

OLD SCOTCH ATHLETICS CLUB - SUMMER NEWSLETTER NO.1
10th October, 1988.

Editor: Peter Thompson
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THE SEASON BEGINS

In this issue:

- (1) Steve Worrall's 21st birthday on Saturday, 15th October.
- (2) Track & Field season begins Saturday, 15th October at Box Hill.
- (3) Appointment of Club Captain.
- (4) REGISTER NOW!

Little more than two weeks after that magic Saturday in September, the chance has come to cast it all behind us, gird our loins, and begin the march to four premierships.

To commemorate that other magic day, 21 years ago, VAA has announced that Interclub begins at Box Hill for B, D, Under19 and Under14 teams. Programme 2 (you work it out!). That means 400 Hurdles, 200s, 800s et al. Black armbands will be worn.

TEAMS

- (1) If you are named but cannot run (I'll rephrase that, as some of those names can't run and will never be able to, but will still compete), if you cannot compete let Mike Smith, Steve Worrall, or Gregor Evans know.
- (2) If you are not named but can compete then please front as we will need you.
- (3) If you are not registered, still turn up and compete by invitation AND register pronto!
- (4) All of the above.

TRACK & FIELD 1988 - ROUND 1 INTERCLUB 15/10/88 BOX HILL

- 1.00 p.m. - 400 Hurdles: G. Evans (D grade), M. Smith (D grade)
N. Worrall (U13)
- 1.00 p.m. - 3000 Walk: I. Handasyde/S. Facey/A. Jamieson (F grade)
- 1.20 p.m. - 2000 Walk: As above (D grade)
- 1.30 p.m. - 200m: J. Ford/M. Smith/E. McDonald/A. Kiss (B grade)
- 2.00 p.m. - 200m: N. Worrall (U13)
- 2.20 p.m. - 800m: R. Catherall/A. Aitken/N. Ferris/I. Handasyde/
T. O'Halloran/A. Macmillan/E. Wilson/S. Worrall/
E. Purvis/R. Piesse/A. Boag/C. Mack (B&D grade)
- 2.30 p.m. - 110 Hurdles: M. Smith/R. Hodges (B grade)
N. Worrall (U13)
- 3.50 p.m. - 3000m: S. Worrall/E. Wilson/M. Purvis/A. Boag/
-

~~XXXXXXXXXX~~

FIELD EVENTS - COMPETITORS

- 12.15 p.m. - Hammer: R. Class (D grade)
- 12.40 p.m. - Hammer: R. Class (B grade)
- 1.00 p.m. - Shot: R. Class (B grade)
- 1.30 p.m. - Pole: W. Smith (B grade)
- 1.45 p.m. - Discus: R. Class (B grade)
- 2.00 p.m. - High Jump: W. Smith
- 2.00 p.m. - Long Jump: A. Kiss
- 3.00 p.m. - Shot: P. Thompson (D grade)
- 3.15 p.m. - High Jump: S. Worrall (B grade)
- 3.45 p.m. - High Jump: N. Worrall (U18)
- 4.10 p.m. - Javelin: W. Smith

It is ~~IX~~ with pleasure the Committee announces the appointment of Mike Smith as Club Captain. Congratulations Mike, and we hope all athletes will support him as he has supported the Club for so long. P.S. Has he changed his pole vaulting technique since Daly Thompson's pole problem?

REGISTER NOW!! Registration must be completed at least five days before you wish to compete, so if you have not made it for next Saturday get it in so you will be right for next week.

REGISTER REGISTER REGISTER REGISTER REGISTER REGISTER

WHAT IN THIS ISSUE

- * Schoolboy Stars.
- * Results, Reports, Remember Relays and Register.
- * This Week's Draw and Much, Much, More.

The APS sports are on Saturday, and Old Scotch members are figuring prominently at the selection table. Adam Barnett has already clocked 11.1 and 11.2 in the ~~XXX~~ Open 100m and is certain to give a huge account of himself in the relay and/or individual event on Saturday.

Richard de Visser has been doing big things in the hurdles and high jump; Toby Grainger has clocked 52's in the 400 metres, which is extremely quick for an Under 16 athlete.

New member, James Kiely, has been prominent in the Open High Jump and Boarder Cameron Clark, one of the best things to come out of the country since RM Williams has been clocking 22's in the 200m.

Go get 'em fellas, and the best of luck to all the other Scotch boys in the team on Saturday.

The State Relay Championships are on Sunday, November 27 and Tuesday, November 29th. It is the Club's intention to have a red hot go at the Open Championships and will enter teams in the 4x100, 4x200, 4x400 and 4x1500 events.

There may be Under 20 teams entered in 4x800 and one of 4x200 or 4x400.

Entries close on Friday week, so if anyone is interested please contact Ewen Wilson - 25 2341; Mike Smith - 426 2254; or Stephen Morrall - 509 6596.

If brevity is the essence of wit, O.S.'s B Grade 4x100 team next Saturday may very well be the funniest thing since Thorro ran 800m. It is rumoured that names like Clark, Ford, Mackenzie and Montgomery may be appearing. It will be well worth seeing, but don't blink - you'll miss it.

RESULTS

B Grade: OS-52 vs BH1-122 vs BH2-56

D Grade: OS-37 vs DLS1-21

U18: OS-8 vs IV-90 vs OS-0

B Grade

400H	G. Evans	2nd	63.6
3km Walk	S. Facey	3rd	16.01
200m	Macdonald		23.4
	Mills		DNF
300m	E. McDonald	3rd	1:59.4
	A. Cochrane	7th	2:02.9
	R. Catherall	9th	2:05.3
110mH	-		
4x400m	Catherall/Cochrane	3rd	
	Macmillan/McDonald		
5000m	Wilson	4th	15.40
	Purvis	3rd	15.27
	Cochrane	5th	
High Jump	H. Smith		1.65m
Long	A. Kiss		5.73m
Pole	H. Smith		DNO
Hammer	-		
Shot	H. Smith		10.76m
Discus	H. Smith		33.06
Javelin	-		

D Grade

2km Walk - I. Handasyde	
T. O'Halloran)	2nd 2:08.9
G.J. Evans)	4th 2:00.5
A. Boag)-800m	2.12
A. Macmillan)	2.02
G.C. Evans/T. O'Halloran	
A. Boag/G.J. Evans	- 1st
3000m - S. Facey	10.19
S. Worrall	9.39 1st
C. Findlay	10.34
C. Wise	11.04
I. Handasyde	11.04
High Jump - A. Kiss	

MXR

B GRADE

Tragedy of the week - Alastair Mills, a man who is always happy to have a go, fronted for the B 200m, left the blacks like he was shot out of a cannon and promptly did his hammy! We hope the injury is not too severe and we will see him back on the track soon, as we sure need blokes like him.

Generally the turnout was a little bit thin on the ground, with second and third string sprinters, hurdlers, walkers and throwers required. Remember, A Grade begins on November 10th and the cream of the team may not be around - so we need more cake, now!

D GRADE

Always good to beat De La, and the Scotchies go into the four after week one. Very short on hurdlers and throwers, but we hear certain members keen on cream and cake may be covering that vacancy soon.

The stewards have adjourned an inquiry into the ~~M~~ running of A. Macmillan in the half mile - you'll need to 'run deader' than that to get a better handicap next year Gus!

U18

200m	Nick Worrall	3rd	25.07
High Jump	N. Worrall	1st	1.65m

Welcome to Nicholas Worrall - who has more toe than a Roman Sandal, and is better looking than his big brother as well.

Saturday, October 22nd - Cox Playe Day

Given the performance of the rank outsiders at Caulfield Cup last week, the printers will have no money left so "the GCs" are not an excuse this week. ~~XXXXXX~~ Instead, Box Hill is this week's "Action Attraction" with:

B Grade vs St.Kevs vs Richmond)	Week 2, Program 1 (It will become
D Grade vs O.M.) clear, one day). That is, XXX
U/18 vs BHL vs Ivan2) 1500s and 100s, and they start
U14 vs Ivan.) early!

Any Juniors requiring a lift on Saturday, ring Mike Smith 4282254 or Steve Worrall 5096596. Remember, now is the time to get points on the board, so we can be there at finals time (just like the

NOTES FROM THE PRESIDENT

A blast from the past and did he blast - taking on the 1500, shot put and the 400 in the gentlemen's team; James Russell, and nearly toppled the King of the gentlemen in the 400 (C.C.E.) with a 58.5 sec - wait till he gets fit!!

There are many holes in the woodwork, they are falling out from everywhere. John Chambers debut in the all red, claims the 200m is a little too far, that still leaves room for the Hurdles? Doug Evans, brother of Greg the junior has made it two weeks running and is planning a few PBs now that he's remembered what it's all about after about 10 years. Rob Suriano slipped under the guard of our newsletter spies and made his first appearance last Saturday week. He claims there's plenty of room to improve yet.

Good to ~~XXXX~~ see that the under age members are pouring in now that the combined sports are over - some new blood as well as a bit of experience for the teams. We welcome for the 1988-89 season James Montgomery, Nick Worrall, Liam Magee, Paul Miach and John McLeod.

DON'T FORGET:

Round 3 next week - 29th October - Program 2
All schools on 5th Nov. - no interclub!
Round 4 - 12th November.

Training Sunday mornings from the dip in Glen Iris Road (opposite the Driver Bus Lines terminal). Leave at 8.30am, a must for all middle distance runners - comfortable pace is assured. Guest appearances by Stewart Handasyde and Terry O'Halloran.

Training at school on WEDNESDAYS starting at 4 pm. Meet at the grandstand - Coach (?) Even !!

The training event of the week (the 14th law) held at the Doncaster Inn opposite the Shoppingtown each Saturday after interclub.

