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## Shield (AVSL) Round 1

Twelve hours before the clocks were due to be wound forward for daylight saving we turned the clock back about 50 years with 3000m walkers **Andy Jamieson** and **Ian Handasyde** kicking off the season at Nunawading. Andy did well but too many judges told Hando to lock his left leg. **Chris Papapetrou** looked smooth in his first 100m for 12 months and **James Rentschler** started his season a good half second faster in the 100 than he started last season and **Tom Russell** used his 100m as a warm up for his solid 1500m and his 400m.

Our 400m runners came in at nearly 10 sec intervals - Chris close to 50, Tom about 60 and James Rentschler and **Antony Van Eaton** a touch over 70 and all will probably benefit from the run. Antony had a solid introduction to track running taking on 1500m then 5000m and finishing with his 400. Nice work. And we welcomed back **Rob Schwerlkolt** in the red singlet who ran an impressive 1500m in 4.31 and backed up in the 5000m for more points.

**Rob Belton** threw Jav and Discus but said he lacked speed on the LJ runway. Chris flirted with the idea of a Long Jump before declining and **Doug Campbell's** calf convinced him to withdraw from the 400m.

Over at Aberfeldie we had some excellent team running with school boys **Ben Beischer** and **Tom Bowers** dragging each other round in a well paced effort over the 3000m in very good early season form. Ben 8.54 and Tom 8.55 (PB).



One has finished 400m, the others discussing tactics for theirs.

## Athlete of the Week

We reckon **Rob Schwerkolt's** 1500m of 4.31 was pretty quick early in the season and the 5000m to follow was enough to earn Rob the first nomination of the year for Athlete of the Week. Must be the red singlet Rob.

## From the History Books: Records policy and early records - hand v electronic

Old Scotch has been keeping records since its formation in 1926. Some of the early records may well have had a decent margin of error due to timing and recording devices in those early years. The current policy on records state, among other fine points, that (a) you must be under the correct age group at the time of your performance (b) you must be registered with Old Scotch and competing in a Club, State or higher level competition and (c) the performance must be verifiable i.e. electronic timing and recorded on some official document or witnessed by a club official. Performances with excessive wind assistance (over 2m/sec) will not generally be considered for records in 100m, 200m, hurdles and long and triple jump. In events of 400m or less the accepted difference between hand times and electronic times is 0.24 for 100m and 200m and hurdles and 0.14 for 400m. e.g the existing U16 200m record (David Mitchell 1972) hand timed of 23.1 is equivalent to electronically timed 23.34. The current list of Old Scotch records is on our [website](#). Next week we might identify some of the "best" records.

# (Doncaster)

This Saturday we will be based at Doncaster (Tom Kelly Athletics Track). Some athletes may choose to compete at the alternate venue this week at Casey Fields. Please see the full timetable of events below. Athletes are reminded to **PRE-ENTER** before midday Wednesday prior to the meet to ensure they are seeded into the correct heats. Athletes competing in Field events are reminded to enter a time that does not conflict with another event you would like to do.

## TIMETABLE of EVENTS as at 03.10.19

All timetables featured are subject to change.

### SATURDAY 12TH OCTOBER 2019

#### DRAFT TIMETABLE

ROUND 2 – RED VENUE - Doncaster

Program 2



#### TRACK EVENTS

Draft Time	Event	Grades
1.00pm	1500m Walk (Lanes 1-3) 3000m Walk (Lanes 1-3)	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
1.00pm	110Metre Hurdles (Lanes 4-9) 100Metre Hurdles (Lanes 4-9) 90Metre Hurdles (Lanes 4-9) 80Metre Hurdles (Lanes 4-9)	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
2.00pm	400 Metres (Lanes 1-8)	Men
3.00pm	1500 Metres (Lanes 1-3)	Women
3.00pm	100 Metres (Lanes 4-10)	Women
3.30pm	1500 Metres (Lanes 1-3)	Men
4.00pm	100 Metres (Lanes 1-8)	Men
5.00pm	4x200m Relay (Lanes 1-8)	Women
5.15pm	4x200m Relay (Lanes 1-8)	Men
5.30pm	400 Metres (Lanes 1-8)	Women

#### FIELD EVENTS

	Discus	Javelin	Long Jump		Pole Vault
			Pit 1	Pit 2	For Clubs in Red & Yellow Zone Only
1.00pm	Sheet 1 Elite (35m+/28m+)	Sheet 1	Sheet 1	Sheet 2 Elite (6m+/5m+)	3.25m+
2.00pm	Sheet 2	Sheet 2			
2.15pm	Seated Discus/Javelin		Sheet 3	Sheet 4	
2.30pm					2.65m+
3.00pm	Sheet 3	Sheet 3	Sheet 5	Sheet 6	
3.45pm					
4.00pm	Sheet 4 (Throw & Go)	Sheet 4 (Throw & Go)	Sheet 7	Sheet 8	1.60m+
4.30pm	Sheet 5	Sheet 5 Elite (35m+/30m+)			
5.00pm			Sheet 9	Sheet 10	
5.30pm	Sheet 6 (10 Spots Only)	Sheet 6 (10 Spots Only)			

## AVSL Rd. 1 Results

Subscribe	Past Issues				Translate ▼
	James Rentschler	Open	100	13.87 (+0.0)	
	Thomas Russell	Open	100	13.43 (-0.3)	
	Chris Papapetrou	Under 20	400	51.43	
	James Rentschler	Open	400	73.24	
	Thomas Russell	Open	400	60.21	
	Antony Van Eeten	M40	400	69.17	
	Thomas Russell	Open	1500	4:43.0h	
	Robert Schwerkolt	M40	1500	4:31.8h	
	Antony Van Eeten	M40	1500	5:04.8h	
	Benjamin Beischer	Under 20	3000	8:54.6h	
	Tom Bowers	Under 18	3000	8:55.4h	
	Robert Schwerkolt	M40	5000	19:17.6h	
	Antony Van Eeten	M40	5000	18:51.9h	
	Andrew Jamieson	M40	3000 Walk	16:36.9h	
	Robert Belton	M40	Discus	21.71m	
	Robert Belton	M40	Javelin	16.95m	
	Robert Belton	M40	Long Jump	2.68m	

## Old Scotch Hoodies

Track is back! Majority of our new track and field hoodies have been sold, only a few remain. We have 2 Larges, 3 Mediums and 5 smalls remaining. If you would like to purchase one please contact Harrison Carr at his email [harrison.carr.me@me.com](mailto:harrison.carr.me@me.com) they are only \$45.



In the image above the boys (left to right) JP Soulie, Seb Brasington, James Lightfoot, Harrison Carr and Freddie Leeton are all wearing **mediums**.

Trivia Night - Team Holmes wins back-to-back Trivia night by 1/2 point from Old Brighton and Team Wilson completing the podium (also back-to back)  
Well done Hando on a terrific night - thanks also to Joan for helping as assistant quizmaster!  
It was great fun and the venue worked well.  
We had teams from Old Brighton, Old Geelong College and Xavier



Quizmaster Hando



The winning Holmes team



Team Brighton



Team Purvis



Team Evans



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LET'S GET 2. QUIZZICAL	5	6/11	9/19	9½/28½	7/35½	8/43½	6½/50	13/63	7/70	8/78	6/84
3. I'M SMARTICUS	6	7/13	5½/18½	9½/28	4½/50½	8/40½	9½/45	11/56	7/63	6½/69½	4/73½
4. PEOPLE OF TITANIUM	8	5/13	7½/20½	7/27½	4/31½	7½/39	6/45	10½/57½	10/67½	7½/75	6/81
5. CLUELESS	4	5/9	10/19	9/28	5/34	9/43	5½/48½	13½/60	8/70	9½/79½	4/83½
6. HUDSON'S HUTZ	7	5/12	5½/17½	7/24½	6/30½	9½/40	6/46	10/58	5/63	7½/70½	4/74½
7. SEVENTH	4	6/10	8/18	8½/26½	4½/31	6½/37½	5/42½	13/55½	8/63½	8½/72	7/79

### Final Scores



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*A lot has been going on at the club the past couple of weeks - read below for more.*

## URGENT: Club volunteers Required!

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We require an additional 3 helpers this Sunday at Nunawading. See the details below.

If you can assist, or have any questions, please reply directly to this email.

Date	Where	No. helpers Required	Time required	Club Helper	No. fulfilled	No. Remaining
16/11/19	Nunawading (Bill Sewart Athletics Track)	4	1.5-2 hours between 1-5pm	Lesley Mills	1	3
21/12/19	Box Hill (Hagenauer Reserve)	2	1.5-2 hours between 1-5pm		0	2
18/1/20	Ringwood (Proclamation Park)	3	1.5-2 hours between 1-5pm	Lesley Mills	1	2
8/2/20	Box Hill (Hagenauer Reserve)	2	1.5-2 hours between 1-5pm	Lesley Mills	1	1

## AVSL Round 4 Wrap

This was an experimental Shield Relay round. We are not sure whether the experiment worked but Old Scotch certainly got off to a pretty good start in the 2x1500m races

**Tommy Kluckow**); Team 4 (**Ben Cashin** to **Lachie Stewart**); Team 5 (**JP Soulie** to **Tom Bowers**) and Team 6 (**Rob Barber** to **Will Hutchings**). A big welcome to OS to **Tommy, Ben, Lachie** and **Will** who were all having their first Shield appearance for the Club. The 4 x 100 races involved 3 OS teams – a speedy U16 squad (**Casey Elliott** to **Mac Debeljac** to **Ben Cashin** to **Hunter Rives**), an U18 team of **Soulie, Bowers, Barber** and **Hutchings**, and an Open team of **Van Eeten, Kluckow, Stewart** and **Worsteling**. Three teams = many more points than those who had no teams.

In the field we welcomed both **Hugh Bailey** who threw the U14 Shot 13.11m to totally obliterate the current U14 record and score an individual 449 points, and **Hunter Rives** who jumped a big PB of 5.38 (413 points) in the U16 Long Jump. Congratulations Hugh and Hunter. **Ian Handasyde** threw the Open shot (7.11m for over 400 points) but not nearly as far as Hugh – but it was 2kg heavier. The 4 x 200s were running nearly an hour late and AV were not too keen on our entry so we passed that event. To finish a late day at Doncaster we entered the remaining four athletes into our two 2x800 teams. So it was **Barber** and **Russell** in one team and **Van Eeten** and **Hando** in the other. At least Hando didn't have to worry about keeping one foot in contact with the ground at all times. Apparently it was his first 800m race in about 30 years – well done Hando for demonstrating the type of commitment we love at OS.

Out at Knox, **Rob Belton** threw the discus and shot and high jumped and long jumped to add plenty to our total club tally. The AV scoring system remains a mystery (think Duckworth Lewis mixed with AFLX and marinated in a random number generator) but what we do know is that our 4x1500 teams totalled some 2800 points with the highest scoring OS duo of **JP** and **Tom B.** earning 910 points. But the highest scoring team for the day was our U16 4x100 team with 1668 points. Well done squad.

Next Sat we are off to Nunawading for a “normal” round of Shield comp. Please enter all your proposed events with AV before midday Wednesday to ensure a good heat/berth.

## Athlete of the Week

It was mainly team races today but we reckon if you add over 4m to a shot put record in your first appearance in the OS colours you deserve the honour. So **Hugh Bailey**, you are this week's Athlete of the Week. But the U16 4x100 team (Elliott, Debeljak, Cashin, Rives) was pretty deserving too.

On the topic of recognition, a special mention to **Bruce Wilson**, who has been named a Life Member by Athletics Australia.



*VP Track and Field Harrison Carr in the 1500*



*VP Cross Country Pete Simm backing up a super X-country season on the Track*

## VIC Milers - 5 November

We had some excellent performances at Glenhuntly on a very wet Thursday night. A special mention to **Ben Cashin** who copped the worst of the weather in his 800m, **Antony Van Eeten** and **Tommy Kluckow** who both won their 800, and **Ben Beischer**

**Polkinghorne and Fred Leeton in the 800s and Ed Beischer, James Lightfoot and Rob Schwerkolt in the 3000m. Let's hope for better conditions next time.**

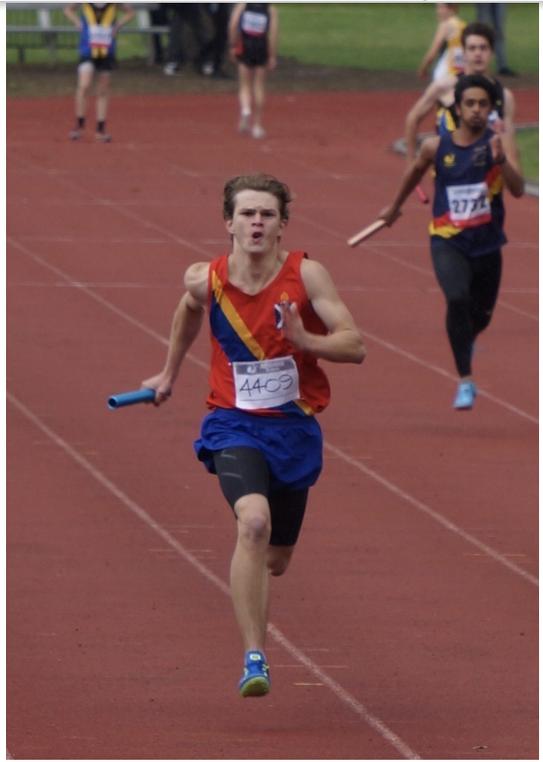


*JP Soulie flying around in the 100 (top) and 1500 (bottom)*

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*Hunter Rives in his first outing for OS*



*Tom Bowers enjoying being back in Red*

## All Schools - Week 1

Ronghao Chen

U14 100 11.94

1st in heat

3rd in Final:  
BRONZE  
MEAL

11.84

Subscribe	Past Issues					Translate ▼
Rob	Barber	U16	1500	4.26.13	PB	
		U16	400	58.58		
JP	Soulie	U17	1500	4.16.05	5th	
Tom	Worsteling	U17	1500	4.42.99		
Lachlan	Stewart	U17	1500	4.50.11		
Seb	Brasington	U18	1500	4.19.96	8th	
Jack	Polkinghorne	U18	400	54.58		
Josh	Rubins	U18	100			
					2nd	
Ben	Beischer	U20	1500	4.14.26	SILVER MEDAL	

There were a few OS members from other schools also competing.

