

9/10/86

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SENIOR TEAMS FOR ROUND 1 OCTOBER 11th

		<u>E</u>	<u>D</u>
100m	1.00pm	Flower Edwards Smith	FROM: Kiss Tillotson Ward Meyer Nielson
400m	4.15pm	Catherall Smith Edwards	Dillon Evans Butler
800m	1.40pm	Wilson Macmillan Cochrane	FROM: Stewardson Catherall Aitken Worrell
1500m	3.30pm	Cormack Macmillan	P. Tingate Findlay
5000m	2.10pm	Smith Mills	S. Hill D. Ward
10k	1.00pm	Facey Jamieson	K. Burrows
15k	2.00pm	Butler	Macfarlane
20k	2.00pm	Butler	Mills
50k	1.30pm	Smith Shavavotsky S. Hill	
Shot	1.30pm	Davey	Tillotson
Disc	2.30pm	Davey	Tillotson
Javelin	3.45pm	Smith	Edwards
Hammer	12.35pm	Evans	Tillotson?
4 x 100	2.50pm	From Sprinters	

IF UNAVAILABLE PLEASE RING EITHER:

- A. Macmillan 010 2859
- B. Smith 241 3449
- C. Worrell 509 6596

SEVEN STEPS TO RUNNING AN ALMOST SUCCESSFUL 800m HANDICAP

1. Do not ever run competition 800m; get good handicap.
2. Train hard beforehand.
3. Do not tell handicapper about step 2.
4. Keep low profile in pre-race betting; smile at favourites and backmarkers.
5. Avoid any exertion in warm up. Especially avoid running laps with distance runners.
6. Ignore liars. Especially ignore "Stickman" "Socks" Macmillan.
7. Take mark, set eyes on frontmarkers (squint into distance).

OLD SCOTCH COLLEGIANS ATHLETICS CLUB INC.

NEWSHEET

REGISTERED BY AUSTRALIA POST

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Stewart J. HANDASYDE
2B Kalang Road
Camberwell, 3124

THE HANDICAP - A DIFFERENT ANGLE (Metre by metre description)

- 0m - Well warmed up - can't do a hammy on opening sprint. Keep pulling socks up - bloody heavy if they fall down. Hope these garters don't give me varicose veins. Be well prepared for a quick start - the starter doesn't hang-around to avoid breaks. A fly start is the backmarkers right and privilege. Prime up the crowd and commentator with a few antics - Willy Banks eat your heart out!
- 20m - Really 10m after handicap - nothing in front but a mass of red like carriages of a train sliding around the bend. Already have crowd support as back marker and because of distinctive knee-length multi-coloured socks. Not much impression made on the field, except for a closing of the gaps.
- 100m - Reached the first of my victims - Ewen Wilson and Andy Cochrane - crikey, talk about landing the big ones first.
- 250m - Attempt to pass Wilson on the bend - tries to run me wide - elbow to the ribs and a quick side step deals efficiently with the situation. Feeling good after a lightening 200m. Even Polks couldn't have matched that one.
- 300m - Into home straight - a convenient pack to pass all in one hit - saves running wide - stride easily past Smith. This joker should stick to throwing things. O'Halloran noisy as usual. Raoul's hite shorts are 2 sizes too small - same ones he wore at the House Sports in '76.
- 400m - Christ that was quick - too quick? My legs are tiring, but my lungs are fine and the momentum of passing people draws you out.
- 500m - Commentator has mentioned my progress a number of times - crowd favourite - eating out of my hand. Passed Steve Corral - no experience, no chance. Nielson and Kiss box like two drunks running in a three legged race - arm in arm. Have to run wide (4) and nearly end up in the Green Grandstand - momentum temporarily halted.
- 550m - Another large pack - bunched up at the front of the field. Piesse miles out in front - no way can he get away with 70m? He looks dam fresh.
- 600m - Just me, Piesse, and a long wide bend in front. Can't possibly take him if he's got a finish, but after the commentators shouting I've got to try.
- 700m - God this is fast... Can't see for the tears in my eyes. Come on legs, do it!
- 720m - Piesse is going backwards. I've done it. No risk now. Wave to the crowd, they'll love it. Could be my last and only chance. Pace eased.
- 750m - Cruising in.
- 760m - Footsteps. I've eased up too much!!
- 765m - Bloody Smitho! Should have known the fool would try something heroic. On my shoulder.
- 780m - Disaster - he's got 1m on me. Clutch is slipping.
- 790m - Digging in now - hauling him back. Commentators changed sides.
- 799m - He's tripped. I lunge....
- 800m - Commentators given it to Smitho - must be blind. Damn close. Smitho on ground, I jog off. Appeal to commentator, crowd, field - no sympathy. Where's the video. This'll settle it... The first runner off 10m and first

TWENTY STEPS TO RUNNING AN ALMOST SUCCESSFUL 800m HANDICAP (cont.)

8. Run like fury.
9. Work towards front, follow any overtakers (esp. Stickman)
10. Run 4 wide to avoid pack (and Henry Kiss).
11. At 600m mark the leaders may come into sight. Make chase no matter the gap. Their tactic is to go hard early and make you despair; they run backwards in the straight.
12. Chase leaders (esp. Yakka and Stickman) like fury. Close gap slowly.
13. Watch one leader run backwards in straight, watch other wave to crowd. With renewed vigour, run like fury.
14. Catch leader and overtake 70m from line. Attempt not to slow or stumble. This will not be easy and the last few yards should not be treated lightly.
15. When legs seize dive or fall at the line centimetres in front of opponent (Stickman).
16. Fall to ground victorious; rub face in dirt, graze hip and elbow. Smile a lot.
17. Pray for 25 following pairs of spikes to avoid you on ground.
18. Stagger to edge of track. Sit, do not attempt to walk. Laugh and laugh and laugh. Stifle nausea. Laugh and laugh.
19. Go home laughing.
20. Develop photos; laugh and laugh.

THIS WEEK

- 1st Round Interclub, 11th October.
- Budget Marathon, 12th October.
- Handicap Report.
- Car Rally.
- Cross-country Megabash Report (well, it was to have been this week but looks like you will all have to wait until NEXT WEEK !)

INTERCLUB THIS SATURDAY

Registered Regular Robust Runners are required to Race in Red in Round 1 from this Saturday, 11th October, around the Box Hill Athletics Track beginning at 1.00pm. We have entered B + C grades, as well as U14, U16 and U18. This is our chance to notch up our first victory and begin the season on a high note. The selectors have named the side, and all runners are asked to let Team Captain Al Meyer or President Mike Smith know if they can or cannot run. If you get in quick this week you can buy a season ticket and make it an inexpensive and regular event. Make sure you are registered so you don't have to compete in vain. (And break one of Athletics Holy Ten Commandments. "The team is...")

BUDGET MARATHON

On Saturday 12th October, the Club requires 15 officials, at the glorious hour of 6.30am to help marshal the start of Melbourne's one and only marathon. This is not a convenient event for anybody, but it earns the club valuable \$\$\$. Come along and discover the joys of crowd control, mass riots and mob rule. Get on T.V. and chat up the 'Big B' girls (nothing to do with their anatomy). This help is greatly appreciated and will be rewarded with a free T shirt.

CAR RALLY

DON'T FORGET - SUPER / UNLEADED FUEL ON WHEELS. SUNDAY, OCTOBER 19th - START AT THE TOORONGA VILLAGE CAR PARK. BBQ AFTERWARDS. BREATHALIZER AFTERWARDS. MORE FUN THAN THE 800m HANDICAP, ONLY MUCH FASTER AND NOT AS PAINFUL. GET YOUR CAR SERVICED, FILL UP THE TANK, MEMORIZE THE ROUTES, AND BE THERE!

*Megabash report held over due to censorship requirements.

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Price : 1-99 only 78 ¢ each
 99-121 only 67 ¢ each
 121- only 28 ¢ each

THIS WEEK.....THIS WEEK.....THIS WEEK.....

Megarage Report
 Galactic Car Rally Details
 Letters to the Editors
 Results of Round One
 How to get your name in the newsheet
 And much , much worse (oops) more !

LETTERS / LETTERS / LETTERS

Dear Sir,

I think your newsheet is the best of its kind in the world. Each week I wait anxiously by the letter box , and when the postman comes , I snatch it out of his hand. I go inside and roll all over the floor laughing. Sometimes it is so funny, I cry and the pages stick together.

My doctor has prescribed tranquilizers so that I don't injure myself with an especially good issue. It is better than sex. I hope you and your team can continue the outstanding standard through the long summer season.

Best wishes,
 BRIAN BEAtBOX

GET IT RIGHT ! GET IT RIGHT !

Each week at Box Hill we have a results board that either hangs from a tree or leans against a fence or sometimes lies on the grass. On the board are results sheets. This is how the board gets its name ! Sometimes people write their results on the results sheets . (and sometimes they even spell their names correctly !). But only sometimes.

We want you to do it everytime !!

There is a valid reason. At the end of the day , we have to write the results from the results sheets into a record book that is used at the end of the season to determine eligibility for the finals. IF YOU DON'T WRITE YOUR NAME DOWN, YOU WON'T BE ELIGIBLE ! Please use the results board even if your performance isn't too flash. Who knows ? Somebody else might be worse.

THE BUDGET MARATHIN ... And getting thinner all the time....
 FROM START TO zzzzzzzzzzzzzzz

BUZZZ! BUZZZ ! BUZZZZZ!

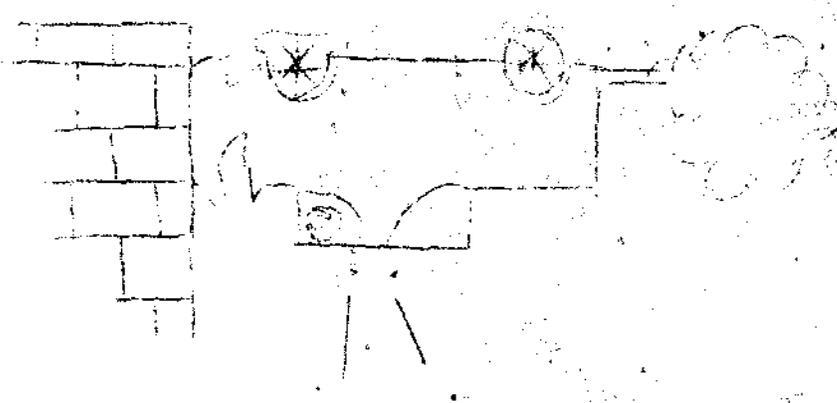
The Alarm ! Its only 5.15am on Sunday and I've only been to sleep for 2 hours. Of course! It's the Big B Marathon. Have to officiate at the start down in Frankston. Four others to pick up. ...by 6am ! Yawn.
 6.30 AM. Rest of the cast is in the car...Guy Bennett, Andrew Moore, Al Davey and Mark Smith. Superstars each and everyone and damn uncomfortable in the back of the Laser ! Should have brought Roger Glass along for good measure. 7.00 Arrive at the home of action - Frankston. Get out of the car and wander about like sheep.(Look like sheep too.) Don marshall jacket. Wander about like official sheep. Stu Facey tells us to go to the start. "Where?" we bleat., looking 10 metres down the road...through sun glasses. " About one mile" says sparkling Stuart. Trudge to start in biting wind. Stuart says (don't you mean simon says?) to hold the time shields so people marshall in the correct area. No one takes notice of the time shields.. except Colin Findlays - the front one. Four and a half thousand people congregate behind Colin and his

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Handwritten:
SUNDAY
19 Dec
ARR RMY

THE BIG "B" CONTINUED.

little sign. Looks like a little boy with his finger in the dyke. "Move them up to the start." says Stuart. Colin takes one step forward and 4500 runners swarm past up to the start. That's ok, says Stuart as Paul Boag, Pete "Snake" Tingate, Ken Burrowes, Alan Hooley, James Barber AND Stuart are at the start with a rope. One rope. 4500 people. Just how do they intend to catch them all ?? There's Jon Holmes with a busted walkman. Yes, I'll mind it for you (..says Stuart??) God knows when you'll get it back though !! About to start. Gun goes. People go. We go. Home. To bed.

