

2022 Outdoor Rankings Master Men

Time/Dist		Athlete			Date	Location
100 Metres						
11.43	1.8	Mike Taylor	81	PAAC	14-05-2022	Regina
13.00	0.8	Colin Ellis	67	EXCL	14-05-2022	Regina
13.38	0.8	Mark Sax	81	EXCL	14-05-2022	Regina
13.90	0.8	Travis Cossette	82	UNSK	14-05-2022	Regina
14.15	0.8	Travis Sulewski	69	EXCL	14-05-2022	Regina
14.74	1.0	Ron Kelly	57	DATC	29-06-2022	Tampere, FIN
16.01	-0.1	Serge Halde	64	UNSK	29-07-2022	Regina
Wind/No Wind						
11.99	4.2	Chad Kichula	76	FLCR	31-05-2022	Saskatoon
Athlete with a Disability						
13.38	-0.4	Janz Stein	81	EXCL	29-07-2022	Regina
200 Metres						
23.92	0.0	Mike Taylor	81	PAAC	29-07-2022	Regina
27.51	1.6	Colin Ellis	67	EXCL	14-05-2022	Regina
28.73	1.6	Travis Cossette	82	UNSK	14-05-2022	Regina
31.08	1.3	Ron Kelly	57	DATC	29-06-2022	Tampere, FIN
45.09	0.1	Joseph Koza	35	UNSK	29-07-2022	Regina
Wind/No Wind						
23.46	3.0	Mike Taylor	81	PAAC	15-07-2022	Saskatoon
24.74	2.9	Chad Kichula	76	FLCR	31-05-2022	Saskatoon
31.18	2.9	Serge Halde	64	UNSK	15-07-2022	Saskatoon
1:01.42	NWI	Hylke van der Wal	38	UNSK	29-07-2022	Regina

2022 Outdoor Rankings Master Men

Time/Dist	Athlete			Date	Location
400 Metres					
56.89	Trevor Jacek	81	RWAC	10-06-2022	Calgary
1:00.05	Devon Ernst	78	UNSK	29-07-2022	Regina
1:06.36	Colin Ellis	67	EXCL	29-07-2022	Regina
1:09.05	Serge Halde	64	UNSK	15-07-2022	Saskatoon
1:31.15	Erroll Simington	47	TNMC	29-07-2022	Regina
3:02.28	Hylke van der Wal	38	UNSK	29-07-2022	Regina
800 Metres					
2:07.78	Trevor Jacek	81	RWAC	15-07-2022	Saskatoon
2:26.13	Harvey Weber	65	RWAC	10-06-2022	Saskatoon
2:29.76	Gerry Nagy	62	JPRC	14-05-2022	Regina
2:38.78	Keith Meszaros	56	RWAC	29-07-2022	Regina
3:30.85	Erroll Simington	47	TNMC	29-07-2022	Regina
1500 Metres					
4:30.32	Trevor Jacek	81	RWAC	29-06-2022	Tampere, FIN
5:33.65	Keith Meszaros	56	RWAC	29-07-2022	Regina
6:27.97	Lyndon Smith	61	UNSK	29-07-2022	Regina
7:42.89	Randy Warick	49	TNMC	29-07-2022	Regina
3000 Metres					
12:45.17	Alvin Yau	84	JPRC	14-05-2022	Regina
13:01.33	Dave Olsen	55	UNSK	14-05-2022	Regina
5000 Metres					
18:45.62	Gerry Nagy	62	JPRC	29-07-2022	Regina
18:47.18	Tarrant Cross Child	76	UNSK	29-07-2022	Regina
22:03.88	Rick Minett	55	JPRC	14-05-2022	Regina
22:12.08	Dave Olsen	55	UNSK	29-07-2022	Regina
27:05.69	Ron Van Meenen	48	SRRC	29-06-2022	Tampere, FIN
28:29.72	Randy Warick	49	TNMC	29-07-2022	Regina

