

2019 Outdoor Rankings Master Men

Time/Dist		Athlete			Date	Location
50 Metres						
6.33	0.5	Mike Taylor	81	PAAC	22/06/2019	Regina
6.58	0.5	Tim Sebulsky	77	UNSK	22/06/2019	Regina
6.86	0.5	Colin Ellis	67	EXCL	22/06/2019	Regina
7.02	0.5	Ian Munro	83	EXCL	22/06/2019	Regina
7.49	0.5	Marcel D'Eon	53	RIVA	22/06/2019	Regina
8.00	0.5	Dale Lawrence	58	UNSK	22/06/2019	Regina
10.33	0.5	Larry Hesterman	44	EXCL	22/06/2019	Regina
100 Metres						
11.41	1.9	Mike Taylor	81	PAAC	14/07/2019	Toronto
12.80	-0.3	Ian Munro	83	EXCL	22/06/2019	Regina
11.88	-1.1	Tim Sebulsky	77	UNSK	14/07/2019	Regina
11.89	1.4	Chad Kichula	76	EXCL	11/05/2019	Regina
12.94	-0.3	Colin Ellis	67	EXCL	22/06/2019	Regina
13.58	-0.3	John Edwin	88	UNSK	22/06/2019	Regina
13.99	1.9	Marcel D'Eon	53	RIVA	01/03/2019	Hawaii
17.57	-0.3	Massey Mizuno	51	SCTM	22/06/2019	Regina
20.08	-0.3	Larry Hesterman	44	EXCL	22/06/2019	Regina
Wind/No Wind						
11.38	3.2	Mike Taylor	81	PAAC	21/07/2019	Toronto
12.54	2.5	Ian Munro	83	EXCL	11/05/2019	Regina
12.79	2.5	Colin Ellis	67	EXCL	11/05/2019	Regina
20.02	2.5	Larry Hesterman	44	EXCL	11/05/2019	Regina
200 Metres						
25.80	0.4	Ian Munro	83	EXCL	22/06/2019	Regina
26.74	0.4	Colin Ellis	67	EXCL	22/06/2019	Regina
28.45	0.4	Brian Lewchuk	66	RIVA	22/06/2019	Regina
29.03	0.4	Marcel D'Eon	53	RIVA	22/06/2019	Regina
37.00	0.4	Massey Mizuno	51	SCTM	22/06/2019	Regina
48.56	0.6	Hylke van der Wal	38	UNSK	07/07/2019	St. Therese

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400 Metres			
57.00	Ian Munro	83 EXCL 22/06/2019	Regina
1:10.92	Brian Lewchuk	66 RIVA 22/06/2019	Regina
2:39.19	Hylke Van Der Wal	38 UNSK 07/07/2019	St. Therese
800 Metres			
2:08.82	Trevor Jacek	81 UNSK 18/07/2019	Ontario
2:24.63	Harvey Weber	65 TEMW 18/07/2019	Ontario
6:26.66	Hylke van der Wal	38 UNSK 07/07/2019	Masters
1500 Metres			
4:36.86	Trevor Jacek	81 UNSK 07/07/2019	Masters
5:30.06	Keith Meszaros	56 UNSK 22/06/2019	Regina
6:30.54	Dave Olsen	55 UNSK 22/06/2019	Regina
13:30.52	Hylke van der Wal	38 UNSK 18/07/2019	Ontario
3000 Metres			
12:57.01	Dave Olsen	55 UNSK 11/05/2019	Regina
5000 Metres			
20:04.22	John Svec	65 UNSK 22/06/2019	Regina
20:48.14	Rick Minett	55 JPRC 22/06/2019	Regina
22:35.13	Dave Olsen	55 UNSK 22/06/2019	Regina
10,000 Metres			
45:00.00	Dave Olsen	55 UNSK 21/07/2019	Toronto
80m Hurdles			
31.94	1.6 Hylke van der Wal	38 UNSK 18/07/2019	Ontario
100m Hurdles			
20.50	0.0 Dale Lawrence	58 UNSK 22/06/2019	Regina