Message for the week - Those who haven't, now's the time, treat yourself to membership of the club. The best spent money you'll ever get the chance to spend.

If you are short of a registration form ring ANNE EDWARDS on 25 5067, and she isn't home, which is most of the time, leave a message with Mr. Edwards (Harry to his friends).

Cameron McKenzie: The mail seems to be very slow out Anne's way - you'll have to try again.

The committee would like to thank all those members who assisted with the Hawthorn letter drop on the 15th and 16th of October and would they please pass on ~~XXXX~~ our thanks to those who assisted them. Listing on 1988 O.S. Club fundraising honour roll goes to the following:

Mark Purvis	Ian Handasyde	Anne Edwards
Mike Smith	Malcolm Watson	Andrew Cochrane
Col Findlay	Greg C. Evans	Greg J. Evans
Andrew Kiss	Ewen Wilson	Rob Catherall
Dick Batchelor	Charlie Macek	Andrew Aitken
Ken McLean	Richard Piesse	Andrew Jamieson
Paul Boag	Steve Worrall	Stewart Facey
Roger Glass		

A number of awards have also been presented for those who showed themselves to be outstanding while on active duty.

- Best map reader: Paul Boag - managed to read his map so well that he covered half of Dick Satchelor's area as well.
- The Gunna award: Mark Purvis - after picking up leaflets on Thursday night to do on Friday he finally completed them late Sunday.
- Perfectionist award: Greg C. Evans - having finished his area he was four newsletters short so he picked 4 more up and finished his round on Monday night.
- Persistency award: Andrew Cochrane - finally finished his section on Tuesday evening.
- Best Investigator: Steve Worrall - on not finding the Fete brochure in his box, rings up to be told to look under the top sheet in the box - you guessed it!
- Beyond the Call of Duty: Rob Catherall, -Richard Piesse & Even Wilson for doing two areas each.
- Claytons award: Andrew Jamieson - volunteering then being in Sydney most of the weekend. Thanks to his family.

We would also like to thank the St. Stephen's Women's Athletic Club for helping us out in our hour of need by doing four areas for us, and finally Sandra and Roger Glass for allowing us to use their home as pick up and collection point.

THE MARAFUN

8.00 a.m. Sunday morning is not my definition of fun!

Not the start down at Frankston this year, but helping out on a new activity- the Marafun. Three events all rolled into one. The two runs went off with no hitches but the Mayoral walk caused a few headaches. Poor Stuart F. and Steve W. all set to set up the track through the Botanical Gardens at 7.30 a.m. - no one told us it doesn't open until 8.00 a.m. if you're lucky - half an hour behind schedule. Oh well! Better luck next year. But do we want it? Who ever was doing the drinks station didn't show and a few of us copped the flack for that from the walkers. Did you spot who was wearing the Number 1 in the walk? First correct ~~XXXXX~~ entry to newssheet editor gets a season's free newssheets and a guarantee to get a mention next week.

Thanks from the M committee to those who helped out, namely; Stuart Facey (the boss for the day), Steve Worrall (the right hand), Anne M Edwards (the left hand) and the workers, Graham Wise, (who sat in the Gardens all morning and didn't see a walker and M He was in the correct spot!), Greg Evans (junior), Ian Handasyde and his mate Phil, Angus ~~XXXXX~~ Macmillan, Mike Smith, Ian Wilson, Ewen Wilson, Haydn Pound, Mark Purvis, Col Findlay, Peter Thompson, Andrew Boag (on his way home from the night before), Cameron McKenzie and Rob, James & Lauren Catherall.

RESULTS

<u>B Grade</u>	<u>S 75</u>	<u>STK 76</u>	<u>RICH 36</u>
2k W	Jamieson	2nd	9.57
	S. Facey	3rd	9.59.4
	A. Kiss		11.9
	J. Chambers		12.2
1800m	Macmillan	2nd	4.10
	Purvis	3rd	4.12
	Worrall	5th	4.29

B GRADE RESULTS (cont.) (Round 2)

110mH	-		
3k Stpl	Purvis	1st	10.16
400m	Macdonald		
Pole	Smith	1st	3.00
Shot	Smith	1st	10.46
Discus	Smith	1st	33.40
Javelin	Smith	1st	44.18

D GRADE RESULTS (Round 2)

OS 37 RICH 28

1500 W	S. Facey	Inv.	7.34
1500m	A. Boag	XXX	4.26
	T. O'Halloran		4.28
	J. Russell	Inv.	5.08
2k Stple.	A. Macmillan	1st	8.46 (6.46)
400m	G.C. Evans	1st	58.0
	D. Evans	4th	62.9
	J. Russell	INV.	58.5
High	S. Worrall	1st	1.40m
Shot	Jamieson	1st	8.84m

TIMETABLE FOR ROUND #3 - Saturday, 29th October. (Program 2)

12.15 p.m.	Hammer	D, U18
1.00 p.m.	400 H	B, D, U18
	Long Jump	U18
	Shot	B
	Discus	U18
	3000 Walk	B, U18
1.15 p.m.	300 Hurdles	U14
1.20 p.m.	2k Walk	D, U14
1.30 p.m.	200m	B, D
	High	U14
	Pole	B
1.45 p.m.	Discus	B
2.00 p.m.	200m	U18, U14
	High	B
	Long	B
2.15 p.m.	Pole	U18
2.20 p.m.	800m	B, D
2.30 p.m.	Sprint Hurdles	All Grades
	Javelin	D
2.40 p.m.	800m	U18, U14
2.45 p.m.	Long	U14
3.00 p.m.	Shot	D
	Javelin	U14
3.05 p.m.	4 x 400m	All Grades
3.15 p.m.	High	D
	Javelin	U18
3.30 p.m.	800m /Shot	U14
3.50 p.m.	3000m	D, U18
4.00 p.m.	Long	D
	Shot	U18
4.10 p.m.	5000m	B
	Javelin	B

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Editor: Peter Thompson
38 Murray Street
Pahran, 3181.

How de do dee and hey diddle diddle and welcome to Summer Newsheet No. 3. If you feel like you have been getting two newsheets for the price of one, you're probably right! Low-tech has returned to newsheet production. "I've got ink on my feet
I've got holes in my shoes
I've got those Old Scotch Newsheet
Gest tner Blues!"

As soon as the annual ream of absorbent copying paper is produced, things should improve.

Meanwhile - Athlete of the Week! Just when you thought it was safe to perform feats of greatness and still go completely unnoticed, the Robert Flower Athlete of the Week Award has been reinstated. The winners thus far are:

Week 1: Macdonald - 200m in 23 secs, 800m in 1.59 and a 52 sec 4 x 400m leg.

Week 2: Purvis - once again proved that old racing adage - if an old handicapper looks like losing interest, give him some extra weight and put him over the high jumps. 10.16 for his first 3000m steeple for some time.

Week 3: Mackenzie - 22.2 secs for 200m (P.B.). This is a run nothing short of sensational first up. My early tip for the Golden Slipper.

Which brings me on to this season's new racing awards, the winners of which will be chosen by those old track watchers, Richard 'Racing' Dillom and Peter 'One Lap is a Far Lap' Thompson. The awards are: For the best performance by a young sprinter 'The Fluffy Slipper'; For the best staying performance 'The Melbourne Chuck'; For the best performance of any type 'The Koch's Plate'.

STAY TUNED!

PEN PICS

'I've heard their name, but what do they do and how quickly do they do it?'

Paul Miach: An Under 17 sprinter/jumper competing in our new-look Under 18 team. Paul has targetted sub-12 secs for the 100m this season, had a 25.6 sec PB for the 200m last week, and people who describe themselves as 'astute judges' think he may be able to cover 6.00 m in the long with a bit of work. Is joining the Evan's stable and is a great acquisition to the club.

Liam McGee: A 14 year old who is as tough as old boots - which is not surprising as he is a boarder after all, bolted in the 800m in fine style, then did a 3k shortly after. A great double first up, and this boy shows a lot of promise.

If you get this in time, remember A Grade begins on Thursday, 10th November at Olympic Park, 6.30 pm. Likely members of the APS United team are: Mackenzie, Ford, Clark, Davey, Cochrane, Montgomery.

AND Saturday, 12th November, Programme 1 at Box Hill. BE THERE!

RESULTS

U/18 OS 28 B1 140
D Grade OS 65 OM 75
B Grade OS 79 SSH 29 RICH 32

B GRADE (29/10/88)

G. Evans	400H	2nd	63.9	A. Jamieson	3kW	1st	15.24
Mackenzie	200m	1st	22.2	Macmillan	800m	2nd	1.58.4
Montgomery				McDonald		3rd	1.59
A. Kiss		4th	24.4	T. Granger		7th	2.02.5
A. Kiss	Long	DNQ		Catherall	INV	6th	2.02.1
M. Smith	Discus	1st	34.00	M. Smith	Shot	1st	10.72

D GRADE (29/10/88)

400H	R. Hodges	2nd	71.3	200m	R. Hodges	4th	28.2
					S. Knowles	5th	28.9
800m	S. Knowles		2.20.09	110H	R. Hodges	1st	18.5
	R. Sarrano	1st	2.04.7	Long	A. Jamieson	4th	21.4
	A. Boag	2nd	2.09	Shot	N. Worrall		4.69 PB
	G.J. Evans	3rd	2.12	High	A. Jamieson	1st	9.70 PB
3000m	S. Knowles		11.34		T. Granger		1.55
	S. Worrall	1st	9.45		A. Kiss		1.50
	C. Findlay		10.38				
	G. Wise		11.05	800m	S. Worrall	INV	2.11

U/18 (29/10/88)

Long	P. Miach	2nd	5.41
200m	P. Miach	5th	25.6 PB
	J. Kiely	3rd	24.5
	N. Worrall	6th	25.7
High	J. Kiely		1.80m

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This Week: * Gas with Gus.
* Results, Teams, Ladders, Insults.