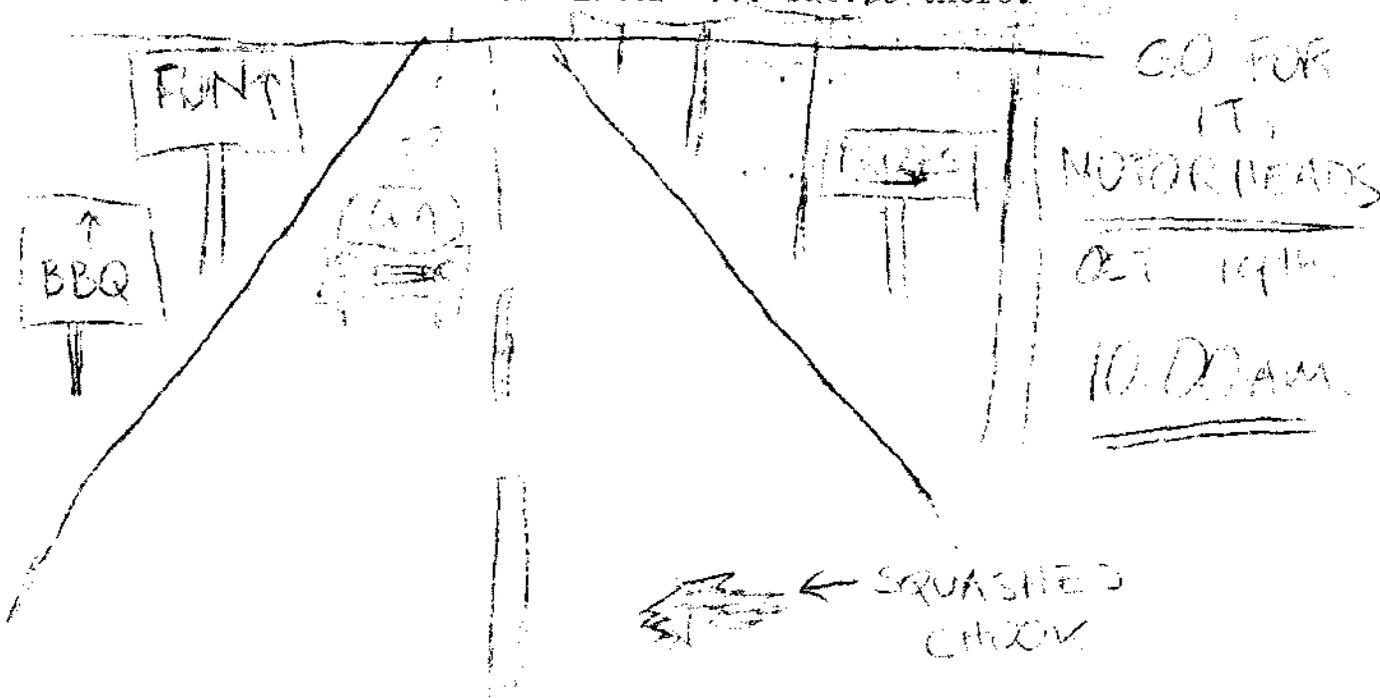
Many thanks to all Old Scotch officials ... musn't forget to mention Steve Worrall and chief master minfd Dave Edwards.. Heroes all.

THE GALACTIC CAR RALLY ... READY SPACE CADETS?

Once a decade the club's committee's memory fades just enough so that the last car trial is but a blurred haze in the mind of the oldest member and younger, keener committee recruits weren't there to witness the event. Well, 1986 is the end of that decade and once again we are going to re enact the tortuous tussles between drivers and navigators; the furious fouds between foolish fiancees; the unbearable battles between front seat and back; the despicable dialogue directed derisively downwards to delirious drivers; the seaming red fury of the OZmobile etc. etc.

Details to hand (emergency envelope in glove box)

1. Arrive at 10.00 AM sharp at the Tooronga Village car park-Toorak Road entrance.
2. Bring a car load of friends (or cadge a lift with another Old Scotchie) AND \$5 for the car. Petrol if it's thirsty.
3. Bring a delicious BBQ lunch and plenty to drink
4. Note that we will not be lunching too far away and we will not be driving for too long. (ie Relax)
5. Follow these instructions and some more on Sunday and you'll have a ball... or else you'll finally have grounds for a divorce.
6. Watch us raffle something equally unbearable as last time .. only this time it's at a BBQ !!
7. Be there or be there later ... but be there.



AOTW / AOTW / AOTW / ATHLETE OF THE WEEK / AOTW / AOTW

It stands for AFLETE OF THE WRAK and this is how to really make it big in the newsheet. Do something special on a Saturday and you could be an AOTW and win BIG prizes (eg a Turkey (it's bigger than a chook)) This week, however, goes to KEN BURROWES who hurtled in the 100m, made mincemeat of the metric mile, trumped them in the triple, ran riot in the relay and finished with a four. Congratulations Ken on a huge track performance and superb alliteration.

RESULTS B GRADE 12.10.86

100m Smith 11.5 Butler 11.9 Barber 11.8
 3K Walk Facey
 1500m Wilson 4.02 Macmillan 4.4.8
 Relay Tingate, Butler, Barber, Smith 1st (very fast indeed)
 400m Smith 52.2 Butler MacMillan (FTS)(Forgot to start)
 Shot Davey 13.11 1st
 High Jump Smith 1.85m 1st

RESULTS D GRADE

100m Piesse 12.9 Worrall 13.1 Burrowes 12.7 (inv)
 Ward 12.8 (inv)
 1500 Walk Facey (again)
 1500m Sworrall 4.32 Burrowes 4.44
 Relay Worrall, Facey, Burrowes, Macmillan 1st
 2k Steeple Tingate 7.03 C.Findlay Time not yet released
 400m Evans, O'Halloran, Macmillan (Editor refrains from comment)
 Burrowes, Worrall (inv)
 Triple Burrowes
 1500 inv. R.Stewardson 4.20

GET YOUR REGISTRATIONS IN NOW . JOIN NOW AND BECOME ONE OF THOSE PEOPLE YOUR MOTHER USED TO WARN YOU ABOUT. CONTACT BRUCE HOOLEY 297135 IF YOU HAVE LOST ALL THE REGISTRATION FORMS WE HAVE ALREADY SENT YOU. WE WANT YOU EVEN IF YOUR PARENTS/ WIVES etc DON'T. PAY UP AND GET A NUMBER ON YOUR BACK (FINGER PRINTS ARE EXTRA.)

STOP PRESS...STOP PRESS...STOP PRESS....PRESS STOP...PIT STOP...BUS STOP...
 Budget Marathon Results.:

Mark Purvis: 2.37.49
 Andrew Jamieson: 3.30.19
 Jon Holmes: ???
 (Steve Brennon (O.X.):2.26.08)

5/11/86

NEWSHEET

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We won't be beaten on price

THIS WEEK

THIS WEEK

THIS WEEK

Galactic Car Rally Report
Letters to the Editor
Apologies for last week's missing Issue
10 Easy Steps to competing in Interclub
(for those that have forgotten)
What's on, or Off, this week and Next

Letters

Letters

Letters

Letters

The Editor has received his second letter from a concerned Club Member. 3XY has their "Talk-back Line", 3LO has "Open Mike". O.S. Newsheet has "Letter to the Editor". Get it off your chest and send it in. We can read Pen, Pencil, Crayon, Thumbnails in Tar or Blood - we can't read it if you don't write it!!! Give us some feedback so you can get what you want to read in the Newsheet. If you don't read your Newsheet then tell us that too, and Angus will come around & crucify you.

Dear Editor, I take strong exception to the term 'Robust Runners' being used to describe all Old Scotch Participants in Track & Field competition. I can only infer from this that the Editor of the Newsheet regards all those who compete in Track & Field competition as 'Robust Runners'. Well, for your information I am not a 'Robust Runner' - I am a Thrower!

Now I have destroyed the Editor's fallacy, I suggest that the Newsheet ceases to use such discriminatory terms now that the Real Athletic Season has begun. I suggest a better expression would be "Robust Competitors" in the future.

From an Irate Thrower,
Alistair Davey

P.S. Spell the name correctly, instead of incorrectly (like on my Newsheet each week) or abbreviating it, or else!!!

Editors Reply

Dear Alistair, Please do not regard the term "Runner" as discriminating for it is used in the broadest possible sense. Just as "Mankind" includes both male and female, so too does "Robust Runners" includes Throwers, Walkers, Hurdlers, Jumpers and Vaulters. Just ask anyone at the ABC. Would you prefer to be a "Robust Runner" or just an Athletic Person? Perhaps a "Titan Track Athlete or a Robust Competitor. Take the Title in the spirit it is given and wear it Proudly.

No semantic slanging matches, please.
Ed.

WHAT'S ON ? WHAT'S ON ? WHAT'S ON ?

Nothing happens this week. Everyone has a Bye. It is because the Officials all go off to run the Vic Schoolboy's Titles and there's none left over for us. DON'T GO TO BOX HILL THIS WEEK - THERE WON'T BE ANYONE THERE ! NEXT ROUND IS ON SAT 8 NOVEMBER.
That will be Programme 2

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10 Steps to Running Interclub Athletics
(For those that have forgotten)

1. Fill in Reg Form from previous Newsheets.
2. Ring Bruce Hooley (29-7135) if you cannot past Step 1.
3. Send Reg Form to Bruce -
9 Lansell Crescent
CAMBERWELL 3124
4. Get Reg Numbers back from Bruce.
5. Pin Reg Numbers on Front & Back of Singlet.
Get Club Handbook from Box at Box Hill.
6. Train a bit!
7. Go to Box Hill on Saturday Arvoes.
8. Run lots at different Fun Events.
9. Fill in Results on Board.
10. Celebrate multiple P.B.s at Pub with rest of the Club afterwards.
11. Read all about it in the Newsheet.
12. Go back to Step 6 and Repeat.

