

OLD SCOTCH ATHLETIC CLUB NEWS SHEET

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Editor Ewen Wilson
54 Eleanor Street
ASHBURTON 3147
885 2341

WINTER/SUMMER EDITION Number 7 28th September 1990

Churchhill Park

This run is at a great venue and the race is over an excellent course. Attendances are always down however. In fact this was the first time your reporter had ventured out to the course.

The organisers are at a bit of a loss as to why some events are not well attended. For those athletes that run both VAA and APS if they did not miss a run would get about one weekend off through the winter. Many of the APS regulars don't run VAA so get 8 weekends off, for those with other commitments choices must be made and amazingly (to some people) running sometimes misses out. This is leading to the fact that we had a very low turn out to this event.

With a choice of distances (6 and 12k) and a handicap start everyone always had someone to chase. Mark Purvis had official fastest time although second fastest around the 6k course to Ammon O'Callahan with Gus Macmillan 3rd fastest with Steve Worall the only other OS runner. The 12k saw 3 OS athletes start and 2 finish. Ewen pulled out at half way but Shannon Reid and Col Findlay showed more guts and tackled the Big hill twice.

Results

6k	
Mark Purvis	20.02
Gus Macmillan	20.50
Steve Worall	24.22
12k	
Shannon Reid	48.58
Col Findlay	52.05
Ewen Wilson	DNF

Cooke McClelland 8k Cross country

A great win to O.S. with 5 runners in the first ten. The 2nd team coming fourth overall. A new course and an excellent time by Steve Austin. 19 runners out of a total of 111.

Its good to see Peter Hepworth back after his European track campaign. Ewen won his bet with Mark and Andy Cochrane after a fast start tires to be piped by John Cormack who was given the day off from Geelong Hospital to have a run. Tarquin delayed his departure for a month overseas in Europe just to compete. Oz Aitken looks for Jon Holmes and declares Jon is avoiding him. Steve Worall finishes the run to make it four straight years without missing an APS run. (I'd prefer him to miss a few and run quicker Ed.) Rob Catherall shows enough form to indicate he is still a sub 2 minute half miler which is more than most of the distance runners can claim. Graham W. proves he is the most inconsistent for the year, going from the most improved one week to the slowest next. Colin counts another win over Graham. Lee Vial is steadily improving and could do well if he can stay away from farming long enough.

Results

1	Steve Austin	25.19
4	Ewen Wilson	26.14
6	Peter Hepworth	26.33
8	Mark Purvis	26.37
10	John Cormack	26.43
11	Andy Cochrane	26.49
13	Gus Macmillan	26.55
17	Scott Lawrence	27.27
21	Lee Vial	27.51
28	Rob Catherall	28.32
32	Tarquin Oehr	28.56
40	Ken McLean	29.51
43	Andrew Aitken	30.10
57	Shannon Reid	31.13
67	Nigel Watson	32.14
72	Col Findlay	32.36
74	Steve Worall	33.06
77	Malcolm Watson	33.34
104	Graham Wise	41.10

Teams

1	Old Scotch	40
2	St Kevins	81
3	Old Xavs	106
4	Old Scotch 2	151
5	Old Carey	154

Fishermens Bend -Double Glory

A great finish to the winter season clinching 2 premierships and E grade winning on the day yet again. B grade team in second place on the ladder 1 point behind Western Suburbs had to win or beat W.S. by 2 places. We came second and had to sweat it out until the results came through. Richard Piese with his contacts had found out by late Sunday that we came second and W.S. fifth, we had taken B

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grade out by 2 points.

The race had been a worry with Andy C. Scott L. John C. missing and Mark P. rolling up with a knee slightly larger than normal. Mark claims to have fallen over a peg the night before but Peter Hepworth has a different story. Before the race we watched and were inspired with a great 6th place in the womens 15K by Candice Charles. Although missing some of the big guns that had fired the week before at the Cooke McClelland we still had enough depth to give ourselves a chance without destroying our E2 grade Team.

Lee Vial had luckily been talked into delaying his departure to attend an all night vigil at Horsham (commonly referred to as a Spinsters and Batchelors Ball) and was an essential part of our win. Peter Hepworth fifth in for us, was not a very happy man after the race and vowed never to run another 15k. Luckily he has a poor memory as he ran one the next week in the Huff and Puff race (refer another article). The top performance for the afternoon was yet again an outstanding run by Steve Austin who with 2k to go was still in the leading pack and in the race to the line came 6th some 47 seconds faster than he ran it last year as compared to Mark and Ewen running some 2 and half minutes slower. Jon Holmes was heard to say after the race that he spent the whole race looking for Oz Aitken to continue their personnel challenge only to be disappointed on hearing that Oz was another late scratching due to a cold. Will the challenge continue through the summer or wait until next winter.

The very successful E team was led in by Shannon who has been one of the main contributors to their consistent performance during the winter and ably supported by Col and Nick who when in town is always on the starting line.

A great performance by those athletes who compete all winter in both the APS and especially the VAA events and onto greater challenges next year of A grade and E1 grade.

RESULTS

B grade

Williamstown	454
Old Scotch	541
Keilor St Bernards	
Richmond	
Western Suburbs	

E2 Grade

Old Scotch 1st	1100
Malvern 2nd	1270

Individual

6	Steve Austin	45.27
56	Ewen Wilson	49.36
67	Gus Macmillan	50.06
73	Mark Purvis	50.22
169	Peter Hepworth	54.17
170	Lee Vial	54.20
215	Shannon Reid	56.19
262	Jon Holmes	58.34
293	Colin Findlay	60.38
328	Nick Ferris	63.32
338	Steve Worall	64.53

Womens 15k

6th Candis Charles (sorry lost sheet with time on Ed.)

HUFF and PUFF race

(or how take 25 hours to go no where and win)

Scott Lawrence has a mate Frank Smith who has a boat called Under Capricorn. Its quite an impressive looking yacht about 38 feet long. Anyway Frank had entered a sailing race from Williamstown to Williamstown via Geelong, Mornington, Sandringham and St Kilda. This yacht race was more complicated than normal as it involved runs at Geelong (15k), Mornington (15k) and Sandringham to St Kilda (20+K).

Scott promised 4 runners which turned out a hard task to achieve. Mark was in then the "Mighty D's" caused him to say no, then maybe and after a sail, yes (deserting his Mighty D's) then he managed to stuff up his knees completely (refer Fishermans Bend article) and pulled out with 4 days to go. In steps Peter "I'll never run another 15k" Hepworth, Scott sighs in relief, then he gets a call from Gus saying a long lost friend from the States is arriving on Friday and leaving Sunday so he can't run. A little suss this story but the statement is made find a replacement or run. Gus late Friday finds Ian Leech (runs for Bayside 3.44) to replace him. He has found a great replacement.

Race starts at 10am we arrive at Brighton 7.45 (ie Scott, Peter, Ewen and Ian) to be met by the crew of three. Normal racing crew is seven. Frank, and Nick and Scotty who normally crew on the Penzance (affectionately known as the black pirate) load their slab and couple of bottles of bundeberg onto the boat, they enjoy their yatching.

The race starts in light winds. After 10 hours having been becalmed twice we make Geelong equal 4th across the line. In the 10 hours we find out about the four mile pier, octopus drinks, watch the You Yangs grow and even have a debate about ages and who is the oldest besides Frank. We could have cleaned the yatchies up on that one. The slab was finished and all the Coke had also been used in the iced coffees. The one thing learnt by the runners is that sailing is a bit like Pro running, the handicap is the all important factor. You can be out the back of the field but still be winning. Anyway we were in fifth place for most of the leg thinking the race was already lost, to be told we were a good chance for a win (Handicap) if we could pass Appollo II. It was a fast boat especially downhill.(?) We found out that meant tail wind. With a downhill run up the channel into Corio Bay we sailed (Frank, Nick and Scotty that is) down Appollo II to dead heat them on the line, a great performance.

It was now Ian and Ewen's turn to go running around the outskirts of geelong in the Dark. 15k later we had put Appollo II 5 minutes behind us and caught the race leaders Vendetta (a huge 57 footer) by about 25 minutes.

Off to Mornington, we stayed below deck eating rice and sundry other items while Frank, Nick and Scotty started a bit of serious work, navigating at night. On entering Mornington we had extended our lead on Appollo to about 15 minutes and Vendetta the biggest boat in the fleet had slipped to third only about 25 minutes in front of us. Scott and Peter had the joy of running this 15k leg at 4am. Evidently they party on late down mornington way as the traffic was quite heavy and running difficult with no lights. (We were later to find out some of the slower boats were running this leg at 11.30am). A quick run put more time into Appollo II.

As dawn came we woke Scott up so he could see the sun rise as he hadn't seen such a sight before. Scott is not renowned for being at his best before 10am. Scott was suitably impressed and went back to bed. Nick reckons Scott slept for at least 23 hours of the 25 hours of the race.

Still a number of T-Shirts available sizes 24 20 16 14
Great Colour Great Message.

results - you give them to the editor and if he dosen't lose them
he'll publish them.

1990 Gold Coast International Marathon
2nd Michael Inwood 2:16:46 (2nd claim club member)
220 Jon Holmes 3:05:20 (20+ year member)

Womens
101st Candice Charles 2:49:16 (4th female recently from SA)

The Holmes family cleaned up at the Heatherton Primary School
fun run (organised by Dot Brown). 6 prizes between 5 runners - not
bad going. It was Jon's turn to run with the kids while Janet had a
hit out on her lunch time runs as a base, a respectable 51.19
Robert managed to knock off his dad in the 3.5k 23.57 to 23.58
with Josephine strolling around in 23.43 and Julia getting a little
more competitive clocking 20.33

The week before Jon ran the Forest Hills half Marathon on the
renowned hilly course for 62nd in 86.33. This is in preparation for
his 11th Melbourne Marathon, Our only Spartan!!

