

45 - 49 YEAR OLD MALE (OUTDOOR)

60M

2018	Sam Walker	7.94
2017	Sam Walker	7.97

100M

2018	Luke Wang	11.83
2019	Luke Wang	11.94
2019	Shawn Nouraei	12.21
2018	Shawn Nouraei	12.29
2016	Sam Walker	12.41
2018	Sam Walker	12.48
2019	Sam Walker	12.65
2017	Sam Walker	12.66
2014	Pete Pretorius	12.97
2013	Mike Kang	13.29
2016	Rob Smith	13.62
2017	Rob Smith	13.62
2019	Faraaz Taiyab	14.01
2018	Faraaz Taiyab	14.26
2014	Mark Phillips	14.72
2012	Harb Bajaj	15.29
2013	Pete Pretorius	22.07

200M

2018	Luke Wang	24.31
2016	Sam Walker	24.68
2019	Marvin Johnson	24.86
2019	Luke Wang	24.87
2018	Shawn Nouraei	24.93
2019	Shawn Nouraei	25.32
2018	Sam Walker	25.37
2014	Pete Pretorius	25.57
2017	Sam Walker	25.65
2011	Pete Pretorius	25.67
2019	Sam Walker	26.01
2016	Rob Smith	28.24
2017	Rob Smith	29.02
2019	Faraaz Taiyab	29.92
2014	Mark Phillips	30.13

400M

2016	Sam Walker	55.25
2018	Sam Walker	56.81
2017	Sam Walker	57.62
2014	Pete Pretorius	57.95
2014	Mark Phillips	1:06.37
2018	Garrett Gentle	1:18.70

POLE VAULT

2019	Sam Walker	2.70
2017	Sam Walker	1.75

LONG JUMP

2019	Sam Walker	3.78
------	------------	------

110M HURDLES (39" @9.14m)

2014	Pete Pretorius	18.51
------	----------------	-------

WEIGHT THROW (35lbs)

2015	Jody Cranston	8.65
------	---------------	------

SUPER WEIGHT THROW (56lbs)

2015	Jody Cranston	6.28
------	---------------	------