

OLD SCOTCH ATHLETIC CLUB NEWSLETTER

Registered by Australia Post  
Publication No. VBH 1629 God Save The Queen.

23/10/85

Price:

This week's highlights -

Last weeks reviews  
Old Scotch Bingo numbers  
D-Grade report  
Letters to the editor  
Rossco's reply

and much much much more .....

A selection of last week's reviews:

"Brilliant, yet again" - O'Halloran, Australian Runner

"I'd give my car to be able to write as well as these guys do" -  
Catherall, Old.Scotch

"It's 7<sup>min</sup> too long, has no price on it, is not sealed properly and you haven't  
addressed one to the "Accepting Officer"" - Australia Post

NEWS    NEWS    NEWS

Welcome to new member, Andrew Browne. We hope to see Andrew down at Box Hill  
this Saturday.

At a recent Committee meeting it was decided to introduce a new subscription  
rate for full-time students. Students will be asked for a \$25 subscription,  
the same as the current U/20 rate.

All juniors are reminded that if they register by the end of October (not long  
to go) we'll shout them a season's pass to the ground. Go to it fellows.

Prospective officials are also reminded that for a couple of afternoon's work  
we'll also shout you a season's gate pass. Don't be shy if lacking experience;  
we can train on the spot and you won't be expected to officiate for the entire  
afternoon. Mums, Dads, Sisters, Brothers all welcome.

In reply to last week's newsheet, Ross Kooley released the following prepared  
statement:-

"I was flattered that they spent a whole ½ page on me".

Hardly what we expected to hear!!

What a week its been. The newsheet has written itself. Articles just appear  
as if from nowhere, thrust into the editors hand in the rush to get copy printed  
before it becomes stale news. If you have anything to say just write it down  
and give it to the Club Captain on Saturday and be immortalized in print. Its  
that easy, just look at what some of these guys wrote:

LETTERS    LETTERS    LETTERS

Dear Sir, re 800m Handicap.

I refer to your column under the above heading in last week's informative news-  
letter.

The handicapper for the event, Mr. Dillon and his assistant, Gregor Evans, should  
be congratulated on a job well done over recent years. The weather conditions  
which prevailed on 5th October certainly could not be predicted, and the handi-  
caps then re-allocated specially for such conditions.

1984 winner, Polks, started from 10m and this year was handicapped on 5m.  
"Yakka" in 1984 started from 70m and finished 12-15m behind the winner in about  
6th place. Thus "Yakka's" handicap on paper at least (80m in 1985) did not  
appear unreasonable. (Still on Polks - he is graded as No. 2 800m for the

APS United A-grade team. "Yakka" has not run an 800m inside the B-grade qualifying time of 2m10s.)

As the 800m Handicap event is a fun event as well as a semi-serious training hit-out, you can be sure that "Yakka" will be present in future years whenever possible. He certainly will not be a non-starter if his handicap is dragged 5m or 10m.

It should also be pointed out that the Veteran class athletes are deserving of a little extra help from the handicapper (e.g. Life Member Col. Findlay appeared rather harshly handicapped this year on 65m.)

Finally may I comment on this year's race broadcast. I think the commentator erred in that he was not familiar enough with the colours participating. A little pre-race memory work would not go astray!

I remain respectfully  
Your elderly Cross Country Vice President.

GOSSIP WITH GUS .... GOSSIP WITH GUS .... GOSSIP WITH GUS .... GOSSIP WITH G

Well! What a fortnight it's been for pricking up ones ears and catching a bit of SCANDAL around the club. Perhaps the biggest disappointment was the Cross Country Break-up/Ath. season opening held at the Wilson place. I'm sorry to report a squeaky clean night was had by all. Ross Hooley, as usual, left early to wash his hair, and a said Sally Pierson, who by all reports was planning on making an appearance, totally failed to show her face, preferring, it was rumoured, to attend the opening of the crochet exhibition at the Mildura R.S.L., who apparently out-bid a flagging-OS-Treasurer for appearance money. There were several quotes of the evening, such as when asked "What a spurmologist was" in the trivia quizz, an anonymous contestant replied "A ball-boy".

The highlight of the evening, however, was watching the ex-president of the club, one Rob Catherall, depart in a rather smart Red Jaguar. Rumours flew as to the origins of such a car, and I have it on good authority that he was the recipient of one 'golden handshake'. This would also tie in with the free Air Continental tickets he received on his last holiday. He has chosen to ignore the cries of resignation from colleagues, and continues to strive for his ultimate ambition - the appointment as head of the public service.

The first round of Interclub was highlighted by two people conspicuous by their absence. Anne Edwards and Paul Boag. Both were attending weddings. The thought never crossed my mind.

I'm afraid, avid reader, that that's about all there is to report. Never fear, though. Just because I haven't heard it, doesn't mean it isn't happening. In fact, even if I have heard it, it doesn't mean its happening. Until next week, so long, and remember, if you can't be good, be careful (i.e. don't tell me).

D-GRADE REPORT - 19/10/85

Another outstanding performance from the gentlemen's team.

Some of the highlights included:

Fresh from a P.B. in the Big M Marathon, Jon Holmes engaged Andy Jamieson in a thrilling duel in the 1500m walk.

Andy Aitken continued on his comeback trail with a strong 800m win in difficult windy conditions.

Robert Ward again shone in the sprints - 200m this time - indicating he is over the injury problems of last season. What would he do if he starts training properly!

The 4 x 400m relay team of Aitken, Rohan Hodges, "Yakka" Piesse and young Pete Tingate blitzed their opponents with a scintillating 3 min 53.1 sec. performance. (Pete had earlier in the day run a P.B. of 2 min 6 sec. for the 300m before arriving at Box Hill.)

"YOU CAN RUN, BUT YOU CAN'T HIDE!"

Which two prominent club identities were seen at one of Melbourne's premier night-spots, and what were they doing there? Which one was seen dancing with lead singer of one of Australia's leading bands?

Which major item around the club was dissolved some months ago, but said dissolution kept from the press? What were the terms of the "agreement" which guaranteed one party's silence on the matter? What has happened since? Were these two seen arriving separately at the above-mentioned night spot and seen leaving together some hours later? And who had his lunch cut/got white-anted/had the Bruce Doull done to him? Will there be reprisals?

Which club member played a leading role in the prelude to the sensational sacking of Victoria's Governor? Was it true that he is known to have visited Government House twice recently, and in fact has dined with the Governor there? Was he served junket? Is he the mysterious "other person" mentioned in the Bulletin article about the Governor's alleged plotting to bring down the Cain Government? Why was the Club not told? Has his involvement in this scandal contributed to this person's non-performance on the track recently? Or is it because he has been out dancing too often? Or not often enough?

