

## 2013 Outdoor Rankings

### Master Men

Time/Dist		Athlete			Date	Location
<b>50 Metres</b>						
6.63	-0.4	Peters, Darren	77	EXCL	15/06/2013	Regina
6.90	-0.4	Ellis, Colin	67	EXCL	15/06/2013	Regina
7.48	-0.4	Berquist, Brian	53	RIVA	15/06/2013	Regina
8.25	-0.4	Rowan, Ted	33	SCTM	15/06/2013	Regina
Wind/No Wind						
7.88	1.7	Ruston, Howard	60	UNSK	06/07/02013	Saskatoon
<b>100 Metres</b>						
12.05	-1.2	McLaren, Doug	76	UNSK	26/07/2013	Regina
12.52	-2.2	Blackburn, Dave	71	UNSK	09/07/2013	Saskatoon
12.72	-1.4	Ellis, Colin	67	EXCL	15/06/2013	Regina
13.05	1.8	Headley, John	56	RIVA	06/07/02013	Saskatoon
13.08	1.8	D'Eon, Marcel	53	RIVA	06/07/02013	Saskatoon
14.19	1.8	Ruston, Howard	60	UNSK	06/07/02013	Saskatoon
14.27	-3.7	Berquist, Brian	53	RIVA	26/07/2013	Regina
15.62	-1.4	Rowan, Ted	33	SCTM	15/06/2013	Regina
15.87	-3.5	Epp, Ken	36	SCTM	26/07/2013	Regina
16.55	-3.5	Koza, Joe	35	UNSK	26/07/2013	Regina
16.97	-2.4	Renwick, Doug	42	SCTM	26/07/2013	Regina
<b>200 Metres</b>						
24.38	-1.3	Ibarreta, Xavier	76	UNSK	12/05/2013	Washington
24.49	0.0	Peters, Darren	77	EXCL	26/07/2013	Regina
25.85	-1.6	Blackburn, Dave	71	UNSK	26/07/2013	Regina
26.61	-1.6	Ellis, Colin	67	EXCL	26/07/2013	Regina
26.81	-1.5	D'Eon, Marcel	53	RIVA	26/06/2013	Saskatoon
27.19	0.9	Headley, John	56	RIVA	06/07/2013	Saskatoon
28.50	0.0	Berquist, Brian	53	RIVA	26/07/2013	Regina
32.17	-2.7	Rowan, Ted	33	SCTM	26/07/2013	Regina
32.87	-1.4	Epp, Ken	36	SCTM	26/07/2013	Regina

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Time/Dist	Athlete			Date	Location
<b>400 Metres</b>					
54.52	Ibarreta, Xavier	76	UNSK	12/05/2013	Washington
54.89	Shakotko, Jesse	73	UNSK	26/07/2013	Regina
1:01.31	D'Eon, Marcel	53	RIVA	09/07/2013	Saskatoon
1:01.77	Headley, John	56	RIVA	09/07/2013	Saskatoon
1:06.85	Mezaros, Keith	56	UNSK	06/07/2013	Saskatoon
1:09.91	Lewis, Steven	51	SCTM	26/07/2013	Regina
1:16.34	Renwick, Doug	42	SCTM	26/07/2013	Regina
1:24.08	Epp, Ken	36	SCTM	06/07/2013	Saskatoon
1:24.41	Koza, Joe	35	UNSK	26/07/2013	Regina
1:30.58	Van der Wal, Hylke	38	AIAS	26/07/2013	Regina
<b>800 Metres</b>					
2:11.37	Shakotko, Jesse	73	UNSK	26/07/2013	Regina
2:26.99	Meszaros, Keith	56	SCTM	26/07/2013	Regina
2:30.37	Smith, Lyndon	61	UNSK	26/07/2013	Regina
2:35.36	Lewis, Steven	51	SCTM	26/07/2013	Regina
2:39.14	Svec, John	65	UNSK	26/07/2013	Regina
2:44.39	Van Eaton, Grant	60	JRPC	26/07/2013	Regina
2:48.48	Luchka, Ken	59	SCTM	26/06/2013	Saskatoon
2:55.16	Renwick, Doug	42	SCTM	26/07/2013	Regina
3:40.14	Ross, Dale	46	UNSK	26/07/2013	Regina
4:08.54	Van der Wal, Hylke	38	AIAS	26/07/2013	Regina
<b>1500 Metres</b>					
5:03.51	Mezaros, Keith	56	UNSK	26/07/2013	Regina
5:15.35	Smith, Lyndon	61	UNSK	26/07/2013	Regina
5:16.80	Svec, John	65	UNSK	26/07/2013	Regina
5:30.06	Olsen, Dave	55	UNSK	26/07/2013	Regina
5:45.21	Van Eaton, Grant	60	JRPC	26/07/2013	Regina
5:46.85	Luchka, Ken	59	SCTM	26/07/2013	Regina
5:58.23	Peters, Darren	77	EXCL	26/07/2013	Regina
6:16.77	Renwick, Doug	42	SCTM	06/07/2013	Saskatoon
7:03.40	Delhomeau, Roland	45	SCTM	26/07/2013	Regina
8:12.49	Ross, Dale	46	UNSK	26/07/2013	Regina
8:14.65	Rowan, Ted	33	UNSK	26/07/2013	Regina
8:53.94	Van der Wal, Hylke	38	AIAS	26/07/2013	Regina