Next Week: * More Pen Pics.
* You Can Run, But You Can't Hide.
* A Steve Worrall Profile.
* Athlete of the Week.

This week's Athlete Of The Week is Paul Miach. In just his 2nd run with the Club, Paul has managed two PB's in two events, including a controversial 11.91 sec PB for the 100m. Just one week after appearing in Pen Pics and stating a sub-12 sec 100m was his target, he pulls it off! The message here - set your targets, then make sure the editor notices you on a Saturday!

Coming Up

Saturday, 19th November APS United at Box Hill - Be there and see our Club's best!

Program 2 - team enclosed.

We need more U/18s - get away from the desk for a couple of hours and stretch those legs.

E Grade vs O.M. vs O.Y. - let's stitch them up with attendance.

Relay Champs: Nov. 27th - 4 x 100

- 4 x 400

Nov. 29th - 4 x 200

- 4 x 800

PETROL FOR THE ATHLETICS HEAD (By A. Macmillan)

As one who does more than enough driving around Melbourne, I do not enjoy the associated necessity of putting petrol in the tank. But like a solid hill session petrol is a vital commodity if one hopes to score a PB between home and work, or even just to record a decent split down Teorak Road on a Saturday night. However, it does provide the opportunity to shop around for the cheapest supplies, as it seems the price tends to go up and down more often than the high jump bar on a Saturday afternoon. It occurred to me the other day, that we could adopt a whole new system of pricing petrol; instead of the dull method of large numbers displayed on the driveway like registration numbers pinned on a singlet, we could adopt the 'Quarter Miler' system. It would work like this. Yesterday I filled up at 46.9. I would term this a tank of Charlie Clark (400m PB = 46.9). The week before it was more like a tank of Rob Gatherall - at about 52.5. A tank of Toby Grainger is slightly better value. However, we could not get as much for our money if we invested in \$10 of Greg Evans. And a tank of Steve Worrall is well and truly a rip off, which the state gov. has legislated against. Very occasionally we have a price war, and it is possible to fill up with Miles Murphy or Darren Clark. Indeed, earlier this year I managed to fill my tank with a Butch Reynolds. But this is back in the halcyon days before the Olympics. In this way, the arduous task of buying petrol could remain interesting, and inform the average man on the street of the standards of Athletics in the country.

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A GRADE RESULTS: APS 143 West Subs 128 Bayside 108
Legends 53

100m Mackenzie 11.29) 4 x 100 Mackenzie 1st
Montgomery 11.45) into stiff Montgomery 42.99
Clark 11.46) headwind Clark
Macdonald

Steeple 3k Cochrane 9.42.1

400m Clark 48.70 1st Shot Put Davey 13.51m 1st
Macdonald 50.35 1st Discus Davey 36 approx DNQ
(Welcome back!)

B GRADE RESULTS: BH1 132 OM 62 OS 44

Ladder as at 29th October: BH1 9.0
OX 8.0
OM 8.0
OS 8.0

(4th out of 9)

2k Walk A. Jamieson 10.10 2nd? 400m E. Macdonald 49.8 PB INV
100m Smith 11.3 High Smith 1.90 1st
1500m Wilson 4.13 Pole Smith DNQ
Macmillan 4.04.9 Shot Smith 11.09 3rd
Purvis 4.15

C GRADE RESULTS: OS 55 BH 66

Ladder 29/10: BH 6.0
(7th out of 12) OM 6.0
RICH 1 5.0
OX 5.0
SSH 5.0
RICH 2 5.0
OS 5.0

100m Kiss MXXN
Hamilton 4th 12.4
1500m Boag 4.25.8
O'Malloran 4.29.7
Suriano 4.28.4
Worrall 4.40 (INV)

2k Steeple C. Findlay 7.54 400m Macmillan 2nd 55.5
High S. Hamilton 1st 1.80m D. Evans 6th 62.2
Shot Russell 2nd 8.74m J. Russell 4th 57.3
S. Worrall INV
R. Dillon INV 57.7

U/18 RESULTS: OS 37 BH 45 OM 54

Ladder as at 29/10: BH1 9.0 DeLaSalle 5.0
(6th out of 9) IVAN1 8.0 St. KEVS 3.0
BH2 6.0 OS 2.0

Triple P. Miach 1st 11.94m PB
400m P. Miach 5th 11.91 PB
T. Granger 3rd 11.5/11.7
1500m Granger 4.40
Magee 4.59

U/14 Ladder as at 29/10: RICH 6.0 De La Salle 0.0
(5th out of 6) BH 6.0 OS 0.0
IVAN 5.0

B GRADE TEAM FOR 19th NOVEMBER

OS vs OM vs OX - How about it fellas!

- 200m: Macdonald, Montgomery, Smith, Kiss.
- 100m: Catherall, Cochrane, Suriano, Macek,
- 800m: Purvis, Wilson, Cochrane.
- 400m: Evans (subject to fitness test).
- 1k: Jamieson, Facey, Handasyde.
- Hurdles: S. Hamilton ('hepatitis' Hamilton)
- 400m: Catherall, Montgomery, Mackenzie, Suriano.
- Field Events: Smith.

D GRADE TEAM FOR 19TH NOVEMBER
OS vs RICH

U/18: OS vs St.K vs OX

400 Hurdles: S. Hamilton, R. Hodges (1.00pm)
2k Walk: S. Facey, I. Handasyde, A. Jamieson (1.20pm)
200m: A. Kiss, R. Dillon, J. Russell (1.30pm)
800m: A. Boag, S. Knoles, T. O'Halloran, S. Worrall (2.20pm)
~~XXXX~~ Sprint Hurdles: S. Hamilton, A. Jamieson, R. Hodges (2.30pm)
4 x 400m: R. Dillon, J. Russell, A. Macmillan, R. Catherall (3.05)
3000m: S. Worrall, A. Boag, T. O'Halloran (3.50pm)
5000m: E. Wilson, M. Purvis, A. Cochrane (4.10pm)
Hammer: P. Thompson, J. Russell (12.15pm)
Javelin: ? (2.30pm)
Shot: P. Thompson, A. Jamieson, J. Russell (3.00pm)
High Jump: S. Hamilton (3.15pm)
Long Jump: S. Hamilton, S. Worrall (4.00pm)

AND FINALLY.....

You can get it typing a newsheet,
You can get it licking envelopes dry,
You can get it improving a P.B. Wow!
Matter of fact, I've got it now.

A hard days running, jumping, walking & throwing,
Needs a long cool drink; and the best
place to get a drink is the SHOPPING TOWN PUB/
BILLABONG RESTAURANT after competition has finished
every Saturday.

Join Old Xavs, Old Melbournians, St. Kevs there to chew
the fat and reflect on the day's efforts.

COME ON, LET'S GET TOGETHER for a quick drink after comp.

Good for the spirit, Good for the soul (Not of feet),
Good for morale!

OLD SCOTCH COLLEGIANS ATHLETIC CLUB NEWSHEET
REGISTERED BY AUSTRALIA POST
PUBLICATION NO. VBH 1629²

No. 6
28/11/88

Editor: Peter Thompson² (Tel: 512613)
38 Murray Street
Prahran 3181.

SENSATION! OLD SCOTCH WINS RELAY MEDAL!

Charles Clark, John Ford, Gus Macmillan, Cameron Mackenzie combined² to win a bronze medal in the State Relay Championship 4x400m event last Sunday. In a time of 3:16.8 (4.7 seconds inside the old record) and after overcoming the disappointment of a dropped baton in the 4x100m heats, the medal was won after each runner clocked a PB for their respective laps. As usual, the support by coaches Steve Gaffney and John Sudgen, 4x100 team member Mike Smith, and Gregor "The Mentor" Evans was of prime importance in their victory. Gus Macmillan, who was dragged out of his kitchen 90 minutes before the start of the race, also claimed to have found the perfect program for winning medals - hangovers and pancakes.

In other news, Hamish Tadgell and David Ying made their first appearance of the season on Saturday. Possibly one of the most brilliant pairs of young sprinter/hurdlers the Club has picked up for some time, it's great to have you both with us. In fact, judging by the size of one, it's surprising he has remained hidden for so long! (That's a bit rough, a sledging in his first appearance in the newsheet - typist). (We call them as we see them - Ed.).

Also to follow: *A Steve Worrall profile
*Stop Press
*And Much Much more.

Next Week: #Training diets - G. Macmillan
#Pen Pics - Does Hamish Tadgell eat pancakes?
#Round 7, Programme 2 (200s & 800s)

Community Announcement

Having trouble reading the newsheet? You should try printing it!

Social Corner

Don't forget Smitho's Xmas Party - Saturday, 3rd December. See Gus in the Kitchen - Hear him sing his Pancake Recipe!