And what of the World Cup scandal? Was a prominent club identity involved in an abortive attempt to kidnap a female U.S. athlete? Is it true that he wished to swap his hostage with a club member who was being "held" in Melbourne at the time? Will he escape unscathed?

Or will Ron Ray Ramgobun shoot him out of the sky? Do wheelchairs float?

Is it true that all these questions are about the same prominent club person-ality? Do you feel out of it not knowing who or what we are talking about? Names will be named at Box Hill next Saturday! so be there. And remember, if you're not, it may be you that we will be talking about. So, understand your newsletter - compete/officiate/spectate - we need your support.

Struth - someone's got to do it!

THIS WEEK'S BINGO NUMBERS ARE:

4 18 38 59 67 14 21

Remember, big prizes to be announced!

D-GRADE RESULTS

1500 Walk	J. Holmes	7.39.9	1st
	A. Jamieson	7.41	2nd
400 Hurdle	A. Mills	66.0	1st
300m	R. Piesse	2.14.2	2nd
	A. Aitken	2.11.4	1st
	A. Jamieson	2.36	3rd
200m	R. Ward	26.3	2nd
	R. Hodges	27.5	4th
	P. Thompson	27.5	3rd
Javelin	C. Findlay	DNQ	
Shot Put	A. Jamieson	8.80	2nd
110 Hurdle	S. Hill	18.0 (?)	1st
	P. Thompson	20.7	3rd
Discus	J. Shuravetsky	36.98	
Javelin	J. Shuravetsky	39.50	
Pole Vault	J. Shuravetsky	3.40	
4 x 400 m	Aitken, Hodges	3.53.1	1st
	Piesse, Tingate		

B-GRADE RESULTS

400 Hurdle	R. Hodges	66.4	2nd
	G. Evans	61.9	1st
200m	G. Evans	25.9	4th
	A. Mills	25.8	2nd
800m	R. Catherall	2.02.4	4th
	Mad Max	2.00.4	3rd
	R. Hooley	2.03.8	6th
110 Hurdle	R. Hodges	18.8	2nd
4 x 400	Hooley, Evans	3.40.6	1st
	Catherall, Mad Max		
5 k	E. Wilson	15.20	1st

U/14 RESULTS

300 Hurdle	R. DeVisser	53.0 (P.B.)	2nd
High Jump	R. Berriman	1.50	1st
200m	R. DeVisser	31.2	4th
	R. Berriman	30.1	2nd
	D. Jamieson	36.5	
90 Hurdle	R. Devisser	18.0	
	D. Jamieson	19.9	
	R. Berriman	17.5	
Javelin	R. Berriman	23.70	
Long Jump	R. Berriman	4.02	
	R. DeVisser	4.14	
Shot Put	R. Berriman	9.42	
	R. Levisser	8.09	



OLD SCOTCH COLLEGIANS ATHLETIC  
CLUB NEWSHEET

Registered by Australia Post  
Publication No. VBH 1629

28/10/1985

1

This week's highlights -

Last week's reviews  
Old Scotch Bingo - week 3  
D grade report  
Letters to the editor  
and much, much, much more .....

A selection of last week's reviews -

"Brilliant" O'Halloran, Australian Runner.

"I didn't say what they said I said last week" Catherall, Old Scotch.

"Some of the highest quality writing, and the poorest quality duplication ever produced" Craven, Melbourne Herald.

"The newsheet that ate the world" Anonymous, Old Melbournians.

NEWS : NEWS NEWS

Some fine performances were turned in at Olympic Park on Saturday at the Combined Sports, by O.S. athletes. Notable amongst them was a marvellous string of runs put together by Tony Briggs who has had so much media coverage this week that his Manager has refused an in depth interview request by Old Scotch newsheet inc. Others to feature included:

Andrew Boag	U/17 3k	9.11	(nearly PB)
Hugh Bradfield	U/16 1500	4.17.5	1st
Tam Lord	U/15 Long Jump		2nd
Darren Butler	Open High Jump	2.05m	1st (eq.)
Chris Drake	Open 1500	4.12	(huge PB)
James Ives	U/17 Shot Put		2nd
Tom Keipett	U/16 800	2.02	2nd (close)

Dave Lepper and Tim Davenport, also members of the school team, will be notable starters this weekend, now that the school season has drawn to a close.

This week will be the first week that the club will again be at full strength with the return of many familiar (and some new) faces fresh from the school season. All friends, family, defactos are welcome at Box Hill each Saturday. Anybody willing to lend a hand as an official will be much appreciated and for those who give of their time on a couple of afternoons, we'll chuck in a seasons pass to the ground.

And furthermore .....

"Even I could beat Peter Thompson over 400m ... " - Jacqui Borland.

"Look out!" - 7 Pole Vaulters as Mike Smith gracefully collided with the uprights and sent stands, bar, pole and athlete hurtling through space.

"I only read the bits of the newsheet with my name in it, then I throw it in the bin" - Richard Berriman.

(Editors note: The editor and his staff take such comments very seriously and Richard should prepare himself for an oral examination on the full contents of this week's newsheet on Saturday.)

"What's the record for the most number of events done in a day?" - Richard Berriman.

(Editors note: No official records have been kept of such a tally. Legend has it that at a Portsea meeting of some years past Stuart Handasyde ran in every track event on the program, although records do not indicate the validity of this claim. The same legend also has it that Stuart became quite thirsty towards the latter stages of the 5k race and incurred the wrath of the officials for taking nourishment during the event. More recent club history indicates that the most events run in any one day is 7, recorded by Mike Smith in the first 3 rounds of competition last year.)

D GRADE REPORT

The gentlemen's team again performed with honesty, integrity and guts, to wallop the opposition.

D GRADE RESULTS

100m	D. Ward	12.8	1st
	Thommo	12.9	2nd
	R. Hodges	13.5	4th
Walk	J. Holmes	7.33 (PB)	1st
	A. Jamieson	7.39	2nd
110 Hurdles	Thommo	19.5	2nd
	D. Ward	18.5	1st
1500	T. O'Halloran	9.25.5	1st
Shot Put	A. Jamieson	9.53	1st
Discus	Thommo	27.00	1st
2000 Steeple	C. Findlay	7.15	1st
High Jump	D. Ward	1.80m	1st
Pole	J. Shuravetsky	3.40	
400	A. Aitken	57.8	
	J. Sartain	56.0	
	R. Ward	56.5	
	T. O'Halloran	57.5	

