

## 2016 Outdoor Rankings Master Men

Time/Dist		Athlete			Date	Location
<b>50 Metres</b>						
6.44	1.7	Tim Sebulsky	77	UNSK	13/07/2016	Saskatoon
6.56	1.7	Doug McLaren	76	UNSK	13/07/2016	Saskatoon
6.93	-3.0	Colin Ellis	67	EXCL	25/06/2016	Saskatoon
7.00	-3.0	Viorel Magnea	64	DATC	25/06/2016	Saskatoon
7.31	-3.0	Marcel D'Eon	53	RIVA	25/06/2016	Saskatoon
7.66	-3.0	Howard Ruston	60	UNSK	25/06/2016	Saskatoon
8.90	1.7	Roland Delhomeau	45	SCTM	13/07/2016	Saskatoon
9.13	-3.0	Masahiro Mizuno	51	SCTM	25/06/2016	Saskatoon
<b>60 Metres</b>						
8.82	-0.2	Marcel D'Eon	53	RIVA	06/02/2016	Hawaii
<b>100 Metres</b>						
11.36	-0.3	Mike Taylor	81	PAAC	25/06/2016	Saskatoon
11.72	1.7	Chad Kichula	76	EXCL	07/05/2016	Regina
11.89	1.8	Tim Sebulsky	77	UNSK	13/07/2016	Saskatoon
12.14	-0.9	Doug McLaren	76	UNSK	27/08/2016	British Columbia
12.49	1.7	Colin Ellis	67	EXCL	07/05/2016	Regina
12.91	1.7	Viorel Magnea	64	DATC	13/07/2016	Saskatoon
13.52	1.8	Marcel D'Eon	53	RIVA	13/07/2016	Saskatoon
13.60	1.7	Michael Ehr	79	EXCL	07/05/2016	Regina
14.46	-3.9	Howard Ruston	60	UNSK	25/06/2016	Saskatoon
14.71	-2.7	Brian Berquist	53	RIVA	12/08/2016	Ontario
14.71	1.8	Gary Augustyn	71	DATC	13/07/2016	Saskatoon
17.94	-3.9	Masahiro Mizuno	51	SCTM	25/06/2016	Saskatoon
<b>200 Metres</b>						
24.31	0.3	Chad Kichula	76	EXCL	25/06/2016	Saskatoon
24.40	-1.3	Xavier Ibarreta	76	UNSK	27/08/2016	British Columbia
25.92	0.0	Colin Ellis	67	EXCL	07/05/2016	Regina
24.58	-2.0	Tim Sebulsky	77	UNSK	07/06/2016	Saskatoon
27.52	1.6	Marcel D'Eon	53	RIVA	25/06/2016	Saskatoon
36.19	1.6	Masahiro Mizuno	51	SCTM	25/06/2016	Saskatoon
36.28	-0.5	Roland Delhomeau	45	SCTM	12/08/2016	Ontario

**2016 Outdoor Rankings  
Master Men**

Time/Dist		Athlete			Date	Location
<b>200 Metres Cont'd</b>						
39.21	1.5	Hike van der Wal	38	UNSK	12/08/2016	Ontario
<b>400 Metres</b>						
55.30		Xavier Ibarreta	76	UNSK	27/08/2016	British Columbia
59.35		Colin Ellis	67	EXCL	07/05/2016	Regina
1:03.21		Keith Meszaros	56	SCTM	27/08/2016	British Columbia
1:04.26		Marcel D'Eon	53	RIVA	27/08/2016	British Columbia
1:09.57		Steven Lewis	51	SCTM	27/08/2016	British Columbia
1:44.56		Hike van der Wal	38	UNSK	27/08/2016	British Columbia
<b>800 Metres</b>						
2:33.75		Keith Meszaros	56	SCTM	25/06/2016	Saskatoon
2:35.23		Steven Lewis	51	SCTM	27/08/2016	British Columbia
2:41.79		John Svec	65	UNSK	25/06/2016	Saskatoon
2:45.20		Lyndon Smith	61	UNSK	27/08/2016	British Columbia
3:13.30		Doug Renwick	42	SCTM	27/08/2016	British Columbia
<b>1500 Metres</b>						
4:51.46		Michael Schwandt	80	UNSK	25/06/2016	Saskatoon
5:17.17		John Svec	65	UNSK	25/06/2016	Saskatoon
5:18.19		Keith Meszaros	56	SCTM	27/08/2016	British Columbia
5:44.29		Lyndon Smith	61	UNSK	27/08/2016	British Columbia
7:48.50		Roland Delhomeau	45	SCTM	12/08/2016	Ontario
<b>3000 Metres</b>						
11:04.95		John Svec	65	UNSK	07/05/2016	Regina
<b>5000 Metres</b>						
20:10.73		Keith Meszaros	56	SCTM	27/08/2016	British Columbia
21:21.56		Dave Olsen	55	UNSK	27/08/2016	British Columbia
24:53.34		Doug Renwick	42	SCTM	27/08/2016	British Columbia

