

2009 Outdoor Rankings

Master Men

100 Metres

Time/Dist		Athlete			Date	Meet
12.82	1.4	Headley, John	56	RIV	7/25/2009	SA Provincials
12.88	1.4	D'Eon, Marcel	53	RIV	7/25/2009	SA Provincials
12.94	-3.0	Berquist, Brian	53	RIV	10/2/2009	Nevada Sr. Games
14.46	1.3	Rowan, Ted	33	CTC	02/05/2009	Spring Classic
15.03	1.4	Epp, Ken	36	CTC	7/25/2009	SA Provincials

Wind/No Wind

13.31	NWI	D'Eon, Marcel	53	RIV	03/07/2009	MB Age Class
13.33	NWI	Gerwing, Jim	59	UNA	13/06/2009	PeeWee/Bantam/C/E

200 metres

26.33	0.1	D'Eon, Marcel	53	RIV	10/10/2009	World Masters Games
27.49	0.0	Headley, John	56	RIV	7/25/2009	SA Provincials
27.84	-1.1	Gerwing, Jim	59	UNA	13/06/2009	PeeWee/Bantam/C/E
30.60	0.7	Renwick, Doug	42	CTC	19/07/2009	Cdn Masters Championships
32.05	-2.8	Rowan, Ted	33	CTC	19/07/2009	Cdn Masters Championships
33.08	-2.8	van der Wal, Hylke	38	AIA	19/07/2009	Cdn Masters Championships
34.41	1.3	Delhomeau, Roland	45	CTC	19/07/2009	Cdn Masters Championships

Wind/No Wind

26.53	NWI	D'Eon, Marcel	53	RIV	03/07/2009	MB Age Class
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400 Metres

56.07		Roberts, Andy	72	TIS	02/05/2009	Spring Classic
59.07		D'Eon, Marcel	53	RIV	10/18/2009	World Masters Games
1:00.16		Gerwing, Jim	59	UNA	13/06/2009	PeeWee/Bantam/C/E
1:07.14		Renwick, Doug	42	CTC	10/18/2009	World Masters Games
1:12.40		van der Wal, Hylke	38	AIA	10/18/2009	World Masters Games
1:17.68		Epp, Ken	36	CTC	7/25/2009	SA Provincials

800 metres						
2:08.29		Clarke, Mark	73	UNA	11/07/2009	09 CSG Trials
2:23.36		D'Eon, Marcel	53	RIV	10/18/2009	World Masters Games
2:27.78		Gerwing, Jim	59	UNA	13/06/2009	PeeWee/Bantam/C/E
2:36.41		Renwick, Doug	42	CTC	10/18/2009	World Masters Games
2:44.23		Van Eaton, Grant	60	EXA	13/06/2009	PeeWee/Bantam/C/E
3:02.50		van der Wal, Hylke	38	AIA	8/8/2009	Stanford
3:12.00		Epp, Ken	36	CTC	7/25/2009	SA Provincials
1500 Metres						
4:24.05		Clarke, Mark	73	UNA	11/07/2009	09 CSG Trials
5:13.72		Olsen, Dave	55	UNA	02/05/2009	Spring Classic
5:32.96		Renwick, Doug	42	CTC	19/07/2009	Cdn Masters Championships
5:49.68		Van Eaton, Grant	60	EXA	13/06/2009	PeeWee/Bantam/C/E
6:45.86		Delhomeau, Roland	45	CTC	19/07/2009	Cdn Masters Championships
2009 Outdoor Rankings						
Master Men						
1500 Metres Cont'd						
Time/Dist		Athlete			Date	Meet
7:37.87		van der Wal, Hylke	38	AIA	19/07/2009	Cdn Masters Championships
8:28.75		Rowan, Ted	33	CTC	19/07/2009	Cdn Masters Championships
5,000 Metres						
19:49.51		Olsen, Dave	55	UNA	19/07/2009	Cdn Masters Championships
21:20.2h		Renwick, Doug	42	CTC	10/18/2009	World Masters Games
10,000 Metres						
43:42.43		Olsen, Dave	55	UNA	19/07/2009	Cdn Masters Championships
80m Hurdles						
18.28	-5.6	Rowan, Ted	33	CTC	19/07/2009	Cdn Masters Championships
18.50	1.4	van der Wal, Hylke	38	AIA	10/18/2009	World Masters Games

