

2023 Indoor Rankings Master Men

Time/Dist	Athlete			Date	Location
50 Metres					
6.34	Mike Taylor	81	PAAC	24-03-2023	Saskatoon
6.89	Colin Ellis	67	EXCL	03-02-2023	Regina
7.11	Mark Sax	82	EXCL	03-02-2023	Regina
7.63	Travis Sulewski	69	EXCL	03-02-2023	Regina
9.22	Randy Warick	49	TNMC	24-03-2023	Saskatoon
9.28	Masahiro Mizuno	51	TNMC	24-03-2023	Saskatoon
10.78	Roland Delhomeau	45	TNMC	24-03-2023	Saskatoon
60 Metres					
7.30	Mike Taylor	81	PAAC	04-03-2023	Edmonton
7.88	Colin Ellis	67	EXCL	03-12-2022	Saskatoon
8.02	Tim Sebulsy	77	UNSK	10-12-2022	Regina
8.25	Mark Sax	82	EXCL	10-12-2022	Regina
8.75	Donald Friesen	57	TNMC	27-01-2023	Saskatoon
8.94	Travis Sulewski	69	EXCL	03-02-2023	Regina
8.94	Ron Kelly	57	DATC	27-03-2023	Torun, Poland
9.56	Garth Cantrill	49	TNMC	13-01-2023	Saskatoon
10.85	Randy Warick	49	TNMC	13-01-2023	Saskatoon
10.85	Masahiro Mizuno	51	TNMC	27-01-2023	Saskatoon
16.62	Hylke van der Wal	38	UNSK	27-01-2023	Saskatoon
Athlete with a Disability					
8.33	Janz Stein	81	EXCL	27-01-2023	Saskatoon
200 Metres					
23.99	Mike Taylor	81	PAAC	27-01-2023	Saskatoon
25.94	Trevor Jacek	82	RWAC	25-02-2023	Toronto
26.35	Colin Ellis	67	EXCL	03-02-2023	Regina
27.92	Ian Munro	83	EXCL	03-02-2023	Regina
29.45	Ron Kelly	57	DATC	31-03-2023	Torun, Poland
30.08	Travis Sulewski	69	EXCL	03-02-2023	Regina
31.69	Bruce Hendry	56	TNMC	24-03-2023	Saskatoon
31.96	Donald Friesen	57	TNMC	27-01-2023	Saskatoon
32.54	Garth Cantrill	49	TNMC	24-03-2023	Saskatoon
37.09	Randy Warick	49	TNMC	27-01-2023	Saskatoon
38.61	Masahiro Mizuno	51	TNMC	24-03-2023	Saskatoon

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300 Metres					
40.52	Trevor Jacek	82	RWAC	10-02-2023	Edmonton
42.40	Colin Ellis	67	EXCL	13-01-2023	Saskatoon
400 Metres					
56.11	Trevor Jacek	81	RWAC	26-03-2023	Torun, Poland
1:01.59	Colin Ellis	67	EXCL	27-01-2023	Saskatoon
1:02.87	Ian Munro	83	EXCL	03-02-2023	Regina
500 Metres					
1:24.12	Harvey Weber	65	RWAC	01-04-2023	Saskatoon
1:55.63	Erroll Simington	47	TNMC	01-04-2023	Saskatoon
2:08.83	Masahiro Mizuno	51	TNMC	01-04-2023	Saskatoon
600 Metres					
1:29.63	Trevor Jacek	81	RWAC	10-02-2023	Edmonton
1:42.09	Harvey Weber	65	RWAC	10-02-2023	Edmonton
800 Metres					
2:06.20	Trevor Jacek	81	RWAC	29-03-2023	Torun, Poland
2:16.45	Scott Mitchell	86	MJRT	03-02-2023	Regina
2:21.21	Harvey Weber	65	RWAC	25-02-2023	Toronto
3:03.49	Bruce Hendry	56	TNMC	27-01-2023	Saskatoon
3:37.83	Erroll Simington	47	TNMC	13-01-2023	Saskatoon
3:48.25	David Jackson	59	TNMC	27-01-2023	Saskatoon
1000 Metres					
3:00.64	Scott Mitchell	86	MJRT	24-03-2023	Saskatoon
3:08.83	Harvey Weber	65	RWAC	04-03-2023	Edmonton
3:10.09	Jason Warick	73	STFC	24-03-2023	Saskatoon
3:12.44	Shane Burwell	69	RWAC	13-01-2023	Saskatoon
3:55.41	Bruce Hendry	56	TNMC	24-03-2023	Saskatoon
5:10.50	David Jackson	59	TNMC	24-03-2023	Saskatoon