## 2013 Outdoor Rankings

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Time/Dist		Athlete			Date	Location
<b>3000 Metres</b>						
12:14.35		Puttick, Hal	55	SCTM	09/07/2013	Saskatoon
12:54.34		Luchka, Ken	59	SCTM	09/07/2013	Saskatoon
13:38.93		Renwick, Doug	42	SCTM	09/07/2013	Saskatoon
<b>5000 Metres</b>						
17:31.79		Jaleta, Ted	54	JRPC	26/07/2013	Regina
18:52.20		Svec, John	65	UNSK	26/07/2013	Regina
19:47.07		Olsen, Dave	55	UNSK	26/07/2013	Regina
21:58.08		Puttick, Hal	55	SCTM	26/07/2013	Regina
22:37.53		Luchka, Ken	59	SCTM	26/07/2013	Regina
23:28.02		Warick, Randy	49	SCTM	26/07/2013	Regina
<b>10,000 Metres</b>						
38:44.37		Svec, John	65	UNSK	26/07/2013	Regina
43:00.01		Olsen, Dave	55	UNSK	26/07/2013	Regina
43:10.24		Van Eaton, Grant	60	JRPC	26/07/2013	Regina
<b>80m Hurdles - .76m</b>						
18.19	1.4	Renwick, Doug	42	SCTM	06/07/2013	Saskatoon
<b>110m Hurdles - .99m</b>						
15.37	0.9	McLaren, Doug	76	UNSK	06/07/2013	Saskatoon
<b>200m Hurdles</b>						
37.02	-0.2	Renwick, Doug	42	SCTM	06/07/2013	Saskatoon
41.92	-0.2	Van der Wal, Hylke	38	AIAS	06/07/2013	Saskatoon
<b>300m Hurdles</b>						
58.02		Berquist, Brian	53	RIVA	26/07/2013	Regina
1:00.68		Renwick, Doug	42	SCTM	26/07/2013	Regina
1:10.18		Van der Wal, Hylke	38	AIAS	26/07/2013	Regina
<b>2000m Steeple Chase</b>						
7:43.10		Svec, John	65	UNSK	06/07/2013	Saskatoon
10:05.96		Renwick, Doug	42	SCTM	26/07/2013	Regina

