

2016 BC MASTERS INDOOR T&F CHAMPIONSHIPS
GREYHOUNDS WRITEUP
KAMLOOPS – February 12-14

Twenty eight Greyhounds registered to compete in the 2016 BC Masters Indoor Championships at the Tournament Capital Centre in Kamloops. Our members won 79 individual medals (53 gold, 18 silver and 8 bronze). David Dickey won the most individual medals (4G, 3S). Deborah Lee (6G) and Mark Stewart (4G, S, B) won 6 medals each. Winning 5 individual medals were: Lynette Baldock (4G, S), Christa Bortignon (5G), and Renate Cheetham (4G, S).

The star of the meet has to be W85 Lenore Montgomery who set 4 World Records. Lenore broke the listed world record in the 400m (2:11.47), 800m (4:52.80) and 3000m (19:59.56). She set a new standard in the 1500m (9:31.42) race. However, apparently there is another W85 woman who recently ran the 1500m and 3000m races faster than Lenore.

The relay team of *Tom Ukonmaanaho*, Sewa Birring, Harold Morioka and Mark Stewart broke the Canadian M70 4x200m relay record (2:09.98). The relay team of Jorge Woods, *Steve Briggeman*, David Dickey and *Cal Warren* set a new Canadian standard in the M55 4x400m relay (4:48.55).

Deborah Lee had an incredible meet with 6 individual BC W65 records (60m, 200m, 60m hurdles, high jump, long jump and triple jump) plus 2 BC relay records. Mark Stewart broke his own M70 BC records in the 800m, 1500m and 3000m. Mark was also on the M70 relay team that broke the Canadian record in the 4x200m. Speedster Cindy O'Brien Hugh broke 2 sprint records in the W55 60m and 200m. She was also on a record-breaking relay team. Jim Dyer broke 2 Race walk records in the M70 1500m and 3000m race walks. Renate Cheetham had 2 BC records in the W75 1500m and 3000m runs and she was on a relay team that set a BC record.

Also establishing new BC records were: Valerie Scott (W60 400m and both W55 4x200m and W60 4x400m relays) and Lynette Baldock (W65 3000m and W60 4x400m relay),

Winning no individual gold medal but winning the inspirational award from many, was Sewa Birring. Sewa is a double cancer survivor who is overcoming the odds. Sewa bravely started the 400m but was unable to complete the race. The next day he ran the 200m twice, first in the individual 200m race and then again in the relay, helping his M70 4x200m relay team break the Canadian record.

Despite suffering a ruptured Achilles tendon only last August, Hardev Sandhu won a medal in all three events he competed in. Surinder Shah also competed despite suffering a hamstring injury only three weeks prior to the meet and won 2 medals. Brian Carnate couldn't match his record-breaking run that he had at the Harry Jerome meet but he still ran a very fast 60m. Sam Walker finished just 0.38 seconds off his BC record in the 400m. Mark Phillips also ran a fast 400m, almost matching his best time from 2015. Rachel Fouladi late-entered on the day of the meet and won gold in the 400m, 800m and 1500m. Jeff Byington took gold in the 800m and 1500m. Joyce won the Essex challenge winning 2 golds to Alan's gold and silver. Dan Krause and Pete Pretorius won silver in the 60m.

We had 4 new members entered in the meet. Jon Hirota won 3 golds in the high jump, pole vault and shot put while his wife Tara won gold in the shot put. Andrew Natale won silver (shot put) and bronze (weight throw). Another new Greyhound travelled all the way from Comox but was unable to compete. During warmup Francisco Machado, who had suffered a lower-leg injury two months ago, felt pain in this area and decided wisely not to compete.

Congratulations to everyone!