RESULTS

A GRADE: Box Hill 169/ Essendon EMH 129/ APS 126/ Glenhuntly 112
Box Hill 8.0: OS 7.0 (2nd out of 12)

100m	Mackenzie	11.2	Polevault	Smith	4.20m
	Clarke	11.2	1500m	Cochrane	4.08.3
High J	Smith	1.95m	Steeple	Cochrane	9.46.8
400m	Clark	48.3			
4x100m	Mackenzie				
	Clark	43.3			
	Ford				
	Brady				

B GRADE: OS 46 / IVAN 7 / OX 123
BRI 107 OX 14 / St.A. 14 (2nd out of 9)

2KW	Jamieson	9.52	1st	1500m	E. Wilson	4.12.9	2nd
400m	R. Catherall	53.9	4th?		M. Purvis	4.14.0	3rd
	A. Macmillan	53.4	2nd		A. Boag	4.23	6th

D GRADE : OS 50/ IVAN 21

OM 10: BH 10: OX 9: RICHI 8: IVAN 8: OX 8 (6th out of 12)

100m	R. Hodges	13.5		1500m	S. Knowles	5.19
	H. Taddell	12.0	INV	Bisc	D. Edwards	34.44m
	C. Winneke	11.9	INV	HJ	N. Worrall	1.60m
110H	R. Hodges	18.0	1st	Shot	A. Jamieson	8.84m INV
	Taddell	17.4	INV		D. Edwards	10.04m
	Winneke	17.2	INV	2KSt	C. Findlay	7.44
	A. Jamieson	20.5	2nd			
400m	G.C. Evans	57.3				
	R. Dillon	57.5				
	Boag					
	Knowles	65.6				

U/18: OX 51/ IVAN2/ OS 53

BH1 15: IVAN1 14: BH2 10: St.K 7: OS 6 (5th out of 9)

Triple	Miach	11.35	2nd	100m	Kiely	12.1	5th ²
1500m	MYXXMY				Worrall	12.5	6th
	L. Magee	4.44.0	PB		Miach	12.3	
Pole	Kiely	2.55	2nd		Ying	12.3	INV
4x100m	Miach			Jav	Miach	DNQ	
	de Visser		5th	High J	Kiely	1.75	3rd
	Worrall			Shot	de Visser	0.84m	4th
	Kiely						

OLD SCOTCH AT THE VIC RELAY CHAMPS - PART 1

Sunday morning. Have to run 4x100 at O.P. with Cam Mackenzie, John Ford, Charlie Clarke, Jim Montgomery is injured. Ewan Macdonald is too. So I am the bunny to fill in. This is not a good proposition. There are only two possible outcomes:

- (i) I run slower than the other two would have;
- (ii) I stuff up a change.

These guys have done more baton practice than the conductor of the M.S.O. and I don't even remember where the marks are!

The gun goes. The practice changes were great; they showed me where the marks are and I've got it all worked out. I've had a very positive attitude adjustment because these guys are all keen, fast, and gunning for a medal. And here's Cameron belting round the bend with a big lean up coming straight at me. I turn away, go like hell, stick out the hand and pray for the baton. Then I grab it, run like hell and pass it off to Charlie. Charlie picks up 3m on Box Hill and at the next change NUAC are in front by 4m, with Box Hill 1' in front of John Ford. The baton hits ~~WXXX~~ the ground. And you think "Shit!" - "What a Shame", and you know what it feels like coz you've done it yourself and you know that no-one does it on purpose, and you're the one that's put the least preparation in by a mile. NUAC 1st in heat 41.93, BH 2nd and the second heat a slow 42.8. Could have been a big show for ~~XXX~~ a medal.

So the boys sit down and look glum. And Steve Gaffney pipes up "Who wants to do the 4x400?"! They all say yeah! OK! Make something of the day, though they were concentrating on the 4x100m. So I ring Gus Macmillan cos I know I couldn't last 400m in a fit. Gus says "Yeah, sure...um! How long..90mins? Um...I've just had 4 huge pancakes, um...yeah, love to."

The gun goes 90 mins later and Mackenzie belts round the track in a 49.1 blinder, then Gus grabs it and pbs down 52 and a bit and they haven't lost too much and Johnny Ford grabs the baton in about 3rd spot, and for a delirious moment (fleeting) I think to myself that I should've run because this is going to be great.

OLD SCOTCH AT THE VIC RELAY CHEMPS - PART 1 (cont.)

John lops in about 48.8 and gives the baton to Charlie 5m behind NUAC, Douglas with Box Hill out the front. Into the straight Charlie caught Douglas by all but about a foot but just couldn't catch him. Box Hill 1st, NUAC just 2nd and OS third. Fantastic! Charlie's belted around in about 46.5, the club record has been murdered with 3.15.8 and Macmillan is absolutely shocked because 90mins ago he didn't think he'd have a Vic Champs track and field medal.

In fact, he is so stoked that he cannot help but smile just a little bit when he tries to be real cool and says - "Well, I suppose that was worth a bit of ~~XXXXXXXX~~ indigestion."

The One And Only ...800m Handicap (a very belated report)

The day was overcast, rain looked like a 5/4 favourite, the track was fast. It appeared that the weather had done much to deter many from entering the new look 800m handicap. The usual faces were there trying to look keen and competitive. It must be remembered that the 800m handicap is a race that all who enter can win (or are supposed to have a chance) and the old rivals come out to prove they are still rivals.

As the comentator tried valiantly to praise these running, and to obtain some support from the crowd, the inevitable occurred, it rained. Not just a little sprinkle, but a heavy downpour. In no time at all the page of introductions and praise was drenched and the commentator was forced to make up merits to which the crowd could woo and ahh at as athletes names were mentioned. Those running were slowly getting wetter as introductions continued until the call went out to start the race.

With the athletes poised on various marks from scratch through to 75 metres the gun went off and the race was on. The track was very quickly turning from fast to slow, slow to dead, and dead to heavy. The commentator was finding it difficult, if not impossible, to recognize people. You would think they would have worn different coloured shorts and singlets, but no, they were all in red.

As the dust from the singlets and shorts that had been pushed to the back of the cupboard for winter settled, it became obvious that someone was going for a big win. Out of the front of the pack of runners was a lone forelorn character who was unrecognisable. As the 300 metre mark rushed by the commentator asked for the person to identify themselves.

At last Gus the Engie, no Agie, was recognized and the ~~XXXXXX~~ crowd peaked out from under the shelter of awnings and umbrellas. Some of the big names appeared to be struggling under the pace this young man had set and the result looked like it was going to be a run away win. Polkinghorne was making a valiant attempt as a back market to catch him, Smith and Macmillan were trying to earn again the glory they once knew, but all looked in vain.

Then tragedy struck, the comentator's shoes became wet through, how could he continue? Just as all looked lost, Gus hit the wall (with 150m to go) and what a wall it was. Not just brick. This must have been solid steel. Ewen Macdonald took the opportunity that was presented and used the sprinting ability that he has to move clear of the field. Closely following him was Chris Drake, and Polkinghorne and Smith., Macmillan and Worrall, Kiss and O'Halloran and just about every other member of this illustrious field.

800m Handicap (cont.)

With the race and the rain finished there was the usual complaining to and questioning of the handicappers. Why did he get that huge handicap? Why was I off this handicap? All in all it was once again fun for all who attended and another opportunity for a run in the rain before the season begins.

Now it is time to sew the numbers on the singletss and get ready for the real stuff. See you on Saturday!

Stu Hamilton.

EXTRA NOTES

In the gentleman's 400m G. Evans beat R. Dillon. However, 0.2 secs does not reflect the winning margin!

Iron Man Award

Steve Worrall officiated all day after getting out of his hospital bed. Hope he remembered to slip slop slop!

And, if you are looking for a laugh next Saturday, watch Nick Worrall and James Kiely in the pole vault. Keep it up fellas!

STEVE WORRALL PROFILE (As promised 2 weeks ago!)



STOP PRESS: TUESDAY, 29th NOVEMBER, 9.30 p.m.

TWO MORE STATE RELAY CHAMP. MEDALS. At Olympic Park tonight Old Scotch came third in the Under 20 4x800m final in a new club record time of 3.01.7. Andrew Boag (2.05.1), Ewen Macdonald (1.56.8), Toby Grainger (2.01.7) and Rob Suriano (1.58.1) showed great courage and intelligence to run from behind to snatch third place.

In the Open 4x200m final, Cameron Mackenzie, Ewen Macdonald, Charlie Clark and John Ford won the silver medal in a Club record time of 1.27.3. For those students of ancient history, that record was set in 1976 by Ivan McQuilkin, Roger Tallent, Phil Barton and Craig² Hilliard.

A full account of these fine performances will be in next weeks issue.

ATHLETE OF THE WEEK

In a week of superb performances, this weeks Athlete of the Week must go to Charles Clark, one of only two O.S. athletes to drop the baton in the Vic Champs during November (just dagging, Charlie). An interclub 400m in 48.3, a State Champs 400m relay leg of 46.5 sec, a silver medal, a bronze medal and two club records, all in 4 days. is not a bad week.

Special mentions go to: Ewen Macdonald, Cameron Mackenzie, John Ford, (all Dual Relay Champ medal winners), Andrew Boag, Gus Macmillan, Toby Grainger, and Rob Suriano - well done chaps!

OLD SCOTCH COLLEGIANS ATHLETIC CLUB NEWSHEET
REGISTERED BY AUSTRALIA POST
PUBLICATION NO. VBH 1629

6th Dec., 1988.

Editor: Peter Thompson
12 Carlyle Street
East Hawthorn, 3222.
Tel: 882 3184

Notes

1. Athlete of the Week: Liam Magee - U/15 3k record by 27 secs.
2. Welcome to Shannon Reid and Nicholas Johnson.
3. It is very encouraging to see the large number of U/18 athletes competing each week - keep it up!
4. Good to see Alistair Davey back and proving his versatility in the 200m.

