

2008/2009 Indoor Rankings

Master Men

50m

Time/Dist	Athlete		Club	Date	Meet
7.13	D'Eon, Marcel	53	RIV	20/03/2009	Stoon Kinsmen Indoor
7.90	Warick, Randy	49	CTC	20/03/2009	Stoon Kinsmen Indoor
7.97	Rowan, Ted	33	CTC	20/03/2009	Stoon Kinsmen Indoor
8.36	van der Wal, Hylke	38	AIA	20/03/2009	Stoon Kinsmen Indoor
8.55	Delhomeau, Roland	45	CTC	20/03/2009	Stoon Kinsmen Indoor

60m

8.09	Headley, John	56	RIV	04/04/2009	Regina Athletic Festival
8.45	Gerwing, Jim	59	UNA	04/04/2009	Regina Athletic Festival
9.18	Warick, Randy	49	CTC	04/04/2009	Regina Athletic Festival
9.19	Rowan, Ted	33	CTC	04/04/2009	Regina Athletic Festival
10.05	Delhomeau, Roland	45	CTC	04/04/2009	Regina Athletic Festival

60m Wheelchair

13.75	Schiessler, Dale	51	CRTC	08/01/2009	K of C Indoor Games
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200m

26.11	Headley, John	56	RIV	04/04/2009	Regina Athletic Festival
26.86	Kowalski, Kent	70	RIV	20/03/2009	Stoon Kinsmen Indoor
27.19	D'Eon, Marcel	53	RIV	20/03/2009	Stoon Kinsmen Indoor
28.10	Gerwing, Jim	59	UNA	20/03/2009	Stoon Kinsmen Indoor
30.40	DeVries, Garnet	69	EXA	20/03/2009	Stoon Kinsmen Indoor
30.70	Warick, Randy	49	CTC	04/04/2009	Regina Athletic Festival
31.04	Renwick, Doug	42	CTC	04/04/2009	Regina Athletic Festival

33.68	Delhomeau, Roland	45	CTC	04/04/2009	Regina Athletic Festival
200m Wheelchair					
35.74	Schiessler, Dale	51	CRTC	08/01/2009	K of C Indoor Games
300m					
42.96	D'Eon, Marcel	53	RIV	23/01/2009	Sled Dog
43.31	Kowalski, Kent	70	RIV	23/01/2009	Sled Dog
2008/2009 Indoor Rankings					
Master Men					
400m					
Time/Dist	Athlete		Club	Date	Meet
1:00.76	D'Eon, Marcel	53	RIV	20/03/2009	Stoon Kinsmen Indoor
1:06.18	Gerwing, Jim	59	UNA	06/02/2009	Regina QC Kinsmen Ind
400m Wheelchair					
1:06.94	Schiessler, Dale	51	CRTC	08/01/2009	K of C Indoor Games
800m					
2:31.53	Gerwing, Jim	59	UNA	20/03/2009	Stoon Kinsmen Indoor
2:32.54	Puttick, Hal	55	CTC	20/03/2009	Stoon Kinsmen Indoor
2:36.27	Renwick, Doug	42	CTC	20/03/2009	Stoon Kinsmen Indoor
2:38.28	Fairbrother, Ron	49	CTC	23/01/2009	Sled Dog
2:47.08	Warick, Randy	49	CTC	20/03/2009	Stoon Kinsmen Indoor
2:42.09	Van Eaton, Grant	60	EXA	04/04/2009	Regina Athletic Festival

2:59.30	DeVries, Garnet	69	EXA	20/03/2009	Stoon Kinsmen Indoor
3:03.47	Delhomeau, Roland	45	CTC	20/03/2009	Stoon Kinsmen Indoor
3:14.75	Epp, Ken	36	CTC	23/01/2009	Sled Dog
3:28.02	van der Wal, Hylke	38	AIA	20/03/2009	Stoon Kinsmen Indoor
800m Wheelchair					
2:17.11	Schiessler, Dale	51	CRTC	08/01/2009	K of C Indoor Games
1000m					
4:15.11	Delhomeau, Roland	45	CTC	07/02/2009	AB C/E
4:46.04	Rowan, Ted	33	CTC	07/02/2009	AB C/E
1500m					
5:28.01	Olsen, Dave	55	UNA	04/04/2009	Regina Athletic Festival
5:36.60	Puttick, Hal	55	CTC	04/04/2009	Regina Athletic Festival
5:52.36	Van Eaton, Grant	60	EXA	04/04/2009	Regina Athletic Festival
1 Mile					
5:29.69	Leakos, Mark	60	RIV	23/01/2009	Sled Dog
5:49.97	Renwick, Doug	42	CTC	20/03/2009	Stoon Kinsmen Indoor
2008/2009 Indoor Rankings					
Master Men					
1 Mile Cont'd					
Time/Dist	Athlete		Club	Date	Meet
5:52.93	Puttick, Hal	55	CTC	20/03/2009	Stoon Kinsmen Indoor
5:57.80	Fairbrother, Ron	49	CTC	23/01/2009	Sled Dog
6:23.78	Warick, Randy	49	CTC	20/03/2009	Stoon Kinsmen Indoor

7:02.70	Delhomeau, Roland	45	CTC	20/03/2009	Stoon Kinsmen Indoor
60m Hurdles					
12.57	Rowan, Ted	33	CTC	04/04/2009	Regina Athletic Festival
13.26	Delhomeau, Roland	45	CTC	04/04/2009	Regina Athletic Festival
High Jump					
1.30m	Delhomeau, Roland	45	CTC	07/03/2009	AB Age Class
1.16m	Rowan, Ted	33	CTC	07/02/2009	AB C/E
Pole Vault					
3.30m	Kowalski, Kent	70	RIV	08/01/2009	K of C Indoor Games
2.32m	Renwick, Doug	42	CTC	23/01/2009	Sled Dog
Long Jump					
4.13m	Rowan, Ted	33	CTC	07/03/2009	AB Age Class
3.82m	Delhomeau, Roland	45	CTC	07/02/2009	AB C/E
Triple Jump					
8.48m	Rowan, Ted	33	CTC	07/03/2009	AB Age Class
8.37m	Delhomeau, Roland	45	CTC	07/03/2009	AB Age Class
Shot Put					
11.61m	Edwards, Bob	40	UNA	14/12/2008	MB Indoor Grand Prix
10.62m	Berquist, Brian	53	RIV	20/03/2009	Stoon Kinsmen Indoor
9.85m	Kowalski, Kent	70	RIV	20/03/2009	Stoon Kinsmen Indoor
8.73m	Rowan, Ted	33	CTC	9/4/2009	Tisdale Indoor Throws
7.88m	Delhomeau, Roland	45	CTC	9/4/2009	Tisdale Indoor Throws