Olivia Nigido-Scott threw 33.93m in the U16 Discus to pick up a bronze medal.

Tom Bowers finished 4th in the U18 1500m 4.13.49 missing 3rd by 0.02 sec.

Zac Holden ran the U17 1500m finishing in 4.34.45

And it was great to see Mari Campbell run a PB in the U17 400m



*Ronghao Chen - Bronze medalist*



*Tom Worsteling was in fine form post school season.*



*Antony Van Eeton substituting podium finishes in Fun Runs for a 1500, 100 and 800 on Saturday. Very quick and with a bad achilles, too!*

## All Schools - Week 2

Ronghao Chen	U14	200	24.33	1st in heat	24.28	2nd SILVER MEDAL
Rob Barber	U16	800	2.05.62	PB? Qual for Final	2.03.10	fourth in final. PB

Subscribe	Past Issues							Translate ▼
								MEDAL
Tom	Worsteling	U17	3000	9.52.40	Big PB			
Seb	Brasington	U18	3000	9.08.12	6th PB			
Jack	Polkinghorne	U18	800	1.58.77	4th in final PB?			
Josh	Rubins	U18	200	22.74	2nd in heat	22.88		3rd BRONZE MEDAL
Fred	Leeton	U16	3000	9.04.95	2nd SILVER PB MEDAL			

There were a few OS members from other schools also competing.

Olivia Nigido-Scott threw PB 45.02m in the U16 Hammer to pick up a Silver Medal.  
and also 11.92m in Shot Silver Medal

Tom Bowers finished 3rd in U18 3000m 9.00.37 - Bronze Medal

Zac Holden ran the U17 3000m finishing in 9.47.2

Both Mari and Beth Campbell ran PBs in U17 200m.

Mari ran PB 400H for Bronze Medal



*Olivia Nigido-Scott: Triple medalist*



*Fred Leeton on the podium*



*Tom Bowers post his frantic race finish*



*President Tom Russell back on the track after a couple of weeks on the sidelines*

## A Piece of History: Our Records

Just how talented were some of our past athletes – particularly in field games. Our oldest surviving record was set in **1951** by 18 year old **Brian Laycock** who triple jumped 14.58m which is still the U19, U20 and Open record. The following year **Bob Grant**, also only 18, threw the Javelin 58.04m. In **1958 David Hopkins** long jumped 7.19m which 60 years later is the club's U19, U20 and Open record. That same year

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**Nunan** 14.59m) and Open Discus (**Peter Strang** 43.98m) were set in **1961**. There are even a few junior records that have stood for over 50 years. It is probably time that we had a crack at some of these old records. Perhaps some incentive might be offered. Good luck to anyone who gets close.

U19 –Open Triple Jump Brian Laycock 1951 14.58

U19 Javelin Bob Grant 1952 58.04

U19-Open Long Jump David Hopkins 1958 7.19

U17 4x100 (1958) T.Smith; R.McQuilken; P.Kirner; D.Evans 45.00

Open Shot Des Nunan 1961 14.59

Open Discus Peter Strang 1961 43.98 (Alastair Davey threw 43.02 in 1987)

## Next Meet: Sat 16 November (Nunawading)

This Saturday we will be based at Nunawading (Bill Sewart Athletics Track). Please see the full timetable of events below. Athletes are reminded to **PRE-ENTER** before midday Wednesday prior to the meet to ensure they are seeded into the correct heats. Athletes competing in Field events are reminded to enter a time that does not conflict with another event you would like to do. Please read from page 8 of the AV Shield entry guide on how to enter for events [HERE](#).

**SATURDAY 16<sup>TH</sup> NOVEMBER 2019**

**DRAFT TIMETABLE**

**ROUND 5 – WHITE VENUE – Nunawading**

**Program 2**

**TRACK EVENTS**

Time	Event	Grades
1.00pm	400 Metre Hurdles (Lanes 4-8) 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ 60 + Women U14/U16 Men & Women
1.15pm	1500 Metres (Lanes 1-3)	Men
2.00pm	100 Metres (Lanes 4-10)	Men
2.15pm	1500 Metres (Lanes 1-3)	Women
3.15pm	400 Metres (Lanes 1-8)	Men
4.15pm	100 Metres (Lanes 1-8)	Women
5.00pm	4 x 100m Relay (Lanes 1-8)	Men
5.15pm	4 x 100m Relay (Lanes 1-8)	Women
5.30pm	400 Metres (Lanes 1-8)	Women



Subscribe	Past Issues				Translate ▼
			Pit 1	Pit 2	For Clubs in Blue & White Zone Only
1.00pm	Sheet 1	Sheet 1 Elite (35m+/30m+)	Sheet 1	Sheet 2 Elite (6m+/5m+)	3.55m+
2.00pm	Sheet 2	Sheet 2			
2.15pm	Seated Discus/Javelin		Sheet 3	Sheet 4	2.80m+
2.30pm					
3.00pm	Sheet 3	Sheet 3	Sheet 5	Sheet 6	
3.45pm					1.60m+
4.00pm	Sheet 4 (Throw & Go)	Sheet 4 (Throw & Go)	Sheet 7	Sheet 8	
4.30pm	Sheet 5 Elite (35m+/28m+)	Sheet 5			
5.00pm			Sheet 9	Sheet 10	
5.30pm	Sheet 6 (15 Spots Only)	Sheet 6 (15 Spots Only)			

And we will finish off with some more pics from Saturday.



*Ben Cashin during the 1500 in his first outing for OS*



*Rob Barber hitting the line hard in the 4x100 relay*











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*The email address for club helpers in the newsletter last night was incorrect. If you are able to be a club helper, please reply to THIS email (or directly email: [oldscotchathleticclub@gmail.com](mailto:oldscotchathleticclub@gmail.com)). Thank you for your understanding.*

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18/1/20	Ringwood (Proclamation Park)	3	1.5-2 hours between 1-5pm	Lesley Mills	1	2
8/2/20	Box Hill (Hagenauer Reserve)	2	1.5-2 hours between 1-5pm	Lesley Mills	1	1

## AVSL Round 4 Wrap

where we had more teams than anyone else with 6. Team1 (**Harrison Carr** to **Tom Russell**), Team 2 (**Pete Simm** to **Antony Van Eeten**), Team 3 (**Tom Worsteling** to **Tommy Kluckow**); Team 4 (**Ben Cashin** to **Lachie Stewart**); Team 5 (**JP Soulie** to **Tom Bowers**) and Team 6 (**Rob Barber** to **Will Hutchings**). A big welcome to OS to **Tommy, Ben, Lachie** and **Will** who were all having their first Shield appearance for the Club. The 4 x 100 races involved 3 OS teams – a speedy U16 squad (**Casey Elliott** to **Mac Debeljac** to **Ben Cashin** to **Hunter Rives**), an U18 team of **Soulie, Bowers, Barber** and **Hutchings**, and an Open team of **Van Eeten, Kluckow, Stewart** and **Worsteling**. Three teams = many more points than those who had no teams.

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*VP Track and Field Harrison Carr in the 1500*



*VP Cross Country Pete Simm backing up a super X-country season on the Track*

## VIC Milers - 5 November

**Antony Van Eeten** and **Tommy Kluckow** who both won their 800, and **Ben Beischer** who ran an excellent PB 3000m (8.49.2) three hours after a Maths Method exam. Seems like a good preparation for a race. Others taking part were **Harrison Carr**, **Jack Polkinghorne** and **Fred Leeton** in the 800s and **Ed Beischer**, **James Lightfoot** and **Rob Schwerkolt** in the 3000m. Let's hope for better conditions next time.

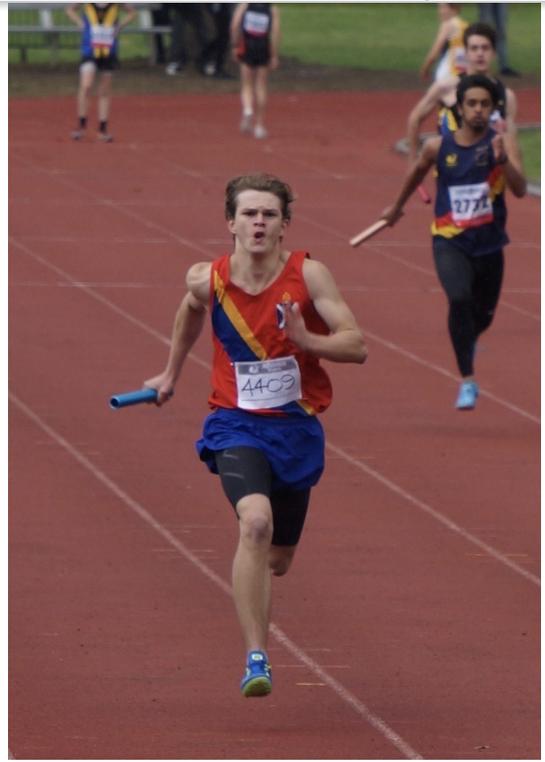


*JP Soulie flying around in the 100 (top) and 1500 (bottom)*

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*Fred Leeton on the podium*



*Tom Bowers post his frantic race finish*



*President Tom Russell back on the track after a couple of weeks on the sidelines*

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Just how talented were some of our past athletes – particularly in field games. Our oldest surviving record was set in **1951** by 18 year old **Brian Laycock** who triple jumped 14.58m which is still the U19, U20 and Open record. The following year **Bob Grant**, also only 18, threw the Javelin 58.04m. In **1958 David Hopkins** long jumped 7.19m which 60 years later is the club's U19, U20 and Open record. That same year

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**Nunan** 14.59m) and Open Discus (**Peter Strang** 43.98m) were set in **1961**. There are even a few junior records that have stood for over 50 years. It is probably time that we had a crack at some of these old records. Perhaps some incentive might be offered. Good luck to anyone who gets close.

U19 –Open Triple Jump Brian Laycock 1951 14.58

U19 Javelin Bob Grant 1952 58.04

U19-Open Long Jump David Hopkins 1958 7.19

U17 4x100 (1958) T.Smith; R.McQuilken; P.Kirner; D.Evans 45.00

Open Shot Des Nunan 1961 14.59

Open Discus Peter Strang 1961 43.98 (Alastair Davey threw 43.02 in 1987)

## Next Meet: Sat 16 November (Nunawading)

This Saturday we will be based at Nunawading (Bill Sewart Athletics Track). Please see the full timetable of events below. Athletes are reminded to **PRE-ENTER** before midday Wednesday prior to the meet to ensure they are seeded into the correct heats. Athletes competing in Field events are reminded to enter a time that does not conflict with another event you would like to do. Please read from page 8 of the AV Shield entry guide on how to enter for events [HERE](#).

**SATURDAY 16<sup>TH</sup> NOVEMBER 2019**

**DRAFT TIMETABLE**

**ROUND 5 – WHITE VENUE – Nunawading**

**Program 2**

**TRACK EVENTS**

Time	Event	Grades
1.00pm	400 Metre Hurdles (Lanes 4-8) 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ 60 + Women U14/U16 Men & Women
1.15pm	1500 Metres (Lanes 1-3)	Men
2.00pm	100 Metres (Lanes 4-10)	Men
2.15pm	1500 Metres (Lanes 1-3)	Women
3.15pm	400 Metres (Lanes 1-8)	Men
4.15pm	100 Metres (Lanes 1-8)	Women
5.00pm	4 x 100m Relay (Lanes 1-8)	Men
5.15pm	4 x 100m Relay (Lanes 1-8)	Women
5.30pm	400 Metres (Lanes 1-8)	Women



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			Pit 1	Pit 2	For Clubs in Blue & White Zone Only
1.00pm	Sheet 1	Sheet 1 Elite (35m+/30m+)	Sheet 1	Sheet 2 Elite (6m+/5m+)	3.55m+
2.00pm	Sheet 2	Sheet 2			
2.15pm	Seated Discus/Javelin		Sheet 3	Sheet 4	2.80m+
2.30pm					
3.00pm	Sheet 3	Sheet 3	Sheet 5	Sheet 6	
3.45pm					1.60m+
4.00pm	Sheet 4 (Throw & Go)	Sheet 4 (Throw & Go)	Sheet 7	Sheet 8	
4.30pm	Sheet 5 Elite (35m+/28m+)	Sheet 5			
5.00pm			Sheet 9	Sheet 10	
5.30pm	Sheet 6 (15 Spots Only)	Sheet 6 (15 Spots Only)			

And we will finish off with some more pics from Saturday.



*Ben Cashin during the 1500 in his first outing for OS*

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*Rob Barber hitting the line hard in the 4x100 relay*











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## 800m Handicap Starting Positions and Form Guide are here

The big day is tomorrow and without further ado, the handicaps are now available for those running (or just interested) to view.

Important instructions for runners:

1. You must check in with Mark Purvis at the athletics tent no later than 11.00am. For those he hasn't yet met, a mug shot is below.
2. Every runner will be given a different coloured singlet to wear. No ifs, buts or maybes, wearing the allocated singlet is compulsory because it will greatly assist both the commentator and the crowd to differentiate the runners. You need to return the singlet to Mark after the race.
3. Runners must be at their handicap marks by 11.25 am so that Mark can introduce everyone in turn to the crowd prior to the race commencing at 11.30 am.

If anyone knows someone with video/camera skills, we are looking for someone to film the race. The job requires someone with a steady hand and a bit of imagination.

