

**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<br>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<br>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<br>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<br>13.72 H; 2.87m LJ; 6.45m SP; 1.12m HJ; 5:14.27 1000m |