

**2010/2011 Indoor Rankings  
Master Men**

**50 Metres**

Time/Dist	Athlete		Club	Date	Meet
6.83	Headley, John	56	RIVA	18/03/2011	Kinsmen Indoor Championships

**60 Metres**

8.02	Ellis, Colin	67	EXCL	11/02/2011	Queen City Kinsmen
8.03	Headley, John	56	RIVA	11/02/2011	Queen City Kinsmen
8.66	Gerwing, Jim	60	UNSK	28/01/2011	Sled Dog
8.67	D'Eon, Marcel	53	RIVA	11/12/2010	Green & White Meet
9.75	Rowan, Ted	33	CTCM	19/03/2011	Cdn Masters Indoor
9.88	Renwick, Doug	42	CTCM	19/03/2011	Cdn Masters Indoor
10.15	Delhomeau, Roland	45	CTCM	03/02/2011	K of C Indoor Games
10.88	Kooger, Charles	57	EXCL	11/02/2011	Queen City Kinsmen

**200 Metres**

26.59	Headley, John	56	RIVA	11/02/2011	Queen City Kinsmen
27.36	Ellis, Colin	67	EXCL	04/12/2010	Regina Friendship Games
28.17	D'Eon, Marcel	53	RIVA	11/12/2010	Green & White Meet
29.48	Gerwing, Jim	60	UNSK	11/02/2011	Queen City Kinsmen
31.49	Renwick, Doug	42	CTCM	03/02/2011	K of C Indoor Games
34.02	Rowan, Ted	33	CTCM	19/03/2011	Cdn Masters Indoor
43.32	Cote, Norman	35	CTCM	03/02/2011	K of C Indoor Games

**300 Metres**

44.14	Headley, John	56	RIVA	28/01/2011	Sled Dog
-------	---------------	----	------	------------	----------

**400 Metres**

1:01.92	Headley, John	56	RIVA	12/03/2011	AB Provincial Indoor
1:05.55	Meszaros, Keith	56	CTCM	18/03/2011	Kinsmen Indoor Championships
1:11.40	Renwick, Doug	42	CTCM	19/03/2011	Cdn Masters Indoor
1:19.99	Van Der Wal, Hylke	38	AIAS	19/03/2011	Cdn Masters Indoor

**600 Metres**

1:34.39	Clarke, Mark	73	STFC	11/02/2011	Queen City Kinsmen
---------	--------------	----	------	------------	--------------------

**800 Metres**

2:12.99	Clarke, Mark	73	UNSK	04/03/2011	Aboriginal Indoor
2:29.17	Gerwing, Jim	60	UNSK	18/03/2011	Kinsmen Indoor Championships

**2010/2011 Indoor Rankings  
Master Men**

**800 Metres Cont'd**

Time/Dist	Athlete		Club	Date	Meet
2:29.99	Meszaros, Keith	56	CTCM	28/01/2011	Sled Dog
2:37.43	Fairbrother, Ron	49	CTCM	03/02/2011	K of C Indoor Games
2:41.18	Renwick, Doug	42	CTCM	28/01/2011	Sled Dog
2:44.29	Lewis, Steven	51	UNSK	18/03/2011	Kinsmen Indoor Championships
3:02.16	Olsen, Dave	55	UNSK	19/03/2011	Cdn Masters Indoor
3:04.10	Delhomeau, Roland	45	CTCM	03/02/2011	K of C Indoor Games
3:37.95	Van Der Wal, Hylke	38	AIAS	19/03/2011	Cdn Masters Indoor

**1000 Metres**

2:56.86	Clarke, Mark	73	STFC	11/02/2011	Queen City Kinsmen
3:30.88	Olsen, Dave	55	UNSK	11/02/2011	Queen City Kinsmen
3:28.80	McLaren, Doug	76	UNSK	11/02/2011	Queen City Kinsmen
3:37.39	Renwick, Doug	42	CTCM	19/03/2011	Cdn Masters Indoor
4:10.47	Delhomeau, Roland	45	CTCM	19/03/2011	Cdn Masters Indoor
5:14.27	Van Der Wal, Hylke	38	AIAS	19/03/2011	Cdn Masters Indoor

**1500 Metres**

4:53.06	Clarke, Mark	73	UNSK	04/03/2011	Aboriginal Indoor
5:11.46	Meszaros, Keith	56	CTCM	18/03/2011	Kinsmen Indoor Championships
5:16.70	Olsen, Dave	55	UNSK	19/03/2011	Cdn Masters Indoor
5:16.74	Svec, John	65	UNSK	11/02/2011	Queen City Kinsmen
5:38.50	Anklovitch, Ken	47	UNSK	12/03/2011	AB Provincial Indoor
6:00.80	Renwick, Doug	69	CTCM	19/03/2011	Cdn Masters Indoor