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Time/Dist	Athlete			Date	Location
1500 Metres					
4:25.02	Trevor Jacek	81	RWAC	31-03-2023	Torun, Poland
4:59.26	Brian Michasiw	70	RWAC	27-01-2023	Saskatoon
4:59.41	Shane Burwell	69	RWAC	24-03-2023	Saskatoon
5:00.20	Harvey Weber	65	RWAC	24-03-2023	Saskatoon
3000 Metres					
10:28.62	Tarrant Cross Child	76	RWAC	04-03-2023	Edmonton
10:40.03	Brian Michasiw	70	RWAC	04-03-2023	Edmonton
12:44.47	Dave Olsen	55	UNSK	03-02-2023	Regina
5000 Metres					
17:55.42	Shane Burwell	69	RWAC	01-04-2023	Saskatoon
18:25.95	Brian Michasiw	70	RWAC	01-04-2023	Saskatoon
18:41.53	Tarrant Cross Child	76	RWAC	01-04-2023	Saskatoon
19:13.11	Gerry Nagy	62	JPRC	01-04-2023	Saskatoon
One Mile					
5:04.61	Jason Warick	73	STFC	13-01-2023	Saskatoon
5:16.14	Tarrant Cross Child	76	RWAC	13-01-2023	Saskatoon
5:21.23	Scott Mitchell	86	MJRT	13-01-2023	Saskatoon
5:23.79	Shane Burwell	69	RWAC	13-01-2023	Saskatoon
5:29.00	Brian Michasiw	70	RWAC	13-01-2023	Saskatoon
5:36.55	Brendan O'Leary	84	RWAC	13-01-2023	Saskatoon
5:48.80	Christian Braid	81	RWAC	13-01-2023	Saskatoon
7:22.96	Bruce Hendry	56	TNMC	13-01-2023	Saskatoon
8:26.18	David Jackson	59	TNMC	13-01-2023	Saskatoon
10:07.00	Masahiro Mizuno	51	TNMC	13-01-2023	Saskatoon
50m Hurdles					
10.68	Dale Lawrence	58	UNSK	25-02-2023	Toronto
60m Hurdles					
12.37	Dale Lawrence	58	UNSK	03-02-2023	Regina

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Time/Dist	Athlete	Date	Location
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High Jump

1.38m	Dale Lawrence	58	UNSK	25-02-2023	Toronto
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Long Jump

4.30m	Dale Lawrence	58	UNSK	25-02-2023	Toronto
1.31m	Hylke van der Wal	38	UNSK	27-01-2023	Saskatoon

Athlete with a Disability

6.22m	Janz Stein	81	EXCL	03-02-2023	Regina
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Triple Jump

8.62m	Dale Lawrence	58	UNSK	25-02-2023	Toronto
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Shot Put

10.55m	Dale Lawrence	58	UNSK	03-02-2023	Regina
10.18m	Art Battiste	42	TNMC	24-03-2023	Saskatoon
8.85m	Darrell Burko	57	UNSK	27-01-2023	Saskatoon
6.81m	Roland Delhomeau	45	TNMC	17-12-2022	Saskatoon

Athlete with a Disability

8.55m	Maitlan Knoke	88	CRTC	13-01-2023	Saskatoon
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Weight Throw

11.96m	Art Battiste	42	TNMC	27-01-2023	Saskatoon
9.93m	Roland Delhomeau	45	TNMC	17-12-2022	Saskatoon