**2016 Outdoor Rankings  
Master Men**

Time/Dist		Athlete			Date	Location
<b>80m Hurdles</b>						
20.39	-1.4	Roland Delhomeau	45	SCTM	12/08/2016	Ontario
26.72	-1.4	Hike van der Wal	38	UNSK	12/08/2016	Ontario
<b>100m Hurdles</b>						
20.65	-0.4	Dale Lawrence	58	UNSK	12/08/2016	Ontario
<b>110m Hurdles</b>						
16.00	-2.5	Doug McLaren	76	UNSK	27/08/2016	British Columbia
24.48	1.8	Tim Sebulsky	77	UNSK	13/07/2016	Saskatoon
<b>300m Hurdles</b>						
58.23		Brian Berquist	53	RIVA	12/08/2016	Ontario
1:01.88		Doug Renwick	42	SCTM	27/08/2016	British Columbia
1:24.30		Hike van der Wal	38	UNSK	12/08/2016	Ontario
<b>2000m Steeple Chase</b>						
9:38.40		Dave Olsen	55	UNSK	27/08/2016	British Columbia
10:40.90		Doug Renwick	42	SCTM	27/08/2016	British Columbia
17:11.82		Hike van der Wal	38	UNSK	27/08/2016	British Columbia
<b>3000m Steeple Chase</b>						
11:46.63		Michael Schwandt	80	UNSK	25/06/2016	Saskatoon
<b>High Jump</b>						
1.70m		Doug McLaren	76	UNSK	07/06/2016	Saskatoon
1.20m		Roland Delhomeau	45	SCTM	12/08/2016	Ontario
<b>Pole Vault</b>						
2.75m		Michael Ehr	79	EXCL	25/06/2016	Saskatoon
1.80m		Doug Renwick	42	SCTM	13/07/2016	Saskatoon

## 2016 Outdoor Rankings Master Men

Time/Dist		Athlete			Date	Location
<b>Long Jump</b>						
5.35m	1.9	Doug McLaren	76	UNSK	27/08/2016	British Columbia
4.30m	0.0	Michael Ehr	79	EXCL	07/05/2016	Regina
4.25m	-1.7	Dale Lawrence	58	UNSK	25/06/2016	Saskatoon
3.07m	-1.4	Randy Warick	49	SCTM	25/06/2016	Saskatoon
3.03m	-1.5	Roland Delhomeau	45	SCTM	12/08/2016	Ontario
2.77m	-3.2	Hike van der Wal	38	UNSK	27/08/2016	British Columbia
2.76m	-0.7	Masahiro Mizuno	51	SCTM	25/06/2016	Saskatoon
<b>Wind/No Wind</b>						
4.93m	NWI	Dale Lawrence	58	UNSK	12/08/2016	Ontario
2.74m	NWI	Hike van der Wal	38	UNSK	12/08/2016	Ontario
<b>Triple Jump</b>						
9.17m	-1.2	Dale Lawrence	58	UNSK	25/06/2016	Saskatoon
7.06m	-1.2	Roland Delhomeau	45	SCTM	25/06/2016	Saskatoon
<b>Wind/No Wind</b>						
7.66m	2.9	Roland Delhomeau	45	SCTM	12/08/2016	Ontario
<b>Shot Put</b>						
10.53m		Art Battiste	42	SCTM	07/05/2016	Regina
10.04m		Brian Berquist	53	RIVA	13/07/2016	Saskatoon
7.22m		Bob Edwards	40	YLTC	25/06/2016	Saskatoon
<b>Discus</b>						
36.80m		Brian Berquist	53	RIVA	12/08/2016	Ontario
31.88m		Art Battiste	42	SCTM	07/06/2016	Saskatoon
29.50m		Terry Mountjoy	48	EXCL	25/06/2016	Saskatoon
26.31m		Roland Delhomeau	45	SCTM	12/08/2016	Ontario
16.22m		Hike van der Wal	38	UNSK	12/08/2016	Ontario

**2016 Outdoor Rankings  
Master Men**

<b>Time/Dist</b>	<b>Athlete</b>			<b>Date</b>	<b>Location</b>
<b>Hammer</b>					
28.23m	Art Battiste	42	SCTM	13/07/2016	Saskatoon
25.95m	Brian Berquist	53	RIVA	12/08/2016	Ontario
23.27m	Terry Mountjoy	48	EXCL	25/06/2016	Saskatoon
<b>Javelin</b>					
35.38m	Dale Lawrence	58	UNSK	12/08/2016	Ontario
32.65m	Brian Berquist	53	RIVA	12/08/2016	Ontario
26.85m	Art Battiste	42	SCTM	07/05/2016	Regina
24.44m	Roland Delhomeau	45	SCTM	07/06/2016	Saskatoon
24.12m	Terry Mountjoy	48	EXCL	25/06/2016	Saskatoon
<b>Weight Throw</b>					
9.99m	Brian Berquist	53	RIVA	12/08/2016	Ontario
<b>Pentathlon</b>					
2075 pts	Roland Delhomeau	45	SCTM	12/08/2016	Ontario
36.28 (-0.5) 200m, 23.82m DT; 23.55m JT; 3.03 (-1.5) LJ; 7:48.50 1500m					
<b>Weight Pentathlon</b>					
2688 pts	Brian Berquist	53	RIVA	12/08/2016	Ontario
9.98m SP; 36.18m DT; 25.95m HT; 32.65m JT; 9.99m WT					
<b>Decathlon</b>					
4297 pts	Doug Renwick	42	SCTM	27/08/2016	British Columbia
16.79 (3.2) 100m; 3.51m (1.7) LJ; 6.49m SP; 1.11m HJ; 1:18.83 400m; 21.13 (-0.6) 80mH; 18.61m DT; 1.90m PV; 17.27m JT; 7:48.76 1500m					