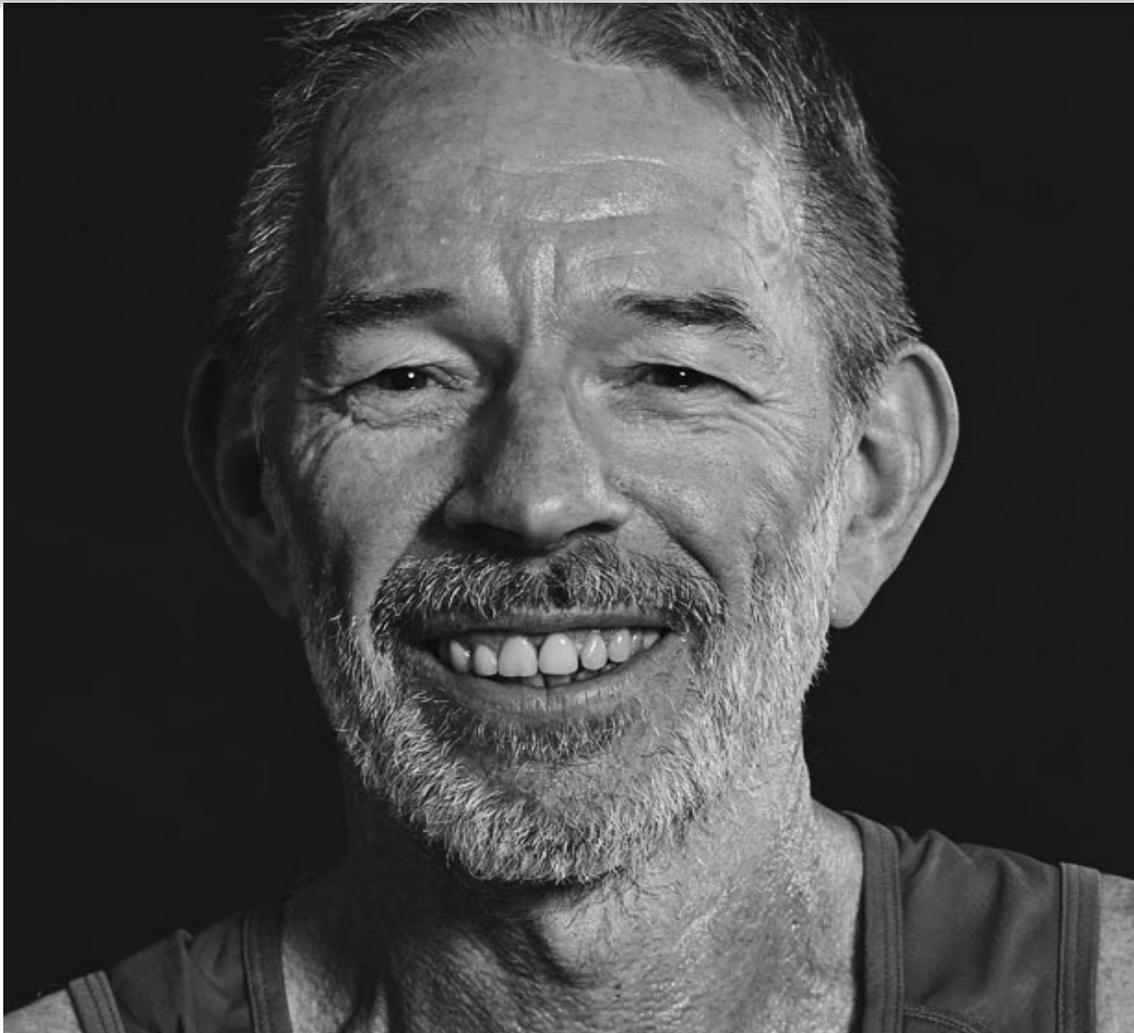
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	0	Ed Beischer	<i>Talentsprodigious</i>	Proven racer over the distance with speed to burn. Quality thoroughbred. Good value each way bet.
	15	Harrison Carr	<i>Gunnus Youngus</i>	Massive improver during 2018 and in sparkling form. Will have to hold off training partner Beischer. Has the necessary stamina. Big chance.
	35	Chris Papapetrou	<i>Hurdlerus Longus</i>	Has raw speed but better suited to the steeplechase. Prefer others.
	45	Will Meggitt	<i>Champus Absentia</i>	Won here in 2013 then went quiet. Dangerous off this mark. Well worth considering.
	60	Tom Russell	<i>Sonofagunnus</i>	Another recent winner with a proven track record. Good decision-maker, will know when to kick for home. Should not be discounted.
	70	Rob Schwerkolt	<i>Worldchampus</i>	Never say die competitor, will give it everything. Won this race last century before the back markers were born. Could be thereabouts.
	85	Hugh Gundlach	<i>Bridesmaidus Perennii</i>	Four times on the podium but yet to stand on the top step. Will eventually be rewarded for his persistence so well worth considering.
	95	Peter Simm	<i>Medicorunnus</i>	Club stalwart who has had a recent welcome return to form. Has known staying ability. Fair value from this mark.
	105	Peter Ho	<i>Fastustwitchus</i>	Sprinting type, kept under wraps for this start. Some doubts over ability to stay the distance. May surprise.

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	115	Leeton	<i>Fatherus Switus</i>	Freddy and Bart. Write off at your peril.	
	120	Antony Van Eeten	<i>Sockus Longus</i>	Good opening speed but known to slow dramatically after a fast start. Could be the leader at the bell. Prefer others.	
	140	Brett Hucker	<i>Hackus Sportingus</i>	Debut last year whetted the appetite of his fans for more. Expect improvement.	
	140	Tony Hocking	<i>Swimmerus Aquatica</i>	Star swimmer with some running ability. May be confused by having to follow a curved line. Highly unlikely.	
	140	John Dixon	<i>Quantitus Unknownus</i>	Child star, super fast over 400m, first run over this distance for 30 years. A long shot.	
	150	James Rentschler	<i>Muscleboundus</i>	Made a welcome return to the track this year. Form line is trending upwards and times downwards. Could be thereabouts.	
	170	James Russell	<i>Veteranus Cageyji</i>	His two wins in this race are separated by a mere 23 years. Knows how to fool the handicapper. No recent form to speak of. Unlikely.	
	210	Rohan Appleton	<i>Nicknamus Toey</i>	Cricketer, tennis player and cyclist, but none of these skills will help him in an 800m race. Better suited to the country circuit.	



Mark's mugshot for those running to find him



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Will Meggitt wins 800m Handicap

Old Scotch Trivia Night APSOC Challenge

October 5th at 7.00

Last year we had a great night at Sophia's, this year promises to be even better.

Last year we had teams participants from Caulfield, Xavier and Geelong,

This year we have had intentions from Brighton, Caulfield and Xavier.

It would be great if we had participants from all clubs.

Venue:

Superb almost new building

Dunlop Street Pavilion

Dunlop Street

East Malvern

Next to Darling Station - east side - plenty of parking in the station car park

Finger food

\$30.00 Full, \$20.00 students

Tables of 6 - form your own or join an all-stars table

Proceeds from OS participants to the Old Scotch Athletes and Coaches Fund

Proceeds from non-OS participants to the Graham Wise Fund benefiting all APSOC athletes

Book on Trybooking via link <https://www.trybooking.com/BFDGR>

Google Maps link <https://goo.gl/maps/ktZ2GYK2yTw9Ws2y9>

Any questions to Rob Wilson - [robert.wilson@palmproducts.com.au](mailto:robert.wilson@palmproducts.com.au), or 0413 533 071



Committee Member Ian Handasyde will again be our quiz-master, on right, assisted by Nick Oats. Entertaining and fast paced.



Even a few riffs.

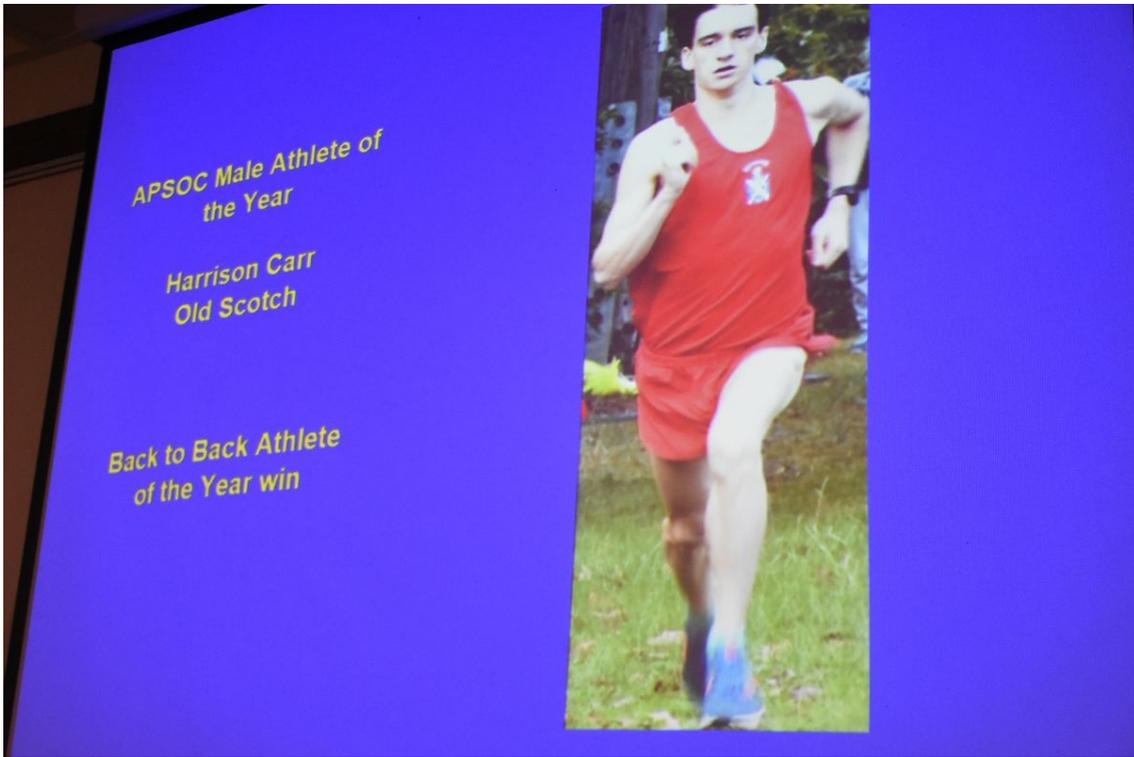


The Holmes table - the victors with the spoils - by 1/4 point from the Purvis table - with the Wilson All-stars table 3rd.





APSOC Dinner - Winners for 2019



Harrison Carr - back to back winner



Harrison Carr with the silverware





So near yet so far - OS finished on equal points to OX - but as OX finished ahead at the Cooke-McClelland, they win on count-back.

A fantastic team effort led by Harrison Carr, Ed and Ben Beischer, James Lightfoot, Tom Bowers, Rob Schwerlkolt and Pete Simm.



Pete Dodgshun winner of the coveted Handicapper's Award.



Rob Schwerkolt winner of M50, with Anne Martin from Caulfield.



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### Past Consistent Athletes

▶ 1988	Andrew Cochrane	0.76%	2003	Nicholas Luxton	0.66%
▶ 1989	John Hartnett	0.69%	2004	Field Rickards (3)	0.45%
▶ 1990	Alex Illies	0.65%	2005	James Grove	0.70%
▶ 1991	Andrew Edwards (1)	1.11%	2006	Denis Ward	0.46%
▶ 1992	Field Rickards (1)	0.94%	2007	Sean Olsen	0.60%
▶ 1993	Andrew Aitken	1.21%	2008	Angela Carswell & Natasha Hampson	0.96%
▶ 1994	Mark Purvis	0.77%	2009	Kuniko Bowden	1.10%
▶ 1995	Andrew Edwards (2)	0.98%	2010	Andrew Down (1)	0.85%
▶ 1996	Emma Rickards	0.78%	2011	Andrew Down (2)	0.99%
▶ 1997	Gerry Voukelatos	0.69%	2012	Natalie Geddes	0.78%
▶ 1998	Peter Simm	0.61%	2013	Rob Schwerkolt	0.93%
▶ 1999	Andrew Scott	0.47%	2014	Dean Gasson	0.47%
▶ 2000	Ian Gilbert	0.53%	2015	Emma Grant (2)	0.85%
▶ 2001	Sam Curry	0.83%	2016	Hamish Watson	0.72%
▶ 2002	Field Rickards (2)	0.24%	2017	David Rayner	0.47%
			2018	Douglas Lee	0.96%

Multiple Winners:  
 Field Rickards (3), Andrew Edwards (2), Andrew Down (2), Emma Grant nee Rickards (2)

#### Scotch Athletics Presentation Night

All students participating in Athletics at Scotch and their parents , are invited to celebrate the Scotch athletic's season and recognize and reward our high achievers, team stalwarts, support staff and coaches.

Saturday 19th October 2019 from 7.00

Kooyong Lawn Tennis Club

\$70.00 per head

Booking through Trybooking.<http://www.trybooking.com/549982>

It would be good to have an OSAC presence.

Contact Tom Russell or Rob Wilson if you are considering attending



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## Special Thanks

We thank Rob Belton, Doug Campbell, Andrew Rubins and Ian Handasyde for their assistance as officials at the javelin event. Without this help the Club would be penalised. We greatly appreciate your efforts.

## AVSL Round 5

This was our best round for some time with 17 athletes at Nunawading and one at Aberfeldie and one at Wendouree and most doing multiple events.. As a consequence we finished second out of the 10 clubs in our division. **Rob Barber** did 4 events scoring a total of 1300+ points while **Tom Russell, Lachie Stewart, Antony Van Eeten** and **Rob Belton** all did three events.

The highest score for the day went to **Rob Schwerkolt** for his 1500m (Over 50) which earned him 489 points just pipping **Sean Elliott's** 400m (468 points) and **Olivia Nigido-Scott's** hammer (463 points). Scoring over 400 points in an event is very high quality: others in the honours class this round were **Sean Elliott** (100 and 400), **JP Soulie** (400), **Seb Brasington** (1500), **Tom Worsteling** (1500), **Rob Barber** (1500) and **Hugh Bailey** (Discus) which broke the Club record by 4 metres.

We welcomed to Old Scotch for their first run **Will Hutchings, Angus Morrissey** and **Josh Juggins** all of whom had impressive debut runs.

The number of PBs on the day was quite amazing. We think we counted 12 athletes with PBs and some of these (**Sean and Casey Elliott, Lachie Stewart, Rob Barber, Tom Worsteling, Ben Cashin**) had multiple PBs.

**This is what it is all about – training well, improving and enjoying.**









## Athlete of the Week

A mighty hard week to nominate just one person for Athlete of the Week with so many PBs but we select **Lachie Stewart** this week for both his dedication to training and for having a go at three events and coming away with three PBs over 100m, 400m and 1500m. Well done Lachie.

