

## 2015 Outdoor Rankings Master Men

| Time/Dist         |      | Athlete          |    |      | Date       | Location |
|-------------------|------|------------------|----|------|------------|----------|
| <b>50 Metres</b>  |      |                  |    |      |            |          |
| 6.44              | -1.7 | Tim Sebulsy      | 77 | UNSK | 13/06/2015 | Regina   |
| 6.94              | -1.7 | Colin Ellis      | 67 | EXCL | 13/06/2015 | Regina   |
| 7.25              | -1.7 | Marcel D'Eon     | 53 | RIVA | 13/06/2015 | Regina   |
| 7.43              | -1.7 | Howard Ruston    | 60 | UNSK | 13/06/2015 | Regina   |
| 7.44              | -1.7 | Brian Berquist   | 53 | RIVA | 13/06/2015 | Regina   |
| 8.41              | -1.7 | Ted Rowan        | 33 | SCTM | 13/06/2015 | Regina   |
| 8.52              | -1.7 | Dale Ross        | 46 | SCTM | 13/06/2015 | Regina   |
| <b>60 Metres</b>  |      |                  |    |      |            |          |
| 8.57              | 0.0  | Marcel D'Eon     | 53 | RIVA | 21/02/2015 | Hawaii   |
| <b>100 Metres</b> |      |                  |    |      |            |          |
| 11.80             | -1.8 | Tim Sebulsy      | 77 | UNSK | 13/06/2015 | Regina   |
| 11.98             | -0.6 | Chad Kichula     | 76 | EXCL | 09/05/2015 | Regina   |
| 12.76             | -1.6 | Colin Ellis      | 67 | EXCL | 13/06/2015 | Regina   |
| 13.30             | -1.6 | Marcel D'Eon     | 53 | RIVA | 13/06/2015 | Regina   |
| 13.84             | -1.6 | Howard Ruston    | 60 | UNSK | 13/06/2015 | Regina   |
| 14.15             | -1.6 | Brent McPherson  | 54 | UNSK | 13/06/2015 | Regina   |
| 15.79             | -1.6 | Ted Rowan        | 33 | SCTM | 13/06/2015 | Regina   |
| 16.04             | -1.6 | Dale Ross        | 46 | SCTM | 13/06/2015 | Regina   |
| <b>200 Metres</b> |      |                  |    |      |            |          |
| 24.51             | 0.1  | Chad Kichula     | 76 | EXCL | 17/07/2015 | Ontario  |
| 24.68             | 0.4  | Tim Sebulsy      | 77 | UNSK | 13/06/2015 | Regina   |
| 26.88             | 0.7  | Colin Ellis      | 67 | EXCL | 13/06/2015 | Regina   |
| 28.20             | -2.6 | Marcel D'Eon     | 53 | RIVA | 25/07/2015 | Alberta  |
| 28.55             | 0.7  | Howard Ruston    | 60 | UNSK | 13/06/2015 | Regina   |
| 37.37             | -0.4 | Hike van der Wal | 38 | UNSK | 17/07/2015 | Ontario  |
| Wind/No Wind      |      |                  |    |      |            |          |
| 27.89             | NWI  | Marcel D'Eon     | 53 | RIVA | 21/02/2015 | Hawaii   |
| 33.79             | NWI  | Doug Renwick     | 42 | SCTM | 03/10/2014 | Nevada   |

