

## **HERNE HILL HARRIERS VETERANS TRACK & FIELD REPORT FOR 2007 TO 2008**

### Indoor Track & Field

The main fixtures of the indoor season were the BMAF Championships at Lee Valley in February and the World Masters at Clermont-Ferrand the following month.

At Lee Valley, the highlights were Masakatsu Kondo's victory in the M45 long jump and M65 John Garber's hat-trick, a repeat of 2007, in the 400/800/1500.

Added to those, Masakatsu was fourth, and Kwei Sankofa fifth, in the final of the M45 60m, M55 Steve Knight was fifth in the 1500m and M65 Allan Long was fourth in the final of the 60m.

At Clermont-Ferrand, Masakatsu Kondo came fifth in the M45 long jump with 6.24. John Garber finished third in the M65 800m in 2:36.44 and fifth in the 1500m in 5:26.97.

### Outdoor Track & Field

For many, the season's opener was the Surrey Masters Championships at Kingsmeadow in May, in which three of our athletes achieved CBPs – Allan Long in the M65 long jump with 3.95m, (he was also second in the high jump) Micky Harran in the M70 3000m walk with 17:20.7 (he also won the 5000m) and Clare Pauzers in the W45 1500m with 4:57.9.

In addition, Vic Maughn won the M45 1500m, M45 Tony Harran came second in the 5000m and first in the 3000m walk, M45 Akin Oyediran won the triple jump as a guest (late entry), Steve Knight won the M55 5000m, M65 John Garber achieved a hat-trick of wins in the 400/800/1500 and came second in the 200m, M70 Brian Shave won the 800 and 1500 and was second in the 5000m, W40 Sarah Allen was second in the 5000m and W50 Barbara Macanas achieved two firsts and two seconds in the throws.

Masakatsu Kondo was our sole representative at the SCVAC Championships at Ashford in June, winning the M45 long jump with 6.10.

In the Interland (over 35s) at Ashford, Ben Paviour and Akin Oyediran helped Great Britain to victory over France and Belgium. Ben was fifth in the 3000m in 8:54.18 and Akin was fifth in the triple jump with 13.43 (w/s +3.3). Keith Newton competed for the GB B team, coming seventh in the 3000m steeplechase, as did Clare Pauzers, finishing seventh in both the 1500 and 3000m.

The BMAF Championships took place in Birmingham in July and produced three Herne Hill gold medallists. Masakatsu Kondo won the M45 long jump with 6.13 (w/s +4.4), Clare Pauzers won the W45 1500m in 4:55.29, which later gained her the Edgar Lloyd Cup for the best performance by a female veteran in 2008. John Garber repeated his victory of the previous year in the M65 800m, recording 2:37.49.

In addition to the above, M55 Mike Mann was sixth in the 1500m and third in the 5000m, M55 Steve Knight was sixth in the 5000m, M65 Allan Long was sixth in the 100m and seventh in the long jump, John Garber was third in both the 400 and

1500m, and M70 Brian Shave was fifth in the 800, second in the 1500 and fourth in the 5000m.

The British Championships were followed by the European, at Ljubljana in Slovenia. Masakatsu Kondo crowned his season by achieving gold in the M45 long jump with 6.30, which was to win him the Ernie Haley Cup for the best performance by a male veteran in 2008. M45 Mike Boyle won bronze in the 5000m in 16:29.44 (as well as finishing fourth in the 10000m).

Other participants were M45 Roger Alsop – twelfth in the 1500 and seventh in the 5000m, newly M60 Mike Mann – fifth in the 800, seventh in the 1500 and fourth in the 5000m and W40 Sarah Allen - ninth in the 5000 and eighth in the 10000m.

The men's team ended up top of their division of the SCVAC League for the fourth year in succession, winning three out of the four matches. Hillingdon, who had rejoined the league, came second. The small women's team finished third for the third year in a row.

In the league final at Ashford in September, our men equalled their best position of second, Blackheath once again being victorious. Garry Power broke his own M45 Irish national record in the discus with 44.37, while M65 Allan Long accumulated 23 points over five events.

As well as competing in veteran competitions, veterans played a part in the various senior leagues, with Garry Power continuing to captain the British League team. One outstanding league performance was Ayamba Akim's 1.77m to win the high jump in the SWL at Peterborough in June.

Dave Wilson  
Veterans Secretary  
27 October 2008