The "B" Grade Report

Late Start - no Officials. Andy Jamo belts around First in the Walk. Big Rog conquers all in the Shot and Hammer. Sprinters Meyer, Smith and Flowers hold their own (own what?). The 1500 m look real fast and Wilson goes Sub 4 but doesn't write his result down. MacMillan has the bear jump on at 200 and in last 50m both he and the bear plough on through Rigor Mortis. But he still P.B.s in 4.02. Cochrane pulls in close behind. Meyer, MacMillan Worrall and Smith team up for the relay and wobble home for the minor score. Dead level with Old Melbo's and Richmond lag behind. Smith & Meyer knock over some hurdles then Smith tries to "Cover" (12m Yacht race style) OMs Bradshaw in the High, Pole, Jav and 400. OMs fall in a heap, OS takes the points. Thank you very much. Up to the Pub

	FINAL SCORE	:	O.S.		O.M.		Richmond
			99		89		83
1500 m	A. Jamieson	1st	15.08				
Walk							
100m	Smith 2nd	11.7		Flower 3rd	11.7	Meyer	11.9
Hammer	Glass 1st	51.88		Shot	Glass 1st	12.38	
1500m	Wilson 1st	MacMillan 4th	4.02 P.B.	Cochrane 5th	4.04		
Relay	Meyer MacMillan Worrall Smith						
High Jump	Smith 1st	1.90		110 Hurdles	Smith 2nd	16.5	
					Meyer	DNQ	
Pole Vault	Smith 2nd	5.00		400m	Smith 2nd	51.9	
Javelin	Smith 2nd	47.54					

LATE RESULT : E.WILSON, 1500m: 3.56mins. ***

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Price: We won't be beaten!

UPCOMING EVENTS

- INTERCLUB THIS SATURDAY!! (15th November)
A, B and J grades, U18, U16 and U14 Box Hill, as usual.
(@.P. for A grade)
- IRON MAN COMPETITION - Also at Box Hill this Saturday.
- P.B. Meeting Olympic Park- Tues. 18th November.
Beginning 6 pm - \$1 per event.

IN THIS EDITION

- Last weeks results and reports
- This weeks programme
- Pick up areas for those without wheels (or a spouse)
- New members - A profile
- Iron man competition - How rusty are you?
- Official officials report
- Quote
- Editorial
- Gossip
- Knit your own VAA Registration Number. Pattern inside.
- Complete the slogan competition

LETTER TO THE EDITOR

This week we actually got a letter from former Newsheet Editor Richard Batchelor, who provided a number of very useful constructive criticisms and advice, all of which were appreciated by the editor and which shall be hopefully employed. If you don't or do like what is appearing in the newsheet, then don't bottle it all up inside. Write it on a piece of paper, tie it to a brick, and throw it through the editor's window. By the way, your editor is Angus Macmillan, 491 Glenferrie Road, Hawthorn 3122, (Ph.) 818 2859.

PLEASE FROM THE EDITOR

I know we say it every week, but it still ain't happening. Do you know what I'm talking about? It's those big chip-board planks with pieces of paper on them. These are where you go to record your feat of strength, speed of endurance. We really want to know about it, 'cause this is how we compute the newsheet. Also, if you're really creative you could write something for the newsheet, like a team report or whatever. This is one way of making a grown(?) editor cry! Also, put down your time and place.

NEW MEMBERS

Welcome to several new and not-so-new members to the club.

Nick Rayfish - a young, aspiring sprinter and hurdler, competing in U17. Nick has shown a remarkable ability to eat and run, and is rumoured to have single handedly floated the lolly at the Box Hill Aths track canteen. We wish him many seasons of success in his chosen events.

Charles Pacek - Charles comes from the disbanded Bonash Aths Club, and if his early form is anything to go by, should prove to be the recruit of the season. Charles is "somewhere between 35 and 40", and is a former Australian Pre-Veterans champion, with a sub-4 minute 1500m plus a sub 2.50 marathon to his credit. He was forced to run in D grade in round 3 due to the abnormal strength of 1500m runners at present (three below 4:05 - a problem which shall be rectified with the start of A grade), but nevertheless won in an outstanding time of 4:08. Congratulations and welcome Charles, we wish you a happy and extended success with your new club.

Scott Bennet - A sense of Deja Vu here. Some of you may remember Scott before he had a moustache and a wife, running the 400m in the U17 venue finals, and needing to get 3rd or better to win the day. Scott was 6th into the straight and won the race and the day. (Sigh - that old nostalgia). Scott is planning a huge comeback and will hopefully help re-live those premierships-winning days.

A QUICK PICK-UP - Our advice on how to get one

For a start, don't ask Peter Thompson or Rick Dillon, 'cause they landed permanent pick-ups. However, if you are stuck for a ride out to sunny Box Hill, then do not despair. Each of these people are willing to give lifts out and back, and are just dying to hear from you:

<u>AREA</u>	<u>NAME</u>	<u>NUMBER</u>	<u>CAR</u>
Caulfield	Guy Bennett	5285063	Bomb
Ft Waverley	Peter Tingate	2322030	Bomb
Balwyn	Gregor Evans	8175212	Bomb
Ashburton	Anne Edwards	255067	Bomb
Hawthorn	Angus Macmillan	8182859	Civic Bomb
Toorak	Mike Smith	2413449	Laser

(any other people who can give lifts, contact Angus Macmillan)

OFFICIAL OFFICIALS REPORT

This season sees the club in a very good position as far as registered officials goes. We have our regulars - such as Anne Edwards, Gregor Evans and Andrew Moore and we have acquired the services of 3 more. Don McGregor who is associated with many aspects of the school and is our Club Secretary this year.

Brett Aisen is this year's Secretary of Athletics at Scotch and has been involved with officialing at the school for several years. Chris Hampton-Chubb has also been a school official for a while and he will be joining us at Box Hill, as will Brett, after they have completed their exams later in the month (good luck).

If anyone would like to register as an official with the VAA or you know of any friend, enemy or relation who is interested, please ask them to contact me on 5285063.

GUY BENNETT

IRON MAN COMPETITION

Yes, that's right, you butch, masculine, tanned, hairy chested, machos, this is your chance to prove your Athletic prowess. Ivanhoe are running this at Box Hill this Saturday. (Don't ask me why - we shipped them in B grade). It costs a dollar, and you have to do ten events. Give it a go and score valuable points for your club at the same time.

GOSSIP GOSSIP GOSSIP GOSSIP GOSSIP GOSSIP GOSSIP

Well, we've done it again. We were the first to bring you the Thompson-Borland saga, and the Dillon-Helen affair, but this one is a bit closer to your editor's heart. How can this be, you may ask. Well, because, frankly, it's his father. No, I'm not being crude. Don Macmillan, long-time teacher at Scotch and Coach of the School Boy aths team, is remarrying in December, to Mrs Meg McConville. For all the details, I guess you'll have to see me on Saturday. I can definitely say, however, that we are the first to bring you this story

HIGHLIGHTS OF ROUND 4 INTERCLUB AT SOX HILL

The B grade:

- 4 x 400m relay team, trailing by 70m at the first change, nipping De laSalle on the post.
- Steve Worrall running one lap short in the 5000m, but still managing a very respectable time of 15:42, despite the handicap.
- The entire D-Grade team being placed no worse than 3rd for the whole day.
- Oz Aitken and Trevor Tinsate battling it out in the 200m.
- Jon Holmes competing in the 200m, 800m, 4 x 400m and 3000m.
- Angus Macmillan showing up with his golf clubs in the back of the car and declining to run in the 4 x 400m because of a killer session of 400ms undertaken in the morning.

QUOTES

Steve Worrall - "They rang the bells as I went through, but it wasn't for me. Then I got to the end and they said I had a lap to go so I stopped."

Darren Butler - "Should we try and go for them?" (Just before he took the baton 60m behind the opposition in the 4 x 400m)

Angus Macmillan - "I can't run"

Smith - "Why not?"

Angus Macmillan - "Because I did a huge session of 400ms this morning" (at which response the Presidents mind begins to reel in a paroxysm of frustration.)

- Yes, but you won the relay. Ed.

Jon Holmes - "If you run a lot of events it seems they forgive mediocre performances."

COMPETITION

Here is the bit where you rush to the drawer and grab your crayons, so as you can fill out the latest exciting competition. All you have to do is simply complete this sentence in 10 words or less: "Old Scotch Athletes never die, they just..."

Here are a few examples:

- "... they just get married"
- "... get injured"
- "... they just fail to qualify"
- "... go overseas" etc. etc. GO TO IT!!

B GRADE REPORT (by Al Meyer)

I am writing this report today, as I know that if someone else did, my amazing effort in the 4 x 400m would not be covered accurately. The afternoon commenced with Andy Jaso's scintillating performance in the walk.

Gregor Evans cleared all obstacles in the 400m hurdles, bettering the times of his closest Old Scotch rivals in majestic style.

The first real highlight of the day was the 200m. Smith, Butler, and Meyer competed against the officials and other athletes.

B GRADE REPORT (cont)

Someone probably knows who won the race, but I bet they were off getting one of the freebee massages. The put was spotted by Davey; 'or was that Davey shot the put with a sawn-off shot gun? I have now been informed that the standard of this report is rather poor, so to liven things up, we will discuss the 4 x 400m relay. 1st runner - A. Loyer, running with a sandbag behind him, and after sculling 4 whiskey and cokes, ran very well, considering, handed the baton to Raoul, only about 70m behind. Stewardson, fleet footed as he is, sped around the track and handed the baton to Darren (should we go for it) Butler. A magnificent run from Darren found O.S. only metres off the pace. The final runner, Smith, ran O.F. for a president (have you ever seen Ronnie in singlet and shorts) to clean up D.L. and ensure O.S. of first place on the day.

WHY BOTHER?

And so you tell Darren, "Yes Lamsit, we'll have a go", then he takes the baton a full 60m behind the De La bloke and sets off after him at a full tilt. And by the time he comes around he's only 30m behind and none too fresh so you pinch the baton out of his hand and bear in on De La. And you haven't gone 50 metres before you hear Evans yell out "Yes, you can get him like", so you dig in a bit harder and you're only 20m behind when someone else on the hill calls you on. And you're half way around when Michelle pipes up "Go quick" (and later admits to not knowing what to say). Then you're 10 yards behind and you wonder if he's doing the raw prawn and waiting to dig in, but you come up to his shoulder and you know he can't do anymore, which is just as well because you're not feeling too flash either with 40 to go. And you knock him off with 10 to go and you're pleased as punch because there's 3 other guys who have done their fair share and who can hardly walk now, and it doesn't matter that we only beat one team, and it doesn't matter that you haven't done one other thing for the day half right and it doesn't matter that no-one else was watching, and it doesn't matter that the time was slow; because we tried and we got 'em! And that makes it all worthwhile. And ten minutes later you watch Rob hard set out like a demon as the last man home with one lap to go, and he grits his teeth and hangs on so grimly to the guy beside him with 20 to go and just misses out when the staggers get the better of him. And you think "Well done, you deserved to get him."

Mike Smith.

THIS WEEK - PROGRAMME 1

(Approx.)	1pm Walk + 100m		U14	U16	U18	D	B
1.40pm	1500m	HJ	1.30	1.00	3.45	3.15	2.00
2.10pm	Hurdles	Triple	3.45	1.30	1.00	2.45	2.30
2.50pm	4 x 100m	P.V.			2.15		1.30
3.30	Steeple	S.P.	3.30	1.00	4.00	2.45	1.30
4.10	400m	Disc	1.00		1.20	1.45	2.30
		Jav		3.15	3.15		3.45

Remember - handbooks containing full timetables and a programme of upcoming events are available to all members at Box Hill every Saturday.