**3000 Metres**

10:30.37	Nagy, Gerry	62	JPRC	04/12/2010	Regina Friendship Games
11:20.60	Svec, John	65	UNSK	11/02/2011	Queen City Kinsmen
11:37.64	Olsen, Dave	55	UNSK	19/03/2011	Cdn Masters Indoor

**1 Mile**

5:14.67	Balezantis, Ron	63	STFC	28/01/2011	Sled Dog
5:51.70	Meszaros, Keith	56	CTCM	28/01/2011	Sled Dog
6:07.32	Fairbrother, Ron	49	CTCM	28/01/2011	Sled Dog
6:15.19	Renwick, Doug	42	CTCM	28/01/2011	Sled Dog
7:02.42	Delhomeau, Roland	45	CTCM	28/01/2011	Sled Dog

**2010/2011 Indoor Rankings  
Master Men**

**60m Hurdles**

Time/Dist	Athlete	Club	Date	Meet
8.53	McLaren, Doug	76 UNSK	19/03/2011	Cdn Masters Indoor
12.95	Renwick, Doug	42 CTCM	19/03/2011	Cdn Masters Indoor
13.09	Rowan, Ted	33 CTCM	19/03/2011	Cdn Masters Indoor
13.27	Delhomeau, Roland	45 CTCM	19/03/2011	Cdn Masters Indoor
13.72	Van Der Wal, Hylke	38 AIAS	19/03/2011	Cdn Masters Indoor

**High Jump**

1.63m	McLaren, Doug	76 UNSK	19/03/2011	Cdn Masters Indoor
1.30m	Delhomeau, Roland	45 CTCM	19/03/2011	Cdn Masters Indoor
1.15m	Renwick, Doug	42 CTCM	19/03/2011	Cdn Masters Indoor
1.12m	Van Der Wal, Hylke	38 AIAS	19/03/2011	Cdn Masters Indoor
1.00m	Rowan, Ted	33 CTCM	19/03/2011	Cdn Masters Indoor

**Pole Vault**

3.91m	Kowalski, Kent	70 RIVA	28/01/2011	Sled Dog
2.41m	Renwick, Doug	42 CTCM	04/12/2010	Regina Friendship Games

**Long Jump**

5.54m	McLaren, Doug	76 UNSK	11/02/2011	Queen City Kinsmen
3.81m	Renwick, Doug	42 CTCM	19/03/2011	Cdn Masters Indoor
3.67m	Delhomeau, Roland	45 CTCM	19/03/2011	Cdn Masters Indoor
2.87m	Van Der Wal, Hylke	38 AIAS	19/03/2011	Cdn Masters Indoor
3.54m	Rowan, Ted	33 CTCM	19/03/2011	Cdn Masters Indoor

**Triple Jump**

7.85m	Delhomeau, Roland	45 CTCM	04/12/2010	Regina Friendship Games
5.32m	Rowan, Ted	33 CTCM	19/03/2011	Cdn Masters Indoor

**Shot Put**

11.28m	McLaren, Doug	76 UNSK	19/03/2011	Cdn Masters Indoor
9.53m	Edwards, Bob	40 UNSK	18/03/2011	Kinsmen Indoor Championships
8.25m	Delhomeau, Roland	45 CTCM	18/12/2010	Santa Claus Throws
8.03m	Rowan, Ted	33 CTCM	19/03/2011	Cdn Masters Indoor
7.68m	Cote, Norman	35 CTCM	18/03/2011	Kinsmen Indoor Championships
7.24m	Renwick, Doug	42 CTCM	03/02/2011	K of C Indoor Games
6.45m	Van Der Wal, Hylke	38 AIAS	19/03/2011	Cdn Masters Indoor

**2010/2011 Indoor Rankings  
Master Men**

**Weight Throw**

Time/Dist	Athlete	Club	Date	Meet
12.33m	Edwards, Bob	40 UNSK	18/12/2010	Santa Claus Throws
10.58m	Delhomeau, Roland	45 CTCM	18/12/2010	Santa Claus Throws

**Indoor Pentathlon**

2853	McLaren, Doug	76 UNSK	19/03/2011	Cdn Masters Indoor 8.74 H; 5.51m LJ; 11.28m SP; 1.63m HJ; 3:32.95 1000m
2625	Delhomeau, Roland	45 CTCM	19/03/2011	Cdn Masters Indoor 13.27 H; 3.67m LJ; 7.32m SP; 1.30m HJ; 4:10.47 1000m
2619	Renwick, Doug	42 CTCM	19/03/2011	Cdn Masters Indoor 13.19 H; 3.81m LJ; 5.59m SP; 1.15m HJ; 3:37.39 1000m
1988	Van Der Wal, Hylke	38 AIAS	19/03/2011	Cdn Masters Indoor 13.72 H; 2.87m LJ; 6.45m SP; 1.12m HJ; 5:14.27 1000m