Summer Timetable

Oct 13 Sat	800 m Handicap	Scotch 10.30 am
	Round 1	Box Hill Program 2
20 Sat	Round 2	Box Hill Program 1
27 Sat	Round 3	Box Hill GATE DUTY!!!
Nov 3/4	All Schools Championships	
8 Thur	A Grade -1	
10 Sat	Round 4 (P2)	Box Hill
15 Thur	A grade -2	
17 Sat	Round 5 (P1)	OLYMPIC PARK
22 Thur	A Grade -3	
24 Sat	Round 6 (P2)	Box Hill
28 WED	Round 7	Box Hill TWIGHLIGHT
29 Thur	A Grade -4	
Dec 4 TUE	P.B. MEET	Box Hill
6 Thur	A Grade -5	
8 Sat	Round 8	Box Hill
13 Thur	A Grade -6	
15 Sat	Round 9	Box Hill
16 Sun	VIC RELAYS	
18 Tues	VIC RELAYS	
	A Grade R-6	
Jan 10 Thur	A Grade -7	
12 Sat	Round 10	OLYMPIC PARK with Glenhuntly V.
17 Thur	A Grade -8	
19 SA	Round 11	Box Hill
23 WED	Round 12	Box Hill Twilight
24 Thur	A Grade -9	
31 Thur	A Grade -10	
Feb 2 Sat	Round 13	Box Hill
7 Thur	A Grade -11	
9 Sat	Venue Finals Box Hill	
22-24	AUST TITLES ADELAIDE Open/U20	
26 Tue	P.B. MEET Box Hill	
Mar 1-3	VIC TITLES Under Age	
15-17	VIC TITLES Open U20	

Timetable Program 1

Track							
1.00pm	3000m W						A B C U18
1.00	100m						A B C D
1.20	1500m W						D U16 U14
1.25	100m						U18 U16 U14
1.40	1500m						A B C D
2.10	1500m						U18 U16 U14
2.10	Sprint Hurdles ALL GRADES						
2.50	4X100M						ALL GRADES
3.30	3000 Steeple						A B C U18
3.45	2000 Steeple						D U16
4.10	400m						U14 U16 U18
4.15	400m						A B C D
Field							
	High	Triple	Pole	Hammer	Shot	Discus	Jav
12.15				U18 U16			
12.35				A B			
1.00	U16	U18			U16	U14	
1.20						U18	
1.30	U14	U16	A B		A B		
1.45						C D	
2.00	A B	A B					
2.15			C U18		C		
2.30						A B	
2.45	C	U14			D		
3.15	D	C					U18 U16
3.30					U14		
3.45	U18	D					A B
4.00					U18		

Timetable Program 2

Track							
1.00pm	400m Hurdles						A B C D U18
1.00	3000m W						A B C U18
1.15	300m						Hurdles U16 U14
1.20	1500m W						D U16 U14
1.30	200m						A B C D
2.00	200m						U18 U16 U14
2.20	800m						A B C D
2.30	Sprint Hurdles ALL GRADES						
2.40	800m						U18 U16 U14
3.05	4X400M						ALL GRADES
3.50	3000						D U18 U16
4.10	5000						A B C
Field							
	High	Long	Pole	Hammer	Shot	Discus	Jav
12.15				C D U18			
12.40				A B			
1.00	U16	U18			U16	U18	
1.25						U16	
1.30	U14	U16	A B		A B		
1.45						A B	
2.00	A B	A B					
2.15			U18/U16		C		
2.30							D
2.45	C	C			D		
3.00							U14
3.15	D						U18
3.30		D			U14		

Sailing towards Sandringham with Appollo II now close to an hour behind us, we saw Vendetta about half an hour ahead. Luck shone upon us as we watched it miss the bouy P2 and have to tack around it again, losing 15 minutes in the process. We were within striking distance as they had yatchies running the 20+k run. Half a mile off Sandringham the wind drops. Vendetta has already docked. As we move at about 3 knots Scotty keeps mumbling this is hurting us. Luckily it hurts us by only about 5 to 10 minutes and Ian and Ewen begin the chase.

There was a half marathon on that morning from Elwood and as we hit the road just after 9am we are amongst the middle of the race. The majority of the field is still heading out but we notice a couple of runners ahead of us going toward Elwood. We soon become hero's as we run back through the field the joggers say well done, you can do it, you can catch them or just clap. The exhilaration of coming equal third in a race you aren't in. Everything goes well until Elwood where officials and a Policeman try to direct us toward the finish line, we leave them confused steaming on down the road.

We catch the Vendetta runners at about the South Melbourne beach, Ian notices a topless sun baker and starts to run really well putting the pressure on Ewen. We turn at Station Pier and head back to St Kilda pier. Scott L has woken up again and directs us to the yacht in the mariner and we jump on now in third place about 10 minutes ahead of the big bruiser Vendetta. Bar sinking we can't miss third across the line and a chance at handicap honours.

It was a great team performance with the crew of three working 25 hours straight, out sailing the other yatchs, especially Appollo II who is on the same handicap and the runners taking advantage of the position to berry Vendetta. Vendetta in fact was 57 minutes quicker in the water but lost it in the running. The results were excellent winning the handicap by 26 minutes and the runners having the fastest combined time by 2 minutes.

Results

Line Honours

- 1st Contractor
- 2nd Pains Wessek
- 3rd Under Capricorn

Overall Handicap

- 1st Under Capricorn
- 2nd Pains Wessek
- 3rd Update
- 4th Contractor

Runners times

- 1st Under Capricorn 174 min
- 2nd Pains Wessek 176 min
- 3rd Update 184 min
- 4th Contractor 193 min

800 Metre HANDICAP Saturday 13th OCTOBER 10:30am

The handicaps at the first call of the card. Subject to change at the handicappers whim up to the firing of the gun.

All rumours, untruths, tales and general gossip has been and will be taken into account, not to mention the odd bribe.

MARKS as of 18 September 1990

SCRATCH

- 15 A. Macmillan
- 35 J. Cormack (sacrificed on this mark? Ed.)
- 45 E. Wilson L. Vial M. Purvis S. Lawrence
(winter boys grudge match here)
- 50 R. Suriano R. Catherall (gift) J. Maddern H. Wilson
- 55 A. Aitken (another sacrifice) A. Boag
- 60 T. Wilson
- 65 P. Mann S. Hamilton S. Reid R. O'Nians
R. Devisser T. Lord
- 70 T. O'Halloran S. Worrall J. Russell J. Mcleod
H. Scott (winner should come from here if they show some
guts and don't loaf early)
- 75 J. Keily B. Ingram N. Johnson A. Kiss J. Holmes
- 80 I. Handasyde R. Dillon A. Barnett
- 90 A. Ramsey
- 100 P. Miach
- 129 J Thompson
- 130 P Thompson

E. Macdonald P. Hepworth

If you don't rate in the above list it's not because you are not worthy of a run, just that we didn't have enough rumours or untruths about your training form. So if you are miffed, or upset at missing out ring Greg Evans on 817 5212 and he will give you a handicap, then add another 5 metres onto it as a discount for missing you in the first place.

Remember this is your big chance to say that you beat Ewen Macdonald and Peter Hepworth and even Gus Macmillan over a 800m. Its a once in a life time (or maybe a year Ed.) opportunity. Remember wear the all red club uniform to make it easier for the commentator to pick you out.

Have you Heard

Mark Purvis is going to the 11th Thredbo National Running Week Friday Jan 11 1990 to Sunday Jan 20 1990. He is interested in organising a group. If you are interested talk to Mark.

While on travel Jon Holmes wants to run the Boston Marathon next year (April). Anyone interested in joining him no expenses paid please contact him. Ian Handasyde can vouch for him as a travel companion.

Further ahead Jon Ewen and Karen are threatening to go to Barcelona with Jan catching up later. If any one else is interested in dreaming chat to one of them.

INTERCLUB STARTS AT BOX HILL ON SATURDAY OCTOBER 13th 1990

If you have not registered fill in the attached form and return post haste. We also intend to revise the mailing list soon so join up to get this quality news sheet.

Steve Worrall is looking after all the under age teams. Stewart Hamilton is managing the Open teams and we are looking for some one to manage the officials.

We need to provide 4 officials and they are supposed to be registered and preferably qualified. You can get to travel interstate as an official. Remember the offer of if you sign up an official you and the official get free membership.

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SUMMER EDITION Number 1 11th October 1990

800 Metre H'CAP Sat 13th OCT 10:30am

The handicaps at the second call of the card. Subject to change at the handicappers whim up to the firing of the gun. All rumours, untruths, tales and general gossip has been and will be taken into account, not to mention the odd bribe.

MARKS as of 30 September 1990

SCRATCH E. Macdonald P. Hepworth

15 A. Macmillan (has started training)

35 J. Cormack (sacrificed on this mark? Ed.)

45 E. Wilson (bad Back) L. Vial M. Purvis (bad Knee) S. Lawrence (winter boys grudge match down to two)

50 R. Suriano R. Catherall (gift) J. Maddern H. Wilson

55 A. Aitken (another sacrifice) A. Boag

60 T. Wilson (doesn't like his mark)

65 P. Mann S. Hamilton S. Reid R. O'Nians R. Deviser T. Lord

70 T. O'Halloran S. Worrall J. Russell J. Mcleod H. Scott (winner should come from here if they show some guts and don't loaf early)

75 J. Keily B. Ingram N. Johnson A. Kiss (J. Holmes scratched set for a longer distance 42+K)

80 I. Handasyde R. Dillon A. Barnett

90 A. Ramsey

100 P. Miach

129 J. Thompson

130 P. Thompson

If you don't rate in the above list it's not because you are not worthy of a run, just that we didn't have enough rumours or untruths about your training form. So if you are miffed, or upset at missing out ring Greg Evans on 817 5212 and he will give you a handicap, then add another 5 metres onto it as a discount for missing you in the first place. Remember this is your big chance to say that you beat Ewen Macdonald and Peter Hepworth and even Gus Macmillan over a 800m. Its a once in a life time (or maybe a year Ed.) opportunity. Remember wear the all red club uniform to make it easier for the commentator to pick you out.