STOP PRESS

School boy Joseph Ischia, a first-former at Scotch, won the U13 300m and 1500m State School Boy titles on the weekend. His remarkable time of 2.10.4 is a state record, and his 1500m was run in 4.24!! He has had scholarship offers by Haileybury and Caulfield, but has chosen to remain at Scotch. Let's hope he isn't pressured, and develops his enormous potential in the future.

RESULTS

200m N. Weyfish 28.5 3rd
90m hurdles N. Weyfish 15.9 1st

U16

200m R. De Visser 27.6 7th
Hurdles R. De Visser 18.3 3rd

U18

Discus J. Shuravetsky 31.20 1st

B GRADE vs Ivanhoe

400H A. Meyer 63.2 1st
P. Tingate 64.3 2nd

1500m walk E. Burrows 1st
T. Tingate 3.31 Inv.

200m F. Burrows 25.4 1st
R. Gard 25.8 2nd
J. Holmes 27.1 3rd
Oz Aitken 27.4 Inv.
T. Tingate 27.8 Inv.
4 x 400m relay 1st
(Ward, Holmes, Evans, Aitken)

800m S. Norrall 2.10 1st (= P.B.)
E. Burrows 2.14 2nd
J. Holmes 2.17 3rd

Highjump P. Tingate 1.70m 1st
R. De Visser 1.55m Inv. (= P.B.)
T. Tingate 1.65 Inv.

110 H P. Tingate 18.5 1st

Javelin C. Edwards 38.24m 1st

Shot put A. Meyer 8.50m 2nd

3000m C. Findlay 10.25 1st
J. Holmes 10.41 2nd

5000m S. Norrall 15.42 (minus one lap) Disqualified.

B GRADE O.S. vs De La Salle

400H G. Evans 62.2 1st

3000m walk A. Jamieson 14.54 (Best for 15 years) 1st

Shot Put A. Davey 13.48 Inv.

Discus A. Davey 34.48 P.B.

200m F. Smith 24.6
A. Meyer)
D. Butler) 24.8 - 25.1

800m R. Stewardson 2.08.3
T. O'Halloran 2.08.5

4 x 400m Butler)
Meyer)
Stewardson) 1st
Smith)

100H Smith 17.4
Meyer 17.7

FOR 3000m

5000m A. Cochrane 8.55 ? pacing Mike Beach

Highjump F. Smith 1.90m

Long Jump F. Smith 6.55m

Javelin F. Smith 44m

Discus F. Smith 32m DNC

OLD SCOTCH COLLEGIANS ATHLETICS CLUB INC.

MEMBERSHIP

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OLD SCOTCH ATHLETICS CLUB NEWSHEET

Week Beginning 1st December, 1986.

Registered by Australia Post, Category B.

Price: "The trouble with today's society is that everybody knows the price of everything and the value of nothing".

Oscar Wilde

In fact, we know neither.

UPCOMING EVENTS

SATURDAY, 6th December: Round 8, Box Hill, Programme 2.

TUESDAY, 9th December: Round 5, A Grade, Olympic Park.

SATURDAY, 20th December: CHRISTMAS CAROL CATASTROPHE
Club Break Up.

IN THIS ISSUE

- 3 pieces of blue paper
- 1 staple
- Ink
- 1 Sticky Label

ALSO IN THIS ISSUE:

- Christmas Break Up
- Iron Man Competition
- Quotes
- Results
- Next Week
- An Advertisement
- Gregor analyses the season so far.
- Pope runs D-grade steeple - Exclusive Interview
- Athlete of the week

EDITORIAL

Yet another round completed, and another week less before the big finals. There are only 3 rounds to go before Christmas, and then only 3 rounds after Christmas, so roll up and represent the regulars in red! Olympic Park turned on its sunny conditions last Saturday and many good performances were turned in.

A grade managed its first win of the season. (without the help of O.M.'s who cannot decide if they want to compete or not), and the other grades all generally fared well. Actually, I'm hedging my bets here because I don't know the final points score. Hopefully you'll be able to read them in the stop-press.....

CHRISTMAS BREAK UP

O.K., so who spotted the deliberate mistake in the last issue? Pretty clever huh? Of course it was done just to see who actually reads the newsheet, and who lines the bird cage with it. The Christmas function is on the 20th of December, Not the 6th, as we said last issue. It will consist of supper in the annexe with a daring cabaret act put on by real athletes. (Certainly not real actors, that's for sure). All of you closet Carey Grants, Shy Shirley Temples, Bashful Bob Hopes - this is your opportunity. This promises to be the highlight of your Christmas.

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IRON MAN

The much publicised Iron Man competition will take place this Saturday (the 6th December) at Box Hill, at a cost of \$1. Competitors must compete in a throw, a sprint, a run, a jump, and an event of one's own choice. Prizes etc. for the winners (A NEW CAR ...)

ADVERTISEMENT

SUB 4 =

WORLD CLASS RUNNING APPAREL

Old Scotch Athletes - Christmas Specials

Come and have your inside leg measurement taken! Personal fittings by Terry O'Halloran. If the closest you have ever been to be athletic is having a runny nose in Winter, SUB 4 can at least make you look athletic. Don't despair, a lot can be done with a body of your shape. Look at Angus! Come along and slip into a pair of shorts, a t-shirt or singlets, socks, tights (very chunky) or some rainwear. Give your body a treat - you've abused it for so long.

Visit us at 2nd floor, 72 Auburn Parade, East Hawthorn, just opposite the Palace Hotel on Saturday mornings for super bargains on SUB 4 running wear. (I expect some tracky pants for this, Terry - Ed.)

QUOTABLE QUOTES

Angus: "I can get free cocktails"

Michelle: "So can I...but I have to sleep with people to get them"

Andy Cochrane: (With 350m to go in the A grade 1500m) "Come on APS United (Approximately 40 secs. later he blitzed the field to win in 3.56)

POPE RUNS D-GRADE STEEPLE

Spectators were startled on Saturday when the Pope - in the middle of an hectic 7 day tour of Australia - interrupted his schedule to don the spikes and run an invitation steeple at Olympic Park. Old Xavs and St. Kevs. runners bowed down before him on the starting line, and gave him a quick 10m lead from the gun. Other competitors, it was explained later by Pontiff officials, attempted to kiss the Pope on his ring during the race, however the untrained observer thought it looked suspiciously as though the Pope was punching them in the mouth.

A protest was lodged after the race by one competitor who claimed that every time the Pope got to the water jump the water parted for him, but it was not ~~XXXX~~ up held. A breathless Pope, after the race, said he was happy with his run, and was hoping to be back in Melbourne to compete in the Vatican Games next year.

GREGOR'S COLUMN

Some Observations From The Hill At Interclub - First 4 Rounds

Sprints: Those training properly (Dave Edwards, James Flower) rewarded with A grade performances. Others appear not to be training specifically (or not at all) and hence will continue to run approx. 11.3 - 12.2 even though several have ability to run low 11's.

GREGOR'S COLUMN (cont.)

400m: Similar - plenty of guys who can run 55 - 58, but B qualifying is 55 - and A grade 52! Yet to field 3 qualifying B grades! The sprinters last 200m and the distance runners lack speed. Need to train specifically.

Distance: Better representation and there appears to be more training for these distances although 5000m and 3 Steeple are a problem. Macmillan and Morrall reaping rewards of good training programmes.

Hurdles: Desperate need for back-up for Smith and Meyer.

Jumps: Rely on old stagers in HJ and younger guys jumping well below their best. LJ and Triple screaming out for specialist jumpers who can consistently jump over 6m and 12m respectively.

Throws: Al Davey continues to improve and Roger Glass can still handle A - but surely we can find a strong man to throw D grade shot, disc and hammer!

Walks: Great to see Andy Carrierson back doing well, and Stu Facey on occasion - always difficult to encourage younger members to walk.

JUNIORS: Disappointing turn outs, particularly from U13s, who are held together by Julian. U15s better represented last Saturday, and great to see Adam Barnett back from injury and Richard DeVisser scoring PBs. Nick Behfisch looks keen and promising over hurdles and sprints.

ORGANISATION: Appears room for improvement in team management, i.e. sorting out competitors in events before the event is called up!

GENERAL: Encouraging to see younger senior athletes doing more of the competitive work - the St. Daverdy contingent, the great attitude of Ken Burrows, the improvement of Macmillan and Morrall, the comeback and potential ability of Stewardson. Mixed with a sprinkling of older classy athletes and a few tablespoons of proper training programmes THERE IS HOPE!

THIS SATURDAY...THIS SATURDAY...THIS SATURDAY...

- Round 8 Box Hill, Programme 2.
- B Grade vs De Lasalle and Ivanhoe
- D Grade vs St. Kevins
- U18 vs De Lasalle 2
- U16 vs O.X.
- U14 vs Ivanhoe 2 and 3

THE UNIVERSITY OF...
 DEPARTMENT OF...
 1988...
 ...

TIMETABLE PROGRAMME 2

1.00	300 Hurdles	A B C D 1
1.00	3000 Walk	
1.15	300 Hurdles	U16 U14
1.20	1500m Walk	D U16 U14
1.30	200m	A B C D
2.00	200m	U16 U16 U14
2.20	300m	
2.30	Sprint Hurdles	
3.35	4 x 400m	
3.50	3000m	
4.10	5000m	

	<u>FIELD</u>				
	<u>U14</u>	<u>U16</u>	<u>U18</u>	<u>D</u>	<u>S</u>
HJ	1:30	1:00	3:45	3:15	2:00
LJ	4:00	1:30	1:00	3:30	2:00
PV			2:15		1:30
Harmer			12:15	12:15	12:40
Shot	3:30	1:00	4:00	2:45	1:30
Discus		1:25	1:00		1:45
Jav	3:00		3:15	2:30	4:10

AN APOLOGY

At this point the Editor would like to apologise for the omission of two team reports last week. No. Make that one. Sorry Ken. The U16 report was in fact illegible, and so unfortunately unprintable. The D-grade report was over looked by the typist, who has now been sacked, and has joined the end of the hole queue, heart-broken.

While we're on the subject, there were no team reports written this week, so the editor has decided to take the easy way out and bring you instead:

HIGHLIGHTS OF ROUND 7

- * The A-Grade 1500m team being filled by C.S. boys (3), the same 3 who 4 weeks ago were the ~~SRXVNRN~~ B Grade team. Andy, Ewen and Gus all got below 4 mins (except Gus, who had to be different).
- * APSU winning its first round.
- * The return to form of Aus. Vet. Champ Bob Catheral. Twelve months from today Bob will be fighting out the World Veterans title on the same track. Bob ran 4.13 for 1500m.
- * Club Captain Meyer knocking off Club President Smith over 100m in B Grade.
- * B Grade 4 x 100m team of Barber, Beamet, Burrows and (S)eyer bugging up the relay.
- * Rohan Hodges gallant 110 hurdles run. If nothing else, Rohan made sure he stopped the electronic timer as he crossed the line. (When he breasts the tape, he really breasts the tape.) Welcome back Rohan.
- * School boy Ewen McDonald decided to see what it felt like to go backwards in the home straight of a B Grade 400m. His time of 53.1 was therefore very respectable. Welcome back Ewen.

FULL RESULTS (cont.)