B GRADE RESULTS

Hammer	R. Glass	52.88	1st
Shot Put	R. Glass	12.60	1st
Discus	R. Glass	39.62	2nd
3000 Walk	S. Facey	15.11.4	1st
110 Hurdles	R. Hodges	13.7	1st
1500m	E. Wilson	4.02.2	1st
	A. MacMillan	4.05.8	5th
	R. Catherall	4.08	6th
3000 Steeple	J. Cormack	9.20	1st
400m	G. Evans	55.7	4th
	R. Dillon	55.7	5th
	A. MacMillan	56.9	DNQ
Pole	M. Smith	4.05	2nd
4 x 100	Thommo, Ward O'Halloran, Hodges		

U/14 RESULTS

100m	R. DeVisser	14.3	
	R. Berriman	14.4	
90 Hurdles	R. DeVisser	16.5 (PB)	
	R. Berriman	17.2	
	J. DeVisser	19.5	
400m	R. DeVisser	64.02 (PB)	
	R. Berriman	66.1	
T. Jump	R. DeVisser	9.55	
	R. Berriman	9.14	
High Jump	R. Berriman	1.40	
Shot Put	R. Berriman	9.72	

BINGO   BINGO   BINGO   BINGO   BINGO

Keep those numbers handy because this could be it for you. Five numbers in any direction could mean instant fortune. Who's interested in fame when you can have fortune? This week's numbers are:

15   17   40   58   75

Yep, only 5 this week.

CROSSWORD    CROSSWORD    CROSSWORD

Across

1. Must be recorded at the end of the day (abbr.).
5. Cross country race in Dandenongs: often found in bathrooms.
8. Famous horse race.
11. Without this you're a nobody (abbr.).
13. No           , no gain.
15. Second-rate running rag.    Questionable editor.
18. Christian name of runner responsible for Mary Deckers demise in 1985 Olympics.
19. Thing named or in question (sorry about this one).
20. Rob Catheralls profession (abbr.)
21. Required for second leg of a Triathlon.
23. Boycotted L.A. Olympics.
24. Must be cleared by High Jumpers.
25. Ineffective O.X. member.    Last name Nugent.
26. The curse of the unfit B-Grade runner (Hint - 2:11 for 800m) (abbr.)
28. The Roman salute.
29. A score in Rugby - also important in aths.
30. Andrew Aitken's                    has diminished.
32. The cross-country season includes these races.
34. This runner had an irritating habit of waving to the crowd.    Revenged at L.A.
37. Body of questionable efficiency in charge of Victorian Athletics (abbr.).
38. Vital for rowing (after lack of brains).
42. Brand of running shoe which also refers to your bank account after purchase.
44. Christian name of ex-President and Public Servant.
46. Plenty of these are required in a good diet.
49. Past tense of what we should all do everyday.
50. Ditto
51. What happens if we do 50 too soon after 49.
52. Those last 3 clues were as            as mud.
53. Often bought at the pub with beer.    Screws well.
55. A wild week of running and raging for those who are still students (abbr.).
56. Not to be trusted receiving the baton on the final leg of a 4 x 400m.
57. Required off the bend.

Down

2. Trendy new sport which requires a swim, a ride and a run.
3. Eaten with tea after a run in the Dandenongs.
4. An Americanism of PB (abbr.).
5. Near at hand (sorry about this one).
6. With result ( " " " " ).
7. Australian 1500m runner.    Thick as two short planks.
8. Christian name of dangerous 4 x 400m runner.
9. Host City of 1982 Commonwealth Games.
10. No. of strokes a scratch player requires for a game or hole of golf.
12. The curse of the serious runner.    The result of too much or incorrect training.
13. P.B. (you try thinking of a better clue!)
14. Country which produced Peter Snell, Dick Quax and John Walker (abbr.).
16. Album (abbr.).
17. Brand of running shoe named after the Goddess of Victory.
22. Rage.    Rage.    Rage.    (see Clue 55).
26. Charlies wife.
27. Status
31. Many runners regard the 400m in this way.
33. DIB, DIB, DIB; DOB, DOB,            (difficult one).
35. Benny Hills pathetic TV show is about one of these without any clothes on.
36. Must be done regularly to race well.
39. It'll cost you \$2 to do this at Box Hill.
40. Muscular condition when tired.
41. Some runners require training on this urgently.
43. Christian name of reigning 5000m, and 10,000m Victorian Champion.
45. Consumed at pub.





This week's highlights:-

Athletes of the week  
This week's programme  
A-Grade victory  
Challenge Match

A Selection of Last Week's Reviews:

"After reading last week's newsheet, I wished I hadn't cut my ear off -  
I would have been better off if I'd taken my eyes out." Van Gogh

"More statistics than the Financial Review but not as much fun."  
Peter Thompson

"Should be covered with stickers." Poon.

ATHLETES OF THE WEEK

- Round 1 Mike Smith for his efforts in surmounting the Pole Vault.
- Round 2 Alistair Mills for good efforts in the 400 Hurdles, 200m,  
Long Jump and High Jump
- Round 3 Richard Berriman - Iron Man performance with 6 events (and  
in Round 4, 7 events). No wonder this man doesn't have time  
to read his newsheet!
- Round 4 Richard de Visser. Personal Bests in 300m and 90m Hurdles  
and captain of U/14 team.
- Commendation to U/14 relay team for good baton-passing effort.  
(Great to see a 'full strength' U/14 team creating havoc on  
the track and on the field. Go for it guys! Ed.)

NEWS

The challenge is on!! Peter Thompson has issued a challenge to Yakka "If  
he was any tougher, he'd rust" Piesse in a winner takes all grudge match  
over 100 and 400 metres. Yes folks, it's showdown at the Box Hill corral.  
Stay tuned.

SUBSCRIPTIONS ARE NOW OVERDUE

It has come to our attention that a number of enthusiastic newsheet readers  
are unfinancial. For those folk so identified, we have enclosed a member-  
ship form. Please complete and send it and money to Bruce Hooley A.S.A.P.  
You have two weeks grace after which this newsheet will no longer adorn your  
letterbox. You have been warned!!

WELCOME TO NEW MEMBERS

Chris Drake, Alistair "Dasher" Davey Peter Humble, Philip James,  
Hamish Tadjell.

We look forward to seeing all these men in action out at Box Hill simultaneous-  
ly. (So far, Drake has sparkled in white, Dasher has heaved and Humble has  
highed. Where are you Phil and Hamish???)

Hopefully, we may soon have so many athletes fighting to get out on the track  
we may have to implement some form of performance ratings, such as:-

- Excellent - Leaps tall buildings with a single bound and is faster than a speeding bullet. Walks on water consistently.
- Very Good - Must take running start to leap over tall buildings and is as fast as a speeding bullet. Walks on water in emergencies.
- Good - Can only leap over a short building, or medium with no spikes and is not quite as fast as a speeding bullet. Walks with water.
- Fair - Crashes into buildings when attempting to jump over them and would you believe a slow bullet??? Drinks water.
- Unsatisfactory -  
Cannot recognize buildings at all, let alone jump them and wounds self with bullets when attempting to shoot gun. Passes water in emergencies.

