	1:02.51
2017	Jay Guzman	1:01.50

### LONG JUMP

2014	Eric Torin	5.79
2017	Marvin Johnson	4.41

### TRIPLE JUMP

2014	Eric Torin	11.64
2011	Paul Tshinyama	10.94
2012	Paul Tshinyama	10.78

### SHOT PUT (7.26kg)

2014	Eric Torin	9.92
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