## 2013 Outdoor Rankings Master Men

Time/Dist	Athlete			Date	Location	
<b>2000m Steeple Chase Cont'd</b>						
14:13.29	Van der Wal, Hylke	38	AIAS	26/07/2013	Regina	
<b>3000m Steeple Chase</b>						
12:06.79	Svec, John	65	UNSK	26/07/2013	Regina	
<b>High Jump</b>						
1.70m	McLaren, Doug	76	UNSK	26/07/2013	Regina	
1.28m	Koza, Joe	35	UNSK	26/07/2013	Regina	
1.28m	East, Allan	67	UNSK	26/07/2013	Regina	
1.19m	Renwick, Doug	42	SCTM	26/07/2013	Regina	
<b>Pole Vault</b>						
3.50m	Kowalski, Kent	70	RIVA	26/06/2013	Saskatoon	
2.10m	Renwick, Doug	42	SCTM	26/06/2013	Saskatoon	
1.46m	Van der Wal, Hylke	38	AIAS	26/07/2013	Regina	
<b>Long Jump</b>						
5.99m	0.9	Peters, Darren	77	EXCL	26/07/2013	Regina
4.88m	0.6	Ellis, Colin	67	EXCL	26/07/2013	Regina
4.23m	1.0	Berquist, Brian	53	RIVA	26/07/2013	Regina
3.97m	-0.2	Rowan, Ted	33	SCTM	06/07/2013	Saskatoon
3.50m	1.1	Renwick, Doug	42	SCTM	26/07/2013	Regina
3.14m	-0.4	Van der Wal, Hylke	38	AIAS	06/07/2013	Saskatoon
Wind/No Wind						
4.16m	3.0	East, Allan	67	UNSK	26/07/2013	Regina
3.89m	2.7	Renwick, Doug	42	SCTM	26/07/2013	Regina
3.77m	4.6	Koza, Joe	35	UNSK	26/07/2013	Regina
3.33m	3.1	Delhomeau, Roland	45	SCTM	26/07/2013	Regina
<b>Triple Jump</b>						
8.22m	2.0	East, Allan	67	RIVA	26/07/2013	Regina
7.55m	2.0	Rowan, Ted	33	SCTM	06/07/2013	Saskatoon
7.49m	1.9	Koza, Joe	35	UNSK	26/07/2013	Regina
7.48m	1.3	Delhomeau, Roland	45	SCTM	26/07/2013	Regina



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### Master Men

Time/Dist	Athlete			Date	Location
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#### Javelin Cont'd

21.27m	Koza, Joe	35	UNSK	26/07/2013	Regina
20.37m	Edwards, Bob	40	YLTC	17/05/2013	Alberta
19.37m	Renwick, Doug	42	SCTM	26/07/2013	Regina
18.49m	Epp, Ken	36	SCTM	26/07/2013	Regina
15.77m	Smith, Lyndon	61	UNSK	26/07/2013	Regina
12.94m	Van der Wal, Hylke	38	AIAS	26/07/2013	Regina

#### Weight Throw

12.00m	Edwards, Bob	40	YLTC	15/06/2013	Regina
10.89m	Mountjoy, Terry	48	EXCL	26/07/2013	Regina
9.18m	Delhomeau, Roland	45	SCTM	26/07/2013	Regina

#### Weight Pentathlon

2819	Berquist, Brian	53	RIVA	04/10/2013	Nevada
	Hammer 25.65m/Shot Put 10.66m/Discus 37.33m/ Javelin 34.94m/ Weight Throw 10.19m				
2587	Edwards, Bob	40	YLTC	26/07/2013	Regina
	Hammer 29.20m/Shot Put 8.79m/Discus 25.15m/ Javelin 19.56m/ Weight Throw 10.51m				
2458	Mountjoy, Terry	48	EXCL	26/07/2013	Regina
	Hammer 28.25m/Shot Put 9.17m/Discus 29.86m/ Javelin 26.02m/ Weight Throw 10.89m				

#### Pentathlon

3506	Rowan, Ted	33	SCTM	26/07/2013	Regina
	3.52m (NWI) LJ; 21.03m JT; 32.17 200m; 24.31m DT; 8:14.65 1500m				
2618	Peters, Darren	77	EXCL	26/07/2013	Regina
	5.99m (NWI) LJ; 43.64m JT; 24.49 200m; 32.48m DT; 5:58.23 1500m				
2547	Berquist, Brian	53	RIVA	26/07/2013	Regina
	4.23m (NWI) LJ; 35.82m JT; 28.51 200m; 37.32m DT; DNF 1500m				
2481	Renwick, Doug	42	SCTM	26/07/2013	Regina
	3.50m (NWI) LJ; 19.37m JT; 34.36 200m; 19.69m DT; 6:33.01 1500m				
2090	Delhomeau, Roland	45	SCTM	26/07/2013	Regina
	3.06m (NWI) LJ; 27.79m JT; 36.17 200m; 27.95m DT; 7:03.40 1500m				
1787	Van der Wal, Hylke	38	AIAS	26/07/2013	Regina
	2.92m (NWI) LJ; 12.94m JT; 36.09 200m; 15.19m DT; 8:53.95 1500m				