APS United knocked off Collingwood in the first round of A-Grade competition.

Has anyone seen Andrew Browne? If located, point in direction of Box Hill.

OLD SCOTCH ATHS CHRISTMAS BREAK-UP

Yes folks, that's right. The Christmas party to end all Christmas parties. What ever you do, don't miss this one. It's shaping up to be bigger than Bobby Sands lunch break. Just when you thought it was safe to go back to church, and all that hype.

Put it in your Diary and BE THERE.

When: SUNDAY 15th DECEMBER 3.00 pm -

Where: SCOTCH COLLEGE GLEN CENTRE AND BBQ AREA by river

Why: TO SWIM, PLAY VOLLEYBALL, BASKETBALL, BADMINTON, CRICKET, TENNIS, TIDDLY WINKS, LUDO, SCRABBLE, CHESS, CHINESE CHECKERS, MONOPOLY, TRIVIAL PURSUIT, AND HAVE FUN!!!

Bring: Yourself, your family, wife, dad, granny, kids, dog, guinea pig, camera, writing material, spare pen, pencil, calculator log book, dictionary and B.B.Q.

Also bring: Bathers, towel, sports gear and clutch.

COMPETITIONS! PRIZES! FOOD! FUN\* SHEEP? (sheep?)

Activities will include:

- most original diving competition
- best impersonation of a drowning child competition
- best excuse for a body competition
- grape stuffing
- water melon stuffing
- sheep stuffing
- \* More exciting than Club Mildura! (Just ask Jimmy Hannan)
- \* Cheaper than taking the kids to see Santa at Myers
- \* Approved by the Sheep Equality Board.

PROGRAMME FOR 9th NOVEMBER

B Grade	-	Old Scotch	vs	Richmond
D Grade	-	Old Melb. 1	vs	Old Scotch
U/18	-	Ivan hoe	vs	Old Scotch
U/16	-	Malvern	vs	Old Scotch vs Old Xavs
U/14	-	Old Scotch	vs	Box Hill 2

Programme 1

12.15pm	U/18 & U16	Hammer
12.35	B Grade	Hammer
1.00	B & U/18	3000m Walk
1.00	U/14	Discus
	U/16	Shot
	U/18	Triple
	U/15	High Jump
	B & D	100m
1.20	U/18	Discus
1.25	U/18, U/16, U/14	100m
1.30	B	Shot Put
	U/16	Triple Jump
	U/14	High Jump
	B	Pole Vault
1.40	B & D	1500m
1.45	C & D	Discus
2.00	B	Triple Jump
	B	High Jump
2.10	U/18, U/16, U/14,	1500m
	All grades	Hurdles
2.15	U/18	Pole Vault
2.30	B	Discus
2.45	D	Shot Put
	U/14	Triple Jump
2.50		4 x 100m relay
3.15	U/18, U/16	Javelin
	D	High Jump
3.30	B U/18	3000m Steeple
	U/14	Shot Put
3.45	D, U/16	2000m Steeple
	B	Javelin
	D	Triple Jump
	U/18	High Jump
4.00	U/18	Shot Put
4.10	U/18, U/16, U/14	400m
4.15	B, D	400m

D-GRADE REPORT

Many more highlights as the mighty D's continued on their merry winning way.

Several welcome "new" starters made their first appearance for the season. Life member Graham Wise joined Yakka and Vice Pres. (T&F) Paul in the 3000m at the end of the day. Great to see you again Graham. Talking of Paul - this was his return track run and he equalled his PB in the process.

Raoul Stewardson running by invitation, breezed round the field in the 2nd lap to win the 800m in 2.7.2 This would indicate some good performances not far away for Raoul.

Mr. President P.T. combined his skill in organising relay teams and officials with a solid sub-20 sec. hurdles and a 2nd placing in the 200m.

U/18 TEAM REPORT

The day started disappointingly with a strong but ineffective 3k Walk by K. Burrowes. The main event of the day for the U/18's was the 800m where we had 4 hot-shot runners fresh from the A.P.S. and House Cross-Country, namely Drake (in his very white silk shorts), Lepper, Boag and Worrall. The team performed well considering the heat, and heavy schedule of past weeks, the wind and the lack of cheering at the 1500m start mark.

In the weeks to come we will rise to and reign at the top of the ladder - for at least 1 week (if we get a bye).

Life wasn't meant to be easy but when you're hot you're hot and when you're not - you say you are!!

U/14 TEAM REPORT

U/14 have won their last 3 meetings, with everyone competing excellently. New members Peter Humble and Adam Barnett competed well on their first week. Adam got a PB of 5.01m in the Long Jump. Peter won the High Jump with a jump of 1.45m. Richard Berriman threw 10.79m in the Shot Put. Richard de Visser won the U/14 90m Hurdles, and got a PB of 51.6 sec in the 300m Hurdles.

Julian de Visser and Duncan Jamieson, completed well all round. And the U/14 4x 400 Relay team (Barnett, Berriman, Humble and de Visser) came a close second in record time.

It was a good all round team effort.

RESULTS

A-GRADE - APS United

Hammer	R. Glass	54.00
Shot	R. Glass	12.76
Discus	R. Glass	38.30
Long Jump	A. Kiss	5.98
200m	A. Kiss	23.6
800m	A. Macmillan	2.01
5000m	E. Wilson	14.44.7

D-GRADE

Walk (3k)	A. Jamieson	7.33 1st
	S. Facey (Inv.)	7.23
Shot	A. Jamieson	9.03 1st
200m	R. Ward	25.4 1st
	P. Thompson	26.6 2nd
	R. Hodges	27.3 3rd
800m	R. Stewardson	2:7.2(Inv)
	A. Aitken	2:10 1st
	R. Piesse	2:11.2nd
	A. Jamieson	2:31 5th
110 Hurdle	D. Ward	19.2 2nd
	P. Thompson	
4 x 400	R & D Ward	1st
	R. Hodges	
	T. O'Halloran	
3000m	G. Wise	
	R. Piesse PB	10.08 1st
	P. Boag	10.15 2nd

U/16

Long Jump	T. Lord	5.54
100m	T. Lord	25.9

B-GRADE

Walk (3k)	S. Facey	14.55 PB 1st
400 H	R. Hodges	64.1 4th
	G. Evans	61.8 2nd
Shot Put	A. Davey	12.09 PB 1st
Discus	A. Davey	DNQ
200m	D. Ward	25.5 4th
High Jump	D. Ward	1.75 1st
800m	R. Catherall	2:1.6 1st
	R. Hooley	2:4.6 3rd
	O'Halloran	2:5.1 4th
110 Hurdles	R. Hodges	18.8 1st
4x 400	R. Catherall	2nd
	A. Macmillan	
	R. Hodges	
	G. Evans	