## A Piece of History: Our Records

### Athletes who hold most records

Four very talented athletes each hold 10 or more OS records. Topping the list is Nick Rennie (15 records) followed by Mark Moresi (13). Nick holds 6 individual 100m/200m records and is part of 9 relay record teams. Mark holds 3 individual 400m records and is also part of 10 relay records. Given that Mark and Nick were in the same age group (and both coached by Steve Gaffney) it is not surprising that they formed a pretty good base for many relay teams.

Andrew Faichney holds 11 records mainly in High Jump and Triple Jump from U16 to U20 while Tom Cade (10 records) holds records in underage 100m, 200m, 100H, Long Jump, Triple jump as well as an impressive Open 400Hurdles.

Craig Hilliard (9 records) holds every short hurdles record from U17 to Open as well as the U19 and U20 400H. Obviously an exceptionally good hurdler. Of our current athletes James Lightfoot still holds 8 records in 1500m, 3000m and steeple events and is in a position to set more although some of his younger records may be under challenge.

Lightfoot have all represented Australia in international competition so their places in our record books is well justified.

## Vic Relay Champs

Next Sat at Box Hill are the Victorian Relay Championships. The club intends to field the following teams: (subject to minor changes where necessary)

**(10:30am)**

**Over 40 4x1500** Schwerkolt, Simm, Van Eeten, D.Leeton

**(11:25am)**

**U16 Medley (A)** Chen(200), Rives(200), Cashin(400), Barber(800)

**(11:25am)**

**U16 Medley (B)** Juggins(200), Elliott(200), Debeljak(400), Kluckow or Leeton(800)

**(11:55am)**

**U18 Medley** Rubins(200) Polkinghorne(200), Elliott(400) Soulie(800)

**(3:10pm)**

**U16 4x400** Cashin, Debeljak, Barber, Rives

**(3:24pm)**

**U18 4x400** Elliott, Polkinghorne, Bowers, Morrissey, Rubins

**(4:24pm)**

**U16 4x100** Chen, Juggins, Elliott, Debeljak, Rives

**(5:03pm)**

**U18 4x800** (Three teams)

Soulie, Polkinghorne, Bowers Brasington, Worsteling, Stewart, Hutchings, S.Elliott, and U16 athletes Barber, Holden, Cashin, Leeton, Rogers, Kluckow

There are some impressive teams in that lot. Please come along and support them.

## AVSL Round 5 Results

F16

Hammer: Olivia Nigido-Scott 42.17m;

MOP

100m: Thomas Russell 13.48 (-0.2);

400m: Thomas Russell 58.62;

1500m: Thomas Russell 4:40.1h;

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100m: Jean-Philippe Soulie 13.06; Lachlan Stewart 14.00 (-1.9); Sean Elliott 11.91 (+0.0);

400m: Jean-Philippe Soulie 54.51; William Hutchings DNS; Tom Worsteling 58.40; Lachlan Stewart 61.40; Sean Elliott 51.36;

1500m: Sebastian Brasington 4:14.62; William Hutchings 4:45.2h; Tom Worsteling 4:28.3h; Lachlan Stewart 4:41.7h;

M16

100m: Robert Barber 13.47 (-1.9); Ben Cashin 13.13 (-0.4); Casey Elliott 12.72 (-0.1);

400m: Robert Barber 56.11; Casey Elliott 60.40;

1500m: Robert Barber 4:23.5h; Ben Cashin 4:39.8h;

Discus: Hunter Rives DNS;

Long Jump: Robert Barber 3.72m; Mcgregor (Mac) Debeljak DNS;

M14

Discus: Hugh Bailey 34.76m;

Javelin: Hugh Bailey 24.99m;

M40

100m: Antony Van Eeten 14.73 (-2.4);

400m: Antony Van Eeten 66.15;

1500m: Robert Schwerkolt 4:34.5h; Peter Simm 4:41.2h; Antony Van Eeten 4:52.7h;

Discus: Robert Belton 19.93m; Douglas Campbell NM; Ian Handasyde 17.73m;

Javelin: Robert Belton 17.14m; Douglas Campbell 16.99m;

Long Jump: Antony Van Eeten ; Robert Belton 2.37m;

In addition, Josh Rubins showed excellent form with 100m (11.48) and 400m (52.06), Angus Morrissey debuted with 400m (55.61) and Josh Juggins was mighty quick with his invitation U14 100m (12.25).



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*There might only be 3 weeks to Christmas, however there is still lots going on at Old Scotch. The next AVSL meet is this **FRIDAY NIGHT (13 December)** at Doncaster Athletics Track. Please remember to pre-enter by **TUESDAY MIDDAY**. We will likely be using our Powerplay this round to double our weekly ladder score, so make sure to enter as many events as possible!*

## **URGENT: Club volunteers Required!**

During the season the club is required to provide club helpers at 4 AVSL meets and various competitions. Thanks to those who have already provided their time this season, it is much appreciated by everyone at Old Scotch!

We require 2 helpers on Sunday 21 December at Box Hill Athletics track from 1-5pm. The details are in the table below.

If you can assist at any of the dates, or if you have any questions, please reply directly to this email, or contact Tom Russell at (tom\_russell777@hotmail.com).

Subscribe		Past Issues		Translate ▼		
		required				
2/11/19	Doncaster (Tom Kelly Athletics Track)	1	Afternoon	Ian Handasyde	1	0
3/11/19	Doncaster (Tom Kelly Athletics Track)	1	Afternoon	Howard Belcher	1	0
AVSL						
Date	Where	No. helpers Required	Time required	Club Helper	No. fulfilled	No. Remaining
2/11/19	Doncaster (Tom Kelly Athletics Track)	1	Afternoon	Ian Handasyde	1	0
3/11/19	Doncaster (Tom Kelly Athletics Track)	1	Afternoon	Howard Belcher	1	0
16/11/19	Nunawading (Bill Sewart Athletics Track)	4	1.5-2 hours between 1-5pm	Rob Belton	1	3
				Ian Handasyde		
				Rubins		
				Doug Campbell		
21/12/19	Box Hill (Hagenauer Reserve)	2	between 1-5pm		0	2
18/1/20	Ringwood (Proclamation Park)	3	between 1-5pm	Lesley Mills	1	2
8/2/20	Box Hill (Hagenauer Reserve)	2	between 1-5pm	Lesley Mills	1	1

## AVSL Round 6 Wrap

The forecast was pretty dismal for Round 6 at Casey Fields and the turnout from all clubs reflected this. We were without a couple of our gun young speedsters and our senior distance runners and there was no walk scheduled for our experienced race walkers. But what we did have was a committed group of 15 athletes, many of whom did multiple events and scored huge points for the Club, in the sunshine, enabling us to climb a place up the ladder. The apparently little contributions can count bigtime: without the shot put efforts of **Doug Campbell, Rob Barber** and **Lachie Stewart** – probably not household names in the world of shot putting – we would have been beaten by at least one other club on the day. Without **Antony Van Eeten's** 200m and 800m the same would have happened.

The full results are below but let's highlight some big efforts. Remembering that a score of over 400 is honours standard, we had a 500+ score from **Tom Bowers** with his big PB of 1.57.5 in the 800m. That is first class honours. Others over 400 were **Olivia Nigido-Scott** in both Hammer and Shot (total 950

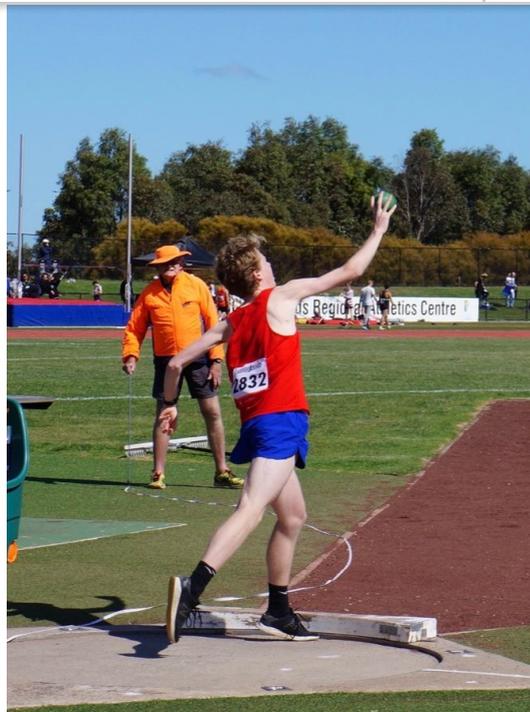
(800m) and the hastily convened 4x200 team who won convincingly. We might also be tempted to round up **Tom Worsteling's** 398 pts in the 3000m to honours standard. The biggest aggregate score for the day goes to **Lachie Stewart** who individually racked up 1039 points in a mighty day's work including a massive PB in the 3000m. Other known PBs went to **Olivia** in the Hammer, **Will Hutchings** (3000m) and **Casey Elliott** in the 200m (into a 3.3m/sec wind)!



*Sean in full flight*

## Athlete of the Week (30/11/19)

We have joint recipients for Athlete of the Week for round 6. **Rob Barber's** 800 score of 489 pts for his 800m is so close to First Class Honours (together with his 200m and Shot Put contributions) that we reckon he has to be one. And **Olivia's** 45m plus Hammer Throw PB a week before she represents Victoria at the Aust All Schools Championships in Perth cannot be overlooked. So congratulations Rob and Olivia and we wish Olivia all the best for next weekend.



*Rob lets fly in the Shot Put*

## Vic Relay Champs - Nov 23

There were wonderful team performances at the Vic Relay Championships on a couple of weeks ago. Three Gold Medals and 3 new Old Scotch records and some big effective PBs in their 4x800 legs to **Tom Worsteling**, **Lachie Stewart** and **Sean Elliott** were the icing on the cake. The day opened at 10.30am with our Over 40 4x1500 where we were competitive until the last little bit finishing a whisker outside the medals and ended at 6.15pm with **JP Soulie** cruising down the final straight 80m clear of the nearest opposition to convincingly take the U18 4x800 gold medal. We also note that our U16 4x100 team who finished in fourth place and broke the Club U16 record were all aged under 15 so are able to have another go next year. And we thank **Josh Juggins** for his effort competing under duress in the final. We have some talented young speedsters. Thanks also to the parents who came along and supported the athletes during the long day.



*The two 4x800m Relay teams*



*The two Medley Relay teams with their medals*

## **Athlete of the Week (23/11/19)**

Everyone who competed at the Relays was sensational in a total team effort. Congratulations to every athlete who competed and helped give Old Scotch a lot of prominence.



*Sean and Chris battling it out to the end*

***Each week we will try to include an article on aspects of our Club Records***

## The Relay Records

We have some mighty good relay records and some which we might call vulnerable. The best ones? All the Open ones are outstanding – e.g. 7min31 for 4x800 averages out at about 1min 52 each. The 4x1500 time of 15min28 averages 3min52. That is some team. The U18 4x400 time of 3min 19.6 averages sub 50sec per runner. That is a hot pace too. The U17 4x100 time of 45.0 has stood since 1958. A bit vulnerable and time for it to go. The U15 boys last week ran 47sec so have 2 years to each go half a second quicker to reduce the U17 time. The U17 4x400 time of 3.44.8 requires 4 athletes to average 56 to beat it. Maybe next year. The U13 and U14 records are old and probably safe for a while due to the difficulty in having 4 reasonable young sprinters at any one time. Overall our vote for the best relay record goes to the Open 4x100 time of 40.5 set 25 years ago. That team would have won last weeks Vic title by a commanding 6 metres.



Casey striding to the finish line

## Next Meet: Fri 13 December (Doncaster)

This Saturday we will be based at Doncaster (Tom Kelly Athletics Track). Events such as 60m, 600m and Mile will be offered along with usual array of field events (see timetable below). Athletes are reminded to **PRE-ENTER** before midday **TUESDAY** prior to the meet to ensure they are seeded into the correct heats. Athletes competing in Field events are reminded to enter a time that does not conflict with another event you would like to do. Please read from page 8 of the AV Shield entry guide on how to enter for events [HERE](#).

There will be a Christmas theme (you can compete in a Christmas beanie or

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those less fortunate than ourselves. The final round of Shield before Christmas will be **Sat 21 Dec at Box Hill.**

At the Whitehorse Classic at Box Hill last week we were well represented in the 1500m where both **Tom Bowers** (3.59.14) and **Rob Barber** (4.21.62) both recorded PBs and with **Ed** and **Ben Beischer**, **Harrison Carr** and **Fred Leeton** kept the red singlet prominent.

## TIMETABLE of EVENTS as at 03.12.19

All timetables featured are subject to change.

