

2009/2010 Indoor Rankings

Master Men

50 Metres

Time/Dist	Athlete		Club	Date	Meet
6.82	Ellis, Colin	67	EXA	19/03/2010	Kinsmen Indoor
6.96	Headley, John	56	RIV	19/03/2010	Kinsmen Indoor
7.27	D'Eon, Marcel	53	RIV	19/03/2010	Kinsmen Indoor
8.04	Warick, Randy	49	CTC	19/03/2010	Kinsmen Indoor
8.05	Rowan, Ted	33	CTC	19/03/2010	Kinsmen Indoor
8.49	Delhomeau, Roland	45	CTC	19/03/2010	Kinsmen Indoor

60 Metres

7.95	Headley, John	56	RIV	01/03/2010	World Masters
7.98	Ellis, Colin	67	EXA	27/03/2010	Athletic Festival
8.10	Johnson, Winchester	61	KIN	29/01/2010	Sled Dog
8.47	Berquist, Brian	53	RIV	29/01/2010	Sled Dog
9.39	Warick, Randy	49	CTC	04/02/2010	K of C Indoor Games
9.47	Rowan, Ted	33	CTC	29/01/2010	Sled Dog
9.61	Van Der Wal, Hylke	38	AIA	29/01/2010	Sled Dog
9.69	Koza, Joe	35	UNA	01/03/2010	World Masters
10.10	Delhomeau, Roland	45	CTC	29/01/2010	Sled Dog

200 Metres

26.39	Headley, John	56	RIV	01/03/2010	World Masters
26.41	Ellis, Colin	67	EXA	27/03/2010	Athletic Festival
26.81	D'Eon, Marcel	53	RIV	19/03/2010	Kinsmen Indoor
27.87	Gerwing, Jim	59	UNA	19/03/2010	Kinsmen Indoor
31.01	Renwick, Doug	42	CTC	12/02/2010	Queen City Kinsmen
31.33	Warick, Randy	49	CTC	04/02/2010	K of C Indoor Games
31.71	Koza, Joe	35	UNA	01/03/2010	World Masters
32.04	Van Der Wal, Hylke	38	AIA	04/02/2010	K of C Indoor Games
32.52	Rowan, Ted	33	CTC	01/03/2010	World Masters

300 Metres

51.13	Van Der Wal, Hylke	38	AIA	12/02/2010	Queen City Kinsmen
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400 Metres

1:02.68	D'Eon, Marcel	53	RIV	19/03/2010	Kinsmen Indoor
1:02.83	Gerwing, Jim	59	UNA	12/02/2010	Queen City Kinsmen
1:07.75	Renwick, Doug	42	CTC	01/03/2010	World Masters
1:07.96	Van Eaton, Grant	60	EXA	12/02/2010	Queen City Kinsmen
1:48.73	Van Der Wal, Hylke	38	AIA	01/03/2010	World Masters

800 Metres

2:30.31	Gerwing, Jim	59	UNA	12/02/2010	Queen City Kinsmen
2:33.56	Van Eaton, Grant	60	JPRC	04/02/2010	K of C Indoor Games
2:35.22	Renwick, Doug	42	CTC	04/02/2010	K of C Indoor Games
2:37.53	D'Eon, Marcel	53	RIV	19/03/2010	Kinsmen Indoor
2:37.86	Fairbrother, Ron	49	CTC	29/01/2010	Sled Dog
2:38.68	Meszaros, Keith	56	CTC	29/01/2010	Sled Dog

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Master Men

800 Metres Cont'd

Time/Dist	Athlete		Club	Date	Meet
2:54.80	Warick, Randy	49	CTC	29/01/2010	Sled Dog
2:58.80	Van Der Wal, Hylke	38	AIA	04/02/2010	K of C Indoor Games
3:05.77	Delhomeau, Roland	45	CTC	29/01/2010	Sled Dog

1000 Metres

3:42.47	Renwick, Doug	42	CTC	12/02/2010	Queen City Kinsmen
3:26.30	Johnson, Winchester	61	KIN	01/03/2010	World Masters
3:32.68	Renwick, Doug	42	CTC	01/03/2010	World Masters
4:03.09	Berquist, Brian	53	RIV	01/03/2010	World Masters
4:08.83	Delhomeau, Roland	45	CTC	01/03/2010	World Masters

1500 Metres

5:23.0h	Olsen, Dave	55	UNA	05/12/2009	Friendship Games
5:30.94	Van Eaton, Grant	60	EXA	12/02/2010	Queen City Kinsmen