U/18

Walk (3k)	K. Burrowes	17.14 DNQ
800m	C. Drake	2.05
	D. Lepper	2.06
	A. Boag	2.13
	S. Worrall	2.16 (Inv.)
4 x 400m	D. Lepper	
	S. Worrall	
	A. Boag	
	C. Drake	
3000m	K. Burrowes	10.50

U/14

300 Hurdle	R. de Visser	51.6 PB
High Jump	R. Berriman	1.45
	P. Humble	1.44
	A. Barnett	1.40
200m	R. de Visser	30.0 4th
	A. Barnett	26.4 1st
	R. Berriman	30.4 6th
Long Jump	A. Barnett	5.01 PB 1st
	R. Berriman	4.45
90 Hurdle	R. de Visser	15.8 PB
	R. Berriman	17.2
	D. Jamieson	19.9 PB
	J. de Visser	19.0
Shot Put	R. de Visser	8.28
	R. Berriman	10.79 PB
	J. de Visser	7.70
4 x 400	R. Berriman	4.22.19
	R. de Visser	
	A. Barnett	
	P. Humble	
Javelin	R. Berriman	21.12

ANSWER TO CROSSWORD

The latest definition of an optimist is one who fills up his crossword puzzle in ink.

Across

- 1. Stats
- 5. Basin
- 8. Derby
- 13. Pain
- 15. Australian  
Runner
- 18. Zola
- 19. It
- 20. P.S.
- 21. Bike
- 23. USSR
- 24. Bar
- 25. Ted
- 26. DNQ
- 28. Ave
- 29. Try

- 30. Girth
- 32. Road
- 34. Grett
- 37. V.A.A.
- 38. Oar
- 42. New Balance
- 44. Rob
- 46. Vitamins
- 49. Ran
- 50. Ate
- 51. Stitch
- 52. Clear
- 53. Nut
- 55. I.V.
- 56. Clarke \*
- 57. Kick

Down

- 2. Triathlon (0 out of 10 for spelling)
- 3. Toast
- 4. P.R.
- 5. By
- 6. So
- 7. Hillardt
- 8. Darren
- 9. Brisbane
- 10. Par
- 12. Injury
- 13. Personal Best
- 14. N.Z.
- 22. I.V.
- 26. Di
- 27. Quo
- 31. Hate
- 33a Dob
- 35. Vicar
- 36. Train
- 39. In
- 40. Lactic
- 41. Track
- 43. Ewen
- 45. Beer
- 47. Mama
- 48. Safe
- 54. Us
- 46. ?

\* Australian Runner doesn't spell it with an 'e'.

And now we ask our modest crossword maker - what ever happened to Clue 46 Down???  
But then, as long as the answer is right, who cares if the question is wrong???  
or isn't even there.

47 Down - should have read 'intelligible' not 'legible'.

Printed by Australia Post  
Publication No. VBH 1629

**This week's highlights -**

Editorial Coup  
Another "wedding" excuse  
H.S.C. Special  
Thank you's

A Selection of Last Week's Reviews

"Even I didn't know just how boring the facts could be." Records and Ranking Officer

"Why a four year old child could understand this newsheet ... so run out and find me a four year old child - I can't make head or tail of it." Poon

ATHLETE OF THE WEEK

In a difficult decision, the nod has gone to Peter Tingate, who is so 'laid back', he stands up to go to sleep! Peter ran a very fine steeple (and he even steepled the very long running part as well??!!)

CLEANEST HAIR OF THE WEEK AWARD

To Roscoe, who, for the second time this season has failed to turn up without explanation. Rumour has it, he was getting married. (Is it true that Jacqui Borland was also attending a wedding at the same time?? Ed. .. Ed who?)

NEWS

After spending at least 6 minutes (or was it closer to 6 hours) attempting the crossword, Henry Kiss has threatened to kill Angus ... Guess he'll just have to join the queue!

I SEEN IT BUT I DON'T BELIEVE IT!

Topless trooper Howie Cooper took to the track and trounced a tired team of (s)teeple chasers. His reason, "It seemed like a fun thing to do - I've never done a steeple before!"

LOST

Hub cap for a red Jaguar Series 3 XJ6. If found please contact former President, advertising executive (yessir, nosir, ulcer) and very unhappy Panther owner Robert J. Catherall.

Hear ye, Hear ye! Be advised that Doctor Peter B. Thompson is now licenced to operate on the floor. (Please note that this has nothing to do with any aversion Peter may have to beds, but rather relates to a fondness for making himself noticed at the Stock Exchange).

Congratulations Thommo. Perhaps now you can explain dividends to me. Someone once told me they were "a certain per centum per annum perhaps." I was wondering whether you could be less specific.

Overheard at the High Jump area: "I look better in a Solo Man t-shirt than Henry 'cos I've got a better body than he has." Gus Macmillan

ARE THERE SHARKS AT THE BOTTOM OF THE HARBOUR?

Being a "law-abiding" citizen, our former, future but not present, editor submitted a tax return for the last financial year - taxes being those awful things that support the government in the style to which it has become accustomed - and lo and behold he obtained a refund (unheard of!)

The current editor wonders, however, why the aforementioned refund cheque was filed in a box of scrap paper and newsheet rejects and not banked? Could it be that there are things about his tax return the editor feels guilty about? Is this why he is presently harbouring in the waters of Noosa?

Be warned, Michael. You can run, but you can't hide.

THE THOMMO/YAKKA CHALLENGE

It was noted that Thommo had disappeared this week while Yakka carried the flag for the Gentleman's team. Our roving reporter is determined to discover Thommo's secret training ground so that Yakka is not too badly disadvantaged. Next week's instalment may enlighten us about Thommo's progress along the road to super fitness.

PERSONAL PARAS

As well as the sighting of Tarks, this week's pleasant surprise was the visit to Box Hill by Stu, Pam & baby Jane Handasyde, all looking healthy. Stu has threatened to start running soon - several old heads later stated that they would "expect Stu when they saw him" on the running track.

GOOD LUCK TO ALL H.S.C. STUDENTS (and other assorted personna) SITTING EXAMS

Candidates are reminded that they may take ONLY the following into the examination room -

English Dictionary. Pocket Calculator. Catapult. Electric typewriter. Mathematics Graduate. Telephone. Cuddly Toy. Food Hamper. Answers.

REMEMBER DECEMBER 15th CHRISTMAS BREAK-UP

Vegetarians (i.e. people who give peas a chance) welcome. Waffles (i.e. pancakes with non-skid soles) to be consumed. Friends (i.e. people who dislike the same people you do) to be found. Don't miss it.