### FRIDAY 13<sup>TH</sup> DECEMBER 2019 (Nitro Round)

#### DRAFT TIMETABLE

ROUND 7 – RED VENUE – Doncaster

TWILIGHT NITRO

TRACK EVENTS

Draft Time	Event	Grades
6.00pm	600 Metre (Lanes 1-3)	Women
6.00pm	60 Metre (Lanes 4-10)	Men
6.45pm	600 Metre (Lanes 1-3)	Men
7.15pm	60 Metre (Lanes 4-10)	Women
7.30pm	Mile (Lanes 1-3)	Men
8.48pm	4x100m (Lanes 4-8)	Mixed
8.30pm	Mile (Lanes 1-3)	Women
9.15pm	2x2x400 Relay (Lanes 1-8)	Mixed



#### FIELD EVENTS

	Shot Put		Javelin	Long Jump		High Jump
	Circle 1 2 Throws – 30 per Sheet	Circle 2 2 Throws – 30 per Sheet	2 Throws – 30 per Sheet	Pit 1 2 Jumps – 30 per Sheet	Pit 2 2 Jumps – 30 per Sheet	Max 4 Jump Attempts
6.00pm	Sheet 1	Sheet 2	Sheet 1	Sheet 1	Sheet 2	1.65m+
7.00pm	Sheet 3	Sheet 4	Sheet 2	Sheet 3	Sheet 4	1.40m-1.80m
7.15pm		Seated Shot/Javelin				
8.00pm	Sheet 5	Sheet 6	Sheet 3	Sheet 5	Sheet 6	1.25m-1.65m
9.00pm	Sheet 7 (15 Per Sheet)	Sheet 8 (15 Per Sheet)		Sheet 7 (15 Per Sheet)	Sheet 8 (15 Per Sheet)	1.05m-1.45m

## AVSL Remaining Fixture

13 December - Doncaster Athletics Track

21 December - Box Hill Athletics Track

11 January - Frankston Athletics Track

18 January - Ringwood Athletics Track

1 February - Doncaster Athletics Track

8 February - Box Hill Athletics Track

22 February - Lakeside Stadium (*you only able to compete if you have competed in at least 4 meets prior to this*)

## AVSL Round 6 Results

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Shot Put: Olivia Nigido-Scott 10.81m;

F40

800m: Anna Kasapis 2:21.16;

MOP

4x200m: Old Scotch (Casey Elliott, Jean-Philippe Soulie, Chris Papapetrou, Sean Elliott) 1:38.59;

M20

200m: Chris Papapetrou 23.98 (-3.6);

800m: Chris Papapetrou 2:04.2h;

M18

200m: Jean-Philippe Soulie 25.56 (-3.6); Lachlan Stewart 28.20 (-3.6); Sean Elliott 24.24 (-3.6);

800m: Tom Bowers 1:57.5h; Lachlan Stewart 2:20.5h; Sean Elliott 2:06.6h;

3000m: Sebastian Brasington 9:17.2h; William Hutchings 10:05.7h; Tom

Worsteling 9:58.3h; Lachlan Stewart 10:23.2h;

Shot Put: Lachlan Stewart 6.67m;

M16

200m: Robert Barber 27.83 (-4.3); Mcgregor (Mac) Debeljak DNS; Casey Elliott 26.95 (-3.3);

800m: Robert Barber 2:04.6h; Ben Cashin 2:14.6h;

Shot Put: Robert Barber 7.13m;

M40

200m: Antony Van Eeten 30.15 (-3.6);

800m: Antony Van Eeten 2:24.1h;

Hammer: Robert Belton DNS; Ian Handasyde DNS;

High Jump: Robert Belton DNS;

Shot Put: Robert Belton DNS; Douglas Campbell 6.46m;

Triple Jump: Robert Belton DNS;

## AVSL Ladder

Division 4						
▲	1		Ballarat YCW	85,329	64	POWERPLAY <sup>o</sup> AP
▼	2		Wyndham	86,280	58	AP
	3		Brunswick	63,749	48	POWERPLAY <sup>o</sup> P/R
	4		Waverley-Malvern	61,089	43	
	5		Coburg	51,781	34	
	6		Old Scotch	43,827	27	
	7		South Coast	40,471	24	
	8		Bendigo Uni	40,404	23	P/R
	9		Vic Masters	34,424	19	AR
	10		Richmond	19,883	7	AR

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Over 40 4x1500: Schwerkoit, D.Leeton, van Eeten, Heilmot 4th 19.20.08

U16 Medley: Chen, Juggins, Cashin, Barber: **GOLD MEDAL** 3.48.70

U18 Medley: Rubins, Polkinghorne, S.Elliott, Soulie **GOLD MEDAL** 3.35.79

U16 4x100 C.Elliott, Chen, Debeljak, Juggins Heat 47.34 **OS U15 and U16 Club Record**

Final 47.30 4th **OS U15 and**

**U16 Club Record**

U16 4x400 Debeljak, Cashin, C.Elliott, Barber Final 5th 3.55.93 **OS U16 Club Record**

U18 4x800 A Team Brasington, Polkinghorne, Bowers, Soulie **GOLD MEDAL** 8.09.75

B Team S.Elliott, Worsteling, Hutchings, Stewart 7th  
8.50.56



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## POWERPLAY THIS WEEK

We are activating our Powerplay in the AVSL at Doncaster this Friday night. This means that our ladder points for the round are doubled. We currently sit in 6th place, only two above the relegation zone, hence maximising our points scored this week is crucial.

There is only 1 way to maximise our points, and that is for EVERYONE to compete in at least 4 EVENTS this Friday.

Make sure to get on to: [www.athsvic.org.au](http://www.athsvic.org.au) and pre-enter before tomorrow (Wednesday) midday to ensure you are in a seeded heat.

Go Scotch!

**TIMETABLE of EVENTS as at 03.12.19**  
All timetables featured are subject to change.

**FRIDAY 13<sup>TH</sup> DECEMBER 2019 (Nitro Round)**  
**DRAFT TIMETABLE**

**ROUND 7 – RED VENUE – Doncaster**

**TWILIGHT NITRO**

**TRACK EVENTS**

Draft Time	Event	Grades
6.00pm	600 Metre (Lanes 1-3)	Women
6.00pm	60 Metre (Lanes 4-10)	Men
6.45pm	600 Metre (Lanes 1-3)	Men
7.15pm	60 Metre (Lanes 4-10)	Women
7.30pm	Mile (Lanes 1-3)	Men
8.48pm	4x100m (Lanes 4-8)	Mixed
8.30pm	Mile (Lanes 1-3)	Women
9.15pm	2x2x400 Relay (Lanes 1-8)	Mixed



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	CIRCLE 1 2 Throws – 30 per Sheet	CIRCLE 2 2 Throws – 30 per Sheet	2 Throws – 30 per Sheet	2 Jumps – 30 per Sheet	2 Jumps – 30 per Sheet	Max 4 Jump Attempts	
6.00pm	Sheet 1	Sheet 2	Sheet 1	Sheet 1	Sheet 2	1.65m+	
7.00pm	Sheet 3	Sheet 4	Sheet 2	Sheet 3	Sheet 4	1.40m-1.80m	
7.15pm		Seated Shot/Javelin					
8.00pm	Sheet 5	Sheet 6	Sheet 3	Sheet 5	Sheet 6	1.25m-1.65m	
9.00pm	Sheet 7 (15 Per Sheet)	Sheet 8 (15 Per Sheet)		Sheet 7 (15 Per Sheet)	Sheet 8 (15 Per Sheet)	1.05m-1.45m	

## AVSL Remaining Fixture

13 December - Doncaster Athletics Track

21 December - Box Hill Athletics Track

11 January - Frankston Athletics Track

18 January - Ringwood Athletics Track

1 February - Doncaster Athletics Track

8 February - Box Hill Athletics Track

22 February - Lakeside Stadium (*you only able to compete if you have competed in at least 4 meets prior to this*)

## AVSL Ladder

Division 4						
▲	1		Ballarat YCW	85,329	64	POWERPLAY <sup>®</sup> AP
▼	2		Wyndham	86,280	58	AP
	3		Brunswick	63,749	48	POWERPLAY <sup>®</sup> P/R
	4		Waverley-Malvern	61,089	43	
	5		Coburg	51,781	34	
	6		Old Scotch	43,827	27	
	7		South Coast	40,471	24	
	8		Bendigo Uni	40,404	23	P/R
	9		Vic Masters	34,424	19	AR
	10		Richmond	19,883	7	AR



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*There might only be 1 week to Christmas, however there is still lots going on at Old Scotch. The next AVSL meet is this **SATURDAY (21 December)** at Box Hill Athletics Track. Please remember to pre-enter by Wednesday **MIDDAY**. We are on a roll after using our power play last week so make sure to enter as many events as possible!*

## **URGENT: Club volunteers Required!**

During the season the club is required to provide club helpers at 4 AVSL meets and various competitions. Thanks to those who have already provided their time this season, it is much appreciated by everyone at Old Scotch!

**We require 2 helpers on Sunday 21 December at Box Hill Athletics track from 1-5pm. The details are in the table below.**

If you can assist at any of the dates, or if you have any questions, please reply directly to this email, or contact Tom Russell at (tom\_russell777@hotmail.com).

Subscribe		Past Issues		Translate ▼		
		required				
2/11/19	Doncaster (Tom Kelly Athletics Track)	1	Afternoon	Ian Handasyde	1	0
3/11/19	Doncaster (Tom Kelly Athletics Track)	1	Afternoon	Howard Belcher	1	0
AVSL						
Date	Where	No. helpers Required	Time required	Club Helper	No. fulfilled	No. Remaining
2/11/19	Doncaster (Tom Kelly Athletics Track)	1	Afternoon	Ian Handasyde	1	0
3/11/19	Doncaster (Tom Kelly Athletics Track)	1	Afternoon	Howard Belcher	1	0
16/11/19	Nunawading (Bill Sewart Athletics Track)	4	1.5-2 hours between 1-5pm	Rob Belton	1	3
				Ian Handasyde		
				Rubins		
				Doug Campbell		
21/12/19	Box Hill (Hagenauer Reserve)	2	between 1-5pm		0	2
18/1/20	Ringwood (Proclamation Park)	3	between 1-5pm	Lesley Mills	1	2
8/2/20	Box Hill (Hagenauer Reserve)	2	between 1-5pm	Lesley Mills	1	1

## AVSL Round 7 Wrap

We played our Powerplay this week and our gallant band really had a go. Where the aim was to earn as many points as possible in events including 60m, 600m and mile as well as bonus points for throwing shot or javelin accurately as well as a long way, we had four super stars collecting over 1000 points each. Take a bow **Rob Barber**, **Lachie Stewart**, **Antony Van Eaten** and **Chris Papapetrou**. And another bow to Lachie and Chris who unashamedly competed in the womens heat of the mile (and held their own) to ensure we picked up as many points as possible. First Class Honours this week to **Josh Rubins** who became our second athlete in as many weeks to earn over 500 points in a single event when he ran 7.27sec for 60m to collect 513 points. The 400 Club had many members this week – Papapetrou (60m, 600m); Barber (600m, mile); **Tom Bowers** (600m, mile); **Rob Schwerkolt** (600m, mile); Rubins (600m); **Hugh Bailey** (Shot); **Ian Handasyde** (Shot). And welcome back to **James Rentschler** who did his three events including the brutal 600m to aid our cause. So it was a real team effort with everyone doing multiple events where possible so that at the end of the night we came out on top which

**Training this week will be at Stradbroke Park Kew (corner Burke Rd and Harp Rd) on Tuesday and Thursday from 4pm. All welcome.**



**The aftermath of very gruelling 600s**

## **Vic Milers 2 wrap**

At the Milers at Box Hill last week we were well represented in the 800m and 1500m with, among others, **Harrison Carr** running the smallest possible PB of only 0.01 in a time of 1.55.02 and **Rob Barber** (800), **Tom Bowers** (the A heat of 1500) repeating his sub 4 performance again to prove his strength and **Ben Beischer** (1500), **Rob Schwerkolt** (1500) running right up to their season's best.



**Part of our squad of 8 shot putters. Nice footwork Rob and Hugh.**

## Athlete of the Week

**Josh Rubins** 7.27 for 60m earned 513 points and he followed up with 600m for another 413 points so after a period of good training on the track and in the gym Josh deserves this week's nomination.

*Each week we will try to include an article on aspects of our Club Records*

## The Evolution of the 1500

The 1500m has always been one of the classic distances. Remember the exhilarating Coe-Ovett battles and how the world record was reduced incrementally about 6 times in as many years. Our current record is 3.43.69 set in 1991 by our distance coach David Lightfoot. Previous club record holders include Ewen Wilson's 3.45.8 in 1978 and Graham Wise who held the mile record (4.07.5 which equates to about 3.50 for 1500) for some time. In the past 30 years others have gone sub 3.50 for 1500 including Peter Hepworth's 3.43.77 run 5 days after the Lightfoot record and more recently Ed Beischer who ran 3.49.3 when U20 in 2018 and who may well challenge David's time in the next few years. One of our first recorded times for 1500m was H.Seekamp's 4.18 (converted from mile time of 4.35.8) in 1930. So in the 45 years from 1930 to 1975 the 1500m record was reduced by about 32 seconds but in the last 34 years it has been lowered by only 2 seconds and has been untouched for 28 years.

## Next Meet: Sat 21 December (Box Hill)

This Saturday we will be based at Box Hill. Events such as 60m, 600m and Mile will be offered along with usual array of field events (see timetable below).

Athletes are reminded to **PRE-ENTER** before midday **WEDNESDAY** prior to the meet to ensure they are seeded into the correct heats. Athletes competing in Field events are reminded to enter a time that does not conflict with another event you would like to do. Please read from page 8 of the AV Shield entry guide on how to enter for events [HERE](#).

There will be a Christmas theme (you can compete in a Christmas beanie or similar) and there will be a collection of non-perishable foods for the Wesley Mission so please see if you can bring along a can or packet of something for those less fortunate than ourselves. The final round of Shield before Christmas will be **Sat 21 Dec at Box Hill**.

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TIMETABLE OF EVENTS as at 11.12.19  
All timetables featured are subject to change.