Interclub Starts Saturday 13th October Program 2

Timetable Program 2 Box Hill -Hagenaer Reserve Track Melways Map 47 C7

1.00pm 400m Hurdles A B C D U18

1.00 3000m W A B C U18

1.15 300m Hurdles U16 U14

1.20 1500m W D U16 U14

1.30 200m A B C D

2.00 200m U18 U16 U14

2.20 800m A B C D

2.30 Sprint Hurdles ALL GRADES

2.40 800m U18 U16 U14

3.05 4X400M ALL GRADES

3.50 3000 D U18 U16

4.10 5000 A B C

Field

	High	Triple Pole	Hammer	Shot	Discus	Jav
12.15			U18	U16		
12.40			A B			
1.00	U16	U18		U16	U18	
1.25					U16	
1.30	U14	U16	A B	A B		
1.45					A B	
2.00	A B	A B				
2.15		U18/U16		C		
2.30						D
2.45	C	C		D		
3.00						U14
3.15	D					U18
3.30		D		U14		
3.45	U18					C
4.00		U14		U18		
4.10						A B

All senior athletes take note of event starting times. A good turn up will give a good start to the season.

Juniors will start the week after the Combined Sports in earnest.

OLD SCOTCH COLLEGIANS ATHLETIC CLUB NEWSHEET

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Mr Stewart Handasyde

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SUMMER EDITION Number 2 26th October 1990

Scott L. Cleans up the 800 Handicap.

Scott Lawrence after being told by his mate(?) Mark that there was no way he could beat Ewen did a bit of training and cleaned up the handicap, collecting a red track suit generously donated by Peter Hepworth.

Scott though slowing toward the line was far enough ahead to hold off a quick finishing Lee Vial who was off the same mark but had let him get away early with the scratch man Peter Hepworth coming in 3rd. Peter's time off scratch was about 1.58 with Scott winning in about 1.56. Ewen McDonald the other scratch man could not emulate his feats of the last two years and had to be content with a mid field placing. Steve Worrall was the roving reporter but technical difficulties prevented mid field crosses. Scott has asked that the handicapper (Greg Evans) be thanked for such a fair mark.

Results

S. Lawrence
L. Vial
P. Hepworth
A. Macmillan
J. Keely
T. Wilson
E. McDonald
S. Reid
A. Aitken
R. O'Ninans
J. McCleod
J. Russell
A. Ramsay
S. Worrall
R. DeVissar

Welcome New Members Tony Griffiths

Under 18 - Strong sprinter with loads of potential in year 11 at school we wish him a fast and successful future with the club.

Shane Worner

Open - likes the shorter distances and will be handy in the jumps as well. About Oz's vintage but a heap faster!! Good to see you on the hill with your family on Saturday's.

OZ's Social Corner

Nov 17 Saturday after round 5 (which is at Olympic Park) Drinks and dinner at **KINGSTON HOTEL** Highett Street Richmond Track suits will need to be discarded for this one.

1991

January 12th Saturday after round 10 (which is at Olympic Park) **B.B.Q.** on the Yarra B.Y.O.

Comment for the week ...

by Colin Findlay

How good is Steve Austin, our distance track and road star?

Just look at these examples of all-time Australian best performances....

5000m

1.	Ron Clarke	13.16.6	1966
2.	David Fitsimmons	13.17.42	1977
3.	Steve Austin	13.22.1	1980
6	Andrew Lloyd	13.24.86	1990

10 Steve Moneghetti 13.30.84 1989

14. Rob DeCastella 13.34.2 1981

10000m

- 1. Ron Clarke 27.39.9 1965
- 2. Bill Scott 27.46.71 1980
- 3. Gerard Barrett 27.50.7 1979
- 4 **Steve Austin 27.53.50 1981**
- 5. Steve Moneghetti 27.55.05 1989
- 6. Andrew Lloyd 27.57.34 1987
- 7. Rob DeCastella 28.02.73 1983

Steve must surley rate as one of this country's best, but unheralded champions.

Interesting to note also, how long Ron Clarke's records have stood.

RESULTS

PLEASE PLACE your **TIME** and **PLACING** (in relation to your opposition not overall) on team sheets.

WHY???

- 1. It means you get recorded in the seasons club **rankings**
- 2. It assists us in calculating progress during the afternoon to see how the **TEAM** is going. ie so we can plan.
- 3. It should not be left up to Stuart Hamilton or Steve Worrall to do all the recording of results.

Please do not be so vain as not to put your performance down when you think it is not your best! Training makes poor performances go away not ignoring them.

Results Oct 13th

B grade OS(19) vs Stk(92) vs SSH(68)

- 200m S Worner 24.8 4th
- 800m L Vial 2.08.6 3rd
- 5000m E. Wilson 15.51 2nd

D Grade OS(55) vs OM(44)

- 200m G Evans 29.5 5th
- A Aitken 28.8 4th
- 800m R Catherall 1st
- T O'Halloran
- A Aitken
- S Worner 2.27 Invite
- G Evans 2.30 Invite
- Shot put
- G Evans 8.60 2nd
- High Jump
- S Worrall 1.40
- Long Jump S Worner
- 3000m S Reid 10.08
- C Findlay 10.58

Results Oct 20th

B grade OS(17) vs OX(125) vs BH2(51)

- 100m S Hamilton 12.0
- 1500m L Vial 4.15
- R. Catherall 4.19
- T. O'Halloran 4.27
- High Jump
- S.Hamilton 1.75
- 4x100m relay
- 2nd Hamilton, Russell, Hodges, Worner
- 400m S. Worner 56.0

D grade OS(56) vs Caulfield Gramm(25)

- 100 R. Hodges 13.4 5th
- J. Russell 13.0 4th
- 1500m Walk
- J. Holmes 7.42 1st
- I. Handsyde 7.43 2nd
- 1500m A. Aitken 4.43
- S. Reid 4.36 4th
- A. Boag 4.47
- J. Russell (inv)
- Shot put
- G. Evans 8.62 1st
- 110 Hurdles
- R. Hodges 17.4 2nd
- S. Hamilton 17.3 1st.
- 4X100m Relay
- Evans Stasiuk
- Vial Aitken 2nd

- T.Jump R. Hodges 10.62 1st
- 400m L. Vial 55.0
- G. Evans 62.3
- J. Russell 59.2
- 2000 St.I. Handasyde 8.52 1st

D grade wins well but B grade a shambles!!

Good to see a few more faces on the track this week. Jon Holmes competing 1 week after the marathon, puts a few others to shame. Athletes who think they might make the A grade team could come out for a bit of a training run in B grade. It might even shake a few cobwebs out of their lungs. Theoretically you are meant to be picked for A grade on form, not on history!

We could have a reasonable D grade team but the rules say we must field a B grade team first, unless the athletes can't qualify in B. It helps if we don't have to force those on the margin into B grade, but rather give them a chance for a competitive performance in D. To do that **MORE** must turn up. **BELIEVE IT OR NOT IT IS A TEAMS COMPETITION.** Teams need members to fit the definition. After we achieve this goal of fielding a real team we may even think about winning.

U14 grade OS(18) vs C.G.(7)

- 100 D. Staziuk 13.6 2nd
- Triple Jump
- D. Staziuk 10.15 1st
- 400m D. Staziuk 65.4 1st

ATHLETE OF THE WEEK

David Staziuk who took on the world and beat them at their own game. David was basically the only Under 14 for Old Scotch and found that Caulfield Grammar are not so good after all as David collected 2 first places and a second as well as

a D grade relay to sweep the field leaving them stranded near the 200m mark little room to move at the Caulfield races.
Well done Dav you did us proud from (MR. S)

DRAW

Round 3 27/10/90

Program 2

Officiating on the gate this week.
Please come and assist

B grade Os vs OM vs OX
D grade OS vs BH1
U18 OS vs Ivan1 vs CG
U14 OS vs CG3

NOTE no interclub 3/11/90 all Schools O.P.

Round 4 10/11/90

Program 1

B grade Os vs BH2 vs SSH
D grade OS vs Ivan
U18 OS vs BH1 vs SSH
U14 OS vs CG1

Round 5 17/11/90

Program 2 OLYMPIC PARK

B grade Os vs Stk vs BH1
D grade OS vs OX2
U18 OS vs Ivan3 vs SSH
U14 OS vs BH1

27 Sat
Nov 3/4
8 Thur
10 Sat
15 Thur
17 Sat
22 Thur
24 Sat
28 WED
29 Thur
Dec 4 TUE
6 Thur
8 Sat
13 Thur
15 Sat
16 Sun
18 Tues

Jan 10 Thur
12 Sat
17 Thur
19 SAT
23 WED
24 Thur
31 Thur
Feb 2 Sat
7 Thur
9 Sat
22-24 AUST TITLES ADELAIDE Open/U20
26 Tue

Mar 1-3 VIC TITLES Under Age
15-17 VIC TITLES Open U20

Round 3 Box Hill GATE DUTY!!!
All Schools Championships
A Grade -1
Round 4 Box Hill
A grade -2
Round 5 OLYMPIC PARK
A Grade -3
Round 6 Box Hill
Round 7 Box Hill TWIGHLIGHT
A Grade -4
P.B. MEET Box Hill
A Grade -5
Round 8 Box Hill
A Grade -6
Round 9 Box Hill
VIC RELAYS
VIC RELAYS
A Grade R-6
A Grade -7
Round 10 OLYMPIC PARK with Glenhantly V.
A Grade -8
Round 11 Box Hill
Round 12 Box Hill Twilight
A Grade -9
A Grade -10
Round 13 Box Hill
A Grade -11
Venue Finals Box Hill
22-24 AUST TITLES ADELAIDE Open/U20
P.B. MEET Box Hill

PROGRAMME ONE

1.15 2000m Walk
1.15 100m
1.35 1500m Walk
1.40 100m
2.00 1500m
2.30 1500m
2.30 110m Hurdles
100m Hurdles
90m Hurdles
3.10 4 x 100m Relay
3.30 3000m Steeple
3.45 2000m Steeple
4.10 400m
4.15 400m

TRACK

MEN: A B C U18
MEN: A B C D
MEN: D U16 U14
MEN: U18 U16 U14
MEN: A B C D
MEN: U18 U16 U14
MEN: A B C U18 D
MEN: U16
MEN: U14
MEN: all grades
MEN: A B C
MEN: D U16 U18
MEN: U14 U16 U18
MEN: A B C D