LOST

Jaguar - any colour, but must fit onto a red hub cap.

FUN RUN CORNER

On Saturday November 2nd, Jon Holmes lined up for our Royal visitors from U.K. and then ran 31 mins 15 secs in the "new" (8km) Bay Run. His 6km time in V.M.C. 2 Bridges run on 6th November was 22 mins 39 secs.

Yakka competed in the V.M.C. 6km run as well, recording 21 mins 8 secs. He also competed in the Cup Day Fun Run at Blackburn South with an 11.6km time of 43mins 32 secs.

Tarks Oehr ran in the 16km 2 Bridges run as a warm-up for his return to Box Hill later in the season.

New York Marathon. Cross Country Captain Mark P. finished 329th out of 16,000 at New York with a time of 2 hours 47 mins 9 secs - more details later.

WELCOME to new members James Maddern, Ewen MacDonald and Lyndon Hopkins. It is reported that none of these men want to be doormen when they grow up. "Doormen being people who stand out the front of hotels and act as though they do not know how unimportant you are at home."

THANK YOU'S TO: (a) the Smith family, for helping the temporary editor master the art of creative finger painting.  
 (b) Susie Plesse for deciphering my drivel and translating it to typewriterese.  
 (c) Ewen, Yakka, Stu F, Guy "Big B" Bennett, Gregor, David E, Roscoe, Thommo, Jacquio, Eei eei o ... for helping 'bag' the Sun Superna and raising \$75 for the Club coffers.

Great to see Will Derham's father Jim (who is a former member of the Club).

EDITORIAL FAREWELL

Yes, folks, my tiny reign is over. I am all couped out. And whilst I know my term in office will long be remembered for the disarray it left behind and the number of behinds it left in disarray, I feel that M.J.P. Smith is a better editor that I'll ever be. He's so much more experienced in separating the wheat from the chaff... and printing the chaff!

So it's good night from me and it's good-bye to you.

BINGO NUMBERS FOR THIS WEEK 102  $\frac{1}{3}$  27.9

PROGRAMME FOR NOVEMBER 16th

B Grade	Box Hill 1 vs Old Scotch
D Grade	Malvern 1 vs Old Scotch
U/18	De La Salle 1 vs Old Scotch
U/16	Ivanhoe 1 vs Old Scotch vs Old Xaverians
U/14	Richmond vs Old Scotch

Programme 2

12.15	D, U/18	Hammer	2.30	B, D, U/18	110m Hurdles
12.40	B	Hammer		U/16	100m Hurdles
1.00	B, D & U/18	400m Hurdles		U/14	90m Hurdles
	B, U/18	3000m Walk	2.40	D	Javelin
	U/18	Discus		U/18, U/16,	800m
	B	Shot Put	2.45	U/14	
	U/18	Long Jump		D	Shot Put
	U/16	High Jump		C	High Jump
1.15	U/16, U/14	300m Hurdles	2.50	U/14	Long Jump
1.20	D, U/16, U/14	1500m Walk	3.05	U/14	Javelin
			3.15	All grades	4 x 400m Relay
1.25	U/16	Discus		U/18	Javelin
1.30	B, D	200m		C	Long Jump
	U/16	Long Jump	3.30	D	High Jump
	U/14	High Jump	3.45	U/14	Shot Put
	B	Pole Vault		C	Javelin
1.45	B	Discus	3.50	U/18	High Jump
	U/16	Shot Put	4.00	D, U/18, U/16	3000m
2.00	U/18, U/16, U/14	200m		Invitation	100m
	B	Long Jump	4.10	U/18	Shot Put
	B	High Jump		D	Long Jump
2.15	C	Shot Put		B	5000m
	U/18, U/16	Pole Vault		B	Javelin
2.20	B, D	800m			

D GRADE REPORT

The outstanding performance this week was Peter Tingate's PB in the Steeple. Taking a break from his studies, he led from the start and won convincingly in 6 min 54 secs. Rohan Hodges produced 2 solid performances in the sprints as well as hurdling for the B Grade.

Jon Holmes did not walk this week but ran in the 1500m as a warm-up for the Sun Superun. Andy Jamieson mixed track and field with a win in the Shot Put and a good B Grade walk.

U/18 Team REPORT

The day started very quickly with the middle distance men running 100m. Ken Burrowes did his best in his 3000m walk, however, he did not finish but luckily had no competition.

Then came the 1500m after a Third World War wait. The mean machine snapped up 1st, 2nd and 3rd. The 4 x 100m relay team strung together 4 legs (and a few arms) to win in a time just 4 seconds off the O.S. record. The men who did it were Maddern (U/16), Lepper, Burrowes and the quick man himself, Derham.

By 3.40 pm the O.S. U/18 team was ready to pop open the beer and champagne because so far they had had no competition. But they had to make sure of their victory, so Ken made a first appearance in the 3000m Steeple - just failing to qualify by 10 seconds. Chris Drake flung the javelin. Unfortunately he flung himself over the line and DNQ'd. The team went all-out in the 400's with Dave Lepper PB'ing.

All in all, a great percentage boosting effort by the magnificent U/18 team.

U/16 TEAM REPORT

Despite a small turnout due to exam pressures, the U/16 team performed admirably. New member, James Maddern, stole the show in the 100m and Triple Jumping events. The other performer, Hugh Bradfield, found the going tough in his 1500m race and despite little training, ran 2nd in a time of 4.28.7. We hope to see the remainder of the team in future weeks.

RESULTS

B GRADE

1500m	R. Catherall	4.07.9	1st
	A. Macmillan	4.10.0	2nd
	T. O'Halloran	4.15	3rd
Walk	S. Facey PB	14.18.6	1st
	A. Jamieson	15.55	2nd
100m	A. Mills	11.8	1st
110 Hurdle	R. Hodges	18.8	1st
400m	A. Mills	57.2	DNQ
	A. Macmillan	56.8	DNQ
High Jump	D. Butler	1.85	1st
Triple	A. Mills	DNQ	

D GRADE

Walk	S. Facey	7.14	(Inv.)
2000 Steeple	P. Tingate PB	6.54	1st
100m	R. Piesse	12.9	2nd
	R. Hodges	13.0	3rd
High Jump	A. Mills	1.65	1st
1500	R. Piesse	4.39.7	2nd
	P. Boag	4.48.8	5th
	J. Holmes	4.50	6th
	R. Stewardson	4.22	(Inv.)
Shot	A. Jamieson	9.59	1st
400m	T. O'Halloran	57.1	
	R. Piesse	57.9	
	R. Hodges	61.1	