U15

100m	J. Maddern	12.0	
	E. MacDonald	11.3	
200	J. Maddern	11.93	
800	E. MacDonald	1.70	DNF
1500m	A. Boag	4.22	

U16

100m	A. Barnett	12.1	1st
	R. De Visser		4th
800	R. de Visser	1.60m	1st (DNF)
100H	R. de Visser	17.0	1st
400m	R. de Visser	62.0	

B Grade

1500m Walk	A. Jamieson		1st
1500m	O'Norrall	4.24	3rd
	O'Halloran	4.15	
	O'Catherall	4.13	
100m	A. Meyer	11.5	3rd
	R. Smith	11.5	4th
	J. Barber	12.2	5th
4 x 100m	Barber Bennett Burrows (B)eyer		Not very Fast (Close to last)
110H	A. Meyer	16.3	1st
	R. Hodges		2nd
200	A. Meyer	11.61m	DNF
Steeple			
400m	E. McDonald	53.1	3rd
	A. Meyer	54.1	5th
	A. Macmillan	55.5	DNF

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11/12/86

~~SECTION ATHLETICS CLUB NEWSLETTER~~

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UPCOMING EVENTS

- Saturday, 29th November - Round 7 Interclub at OLYMPIC PARK and BBQ afterwards on the yarra
- Tuesday 1st December - P.B. Meeting Olympic park 6pm
- Saturday 6th December - Iron Man (again) Box Hill
- Saturday 20th December - Christmas Function

IN THIS ISSUE

- details of Christmas bre-k up
- vital info for next Saturday
- retrospective athlete of the week awards
- make up hints - how to run at top level without your mascara running too (By Lisa Martin)
- Big F Report
- Car Rally Report (seriously!)
- All of last week's reports and details
- Editorial
- Letters to editor, etc etc

THIS SATURDAY... THIS SATURDAY... THIS SATURDAY... THIS SATURDAY...

DO NOT GO TO BOX HILL. Yes, we don't want to see you there. Infact, we won't be there ourselves. Why not? Because we're all going to Olympic Park. This is your chance to sharpen your training and your spikes and whip out a season's best (or even a sacred PB). We're really running hot, so don't miss out on the action.

Then - after the victory, bring your chicken, chop, children, chilled chardoney and chick along to the BBQ's on the banks of the Yarra to celebrate. Get that lactic out of your system and some liquor into it; the stiffness out and the salad in; snakes will be provided free!!

CHRISTMAS FUNCTION... CHRISTMAS FUNCTION... CHRISTMAS FUNCTION...

Yes, as all good advertising companies are desperately trying to convince us, there are less than 40 shop-lifting days 'til Christmas. And what would Christmas be without an O.S. Mega bash? This year is no different. Infact, this year is looking HUGE! We are having our own Christmas Clambake. What is a clambake? It's where YOU get to get up and play 'I'm walking backwards for Christmas' on your Jews Harp, or do a funny and controversial sketch. The President is busy composing

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Faint, illegible text and markings, possibly bleed-through or ghosting from the reverse side of the page.

a club song, and Henry Fiss is brushing up his comedy routine. Be there, be in it, and be sufficiently intoxicated to laugh at your fellow athletes off the track.

WHEN? 6th December

WHERE? Scotch Annex (probably)

ATHLETE OF THE WEEK

A.O.W. has been A.W.O.I. for a few weeks but here are our judged and expert proclamations for the previous rounds.

Round 3 - Ewen Wilson (1st, 1500m in 3:56)

Round 4 - Angus Macmillan (6th, A grade 800m 1.55.1)

Round 5 - Dave Edwards (A grade 100m 11.0)

Round 6 - Steve Worrall (B Grade 800m - 2.07 P.B.)

A GRADE NEWS

Old Melbournians have finally affiliated with MPS United in A Grade and should surely help to strengthen our position on the ladder.

Welcome Aboard! (only trouble now is that the selection will be harder - a welcome problem.)

IRON MAN

This time it's OUR turn to run the Iron Man. It's on at Box Hill on 6th December and will consist of 5 events (at a bargain price of \$1, roughly 20 cents each). More details at the track.

LETTERS TO THE EDITOR

Dear Editor,

I wish to firstly complement you and the newsletter team on the high standard maintained so far. I am one of the eager people who sit beside the letterbox every Friday waiting with great anticipation for the mailman.

The accurate and interesting reports, the informative results and the gossip hold me spellbound for many minutes each week. The only criticism I would make is that the newsletter itself has not quite kept up with the exciting contents. How about a change to the format - maybe even a change of colour!

Apart from this small matter I think that the newsletter is very good and I congratulate all contributors for their efforts.

- We'll see what we can do - Ed.

O.S. CAR RALLY (at last!)

The cars were primed, the drivers and navigators chafing at the bit, as El Supremo Mike Smith gleefully unleashed the Old Scotch car rally on the unsuspecting eastern suburbs early one Sunday morning. Lucky the local coppers slept in this morning, I thought, as the Oz-mobile careered out into Toorak Road. Everyone thought that we were going the wrong way, but where better to collect a few treasure hunt items than at your own house? O.S. newsheet? Next to the toilet. O.S. singlet? In the wash. Australian Runner Magazine? In the toilet. A chook? In the freezer (thanks Mum).

Then it was off again, rubber burning, through Malvern and Ashburton. Past Thommo and Jacqui - believe it or not, there did not appear to be physical contact. Gregor and Alan looked bamboozled even at this early stage. One suburb blurred into another, as Oz threw caution to the winds. How many speeding tickets does this man get a day? (None when he's running, that's for sure - sorry, Oz)

There's El Supremo parked in a side street - we're on the right track. Only an extremely testing count of traffic lights could slow us (around 100 lights on one intersection!!) But in Doncaster, in an incredibly cunning piece of rally organizing, El Supremo ~~scng~~ sent all cars the wrong bloody way! Only those navigators skilled in deductive or warped reasoning could save the rally from complete chaos. Fortunately most realised that Wattle Park was the ultimate destination and arrived there safely, but the name 'Mike Smith' was, temporarily at least, mud.

The rain, sleet, snow, hail and gale force winds did not make for a pleasant Sunday BBQ, so no-one stayed for long. With their candid expose of St Luke, the South American Missionary who wrestled alligators, went hang gliding in the Andes, had 365 wives and was eaten alive by a viscious wife?), the Oz-mobile emerged victorious. Only one thing, Smitho what exactly did we win? If it was another bloody chook, forget it, mate!

Mark Purvis

HOW TO GET YOURSELF ON TV

1. Enter a televised marathon.
2. Warm up in front of the starting line.
3. Jog back to the starting line.
4. Say hello to all the friendly Old Scotch marshalls.
5. Line up behind the pre-race favourite.
6. Run like fury with the leaders.

7. wave to Mum.
8. Drop out exhausted after $\frac{3}{4}$ mile.

HOW TO GET YOURSELF ON TV AND STILL FINISH UNDER 2:40

1. Repeat steps 1-5 above.
2. Find the leading female runner and run next to her.
3. try to shake off the leading female so that no-one can accuse you of trying to get on TV.
4. Let the leading female catch up to you again.
5. Run with the leading female as long as possible.
6. Finish the race as best you can.

p.s. The Budget Big M Fosters Avis Old Scotch Marathon was too windy, too warm, too hilly and too long, but Mark Purvis ran 2:37 and Jon Holmes a sensational 2:55 anyway.

Mark Purvis

HIGHLIGHTS OF ROUND 6 INTERCIUS

- Andy J. slashing his 1500m walk time and continuing his winning streak.
- Smith knocking off Evans in the B-grade 400 hurdles.
- Meyer knocking off Smith in the B-grade 110 hurdles.
- Another memorable 4x400m victory (B-grade)
- 1,2,3, in the D-grade 200m (Burrows, Macmillan, Piesse).
- Ewen dragging the field around the 2 lapper and breaking the 2 minute barrier.
- Colin Findlay up to his old tricks with the javelin.
- Paul Beag equalling his 3000m PB.
- The U18 team of Julian Shuravetsky and Andrew Boag winning the day!!!

RESULTS

B GRADE Vs. Malvern & St Kevins. +
 1500m Walk A. Jamieson 15.12 1st *
 400H M. Smith 1st 60.6 *
 G. Evans 3rd 61.5 *
 200m M. Smith 2nd 24.1 *
 A. Meyer 4th 24.5 *
 J. Barber 5th 24.9 *
 800m Wilson 1st 1.58.2 *
 Catheral 3rd 2.04 *
 Worrall 5th 2.07 PB by 3 secs *
 110H A. Meyer 1st 16.9 *
 M. Smith 2nd 17.0 *
 4X400 Wilson *
 Barber *
 Macmillan 1st 3.36.5 *
 Smith *
 5000m J. Cormack INV 15.27 *
 FINAL POINTS : O.S. 96, Malv 47 St-Kevs38 *

D GRADE Vs De Lasalle
 400H A.Meyer 1st 61.8
 F.Tingate 2nd 64.7
 200m K. Burrows 1st 25.2
 A. Macmillan 2nd 25.9
 R. Piesse 3rd 26.4
 800m R. Piesse 1st 2.18.
 G. Evans 2nd 2.23.3
 K Burrows 5th ??
 Jav. C. Findlay 35.28
 110H P.Tingate 1st 18.4
 HJ B. Tingate 1st 1.70 =P.B.
 R. De Vissor Inv 1.50
 S. Worrall Inv 1.50
 300m P. Boag 1st 9.42 =pb
 S. Worrall 2nd 10.17
 R. Piesse Inv 10.22
 C. Findlay 4th 10.41

UNDER 18

J. Shuravetsky - Disc. 36.96 1st
 Pole Vault 3.50 1st
 Jav. 38.60
 A. Boag 800m 2.09. ??? ?
 FINAL POINTS = o.s. 17, O.K. 7 Malv 13

Long Jump K. Buppows 5.31
 200m D. Juriansz 26.5 P.B.
 FINAL POINTS = O.S. 79 DIS 40.

UNDER * 14 *

UNDER 16

H.J. R. de Vissor 1.45 (pathetic)
 R. Berriman * 1.45
 300mH R. de Vissor 47.1 PB
 Disc. R. Berriman 32.16 PB
 Shot. " 9.84, PB
 200m R. de Vissor 27.7
 100m H R. De Vissor 16.8 PB
 FINAL POINTS OS 30 StK 58, BH2 25

300m Hurdles N. Rehfisch 51.9

OLD SCOTCH ATHLETICS CLUB NEWSHEET

WEEK BEGINNING 8/12/86

Registered by Australia Post, Category b.
Price: Talk to Rupert.

UPCOMING EVENTS

- Wed 10th December - Throwers P.B. meeting, Mumawading.
- Sat. 13th December - Interslub, Round 9.
A Grade, Round 6. (also at Box Hill for APSU.)
- Thurs. 18th December- Emil Zatopek Meeting, O.P. 7pm.
- Sat. 20th December - CHRISTMAS CLUB CLAMBAKE - CLUB BREAK UP.

IN THIS ISSUE

- Editorial
- Team Reports and results
- Christmas Break Up.
- Murdoch take over bid for newsheet
- Highlights.
- Quotable Quotes.
- Athlete of the week.

EDITORIAL

Saturday 6th of December will go down as one of the proudest days in Club History. As other clubs struggled to make up numbers, the boys in red were faced with the luxury of deciding who would run for points and who would have to compete invitation. All events were filled, and most athletes displayed sheer depth and talent, with performances reflecting the considerable ability present within the ranks. The U18 Team also produced several impressive runs, showing promise for the future.