## 2015 Outdoor Rankings Master Men

| Time/Dist            | Athlete        |    |      | Date       | Location |
|----------------------|----------------|----|------|------------|----------|
| <b>400 Metres</b>    |                |    |      |            |          |
| 1:01.63              | Colin Ellis    | 67 | EXCL | 13/06/2015 | Regina   |
| 1:03.51              | Marcel D'Eon   | 53 | RIVA | 25/07/2015 | Alberta  |
| 1:05.13              | Larry Longmore | 51 | EXCL | 13/06/2015 | Regina   |
| 1:08.89              | Steven Lewis   | 51 | SCTM | 17/07/2015 | Ontario  |
| 1:12.85              | Doug Renwick   | 42 | SCTM | 03/10/2014 | Nevada   |
| 1:27.22              | Joe Koza       | 35 | UNSK | 09/05/2015 | Regina   |
| <b>800 Metres</b>    |                |    |      |            |          |
| 2:31.39              | Steven Lewis   | 51 | SCTM | 17/07/2015 | Ontario  |
| 2:32.19              | Keith Meszaros | 56 | SCTM | 13/06/2015 | Regina   |
| 2:59.49              | Doug Renwick   | 42 | SCTM | 06/10/2014 | Utah     |
| <b>1500 Metres</b>   |                |    |      |            |          |
| 6:04.92              | Doug Renwick   | 42 | SCTM | 06/10/2014 | Utah     |
| <b>3000 Metres</b>   |                |    |      |            |          |
| 11:50.93             | Dave Olsen     | 55 | UNSK | 09/05/2015 | Regina   |
| 13:32.04             | Doug Renwick   | 42 | SCTM | 06/10/2014 | Utah     |
| <b>5000 Metres</b>   |                |    |      |            |          |
| 20:39.88             | Dave Olsen     | 55 | UNSK | 17/07/2015 | Ontario  |
| <b>10,000 Metres</b> |                |    |      |            |          |
| 44:15.51             | Dave Olsen     | 55 | UNSK | 17/07/2015 | Ontario  |
| <b>1500m Walk</b>    |                |    |      |            |          |
| 12:09.75             | Doug Renwick   | 42 | SCTM | 03/10/2014 | Nevada   |
| <b>300m Hurdles</b>  |                |    |      |            |          |
| 59.54                | Doug Renwick   | 42 | SCTM | 03/10/2014 | Nevada   |

## 2015 Outdoor Rankings Master Men

| Time/Dist                  |     | Athlete          |    |      | Date       | Location  |
|----------------------------|-----|------------------|----|------|------------|-----------|
| <b>2000m Steeple Chase</b> |     |                  |    |      |            |           |
| 17:56.44                   |     | Hike van der Wal | 38 | UNSK | 17/07/2015 | Ontario   |
| <b>High Jump</b>           |     |                  |    |      |            |           |
| 1.25m                      |     | Joe Koza         | 35 | UNSK | 09/05/2015 | Regina    |
| <b>Long Jump</b>           |     |                  |    |      |            |           |
| 3.98m                      | 1.0 | Dale Lawrence    | 58 | UNSK | 13/06/2015 | Regina    |
| 3.53m                      | 1.1 | Ted Rowan        | 33 | SCTM | 13/06/2015 | Regina    |
| Wind/No Wind               |     |                  |    |      |            |           |
| 4.31m                      | NWI | Dale Lawrence    | 58 | UNSK | 09/05/2015 | Regina    |
| 3.89m                      | NWI | Doug Renwick     | 42 | SCTM | 06/10/2014 | Utah      |
| 3.52m                      | NWI | Joe Koza         | 35 | UNSK | 09/05/2015 | Regina    |
| 2.50m                      | 2.6 | Hike van der Wal | 38 | UNSK | 17/07/2015 | Ontario   |
| <b>Triple Jump</b>         |     |                  |    |      |            |           |
| 9.38m                      | 1.2 | Larry Longmore   | 51 | EXCL | 13/06/2015 | Regina    |
| 8.91m                      | 0.4 | Dale Lawrence    | 58 | UNSK | 13/06/2015 | Regina    |
| 7.57m                      | 1.8 | Joe Koza         | 35 | UNSK | 09/05/2015 | Regina    |
| <b>Shot Put</b>            |     |                  |    |      |            |           |
| 11.23m                     |     | Don Brodeur      | 51 | UNSK | 09/05/2015 | Regina    |
| 10.15m                     |     | Brian Berquist   | 53 | RIVA | 25/07/2015 | Saskatoon |
| 9.73m                      |     | Art Battiste     | 42 | SCTM | 25/07/2015 | Saskatoon |
| 8.88m                      |     | Roland Delhomeau | 45 | SCTM | 25/07/2015 | Saskatoon |
| 7.72m                      |     | Bob Edwards      | 40 | YLTC | 09/05/2015 | Regina    |
| <b>Discus</b>              |     |                  |    |      |            |           |
| 40.53m                     |     | Don Brodeur      | 51 | UNSK | 09/05/2015 | Regina    |
| 38.03m                     |     | Brian Berquist   | 53 | RIVA | 30/07/2015 | Saskatoon |
| 32.19m                     |     | Terry Mountjoy   | 48 | EXCL | 13/06/2015 | Regina    |