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200m Hurdles						
1:26.72	NWI	Hylke van der Wal	38	UNSK	07/07/2019	Masters
2000m Steeple Chase						
19:58.89		Hylke van der Wal	38	UNSK	18/07/2019	Ontario
High Jump						
1.41m		Dale Lawrence	58	UNSK	22/06/2019	Regina
Long Jump						
4.47m	-0.7	Brian Lewchuk	66	RIVA	22/06/2019	Regina
4.32m	0.0	Dale Lawrence	58	UNSK	22/06/2019	Regina
1.98m	0.0	Hylke van der Wal	38	UNSK	07/07/2019	Masters
Athlete with a Disability						
5.65m	0.3	Janz Stein	81	EXCL	28/06/2019	Alberta
Wind/No Wind						
2.04m	NWI	Hylke van der Wal	38	UNSK	18/07/2019	Ontario
Triple Jump						
9.55m	0.0	Brian Lewchuk	66	RIVA	22/06/2019	Regina
9.10m	0.0	Dale Lawrence	58	UNSK	22/06/2019	Regina
Shot Put						
10.51m		Michael Ehr	79	EXCL	11/05/2019	Regina
10.07m		Dale Lawrence	58	UNSK	11/05/2019	Regina
9.72m		Art Battiste	42	SCTM	11/05/2019	Regina
8.65m		Les Ferguson	46	UNSK	15/09/2019	Saskatoon
8.32m		Terry Mountjoy	48	EXCL	19/05/2019	Lethbridge
7.96m		Roland Delhomeau	45	SCTM	15/09/2019	Saskatoon
6.59m		Bob Edwards	40	YLTC	17/05/2019	Lethbridge

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Shot Put Cont'd

6.10m	Hylke van der Wal	38	UNSK	07/07/2019	St. Therese
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Discus

40.04m	Dale Lawrence	58	UNSK	22/06/2019	Regina
31.41m	Michael Ehr	79	EXCL	11/05/2019	Regina
26.82m	Terry Mountjoy	48	EXCL	19/05/2019	Lethbridge
25.90m	Roland Delhomeau	45	SCTM	22/06/2019	Regina
25.87m	Art Battiste	42	SCTM	22/06/2019	Regina
23.02m	Les Ferguson	46	UNSK	15/09/2019	Saskatoon
19.93m	Bob Edwards	40	YLTC	18/05/2019	Lethbridge
13.16m	Hylke van der Wal	38	UNSK	07/07/2019	St. Therese

Athlete with a Disability

17.64m	Janz Stein	81	EXCL	22/06/2019	Regina
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Hammer

31.30m	Michael Ehr	79	EXCL	11/05/2019	Regina
26.10m	Art Battiste	42	SCTM	11/05/2019	Regina
24.98m	Terry Mountjoy	48	EXCL	18/05/2019	Lethbridge
22.39m	Bob Edwards	40	YLTC	18/05/2019	Lethbridge
21.62m	Roland Delhomeau	45	SCTM	15/09/2019	Saskatoon

Javelin

42.10m	Michael Ehr	79	EXCL	11/05/2019	Regina
32.33m	Dale Lawrence	58	UNSK	11/05/2019	Regina
26.74m	Art Battiste	42	SCTM	22/06/2019	Regina
23.84m	Terry Mountjoy	48	EXCL	22/06/2019	Regina
21.85m	Roland Delhomeau	45	SCTM	22/06/2019	Regina
21.81m	Les Ferguson	46	UNSK	15/09/2019	Saskatoon
14.33m	Bob Edwards	40	YLTC	15/09/2019	Saskatoon
9.52m	Hylke van der Wal	38	UNSK	07/07/2019	St. Therese

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Weight Throw

11.70m	Roland Delhomeau	45	SCTM	22/06/2019	Regina
11.45m	Art Battiste	42	SCTM	22/06/2019	Regina
10.37m	Michael Ehr	79	EXCL	15/09/2019	Saskatoon
10.12m	Les Ferguson	46	UNSK	15/09/2019	Saskatoon
7.19m	Bob Edwards	40	YLTC	15/09/2019	Saskatoon

Weight Pentathlon

2391pts	Michael Ehr	79	EXCL	15/09/2019	Saskatoon
	10.51m SP/10.37m WT/31.41m DT/31.30m HT/42.10m JT				
2377pts	Roland Delhomeau	45	SCTM	15/09/2019	Saskatoon
	7.96m SP/11.70m WT/23.79m DT/21.62m HT/21.85m JT				
2307pts	Les Ferguson	46	UNSK	15/09/2019	Saskatoon
	8.65m SP/10.12m WT/23.02m DT/21.59m HT/21.81m JT				
1831pts	Bob Edwards	40	YLTC	15/09/2019	Saskatoon
	6.12m SP/7.19m WT/18.81m DT/19.31m HT/14.33m JT				

Pentathlon

785pts	Hylke van der Wal	38	UNSK	07/07/2019	Masters
	1.98m (0.0) LJ/48.56 (0.6) 200m/ 9.52m JT/13.16m DT/13:49.79 1500m				