However, the task doesn't end here. We have to win the finals, and to do that you have to be eligible. Eligibility doesn't mean being single - (afast disappearing quality around the club!) You have to register 3 performances in either grade. This may not sound much, but there are only 5 rounds to go, 2 before Christmas and 3 after. Even if you are not running well, (or not running at all!), or injured, come along anyway and throw a Jav, or stagger around a steeple, or even just lend vocalsupport, so as to be prt of a premiership side, Club spirit is very visible, and despite a somewhat disappointing recruiting drive, we still have the numbers. Lets really make this season worthwhile!!!

CHRISTMAS BREAK UP...CHRISTMAS BREAK UP...CHRISTMAS BREAK UP...CHRISTMAS BREAK UP.....

Word has it that rehearsals are in full swing for the club christmas break up. The President is trying to train a choek-te sing his newly composed club song, Steve Worrall is practicing his tap dancing, Oz is planning to jump 15 double decker buses in the Oz Mobile, and Terry is arranging a stirring rendition of 'My Way'. It promises to be a night to remember, a night to relive, and a night to regurgitate your dinner to. Not true. It's gonna be FAB. Keep it free and keep it funny.

WHEN: 20 th December (sat night)

WHERE: Scotch Boarders Annexe. (We THINK) (Have you confirmed that yet, Smitho ?)

ATHLETE OF THE WEEK.

This weeks A.O.W. is somewhat strange in that it goes to an athlete who was beaten by 1m 44 in the long jump. This was despite jumping a P.B. by more than 16cm of 6m82. However we decided to overlook that fact because in L.A. only Carl Lewis managed to outjump the winner. This weeks A.U.W. is our own President Mike Smith. Congratulations, oh mighty one.

OLD SCOTCH ATHLETICS CLUB NEWSHEET

Publication No. VBH1629

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A. Edwards,

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TAKE-OVER BID FOR NEWSHEET

Rupert Murdoch burst on to the front pages this week as he made lucrative offers to the editor of the O.S. Newsheet. Despite rumours of offers as high as 5 boiled lollies and a packet of snakes, the Editor held firm and has as yet refused to accept any bids. Disappointed with such rejection, Rupert decided to take H&WT instead, although there is a chance that the Newsheet Editor is just holding out for a better offer.

THANK YOU...THANK YOU... THANK YOU...THANK YOU...THANK YOU...THANK YOU... THANK YOU...

...to those who have been getting in contact with us if they are unable to compete on Saturday. This is a great help to us.

People to ring are...

- MIKE SMITH 2413449
- ANGUS MACMILLAN 8182859
- AL MEYER 2333993
- ANNE EDWARDS 255067

SELECTED HIGHLIGHTS OF ROUND 8

- Trevor Tingate being disqualified in the 200m & la Raylene Boyle.
- Tony Stubbs first leg of the 4x400m- Sizzling.
- Al Meyers hurdling attempt- at the high jump.
- Gold plated smelly shoes: have your sweat immortalised.
- Auntie Jacqu & Uncle Thommo and 'on approval' child.

NEXT WEEK...NEXT WEEK...NEXT WEEK...NEXT WEEK...NEXT WEEK...NEXT WEEK...NEXT WEEK.....

PROGRAMME 1

		<u>FIELD</u>						
		BH	Triple.	PV	HAMMER	SP	DISC	JAV
1.00	3000m Walk							
	100m							
1.20	1500m Walk							
1.40	1500m	U*4	7.30.	2.45			3.30.	1.00
2.10	Hurdles	U16	1.00.	1.30		12.15	1.00.	3.30
2.50	4x100	U18	3.45.	1.00	2.15.	12.15.	4.00.	1.20.
3.30	3000m steeple	D	3.15.	3.45.			2.45.	1.45.
3.45	2000m Steeple	B	2.00.	2.00.	1.30.	12.35.	1.30.	2.30.
4.10	400m	C						3.45.

WE ARE AGAINST...

- B GRADE Vs Richmond & St Kevins
- D Grade Vs. Richmond 1
- U*8 Vs. Malvern
- U16 Vs BH 1
- U*4 Vs BH 2 & DIS 2.

QUOTABLE QUOTES

- A. Meyers: "where have you been for the last two weeks ?"
- J. Flowers: "I've been sulking."
- G. Bennet: "Don't touch him there, he wants to have children."

B GRADE REPORT

"Bigger than Me.." Steve Worrall.
 AND with those words ringing in our ears, B grade hit its straps today with one of the best turnouts for many a year. No athlete was beaten by another club in a day that was reminiscent of Australia winning the America's Cup, Deeks winning the marathon, or the Pope winning the steeplechase. The spectators were kept at fever pitch (a little above C sharp.). Abusive comments and enthusiastic encouragement peppered the air. The atmosphere was oppressive as the humidity hit 95% and the temperature rose to 31'. Although the opposition was somewhat pathetic, the day began with Andy Jamieson wiggling his way to victory in the walk. The 400 sticks were next, with Meyer & Smith clocking

(Cont ..)

B GRADE TEAM REPORT... (cont...)

1st & 2nd. We managed 1,2,3 in the 200m, with Smith Edwards and Flowers showing the way. The story was the same in the 800m; 1,2,3 as Cochrane, Wilson, & Macek all rattled home with 2.01 or better. Back to the hurdles & Meyer and Hodges were left to fight out the major placings with no other opposition. The distance men took over for the 4x400 with Catheral, Cochrane, Macmillan & Wilson victorious thanks to lack of opposition. Smith did his dash in the Field, with a big PB in the Long jump of 6.82, but was beaten by Olympic Silver Medallist Gary Honey (by 1.40!) I think we'll overlook that. Other than that, a totally successful day.

D GRADE REPORT :

O.S. BEAT REIGNING PREMIERS

The story sounds boring. Yes, Old Scotch have won again and remain undefeated for the season. The 'Reds' turned out in large numbers today caught up in the euphoria of past victories.

The day started well with the wise and experienced Rohan Hodges and the young, virginal Ken Burrows running well in the 400m Hurdles. For a 2nd,3rd combination. With the team well hyped up an unprecedented 6 runners set themselves at the 200m start. The relegated Meyer turned in a stunning run to finish 1st, well supported by Butler & Macmillan finishing 3rd and 6th, respectively.

O.S. seemed to go from strength to strength as Dave Edwards joined the D grade Athletes with a throw in the Javelin, and then the middle distance men blitzing the field in with a 1st, 2nd, 4th performance from Drake, Aitken and Worrall respectively. Nice to see you finally, Chris!!!

The Iron MEN Meyer and Burrows continued through out the afternoon with performances in the Long Jump, Shot Put, 110m Hurdles, and then joining with Drake and Butler to take the top points in the 4x400m.

It was nice to see Grand pa Thompson up at the shot put area doing his impression of a beached whale. Finally the slightly warped men of Worrall, Boag and Findlay wrapped up the afternoon with the the suicide run 3km.

Another top performance from all.

(" I don't sign my name because I mention myself too much"

Ken Burrows)

RESULTS...

B GRADE

Walk	A. Jamieson	15.27	1st
400m	M. Smith	60.8	1st
	A. Meyer	62.1	2nd
200m	M. Smith	23.1	1st
	D. Edwards	23.1	2nd
	J. Flowers	23.5	3rd
800m	A. Cochrane	2.00.1	1st
	E. Wilson	2.01.4	2nd
	C. Mecek	2.01.8	3rd
110H	A. Meyer	16.8	1st
	R. Hodges	18.6	2nd
4x400m	Catherall		
	Cochrane		
	Macmillan		1st
	Wilson		
Long Jump	M. Smith	6.82 PB	2nd
High Jump	" "	1.90	
Javelin	" "	42.98	
FINAL POINTS= O.S.*115, DLS \$, Ivanhoe 20			

D GRADE

@400m	H. K. Burrows	2nd	65.7
	R. Hodges	3rd	66.6
200m	A. Meyer	23.5	1st
	D. Butler	24.0	3rd
	A. Macmillan	25.6	6th
	C. Drake	25.8	INV
	T. Tingate	26.1	"
	K. Burrows	26.2	"
Jav.	D. Edwards	40.80	
300m	Drake	*1st	2.06
	Worrall	4th	2.08
	Aitken	2nd	2.08
300m	Burrows	1st	19.3
shot	Thommo	1st	9.54
	K. Burrows	8.28	INV
	A. Meyer	8.44	"
HJ	Tingate	1.65	1st
	Worrall	1.40	Inv
	A. Meyer	1.45	"
LJ	Meyer	3.8	5.28
	Tingate	5.48	PB
	Burrows	5.09	
4x400m		1st	(SEE TEAM REPORT)
3km	P. Boag	9.44	
	Worrall	10.08	
	Findlay	11.08	
FINAL POINTS: O.S. 83 St Kevs 61			

U18	E. Macdonald	200m	23.2	(2nd)
	C. Mackenzie	"	23.3	PB 3rd
	Stubbs	"	24.5	5th
4x400m	Stubbs, Mac, Boag, Mac.		3.26	3rd
800m	A. Boag	2.10	FINAL PTS= OS 35, DLS 0.	
U14	N. Rehfishch	300H	*1st	50.7, 200m 2nd 29.4
		Shot Put	9.00m P.B.	F.P= OS 24, IV 54

OLD SCOTLAND ATHLETICS CLUB NEWSHEET

Registered by Australia Post Category B.

Price: A gift for Christmas

Week Beginning 15/12/86.

UPCOMING EVENTS

Thurs. 18th December - Zatorek Meeting, O.P. 7.30 p.m.

Sat, 20th December - Round 10 Interclub (Round 7 A Grade) Programme 2.

And Then: CHRISTMAS BREAK UP - 8.00 p.m.
5/31 Lansell Crescent, Coorak.

Thurs. 6th January - F.B. Meeting, O.P. (changed from 3rd Jan.)

Sat. 17th January - Interclub - Round 11, Box Hill.

Wed. 21st January - Round 12 Interclub.

IN THIS ISSUE:

- Editorial
- A Grade - What now?
- New Recruits
- Christmas Break Up
- Results
- Highlights
- Athlete of the Week
- Next Week's Details

EDITORIAL

There's been a lot happening recently in the Athletics circles - the season is beginning to reach its Christmas peak before we all collapse in a heap on the beach exhausted until January 17th. A grade is in a mess, whilst our other grades continue the early success shown at the start of the season. We must begin to focus now on the finals, and have as many athletes as possible available to be selected and field a full side for the finals. Areas of particular weakness are the walks, the B Grade 5000m and steeple (where are you Targ's?) and miscellaneous throwing events. With only 4 rounds left, you have to have competed 4 times, i.e. no room to manoeuvre!

The Club has just turned 60, and it would be a fantastic way to celebrate by winning a couple of premierships. It was pointed out at the last committee meeting that no club records have been set so far this year. To give a few budding athletes some incentive, we are offering a bottle of champagne for the first person to claim a club best. Look in your handbook, pick your target, do some training, and get it.

This Saturday is the last round before Christmas, and this newsheet will be the last for the year. At this point I would like to thank Jacqui Borland for typing it, Mike Smith for advice, Harry Edwards for posting it, and Anne Edwards for nearly everything! Also, thanks to those who have been inspired to put pen to paper and contribute. Have a good, fit and filling Christmas, and we shall burst onto the scene in 1987 with a big Multi-Coloured Runner edition before the first round on January 17th.