PROGRAMME TWO

1.00 400m Hurdles
1.00 3000m Walk
1.15 300m Hurdles
1.20 2000m Walk
1.30 200m
2.00 200m
2.20 800m
2.30 110m Hurdles
100m Hurdles
90m Hurdles
800m
2.40 800m
3.05 4 x 400m Relay
3.50 3000m
4.10 5000m

TRACK

MEN: A B C D U18
MEN: A B C U18
MEN: U16 U14
MEN: D U16 U14
MEN: A B C D
MEN: U18 U16 U14
MEN: A B C D
MEN: A B C U18 D
MEN: U16
MEN: U14
MEN: U18 U16 U14
MEN: all grades
MEN: D U18 U16
MEN: A B C

FIELD

	Disc	Shot	Jav	Ham	Triple	High	Pole
12.15	-	-	-	A B U18,16	-	-	-
1.00	U14	U16	-	-	U18	U16	-
1.20	U18	-	-	-	-	-	-
1.30	-	A B	-	-	U16	U14	-
1.45	C D	-	-	-	-	-	-
2.00	-	-	-	-	A B	A B	-
2.15	-	C	-	-	-	-	A B CU18
2.30	A B	-	-	-	-	-	-
2.45	-	D	-	-	U14	C	-
3.15	-	-	U18,16	-	C	D	-
3.30	-	U14	-	-	-	-	-
3.45	-	-	A B	-	D	U18	-
4.00	-	U18	-	-	-	-	-

FIELD

	Disc	Shot	Jav	Ham	Long	High	Pole
12.15	-	-	-	A B C D U18	-	-	-
1.00	U18	A B	-	-	U18	U16	-
1.25	U16	-	-	-	-	-	-
1.30	-	-	-	-	U16	U14	-
1.45	A B	U14	-	-	-	-	-
2.00	-	-	-	-	A B	A B	-
2.15	-	C	-	-	-	-	A B U18 U16
2.30	-	-	D	-	-	-	-
2.45	-	-	-	-	U14	C	-
2.50	-	-	U14	-	-	-	-
3.00	-	D	-	-	-	-	-
3.15	-	-	U18	-	C	D	-
3.30	-	U16	-	-	-	-	-
3.45	-	-	C	-	-	U18	-
4.00	-	U18	-	-	D	-	-
4.10	-	-	A B	-	-	-	-

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Editor Ewen Wilson
54 Eleanor Street
ASHBURTON 3147
885 2341

SUMMER EDITION Number 3 16th November 1990

OLYMPIC PARK THIS SATURDAY

17th November 1990

Calander

17 Sat	Round 5	OLYMPIC PARK
22 Thur	A Grade -3	
24 Sat	Round 6	Box Hill
28 WED	Round 7	Box Hill TWIGH LIGHT
29 Thur	A Grade -4	
Dec 4 TUE	P.B. MEET	Box Hill
6 Thur	A Grade -5	
8 Sat	Round 8	Box Hill
13 Thur	A Grade -6	
15 Sat	Round 9	Box Hill
16 Sun	VIC RELAYS	
18 Tues	VIC RELAYS	
	A Grade R-6	
Jan 10 Thur	A Grade -7	
12 Sat	Round 10	OLYMPIC PARK with Glenhuntly Venue.
17 Thur	A Grade -8	
19 SAT	Round 11	Box Hill
23 WED	Round 12	Box Hill Twilight
24 Thur	A Grade -9	
31 Thur	A Grade -10	
Feb 2 Sat	Round 13	Box Hill
7 Thur	A Grade -11	
9 Sat	Venue Finals	Box Hill
22-24 AUST TITLES	ADELAIDE	Open/U20
26 Tue	P.B. MEET	Box Hill
Mar 1-3 VIC TITLES	Under Age	
15-17 VIC TITLES	Open U20	

OZ's Social Corner

Nov 17 Saturday after round 5
(which is at Olympic Park) Drinks
and **dinner at KINGSTON**
HOTEL Highett Street Richmond
Track suits will need to be discarded
for this one.

1991

January 12th Saturday after round 10 (which is at
Olympic Park) **B.B.Q.** on the Yarra **B.Y.O.**

ATHLETE OF THE WEEK!!!!!!

Lee Vial PB by about 4 seconds

Shatters the 2 minute barrier for the 800 m running
1.57.4 He is a man of his word. Lee informed this
reporter that he wanted to break 2 minutes before he went
back to the farm for christmas. Not only did he do it he
shattered it. Shows what a little bit of consistent training
can do. What could this lad do if he didn't spend all his
summer north of the Murray driving tractors.
Anyway well done Lee a great run!!

Results 27-10-90

B Grade

400 Hurdles S. Hamilton 60.2 2nd
200 S. Hamilton 25.0 8th
HJ S. Hamilton 1.75
3rd
800 L. Vial 1.57.4 P.B.!!
A. Macmillan 2.00.4
A. Aitken ????
4 X 400 L Vial A. Macmillan
S. Hamilton R. Catherall 3rd

D Grade

400 Hurdles R.Hodges
71.6 1st
200 G. Evans 28.4 2nd
R. Hodges 31.2 3rd (lame)
800 R. Catherall 2.4.43 1st
HJ A. Macmillan 1.66m P.B.?!
3000 A. Boag 10.53
J. Holmes 10.57
C. Findlay 10.58
G. Wise approx 12.00

That's it Folks!!!

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Editor Ewen Wilson
54 Eleanor Street
ASHBURTON 3147
885 2341

SUMMER EDITION Number 4 23rd November 1990

DATES TO NOTE

NOVEMBER

24 Sat Rd 6 Box Hill

28 WED Rd 7 Box Hill

TWILIGHT MEETING

Starts at 6pm. Program 2 Add 5 hours to Saturday time table and then be half an hour early

29 Thur A Grade -4

Dec ember

1 Sat No interclub at Box Hill

4 TUE P.B. MEET Box Hill

TIMETABLE

6.00pm Hammer

6.30 60m Pole Vault Handicap

LJ -5m TJ +13m HJ - 1.70m

7.00 100m Handicap Heats

7.15 Mile U20 Mile

7.30 SP(M) Javelin LJ + 5m HJ +1.7m
TJ -13m

7.45 200m Hurdles 2' 6"

8.15 4X200 SP (W)

8.25 100m HANDICAP FINAL

8.30 400m

8.45 5000m

6 Thur A Grade -5

8 Sat Round 8 Box Hill

13 Thur A Grade -6

15 Sat Round 9 Box Hill

16 Sun VIC RELAYS

18 Tues VIC RELAYS

A Grade R-6

Jan 10 Thur A Grade -7

12 Sat Round 10 OLYMPIC PARK
with Glenhuntly Venue.

17 Thur A Grade -8

19 Sat Round 11 Box Hill

23 WED Round 12 Box Hill Twilight

24 Thur A Grade -9

A GRADE REPORT ROUND 1

Pre season rumours had the new look APSU A grade team as a serious finals contender. The teams performance in the first round proved that these predictions are quite realistic.

We scored 132 points and had no walkers and no steeple chasers. Glenhuntly defeated us and Bayside pipped us by the narrowest margin. However the new look ASICS club (WKC with a Captain Marvel singlet) crumbled to our might. Compared with our average of 117 last season this is a strong performance.

Glenhuntly	158
Bayside	133
APSU	132
ASICS	122

We had six firsts for the night including

C. Bradshaw (OM) Pole vault	4.50m
P. Winter (OM) 100m (2nd h)	11.18
S. Lewin (STK) 1500m	3:48.9
B. Hamilton (OX)	
C. Clark (OM)	
P. Winter (OM)	
M. Burmeister (STK) 4 x 100m	43.2
P. Winter (OM) 110h (2nd h)	15.19
E. Macdonald (OS) 400m (2nd h)	48.81

The Old Scotch runners to compete where Peter Hepworth in the 1500m (3:50.1), who came second and Ewen Macdonald in the 400m (48.81) who one his heat. The best performance of the evening with out doubt was Simon Lewin's run in the 1500m, backing himself with 250m to go defeating some big names.

Results BOX HILL

10-11-90

B Grade

High jump S. Hamilton 1.75 1st
1500m A. Macmillan
R. Catherall
L. Vial

(no time or places given so no ranking Possible- give the scores and records and rankings a go!

Hurdles S. Hamilton 18.2 1st
4X100 A. Lawton S. Reid
A Macmillan S Hamilton 3rd

Under 14

Richard Glass 100m 14.2 2nd
1500m 5min 27 6th
T.J. DNQ

D Grade vs Ivanhoe

100m S. Hamilton 1st 12.0
A. Lawton 12.5
T. Granger 11.3 INV
1500m A. Aitken 4.32 1st
S. Reid 4.40 3rd
Hurdles G. Evans 21.5 1st
Shot G. Evans 2nd 8.71
High J. A Macmillan 1.60
Triple S. Hamilton 10.14 1st
400m S. Hamilton 56.7 1st
G. Evans 59.6 4th

RESULTS OLYMPIC PARK 17-10-90

B vs Box Hill 1 vs St. K

3000m Walk E. Wilson 16.07 DNQ
200m J. Maddern 24.1 4th
S. Hamilton 24.5 6th
High S. Hamilton 1.8 2nd
800m E. Macdonald 1.52.6 1st
A. Macmillan 1.57.3
L. Vial 1.59.2
Hurdles S. Hamilton no timekeepers? 2nd
4X200 Hamilton/Macdonald/
Granger/Macmillan 3rd
5000m E. Wilson 16.11.7
L. Vial 16.21.3

D Grade vs OX 2

400 H R.O'Nines 64.5 1st
2000 Walk I Handasyde 10.29 1st
J. Holmes 10.35 2nd
200m G Evans 27.7 5th
R. O'Nines 26 (Approx) 3rd
M Purvis 28.2 6th
800 R Catherall 2.03.3 1st
T. O'Halloran 2.07.5 2nd (INV)
J. Maddern 2.08
A. Aitken 2.09
Hurdles G. Evans 20.7 1st
4x200 Wilson/Evans
/Reid/O'Halloran 2nd
High A. Macmillan 1st 1.73m
3000 M Purvis 9.18.3 1st
S Reid 10.25
S Handasyde 10.27
C. Findlay 10.35
G. Wise 10.54
I. Handasyde 11.44
Long J E Macdonald (Qualified we think?)