## SATURDAY 21<sup>ST</sup> DECEMBER 2019 DRAFT TIMETABLE

ROUND 8 – WHITE VENUE – Box Hill  
Program 1



### TRACK EVENTS

Draft Time	Event	Grades
1.00pm	400 Metre Hurdles (Lanes 4-8) 300 Metre Hurdles (Lanes 4-8) 200 Metre Hurdles (Lanes 4-8)	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ 60 + Women U14/U16 Men & Women
1.00pm	1500m Walk (Lanes 1-3) 3000m Walk (Lanes 1-3)	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
2.00pm	800 Metres (Lanes 1-3)12 per heat	Women
2.05pm	200 Metres (Lanes 4-8)	Women
3.00pm	800 Metres (Lanes 1-3)12 per heat	Men
3.30pm	200 Metres (Lanes 4-8)	Men
4.30pm	3000 Metres Steeple (91cm) (Lanes 1-3)	Open/U20/40+/50+ Men
5.00pm	2000 Metres Steeple (84cm) (Lanes 1-3)	U18 Men
5.15pm	3000 Metres Steeple (76.2cm) (Lanes 1-3) 2000 Metres Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women

### FIELD EVENTS

	Shot Put	Hammer	Triple Jump		High Jump	Pole Vault
	Circle 1		Pit 1	Pit 2	(1 Pit Only)	For Clubs in Blue & White Zone Only
1.00pm	Sheet 1 (13m+/11m+)	Sheet 1	Sheet 1	Sheet 2 Elite (13m+/11m+)	1.65m+ (Elite)	3.55m+
2.00pm	Sheet 2	Sheet 2			1.40m-1.80m	
2.15pm			Sheet 3	Sheet 4		2.80m+
3.00pm	Sheet 3	Sheet 3	Sheet 5	Sheet 6	1.35m-1.75m	
3.45pm						1.60m+
4.00pm	Sheet 4 (Throw & Go)	Sheet 4 (Throw & Go)	Sheet 7	Sheet 8	1.15m-1.55m	
4.30pm	Sheet 5	Sheet 5 Elite (35m+/30m+)				
5.00pm			Sheet 9	Sheet 10	1.05m-1.45m	
5.30pm	Sheet 6 (15 Spots Only)	Sheet 6 (7 Spots Only)				

## AVSL Remaining Fixture

21 December - Box Hill Athletics Track

11 January - Frankston Athletics Track

18 January - Ringwood Athletics Track

1 February - Doncaster Athletics Track

8 February - Box Hill Athletics Track

22 February - Lakeside Stadium (*you only able to compete if you have competed in at least 4 meets prior to this*)

## AVSL Round 6 Results

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60m: James Rentschler 08.77; Thomas Russell 08.60; James Georges DNS;

600m: James Rentschler 2:02.1h;

Shot Put: James Rentschler 7.39m; Thomas Russell 5.53m;

M20

60m: Chris Papapetrou 07.37;

600m: Chris Papapetrou 84.2h;

Mile: Chris Papapetrou 5:24.6h;

M18

60m: Joshua Rubins 07.27; Lachlan Stewart 08.62;

600m: Tom Bowers 87.0h; Joshua Rubins 1:31.4h; Lachlan Stewart 1:38.6h;

Mile: Tom Bowers 4:29.5h; Lachlan Stewart 5:16.7h;

Shot Put: Lachlan Stewart 6.19m;

M16

60m: Robert Barber 08.35; Mcgregor (Mac) Debeljak 08.15;

600m: Robert Barber 88.7h;

Mile: Robert Barber 5:01.0h;

Shot Put: Robert Barber 6.88m;

M14

Javelin: Hugh Bailey 28.11m;

Shot Put: Hugh Bailey 12.96m;

M40

60m: Antony Van Eeten 08.90;

600m: Robert Schwerkolt 1:37.8h; Antony Van Eeten 1:42.6h; Douglas Campbell 2:23.9h;

Mile: Robert Schwerkolt 5:02.2h; Antony Van Eeten 5:14.3h;

High Jump: Robert Belton 1.25m;

Javelin: Robert Belton 14.51m; Douglas Campbell 13.44m;

Long Jump: Antony Van Eeten 3.52m; Robert Belton 2.47m;

Shot Put: Robert Belton 6.39m; Douglas Campbell 6.50m; Ian Handasyde DNS; 7.31m;

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## URGENT: Club volunteers Required!

The club urgently requires two people to perform the duty of a high jump assistant this Saturday from 1pm to 5pm (sign in 12:50) at Box Hill Athletics Track.

As a club, we will be penalised with potential ladder point deductions and performance penalties for not meeting our club helper requirements as outlined in the new rules from Chairman Mao at AV: <http://athsvic.org.au/wp-content/uploads/Club-Helper-Penalty-Matrix.v4..pdf>

If you, or a group of you, are able to assist with filling this role on Saturday, please let me know via email ([tom\\_russell777@hotmail.com](mailto:tom_russell777@hotmail.com)) or text ([0405089095](tel:0405089095)) ASAP.

We have already had the people in the table below kindly offer to assist the club this season, so it would be great to see some other names step up.

Cheers,  
Tom

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		required				
2/11/19	Doncaster (Tom Kelly Athletics Track)	1	Afternoon	Ian Handasyde	1	0
3/11/19	Doncaster (Tom Kelly Athletics Track)	1	Afternoon	Howard Belcher	1	0
<b>AVSL</b>						
Date	Where	No. helpers Required	Time required	Club Helper	No. fulfilled	No. Remaining
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3/11/19	Doncaster (Tom Kelly Athletics Track)	1	Afternoon	Howard Belcher	1	0
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				Ian Handasyde		
				Rubins		
				Doug Campbell		
21/12/19	Box Hill (Hagenauer Reserve)	2	between 1-5pm		0	2
18/1/20	Ringwood (Proclamation Park)	3	between 1-5pm	Lesley Mills	1	2
8/2/20	Box Hill (Hagenauer Reserve)	2	between 1-5pm	Lesley Mills	1	1



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*Merry Christmas and Happy New Year from Old Scotch Athletic Club! There are still 4 more AVSL rounds, with the next on Jan 13. Read more below...*

## **Club volunteers Required**

During the season the club is required to provide club helpers at 4 AVSL meets and various competitions. Thanks to those who have already provided their time this season, it is much appreciated by everyone at Old Scotch!

We require 2 helpers on Saturday 18 January at Ringwood Athletics track from 1-5pm. The details are in the table below.

If you can assist at any of the dates, or if you have any questions, please reply directly to this email, or contact Tom Russell at (tom\_russell777@hotmail.com).

Subscribe		Past Issues		Translate ▼		
		required				
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AVSL						
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				Ian Handasyde		
				Rubins		
				Doug Campbell		
21/12/19	Box Hill (Hagenauer Reserve)	2	between 1-5pm		0	2
18/1/20	Ringwood (Proclamation Park)	3	between 1-5pm	Lesley Mills	1	2
8/2/20	Box Hill (Hagenauer Reserve)	2	between 1-5pm	Lesley Mills	1	1

## AVSL Round 8 Wrap

We were caught a bit short this week at Box Hill for our final 2019 round before Christmas with many away, ill or competing elsewhere and finished midfield in our division. The big scorers were **Rob Schwerkolt** (500 points) and **Chris P, Josh Rubins, Zac Holden, Rob Barber, Ben Beischer** and **Olivia Nigido-Scott** all scoring well over 400 points. It appears that we had twelve scoring athletes so:

- On the first day of Christmas, **Chris Papapetrou** gave to us – a 400H with a good first half but with a struggle over the last few.
- On the second day of Christmas, **Lachie Stewart** gave to us a 2 second PB in his 800m
- On the third day of Christmas, the Hammer gave to us, an impressive three competitors in **Olivia N-S** (nearly 44m), **James Rentschler** and **Rob Belton** all scoring most valuable points.
- On the fourth day of Christmas, **Rob Belton** gave to us a total of four events as well as acting as official: well done Rob.

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- On the sixth day of Christmas, **Zac Holden** gave to us a six second PB in his 800m. Great to have you back Zac.
- On the seventh day of Christmas, **Rob Barber** gave to us, seven hundred points – as an on- the-day entry very much appreciated.
- On the eighth day of Christmas, **JP Soulie** gave to us eight hundred points at Aberfeldie – in 100m and a sizzling 400m.
- On the ninth day of Christmas, our high jump officials/helpers gave to us nine interchanges as we swapped **Rob Barber, Rob Belton, Ian Stewart, Antony Van Eeten** and others around at regular intervals. Many thanks helpers.
- On the tenth day of Christmas, **Antony Van Eeten** gave to us a total of ten to the power three metres (yes, a bit of a stretch to get that one) of effort in his 800m and 200m.
- On the eleventh day of Christmas, **Josh Rubins** gave to us, an 11 seconds first 100 followed by a twelve second last 100 for his 23 sec 200 into the wind.
- On the twelfth day of Christmas, **Ben Beischer** and **Tom Bowers** gave to us, twelve (and a half) very quick laps of Aberfeldie track to both achieve National Qualifying standard in the 5000m.

We welcomed the Christmas presence of **Michael Beaton-Wells** (top class race Walker form the early 2000s) who dropped by on Saturday to catch up. We also welcome to the Club **Harrison Car** (junior?) who has joined our squad to keep his older namesake honest in his reps. Great to have you aboard Harrison.

Our training will continue this Tuesday 7 Jan 5pm at Stradbroke Park, Kew.



*Ben and Tom in their PB 5km.*

## Athlete of the Week

Our Christmas edition of Athlete of the Week Gold medal goes to **Ben Beischer** for a ripper 5000m PB of 15.21.2.. And very honourable mentions earning Frankincense and Myrrh medals go to **Tom Bowers** who was on Ben's tail with 15.23.9 and to **Zac Holden** who sliced about 6 seconds off his 800m PB.

*Each week we will try to include an article on aspects of our Club Records*

## The Walk Records

In the Open category one name rightly dominates the walk records for 3000m, 5000m and 50km and any other distance contested. Andrew Jamieson holds all our senior club records as well as a swag of Victorian, Australian and World records for overage competitions. Andrew's 3000m walk time of 12min 59sec doesn't put him that far behind, say, Charlie Schilling's U13 3000m run time of just over 11 minutes. Our underage walk records are shared around and some are waiting to be claimed. Howard Cooper holds the U20 and U19 3000m walk records at 14.39 and the versatile Tom Gray has the U18 2000m record while the U17 2000m record is unclaimed. Anyone want to have a go? Just keep your leg straight when vertical and don't run. Andrew Green holds the U13, U14, U15 and U16 records for the 1500m walk with times ranging from 7min 58 down to 7 min 27. As this distance does not seem to be held nowadays these

## Next Meet: Sat 11 January (Frankston)

This Saturday we will be based at Frankston Athletics Track. Events such as 100m, 400m and 1500m will be offered along with usual array of field events (see timetable below). Athletes are reminded to **PRE-ENTER** before midday **TUESDAY** prior to the meet to ensure they are seeded into the correct heats. Athletes competing in Field events are reminded to enter a time that does not conflict with another event you would like to do. Please read from page 8 of the AV Shield entry guide on how to enter for events [HERE](#).

### SATURDAY 11<sup>TH</sup> JANUARY 2020

#### DRAFT TIMETABLE

ROUND 9 – BLUE VENUE - Frankston

Program 2



#### TRACK EVENTS

Draft Time	Event	Grades
1.00pm	1500m Walk (Lanes 1-3) 3000m Walk (Lanes 1-3)	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
1.00pm	110Metre Hurdles (Lanes 4-9) 100Metre Hurdles (Lanes 4-9) 90Metre Hurdles (Lanes 4-9) 80Metre Hurdles (Lanes 4-9)	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
2.00pm	1500 Metres (Lanes 1-3)	Women
2.00pm	100 Metres (Lanes 4-10)	Men
2.30pm	1500 Metres (Lanes 1-3)	Men
3.30pm	100 Metres (Lanes 1-8)	Women
4.30pm	400 Metres (Lanes 1-8)	Men
5.30pm	400 Metres (Lanes 1-8)	Women

#### FIELD EVENTS

	Discus	Javelin	Long Jump	
			Pit 1	Pit 2
1.00pm	Sheet 1	Sheet 1 Elite (35m+/30m+)	Sheet 1	Sheet 2 Elite (6m+/5m+)
2.00pm	Sheet 2	Sheet 2		
2.15pm	Seated Discus/Javelin		Sheet 3	Sheet 4
2.30pm				
3.00pm	Sheet 3	Sheet 3	Sheet 5	Sheet 6
3.45pm				
4.00pm	Sheet 4 (Throw & Go)	Sheet 4 (Throw & Go)	Sheet 7	Sheet 8
4.30pm	Sheet 5 Elite (35m+/28m+)	Sheet 5		
5.00pm			Sheet 9	Sheet 10
5.30pm	Sheet 6 (15 Spots Only)	Sheet 6 (15 Spots Only)		

## AVSL Remaining Fixture

11 January - Frankston Athletics Track

18 January - Ringwood Athletics Track

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22 February - Lakeside Stadium (*you only able to compete if you have competed in at least 4 meets prior to this*)

## AVSL Round 8 Results

F16

Hammer: Olivia Nigido-Scott 43.96m;

MOP

200m: James Rentschler 30.13 (-1.2);

Hammer: James Rentschler 16.82m;

Shot Put: James Rentschler 7.31m;

M20

5000m: Benjamin Beischer 15:21.2h;

400m Hurdles: Chris Papapetrou 59.57;

M18

100m: Jean-Philippe Soulie 12.48 (0.5);

200m: Joshua Rubins 23.47 (-1.7); Lachlan Stewart 28.06 (-3.7);

400m: Jean-Philippe Soulie 51.76;

800m: Zachary Holden 2:09.2h; Lachlan Stewart 2:14.2h;

M16

200m: Robert Barber 28.16 (-1.4);

800m: Robert Barber 2:08.5h;

M40

100m: Antony Van Eeten DNS;

200m: Antony Van Eeten 29.04 (-3.1);

800m: Robert Schwerkolt 2:11.5h; Antony Van Eeten 2:21.0h;

Hammer: Robert Belton 15.46m;

High Jump: Robert Belton 1.25m;

Long Jump: Antony Van Eeten DNS;

Shot Put: Robert Belton 8.08m; Douglas Campbell DNS;

Triple Jump: Robert Belton 6.17m;

## AVSL Ladder

Division 4							
▲	1		Ballarat YCW	85,329	64	POWERPLAY <sup>Ⓞ</sup>	AP
▼	2		Wyndham	86,280	58		AP
	3		Brunswick	63,749	48	POWERPLAY <sup>Ⓞ</sup>	P/R
	4		Waverley-Malvern	61,089	43		
	5		Coburg	51,781	34		
	6		Old Scotch	43,827	27		
	7		South Coast	40,471	24		
	8		Bendigo Uni	40,404	23		P/R
	9		Vic Masters	34,424	19		AR
	10		Richmond	19,883	7		AR

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*We might all be a bit sluggish coming off Christmas and new years celebrations, however there is still lots going on at Old Scotch. The next AVSL meet is this **Saturday (18 January)** at Ringwood Athletics Track. Please remember to pre-enter by **WEDNESDAY MIDDAY !!***

## **URGENT: Club volunteers Required!**

During the season the club is required to provide club helpers at 4 AVSL meets and various competitions. Thanks to those who have already provided their time this season, it is much appreciated by everyone at Old Scotch!

We require 2 additional helpers on Saturday 18 January at Ringwood Athletics track from 1-5pm. The details are in the table below.

If you can assist at any of the dates, or if you have any questions, please reply directly to this email, or contact Tom Russell at (tom\_russell777@hotmail.com).