ANCUS MACMILLAN

A GRADE - WHAT NOW?

A.P.S. United is languishing near the bottom of the A Grade ladder, in constant peril of relegation, but while Rome burns, Old Boys fiddle. On Saturday, the point was demonstrated aptly when Old Xavs, and Old Melbs were against each other and Box Hill in B Grade, and thus withdrew several of their athletes from A.P.S. United to support their cause. The result was that of the 22 athletes who competed for APSU, 16 were from Old Scotchh. Whilst this is very promising for us, it is far from satisfactory for a club which supposedly fields the cream of the Public School Athletes.

Ewen Wilson has written the following on the problem:

UNITED WE STAND, DIVIDED WE FALL (To the APSUAC Committee)

It appears at present that the APS United A Grade team is living on borrowed time.

The Club is supposedly the flagship of St. Kevins, Scotchh, Carey, Xavier and now Melbourne public school athletics clubs. Something the individual clubs should be proud of. I consider it should be regarded as more than just a facility for "top" athletes to compete, which appears to be the current attitude of some.

For the club to be in existence next season all participating clubs must commit themselves and all potential athletes to the United team, not, as has happened recently, with clubs keeping athletes for B Grade competition. The APS United club needs total commitment from all member clubs or they should withdraw. It makes planning for competition impossible. The stores this season of "IF" we had one more athlete of "IF" we had had a full team are becoming legends. The clubs between them have the resources to achieve a much better result.

Maybe a reconsideration by everyone of what APSU means or should mean needs to be undertaken. A change of approach from serving top athletes to a true "Club" spirit of showing others what the combined clubs can do, not individual athletes, is required.

The APS concept should be the same through the full athletic year to develop a true identity. There is no need to have two APS clubs, one winter and one summer. Pride, unity, a sense of belonging, is what clubs are about - not marriages of convenience.

We are divided?! and we will fall!!

I hope I am proved wrong.

EWEW WILSON

NEW RECRUITS

Round 9 saw three new recruits compete for the club for the first time. These were:

John McCloud: A talented new school boy recruit, running with the East strengthening U16 team. John intends to specialise in the 100, 200 and 400m. Welcome John, good running.

Craig Cooper: Described by ex club secretary Anne E. as a hunky spunk who works for Price Waterhouse (Boo hiss). Actually, an old face with a new body, Craig throws things a long way. A Roger Glass protege Craig last competed in 1975-76. He is married, and is rumoured to be a colleague of Ivan McQuilkin.

Tasso Iaxinos: Very difficult to miss Tasso last Saturday. If he were any bigger he'd have his own post code! A first timer from the '81 vintage (a fine year, I'm told), Tasso is a 5th year med. student at Melbourne who has had a successful sporting career as a basketballer and rower (including King's Cup experience). Personal stats were unavailable as was information such as marital status, personal habits, etc. Welcome Tasso.

Hugh Bradfield: Not a recruit, but first appearance - welcome.

ATHLETE OF THE WEEK

All athlete of the week awards will be presented at this Saturday's Christmas function. (see Foster ad.). So be there! This week's award has been forced upon Angus Macmillan for his 2 PR's in 4 days last week, the first in the 300m A grade on Tuesday (1.54.0) and then for his effort in the 1500m on Saturday (3.59).

Previous winners to date are:

- Round 1: Ken Burrows - 5 events
- 2: (Wash out) No award
- 3: E. Wilson - 1500m (3.56)
- 4: A. Macmillan - A Grade 300m (1.55.1)
- 5: D. Edwards - A Grade 100m (11.0 = PR)
- 6: S. Worrall - B Grade 300m (2.07 PR)
- 7: A. Cochrane - A Grade 1500m (3.56) & 5000m (14.45 PR)
- 8: M. Smith - Long Jump (6.82m)

THANK YOU

To all you officials (especially Guy Bennet and Anne Edwards) for all your superb help so far this year. Could all athletes show your appreciation by giving as much assistance when you're not competing.

NEXT WEEK

Round 10.

Opposition

- B Grade OS vs Ivanhoe, vs BK1
- B Grade OS vs SSH
- U13 OS vs Ivanhoe
- U15 OS vs DL32
- U14 OS vs BW1 vs IW1

Programme 2

				<u>FIELD</u>					
				HJ	LC	PV	HAM.	SP	DIC
1.00	pr	400H / 3000 Walk							
1.15	pr	300H							
1.20	pr	1500 Walk							
1.30	pr	200m	B	2.00	2.00	1.30	12.40	1.30	1.45
2.20	pr	500m	D	3.15	3.30		12.15	2.45	
2.30	pr	Hurdles							
3.05	pr	4 x 400m	U18	3.45	1.30	2.15	12.15	4.00	1.25
3.50	pr	3000m	U16	1.00	1.30	2.15		1.00	1.30
4.10	pr	5000m	U14	1.30	4.00			3.30	

HIGHLIGHTS OF ROUND 4 (in the absence of any team reports!)

- 16 OS runners competing in A grade.
- 9 1500m runners all performing with distinction (3 in A Grade, sub 4 mins, 3 in B, sub 4:13, 3 in D, sub 4:34).
- Charles Bacek just managing to avoid being gobbled up by the rest of the field to hang on and win the B grade 1500m.
- Al Davey hurling the discus - landed in Box Hill, but the grunt was heard in Fitzroy.
- Rob Catherall blasting back onto the scene in the 1500m.
- Thomo showing that his hips don't necessarily produce slow times (but they help).
- Craig Cooper and Tasso Faxinos, the two new big ren of the club, throwing 13.40m and 13.93 respectively - very handy indeed!
- B Grade compiling its usual number of 1st, 2nd and 3rds for the day in most events.
- Oz Aitken coming out and beating Dillon over his own distance
- 400m - the 500m challenge is now on in earnest.
- 10 400m runners lining up at the end of the day.
- Julian Shuravetsky winning B Grade Pole, despite jumping well below his best.
- Pete Tingate jumping a PB in the High Jump - 1.75m.
- Reliable Colin completing yet another steeple.
- Mark Purvis returning to the track with a 4:13 1500m.
- The Tingate twins tackling the 110m sticks
- 2 sensational relay teams: Tingate, Macmillan, Burrows + Tingate (1) Worrall, Thompson, Catherall and Boag (2). Both blitzing opposition.
- Hugh Bradfield debut in the 1500m, 100m and 400m (PB). A tonne of talent.
- The de Visser, Barnett, McCleod show in U16, R. de Visser clocking 2 big PBs.
- Andrew Boag's return over 1500m.

RESULTS

A GRADE: vs ESS/EMH vs Waverley

Hammer:	B. Class	48.02m
100m	N. Smith	11.3
	A. Meyer	11.3
Shot	A. Davey	13.56m
1V	N. Smith	4.10m
1500m	B. Wilson	3.58
	A. Cochrane	3.59
	A. Macmillan	3.59 (PB)
H.J.	N. Smith	1.85m
Discus	B. Class	39.18m
3000 St.	C. Cornack	9.14
400m	N. Smith	50.9
4 x 100m	E. McDonald)	
	C. McKenzie)	45.3
	St. Kevs.)	

B GRADE:

1500 Walk	A. Jamieson	14.57 (1st)
100m	A. Meyer	11.6 (DNV)
	T. Tingate	12.3 (DNV)
1500m	C. Bacek	4.07.5 (1st)
	R. Catherall	4.08.4 (3rd)
400m	E. Macdonald	52.9
	R. Catherall	54.1
	A. Macmillan	56.1 (DNV)
110m Hurdles	S. Hodges	20.2

B GRADE (cont.)

100m	J. Shuravetsky	3.40m (1st)
Discus	A. Davey	35.9 m
Relay	Tingate) Macmillan) Burrows) Tingate)	

D GRADE

100m	R. Burrows	12.8 (1st)
	P. Thompson	13.0 (2nd)
	R. Hodges	13.2 (3rd)
1500m	S. Morrall	4.26.3 (1st)
	A. Boag	4.30 (2nd)
	F. Biesse	4.34 (3rd)
Discus	C. Cooper	32m (?) (1st)
	P. Thompson	27.30m (INV)
110H	P. Tingate	17.4 (1st)
	T. Tingate	19.0 (2nd)
	R. Burrows	18.9 (INV - 20)
Relay	Morrall) Thompson) Catherall) A. Boag)	
400m	Burrows	57.2 (INV)
	Biesse	59.4 (Inv)
	S. Morrall	60.4 (INV)
	G. Evans	54.7 (1st)
	A. Aitken	56.4 (2nd)
	E. Dillon	56.5 (3rd)
	P. Tingate	57.3 (INV)
Shot	C. Cooper	13.4m
	T. Paxinos	13.93m (INV)
50	P. Tingate	1.75 (1st - 20)
	S. Morrall	1.50m (INV)
	de Visser	1.45m (INV)
	T. Tingate	1.55m (INV)
Steeple	C. Findlay	7.24
100m (cont.)		
(B Grade)	E. McDonald	52.9
	R. Catherall	54.3
	A. Macmillan	DNR

U18

100m	C. Mackenzie	12.0 (1st)
	H. Bradfield	13.2 (4th)
1500m	H. Bradfield	4.34
	A. Boag	4.21 (4th)
400m	A. Boag	58.7
	H. Bradfield	56.2 (5th - 20)

U16

100m	R. de Visser	13.5 (5th)
	J. McLeod	13.5 (6th)
	A. Barnett	12.6 (3rd)
100H	R. de Visser	16.3 (2nd - 20)
400m	J. McLeod	41 (7th)
	R. de Visser	59.3 (5th - 20)

FINALLY....

Spotted training by the Editor on Wednesday night - Dick Hatchelor, Marguin Oehr, Mike Smith, Rick Dillon and Helen, Mark Purvis, and Jon Holmes - Club dedication showing its face!

THANK YOU + GOODNIGHT.

HAPPY CHRISTMAS!!!

DON'T FORGET CLUB FUNCTION - 20TH DECEMBER

Welcome back, Ross Hooley!!!!!!!!!!

Yee hah!

OLD SCOTCH ATHLETICS CLUB NEWSHEET

Registered by Australia Post Category B e e e e e e e e e

Price: HEAVILY REDUCED FOR JANURARY

Week Beginning 12/1/Nineteenhundredand eightySEVEN

UPCOMING EVENTS

SATURDAY 17 January Interclub- Round 11 Programme 1

TUESDAY 20 January A Grade, Olympic Park

WEDNESDAY 21 January Interclub, Box Hill, Programme 2 Beginning 6PM

Thursday 22 January PB Meeting Olympic Park

ALSO....

CHICKEN AND CHAMPAGNE AT THE CATHEDRALS AFTER THE WEDNESDAY TWILIGHT MEET.

Friday 23 January: Entries Close, Vic Championships.

Sun 25 Jan. Open Competition Day: Olympic Park.

EDITORIAL

As bodies are still being recovered from the club presidents N.Y. Eve bash
The christmas Turkey turns a paler shade of green, and two newly married club members
wing their way to Tahiti, the season once again splutters to life this Saturday, only to
roar to life with 4 nights of running in 6 days. READ THE FOLLOWING INFORMATION
CAREFULLY, CAUSE I'M NOT GOING TO REPEAT MYSELF. (This is known as a no-frills, get-the-sand
out-of-the-typewriter Newsheet.)

