

## 2010 Outdoor Rankings

### Master Men

#### 100 Metres

Time/Dist		Athlete			Date	Meet
13.73	-3.1	Headley, John	56	RIV	12/06/2010	Sask Trials
<b>Wind/No Wind</b>						
13.0h	NWI	Ellis, Colin	67	EXA	08/05/2010	Spring Classic

#### 200 Metres

26.09	1.7	Headley, John	56	RIV	22/06/2010	STFC Twilte #2
27.81	1.0	D'Eon, Marcel	53	RIV	19/07/2010	SA Prov
<b>Wind/No Wind</b>						
26.60	NWI	Ellis, Colin	67	EXA	08/05/2010	Spring Classic

#### 400 Metres

54.52		Roberts, Andy	74	TIS	12/06/2010	Sask Trials
1:02.67		D'Eon, Marcel	53	RIV	08/06/2010	STFC Twilite #1
1:02.71		Headley, John	56	RIV	12/06/2010	Sask Trials
1:09.65		Van Eaton, Grant	60	JPRC	12/06/2010	Sask Trials
1:17.54		Van Der Wal, Hylke	38	AIA	17/07/2010	Cdn Masters

#### 800 Metres

2:15.0h		Balezantis, Ron	63	RIV	08/05/2010	Spring Classic
2:28.89		Meszaros, Keith	56	UNA	19/07/2010	SA Prov
2:33.0h		Van Eaton, Grant	60	JPRC	08/05/2010	Spring Classic
2:41.34		D'Eon, Marcel	53	RIV	19/07/2010	SA Prov
3:43.57		Van Der Wal, Hylke	38	AIA	17/07/2010	Cdn Masters

#### 1500 Metres

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4:49.90		Balezantis, Ron	63	RIV	08/05/2010	Spring Classic
5:28.70		Van Eaton, Grant	60	JPRC	08/05/2010	Spring Classic
<b>3000 Metres</b>						
11:49.25		Olsen, Dave	55	UNA	19/07/2010	SA Prov
<b>5000 Metres</b>						
20:09.71		Olsen, Dave	55	UNA	19/07/2010	SA Prov
<b>10,000 Metres</b>						
42:53.0h		Olsen, Dave	55	UNA	08/05/2010	Spring Classic
<b>Master Men</b>						
<b>1 Mile</b>						
<b>Time/Dist</b>		<b>Athlete</b>			<b>Date</b>	<b>Meet</b>
6:30.78		Renwick, Doug	42	CTC	22/05/2010	New Balance Series #2
<b>300m Hurdles</b>						
1:04.58		Van Der Wal, Hylke	38	AIA	17/07/2010	Cdn Masters
<b>2000m Steeple Chase</b>						
12:59.59		Van Der Wal, Hylke	38	AIA	17/07/2010	Cdn Masters
<b>Marathon</b>						
2:21.09		Warick, Jason	73	CTC	11/04/2010	Netherlands
<b>High Jump</b>						
1.36m		Delhomeau, Roland	45	CTC	19/07/2010	SA Prov
<b>Pole Vault</b>						

3.65m		Kowalski, Kent	70	RIV	12/06/2010	Sask Trials
<b>Long Jump</b>						
3.28m	0.0	Van Der Wal, Hylke	38	AIA	17/07/2010	Cdn Masters
<b>Triple Jump</b>						
8.26m	0.0	Delhomeau, Roland	45	CTC	19/07/2010	SA Prov
<b>Shot Put</b>						
8.63m		Edwards, Bob	40	UNA	19/07/2010	SA Prov
7.84m		Delhomeau, Roland	45	CTC	08/06/2010	STFC Twilite #1
<b>Discus</b>						
34.47m		Berquist, Brian	53	RIV	22/06/2010	STFC Twilte #2
30.71m		Delhomeau, Roland	45	CTC	22/06/2010	STFC Twilte #2
28.65m		Edwards, Bob	40	UNA	21/05/2010	Chinook Throws
23.76m		Koza, Joe	35	UNA	01/03/2010	World Masters Out
23.37m		Rowan, Ted	33	CTC	22/06/2010	STFC Twilte #2
<b>Hammer</b>						
35.93m		Medernach, Doug	74	RIV	12/06/2010	Sask Trials
32.43m		Berquist, Brian	53	RIV	12/06/2010	Sask Trials
30.80m		Edwards, Bob	40	UNA	19/07/2010	SA Prov
20.84m		Delhomeau, Roland	45	CTC	08/06/2010	STFC Twilite #1
<b>2010 Outdoor Rankings</b>						
<b>Master Men</b>						
<b>Javelin</b>						
<b>Time/Dist</b>		<b>Athlete</b>			<b>Date</b>	<b>Meet</b>

34.39m		Berquist, Brian	53	RIV	22/06/2010	STFC Twilte #2
25.86m		Delhomeau, Roland	45	CTC	19/07/2010	SA Prov
22.96m		Edwards, Bob	40	UNA	19/07/2010	SA Prov
21.63m		Rowan, Ted	33	CTC	22/06/2010	STFC Twilte #2
19.26m		Koza, Joe	35	UNA	01/03/2010	World Masters Out
<b>Weight Throw</b>						
10.67m		Edwards, Bob	40	UNA	12/06/2010	Sask Trials
10.30m		Delhomeau, Roland	45	CTC	12/06/2010	Sask Trials