U/18

100m	S. Worrall (PB)	13.1	2nd
	D. Lepper (PB)	12.9	1st
Walk	K. Burrowes	DNF	
1500m	A. Boag	4.21	1st
	C. Drake	4.24	2nd
	D. Lepper	4.27	3rd
	S. Worrall	4.39	(Inv.)
4 x 400m	J. Maddern		
	D. Lepper		
	K. Burrowes		
	W. Derham	49.9	1st
3000m	K. Burrowes	12.44	DNQ
Steeple			
400m	W. Derham		
	D. Lepper		
	C. Drake		
	S. Worrall		

U/16

100m	J. Maddern	12.5	3rd
Triple Jump	J. Maddern	11.5	1st
1500	H. Bradfield	4.28.7	2nd

U/14

100m	R. De Visser	14.4	
	R. Berriman	14.5	
	A. Barnett	12.4	
High Jump	R. De Visser	1.45 (PB)	
	R. Berriman	1.45	
	A. Barnett	1.45	
	P. Humble	1.50	
90m Hurdles	R. Berriman	18.3	
	J. De Visser	19.5	
	R. De Visser	15.6 (PB)	
4 x 100	P. Humble		
	R. De Visser		
	R. Berriman		
	A. Barnett	54.2	2nd
Discus	R. Berriman	27.12	
Shot	R. Berriman	9.97	
Triple Jump	R. Berriman	9.75	
	R. De Visser	9.34	

19/11/85

OLD SCOTCH ATHLETICS NEWSHEET  
REGISTERED PUBLICATION NO. VBH ?  
PRICE: BUY ONE, GET TWO FREE!

UPCOMING EVENTS

- Saturday, 22nd November - Round 6 Interclub - Box Hill  
B, C + D grade.
- Tuesday, 25th November - 'A' grade - 6.00 pm, O.P.

IN THIS ISSUE

- multiple team reports
- Selected results (depending on who wrote them on the board)
- Editorial
- Progress reports (Team positions)
- A Grade (the first two rounds)
- Umpires report
- Social report
- Pub report
- Weather report
- Letter to the Editor

OLD SCOTCH LEADS THE FIELD!

Yes, folks, you better believe it, the mighty boys in Red are showing the rest how its done on the Aths track. Latest progress points (after 4 rounds) shows B-grade on top of the ladder, doubling the points of their nearest rival Richmond, and B-grade trailing only Box Hill. This is your opportunity to get out there and register your name as one of those eligible for the finals (you have to have competed at least 3 times). Then you can be part of a premiership team, cause this year we're gunning for the double. Come along and feel the huge team spirit that is so evident at the start of the back straight. Winning is back in style. Yeah Team. Let's show 'em what we're made of.....

THE LADDERS (after 11/11/86)

A Grade - APS	-	2nd last
B Grade - BH 1	-	122.1
	OS	- 97.5
	OM	- 95.1 (and they wouldn't join APSU)
	OX	- 71.4
D Grade - OS	-	506
	Richmond	256
	OM	- 235
	SSH	- 114.....
U18	-	8th out of 10
U16	-	10th out of 12
U14	-	Last

LETTER TO THE EDITOR

From the Murray River Water Police.

Dear Sir,

We are currently holding a certain M. Smith under custody as a result of unruly acts of larrikanism which took place on the Murray, including several breaches of water police code, including exceeding 120 mph in a house boat, failing to stop at an intersection and being intoxicated in charge of a house boat. He is presently drying out in our lock up, and keeps mumbling something about having to get back in time for the 400m. We would appreciate it if one of your kind would collect him and his pole vault at the soonest possible opportunity.

Yours etc.

Police Constable Dwain Pipe,

OLD SCOTCH ATHLETIC CLUB NEWSHEET

Registered by Australia Post

Publication No. VBH1629

POSTAGE PAID

CAMBERWELL

VIC. 3124

If undeliverable return to

A. Edwards,

20 Nairn ST.

Ashburton 3147

Stewart J. HANDASYDE

2B Kalang Road

Camberwell, 3124

.....

## PUB REPORT

It's on again folks! the Thompson-Piesse challenge! More details to come, but we do know that it will be a competition over 100m, 400m and 800m, probably in February.

Watch out Richard, Thommo let the one drink get to him, and let it slip that he would be involved in an intense three week, overseas training programme.

(This is sensational stuff - especially from the man who is rumoured to be having his tuxedo altered for the big day (let out, that is, not taken in. Ed.)

## HIGHLIGHTS OF ROUND 5 INTERCLUB

- Andy Jamieson yet again dominating the B-Grade walk.
- The O'Halloran, O'Purvis, O'Catherall 1500m show.
- 11 people running 400m's at the end of the day.
- Steve Worrall P.B.'ing in the 1500m - 4.18. (When are you starting training again Steve?)
- P. Boag clocking a 20 yr P.B. of 4.34 in the same race.
- Gregor slashing the 56 sec barrier in the 499m.
- Ken Burrows P.B.'ing in the triple (11.36m).
- Gus Macmillan showing superlative judgement in qualifying for the B Grade 400 by 1/10th of a second.
- Ken Burrows winning an invite 400m by 1/2 a straight but only just cracking 1 minute.
- Adam Barnett making a brief appearance for 12.15secs in the 100m.

## NOTABLE QUOTES

Nichelle: "I've got this monkey I sleep with all the time" (The price of being Team Captain - Ed.)

Steve (Steam clean the carpets after I've gone) Worrall - "I do private functions in other peoples homes".

## A GRADE REPORT

The first round of A-Grade was held on Tuesday night, with 6 O.S. runners representing the affiliated team. Competition was stiff (Glenhuntly and Doncaster), but performances were generally excellent, Julian Shuravetsky set a new A.P.S. and O.S. U20 pole vault record of 3m70. Whilst Dave Edwards and James Flowers both ran good first lap 200ms in 23.0 and 23.86 respectively.

Mike Dasher Davey won the shot put with 13.21m, and Andy Cochrane equalled his P.B. with a 14.48 in the 5000m.

Dasher Davey also hurled the Discus to a new U20 Club record (and PB) with a throw of 35m96.

Gus Macmillan sliced 2 1/2 seconds off his PB to run a 155.1 in the 400m, but still chased the competition home, and Dave Edwards ran the 3rd leg of the 4 x 400m in a swift 53.2.

Final points scores was APS - 54, Glenhuntly - 79, Doncaster - 112.

## WEEKEND REPORT

Update 151186. Beam me down to Box Hill Athletics Track Scottie.

It looked like the Bennett, Meyer and Jamieson show for a while - then the 1500m men showed up! Thank heavens! O'Halloran, O'Purvis and O'Catherall (welcome back to the track) all ran very well.