THIS SATURDAY (17/1/87)

At Box Hill, Programme One. B Grade Vs BH2 & OX

D GRADE Vs OX

U18 Vs SSS

U16 Vs Rich

U14 Vs DLS1&2

TIMETABLE

FIELD

			B	D	18	16	14
1.00pm	3000m Walk,	HJ	2.00	3.15	3.45	1.00	1.30
	100m	TJ	2.00	3.45	1.00	1.30	2.45
1.20	1500m Walk	PV	1.30		2.15		
1.40	1500m	Hammer	12.35		12.15		
2.10	Hurdles	SP	1.30	2.45	4.00	1.00	3.30
2.50	Relays	Disc	2.30	1.30	1.20		1.00
3.30	3000m Steeple	Jav.	3.45		3.15	3.15	
3.45	2000m Steeple						
4.10	400m						

THIS WEDNESDAY

This Wednesday (21/1/87) sees the traditional twilight meeting held
at BOX HILL, beginning at 6.00pm. This as always will be one of the highlights of the
season, and shall be followed by chicken and champagne at Bob Cathedrals; 34 Parlington st
(PROGRAMME 2) Canterbury

The third annual grape stuffing competition is also scheduled for this night.

THIS THURSDAY

Another chance to don the spikes and have a run at O.P. in the PB MEET.

THERE WILL BE NO COMPETITION ON SATURDAY 24/1/87 (AUSTRALIA DAY WEEKEND). Thankou, goodnight

OLD SCOTCH ATHLETICS CLUB NEWSHEET.

Registered by Australia Post, Category B.

Price: What price for success?

Week Beginning 26/1/87

UPCOMING EVENTS

- Interclub, Round 13, Programme 1, OLYMPIC PARK. This Saturday, 31st January,
- Tuesday 3 February: A Grade, Round 10, .O.P.
- Thursday 5 February, International Meet & National Mens 10km title. O.P.
- Saturday 7 February, Venue Finals, Box Hill, Programme 2.
 - A Grade, Programme 2, also at Box Hill.
- Tuesday 10 February; PB Meeting, OP, 6pm.

EDITORIAL

Unfortunately this Newsheet won't have alot of information concerning results, team reports etc. cause nothing has been handed to me. No matter. Instead we bring to you a completely forward looking publication which will hopefully motivate you into participating fully in the remaining competition. And what a competition it is. Only one more Round to go, only one more chance to get in race practice, before the big finals. Read on for more details:

LAST ROUND THIS SAT. (31/1/87) (before the finals, that is.)

You heard right. But don't go to Box Hill. Go to Olympic Park. Olympic Park is the go, so the times are sure to be quick. After a long summer of match-racing, the challengers and defenders have been decided, the tactics, equipment and crews have been put through their paces. All is in readiness, all is in waiting. Just one more round before it's all put to the ultimate test. Don't put off this final opportunity to sharpen your kick, to improve your start, to straighten out your technique. Do I have to spin any more hype? What's more, D Grade are at better odds than Phar Lap to win the final, and you can be a part of it all.

Opponents :

- B Grade vs. SSH vs. OM's Programme one, Timetable on P 39 of Handbook
- D Grade Vs. Malvern
- U18 vs. DIS1
- U16 vs. Iv 1
- U14 vs. DIS 2 vs. Iv 2

Once again we would like to apologise for the lack of results, but it was slightly out of our control. Every effort will be made to print them in a big bumper 'finals' edition.

SEE YOU ALL ON THE TRACK ON SATURDAY!!!!

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OLD SCOTCH COLLEGIANS ATHLETICS CLUB NEWSHEET

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.....

RANKINGS 1986-87

100 METRES

11.0	EDWARDS	15.11.86
11.3	McDONALD	29.11.86
11.3	McKENZIE	31.01.87
11.3	SMITH	13.12.86
11.5	MEYER	28.11.86
11.7	FLOWERS	26.11.86
11.8	BARBER	12.10.86
11.8	BUTLER	26.10.86
12.0	MADDERN	29.11.86
12.1	BARNETT	29.11.86
12.3	BENNETT	29.11.86
12.4	D.WARD	31.01.87
12.5	BURROWES	31.10.87
12.8	T.TINGATE	13.12.86
12.8	SHURAVESKY	15.11.86
12.9	McLEISH	31.01.87
12.9	PIESSE	12.10.86
13.1	WORRALL	13.12.86
13.2	BRADFELD	13.12.86
13.3	HODGES	31.01.87
13.5	R.deVISSER	13.12.86
13.5	McLEOD	13.12.86

400 METRES

50.9	SMITH	13.12.86
51.3	McDONALD	
53.2	EDWARDS	15.11.86
53.5	MaaaCMILLAN	02.12.86
54.1	CATHERALL	13.12.86
54.1	MEYER	28.11.86
54.2	BRISCO-HOOKES	
54.5	STEWARDSON	15.11.86
55.1	EVANS	13.12.86
55.1	AITKEN	31.01.87
56.2	BRADFELD	13.12.86
56.2	BURROWES	29.11.86
56.4	BARBER	29.11.86
56.5	DILLON	13.12.86
56.5	O'HALLORAN	29.11.86
57.3	P.TINGATE	13.12.86
57.8	R.WARD	15.11.86
58.2	PIESSE	15.11.86
58.7	A.BOAG	13.12.86
59.8	R.deVISSER	13.12.86
60.3	WORRALL	15.11.86

200 METRES

22.6	EDWARDS	25.11.86
23.1	SMITH	06.12.86
23.2	McDONALD	06.12.86
23.3	McKENZIE	06.12.86
23.5	MEYER	06.12.86
23.5	FLOWERS	06.12.86
24.0	BUTLER	06.12.86
24.5	STUBBS	06.12.86
24.9	BARBER	22.11.86
25.0	MaaaCMILLAN	02.12.86
25.2	BURROWES	22.11.86
25.8	DRAKE	06.11.86
25.8	R.WARD	08.11.86
26.1	T.TINGATE	06.12.86
26.4	PIESSE	22.11.86
26.5	JURIANSZ	22.11.86
27.0	CARL LEWIS	11.12.87
27.1	HOLMES	08.11.86
27.4	AITKEN	08.11.86
27.6	R.deVISSER	08.11.86
28.5	REYFISCH	08.11.86

800 METRES

1.54.0	MaaaCMILLAN	09.12.86
1.55.5	STEWARDSON	08.11.86
1.56.6	CATHERALL	
1.58.2	WILSON	22.11.86
2.00.1	COCHRANE	06.12.86
2.01.0	MACEK	02.12.86
2.04.0	AITKEN	08.01.87
2.06.0	DRAKE	06.12.86
2.07.0	WORRALL	22.11.86
2.08.5	O'HALLORAN	08.11.86
2.09.0	A.BOAG	22.11.86
2.09.0	P.TINGATE	21.01.87
2.10.0	DILLON	02.12.86
2.11.0	EVANS	07.02.87
2.12.0	HOLMES	02.12.86
2.14.0	BURROWES	08.11.86

3000 METRES

8.38	WILSON	07.02.87
8.50.7	COCHRANE	07.02.87
	MACEK	
9.42.0	P.BOAG	22.11.86
9.45.0	WORRALL	03.03.87
9.48.0	SAID AQUITA	01.01.87
9.55.0	HOLMES	13.12.86
10.04.0	PIESSE	03.03.87
10.25.0	FINDLAY	08.11.86

1500 METRES

3.56.0	WILSON	26.10.86
3.56.1	COCHRANE	29.11.86
3.59.5	MaaaCMILLAN	13.12.86
4.06.7	PURVIS	03.02.87
4.07.2	MACEK	31.01.87
4.07.7	CATHERALL	31.01.87
4.15.0	O'HALLORAN	29.11.87
4.15.2	A.BOAG	17.01.87
4.17.0	WORRALL	08.01.87
4.20.0	STEWARDSON	12.10.86
4.26.2	HOLMES	17.01.87
4.26.5	AITKEN	31.01.87
4.27.1	P.BOAG	29.11.86
4.31.0	PIESSE	29.11.86
4.34.0	BRADFELD	

RANKINGS 1986-87 CONTINUED

5000 METRES

14.34.7	WILSON	09.12.86
14.47.6	COCHRANE	25.11.86
15.15	CORMACK	25.11.86
15.25	PURVIS	08.01.87
15.28.6	A. BOAG	21.01.87
16.52	O'HALLORAN	17.02.87

10,000 METRES

29.50	WILSON	
30.55	COCHRANE	15.01.87
34.41	P. BOAG	17.12.86
36.15	HOLMES	16.12.86

2000 STEEPLE

6.33.5	P. TINGATE	10.03.87
7.23	FINDLAY	26.10.86
7.31	WORRALL	10.03.87

3000 STEEPLE

9.05	CORMACK	03.02.87
9.48.1	MaaaCMILLAN	

400 HURDLES

50.6	SMITH	22.11.86
61.5	EVANS	22.11.86
61.8	MEYER	22.11.86
64.2	P. TINGATE	21.01.87
64.7	BURROWES	02.01.87
66.6	HODGES	06.12.87

110 HURDLES

3'6"		
16.3	MEYER	29.11.86
16.5	SMITH	26.10.86
17.8	HODGES	
3'0"		
17.3	P. TINGATE	31.01.87
18.9	BURROWES	13.12.86
19.0	T. TINGATE	13.12.86
22.3	BENNETT	15.11.86

HIGH JUMP

1.95	SMITH	07.02.87
1.90	MACFARLANE	15.11.86
1.75	P. TINGATE	13.12.86
1.70	McDONALD	29.11.86
1.65	T. TINGATE	08.11.86
1.60	R. deVISSER	29.11.86
1.55	WORRALL	29.11.86
1.45	MEYER	26.10.86
1.49	BERRIMAN	15.11.86

TRIPLE JUMP

12.21	MEYER	31.01.87
11.93	MADDERN	29.11.86
11.61	BURROWES	31.01.87

LONG JUMP

6.82	SMITH	06.12.86
5.89	GARY HONEY	08.01.87
5.50	MEYER	21.01.87
5.48	P. TINGATE	06.12.86
5.31	BURROWES	22.11.86

POLE VAULT

4.45	SMITH	
3.90	SHURAVETSKY	

JAVELIN

47.54	SMITH	26.10.86
40.80	EDWARDS	06.12.86
38.60	SHURAVETSKY	22.11.86
35.28	FINDLAY	

HAMMER

52.50	GLASS	29.11.86
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1500 WALK

	JAMIESON	
8.31	T. TINGATE	08.11.86

3000 WALK

14.54	JAMIESON	08.11.86
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DISCUS

2Kg		
43.02	DAVEY	22.02.87
39.18	GLASS	13.12.86
32.00	SMITH	08.11.86

U18

36.96	SHURAVETSKY	22.11.86
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DECATHLON

6687	SMITH	
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SHOT PUT

161B		
13.98	DAVEY	22.12.87
12.38	GLASS	26.10.86
11.70	PAXINOS	21.01.87
121b		
13.93	PAXINOS	13.12.86
13.40	COOPER	13.12.86
9.54	THOMPSON	06.12.86
9.50	MEYER	26.10.86
8.62	EVANS	29.11.86
8.28	BURROWES	06.12.86