

2016 Indoor Rankings Masters Men

Time/Dist	Athlete		Date	Location
50 Metres				
6.20	Mike Taylor	81 PAAC	18/03/2016	Saskatoon
6.50	Tim Sebulsy	77 UNSK	18/03/2016	Saskatoon
6.62	Chad Kichula	76 EXCL	19/03/2016	Ontario
6.66	Doug McLaren	76 UNSK	19/03/2016	Ontario
6.87	Colin Ellis	67 EXCL	18/03/2016	Saskatoon
6.89	Richard Elgar	88 STFC	18/03/2016	Saskatoon
7.65	Jaspreet Kooner	74 SCTM	18/03/2016	Saskatoon
8.36	Randy Warick	49 SCTM	18/03/2016	Saskatoon
8.85	Masahiro Mizuno	51 SCTM	18/03/2016	Saskatoon
10.18	Dale Ross	46 SCTM	18/03/2016	Saskatoon
60 Metres				
7.18	Mike Taylor	81 PAAC	14/01/2016	Saskatoon
7.56	Chad Kichula	76 EXCL	05/12/2016	Regina
7.63	Darren Peters	77 EXCL	12/02/2016	Regina
7.66	Tim Sebulsy	77 UNSK	14/01/2016	Saskatoon
7.83	Doug McLaren	76 UNSK	19/03/2016	Ontario
7.97	Colin Ellis	67 EXCL	28/01/2016	Saskatoon
8.43	Michael Ehr	79 EXCL	12/02/2016	Regina
8.84	John Headley	56 UNSK	12/02/2016	Regina
8.99	Jaspreet Kooner	74 SCTM	28/01/2016	Saskatoon
9.75	Steven Lewis	51 UNSK	14/01/2016	Saskatoon
9.82	Randy Warick	49 SCTM	14/01/2016	Saskatoon
10.20	Dale Ross	46 SCTM	14/01/2016	Saskatoon
10.24	Masahiro Mizuno	51 SCTM	28/01/2016	Saskatoon
10.73	Roland Delhomeau	45 SCTM	14/01/2016	Saskatoon
11.94	Hike van der Wal	38 UNSK	28/01/2016	Saskatoon
200 Metres				
24.03	Mike Taylor	81 PAAC	05/03/2016	Alberta
25.15	Chad Kichula	76 EXCL	19/03/2016	Ontario
26.30	Colin Ellis	67 EXCL	05/12/2015	Regina
26.69	Michael Schwandt	80 UNSK	28/01/2016	Saskatoon
28.48	John Headley	56 RIVA	18/03/2016	Saskatoon
29.09	Jaspreet Kooner	74 SCTM	18/03/2016	Saskatoon
33.36	Randy Warick	49 SCTM	18/03/2016	Saskatoon
36.15	Masahiro Mizuno	51 SCTM	18/03/2016	Saskatoon

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200 Metres Cont'd					
36.38	Dale Ross	46	SCTM	18/03/2016	Saskatoon
43.51	Hike van der Wal	38	UNSK	28/01/2016	Saskatoon
300 Metres					
41.94	Michael Schwandt	80	UNSK	14/01/2016	Saskatoon
42.24	Colin Ellis	67	EXCL	12/02/2016	Regina
44.84	Marcel D'Eon	53	RIVA	14/01/2016	Saskatoon
45.95	Larry Longmore	51	EXCL	12/02/2016	Regina
47.36	Keith Meszaros	56	SCTM	28/01/2016	Saskatoon
400 Metres					
59.47	Colin Ellis	67	EXCL	18/03/2016	Saskatoon
1:04.98	Keith Meszaros	56	SCTM	18/03/2016	Saskatoon
600 Metres					
1:31.97	Michael Schwandt	80	UNSK	28/01/2016	Saskatoon
1:47.25	Keith Meszaros	56	SCTM	05/12/2015	Saskatoon
2:01.16	Ken Luchka	59	SCTM	05/12/2015	Saskatoon
800 Metres					
2:28.40	Keith Meszaros	56	SCTM	28/01/2016	Saskatoon
2:34.77	Steven Lewis	51	UNSK	14/01/2016	Saskatoon
2:55.58	Ken Luchka	59	SCTM	14/01/2016	Saskatoon
2:59.10	Doug Renwick	42	SCTM	18/03/2016	Saskatoon
5:32.12	Hike van der Wal	38	UNSK	14/01/2016	Saskatoon
1500 Metres					
5:14.48	Keith Meszaros	56	SCTM	14/01/2016	Saskatoon
6:20.86	Erroll Simington	47	SCTM	28/01/2016	Saskatoon
3000 Metres					
14:20.64	Milos Kostic	41	LMTC	12/02/2016	Regina

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5000 Metres				
21:01.41	Dave Olsen	55 UNSK	04/03/2016	Manitoba
1 Mile				
5:53.90	Steven Lewis	51 UNSK	14/01/2016	Saskatoon
50m Hurdles				
7.70	Doug McLaren	76 UNSK	19/03/2016	Ontario
9.63	Dale Lawrence	58 UNSK	19/03/2016	Ontario
11.93	Roland Delhomeau	45 UNSK	19/03/2016	Ontario
60m Hurdles				
9.20	Doug McLaren	76 UNSK	14/01/2016	Saskatoon
11.71	Dale Lawrence	58 UNSK	19/03/2016	Ontario
17.83	Hike van der Wal	38 UNSK	28/01/2016	Saskatoon
High Jump				
1.65m	Doug McLaren	76 UNSK	19/03/2016	Ontario
1.42m	Larry Longmore	51 EXCL	12/02/2016	Regina
1.25m	Roland Delhomeau	45 SCTM	28/01/2016	Saskatoon
1.14m	Ted Rowan	33 SCTM	19/03/2016	Ontario
Long Jump				
5.49m	Doug McLaren	76 UNSK	19/03/2016	Ontario
4.63m	Michael Ehr	79 EXCL	12/02/2016	Regina
4.57m	Dale Lawrence	58 UNSK	19/03/2016	Ontario
4.36m	Larry Longmore	51 EXCL	12/02/2016	Regina
2.71m	Hike van der Wal	38 UNSK	28/01/2016	Saskatoon
Triple Jump				
9.86m	Michael Ehr	79 EXCL	12/02/2016	Regina
9.32m	Dale Lawrence	58 UNSK	19/03/2016	Ontario
6.79m	Roland Delhomeau	45 SCTM	12/02/2016	Regina

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Shot Put					
10.63m	Art Battiste	42	SCTM	28/01/2016	Saskatoon
8.51m	Roland Delhomeau	45	SCTM	28/01/2016	Saskatoon
7.79m	Bob Edwards	40	YLTC	14/01/2016	Saskatoon
7.32m	Dale Ross	46	SCTM	14/01/2016	Saskatoon
Weight Throw					
12.12m	Roland Delhomeau	45	SCTM	14/01/2016	Saskatoon
11.02m	Art Battiste	42	SCTM	14/01/2016	Saskatoon
10.35m	Bob Edwards	40	YLTC	14/01/2016	Saskatoon
Pentathlon					
2817 pts	Doug McLaren	76	UNSK	19/03/2016	Ontario
	9.07-60mH; 1.58m HJ; 5.25m LJ; 8.99m SP; 3:32.28 - 1000m				
2468 pts	Roland Delhomeau	45	SCTM	19/03/2016	Ontario
	14.47-60mH; 1.28m HJ; 3.06m LJ; 8.05m SP; 4:33.85-1000m				