

2012 Outdoor Rankings Master Men

Time/Dist		Athlete			Date	Meet
50 Metres						
6.75	0.0	Ellis, Colin	67	EXCL	12/05/2012	Spring Classic
8.31	0.0	Koza, Joe	35	UNSK	12/05/2012	Spring Classic
8.41	0.0	Renwick, Doug	42	CTCM	12/05/2012	Spring Classic
8.77	0.0	Delhomeau, Roland	45	CTCM	12/05/2012	Spring Classic
100 Metres						
12.56	-0.7	Ellis, Colin	67	EXCL	12/05/2012	Spring Classic
13.38	-1.3	Headley, John	56	RIVA	17/07/2012	Hub City Twilite 3
13.47	2.0	D'Eon, Marcel	53	RIVA	14/05/2012	Hub City Twilite #1
15.73	0.7	Renwick, Doug	42	CTCM	16/06/2012	Provincial Championships
15.87	1.1	Koza, Joe	35	UNSK	16/06/2012	Provincial Championships
16.98	-0.7	Delhomeau, Roland	45	CTCM	12/05/2012	Spring Classic
200 Metres						
26.01	0.0	Blackburn, Dave	71	UNSK	10/07/2012	Hub City Twilite
26.58	0.0	Ellis, Colin	67	EXCL	16/06/2012	Provincial Championships
27.18	0.0	Headley, John	56	RIVA	10/07/2012	Hub City Twilite
28.38	0.0	Berquist, Brian	53	RIVA	10/07/2012	Hub City Twilite
28.91	0.0	D'Eon, Marcel	53	RIVA	10/07/2012	Hub City Twilite
39.97	-0.6	Koza, Joe	35	UNSK	12/05/2012	Spring Classic
Wind/No Wind						
34.96	2.1	Van Der Wal, Hylke	38	AIA	09/08/2012	NCCWMA
400 Metres						
1:13.95		Renwick, Doug	42	CTCM	16/06/2012	Provincial Championships
1:43.14		Van Der Wal, Hylke	38	AIA	09/08/2012	NCCWMA
800 Metres						
2:26.93		Meszaros, Keith	56	CTCM	10/07/2012	Hub City Twilite
2:39.78		D'Eon, Marcel	53	RIVA	10/07/2012	Hub City Twilite
2:58.73		Renwick, Doug	42	CTCM	09/08/2012	NCCWMA
4:11.60		Van Der Wal, Hylke	38	AIA	09/08/2012	NCCWMA

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1500 Metres					
5:19.37	Meszaros, Keith	56	CTCM	17/07/2012	Hub City Twilite 3
5:24.26	Olsen, Dave	71	UNSK	16/06/2012	Provincial Championships
6:25.13	Renwick, Doug	42	CTCM	09/08/2012	NCCWMA
3000 Metres					
11:24.62	Olsen, Dave	71	UNSK	16/06/2012	Provincial Championships
5000 Metres					
19:50.56	Olsen, Dave	71	UNSK	09/08/2012	NCCWMA
10,000 Metres					
47:22.08	Olsen, Dave	71	UNSK	09/08/2012	NCCWMA
55:40.32	Renwick, Doug	42	CTCM	12/05/2012	Spring Classic
300m Hurdles					
1:02.54	Renwick, Doug	42	CTCM	09/08/2012	NCCWMA
1:05.42	Van Der Wal, Hylke	38	AIA	09/08/2012	NCCWMA
2000m Steeple Chase					
9:13.18	Renwick, Doug	42	CTCM	09/08/2012	NCCWMA
14:16.18	Van Der Wal, Hylke	38	AIA	09/08/2012	NCCWMA
High Jump					
1.30m	Koza, Joe	35	UNSK	12/05/2012	Spring Classic
1.25m	Delhomeau, Roland	45	CTCM	09/08/2012	NCCWMA
1.19m	Renwick, Doug	42	CTCM	16/06/2012	Provincial Championships
Pole Vault					
2.10m	Renwick, Doug	42	CTCM	12/05/2012	Spring Classic
Long Jump					
5.21m	0.2 Ellis, Colin	67	EXCL	12/05/2012	Spring Classic
3.91m	0.0 Berquist, Brian	53	RIVA	16/06/2012	Provincial Championships
3.74m	-0.8 Koza, Joe	35	UNSK	12/05/2012	Spring Classic