Under 18 vs Ivanhoe 3

3000 m T. Irving 9.12 1st

Under 14 vs Box Hill 1

R. Glass 300 Hurdles 52.1 2nd
Shot Put 8.82 4th overall
200m 30.4 3rd
800m 2.37.8 5th Overall
Javelin 20.74m 2nd

REPORT 17-11-90

A mixed bag at Olympic Park with a few members losing a few bets on who did what. Ewen W. started the day with a walk in B grade missing qualifying by 7 seconds but knocking off his mate Dave Sneddon. The next sensation of the day was to watch Mark Purvis cruise around in the D grade 200m another first (in attempt not placing). Terry O'Halloran proved the selectors wrong when he came 2nd to a strong running Rob Catherall in the D grade 800 but was carrying the invitation gumsey. Jon Holmes after leading Ian Handasyde all the way in the D grade 2000m walk was out sprinted to be pipped by Ian, but

they both managed to rate a mention in the Sunday papers. James Madden made his first appearance for a few years and gave the 400 hurdles a bit of class taking off D grade in style. Stewart Hamilton has taken over Mike Smith's Iron Man role filling up any space in the score sheet with his name. The trouble is he actually does all the events.

We managed to field relay teams for B and D and yet more surprises were in store. Angus Macmillan beating Lee Vial to make the score one all in the 800 decided to show his true ability and improve on his PB for the High Jump Winning Dgrade overall with a 1.73m on his first attempt and then withdrawing. As he says yet to be put out of the high Jump. Maybe he should cross his high jumping with his 800m and do steeples! Ewen Macdonald after a very confident 800m win in B grade, but unfortunately not quite as quick as our current A graders wandered off to do D Grade Long Jump and was not seen again. We presume he qualified.

While all this was going on in the seniors Richard Glass was quietly training for the decathlon titles in Under 14 competing in the Hurdles, shot put, 200m, 800m and Javelin with impressive results in all events. But it is a little much to expect one person to take on the might of Box Hill number one team.

The afternoon closed with yet another surprise. Ewen W. and Lee V. ran the B grade 5k which was fair enough but we had 7 runners in the 3000m. Mark Purvis in his first race back since the 15k road Championship ran a good 9.18 but was mowed down late in the race by a fast finishing Tom Irving running in the Under 18 race with a time of 9.12. Tom looked as if he might have run a little conservatively early in the race and looked good all the way. Unfortunately he is away on camps and will miss most of the runs from

now. We're trying to talk his dad into fronting and giving Colin and Graham a challenge, his last run was in the Berlin Marathon.

The real surprise was to see the return of Ian Handasyde's long lost brother, Stewart. He had a great dual with Colin Findlay but could not quite catch Shannon Reid. Graham Wise started quickly but faded badly towards the end and Ian H. (Uncle Ian to Susan and Jane) paced himself to do the endurance double for the day. Good to see a bit of spirit in the Seniors but the holes are big and many!!

WELCOMES

Mark Brownell an under 18 School athlete who will be looking for a few PB's with us. Welcome Mark

Tom Kenessy joins the Under 18 team as a sprinter and high hurdler and is a member of the Steve Gaffney stable.

Welcome back after a couple of years off to James Maddern who will shortly be looking for a low 50's 400 and sub 2 min 800m. Another product of the Gaffney squad Happy 21st for a few days time.

Notes to note

O.S. is entering teams in the VIC relay Championships on Saturday 16th December and Tuesday 18th December as follows:

Sat 16th Open 4 X 100m

Tue 18th Open 4 X 200m
4 X 800m

If you think you should/could be in the team contact Greg Evans (817 5212) for the sprints and Mark Purvis (669 3505) for the 800 team.

UNIFORM!!!!!!

Uniform is **RED** singlet with **OLD SCOTCH** badge and **RED SHORTS**.

Please ensure you run in the correct uniform. Badges are available from Anne Edwards (885 5607) Stuart Hamilton or Steve Worrall. New members get a badge free.

STOP PRESS

The Dream mile and 10k held on Sunday 18th December saw some great races. Steve Austin after blitzing everyone in the A grade 5k on Thursday night came 3rd in the 10k behind Andrew Lloyd and Jamie Harrison. A trully great performance. Watch out for his run in the Zatopeck 10k in December. Peter Hepworth is showing better form this season with a good run in the 1500m in about 3.44 for about 6th place

Janet Holmes ran in the RAZAMATZ 8k at Flemington, her longest race for some time. It is good to see her back in competition. Candis Charles took out 6th place in this race. (sorry girls I've lost the times Ed.). Candis I think was our only other starter in the Olympic Dream 10k. Times in the next newsheet with a bit of luck Jon Holmes ran the Oakleigh fun run on Sunday for a third placing over 5k.

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54 Eleanor Street
ASHBURTON 3147
885 2341

SUMMER EDITION Number 5 6th December 1990

Calander

Dec 6 Thur	A Grade -5
8 Sat	Round 8 Box Hill
13 Thur	A Zatopeck 10K
15 Sat	Round 9 Box Hill
	A Grade -6
16 Sun	VIC RELAYS
18 Tues	VIC RELAYS
Jan 8 Tues	Vic 10k plus PB events
O.Park	
10 Thur	A Grade -7
12 Sat	Round 10 OLYMPIC P. with Glenhuntly Venue.
17 Thur	A Grade -8
19 Sat	Round 11 Box Hill
23 WED	Round 12 Box Hill Twilight
24 Thur	A Grade -9
30 ENTRIES CLOSE UNDER AGE T&F VICS	
31 Thur	A Grade -10
Feb 2 Sat	Round 13 Box Hill
7 Thur	A Grade -11
9 Sat	Venue Finals Box Hill
22-24	AUST TITLES ADELAIDE Open/U20
26 Tue	P.B. MEET Box Hill
22-24	VIC TITLES Under Age
27 ENTRIES CLOSE U20 & OPEN T&F VICS	
Mar 14 Thur	PB meet Olympic Park
22-24	VIC TITLES Open U20

OZ's Social Corner

1991 January 12th Saturday
After round 10 (which is at
Olympic Park) **B.B.Q. on the**
Yarra -- B.Y.O.

WELCOMES

Anthony Swan - Open athlete from school. A 1.59 800m runner and member of the 4x800m. Vice Captain of the school athletics team. Rumour has it that he likes the 400 and 800m and if pushed may cover the odd 1500m. One of the athletes now under the influence of Steve Gaffney. Welcome Tony and knock off a few of the old 800m runners.

James Barr - Under 16 athlete. Has been placed in the APS sports in the last 2 years. Another 400 and 800m runner. Clear winner last Wednesday night at Box Hill over the 800. Some of the older members of the club would know his uncle Ian Jones of Box Hill fame. Welcome James, and we hope the running over the summer months helps your times in the future.

Chris Cornish - Another under 16 athlete has quickly given us the impression of being a 400m specialist. A good striding runner, better to watch than have to try to beat. A few of our seniors could take a tip on how to run 200's from him. A good first out performance. Great to see a bit of speed in the all red. Welcome Chris.

Notes to note

O.S. is entering teams in the **VIC relay Championships** on Saturday 16th December and Tuesday 18th December as follows:

Sat 16th Open 4 X 100m
Tue 18th Open 4 X 200m
4 X 800m

If you think you should/could be in the team contact Greg Evans (817 5212) for the sprints and Mark Purvis (669 3505) for the 800 team.

UNIFORM

Uniform is **RED** singlet with **OLD SCOTCH** badge and **RED SHORTS**.

Please ensure you run in the correct uniform. **Badges are available** from Anne Edwards (885 5607) Stuart Hamilton or Steve Worrall. New members get a badge free.

OLD SCOTCH T SHIRTS

T shirts available. Excellent quality Yellow with red print
only \$12.00 sizes left are 24 20 14 sizes are generous.
(Mark fitted into a 16 easily) See Ewen Wilson or ring 885 2341

Results

BOX HILL 24-11-90

B Grade vs Ivan vs Rich

H.J. S. Hamilton	1.70	1st
100m S. Hamilton	12.0	3rd
1500m A. Macmillan	3.59.9	2nd
E. Macdonald	4.11.88	
T. Adam	4.32.5	
Hurdles S. Hamilton	DNQ	
4X100 A. Lawton T. Granger E. Macdonald S Hamilton	2nd	
400 m T. Granger	50.3	1st
A. Swan	53.2	4th

B grade started the day alst on the ladder and could not have improved their position by losing the day to both Ivanhoe and Richmond. Highlight as far as OS went, was Gus Macmillan running sub 4 min for the 1500m, a great chase in the 4x100m with Toby Granger catching Richmond in the last 50m and then running an excellent 400m. Anthony Swan also ran a good 400m on his first outing at Box Hill. Lets hope we see more of him

D grade Vs SSH

100m A. Swan	12.5	2nd
T. Adam	12.6	3rd
1500W S. Facey	7.44	
A. Jamieson	7.45	
J. Holmes	7.27 (INV)	
1500 T. O'Halleran	4.23	1st
R. Catherall	4.23	2nd
A. Aitken	4.27	6th
A. Swan	4.42	8th

H.J. E. Macdonald	1.4	
2000Steeple S. Lawrence	6.45	1st
S. Hamilton	7.15	2nd
Triple S. Hamilton	10.54	2nd
400m G. Evans	57.4	6th
S. Hamilton	56.2	5th
T. Adam	55.0 (PB!!!)	

A good start with a full complement of walkers and 2 sprinters. Some cowebs were shed in the walks and two new faces in the 100m.

The 1500m again had good OS representation. Then unfortunately we handed the fround to SSH by not fielding people in the next 3 events. Ewen Macdonald jumped for valuable points and Scott Lawrence was seen walking through the gate in time for a 2000 steeple. he was joined by Stuart Hamilton mid Triple jump for his obligatory one a season steeple (he hopes!!) and 1st and 2nd places were taken respectively. Stu then went back to a sloshy triple jump to record 10.54m.

Down 13 points to SSH and Greg Evans, Tim Adam and Stuart Hamilton confronted 3 SSH runners in the 400m. Tim ran a superb 55.0sec PB!! to win, however Greg and Stuart could not split the three SSH runners and they took the round by 8 points. Position on the ladder prior to the round 5th.