RESULTS

B GRADE: St. K. 92/ IVAN 15/ O.S. 28 (up to 4x400)

Ladder: BH1 18: OX17: OM 15: St.K 14: BH2 11: OS 11 (6th out of 9)

3k W	Jamieson	1st	15.56	400H	G. Evans	65.1	
Shot	Smith	2nd	10.72	200m	Smith	22.8	1st
Disc	Davey	?	35.46				

D GRADE: SSH 19/ O.S. 37 (up to shot put)

Ladder: OM 12: BH 12: OX 11: RICH 10: OS 10 (5th out of 12)

Shot	Jamieson	2nd	8.82	200m	J. McLeod	25.5
800m	T. Granger		2.06		N. Worrall	26.5
	A. Beag		2.08		A. Davey	28.0
110H	Jamieson	1st	21.0	High J	de Visser	1.65

U18: DLS 11/ St.K 8/ O.S. 38

Ladder: BH1 18: IVAN1 16: BH2 11: St.K 10: O.S. 9 (5th out of 9)

200m	Barnett	1st	23.6	Pole	Kiely	1st	2.70 PB
	Kiely	3rd	23.9	800m	J. McLeod	7th	2.13
	de Visser	6th	25.1 PB		N. Johnson	SNV	2.12
	L. Magee		29.1 PB		S. Knowles		2.29.4
High J	Kiely	3rd	1.70		L. Magee	8th	2.21.5
3000m	L. Magee		10.07.4 PB	Shot	de Visser	3rd	9.40 PB
	S. Reid		10.32.2				

Two teams in fifth place, and B Grade not far away! How about getting all three teams into the foot before Christmas - all we need is a bit of effort to ensyre all members turn up on Saturday so we can fill every event. Programme One - 100's and 1500's BE THERE

CAMBERWELL 3124
20 Collins Street

Mr Stewart Handasyde

Asburton, 3147.
20 Nairn Street,
A. Edwards,

If undeliverable, return to:

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OLD SCOTCH COLLEGIANS ATHLETIC CLUB NEWSHEET
REGISTERED BY AUSTRALIA POST
PUBLICATION NO. VEH 1629

No. 2
Jan. 9th, 1989.

Editor: Peter Thompson (Tel: 882 3184)
12 Carlyle Street
East Hawthorn, 3123.

THE TRACK IS BACK, NEXT ROUND OF INTERCLUB, SAT. 14TH JAN 1989

Happy New Year and welcome to the second half of season 1988/89. With Christmas pudding just a memory, and only seventy-nine shopping days until Easter (eggs), there are four rounds left before finals. Therefore, THIS NEWSHEET CONTAINS ESSENTIAL INFORMATION...SO READ IT AND KEEP IT.

- In this issue:
- Finals Qualifiers
 - Finals Unqualifiers, and how to become the other.
 - Ladders/Results
 - And notmuch more.

LADDERS AS AT 17/12/88

APSU	3rd ²
B Grade	6th
D Grade	5th (1 ½ points from 4th)
U/18	3rd
U/14	6th

With four (4) rounds to play, Under 18s are certainties for a finals berth, and D Grade with some effort and some attendance can make the finals for the third consecutive year.

Once we get there, proper planning of teams can often obtain remarkable results (e.g. D Grade's thrashing last year by a well planned coup from the boys in yellow).

Two points are important.

(1) No Under 18 athlete is to compete in an Open Grade event without approval from either Ewan Wilson, Mike Smith, Gregor Evans or Steve Worrall.

(2) B Grade's role in getting D Grade into the finals is pivotal. We must have full attendance of all B Grade athletes to ensure ranking can be observed and every D Grade event can be filled.

Broadly, finals qualification requirements are:

- (1) An athlete must compete (i.e. register a result) in four rounds or more.
- (2) No under age athlete may compete in a higher grade more than twice to remain eligible for Under Age finals competition.

For a more definitive definition, definitely derive desired details as described in the handbook.

FINALS QUALIFIERS

Under 18

Already Qualified:	L. Magee, P. Mirach.
<u>Not yet Qualified:</u>	<u>Requirement...</u>
A. Barnett	One More Round
R. De Visser	Two more rounds
T. Granger	Two more rounds
J. Kiely	One more round
J. McLeod	One more round
S. Reid	Two more rounds
D. Ying	Two more rounds

FINALS QUALIFIERS (cont.) (Just in case you missed it on page 1..)

Under 18

Already Qualified: L. Magee, P. Mirach

Not Yet Qualified: Requirement...

- A. Barnett One more round
- R. De Visser Two more rounds
- T. Granger Two more rounds
- J. Kiely One more round
- J. McLeod One more round
- S. Reid Two more rounds
- D. Ying Two more rounds

Others

S. Knowles Must run two U/18 800m to qualify for that event.
 N. Worrall 2x200m, 2x100m, 2x800m, 4x110H, 4xHJ to qualify for those events!

D GRADE:

Must have competed in D-Grade at least three(3) times, and not more often in B Grade.

Qualified: A. Boag, C. Findlay, T. O'Halloran.

Not Yet Qualified: Requirement...

- R. Dillon 2 D Grade rounds
- G.C. Evans Must compete in more D Grade rounds than B Grade
- G.J. Evans 1 D Grade round
- D. Edwards 2 D Grade rounds
- S. Hamilton 3 D Grade rounds
- I. Handasyde 2 D Grade rounds
- R. Hodges 1 D Grade round
- A. Jamieson 2 D Grade rounds
- A. Kiss 1 D Grade rounds
- J. Russell 2 D Grade rounds
- R. Suriano 1 D Grade round
- G. Wise 2 D Grade rounds
- S. Worrall 1 D Grade round

Plus: Anyone who has not yet competed can qualify for the finals by running in each of the four rounds.

RESULTS

APS United

Round 4 Pts: Bayside 137/ APSU 129/ MUAC 125/ Ringwood 120

M. Smith	Pole	4.00	1st	C. Mackenzie	200m	22.65
	LJ	6.51	3rd	C. Clark	200m	22.24
	HJ	1.90	3rd	W. Macdonald	200m	23.65
A. Macmillan	800m	1.58.05		A. Cochrane	5000m	15.16
R. Catherall	300m	1.59.24		E. Wilson	5000m	14.54

(comeback to A grade)

- Clark (4x400m
- Macdonald(3.15.2 APSU record
- Mackenzie(
- Ford (
- A. Davey Shop 13.24

Round 5 Box Hill 1st/ APSU 2nd/ Ringwood 3rd/ Nunawading 4th

RESULTS (cont.)
APSU Round 5 (cont)

Barrett	2kW	8.32.2	M. Smith	Pole	4.20
J. Ford	100m	11.08	A. Macmillan	1500m	3.58.0 PB
C. Mackenzie	100m	11.21	A. Cochrane	1500m	4.10.8
M. Smith	HJ	1.30	E. Macdonald	400m	50.10
T. Syme) 4x100m	42.3	R. Glass	Hammer	50.19
C. Clark) (APSU record)		A. Davey	Shot	13.01
C. Mackenzie)					
J. Ford)				

APSU Round 6 Pts: Box Hill 186/ Glenhuntly 127/ APSU 119/ Legends 58

R. Glass	Hammer	18.06	C. Mackenzie	200m	21.7 PB
M. Smith	Pole	3.30	E. Macdonald	800m	1.57.9 PB
	HJ	1.80	R. Catherall	800m	2.01.2
E. Wilson	5000m	14.56			
A. Cochrane	5000m	15.20.7			
T. Cherry) 4x400m	3.18.2			
T. Granger)				
E. Macdonald)					
C. Clark)				

B GRADE RESULTS - 10/12/88 Pts: OS41/ BH! 96/ SSH 25

A. Davey	Discus	35.50	R. Glass	Shot	12.85m 1st
Miach) 5x100m	3rd INV	Wilson	1500m	4.00.2 2nd
McCloud)		O'Halloran	1500m	4.13 approx.
Evans)		Catherall	1500m	4.20 approx.
Macmillan)			Catherall	800m	53.0

17/12/88 Pts: SSH 18/ BH@ 74/ O.S. 27

G. Evans	400H	63.4	1st	R. Glass	Shot	12.60 1st
XXXXXXXXXXXXXXXXXXXX				D. Ying	200m	24.1 4th PB
R. Glass	Dis	37.80	2nd			

D GRADE RESULTS - 10/12/88 Pts: OX 76/ OS 12

R. Hodges	100m	12.8	4th	G. Evans	400m	56.0
R. Hodges	110H	17.8	1st			

17/12/88 Pts: DLS 2 6/ OS 47

D. Edwards	Shot	10.20	1st	J. Russell	800m	2.20.3 1st
Kiely	200m	24.4	1st	I. Handasyde	3000m	?
de Visser	200m	25.3	2nd	S. Knowles	3000m	11.27
J. Russell	200m	25.5	3rd			

U/18 RESULTS - 10/12/88 Pts: OS 46/ IVAN1 72/ St.K. 10

Miach	Triple	11.34	1st	Ying	100m	11.7 5th PB
de Visser	Triple	11.36	INV	Barnett	100m	11.6 4th
de Visser	Hurdles	16.6	1st	Miach	100m	12 INV
Magee	1800m	4.50.7		Granger	400m	52.4
de Visser	HJ	1.65	2nd	M. McLeod	400m	53.1

17/12/88 Pts: OS 32/ BH 1 68/ IVAN 1 99

A. Barnett	200m	23.5	2nd	Kiely	Pole	2.70 2nd
L. Magee	200m	23.8 PB	7th	Worrall	HJ	1.60
R. de Visser	110H	17.3	2nd	L. Magee	800m	2.19.8 6th
Worrall	110H	22.3		J. McLeod	2.13.0	2.13.0 5th
Ying) 4x400m	3.49.7	4th	N. Worrall	800m	2.30 9th
McLeod)			L. Magee	3000m	10.00.4 PB
Barnett)			S. Reid	3000m	10.15.4
de Visser)						

RESULTS (cont.)

