

2014 Indoor Rankings Master Men

Time/Dist	Athlete			Date	Location
50 Metres					
6.70	Chad Kichula	76	EXCL	14/03/2014	Saskatoon
6.81	Colin Ellis	67	EXCL	14/03/2014	Saskatoon
6.86	Dave Blackburn	71	PRAT	14/03/2014	Saskatoon
8.13	Ted Rowan	33	SCTM	15/03/2014	Toronto
8.44	Randy Warick	49	SCTM	14/03/2014	Saskatoon
8.83	Dale Ross	46	SCTM	14/03/2014	Saskatoon
9.21	Roland Delhomeau	45	SCTM	15/03/2014	Toronto
60 Metres					
7.73	Chad Kichula	76	EXCL	12/04/2014	Regina
7.88	Colin Ellis	67	EXCL	12/04/2014	Regina
8.52	Marcel D'Eon	53	RIVA	07/12/2013	Saskatoon
8.97	Brent McPherson	54	UNSK	07/02/2014	Regina
9.70	Ted Rowan	33	SCTM	15/03/2014	Toronto
10.24	Dale Ross	46	SCTM	31/01/2014	Saskatoon
10.47	Roland Delhomeau	45	SCTM	24/01/2014	Saskatoon
200 Metres					
26.28	Colin Ellis	67	EXCL	28/02/2014	Winnipeg
27.15	Chad Kichula	76	EXCL	07/12/2013	Regina
27.91	Marcel D'Eon	53	RIVA	07/12/2013	Saskatoon
32.50	Randy Warick	49	SCTM	14/03/2014	Saskatoon
36.51	Dale Ross	46	SCTM	14/03/2014	Saskatoon
300 Metres					
42.59	Colin Ellis	67	EXCL	24/01/2014	Saskatoon
400 Metres					
59.97	Colin Ellis	67	EXCL	14/03/2014	Saskatoon
1:09.69	Steven Lewis	51	SCTM	14/03/2014	Saskatoon
800 Metres					
2:32.26	Keith Meszaros	56	SCTM	24/01/2014	Saskatoon
2:33.19	Steven Lewis	51	SCTM	24/01/2014	Saskatoon
2:36.34	Jim Gerwing	59	UNSK	12/04/2014	Regina
2:45.79	Grant Van Eaton	60	JRPC	07/02/2014	Regina
2:45.94	Dave Olsen	55	UNSK	07/12/2013	Regina

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800 Metres Cont'd					
2:47.55	Hal Puttick	55	SCTM	31/01/2014	Saskatoon
2:53.28	Ken Luchka	59	SCTM	31/01/2014	Saskatoon
3:02.93	Randy Warick	49	SCTM	24/01/2014	Saskatoon
3:18.03	Roland Delhomeau	45	SCTM	24/01/2014	Saskatoon
1000 Metres					
3:52.89	Steve Wilson	59	SCTM	24/01/2014	Saskatoon
4:31.24	Roland Delhomeau	45	SCTM	15/03/2014	Toronto
5:20.58	Ted Rowan	33	SCTM	15/03/2014	Toronto
1500 Metres					
4:42.48	Gerry Nagy	62	JPRC	07/02/2014	Regina
5:15.30	John Svec	65	UNSK	07/02/2014	Regina
5:42.64	Dave Olsen	55	UNSK	15/03/2014	Toronto
3000 Metres					
10:13.80	Gerry Nagy	62	JPRC	07/02/2014	Regina
10:57.92	Dave Olsen	55	UNSK	07/12/2013	Regina
5000 Metres					
22:04.40	Grant Van Eaton	60	JPRC	28/02/2014	Winnipeg
1 Mile					
5:45.43	Keith Meszaros	56	SCTM	24/01/2014	Saskatoon
5:49.54	Steven Lewis	51	SCTM	24/01/2014	Saskatoon
6:34.32	Hal Puttick	55	SCTM	24/01/2014	Saskatoon
6:55.42	Randy Warick	49	SCTM	24/01/2014	Saskatoon
50 Metre Hurdles					
11.23	Doug Renwick	42	SCTM	07/12/2013	Saskatoon
11.89	Roland Delhomeau	45	SCTM	15/03/2014	Toronto
60 Metre Hurdles					
13.54	Ted Rowan	33	SCTM	15/03/2014	Toronto
14.02	Roland Delhomeau	45	SCTM	15/03/2014	Toronto

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Master Men

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High Jump

1.23m	Roland Delhomeau	45	SCTM	15/03/2014	Toronto
1.15m	Ted Rowan	33	SCTM	15/03/2014	Toronto

Long Jump

4.36m	Colin Ellis	67	EXCL	07/02/2014	Regina
3.59m	Ted Rowan	33	SCTM	15/03/2014	Toronto
3.36m	Roland Delhomeau	45	SCTM	15/03/2014	Toronto

Triple Jump

7.58m	Roland Delhomeau	45	SCTM	07/02/2014	Regina
7.35m	Ted Rowan	33	SCTM	15/03/2014	Toronto

Shot Put

10.43m	Don Brodeur	51	UNSK	31/01/2014	Saskatoon
9.18m	Terry Mountjoy	48	EXCL	15/12/2013	Saskatoon
8.78m	Bob Edwards	40	YLTC	15/12/2013	Saskatoon
8.65m	Ted Rowan	33	SCTM	15/03/2014	Toronto
7.58m	Roland Delhomeau	45	SCTM	15/03/2014	Toronto
7.43m	Dale Ross	46	SCTM	31/01/2014	Saskatoon

Weight Throw

12.05m	Bob Edwards	40	YLTC	15/12/2013	Saskatoon
11.61m	Don Brodeur	51	UNSK	07/02/2014	Regina
11.22m	Ted Rowan	33	SCTM	15/12/2013	Saskatoon
10.51m	Terry Mountjoy	48	EXCL	28/02/2014	Winnipeg
10.06m	Roland Delhomeau	45	SCTM	15/12/2013	Saskatoon

Indoor Pentathlon

3601 pts	Ted Rowan	33	SCTM	15/03/2014	Toronto	13.54 - 60mH;1.15m HJ;8.65m SP;3.59m LJ;5:20.58 1000m
2212 pts	Roland Delhomeau	45	SCTM	15/03/2014	Toronto	14.02 - 60mH;1.21m HJ;7.58m SP;3.36m LJ;4:31.24 1000m