U18

100m T. Granger	11.2	2nd
A. Lawton	12.3	4th
1500 T. Irving	4.23.2	1st
Javelin A. Lawton	DNQ	

U18 attendance improved 200% over the previous round and all three members put in good performances. Due to requirements to run in D grade the team once again lost.

Toby Granger ran a fast 100m in 11.3 Sec and Tom Irving once again left the field behind in the 1500m. He will be missed when he

goes off to the various camps he will attend through Dec/Jan. Al Lawton as usual provided that laid back approach to athletics and showed more interest in finding out the latest night spots in town, than running. He was seen late in the afternoon throwing a javelin, even if the wrong end hit the ground first. See you next wekk Al. U18 team currently last

Results

BOX HILL WED 28-11-90

B grade vs Box Hill 1 vs Rich

High S. Hamilton	1.65	2nd
800m A. Macmillan	1.57 (?)	
R. Catherall	2.02 (?)	
A. Swan	2.10 (?)	
4X400 Hamilton/Swan/Adam/Cornish	2nd	

Not much to talk about in B grade. Gus ran a 1.57 800m and the 4X400m put in a gutsy show just missing out on taking SSH on the last leg. Tony Swan, Tim Adam and Chris Cornish put Stuart Hamilton in a compromising position , forcing him to put in an effort when not expected. Unfortunately had more in them than Stu and just managed to keep ahead.

D grade vs OX

2000W A. Jamieson	10.23.5	1st
J. Holmes	10.23.7	2nd
200m S. Hamilton	24.8	4th
T. Adam	25.7	5th
A. Swan	26.1	6th
800m T. O'Halleran	2.07	2nd
A. Aitken	2.08 (?)	
T. Adam	2.10.2	5th
110H S. Hamilton	17.5	1st
HJ A. Macmillan	1.65	2nd
300m M. Purvis	9.17	2nd
C. Findlay	10.55	

A better showing in D grade however still not enough to beat OX. Andy Jamieson and Jon Holmes put in great walks as usual with Andy just managing to hold Jon out down

the last straight and the flag was flying high. Then in the 200m OX provided 3 sub 24.5 runners and we were out of the running.

Our regulation 3 runners appeared for the 800m. Terry apparently keeping his achilles under control has managed a month of racing and still going well. Oz as he says "Cruised" around the track, we hope to see him in top gear soon. Tim doing the uncommon double of the 200m before the 800m gave the rest of the field a chance finishing fifth.

Stu Hamilton ran the hurdles and although still trying to remove the 2nd hurdle from his knee, managed 1st.

Gus Macmillan was high jumping again and has now earned a regular spot in this event.

Just as you thought the meeting had ended and dinner was waiting Mark Purvis between contortions, and Col Findlay were just seen through the dark cutting the corners running the 3000m Both ran a good race however we aren't too sure whether they ever finished, no one could see.

Footnote: Steve Worrall was seen at the track on Wednesday night.

No, he wasn't running, he was just getting his bearings before the holidays so he can come and run in the new year!!

Under 18

LJ C. Cornish(U16) 5.64 1st
200 C. Cornish 25.2 2nd
800m J. Barr(U16) 2.06 1st

Great to see two new members Cris Cornish (U16) and James Barr(U16) on the track. Both will be competing in Under 18 and looking at their results on Wednesday night, should have no problem upsetting a few Box Hill runners. Chris started with the long Jump then ran a very handy 200m. Before long he will be out classing the B grade runners. He then replaced

Terry O'Halloran in the B 4X400 and ran a superb 3rd leg.

James ran an easy 2.06 800m and says he wasn't happy with the run, it should have been closer to 2min. (But I say a win is a win Ed.)

Position on Ladders

B grade	8th of 9
D grade	7th of 14
U18	9th of 10
U14	7th of 8

OLD SCOTCH COLLEGIANS ATHLETIC CLUB NEWSHEET

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OLD SCOTCH ATHLETIC CLUB NEWS SHEET

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Editor Ewen Wilson
54 Eleanor Street
ASHBURTON 3147
885 2341

SUMMER EDITION Number 6 10th January 1991

CALENDAR

JAN 10 Thur A Grade -7
12 Sat Round 10
OLYMPIC PARK with Glenhuntly V.
17 Thur A Grade -8
19 Sat Round 11 Box Hill
23 WED Round 12 Box Hill
Twilight
24 Thur A Grade -9
30 ENTRIES CLOSE UNDER AGE T&F VICS
31 Thur A Grade -10
Feb 2 Sat Round 13 Box Hill
7 Thur A Grade -11
9 Sat Venue Finals Box Hill
22-24 AUST TITLES SYDNEY Open/U20
26 Tue P.B. MEET Box Hill
22-24 VIC TITLES Under Age
27 ENTRIES CLOSE U20 & OPEN T&F VICS
Mar 14 Thur PB meet Olympic Park
22-24 VIC TITLES Open U20

3.45 110m H B D U18
4.00 3000 St. B
4.10 90m H U14
4.30 2000 St. D U18
4.55 400m All Grades

Field

12.30 Disc U14 Ham U18 HJ D
12.45 SP U14
1.00 Ham B Pole U18
1.15 TJ U14
1.30 Disc D U18
1.45 TJ D Pole B
2.00 Disc B HJ U18
2.15 SP U18
2.30 HJ B
2.45 TJ U18
3.15 Jav B
3.30 SP B
3.45 TJ B HJ U14
4.00 Jav U18
4.15 SP D

THIS SATURDAY (12/1)

OLYMPIC PARK

BBQ on river bank afterwards.
Organiser OZ Aitken (429 2615)

This round is combined with Glenhuntly and so the timetable is different!!

NOTE TIMETABLE

THIS WEEK ONLY (12/1)

12.30 2000m W B U18
1.20 1500m W D U16
1.30 100m B D
2.00 1500m B D
2.05 100m U18 U14
2.30 1500m U18 U14
3.05 4X100 All grades

Club Relay Championships

**State Title to 4 X 100
team!!**

Well done **Rob Kirsop, John Ford, Simon Smith**
and **Cameron Mackenzie**.

Time of **40.6** sec shatters the old club record of 42.1 set in 1971. They ran from lane 8 so had no one to chase. It was just outside the state clubs record of 40.4 and world championships qualifying time of 40.2sec. That shows the quality of these guys. They beat Box Hill 2nd (40.8) and Ringwood 3rd (40.9).

The same four in a slightly different order fronted up on

the Tuesday for the 4X 200m. They were now being considered by the opposition, after a surprise win (some considered) on the Sunday. This time they came a little unstuck on the changes, getting only one good one out of three, having to settle for a second place in the final to Box Hill. The time of 1.26.5 being .1 of a second under the old club record.

Great running and well done. Surely at least one of these guys will represent Australia one day.

Our other relay team entered was the 4 X 800m. Trouble with injuries and availability weakened the potential of the team. Knowing that they may not be able to run in the final (due to injuries and other commitments) the big guns went for it in the heat stirring things up a bit since the other teams weren't aware of our problems. **Peter Hepworth** led off followed by **Ewen Macdonald** and they covered the first 1600m in 3.42 followed then by **Rob Catherall** and **Mark Purvis** the team qualified for the final in about 8.01

A grade O.S. results at a Glance

6 Dec 1990 Round 5

3000 Stple Angus Macmillan 9.37.9
PB 3rd

400m Toby Granger 49.18 2nd Ht 2

Result Ringwood 1 174
APS United 2 131
MUAC 3 123
Bayside 4 89

15 Dec 1990 Round 6

400m Hdl. Stuart Hamilton 59.2 DNQ
200m Cameron Mackenzie 21.3 1st
ht 2

800m Peter Hepworth 1.50.6 2nd
Ewen Macdonald 1.50.7 INV

Result Doncaster 1 152

APS United 2 135

ESS/EMH 3' 130

Legends 4 63

A day we should have won. But injuries as the afternoon went on took their toll:

Chris Bradshaw - thigh strain and pre-marriage nerves

Peter Winter - ankles

Mat Burmeister - thigh/back. We had a few reserves on hand, but not enough to fill all the gaps.

sprinters including the relay team looked good. The 800m was quite a race - our 4 runners were all within 0.3 secs. Peter H. let (?) Richard Polkinghorn win with one of his traditional runs to the tape. More pbs for Richard Hope and Mark Seymour (both St Kevs) in the 5000m.

A Gade Ladder after round 6

1	Ringwood	19
2	Box Hill	19
3	Glenhuntly	18
4	APS United	14
5	MUAC	13
6	ASICS	13

Clearly, the mid January rounds will be vital to us holding a place in the four.

Zatopek 10000 m

13/12/90

A great race with two Old scotch athletes running. The only club with two running.

A great run by **Michael Inwood** to come fifth in just over 28.40.

Michael, a Queenslander runs for us when he is down in Melbourne for some increased competition. It is great to see him when he comes down and watch him on the way to PB's. At only 24 he has plenty of ability and time to improve further. **Steve Austin** having run extremely well coming

into the Zatopek was looking for a good time, and although a respectable time at about a minute slower than Michael's was not near the high standards he sets himself, and normally achieves. A good solid run which was more than Norwood gave.

Letters to the editor

Dear Editor,

Like many in the club I am concerned that we have do few athletes available esach Saturday for interclub.

The simple reason might be that some are injured, some are studying, some are away - all legitimate excuses.

What is of treater concern is that we don't have the athletes to cover these gaps as witnessed on Saturday (8/12) when, in the short time I was at Box Hill watching (I was ill, rather than injured!) we didn't have one athlete in the B grade 1500m and I didn't see one red shirt going around the track.

I believe the problem has more to do with the fact that somewhere along the line we missed a generation in our recruiting - there is such a gap between those of us who are ageing gracefully, those who still have some ability, but little grace (mainly those in their late 20's and early 30's) and then right back to the few who have left scholl in the past few years.

Apart from Angus Macmillan and Steve Worrall we seem to have so few athletes in their 20's and now unless we actively pursue the young blokes who hve just left school or are at school, we will miss another generation.