## 2015 Outdoor Rankings Master Men

| Time/Dist | Athlete | Date | Location |
|-----------|---------|------|----------|
|-----------|---------|------|----------|

### Discus Cont'd

|        |                  |    |      |            |           |
|--------|------------------|----|------|------------|-----------|
| 28.44m | Roland Delhomeau | 45 | SCTM | 13/06/2015 | Regina    |
| 26.65m | Dale Ross        | 46 | SCTM | 09/05/2015 | Regina    |
| 22.66m | Bob Edwards      | 40 | YLTC | 09/05/2015 | Regina    |
| 22.04m | Art Battiste     | 42 | SCTM | 25/07/2015 | Saskatoon |
| 20.98m | Joe Koza         | 35 | UNSK | 09/05/2015 | Regina    |

### Hammer

|        |                  |    |      |            |           |
|--------|------------------|----|------|------------|-----------|
| 31.20m | Don Brodeur      | 51 | UNSK | 09/05/2015 | Regina    |
| 28.82m | Bob Edwards      | 40 | YLTC | 09/05/2015 | Regina    |
| 26.58m | Brian Berquist   | 53 | RIVA | 25/07/2015 | Saskatoon |
| 25.19m | Art Battiste     | 42 | SCTM | 25/07/2015 | Saskatoon |
| 24.35m | Roland Delhomeau | 45 | SCTM | 30/07/2015 | Saskatoon |
| 23.42m | Terry Mountjoy   | 48 | EXCL | 13/06/2015 | Regina    |

### Javelin

|        |                  |    |      |            |           |
|--------|------------------|----|------|------------|-----------|
| 36.24m | Larry Longmore   | 51 | EXCL | 13/06/2015 | Regina    |
| 33.55m | Brent McPherson  | 54 | UNSK | 09/05/2015 | Regina    |
| 32.70m | Brian Berquist   | 53 | RIVA | 09/05/2015 | Regina    |
| 30.22m | Dale Lawrence    | 58 | UNSK | 13/06/2015 | Regina    |
| 28.32m | Don Brodeur      | 51 | UNSK | 09/05/2015 | Regina    |
| 26.56m | Roland Delhomeau | 45 | SCTM | 25/07/2015 | Saskatoon |
| 22.09m | Joe Koza         | 35 | UNSK | 09/05/2015 | Regina    |
| 20.97m | Bob Edwards      | 40 | YLTC | 25/07/2015 | Saskatoon |
| 19.19m | Art Battiste     | 42 | SCTM | 25/07/2015 | Saskatoon |

### Weight Throw

|        |                  |    |      |            |           |
|--------|------------------|----|------|------------|-----------|
| 12.08m | Brian Berquist   | 53 | RIVA | 25/07/2015 | Saskatoon |
| 11.94m | Roland Delhomeau | 45 | SCTM | 25/07/2015 | Saskatoon |
| 10.05m | Art Battiste     | 42 | SCTM | 25/07/2015 | Saskatoon |
| 9.89m  | Bob Edwards      | 40 | YLTC | 25/07/2015 | Saskatoon |

## 2015 Outdoor Rankings Master Men

| Time/Dist | Athlete | Date | Location |
|-----------|---------|------|----------|
|-----------|---------|------|----------|

### Weght Pentathlon

|          |   |         |            |           |
|----------|---|---------|------------|-----------|
| 2802 pts | Brian Berquist  | 53 RIVA | 25/07/2015 | Saskatoon |
|          | HT 26.58m; SP 10.15m; DT 35.50m; JT 31.70m; WT 12.08m |         |            |           |
| 2755 pts | Roland Delhomeau                                      | 45 SCTM | 25/07/2015 | Saskatoon |
|          | HT 22.81m; SP 8.88m; DT 27.36m; JT 26.56m; WT 11.94m  |         |            |           |
| 2603 pts | Bob Edwards   | 40 YLTC | 19/09/2015 | Saskatoon |
|          | HT 26.32m; SP 7.77m; DT 20.42m; JT 18.53m; WT 10.37m  |         |            |           |
| 2447 pts | Art Battiste  | 42 SCTM | 25/07/2015 | Saskatoon |
|          | HT 25.19m; SP 9.73m; DT 22.04m; JT 191.19m; WT 10.05m |         |            |           |