

**2010/2011 Indoor Rankings  
Master Women**

**60 Metres**

Time/Dist	Athlete		Club	Date	Meet
9.54	Tremblay, Rhonda	60	STFC	21/01/2011	Golden Bear

**200 Metres**

31.29	Tremblay, Rhonda	60	STFC	03/02/2011	K of C Indoor Games
48.63	Matlock, Joan	40	CTCM	19/03/2011	Cdn Masters Indoor

**300 Metres**

50.67	Tremblay, Rhonda	60	STFC	28/01/2011	Sled Dog
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**400 Metres**

1:11.75	Tremblay, Rhonda	60	STFC	21/01/2011	Golden Bear
1:54.17	Matlock, Joan	40	CTCM	19/03/2011	Cdn Masters Indoor

**800 Metres**

4:34.41	Matlock, Joan	40	CTCM	19/03/2011	Cdn Masters Indoor
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**Long Jump**

3.34m	Gieni, Muriel	58	RIVA	28/01/2011	Sled Dog
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**Triple Jump**

8.14m	Gieni, Muriel	58	RIVA	18/03/2011	Kinsmen Indoor Championships
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**Shot Put**

9.17m	Gieni, Muriel	58	RIVA	28/01/2011	Sled Dog
8.59m	Tosh, Marg	37	UNSK	18/03/2011	Kinsmen Indoor Championships

**Weight Throw**

12.04m	Tosh, Marg	37	UNSK	18/03/2011	Kinsmen Indoor Championships
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