

**2011 Outdoor Rankings
Master Men**

Time/Dist	Athlete	Date	Meet
100 Metres			
12.79 1.7	Ellis, Colin	67 EXCL 14/05/2011	Regina Spring Classic
13.33 -2.1	Headley, John	56 RIVA 28/06/2011	STFC Twilite #1
Wind/No Wind			
14.47 NWI	D'Eon, Marcel	54 RIVA 18/06/2011	SK Provincials
200 Metres			
24.75 -3.4	Ibarreta, Xavier	76 UNSK 06/07/2011	World Masters
26.94 -2.8	Headley, John	56 RIVA 18/06/2011	SK Provincials
27.24 0.0	Ellis, Colin	67 EXCL 14/05/2011	Regina Spring Classic
27.69 -2.8	D'Eon, Marcel	54 RIVA 18/06/2011	SK Provincials
33.28 1.8	Van Der Wal, Hylke	38 AIAS 17/06/2011	Cdn Masters
34.07 1.8	Delhomeau, Roland	45 CTCM 17/06/2011	Cdn Masters
38.45 1.8	Rowan, Ted	33 CTCM 17/06/2011	Cdn Masters
400 Metres			
1:04.51	D'Eon, Marcel	54 RIVA 28/06/2011	STFC Twilite #1
1:17.98	Van Der Wal, Hylke	38 AIAS 17/06/2011	Cdn Masters
800 Metres			
2:31.29	Meszaros, Keith	56 CTCM 18/06/2011	SK Provincials
2:35.55	D'Eon, Marcel	54 RIVA 18/06/2011	SK Provincials
3:43.97	Van Der Wal, Hylke	38 AIAS 17/06/2011	Cdn Masters
1500 Metres			
5:14.02	Svec, John	65 UNSK 14/05/2011	Regina Spring Classic
5:21.56	Meszaros, Keith	56 CTCM 18/06/2011	SK Provincials
5:29.86	Olsen, Dave	55 UNSK 08/06/2011	Regina All Comers #1
5:34.28	Van Eaton, Grant	60 JPRC 28/06/2011	STFC Twilite #1
6:36.16	Delhomeau, Roland	45 CTCM 17/06/2011	Cdn Masters
8:06.44	Van Der Wal, Hylke	38 AIAS 17/06/2011	Cdn Masters
9:30.20	Rowan, Ted	33 CTCM 17/06/2011	Cdn Masters
3000 Metres			
11:27.72	Olsen, Dave	55 UNSK 18/06/2011	SK Provincials
12:06.48	Van Eaton, Grant	60 JPRC 18/06/2011	SK Provincials

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5000 Metres			
19:56.20	Olsen, Dave	55 UNSK 18/06/2011	SK Provincials
10,000 Metres			
41:41.74	Olsen, Dave	55 UNSK 14/05/2011	Regina Spring Classic
110m Hurdles .99m			
15.14 1.9	McLaren, Doug	76 UNSK 13/06/2011	Caltaf
300m Hurdles			
58.07	Van Der Wal, Hylke	38 AIAS 06/07/2011	World Masters
400m Hurdles			
1:02.90	Ibarreta, Xavier	76 UNSK 06/07/2011	World Masters
2000m Steeple Chase			
13:51.44	Van Der Wal, Hylke	38 AIAS 17/06/2011	Cdn Masters
High Jump			
1.36m	Berquist, Brian	53 RIVA 14/05/2011	Regina Spring Classic
1.31m	Delhomeau, Roland	45 CTCM 14/05/2011	Regina Spring Classic
Pole Vault			
3.90m	Kowalski, Kent	70 RIVA 28/06/2011	STFC Twilite #1
Long Jump			
3.54m 2.0	Delhomeau, Roland	45 CTCM 17/06/2011	Cdn Masters
3.53m -0.7	Rowan, Ted	33 CTCM 14/05/2011	Regina Spring Classic
3.18m 1.8	Van Der Wal, Hylke	38 AIAS 17/06/2011	Cdn Masters
Wind/No Wind			
3.56m 2.2	Rowan, Ted	33 CTCM 17/06/2011	Cdn Masters
3.41m 2.3	Delhomeau, Roland	45 CTCM 17/06/2011	Cdn Masters
3.03m 2.5	Van Der Wal, Hylke	38 AIAS 17/06/2011	Cdn Masters

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Triple Jump

7.90m -2.6	Delhomeau, Roland	45	CTCM	17/06/2011	Cdn Masters
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Shot Put

9.71m	Berquist, Brian	53	RIVA	14/05/2011	Regina Spring Classic
9.33m	Edwards, Bob	40	UNSK	20/05/2011	Chinook Throws Gala
9.29m	Mountjoy, Terry	48	EXCL	18/06/2011	SK Provincials
7.99m	Rowan, Ted	33	CTCM	14/05/2011	Regina Spring Classic
7.81m	Delhomeau, Roland	45	CTCM	28/06/2011	STFC Twilite #1

Discus

33.67m	Mountjoy, Terry	48	EXCL	03/06/2011	Cougar C/E
29.93m	Berquist, Brian	53	RIVA	14/05/2011	Regina Spring Classic
27.68m	Edwards, Bob	40	UNSK	18/06/2011	SK Provincials
27.37m	Rowan, Ted	33	CTCM	17/06/2011	Cdn Masters
25.93m	Delhomeau, Roland	45	CTCM	14/05/2011	Regina Spring Classic
19.49m	Van Der Wal, Hylke	38	AIAS	17/06/2011	Cdn Masters

Hammer

36.26m	Medernach, Doug	74	RIVA	18/06/2011	SK Provincials
31.84m	Edwards, Bob	40	UNSK	18/06/2011	SK Provincials
29.03m	Mountjoy, Terry	48	EXCL	03/06/2011	Cougar C/E

Javelin

32.13m	Berquist, Brian	53	RIVA	14/05/2011	Regina Spring Classic
28.62m	Rowan, Ted	38	CTCM	14/05/2011	Regina Spring Classic
24.98m	Mountjoy, Terry	48	EXCL	18/06/2011	SK Provincials
24.82m	Delhomeau, Roland	45	CTCM	17/06/2011	Cdn Masters
23.04m	Edwards, Bob	40	UNSK	20/05/2011	Chinook Throws Gala
11.74m	Van Der Wal, Hylke	38	AIAS	17/06/2011	Cdn Masters

Outdoor Pentathlon

2279pts	Delhomeau, Roland	45	CTCM	17/06/2011	Cdn Masters
	LJ 3.41m (2.3); JT 24.82m; 200m 34.07 (1.8); DT 24.84m; 1500m 6:36.16				
2142pts	Rowan, Ted	33	CTCM	17/06/2011	Cdn Masters
	LJ 3.56m (2.2); JT 24.24m; 200m 38.45 (1.8); DT 23.70m; 1500m DNF				
1803pts	Van Der Wal, Hylke	38	AIAS	17/06/2011	Cdn Masters
	LJ 3.03m (2.5); JT 11.74m; 200m 33.28 (1.8); DT 19.49m; 1500m 8:06.44				