U/13 - 17/12/88 Pts: OS/DLS 13/ BH2 43

E. Dalton	200m	30.0	INV E. Dalton	Hurd.	19	INV
S. Black	200m	27.3	PB 1st S. Black	Hurd.	15.8	1st

NOTES

It is with regret that the newsletter notes the passing of Charlie Clark from our club back to his old hunting ground at Old Melbourne. Charlie has been with Old Scotch for one and a half seasons, during which time he won a number of state medals in individual and relay events, and was the foundation of the APSU sprint team. A great athlete and a great clubman, he will be sorely missed, and we wish him all the very best for his athletic future. (And we hope to fit him back under our salary cap for the 1989/90 season).

ATHLETE OF THE WEEK - Round 5

A. Macmillan - a magnificent performance at the Smith party, preceded by a 1500m PB of 3:58.0 - a fine krun for a man just back after a lengthy lay off.

Round 6

Liam Magge - the only athlete to record a PB at both ends of the day - one in the 200m and another in the 3000m - 10:00.4 - ~~KK~~ he relaxed during the day with an 800! Well done Liam.

Wcomes to: Stephen Black, David King and Roger Glass.

INVITATION

On January 21st, Box Hill Venue at Olympic Park. BQ facilities on Yarra River after competition. All athletes come along and join in after running festivities.

R. Hodges, R. Catherall and G. Evans cordially invite other senior O.S. athletes to join them in future 100m and 400m races held at Box Hill. RSVP at starting line on Saturdays. BWO spikes.

Editor: V. Patent Thompson (Melb 5432613)

38 Murray Street, Prahran, 3181V

THIS WEEK

Results: 1st Christmas Party

NEXT WEEK

Pen Pics - (Ox Macdonald is first last) - much, much, more.

ATHLETE OF THE WEEK

Like a good chess player, Jamieson gets better with age. In his 21st or 22nd year (at night, 1967/68) - or thereabouts, last week Andy came out in the B-Grade 3000m Walk (15.38), Put the shot 9.27m in 2 weeks and ran a PB in the 110H in 20.3. Anybody who competes in the reserves deserves accolades, but a PB from someone as well tutored as Andy - magnificent. Athlete of the week - Andrew (B.P. - The Quiet Achiever) Jamieson.

Other notable performances - Mike Smith, battling chronic injury and being a power-walker, leapt 6.85m (that's further than Thomas goes on his holidays) in the A-Grade Long Jump.

Mark Jamieson proved that old racing adage of regaining an old style's desire by putting him over the jumps (see last week's newsheet) by giving his 1st 800m since 1982 in 2.03.

Christmas Party at the club on Saturday, 3rd December.

Christmas Party extravaganza. Features of the night will include a combined OM/OS band in kitchen, superb Christmas decor, fortune teller in upstairs library, Christmas carols, smoke machine for genuine Christmas atmosphere, and miscellaneous other revelry.

START: 8.30 pm STOP: ? CONTACT: 428 2254

BRING: Your Own

Miss this and you won't understand the newsheet for (weeks (if you understand it now))

RESULTS

A GRADE: MUAC 137/ APSU 104/ NUN 91/ W. Subs 68

B.H. 4.0/ APSU 4.0 (2nd out of 12)

Shot Put	A. Davey	13.13		
Discus	A. Davey	DNQ		
200m	Mackenzie	21.9	PB/U19 Record/Nat. Qualifying	
	Clarke	22.0		
	E. Macdonald	22.4	PB	
Long Jump	M. Smith	6.85m	4x400	Clarke (49.1) 3.20
800m	MacMillan	1.57.1		Macdonald (49.7)
	Catherall	2.2.8		? ?
5000m	Cochrane	15.31.6		

B GRADE RESULTS: OX 83/ OM 76/ OS 44

BH1 12: OX 11: OM 10: St.K 9: OS 8 (5th out of 9)

3k Walk	A. Jamieson	15.38	1st
800m	B. Surrant	2.02.6	5th
	M. Purvis	2.03.0	6th
	A. Boag	2.08.1	

D GRADE RESULTS: OS 50/ RICH 36
OM 3: BH 8: RICH1 7: OX 7: RICH2 7:
IVAN 6: OS 6 (7th out of 12)

200m	N. Worrall	26.1	1st
	S. Worrall	26.3	2nd (PB)
800m	S. Knowles	2.25	10th
	R. Dillon	2.12	3rd
	T. O'Halloran	2.08.3	1st
	S. Worrall	2.14.3	INV
110H	A. Jamieson	20.3	(PB)
3000m	S. Worrall	11.15	
	C. Findlay	11.01	
High J.	S. Worrall	1.55	1st (PB)
Shot	A. Jamieson	9.27	1st
	D. Edwards	10.67	INV
Javelin	G. Evans	DNQ	
	D. Edwards	36.47	INV

U18 RESULTS: OS 59/ St. K. 47
BH1 12: IVAN1 11: BH2 8: St. K 5: DeLa S 5:
IVAN2 4: OS 3 (7th out of 9)

Long Jump	Miach	5.44	1st
200m	Miach		
	McLeod		
	Granger		
	Worrall		

High Jump 1.55m 2nd

U14 RESULTS: BH 8: IVAN 7: RICH 6: St. K 1: De La Salle 0:
OS 0 (6th out of 6)

POLE VAULT...POLE VAULT...POLE VAULT

Anyone (especially schoolboys) interested in learning to vault should pester Mike Smith (after he has competed) on a Saturday afternoon at Box Hill. Don't hang back because you can't look as silly as some of the Old Melburnians U/18 kids. Nick Worrall and James Kiely have been early starters in vault lessons and look pretty good/brave so far. The younger you are the better because: (1) You pick things up faster (2) You are less aware of how dangerous things like this can be (3) You heal faster! See you at the vault pit.

HIGH TECH

From this coming Saturday you will notice remarkable changes to the Old Scotch campsite at Box Hill. Yes - new teamsheets are available to the Club through remarkable modern technology. A close up study of these high tech documents reveals that they tell you everything you could want to know - the event, the time, the qualifying standard etc. You just do the event and fill in the teamsheet. And when you've written your time/name/place there is a new column to fill in. This last column is headed 'Available Next Week?' Just write 'Yes' in this column. We have put this column in so we can pick teams and publish them in the newsheet prior to a round on Saturday. Note that there is only one circumstance in which 'No' might be an appropriate entry in the last column. This is when you have recently acquired a significant disability. Glandular fever, knee reconstructions and death may fall in this category, lack of training, weight problems and hangovers do not. Torn hamstrings or strained groins may be

Price: Yes

Date: 23 January 1989

Editor: Mr. P. Thompson, Carlisle St, Hawthorn. Tel. 382 3184

Contents This Week

1. Meet this Thursday
2. Thompson Story
3. Rounds 10 and 11 Round-Up and Report
4. Blah Blah Blah...

1. Meeting this Thursday, 26 January

Get to it, wrap up Australia Day with Round 12 of interclub at Box Hill this Thursday night. A packed programme starts at 6.00 sharp and rips through all events in three hours of compacted entertainment. Watch the moon come up over the pole vaulters. Take advantage of a balmy summers evening to lash out with a couple of PB's. Watch the sun go down over the kindergarten from under the tree on the hill. Don't miss this once yearly experience.

2. Thompson Explodes Sex Hypothesis!

Peter Thompson has exploded the much researched thesis that the chance of being father to a girl is proportional directly to one's fitness. Jacqui and Thommo are the proud parents of daughter Rebecca though details are still sketchy at this stage. Details will be published as they come to hand. The researchers may have to "go back to the drawing board" and "perhaps it is due to Jacqui's fitness". It is understood that Thommo has been in intense nappy changing practice and has not had time of recent weeks to reacquaint himself with the track.

3. Round 10 on 14 January saw several highlights, including the first track appearance of Steve Austin for Old Scotch, a full complement of relay teams, Stuart Hamilton's return to the track after his Womens Weekly World Discovery Hepatitis Tour, and some very sunburnt shoulders. A strong U18 line-up, Liam Stagee, Shannon Reid, Paul Miach, Toby Granger and John McLeod tackled most events and left in their wake an undiscernible results sheet. It was good to see John and Paul tackle some unfamiliar events (spear chucking) - don't hang back about asking for some advice if you want to take on a new event. Quite a few of the seniors are only too happy to demonstrate that they do know something about the event even if they can't do it!

Relays are not run like this:

Scenario: B grade relay round 10 - good start from Edwards, handy change to Smith, lane 7, up with leaders, Smith prepares to change to James Russell - things are looking very good.

The Action: Still 25m away and Smith has James in sight. James is uncertain about his take off point and goes too early but not too fast...fash enough though to run out of box.

LOOK MUM
NO TEETH!

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Smith: Whoa! (James interprets this as a call to get going and accelerates rapidly.)

Smith: (concerned at huge distance still between the pair and rapidly approaching box) Back!! (confusingly meaning come back) James in response sticks his hand back still five metres from baton, at full tilt. At this stage James is 5m from edge of box and is concerned. Within 5m he comes to almost dead stop. Remarkable achievement.

Smith: Ugh! (crashes into James teetering on edge of box, pushing him over and thrusting baton into his hand) A pause follows during which frenetic running takes place and Stuart finishes the race.

Changeover Judge: "Sorry Old Scotch - you still had your hand on it when you crossed the line."

Smith: Utters confused mumbles at protest incoherently and finally concedes.

Upcoming Events

Read this! Read this!

Friday 27 January: Entries close at 5 pm for all Vic Champs.

Saturday 28 January: NO interclub - go away on hols and train.