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8/2/20	Box Hill (Hagenauer Reserve)	2	between 1-5pm	Lesley Mills	1	1

## AVSL Round 9 Wrap

Another quiet round for the Club with ten athletes at Frankston and two at Meadowglen. Fortunately many other club's were quiet also – we had three junior athletes in heat 1 of the 1500m! We expect quite a few more to appear on the track next Saturday at Ringwood as they return from heavy training blocks, overseas or, for some, very little training blocks. But we had some serious quality among our 12 competitors with five athletes being in this week's 400 club. **Rob Schwerkolt's** 1500 earned him 494 points exactly the same score as **JP Soulie** who, as the results show, ran a bit quicker. There is a bonus applied to our "senior" athletes! **Rob Barber** scored well in both his 1500 and 400 which was probably a PB in blustery conditions. **Olivia Nigido-Scott** scored a total of 941 points in two events – that is very high quality. **Zac Holden** continued his good recent form by knocking a few more seconds off his 1500 PB to also be in the 400 club. But beyond the 400 Club is the 500 Club and we have a new season's record for our highest individual score in the indefatigable **Andrew Jamieson** whose 16 minute 3k walk earned him 536 points. That is setting the bar pretty high and a welcome return to the track after

Muralitharan's arm action. But his discus came out straight and earned 361 points to make amends.

**James Rentschler** took the prize for finding the strongest wind to run into in his 100m (5.3m/sec headwind makes it tough going) but held his form well to be first across the line in his heat. He backed up well with an improved 400. **Tom Russell** was strong in his 1500 and 400 while **Antony Van Eeten** ran straight from his 100m finish to the start line of his 1500 in which he ran strongly through all laps.

**Rob Belton** racked up over 520 points in his discus, javelin and long jump while at Meadowglen International Track **Rev Campbell** joined Olivia in the shot put so that he can add "Competed at an International Track Competition" to his CV.

## Decathlon Championships Wrap

We congratulate **Cam Mackenzie** on his bronze medal won at the U20 Decathlon Championships in Bendigo on 4/5 Jan. Day one was stinking hot. Day 2 was bitterly cold. His 4135 points was only 25 points shy of our U20 record and included a PB 400m of 56.8 to conclude day 1.



Cam Mackenzie 3rd place U20 Decathlon Championships.

## Athlete of the Week

This week's winner is JP Soulie who receives the award for three reasons. 1. His 51.76 PB 400 before Christmas warmed things up. 2. His 1500m at Frankston earned him just shy of 500 points and 3. He produced the biggest fan club of the season so far when six family members came along to support.



JP Soulie, Rob Barber and Zac Holden starting the first 1500 heat.

*Each week we will try to include an article on aspects of our Club Records*

## **The Pole Vault Records**

None of our Pole Vault records has been broken for over 25 years. About time someone had a go at one of them. The most recent record is the Open record of 4.60 set by Mike Smith in 1994. The oldest Pole Vault record is the U14 2.36m set by Jim McKee in 1971. Jim went on to set the U15, U16 and U17 records, the U17 going up to 3.51m. Jim was also a very talented high jumper until cruelled by injury in 1976. Julian Shuravetsky and Alastair Hill both cleared 3.90 to share the U19 and U20 records. Alastair and Mike Smith were both extremely versatile athletes who also hold respectively the U20 and Open Decathlon records. Maybe the Pole Vault is a good indicator of Decathlon success or maybe to be a good decathlete you need to be a reasonable pole vaulter. Any height over 3m means that you are a handy vaulter. Close to 4m means that some of our Club records are in your sights.



Tom Russell working hard in a 1500.

## Next Meet: Sat 18 January (Ringwood)

This Saturday we will be based at Ringwood Tom Kelly Athletics Track). Athletes are reminded to **PRE-ENTER** before midday **WEDNESDAY** prior to the meet to ensure they are seeded into the correct heats. Athletes competing in Field events are reminded to enter a time that does not conflict with another event you would like to do. Please read from page 8 of the AV Shield entry guide on how to enter for events [HERE](#).

## AVSL Remaining Fixture

18 January - Ringwood Athletics Track

8 February - Box Hill Athletics Track

22 February - Lakeside Stadium (*you only able to compete if you have competed in at least 4 meets prior to this*)

## Other Upcoming comps:

Check all closing dates for entries- usually about 4-5 days prior.

Thur 23 Jan	Milers meet 3	Box Hill
Thur 30 jan	Box Hill Classic	Box Hill
Thur 13 Feb High	Velocity Club	Glenhuntly

## AVSL Round 9 Results

### F16

**Hammer: Olivia Nigido-Scott 40.19m;**

**Shot Put: Olivia Nigido-Scott 11.57m;**

### MOP

**100m: James Rentschler 14.62 (-5.3);**

**400m: James Rentschler 70.46; Thomas Russell 59.24;**

**1500m: Thomas Russell 4:37.4h;**

### M18

**1500m: Zachary Holden 4:28.4h; Jean-Philippe Soulie 4:04.3h;**

### M16

**400m: Robert Barber 56.27;**

**1500m: Robert Barber 4:23.6h;**

### M40

**100m: Antony Van Eeten 14.27 (-2.0);**

**400m: Antony Van Eeten 64.13;**

**1500m: Robert Schwerkolt 4:32.8h; Antony Van Eeten 4:52.6h;**

**3000m Walk: Andrew Jamieson 16:00.9h; Ian Handasyde DQ;**

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## **URGENT: Club volunteers Required!**

During the season the club is required to provide club helpers at 4 AVSL meets and various competitions. We now only have one final round to supply helpers. Thanks to those who have already provided their time this season, it is much appreciated by everyone at Old Scotch!

We require 1 helpers on Saturday 8 February at Box Hill Athletics track from 1-5pm. The details are in the table below.

If you can assist at any of the dates, or if you have any questions, please reply directly to this email, or contact Tom Russell at ([tom\\_russell777@hotmail.com](mailto:tom_russell777@hotmail.com)).

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JP effortlessly in full flight.

## AVSL Round 10 Wrap

Despite a few late scratchings we managed to finish in 5<sup>th</sup> position out of the ten clubs in our division and probably only one competitor away from fourth spot. What we had was quality. Last week we said the bar had been raised by **Andrew Jamieson** when he scored 536 points in an individual event. Well **JP Soulie** rose to the challenge scoring 515 points for his 1:56.9 800m, same time as **Harrison Carr** (478 points) and a couple of metres behind **Ed Beischer** 1:56.5. But Andy won't easily let some youngster approach his big score. Now it is not often that raising the bar and race walking go together in the same sentence but that is how it goes. How about an Australian Masters record for the 2k walk and 539 points to get the young ones appreciating what quality is. Not only that, but to celebrate about 50 years since Andy and **Ian Handasyde** first race walked together, probably in A Grade competition, Hando satisfied the judges and brought home over 400 points himself. Amazing the difference when you straighten your leg. For good measure, Hando threw a PB shot to add another 429 points. **Rob Barber, Ben Beischer and Tom Bowers** all scored well over 400 points each in their 800s with Rob and JP adding more in their 200m. We welcomed back **Casey Elliott** who ran close to his best in his 200 after weeks on the water ski while **Antony Van Eeten** totalled nearly 1000 points on his own with a solid 800m, 200m and ending with a big victory in his 5000m. Our other field gamers scored really well with **Olivia Nigido-Scott**

with his four field events.

So it is a game of participation – quality also adds a fair bit – and we look forward to more of our athletes competing in multiple events in the last two rounds on 1 and 8 of Feb before we enter championship season. We are not sure who our officials were on Saturday (we were required to provide two) but suspect that **Rob Belton** and **Ian Handasyde** may have helped us out of a bit of a pickle and prevented us from losing valuable points.



Ben Beischer and Rob Barber push for the line in the B 800.



Antony Van Eeton putting everything into the last 100 of his 800.



Harrison Carr and Tom Bowers working hard in the unseeded 800 heat.

## Athlete of the Week

It just has to go to the Jamieson-Handasyde walk team who brought back memories of the 1970s with their walk performances. Andrew's Aust Master walk record (10min 28.3) also helps as does Hando's PB shot put. It just shows age is no barrier to participation or excellence of performance.

*Each week we will try to include an article on aspects of our Club Records*

## The SPEEEEEEDY Records

We have previously noted that Nick Rennie's 10.47 for 100m at age 18 is probably our most impressive record being the fastest 100m run by any OS athlete. Underage records are spread around and being improved from time to time. Jack Kudelka broke the U18 100m record 4 year's ago with 11.05 but seems not to have competed much since. Tom Cade holds some U15 records but not the U15 sprints. He obviously got going in the following years to set U16 100 (11.36), U17 100 (11.1 shared with Harry Borthwick who was a prodigious talent and last heard of post-school somewhere in the USA), U17 200 (22.62) and U18 200m (22.1 in 1999). A lot of our U13 to U15 sprint records were set 30-40 years ago but are under siege from RongHao Chen. RongHao's 12.41sec took nearly a second off James Flowers U13 100m record and he has replaced Bill Fleming in the U14 100m and 200m record list. James Flowers still holds the U15 100m record and Geoff Bell and Alastair McLeish (both very talented athletes) share the U15 200m record at 23.9. RongHao and some of his speedy teammates like Casey Elliott and Josh Juggins might just target these records in the next 12 months.







## AVSL Remaining Fixture

*(23 January - Milers meet 3 Box Hill)*

*(30 January - Box Hill Classic)*

1 February - Doncaster Athletics Track

*competed in at least 4 meets prior to this)*

## AVSL Round 10 Results

### Full scoring results from Saturday Round 10:

#### F16

Discus: Olivia Nigido-Scott 30.32m;

Javelin: Olivia Nigido-Scott 27.40m;

#### F40

1500m: Anna Kasapis 4:55.4h;

#### MOP

800m: Edward Beischer 1:56.5h; Harrison Carr 1:56.9h;

Shot Put: James Georges DNS;

#### M20

800m: Benjamin Beischer 2:04.5h;

#### M18

200m: Jean-Philippe Soulie 25.55 (+0.0);

800m: Tom Bowers 1:59.9h; Jean-Philippe Soulie 1:56.9h;

#### M16

200m: Robert Barber 27.37 (1.7); Casey Elliott 26.60 (1.8);

800m: Robert Barber 2:05.3h;

#### M40

200m: Antony Van Eeten 28.60 (1.4);

800m: Antony Van Eeten 2:21.8h;

5000m: Antony Van Eeten 18:53.2h;

2000m Walk: Andrew Jamieson 10:28.3h; Ian Handasyde 13:12.9h;

Hammer: Robert Belton 15.28m;

High Jump: Robert Belton 1.25m;

Shot Put: Robert Belton 6.87m; Douglas Campbell DNS; Ian Handasyde DNS;  
7.26m;

Triple Jump: Robert Belton 5.97m;

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## **URGENT: Club volunteers Required!**

During the season the club is required to provide club helpers at 4 AVSL meets and various competitions. We only have one remaining competition to provide volunteers. Thanks to those who have already provided their time this season, it is much appreciated by everyone at Old Scotch!

We require 1 final helper on Saturday 8 Feb at Box Hill Athletics track from 1-5pm. The details are in the table below.

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				Rubins		
				Doug Campbell		
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Tom and Freddie battling out in their very wet 800 heats.

## AVSL Round 11 Wrap

Well that was an interesting day. Hot, humid, wet, then cool and with competitors at Doncaster, Knox and Geelong. And it was a high scoring day with 22 Old Scotch athletes participating, of whom 18 scored points, 3 were duded by the weather when their 3km was abandoned, and we welcomed **Will Fordholm** (U16) who competed in the 200 and 800 by invitation. And we gladly welcomed back, after an absence of about 6 years or so, the red OS Tent which had been in hiding in a Glen Iris shed and which was located just before the OS

impromptu unofficial 2k race in the rain, many sans singlets, including a total of ten OS runners whose unofficial times are shown below.

We know the 500 point club is elite – we have had only 5 or 6 of these performances to date this season. Round 11 saw four athletes confirming their membership of this club or being admitted to the club. Congratulations **Andy Jamieson** (537 in the walk at Knox), **Rob Schwerkolt** (507 in the 1500 at Knox), **Tom Bowers** (504 in the 800 at Doncaster) and **Olivia Nigido-Scott** (500 in the shot at Geelong as well as 437 in the javelin). This helped our total team score to probably the highest all season. Hando took on the 5k walk but we haven't found a score and he battled with the slippery shot put in the rain. **Mac Debeljak** made a welcome return in the 200 as did **Ben Cashin** (200 and 800) and both will benefit from the runs. **James Rentschler** managed a season PB in his 200. **Antony Van Eeten** consistently runs about 30 for his 200m and 2.21 for 800m but today's 800 slipped out a bit after a slower first lap. The other 800 runners **Beischers Ed and Ben, Rob Barber, JP Soulie, Lachie Stewart, Fred Leeton** and **Harrison Carr** all launched off together in the same 800 finishing in a sea of red, old scotch in places 1 through 6. Harrison Carr pacing Ed through the first lap very fast causing a lot of heads to turn for the final 800 heat on the track. In the field **Rob Belton** completed 3 of his scheduled four events to claim valuable points before the weather closed . At Knox Rob Schwerkolt (4.29 for 1500m) and Zac Holden (4.26 for 1500) added 920 points between them while at Geelong, **Doug Campbell** ran 400m and threw shot and javelin to total nearly 700 points and support Olivia's huge efforts. **Pete Simm** and **Tommy Kluckow** and **Bart Leeton** were all fired up for their 3ks before the big rain came but they got their exercise with the entertaining 2k time trial at the end and we look forward to them scoring real points next week.