Two weeks before we threw Tim Adam into a B grade 1500 metres for his first run. Luckily the experience did not put him off and he has been back since toshow good form in his

right age group. It is not too late to rescue something from this season, and more importantly, do something about future seasons.

And please, in the future can we spell calendar correctly in the newsletter!

Terry O'Halloran

We received an official looking letter from the NSW athletic Association informing us that information in our last newsheet was incorrect. Please note that the Australian Track and field Titles are in SYDNEY not Adelaide as previously published.

The editor was wondering how the NSW association got hold of our newsheet until the letter finished off asking that the writer be remembered to all the older members of the club that may remember him. The letter was of course from Peter Lucas, our long serving Club secretary until he moved to Sydney. Those of us who run in the winter of course catch up with him at least once a year when he returns south to help his brother Neil organise the Hares and Hounds cross country.

We also received a christmas card from Barbara, Liam's mother with a little bit of information on Liam's athletic progress while on his years student exchange in Finland.

Evidently Liam has been competing in a lot of events and doing very well. To quote "I think we'll have to charter a plane to bring back all his prizes! He won the local marathon (13.6K) and had his photo in the papers."

Happy Birthday

We wish Cameron Mackenzie all the best for his 21st Birthday on the 10 January 1991.

=====

Results 15-12-90

D grade O.S. (43) vs. BH2 (22)

100m Shannon Reid 13.8 5th
1500m W. Jon Holmes 7.18 PB 1st
Stuart Facey 7.32.8 2nd
Janet Holmes 9.34 INV
1500m Shannon Reid 4.38 2nd
S.P. Greg Evans 8.19 1st
H.J. Steve Worrall 1.40
2000 St. Colin Findlay 7.45 1st

Under 18 O.S. (25) vs. O.X. (19)

100m Tim Adam 12.5 4th
1500m Tim Adam 4.30.1 PB
Jav Andrew Lawton 25 metre PB
HJ Andrew Lawton 1.45
SP Andrew Lawton 28.46
400m Tim Adam 56.1

Seemed to have lost B grades results. The numbers were scarce, but the opposition was even more scarce, so we managed two wins. Well done by those who turned up.

Good to see a couple of P.B.'s at both ends of the spectrum. Jon Holmes showing that you are never too old to improve (Ed: 38 isn't old) and in the under 18 Tim Adam in the 1500m and Andrew Lawton in the Javelin.

=====

PB MEETING Box Hill Tue 4 DEC

If you wanted to enjoy yourself, have a run and get hot this was the place to be.

Mark Brownell made his debut and jumped well in the long jump (just under 6m) and triple jump. A lot of potential sighted here.

Stephen Black seemed to have fun in the 200m hurdles with a second place in heat 2 (Heat 1 was won by

Olympic 400m hurdler Leigh Miller!). It was a comeback run by Stephen after a bad fall at the APS sports.

Enjoying himself to the tune of 1st place in both long jump (6.19) and triple (11.91) was Chris Lawson who had a go at the high jump as well. (do we detect a decathlete here??) Chris will be a great acquisition.

Toby Granger and James Barr entered the Box Hill venue 100m handicap. Toby went down by about 15cm in his heat, but James bolted in, off his mark. In fact he won so clearly he was re-handicapped (pulled 2 metres) (ed: a strange set of rules this 100m Handicap. Would like to see which clause allows this), but still won the final by about half a metre and pocketed \$100 for his night's work! Well done James.

Tim Adam and Anthony Swan continued to demonstrate their versatility. Both took on the U20 mile for 5th and 4th respectively (approx 4.53). Tim ran a 400m in about 57 sec and both were sighted in a 4X200 relay team which seemed to win.

To get really hot it was a good idea to run a 5000m. Mark Purvis and Colin Findlay did. Mark looked very hot and Colin ran about 19.02 with his P.I.T. mates.

Thanks to Steve Worrall, Anne Edwards and Ewen Wilson for a spot of officiating and to Harry Edwards for collecting and not spending all the money. (Next P.B. meet at Box Hill Tue 26 Feb).

=====

Just found Steve Worrall's report of interclub of 15/12. It will appear in the next newsheet so you'll have to wait until then to see if you have been slandered. But he does say "A reminder to Ewen Macdonald you are helping with the High jump on 12/1/91 at OP BE THERE AT 12.45 OR ELSE"

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SUMMER EDITION Number 7 17th January 1991

CALENDAR

JAN 17 Thur A Grade -8
19 Sat Round 11 Box Hill
23 WED Round 12 Box Hill
Twilight
24 Thur A Grade -9
30 ENTRIES CLOSE UNDER AGE T&F VICS
31 Thur A Grade -10
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9 Sat Venue Finals Box Hill
22-24 AUST TITLES SYDNEY Open/U20
26 Tue P.B. MEET Box Hill
22-24 VIC TITLES Under Age
27 ENTRIES CLOSE U20 & OPEN T&F VICS
Mar 14 Thur PB meet Olympic Park
22-24 VIC TITLES Open U20

A Grade 10-1-91

1500m Peter Hepworth 1st 3.49.3
400m Ewen macdonald 3rd(1st heat)48.0 PB
Toby Granger 3rd (2nd heat) 49.6)

A narrow loss to Doncaster which could easily have been avoided. Highlights were Chris Bradshaw's (OM) 5 event contribution, Peter Hepworth's 3.49 1500m Mathew Burmeisters 47.2 400, and PB's recorded by Richard Hope (StK 3.55.9), Warrick Barnard (110H) and Ewen Macdonald.

Final results.

1st Doncaster 160
2nd APS 157
3rd Geelong 112
4th Western Sub. 97

Only 3 rounds of interclub left before the finals.

Remember Interclub on
Wednesday 23-1-90

Interclub Night Meeting Box Hill WED 23rd Jan
Timetable

Track

6.00 100 B D 2000w B U18
6.15 1500w D U14
6.20 100 U18 U14
6.30 1500 B D
7.10 Hurdles ALL 1500 U18 U14
7.40 4 X 100 ALL
8.00 3k Stpl B
8.15 2k Stpl D U18
8.25 400 U14 U18
8.40 400 D B

Field

5.40 Hammer B U18
6.00 SP B Disc U18 TJ U18
6.30 SP U14 HJ U14 Pole B U18
6.40 Disc B
6.50 HJ B
7.00 Disc D TJ B
7.15 SP U18 Disc U14
7.30 Jav U18 TJ U14
7.40 HJ D
8.00 SP D Jav B HJ U18 TJ D

Round 10 Report 15/12/90

by Stephen Worrall

The day began for OLD SCOTCH at Box Hill but at Olympic Park S. Hamilton took on the big boys and nearly beat them except for one slight problem he didn't qualify. He was so close but yet so far, his time of 59.2 sec was outside the required 59.0 (Ed. 400H)

was a minor setback for **Stuart** when came straight out to the who of athletics, **Steve Worrall** was doing his usual stuff (we don't really know what he was doing, but he did compete we think?) **Al Lawton** was here there and everywhere trying to recover from the night before, as well as finding our who was what that night (good luck).

Others to present themselves to the captain (Steve) were **Tim Adam** who ran a great 800m in 2.06.9 sec while **Terry O'H** ran a creditable 2.07.03 (that was after a 100m at little Aths which nearly fixed him right up {Ed. Having his 2nd childhood or ageing

gracefully?}). **Chris Cornish** began the day with a gentle 200m in 25.1, then followed a 4x200m relay (**Cornish, Glass, Lawton and Adam**) and finally a long Jump of 5.34m.

James Maddern ran a fast 23.9 200m then felt ill after Steve told him a joke. (that was the rumour?) While this was happening **Richie Glass** was filling up the team sheet with his name only. The highlight of the afternoon was the run of **James Barr** in the 800m his time of 2.02 was a fantastic effort with a battle for line 150m from the finish and both boys diving to make the line and the result even harder to decide.

A mention to those who competed to make the final round before Christmas a sight for the future in 91. **Shannon R. Stuart Facey, Janet and Jon Holmes, Greg E and Steve W.**

thanks also to **Anne Edwards** for all the work she has put into the running of the high jump as well as those who have been asked to help out from time to time.

QUOTE OF THE ROUND

G. Evans "I need to go and get dolled up"

A. Lawton "Why? Are you going to Amadeus?"

G. Evans "What the movie!!"

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Results Olympic Park 12-1-91

B grade (49) vs IV (34) vs Stk (66)

100m James Maddern 11.8
1500m Andy Cochrane 4.08 approx
Terry O'halloran a sensational magnificent 4.19.4
HJ Stuart Hamilton 2nd 1.75m
4X100 James Maddern, Chris Lawson
Stuart Hamilton, Ewen Macdonald
2nd
110mH Stuart Hamilton 1st 19.0

400m James Maddern 52.8
D grade (57) vs O|M2 (36)
HJ Steve Worrall 1.50m
1500mW Jon Holmes 1st 7.27 (no
PB this Time)
Ian Handasyde 2nd time????
TJ Stuart Hamilton 2nd 10.78m
1500m Shannon Reid 4.36
Steve Worrall 4.44
James Russell 5.02 PB
4X100 Chris Cornish, Shannon Reid,
Steve Worrall, Rohan Hodges 54.0

110m H Rohan Hodges 18.5
SP Greg Evans 2nd 8.35
400m Stuart Hamilton 1st 55.9
400m Greg Evans 3rd 60.9

Under 18 (24) vs Iv2 (12)

HJ Chris Lawon 1st 1.85m
100m Chris Lawson 3rd 12.2
Chris Cornish 4th 12.5
TJ Chris Lawson 3rd 11.63m
400m Chris Cornish 55 approx

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SUMMER EDITION Number 8 7th February 1991

END OF SEASON PARTY

Where: **49 Thurso Street**
East Malvern
When : **Saturday 16th**
February

Time : **6:00 - 6:30 pm**

B.Y.O. Meat bathers and tennis gear

R.S.V.P. 12th February
Phone **439 2615** Andrew Aitken
509 6596 Steve Worrall

Solar heated pool for the faint hearted. Bring the whole family. (except the dog)