**2022 Outdoor Rankings
Master Men**

Time/Dist		Athlete			Date	Location
10,000 Metres						
39:48.38		Gerry Nagy	62	JPRC	29-07-2022	Regina
45:12.24		Marcel Macfarlane	72	UNSK	29-07-2022	Regina
45:40.82		Alvin Yau	84	JPRC	29-07-2022	Regina
49:27.37		Dave Olsen	55	UNSK	29-07-2022	Regina
60:03.23		Ron Van Meenen	48	SRRC	29-06-2022	Tampere, FIN
100m Hurdles						
21.59	1.0	Dale Lawrence	58	UNSK	29-07-2022	Regina
Wind/No Wind						
20.84	2.7	Dale Lawrence	58	UNSK	15-07-2022	Saskatoon
200m Hurdles						
1:19.68	-0.2	Hylke van der Wal	38	UNSK	15-07-2022	Saskatoon
Wind/No Wind						
1:16.63	NWI	Hylke van der Wal	38	UNSK	29-07-2022	Regina
2000m Steeple Chase						
21:57.02		Hylke van der Wal	38	UNSK	15-07-2022	Saskatoon
High Jump						
1.50m		Doug McLaren	76	UNSK	29-07-2022	Regina
1.35m		Dale Lawrence	58	UNSK	15-07-2022	Saskatoon
1.10m		Allan East	67	UNSK	29-07-2022	Regina
1.05m		Joe Koza	35	UNSK	29-07-2022	Regina

2022 Outdoor Rankings Master Men

Time/Dist		Athlete			Date	Location
Long Jump						
4.25m	0.6	Dale Lawrence	58	UNSK	29-07-2022	Regina
2.42m	-0.7	Joe Koza	35	UNSK	29-07-2022	Regina
Wind/No Wind						
4.30m	NWI	Dale Lawrence	58	UNSK	14-05-2022	Regina
1.70m	NWI	Hylke van der Wal	38	UNSK	29-07-2022	Regina
Athlete with a Disability						
6.13m	1.1	Janz Stein	81	EXCL	14-05-2022	Regina
Triple Jump						
8.64m	0.0	Dale Lawrence	58	UNSK	29-07-2022	Regina
5.33m	0.1	Joe Koza	35	UNSK	29-07-2022	Regina
Shot Put						
11.19m		James McLane	51	UNSK	29-07-2022	Regina
10.48m		Mark Becker	64	UNSK	29-07-2022	Regina
9.51m		Dale Lawrence	58	UNSK	15-07-2022	Saskatoon
8.85m		Art Battiste	42	TNMC	29-07-2022	Regina
8.69m		Brian Berquist	53	UNSK	14-05-2022	Regina
7.25m		David Jackson	59	TNMC	29-07-2022	Regina
7.19m		Roland Delhomeau	45	TNMC	29-07-2022	Regina
Discus						
33.63m		Paul Kozan	71	EXCL	29-07-2022	Regina
33.60m		Brian Berquist	53	UNSK	29-07-2022	Regina
33.46m		Dale Lawrence	58	UNSK	29-07-2022	Regina
32.27m		Mark Becker	64	UNSK	29-07-2022	Regina
31.26m		James McLane	51	UNSK	29-07-2022	Regina
23.13m		David Jackson	59	TNMC	29-07-2022	Regina
21.46m		Art Battiste	42	TNMC	14-05-2022	Regina
20.91m		Roland Delhomeau	45	TNMC	22-07-2022	Regina
16.60m		Bob Edwards	40	UNSK	14-05-2022	Regina
16.28m		Joe Koza	35	UNSK	29-07-2022	Regina

**2022 Outdoor Rankings
Master Men**

Time/Dist	Athlete			Date	Location
Hammer					
23.04m	Art Battiste	42	TNMC	14-05-2022	Regina
21.63m	Brian Berquist	53	UNSK	29-07-2022	Regina
19.30m	David Jackson	59	TNMC	29-07-2022	Regina
19.02m	Ansley McMahon	84	STWS	14-05-2022	Regina
17.90m	Roland Delhomeau	45	TNMC	29-07-2022	Regina
Javelin					
50.00m	Michael Ehr	79	UNSK	29-07-2022	Regina
33.55m	Mark Becker	64	UNSK	29-07-2022	Regina
33.27m	James McLane	51	UNSK	29-07-2022	Regina
31.44m	Dale Lawrence	58	UNSK	15-07-2022	Saskatoon
28.76m	Brian Berquist	53	UNSK	15-07-2022	Saskatoon
23.96m	Art Battiste	42	TNMC	29-07-2022	Regina
22.71m	David Jackson	59	TNMC	29-07-2022	Regina
19.42m	Roland Delhomeau	45	TNMC	15-07-2022	Saskatoon
Weight Throw					
10.30m	Art Battiste	42	TNMC	22-07-2022	Regina
9.27m	Roland Delhomeau	45	TNMC	22-07-2022	Regina
8.28m	Brian Berquist	53	UNSK	29-07-2022	Regina
6.42m	David Jackson	59	TNMC	29-07-2022	Regina
Weight Pentathlon					
2534pts	Art Battiste	42	TNMC	29-07-2022	Regina
2467pts	Brian Berquist	53	UNSK	29-07-2022	Regina
2193pts	Roland Delhomeau	45	TNMC	29-07-2022	Regina
1660pts	David Jackson	59	UNSK	29-07-2022	Regina