**Each week we will try to include an article on aspects of our Club Records:**

## **The Throwers**

The record holders for our throws events are a varied lot. At Open level we have four different record holders for the four different events. Des Nunan holds the Shot record, Peter Strang the Discus, Erin Bevans the Javelin and Roger Glass the Hammer. Under 20 record holders for shot, discus and javelin respectively are Peter Jacobs, Alastair Davey and Bob Grant with apparently no-one yet claiming the U20 hammer record. So seven different names. And at U16 to U18 level, record holders include Chris Don (who was an underage Victorian representative), the versatile Andrew Wheeler, Nick Burgess (a very talented shot putter) and Jim McKee, better known as a high jumper and pole vaulter. Of the Open and U20 records, all except Peter Jacob's shot put record

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U18 is 5kg and U16 is 4kg) it may be that some young throwers have difficulty as the weights increase. All the javelin records from U13 to U17 are at least 38 years old so let's hope that some of our young athletes are inspired by the likes of Aussie 2019 Javelin World Champion Kelsey-Lee Barber and have a crack at some of the records. The U20 800g Javelin record of 58m set in 1952 by Bob Grant is probably out of reach.



Throwers hard at work at training clinic with Roger Glass

## Athlete of the Week

This week's award goes to **Zac Holden** who quietly went about his business shaving another 2.5 seconds off his 1500m PB at Knox venue after previously setting a PB at Frankston in Round 9. Nice work Zac. An honourable mention to the ten hardies who ran (with coach David's strong encouragement) the invitation pack run 2000m at Doncaster in the rain after the meeting was cancelled.

## Next Meet: Sat 8 Feb (Box Hill)

This Saturday we will be based at Box Hill for the final round of AVSL for this summer. Athletes are reminded to **PRE-ENTER** before midday **WEDNESDAY** prior to the meet to ensure they are seeded into the correct heats. Athletes competing in Field events are reminded to enter a time that does not conflict with another event you would like to do. Please read from page 8 of the AV Shield entry guide on how to enter for events [HERE](#).

## AVSL Remaining Fixture

8 February - Box Hill Athletics Track

22 February - Lakeside Stadium (*you only able to compete if you have competed in at least 4 meets prior to this*)

## AVSL Round 6 Results

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Javelin: Olivia Nigido-Scott 25.39m;

Shot Put: Olivia Nigido-Scott 11.98m;

MOP

200m: James Rentschler 29.51 (0.5);

800m: Edward Beischer 1:56.0h; Harrison Carr 2:05.1h;

M20

800m: Benjamin Beischer 2:04.6h;

M18

200m: Lachlan Stewart 28.60 (1.8);

800m: Tom Bowers 1:58.5h; Jean-Philippe Soulie 1:59.9h; Lachlan Stewart 2:17.2h;

1500m: Zachary Holden 4:26.0h;

M16

200m: Mcgregor (Mac) Debeljak 25.76 (+0.0); Ben Cashin 25.95 (+0.0);

800m: Fred Leeton 2:13.8h; Robert Barber 2:05.4h; Ben Cashin 2:24.6h;

M40

200m: Antony Van Eeten 30.35 (0.1);

400m: Douglas Campbell 79.65;

800m: Antony Van Eeten 2:33.8h;

1500m: Robert Schwerkolt 4:29.0h;

2000m Walk: Andrew Jamieson 10:30.6h;

Hammer: Robert Belton 13.21m;

High Jump: Robert Belton DNF;

Javelin: Douglas Campbell 18.39m;

Shot Put: Robert Belton 6.74m; Douglas Campbell 6.51m; Ian Handasyde 5.94m;

Triple Jump: Robert Belton 5.60m;

### **The Unofficial 2k results are as follows:**

P. Simm (6.32); E. Beischer (5.35); B. Beischer (5.38); T.Bowers (5.38.5);  
R.Barber (6.24);



The unofficial 2k

## Milers Results 23 Jan Box Hill

Windy

Anna Kasapis	800m	2 <sup>nd</sup>	place running in Ess colours but introduced as OS. Will claim.
Antony Van Eeten	800m	2.21	
Ed Beischer	800m	1.54.5	
Harrison Carr	1500m	3.57	
Tom Bowers	1500m	4.02	
Ben Beischer	1500m	4.10	
Rob Barber	1500m	4.21	
Harrison Car	1500m	5.01	Debut run. Spike shoe slipping off over last 500m due to recalcitrant orthotic

## Box Hill Classic Thur 30 Jan

Harrison Car	U14	800m	2.23.74	Harrison Carr	800m	1.56.02	
David Leeton	800m	2.21.87		Bart Leeton	U13	800m	2.26.55
Rob Barber	800m	2.02.99	PB	Ed Beischer	800m	1.54.58	



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*While the Track and Field season is at the pointy end of the year, cross country is just around the corner. Read more below about what has been going on and good luck with your running preparations!*

## **URGENT: Club volunteers Required!**

During the season the club is required to provide club helpers at 4 AVSL meets and various competitions. Thanks to those who have already provided their time this season, it is much appreciated by everyone at Old Scotch!

We require 1 helper on each of Saturday and Sunday at Lakeside Stadium (Albert Park) for the State Championships from 8:30am - 1pm. We also require 4 helpers next weekend for the second week of the State Champs at Duncan McKinnon Reserve. Check-In for Week 1 is at 8:15am in the **Cathy Freeman** room. For week 2, check-in is 15 minutes before the scheduled start time upstairs in the clubrooms.

It is important to understand that the club is penalised for not meeting our quota of volunteers during the season. Fortunately, the generosity of a select few, especially **Ian Handasyde** and **Rob Belton**, have assisted us with avoiding any penalties. However, they should not have to bear the responsibility themselves, so it would be great if others were able to assist with filling these roles.

If you can assist at any of the dates, or if you have any questions, please reply directly to this email, or contact Tom Russell at ([tom\\_russell777@hotmail.com](mailto:tom_russell777@hotmail.com)).

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				Rob Barber		
				Ian Stewart		
				Antony van Eeton		
18/1/20	Ringwood	3	Afternoon	Rob Belton	2	0
				Ian Handasyde		
8/2/20	Box Hill	2	Afternoon	Lesley Mills	5	0
				Rob Belton		
				Ian Handasyde		
				Doug Campbell		
				James Rentschler		
<b>State Championships</b>						
29/2/20	Lakeside	2	8:30am - 1pm	Ian Handasyde	1	1
1/3/20	Lakeside	1	8:30am - 1pm		0	1
7/3/20	Duncan McKinnon Reserve	2	1:30pm - 5pm		0	2
8/3/20	Duncan McKinnon Reserve	2	1:30pm - 5pm		0	2

## AVSL Round 12 and Season Wrap

It was a long day at Box Hill. **Hugh Bailey** started the day at 1pm with a big shot put (423 points) and we welcomed this week our latest addition to the distance ranks, **Charlie Rogers**, who ran an invite 800m at 6.40pm. Great to have you onboard Charlie. A lot happened in between. If the 3k and 5k were on early to avoid the heat of the day, it didn't work. **Will Hutchings**, **Tom Worsteling** and **Lachie Stewart** all did well in the humid conditions and **Pete Simm** and **Tommy Kluckow** were even braver in their 5ks. All scored highly with Tom, Lachie and Pete all scoring within 3 points of each other. The 200m runners again had a headwind but all impressed lead by **Hunter Rives** in his first run back from injury and **Mac Debeljak** who must have been close to his PB. **Ben Cashin**, **Casey Elliott**, **Lachie Stewart**, **James Rentschler** and **Antony Van Eeten** completed our injury depleted sprint squad. Casey, Lachie, Mac and Ben combined to run one of our rare 4x200 relays for the season adding valuable points to the club.

Let's pop over to Aberfeldie where our 1500 runners took centre stage all scoring over 450 points. **Ed Beischer** was fastest (3.54.4) followed by **Tom Bowers** (3.57.1 PB and Club U18 record). **JP Soulie**, **Ben Beischer** and **Rob Barber** all ran up to their bests to score well. Back at Box Hill **Jack Polkinghorne** in his first race for the calendar year impressed with 2.00.3 while **Fred Leeton**, **Rob Schwerkolt** and **Lachie Stewart** kept the scoreboard

**Beischer** and **Polks** ( both 490) and **Rob Barber** (487) came knocking on the door but were not quite admitted. **JP** is already a member - you would expect a JP to be a member of an exclusive club – and his 493 points showed why. It has long been known that field event athletes are the core of any track and field team – ours today scored about 1700 points between them- and their contributions took us to our highest total for the season. **Rob Belton's** 750 odd points were the biggest contribution with **Hugh Bailey, Doug Campbell** and **Lachie Steward** topping things up. Well done throwers.

Many thanks to our team of lap scorers, variously **Craig Worsteling, Pete Simm** and **Hunter Rives** and to those who somehow managed to assist at the High Jump lead by **Rob Belton** and his coopted helper and **Doug Campbell, James Rentschler** and **Ian Handasyde**. Your commitment is greatly appreciated by the club.

So that is the end of AV Shield League for 2019-2020. We finished 5th in Division 4 - a respectable effort with some solid growth to look forward to next season as our younger athletes mature. Another positive is that we were the highest scoring Old Boys club in AV, scoring 10,000 more than the next highest, St. Kevins, and about 4x Old Xavier and Old Melbournians. Interestingly, St. Kevins, who were in Division 3, have been relegated and will be in our division next season. We now look forward to championships and Milers meets, Throwers meets and High Velocity meets over next months.



*From the last VIC Milers race where Melbourne truly delivered: Ben (left) and*

## Athlete of the Week

This weeks nomination is Jack Polkinghorne. We were impressed with his aggressive racing in his first 800m race (2min 00.3sec) for about 8 weeks. Nice run Polks. And we must mention Lachie Stewart who competed in five events, the most of any of our athletes this season, and who willingly filled a leg of our relay at 5 minutes notice.



*Lachie hands to Mac (left), while Charlie is hot on Fred's heels.*



*Harrison and Ed in the VIC Milers*

## APSOC Jamieson 5k

volunteers and supporters attended the Jamieson, leaving a lot of hungry mouths at the traditional end of race feed!

As we are the host club, the club kindly asks that you bring 3 plates (but they don't actually have to be on plates!) of food. If you could also consider bringing a variety of different food (for example, baked goods or fresh fruit).

In addition, we are seeking volunteers to assist as course marshals on the day. If you are able to assist, please reply directly to this email, or contact Tom Russell (tom\_russell777@hotmail.com).

***Each week we will try to include an article on aspects of our Club Records***

## The Recent Record Breakers

Over the past two years we have seen improvement in many OS records, particularly some underage relay records.

A significant individual record was Ed Beischer's 2018 U20 1500m time of 3.49 at Lakeside which replaced Ewen Wilson's 1971 record. Cam Mackenzie's U18 decathlon record last year improved the 1998 record of Tom Gray. And RongHao Chen's 100m and 200m records are replacing records set in the 1970's by James Flowers and Bill Fleming. Fred Leeton has set 1500m and 3000m records at U15 level and Rob Barber last year removed Andrew Cochrane's U14 800m record. Hugh Bailey has demolished a couple of U14 throws records and will most likely add a couple more soon. And hot off the press it appears that Tom Bowers has claim to the U18 1500m record with his time of 3min 57.1 sec last Saturday.

With the relays, the 2018 U17 4x800m team of Bowers, Soulie, Polkinghorne and Brasington took about 35 seconds off the 1982 record held by James Atkinson, Scott Patterson, Adam Cossar and Gus Macmillan. Last November the U16 4x400 team (Ben Cashin, Mac Debeljak, Casey Elliott and Rob Barber) knocked a lazy 20 seconds off the record which had stood for 17 years and both the U16 and U15 4x100 records have been reduced by the team of Elliott, Debeljak, Chen and Juggins.

So year by year records are challenged - they never last forever- as faster tracks, faster shoes, a bit of sports science and hopefully a good dose of commitment and application combine to produce a pretty impressive record list. Maybe the upcoming Victorian and Australian Championships will provide the environment for a few more improvements.

## weekends)

Good luck to everyone competing across the next 2 weeks. If you are in town, make sure to get along and support the cardinal singlets!

### AVSL Round 12 Results

#### F16

Hammer: Olivia Nigido-Scott 37.45m;

#### MOP

200m: James Rentschler 29.64 (-0.9);

1500m: Edward Beischer 3:54.4h;

#### M20

1500m: Benjamin Beischer 4:10.3h;

#### M18

200m: Lachlan Stewart 28.67 (-0.5);

800m: Jack Polkinghorne 2:00.3h; Lachlan Stewart 2:24.7h;

1500m: Tom Bowers 3:57.1h; Jean-Philippe Soulie 4:04.5h;

3000m: William Hutchings 10:04.9h; Tom Worsteling 10:14.5h; Lachlan Stewart 10:15.6h;

4x200m: Old Scotch (Casey Elliott, Lachlan Stewart, Mcgregor (Mac) Debeljak, Ben Cashin) 1:53.14;

Shot Put: Lachlan Stewart 6.36m;

#### M16

200m: Mcgregor (Mac) Debeljak 25.54 (-1.6); Ben Cashin 26.50 (-1.7); Hunter Rives 24.34 (-2.1); Casey Elliott 27.77 (-2.0);

400m: Robert Barber DNS;

800m: Fred Leeton 2:15.7h;

1500m: Robert Barber 4:13.8h;

#### M14

Hammer: Hugh Bailey DNS;

Shot Put: Hugh Bailey 11.73m;

#### M40

200m: Antony Van Eeten 29.88 (-0.1);

800m: Robert Schwerkolt 2:14.9h;

5000m: Peter Simm 17:47.8h;

Hammer: Robert Belton 12.93m;

High Jump: Robert Belton 1.30m;

Shot Put: Robert Belton 6.43m; Douglas Campbell 6.75m;

Triple Jump: Robert Belton 5.78m;

### AVSL Ladder

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1		Wyndham	181,377	124	<b>POWERPLAY</b> 	AP
2		Ballarat YCW	171,543	119	<b>POWERPLAY</b> 	AP
3		Waverley-Malvern	136,282	100	<b>POWERPLAY</b> 	P/R
4		Coburg	112,886	80	<b>POWERPLAY</b> 	
▲ 5		Old Scotch	96,439	68	<b>POWERPLAY</b> 	
▼ 6		Brunswick	100,432	67	<b>POWERPLAY</b> 	
▲ 7		Bendigo Uni	82,027	56	<b>POWERPLAY</b> 	
▼ 8		Vic Masters	76,351	53	<b>POWERPLAY</b> 	P/R
9		South Coast	74,570	50	<b>POWERPLAY</b> 	AR
10		Richmond	41,484	20	<b>POWERPLAY</b> 	AR



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