

SCOT HENNEY

May 30, 1925 – May 09, 2018

Scot began his track and field career, not as a teenager, nor when he would have qualified as a Masters athlete at age 35, not even when he was officially a Senior at age 65, but at the age of 90 when Scot joined the Greyhounds Masters Track and Field Club and became a member of BC Athletics. Scot also joined the Ultra Throws Club as a second club. Scot competed mainly in the throwing events but he also ran the 100m and 200m, and did the long jump. He was in excellent condition for a man of his age.

In 2015, in his first year of competition, Scot competed in only two meets. At the BC Masters Outdoor Championships Scot won two gold medals in the discus and javelin. Scot broke the BC M90 javelin record with a throw of 14.72m. At the 55+ BC Games Scot won 6 gold medals. He won gold in the 100m, 200m, long jump, discus, shot put and javelin. At these Games Scot improved his BC M90 javelin record with a throw of 16.78m.

Scot's second year of competition turned out to be a frustrating year for him. In April, Scot was entered in four throwing events for the South Fraser meet. However an injury would prevent Scot from taking part in this meet and in almost all of the meets scheduled for 2016. Finally injury-free in August, Scot competed in an Ultra Throws meet and set a new BC M90 record in the Super Weight event (3.91m). Scot entered 6 events for the 55+ BC Games in September. On the first day of competition Scot won the gold medal in the throws pentathlon. But the next day Scot pulled a hamstring muscle while running the 100m. He was unable to continue and had to withdraw from the Games. Recovered from his injury, Scot went to Perth, Australia, to compete in the World Masters Games in October/November. Scot won gold medals in the throws pentathlon and weight throw, silver in the hammer, and bronze medals in the shot put and javelin.

Scot's best year was in 2017. At the 55+ BC Games, Scot won 7 gold medals in the 100m, shot put, discus, javelin, weight, hammer, and throws pentathlon. He participated in four meets and broke three more BC Masters records. He broke BC M90 records in the hammer throw (17.46m), shot put (6.70m) and weight throw (8.86m). Scot now holds all of the BC M90 throwing records except for the discus and throws pentathlon. For the 2017 track and field season, the WMA (World Masters Athletics) had Scot ranked #2 in the Weight, #3 in the Throws Pentathlon (2655 points), #5 in the Hammer and #10 in both the Shot Put and Javelin.

For his excellent World Masters Athletics' rankings (top 10 in the world in five M90 throwing events) and for breaking three more BC M90 records, Scot was chosen as the Greyhounds Masters Club's Male Field Athlete-of-the-Year for 2017.

According to his son Matthew, Scot was not feeling well for several weeks. He was admitted to Ridge Meadows Hospital about three weeks ago where he passed away on May 9th. Scot was diagnosed with liver cancer which "... turned out to be very aggressive and it took him very quickly. He was in little or no pain and he looked very serene ..." when he passed away. "We will miss him of course but he had a very full life (three weeks shy of 93) and we are grateful for his long health."

The Greyhounds are extremely proud to have had Scot as a member of the club. He was an excellent athlete but an even greater person. He was friendly, well-mannered, dedicated and always had a smile on his face. The Greyhounds will miss him.