CALENDAR

Feb 9 Sat Venue Finals Box Hill
10 Sun Cricket match vs OX's
16 Sat END OF SEASON PARTY
22-24 VIC UNDER AGE TITLES
22-24 AUST TITLES SYDNEY Open/U20
26 Tue P.B. MEET Box Hill
27 ENTRIES CLOSE U20 & OPEN T&F VICS
Mar 14 Thur PB meet Olympic Park
22-24 VIC TITLES Open U20

Best of luck to our under age athletes competing in the
Vic Junior Titles 22-24th February at Olympic Park

James Barr Chris Cornish
Chris Lawson Simon Davies

The clashes of the Battons

O.S. Cricket Match vs O.X's

Sunday 10-2-91 starting at 11am sharp
at RKCC (Royal Kew Cricket Club)

alias the Reservior Reserve Grange Road KEW
(NB has a BBQ and Toilets.)
(MELWAY's 45 J7)

The team so far

Oz 'AB' Aitken Capt
Mark 'Swampy' Purvis V. Capt.
Angus "Tuffnell" Macmillan
Shannon "Bruce" Reid
Ian "Lillee" Handasyde
Terry "Henry" O'Halloran
Greg "Freddy" Evans
Steve "Warr" Black
Mark "Warr" Brownell
James "Mervyn" Maddern
Steve "Deano" Worrall
Andy "Slug" Ramsay
Peter "Aeroplane" Hepworth
30 overs (rumour has it that everyone except the wicket
keeper gets 3 overs)
BYO boxed lunch. OZ claims their is a playing fee of
\$3.00 Proves Saturday interclub is cheap. (Actually its
for the OZ Aitken benifit fund). If you would like to add
yourself to this illustrious crew (bad luck we can't get this
many out on Saturday's) front on the day and maybe even
organise yourself and give Oz a ring on 439 2615.
You are allowed to come along and watch. Unlike inter-
club you wont get charged at the gate for spectating. It is
expected that Oz will continue in the true tradition of all
"AB" teams and demolish O.X.'s

NOTE:-

Saturday 9th Venue finals at Box Hill Anyone want to compete can run/throw/jump by invitation. **PROGRAM 1** ie 100m/1500m etc

Saturday 16th PB meet Olympic Park.

RESULTS

sundry results received on sundry pieces of paper

100m A. Lawton 12.9
C. Cornish 12.4
S. Davies 12.8
T. Griffiths 12.0

110HG. Evans 1st time???

2k Steeple S. Reid 7.29.8
A. Lawton 7.58.7

shot Put R. Glass 8.39

800m R. Glass 2.36.86
T. Adam 2.13
J. Maddern ???

200m C. Cornish 24.4 2nd
C. Lawson 24.5 3rd
S. Lawry 25.0 4th
S. Hamilton 25.1 5th (B)

LJ C. Lawson 5.80 2nd
C. Cornish 5.21 Inv

HJ S. Hamilton 1.70

400H S. Hamilton 61.7 3rd (B)

3000W J. Holmes 16.03 DNQ (so Close)

110H S. Hamilton ???

5000 E. Wilson 15.56.8 1st

1500m T. Irving 4.19.8
S. Davey 4.24

400m S. Davey 57.2
J. Maddern 52.8 (Cool)
C. Cornish 54.10
G. Evans ???
S. Reid ???

S.P. G. Evans 8.09 1st (D)
J. Ford(?) DNQ

H.J. S. Worrill 1.40 1st

3000 S. Reid 10.30.9
I. Handasyde ???

200m S. Worrill 27.5 1st
G. Evans ???
I. Hanasyde 29.8
PB since 1970

800m S. Worrill 2.18

2000W I. Handasyde 10.45
Janet Holmes ???

110HG. Evans 20.9 1st

O.S. Athletes in --- A Grade

17-01-91

200m
John Ford 21.8 1st Heat 2
Cameron Mckenzie 21.6 1st ht 1

800m
Ewen Macdonald 1.50.2 1st
Peter Hepworth 1.50.5 2nd

24-01-91

100m
Cameron Mckenzie 10.85 1st Ht 1
Rob Kirsopp 10.88 1st ht 2
1500 Peter Hepworth DNF

3000 Steeple Angus Macmillan 9.40 3rd

400 Ewen Macdonald 58.08 3rd Ht 2

31-01-91

200 John Ford 21.8
800 Ewen Macdonald 1.51.38 3rd
5000 Steve Austin 14.24.3 2nd

A Grade Ladder before last round on 5/2/91

Box Hill	35	1st
Ringwood	33	2
Glenhuntly	31	3
Essendon/EMH	26	4
ASICS	24	5
APSU	24	6
Doncaster	22	7
MUAC	20	8
Geelong	17	9
Bayside	17	10
West Sub.	11	11
Legends	10	12

P.B. Meeting Box Hill

Tuesday 26 Feb 1991

All welcome .

timetable

6.00 Shot put Little Aths
6.30 Discus
400 Hurdles
Pole vault
LJ -5.00m
TJ +13.00M
HJ -1.70m

6.45 200m
7.30 1000m *
Shot Put (W)
LJ +5.00m
TJ -13.00m
HJ +1.70m

8.15 60m Shot Put (M)

8.30 Medley Relay-
clubs Handicap
(800,400,2x200)

8.45 3000m
Tom Rowan Memorial *

* = Trophies for placegetters

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WINTER EDITION Number 1 7th March 1991

The Real not to be missed **END OF SEASON PARTY**

Hosts: Janet & Jon Holmes and family
Where: 49 Thurso Street East Malvern
When : Saturday 16th March
Time : From 6:30 pm

B.Y.O. Meat bathers and tennis gear

R.S.V.P. 12th March

Phone: 481 6357 Andrew Aitken
509 6596 Steve Worrall

Solar heated pool for the faint hearted. Bring the whole family. (except the dog)
The last newssheet referred to a party with all the same detail except the month. THIS one is definitely on. Sorry for the confusion but there was an unavoidable delay that necessitated the change. A great night is guaranteed for everyone with pool, half size tennis court and golf course over the back fence. Graham Wise has challenged anyone to beat him on the court. My money's on Graham.

Championship Results

Australian Titles

An outstanding performance and improvement from Ewen Macdonald to come 4th in the Open 800m (1st Vic home) in a new CLUB and APS United record of 1.48.10 This erases Roger Tallent's 1976 record of 1.48.5 and beats Richard Polkinghorn's best by .01sec.

The Australian titles saw the clubs best overall representation for many many years. Cameron Mackenzie fighting off injury made it to the titles running the 100m and 200m, making the final of the 200m. Infact we had

a total of 4 athletes running the 100m.

John Ford ran a quick 10.67, Rob Kirsop a 10.9 and Simon Smith 11.0. Peter Hepworth kept the flag flying running in the 1500m.

Victorian Junior Titles

Under 18

Chris Lawson competed in the high jump for 1.85 and followed this up with good form in the Triple jump making the final and coming 6th basically improving with every jump. 11.54 /11.71 /12.07 /11.99 /12.32 / 12.43

Simon Davies ran the 800 taking out his heat in a time of 2.02 and following that with a 2.7 for 7th in the semi. He also fronted in the 400 (editor is missing the result).

Vic. Jun. Titles contd;

Under 16

Chris Cornish made the finals in both the 200m and 400m showing some style and future potential with his improvement achieved over the season. In the 200m heat 3rd in 24.34 Semi final 3rd in 23.6 PB (.3 off club record set in '72) and 7th in the final in 23.77. The 400m was more impressive to watch with a 1st in his heat with 52.49 then 1st in his semi with 53.25 and finally a 4th in the final with a 52.00sec.

It was great to see a couple of our juniors give the Vic titles a shot and do well.

It is actually quiet good fun and satisfying to see how you stand in state rankings on a given day. Its a pity more juniors and seniors don't give it a go as it is a great environment to do those PB's.

PB Meets

Olympic Park 16/02/91

Chris Lawson had a real PB night with two PB's in the Triple Jump 12.88 and the high Jump 1.90 as well as a respectable Long Jump of 6.23. Others to compete but performances not available were Cameron Mackenzie, Ewen Macdonald, James Maddern (200), Tom Irving (back in town) 800 and Greg Evans who withdrew after the first hurdle in the 400 hurdles to inspect the grass inside the track.

Box Hill

Shannon Reid ran a 3k in 9.58 and Tom Irving ran 1000 metres.

Around the Bend

PB meets open to everyone on Tuesday 12th March and Thursday 14th March.

12/3/91

Events held during the A grade promotion and relegation meet are:

- 7.05 100m
- 7.30 1500m
- 7.30 Long Jump
- 9.00 400m

14/3/91

Full PB program as follows

- 6.15 3000 steeple
- 6.30 400 Hurdles
- Hammer 45m+
- Pole
- High Jump < 1.70m
- Disc < 50m
- 6.40 3000m
- 6.45 300 Hurdles
- 7.00 200m
- 7.10 Discus 50m+
- Hammer < 50m
- Long Jump < 5m
- 7.15 800m
- 7.30 High Jump 1.7m+
- 7.50 Shot Put < 13m
- 8.00 5000m
- 8.15 100/110 Hurdles
- 8.30 Shot Put 13m+
- Long Jump 5m+
- 8.40 100m
- 9.30 5000m Walk
- 9.30 400m

Congratulations to Ewen

Macdonald on turning 21 on 28 March

The AGM/Introduction to

Winter Season is to be held at

Richard Dillon's on Friday

April 19th. The Guest speaker will be Roger Glass life member of the club and holder of numerous Hammer throw club records as well

as Vic representative and medal holder over a period of 25 years. Has many interesting stories (tales to tell). Keep the night free, more detail will be in the next newssheet.

Financial year starts for the club and VAA on 1st April 1991. This means

SUBSCRIPTIONS ARE NOW DUE.

fill in attached form and send off today.

Winter athletes please fill in VAA availability form and send in with subscriptions.

Teams this winter in the VAA competition are A Grade, D grade and we hope to run an under 20 team in selected events (maybe even all). All under 20 athletes will be contacted shortly by Ewen Wilson.

APS United AGM to be held on 12th April 1991 at the Tower Hotel Hawthorn. Guest speaker Neil King General Manager AAU. All those interested in attending please contact Greg Evans 817 5212.

Best of luck to all those running in the Victorian Open and Under 20 titles on the 22/23/24th of March