

2009/2010 Indoor Rankings

Master Women

50 Metres

Time/Dist	Athlete	Club	Date	Meet
7.99	Gieni, Muriel	58 RIV	19/03/2010	Kinsmen Indoor

60 Metres

9.03	Lafayette-Boyd, Carol	42 EXA	12/02/2010	Queen City Kinsmen
9.64	Gieni, Muriel	58 RIV	05/12/2009	Green/White
9.75	Coward, Selina	54 EXA	01/03/2010	World Masters
9.89	Hudey, Brenda	67 UNA	27/03/2010	Athletic Festival
12.22	Boivin, Gwen	34 UNA	01/03/2010	World Masters
18.24	Erskine, Doreen	27 UNA	01/03/2010	World Masters

200 Metres

29.99	Meloche, Laurie	61 EXA	01/03/2010	World Masters
30.73	Tremblay, Rhonda	60 STFC	19/03/2010	Kinsmen Indoor
30.86	Lafayette-Boyd, Carol	42 EXA	01/03/2010	World Masters
33.86	Hudey, Brenda	67 UNA	27/03/2010	Athletic Festival
34.41	Coward, Selina	54 EXA	12/02/2010	Queen City Kinsmen
44.65	MacDonald, Reita	50 CTC	04/02/2010	K of C Games
46.27	Matlock, Joan	39 CTC	04/02/2010	K of C Games
51.85	Boivin, Gwen	34 UNA	12/02/2010	Queen City Kinsmen

300 Metres

48.64	Meloche, Laurie	61 EXA	12/02/2010	Queen City Kinsmen
52.57	Lafayette-Boyd, Carol	42 EXA	12/02/2010	Queen City Kinsmen
58.85	Coward, Selina	54 EXA	12/02/2010	Queen City Kinsmen
1:53.52	Boivin, Gwen	34 UNA	12/02/2010	Queen City Kinsmen

400 Metres

1:05.76	Meloche, Laurie	61 EXA	01/03/2010	World Masters
1:09.13	Tremblay, Rhonda	60 STFC	01/03/2010	World Masters
1:16.96	Lafayette-Boyd, Carol	42 EXA	01/03/2010	World Masters
1:49.01	Matlock, Joan	39 CTC	01/03/2010	World Masters
2:54.49	Boivin, Gwen	34 UNA	01/03/2010	World Masters

800 Metres

3:09.81	Warick, Judy	49 CTC	04/02/2010	K of C Games
3:31.53	MacDonald, Reita	50 CTC	04/02/2010	K of C Games
4:18.33	Matlock, Joan	39 CTC	04/02/2010	K of C Games

1500 Metres

6:35.98	Warick, Judy	49 CTC	01/03/2010	World Masters
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3000 Metres

14:49.96	Warick, Judy	49 CTC	01/03/2010	World Masters
15:04.71	MacDonald, Reita	50 CTC	01/03/2010	World Masters

2009/2010 Indoor Rankings Master Women

1 Mile

7:14.69	Warick, Judy	49	CTC	29/01/2010	Sled Dog
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60m Hurdles

Time/Dist	Athlete		Club	Date	Meet
11.04	Gieni, Muriel	58	RIV	01/03/2010	World Masters

High Jump

.95m	Boivin, Gwen	34	UNA	01/03/2010	World Masters
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Long Jump

4.28m	Lafayette-Boyd, Carol	42	EXA	12/02/2010	Queen City Kinsmen
3.63m	Gieni, Muriel	58	RIV	29/01/2010	Sled Dog
2.37m	Boivin, Gwen	34	UNA	01/03/2010	World Masters

Triple Jump

8.74m	Gieni, Muriel	58	RIV	12/02/2010	Queen City Kinsmen
8.42m	Lafayette-Boyd, Carol	42	EXA	12/02/2010	Queen City Kinsmen
5.90m	Boivin, Gwen	34	UNA	12/02/2010	Queen City Kinsmen

Shot Put

10.38m	Coward, Selina	54	EXA	04/02/2010	K of C Games
9.45m	Gieni, Muriel	58	RIV	19/03/2010	Kinsmen Indoor
9.18m	Tosh, Marg	37	UNA	19/12/2009	Santa Claus Throws
7.06m	Lafayette-Boyd, Carol	42	EXA	04/02/2010	K of C Games
6.32m	Tremblay, Rhonda	60	STFC	12/02/2010	Queen City Kinsmen
4.04m	Erskine, Doreen	27	UNA	12/02/2010	Queen City Kinsmen

Weight Throw

11.31m	Tosh, Marg	37	UNA	19/03/2010	Kinsmen Indoor
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