100m Hurdles						
24.17	-3.7	Renwick, Doug	42	CTC	19/07/2009	Cdn Masters Championships
300m Hurdles						
54.49		Renwick, Doug	42	CTC	10/10/2009	World Masters Games
55.38		van der Wal, Hylke	38	AIA	10/10/2009	World Masters Games
2000m Steeple Chase						
8:28.8h		Renwick, Doug	42	CTC	10/18/2009	World Masters Games
11:35.5h		van der Wal, Hylke	38	AIA	10/18/2009	World Masters Games
High Jump						
1.35m		Delhomeau, Roland	45	CTC	19/07/2009	Cdn Masters Championships
1.25m		Koza, Joe	35	UNA	7/25/2009	SA Provincials
Pole Vault						
3.45m		Kowalski, Kent	70	RIV	7/25/2009	SA Provincials
2.50m		Renwick, Doug	42	CTC	19/07/2009	Cdn Masters Championships
1.80m		Rowan, Ted	33	CTC	19/07/2009	Cdn Masters Championships
Long Jump						
4.58m	0.0	Berquist, Brian	53	RIV	10/2/2009	Nevada Sr Games
4.14m	1.4	Koza, Joe	35	UNA	7/25/2009	SA Provincials
4.12m	-1.0	Rowan, Ted	33	CTC	13/06/2009	PeeWee/Bantam/C/E
4.07m	1.2	Delhomeau, Roland	45	CTC	7/25/2009	SA Provincials
3.96m	0.1	Renwick, Doug	42	CTC	19/07/2009	Cdn Masters Championships
3.28m	1.7	van der Wal, Hylke	38	AIA	19/07/2009	Cdn Masters Championships
2009 Outdoor Rankings						
Master Men						
Triple Jump						
Time/Dist		Athlete			Date	Meet
8.95m	0.0	Berquist, Brian	53	RIV	13/06/2009	PeeWee/Bantam/C/E

8.40m	1.8	Delhomeau, Roland	45	CTC	11/07/2009	09 CSG Trials
8.26m	1.3	Koza, Joe	35	UNA	7/25/2009	SA Provincials
7.87m	-0.8	Rowan, Ted	33	CTC	13/06/2009	PeeWee/Bantam/C/E
Shot Put						
10.10m		Berquist, Brian	53	RIV	7/25/2009	SA Provincials
8.75m		Edwards, Bob	40	UNA	11/07/2009	09 CSG Trials
8.23m		Rowan, Ted	33	CTC	31/05/2009	STFC Throws
7.88m		Epp, Ken	36	CTC	7/25/2009	SA Provincials
7.15m		Delhomeau, Roland	45	CTC	31/05/2009	STFC Throws
Discus						
31.83m		Berquist, Brian	53	RIV	13/06/2009	PeeWee/Bantam/C/E
29.25m		Edwards, Bob	40	UNA	11/07/2009	09 CSG Trials
28.59m		Delhomeau, Roland	45	CTC	19/07/2009	Cdn Masters Championships
27.91m		Rowan, Ted	33	CTC	02/05/2009	Spring Classic
23.65m		Renwick, Doug	42	CTC	19/07/2009	Cdn Masters Championships
22.10m		Epp, Ken	36	CTC	7/25/2009	SA Provincials
20.28m		Koza, Joe	35	UNA	7/25/2009	SA Provincials
18.44m		van der Wal, Hylke	38	AIA	19/07/2009	Cdn Masters Championships
Hammer						
31.47m		Edwards, Bob	40	UNA	11/07/2009	09 CSG Trials
20.91m		Delhomeau, Roland	45	CTC	31/05/2009	STFC Throws
19.07m		Rowan, Ted	33	CTC	31/05/2009	STFC Throws
Javelin						
36.77m		Berquist, Brian	53	RIV	31/05/2009	STFC Throws
29.97m		Delhomeau, Roland	45	CTC	7/25/2009	SA Provincials
28.16m		Rowan, Ted	33	CTC	31/05/2009	STFC Throws
28.08m		Koza, Joe	35	UNA	7/25/2009	SA Provincials
23.58m		Edwards, Bob	40	UNA	11/07/2009	09 CSG Trials
21.04m		Renwick, Doug	42	CTC	19/07/2009	Cdn Masters Championships
20.36m		Epp, Ken	36	CTC	7/25/2009	SA Provincials
13.16m		van der Wal, Hylke	38	AIA	19/07/2009	Cdn Masters Championships
Outdoor Pentathlon						
3403		Rowan, Ted	33	CTC	19/07/2009	Cdn Masters Championships

		32.05 (-2.8) 200m;8:28.75 1500m;3.77m (2.3) LJ;26.68m DT 1kg;26.84m JT 500g
3014	Renwick, Doug	42 CTC 19/07/2009 Cdn Masters Championships
		30.75 (-2.7) 200m;5:32.96 1500m;3.96m (0.1) LJ;23.65m DT 1kg;21.04m JT 600g
2269	Delhomeau, Roland	45 CTC 19/07/2009 Cdn Masters Championships
		34.41 (1.3) 200m;6:45.86 1500m;3.75m (0.0) LJ;28.59m DT 1kg;27.26 JT 600g
2100	van der Wal, Hylke	38 AIA 19/07/2009 Cdn Masters Championships
		33.08 (-2.8) 200m;7:37.87 1500m;3.28m (1.7) LJ;18.44m DT 1kg;13.16m JT 500g