

## 50 - 54 YEAR OLD MALE (OUTDOOR)

### 50M

2017 Mike Bradecamp 6.70

### 60M

2017 Steve Colbert 7.85

2018 Mike Bradecamp 7.94

2018 Pete Pretorius 8.56

2018 Rob Smith 8.67

2017 Alex Galo 8.84

2018 Mark Phillips 9.02

2017 Mark Phillips 9.36

2017 Mike Sturgeon 9.58

### 100M

2017 Steve Colbert 12.17

2018 Steve Colbert 12.21

2017 Mike Bradecamp 12.37

2016 Steve Colbert 12.42

2018 Jess Aujla 12.52

2018 Mike Bradecamp 12.53

2018 Pete Pretorius 12.68

2019 Jess Aujla 12.77

2019 Pete Pretorius 12.98

2017 Jess Aujla 13.02

2018 Rob Smith 13.35

2017 Alex Galo 13.38

2017 Alex Galo 13.59

2019 Rob Smith 13.60

2016 Alex Galo 13.62

2019 Alex Galo 13.74

2018 Mark Phillips 13.76

2019 Mark Phillips 13.77

2015 Mark Phillips 13.84

2014 Michael Rich 13.86

2016 Mark Phillips 13.98

2017 Mark Phillips 14.71

2017 Mike Sturgeon 15.01

### 200M

2017 Mike Bradecamp 24.70

2018 Mike Bradecamp 25.12

2018 Jess Aujla 25.12

2017 Steve Colbert 25.26

2018 Steve Colbert 25.41

2019 Steve Colbert 26.00

2017 Jess Aujla 26.37

2019 Pete Pretorius 26.61

2019 Jess Aujla 27.02

2018 Alex Galo 27.21

2018 Pete Pretorius 27.22

2019 Alex Galo 27.29

2017 Alex Galo 27.34

2016 Alex Galo 27.36

2018 Mark Phillips 27.81

2016 Mark Phillips 28.01

2019 Mark Phillips 28.07

2015 Mark Phillips 28.13

2018 Rob Smith 28.19

2019 Rob Smith 28.87

2017 Mike Sturgeon 31.57

### 400M

2018 Mike Bradecamp 56.51

2018 Alex Galo 59.61

2016 Alex Galo 1:00.20

2018 Pete Pretorius 1:00.21

2019 Alex Galo 1:01.93

2016 Mark Phillips 1:02.08

2018 Mark Phillips 1:02.33

2017 Alex Galo 1:02.35

2015 Mark Phillips 1:03.34

2019 Mark Phillips 1:03.55

2017 Mike Sturgeon 1:11.76

### 800M

2015 Mark Phillips 2:51.34

2015 Jeff Byington 3:25.11

2014 Jeff Byington 3:31.06

2016 Jeff Byington 3:35.71

2017 Jeff Byington 3:36.88

### 1500M

2019 Mark Phillips 6:24.44

2014 Jeff Byington 6:43.58

**1500M RACE WALK**

2017 Jeff Byington 11:18.58

**TRIPLE JUMP**

2016 Siraj Majumdar 9.31

**SHOT PUT (6kg)**

2016 Andrew Arthur 10.84  
2015 Andrew Arthur 10.59  
2017 Mike Sturgeon 9.60

**DISCUS (1.5kg)**

2015 Andrew Arthur 34.65  
2016 Andrew Arthur 34.65  
2017 Jeff Byington 13.38

**HAMMER THROW (6kg)**

2016 Andrew Arthur 33.12  
2015 Andrew Arthur 31.75

**JAVELIN (700g)**

2019 Pete Pretorius 41.79  
2016 Andrew Arthur 39.74  
2017 Ray Carroll 38.88  
2015 Andrew Arthur 37.85  
2014 Michael Rich 30.39  
2014 Jeff Byington 17.88  
2016 Jeff Byington 15.86

**WEIGHT THROW (25lbs)**

2016 Andrew Arthur 13.92  
2015 Andrew Arthur 13.35

**THROWS PENTATHLON (HT, SP,  
DT, JT, WT)**

2016 Andrew Arthur 2772  
2015 Andrew Arthur 2710

**SUPER WEIGHT THROW (56lbs)**

2016 Andrew Arthur 6.03