Thursday 2 February: A Grade Round 10

Saturday 4 February: Interclub Round 13 Programme 2 at Box Hill

Thursday 9 February: A Grade Round 11

Saturday 11 February: Venue finals

Ladders (as at New Year) B, D U/18

A Grade 3rd out of 12 as at 22 January

Box Hill	32
Doncaster	30
APS United*	25
Bayside	23
M.U.A.C.	22½

A Grade Team Results 14 January

APS United	165
Bayside	149
ESS/EMH	105
Ringwood	85

B Grade 6th out of 9

Box Hill 1	27
OLD Xavs	25
Old Melb	22
St. Kevins	19
Box Hill 2	18
Old Scotch	17

B Grade Team Results 14 January

Richmond	50
Old Melb	85
Old Scotch	34

D Grade 6th out of 12

Old Xavs	17
Old Melb	17
Box Hill	17
Richmond 1	15
Richmond 2	14
Old Scotch	13½

D Grade Team Results 14 January

Old Scotch	74
St. Kevins	?

U/18 4th out of 9

Box Hill 1	26
Ivanhoe 1	25
Box Hill 2	17
Old Scotch	15

U/18 Team Results 14 January

Ivanhoe 2	67
Old Scotch	32
Box Hill 2	26

A Grade Results 14 January

Hammer	R. Glass	45.38	3rd
100m	C. Mackenzie	10.8	1st
	J. Montgomery	11.0	2nd
1500m	E. Wilson	3.57.67	7th
	A. Macmillan	4.03.90	9th
3x100	Mackenzie OS)		
	Clark OM)	42.2	1st
	Montgomery OS)		
	Syme OM)		
Shot	A. Davey	12.55	2nd
Steeple	A. Cochrane	9.44.67	2nd

B. Grade Results 14 January

100m	M. Smith	11.7	2nd
	D. Edwards	12.0	
Shot	M. Smith	10.50	
1500m	S. Austin	3.53.3	
High	M. Smith	1.90	1st
4x100	Edwards)		
	Smith)		
	Russell)	Disq	2nd Change
	Hamilton)		
400m	E. Macdonald	50.1	1st

D. Grade Results 14 January

100m	S. Hamilton	13.2	1st
	J. Russell	13.5	2nd
	A. Aitken	13.4	3rd
1500W	J. Holmes	7.50	
1500m	S. Worrell	4.33.5	1st
	A. Aitken		2nd
	J. Holmes	4.59	3rd
110H	S. Hamilton	17.6	1st
Shot	S. Hamilton	19.0	1st
4x100	Holmes)		
	Evans)		
	Worrell)		1st
	Aitken)		
High	S. Hamilton	1.75	1st
	S. Worrall	1.50	Inv
2K St	S. Worrall	7.39.3	1st PB
400m	J. Russell	56.2	1st
	G.C. Evans	57.0	
	A. Aitken	58.0	

U/18 Results 14 January

20	P. Miach	10.38	2nd
100m	T. Granger	11.7	1st
	L. Magee	12.4	
	P. Miach	12.0	
1500m	S. Reid	4.31.8	
	L. Magee	4.50.5	2nd
400m	T. Granger	52.3	1st
	J. McLeod	55.3	
4x100	Miach)		
	Reid)		
	McLeod)		3rd
	Granger)		
5av	P. Miach	DNQ	
	J. McLeod	DNQ	

PB Meeting 20/12/88

L. Magee
 3000m 9.47 PB by 13.4
 1500m 4.44.5 PB
 400m 62.6 PB by 2.4
 Well done Liam!

PB Meeting January

P. Miach
 100yd 11.4 1st
 60m 7.8 1st
 Well done Paul!

A Grade Results 21 January

LJ	M. Smith	6.44	Total Points 21/1/89
HJ	M. Smith	1.85	
200m	C. Mackenzie	23.1	Doncaster 181
800m	A. Macmillan	1.56.2	APS United 143
5000m	E. Wilson	15.10.9	Waverley Kew/Camb 97
	S. Austin	14.35.9	Nunawading 101
Shot	A. Davey	13.36	

B Grade Results 21 January

200m	J. Ford	21.8
	J. Montgomery	23.2
	D. Edwards	23.9
800m	A. Cochrane	2.00.5
	A. Aitken	2.09.3
400H	G. Evans	64.4
4x400	Evans)	
	Macmillan)	3.49
	McLeod)	
	Russell)	

D. Grade Results 21 January

200m	J. Russell	25.4	1st
	A. Aitken		2nd
800m	J. Russell	2.10.7	2nd
	T. O'Halloran	2.11.2	3rd
	J. Holmes	2.22	
2000W	I. Handasyde	10.09	1st
	J. Holmes	11.09	2nd
3000m	J. Holmes	10.32	
	I. Handasyde	10.45	
Shot	J. Russell	9.41	1st

U/18 Results 21 January

200m	J. McLeod	26.1
	P. Miach	26.6
	L. Magee	30.4
800m	L. Magee	2.18
	J. McLeod	2.42
	P. Miach	DNQ
3000m	L. Magee	10.17
	S. Reid	9.56

ATHLETE OF THE WEEK

14 January: J. Russell. Big improvement in 400m defeating previous champions.

21 January: Alistair Davey. Return to form in the shot put with 13.36m.

DON'T FORGET INTERCLUB HURS 26 JANUARY PROGRAMME 1 AT BOX HILL COMMENCES 6 P.M. NO INTERCLUB SAT. 28 JANUARY.



U19 FINALISTS

Left to Right

Shannon Reid John McLeod Richard Devliser Adam Barnett Toby Granger Liam Magee Paul Mlach

COMING UP

March	30/6 Vic Senior Champs	7	Tues P.P. meet	6:30 Hill m	7:15 1500 m	3:15 3000 m Steeple	8:35 400 m	9	Thurs AAU Meet	Sat F.P. when C.P.	12:45 Steeple	1:00 400 Hurdles	1:10 3000	1:15 300 Hurdles	1:30 200	1:45 800	2:30 5000	2:45 1500m Hurdles	3:05 1500
	U19/213 Aust U18/16 Champs Bays		U19/219 Aust U20/19 Champs Bays		1:10 100	4:00 5000 Walk	4:00 400												
April	1 Registrations Due for 1989-90		7 Fri APS Dinner Tower Hotel Hawthorn																
	1 Contol Gave Evans		21 Fri A.G.M. and presentation																
June	2 Fri OSCA Annual Dinner																		

RESULTS

Vic Champs Under 18

Liam Magee running out of his age group (he U19) continued his improvement with a PB in 1500 4:22.5 for 7th in his heat and a 3000th time of 9:48.5 finishing 6th in the final.

Toby Granger keeps a larval annual life number for another year with a great win in the 400 of 54.35. Is there anyone at Scotch who can run faster? Toby also ran 2nd in the 800m with a entry last 2nd finishing with a time of 1:59.5

Vic Champs Under 18

Cameron Mackenzie picked up a couple of medals with some great runs in the 100m 1st in the semi with 11.05 and 3rd in the final 11.15 and in the 200 m final a 3rd with 22.26 a great weekend's set of races.

The surprise of the champs was the return of Jim Montgomery from injury for the 3x42 or 40? time this season (you've lost count) coming a great 5th in the 100m final in 11.35. What will this guy do if he has an injury free season.

WHO'S BRISBANE BOUND

Burnout has it that we will have a number of athletes heading to Brisbane for the National Trials. Cameron Mackenzie is deserting the all road to run for the state in the 200m, well done. He is also running the 100m. Steve Austin is getting up to two the 500m on one of his favorite tracks and John Boyd is lacking the the sprints. The real sure bet Toby may be heading North for the U16 400m. The club is in the habit of asking all athletes going to National trials and is in heading to do so this year.

From all the club and the committee best of luck to all of you up in Brisbane.

VICTORIAN TITLES

Angus MacMillan, Ewen Wilson, Andy Curchame and John Boyd are all competing in the Vic titles 4/6/85 March. We wish them a few seasons F.R.'s which for the younger two will be all time PB's. Looking forward to publishing some good results next time around.

SURGES AND FLOATS

The A grade APS annual dinner is on the 7th of April mark it down for a good night. Tower Hotel Hawthorn. More details contact Greg Evans 817 5212

Our AGM is to be held on 21st April more details next messsaget. Ian Handasyde is promoting a great night some where!

New season starts on 1st of April. Subscriptions will be issued in the next news-sheet. Be notified be it be REGISTERED.

Old Scotch Collegians Annual Dinner is on June 2nd. We usually have a table but must know numbers by **THURSDAY 11th MARCH**.

Contact Richard Thase 288 9916 or Ewen Wilson 25 2241 phone, approx 1400m a hour!

Winter is just around the corner (or at least the cross country season is). Mark Durvis will bring you up to date in the next news-sheet. But some course changes have had to be made.

The Season Past

Track and Field Report 1988-89

by Stephen Worral (VP Track & Field)

The 1988-89 season was full of ups and downs. The success of the D grade team in 1987-88 was still there and hopefully going to make its third appearance in the finals in three years. D grade the strongest of the two open teams was looking forward to a injury free season with some junior athletes moving into fill the shoes of others who had moved onto bigger brighter better things.

Our U18 team lossy the least was looking shaky due to the previous season's embarrassments in having to scratch the team due to lack of numbers. The first positive step to improving this situation was the recruiting of some past members but more importantly new members. The team slowly but surely got their act together early on in the season and were rewarded with positive results.

The team was made up of a variety of athletes who could fill most of the events each week. This was seen in the pole vault with James Keely and Mick Worral proving that at their age the sky is the limit.

Others to perform with great dedication and enthusiasm were the two old timers Adam Barnett and Ireland Devliser. The most pleasing result was seen in the new members and their willingness to compete week after week in a variety of events.

Liam Magee, Paul Mlach, Toby Granger, John McLeod, Shannon Reid, David King, Stephen Knowles and the others already mentioned were fearless in their duty to the team and its overall result.

The U18 team not only came 4th in normal Saturday meetings but made the final and finished a very encouraging 3rd behind two clubs with many more athletes and depth. All is looking good for the 1989-90 season with more members coming through to add depth to this already talented team.