3000 Metres

11:04.57	Olsen, Dave	55	UNA	01/03/2010	World Masters
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1 Mile

5:25.32	MacKay, Neil	54	CTC	19/03/2010	Kinsmen Indoor
5:47.54	French, Colin	62	CTC	19/03/2010	Kinsmen Indoor
5:50.43	Meszaros, Keith	56	CTC	29/01/2010	Sled Dog
5:54.81	Fairbrother, Ron	49	CTC	29/01/2010	Sled Dog
5:55.23	Zepp, Norman	50	CTC	19/03/2010	Kinsmen Indoor
6:16.04	Schmidt, Kevin	75	CTC	19/03/2010	Kinsmen Indoor
6:27.55	Warick, Randy	49	CTC	29/01/2010	Sled Dog

60m Hurdles

11.17	Johnson, Winchester	61	KIN	01/03/2010	World Masters
11.31	Berquist, Brian	53	RIV	01/03/2010	World Masters
13.06	Renwick, Doug	42	CTC	12/02/2010	Queen City Kinsmen
13.08	Delhomeau, Roland	45	CTC	01/03/2010	World Masters
13.20	Rowan, Ted	33	CTC	01/03/2010	World Masters
13.56	Van Der Wal, Hylke	38	AIA	12/02/2010	Queen City Kinsmen
13.89	Koza, Joe	35	UNA	01/03/2010	World Masters

High Jump

1.65m	Johnson, Winchester	61	KIN	12/02/2010	Queen City Kinsmen
1.35m	Delhomeau, Roland	45	CTC	01/03/2010	World Masters
1.35m	Berquist, Brian	53	RIV	12/02/2010	Queen City Kinsmen
1.24m	Renwick, Doug	42	CTC	12/02/2010	Queen City Kinsmen

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Master Men

Pole Vault

Time/Dist	Athlete	Club	Date	Meet
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Pole Vault

3.54m	Kowalski, Kent	70	RIV	04/02/2010	K of C Indoor Games
2.34m	Renwick, Doug	42	CTC	04/02/2010	K of C Indoor Games

Long Jump

5.36m	Johnson, Winchester	61	KIN	01/03/2010	World Masters
4.14m	Berquist, Brian	53	RIV	12/02/2010	Queen City Kinsmen
3.98m	Renwick, Doug	42	CTC	01/03/2010	World Masters
3.97m	Rowan, Ted	33	CTC	01/03/2010	World Masters
3.83m	Delhomeau, Roland	45	CTC	01/03/2010	World Masters
3.75m	Koza, Joe	35	UNA	01/03/2010	World Masters

Triple Jump

8.44m	Koza, Joe	35	UNA	01/03/2010	World Masters
7.92m	Delhomeau, Roland	45	CTC	12/02/2010	Queen City Kinsmen

Shot Put

10.35m	Berquist, Brian	53	RIV	01/03/2010	World Masters
10.32m	Johnson, Winchester	61	KIN	01/03/2010	World Masters
10.05m	Kowalski, Kent	70	RIV	19/12/2009	Santa Claus Throws
8.92m	Edwards, Bob	40	UNA	01/03/2010	World Masters
8.55m	Rowan, Ted	33	CTC	19/12/2009	Santa Claus Throws
7.80m	Delhomeau, Roland	45	CTC	04/02/2010	K of C Indoor Games
6.98m	Renwick, Doug	42	CTC	04/02/2010	K of C Indoor Games

Weight Throw

10.23m	Delhomeau, Roland	45	CTC	19/12/2009	Santa Claus Throws
9.91m	Rowan, Ted	33	CTC	19/12/2009	Santa Claus Throws

Indoor Pentathlon

3118	Renwick, Doug	42	CTC	01/03/2010	World Masters	13.07 60mH;1.23m HJ;6.62m SP;3.53m LJ;3:32.68 1000m
2972	Johnson, Winchester	61	KIN	01/03/2010	World Masters	11.17 60mH;1.52m HJ;10.32m SP;5.36m LJ;3:26.30 1000m
2877	Delhomeau, Roland	45	CTC	01/03/2010	World Masters	13.26 60mH;1.35m HJ;7.25m SP;3.53m LJ;4:08.83 1000m
2746	Berquist, Brian	53	RIV	01/03/2010	World Masters	11.31 60mH;1.27m HJ;10.35m SP;4.07m LJ;4:03.09 1000m