Decathlon Business Done In USA

Falkirk Victoria Masters athlete Ken Moncrieff travelled to mid-south USA in June as the sole Scot in the GB Masters Decathlon team to compete against American counterparts for the Trans-Atlantic Trophy. The competition is a bi-annual event with the hosts alternating Ryder Cup style. This 9th holding of the match, which was initiated to commemorate Scottish athlete Ian Steadman, was hosted at the Missouri Southern State University grounds in conjunction with the USA Track & Field Masters Decathlon Championships.

With severe hot weather warnings being issued in the area, the 9 strong GB team were hesitant at competing in 10 events over the two days under a baking sun. The first day events are traditionally strong for the GB team and Ken kept that up through winning his 100m race in a new personal best of 12.68s and followed up with further bests in the long jump and 400m. Moncrieff's total of 3255pts for the first 5 events was a lifetime best whilst more crucially it edged him ahead of his paired American competitor Jeff Watry, an excellent pole vaulter from Wisconsin.

An emotional singing of Amazing Grace in Cherokee by organiser, preacher and renowned Decathlete Tom Thorne as a Father's Day dedication to departed friends, was a poignant opening reminder on the Sunday morning of the power of sports to develop long standing friendships. As events got underway beneath a cloudless sky the 2nd day's emphasis towards technical strength events took its toll and team GB's overnight lead slipped.

Come his final event, the 1500m, Moncrieff was some 125pts behind Jeff and facing a track temperature of almost 100 Fahrenheit. Thanks to some water hoses and recent warm weather training Moncrieff pulled away from his opponent and finished strongly in 3rd place with enough of a gap to secure a personal victory and a total points record of 5425 which is a FVH club record for a masters Decathlete.

The USA managed a slim overall victory amassing almost 44000 thousand points to the UK's 43,000 and shall now attempt to defend the trophy when they next meet in Oxford come 2012, only a few days prior to the Olympic Games. Ken meanwhile is looking forward to defending his Scottish Masters title in the slightly cooler environs of Dunfermline in July under supervision of coach Brian Burgess.

For The Record Ken's Marks Were:

100m	**12.68s (w3.2)**	**771pts**
LJ	**5.21m (w0.9)**	**675pts**
SP	**10.30m**	**611pts**
HJ	**1.55m**	**627pts**
400m	**63.63s**	**571pts**
First Day total		**3255pts**
100mH	**19.07s(w2.1)**	**494pts**
DT	**26.00m**	**397pts**
PV	**2.50m**	**371pts**
JT	**30.80m**	**410pts**
1500m	**5.57.32**	**493pts**
Second Day total		**2165pts**
Total Score		**5420pts**

Drafted by K Moncrieff in Neosho, Missouri, USA, 21st June 2010.