It was a mixed season for both open teams. Once again we had the same dedicated members competing each week, which couldn't go on for ever, and the need to recruit past members was

more important than ever before. The lack of numbers in the field games in both grades is a big handicap which must be overcome to get greater result from the track events.

D grade missed the finals by 1/2 a point. This comes down to events such as relays, throws, jumps and walks which if filled make for a better balance in the team and its resources.

The B grade team finished 6th with some good individual results, but lacked the depth and scope in really pressure the top teams. With athletes moving in and out of A grade as required the team put up a very strong effort throughout the season. Those who competed well in the grades were James Russell, Stuart Hamilton, Ian Handyside, David Edwards, Mike Smith, Andrew King, Gregor Evans, Stephen Wainall.

A GRADE GRAND FINAL

For those of you who did not read last Monday's paper, or hear Terry O'Halloran on 3LO, our A grade athletes in APS United have continued to perform exceptionally well finishing 3rd in the Association Grand Final last weekend.

During the season we beat every team, bar Box Hill, but in the Final we settled for third behind Box Hill and Doncaster and ahead of Bayside. It was the first time Doncaster, APS United and Bayside had contested an A grade final.

On the Saturday in 38° heat Cameron Mackenzie (winner of the Melton Gift the week before) and John Ford scorched down the 100m in 10.3 and 10.4 respectively (aided by a good wind!). Cam's 10.3 would be the fastest time ever run by an OS athlete but will not be recognised as a record due to the excessive wind assistance. Andy Cochran battled the same heat to finish 5th in the steeps in 9.42 and Steve Austin, without the "benefit" of a splash in the waterjump ran a creditable 1500m (3.57) in a race which saw several top athletes commit tactical suicide in the heat and wind.

After a sensational 4x100 (Mackenzie, Ford, Clark, Syme) win in 41.6 sec we finished the first day of the final in 3rd place, 6 points behind Doncaster and 10 points ahead of Bayside.

On the Sunday we kept pace with Doncaster and slowly crept ahead of Bayside (forget Box Hill) due to another Mackenzie win in the 200m (22.4) and good efforts from Steve Austin in the 5000m (14.35), Angus Macmillan in the 800 (1.56) and Alastair Davey in the Shot Put (13.25). However, Doncaster took big points in the 800m (helped by Richard Polkinghorne) to slip ahead and although Bayside mounted a late challenge we held them off to finish third.

The Grand Final was a great experience for all who took part and hopefully all will benefit from the occasion.

<u>Final Points</u>	<u>Box Hill</u>	<u>291</u>
	<u>Doncaster</u>	<u>234</u>
	<u>APS United</u>	<u>198</u>
	<u>Bayside</u>	<u>190</u>

The highlight of the track and field season and its future is our A grade performance with Orl Scotch showing the way with athletes of Clark, Smith, MacMillan, Wilson, Mackenzie, MacDonald, Cochran, Purvis, Ford and Davey showing just how much we have to offer. It is pleasing to see that we are not the only club offering athletes to the A.P.S. United team, once the wheel is set in motion there is no question that A Grade is a powerful force in that staple of competition.

Fuadly I would just like to thank some certain people who helped me throughout the season in many ways, Mike Smith, Anne Edwards, Thuy Edwards, Ewen Wilson, Gregor Evans, Guy Penneil and all the athletes who made the season 1988-89 the most productive.

OLD SCOTCH COLLEGIANS ATHLETIC CLUB NEWSHEET
REGISTERED BY AUSTRALIA POST
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6 FEB 1989

Price 10¢

Editor: Peter Thompson (Tel: 882 3134)
12 Carlyle Street
East Hawthorn. 3123.

COMING UP

THURS 9TH FEB	A GRADE ROUND 11 PROG 1 AT OLYMPIC PARK
SAT 11TH FEB	VENUE FINALS AT BOX HILL PROG 1 OLD SCOTCH U/18 ARE GO!!
TUES 14TH FEB	PB MEETING AT OLYMPIC PARK PROG 2 IN HANDBOOK
W/E 18TH 19TH FEB	ASSOCIATION FINALS AT OLYMPIC PARK FEATURING OUR A GRADE ATHLETES
FRI/SAT/SUN 24,25,26 FEB	JUNIOR VIC CHAMPIONSHIPS
FRI/SAT/SUN 3,4,5, MARCH	SENIOR VIC CHAMPIONSHIPS

U/18 OLD SCOTCH TEAM IS GO!

Messrs Barnett, DeVisser, Granger, Miach, McLeod, Magee and Reid have skillfully managed their way into the venue finals this Saturday. Well done! All are welcome/encouraged to watch them in action this week and (with some luck next). Come along anyway because you can get plenty of invitation competition in preparation for the Vic Championships coming up.

For the benefit of those a bit out of touch, each venue has a final, and the winners go into the association final, held over two days the following week. This is the super bowl of Victorian athletics with the best team from each of the five venues against each other. Good fun. All the best to the U/18s and be sure to lend them plenty of support on Saturday.

U/18 TEAM FOR FINAL AT BOX HILL PROG 1

100m	Barnett, Granger, Miach
Walk	-
400m	Granger, DeVisser, McLeod
1500m	Reid, Magee, McLeod (Granger?)
110H	DeVisser
Triple	Miach
High	DeVisser
Pole	-
Shot	Barnett/DeVisser
Discus	Barnett/DeVisser
Jav	?
Steeple	-
4x100	Barnett, Granger, Miach, DeVisser

THE BAD LUCK STORY

Commiserations to Jim Montgomery who suffered another setback by quietly destroying his ankle again last week.

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 THE BAD LUCK STORY continued...

Jim was just getting back to form (first in B Grade last week) after a very careful rehabilitation when he twisted the same ankle in the tramline outside Olympic Park last Thursday night. You wouldn't believe it! Bad luck Jim. It's been one of those seasons...recover soon.

A GRADE RESULTS 23/1/89

100m	C. Mackenzie	11.30	4x100	J. Montgomery	
	J. Ford	11.95		C. Clark (OM)	
1500m	E. Wilson	4.02.5		T. Syme (OM)	
High	M. Smith	1.90		C. Mackenzie	42.71 1st
Shot	A. Davey	13.22			

Final Points

Doncaster	166
APS United	150
ESS EMH	96
Waverley Kew/Camb	72

B GRADE RESULTS 26/1/89 vs St. Kevins & Richmond

100m	J. Montgomery	11.5	1st	4x100	J. Russell)
	D. Edwards	12.3			A. Macmillan)
1500m	A. Macmillan	4.05.4	1st		M. Smith) 1st
400m	A. Macmillan	54.4			J. Montgomery)
Shot	A. Davey	12.92m	inv.			
Discus	A. Davey	34.58m				

Final Points St. Kev 1st, OS 2nd, Rich 3rd.

D GRADE RESULTS 26/1/89 vs De La Salle

100m	J. Russell	13.1	1st		
	A. Aitken	13.7	2nd		
	G.C. Evans	14.2	3rd		
1500m	A. Aitken	*4.38.1*	1st	*see photo	
	J. Holmes	4.33.1	2nd		
	J. Russell	**5.08.9**		**read the book!	
High	A. Macmillan	1.60	1st	PE	
400m	J. Russell	55.9	1st		
	G.C. Evans	56.5	2nd		

Final Points OS 1st, DLS 2nd.

U/13 RESULTS 26/1/89 vs Box Hill (1) & St. Kevins

1500m	S. Reid	4.34	1st
	J. McLeod	4.50	2nd PE
400m	J. McLeod	55.8	1st

Final Points LH(1) 1st, OS 2nd, ST.K 3rd.

ATHLETE OF THE WEEK 26/1/89

This goes to John McLeod for PE in 1500 and season best in 400m.

A GRADE RESULTS 2/2/39

200m	C. Mackenzie	22.3		4x400	C. Clark
High	M. Smith	21.85	2nd		T. Syme
500m	A. Macmillan	1.55.2			E. Macdonald (appr 49.9)
Shot	A. Davey	13.15m	1st		T. Cherry
5000m	S. Austin	14.06	1st		= 3.16.8 1st
	M. Purvis (Inv)	15.24.5			

Final Points

APS United	168
Glenhuntly	149
Waverley/Kew/Camberwell	114
Western Suburbs	100

A Grade Ladder

Box Hill	40
Doncaster	37
APS United	32
Bayside	30
MUAC	28½

B GRADE RESULTS 4/2/39

Shot	M. Smith	10.28	2nd	4x100	A. Macmillan
200m	J. Ford	22.1			J. Russell
	E. Macdonald	23.2			G.C. Evans
	D. Edwards	23.7			A. Aitken
Discus	M. Smith	33.86	2nd		
5000m	E. Wilson				
	A. Cochrane				

D. GRADE RESULTS 4/2/39

2k Walk	I. Handasyde	10.14	1st
200m	J. Russell	25.1	1st
	G.C. Evans	26.2	2nd
	S. Worrall	26.5	3rd
300m	J. Russell	2.11.2	1st
	J. Holmes	2.20	
High	S. Worrall	1.50	1st
3000m	S. Worrall	9.48	2nd

U/18 RESULTS 4/2/39

Long	P. Miach (Inv)		3rd	4x400	J. McLeod)
200m	A. Barnett	23.2	3rd		R. DeVisser) 3.51 = 2nd
	J. McLeod	25.6			A. Barnett)
	P. Miach (Inv)	24.5	PB		T. Granger)
110H	R. DeVisser	19.2	1st		
300m	T. Granger	2.05	1st		
	J. McLeod	2.16	3rd		
	L. Magee	2.23			
3000m	L. Magee	10.41			

Final Points 4/2/39