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Long Jump Cont'd

3.45m	1.8 Delhomeau, Roland	45	CTCM	09/08/2012	NCCWMA
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Wind/No Wind

4.01m	2.4 Renwick, Doug	42	CTCM	16/06/2012	Provincial Championships
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Triple Jump

8.82m	0.8 Berquist, Brian	53	RIVA	16/06/2012	Provincial Championships
7.98m	0.0 Koza, Joe	35	UNSK	12/05/2012	Spring Classic
7.67m	1.7 Delhomeau, Roland	45	CTCM	16/06/2012	Provincial Championships
5.45m	0.0 Edwards, Bob	40	UNSK	16/06/2012	Provincial Championships

Shot Put

10.20m	Berquist, Brian	53	RIVA	10/07/2012	Hub City Twilite
9.85m	Mountjoy, Terry	48	EXCL	18/05/2012	Chinook Throws Gala
8.75m	Edwards, Bob	40	UNSK	18/05/2012	Chinook Throws Gala
7.56m	Renwick, Doug	42	CTCM	16/06/2012	Provincial Championships
7.72m	Delhomeau, Roland	45	CTCM	10/07/2012	Hub City Twilite

Discus

33.24m	Berquist, Brian	53	RIVA	10/07/2012	Hub City Twilite
31.45m	Mountjoy, Terry	48	EXCL	18/05/2012	Chinook Throws Gala
31.39m	Delhomeau, Roland	45	CTCM	16/06/2012	Provincial Championships
26.43m	Edwards, Bob	40	UNSK	16/06/2012	Provincial Championships
21.40m	Koza, Joe	35	UNSK	16/06/2012	Provincial Championships
20.28m	Renwick, Doug	42	CTCM	16/06/2012	Provincial Championships

Hammer

30.70m	Edwards, Bob	40	UNSK	18/05/2012	Chinook Throws Gala
27.36m	Shumay, Kelly	66	UNSK	16/06/2012	Provincial Championships
27.27m	Mountjoy, Terry	48	EXCL	18/05/2012	Chinook Throws Gala
21.26m	Delhomeau, Roland	45	CTCM	14/05/2012	Hub City Twilite #1

Javelin

41.30m	Shumay, Kelly	66	UNSK	16/06/2012	Provincial Championships
37.71m	Berquist, Brian	53	RIVA	10/07/2012	Hub City Twilite
24.66m	Delhomeau, Roland	45	CTCM	17/07/2012	Hub City Twilite 3

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Time/Dist	Athlete			Date	Meet
Javelin Cont'd					
20.36m	Edwards, Bob	40	UNSK	16/06/2012	Provincial Championships
20.12m	Koza, Joe	35	UNSK	16/06/2012	Provincial Championships
17.56m	Renwick, Doug	42	CTCM	16/06/2012	Provincial Championships

Weight Throw

11.58m	Edwards, Bob	40	UNSK	16/06/2012	Provincial Championships
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Decathlon

1405pts	Renwick, Doug	42	CTCM	16/06/2012	Provincial Championships
15.73 (0.7) 100m/4.01m (2.4) LJ/7.56m SP/1.19m HJ/1:13.96 400m					
DNF 110mH/20.28m DT/1.70m PV/17.56m JT/7:44.43 1500m					

Pentathlon

2681 pts	Renwick, Doug	42	CTCM	09/08/2012	NCCWMA
3.66m -0.4 LongJump/22.49m Javelin/33.73 1.6 200m/19.33m Discus/6:15.00 1500m					
2302 pts	Berquist, Brian	53	RIVA	09/08/2012	NCCWMA
4.24m 0.4 LongJump/36.35m Javelin/28.17 3.6 200m/32.04m Discus/10:02.02 1500m					
2265 pts	Delhomeau, Roland	45	CTCM	09/08/2012	NCCWMA
3.22m -0.9 LongJump/25.42m Javelin/34.42 1.6 200m/30.35m Discus/6:54.93 1500m					
1452 pts	Van Der Wal, Hylke	38	AIA	09/08/2012	NCCWMA
2.83m NWI LongJump/12.52m Javelin/34.92 1.6 200m/16.76m Discus/8:56.94 1500m					

Weight Pentathlon

2633 pts	Edwards, Bob	40	UNSK	25/08/2012	ON
Shot Put 8.58m/Discus 23.14m/Hammer 31.68m/Javelin 21.75m/Weight Throw 10.52m					