Then the race of the day - the 4 x 100m. Tingate dominated the first leg of the race, scaled the 10m brick wall, and passed the baton to Scott Bennett. Scott had a lovely run down the back straight, passing the baton to Burrows, and finally Al Meyer down the home straight, Stewardson, Meyer and Macmillan finished the day off with a very casual 1/4 mile jog.

Al. Meyer.

## THE POST-HUMOUROUS D GRADE REPORT (IT'S BEYOND A JOKE)

Angus says he's a hyper hyper hooper. (He's been at the pub for a spot too long).

I wasn't at Box Hill today until 3.45, so I can't really make many penetrating comments about people's performances. I'm sure Terry did! It's good to see Terry's son Nick already thinking about his baton changing technique and keen as mustard to fill that crucial 5th leg in the relay.

Highlight of the day was, according to Steve Worrall, Steve Worrall. Actually the 4 x 100 was the highlight, 50.3 seconds into a strong headwind, all the way round. Paul Boag did a best for 20 years - Al commented that he'd run that quickly 20 years ago too, when he was 3. Pete Tingate had a confident early lead in the steeple and looked set for his win in 6:56:3. Gregor Evans has got to get a mention for his 55.4 in the 400m. Scott Bennett said he did a bloody good effort in the discus because he ran the hurdles. Halfway through the hurdles he sat down, but he did run a 400m. Although he pulled out after 210 with a limp (which moved suspiciously from one leg to the other). A consistent day. Don't know how we fared.

By Big Raoul.

## UMPIRES REPORT

There were two reports today, both in the same game.

1. T/ Tingate reported for allegedly striking S. Bennett in the D grade 110 H, with a right clenched fist. Should win a two week suspension.
2. S. Bennett reported for allegedly wasting time in the D grade 110H. He sat on the track, and did not allow other competitors to finish. At least 5 weeks.

\*\*Channel 9 has Dallas, Dynasty and Days of Our Lives, but we have...

## THE U16 REPORT

Today us U16 people realised that we aren't going to win as many events as last year. DeVissor was upset because Berriman told him that he could, but the friendly man told DeVissor where to go. (This is great stuff. Ed.) Berriman for the first time realised that he didn't win the High Jump. (Don't you have to hit the bar or something? ED.) And Barnett went home early because he only came 2nd in the 100m. Talk about team spirit (This is getting juicy. Ed.) I wonder whether Barnett will turn up next week. What hope is there for us? (You could become script writers for Neighbours - Ed.) Can't we go back to U15 please?

Signed,

Trapped and Worried (R.B.)

## THE U14 REPORT

Last Saturday showed a minor turnout in the U14 division with only one person turning up to represent Old Scotch. Despite the lack of manpower Nicholas Rehfisch ran against the odds to record a third place in the 100m. He decided not to chance his back in the hurdles. The secret of his success is the intake of lollies and icypoles. Because the U16 had three people to run the 4x100 Nicholas had started and was promised a Chomp from Richard Berriman but as usual Richard discovered he had no money and Nick missed out. Nick started the relay and was coming 4th in a field of Bigger Runners. The team came a gallent fourth.

Nicholas Rehfisch.

## SOCIAL REPORT

It was a great day for the ladies, with the weather holding up to enhance the brilliant fashion whites! Indeed, all the women in the Old Scotch party chose pale colours, with Lynda Wilson outdoing us all with a matching pallid face (caused from excessive drinking the previous night.) Lynda actually stole the limelight during this meeting, receiving a rather large piece of Trevor Tingate's mind and

SOCIAL REPORT (cont.)

leaving him with very little himself. Quite frankly (although my name's not Frank) I think I was the most beautiful, although Soula, running a little late and appearing for the 400m came a close second.

Michelle.



RESULTS

B Grade vs BH1 + Richmond

Walk	A. Jamieson	15.25	
100m	A. Meyer	12.0	
	J. Bennett	12.4	DNQ
1500m	O'Halleran	4.18	1st
	O'Purvis	4.19	2nd
	O'Gatherall	4.24	3rd
110 H	A. Meyer	17.2	1st
4 x 100m	T. Tingate		3rd
	S. Bennett		
	K. Burrows		
	A. Meyer		
400m	R. Stewardson	54.5	
	A. Macmillan	54.9	
	A. Meyer	58.2	DNQ
Triple Jump	A. Meyer	11.85m	2nd (P.B.)

D GRADE vs Box Hill

100m	K. Burrows	12.6	1st
	S. Worrall	13.1	2nd
1500m	S. Worrall	4.18	1st (P.B.)
	P. Boag	4.34	(Best for 20 years)
	K. Burrows	4.49	6th
	R. Piesse	4.35	INV
	J. Holmes	4.41.2	INV
110H	T. Tingate	19.6	
	S. Bennett	22.3	
4 x 100m	Ward	50.3	
	Worrall		
	Piesse		
	O'Halloran		
Steeple	P. Tingate	6.56.3	1st
400m	Burrows	59.0	INV (1st)
	Worrall	60.3	INV (2nd)
	G. Evans	55.4	4th
	R. Ward	57.8	3rd
	R. Piesse	58.2	4th
	T. O'Halloran		INV
	S. Bennett		INV
	R. Catherall	57	INV (C Grade)
Discus	S. Bennett	DNQ	
Shot put	A. Meyer	8.54m	1st
High Jump	Tingate	1.50m	1st
	Worrall	1.50	INV
Triple JUMP	Burrows	11.36	1st (PB)

RESULTS (cont.)

U16

100m	A. Barnett	12.15	2nd
High Jump	R. de Visser	1.55m	2nd (= PB)
	R. Berriman	1.40m	INV
100H	R. de Visser	17.1	2nd (PB by 1.2 sec)
400m	R. de Visser	61.8	4th (PB)
4 x 100	Rehfisch	51.4	4th
	de Visser		
	Berriman		
	Barnett		

U14

100m	N. Reyfisch		3rd
------	-------------	--	-----

U18

100m	J. Shuravetsky	12.8	5th
------	----------------	------	-----

AND FINALLY, BY POPULAR DEMAND, YOUR EDITOR'S ADDRESS AND TELEPHONE NUMBER (don't say you weren't given the chance to answer back!)

ANGUS MACMILLAN  
SCHOOL HOUSE  
SCOTCH COLLEGE  
HAWTHORN 3122

818 2859

+++++  
STOP PRESS STOP PRESS STOP PRESS STOP PRESS PRESS STOP PIT STOP GO

A GRADE RESULTS, ROUND TWO.

A.P.S. got done again, however several O.S. runners / throwers etc performed with distinction...

M. McFarlane	high jump	1.90	=2
100m	D. Edwards	11.0	=P.B.
	J. Flowers	11.7	
1500m	A. Macmillan	4.02	=P.B. 2nd.
Discus	A. Davey.	35.64	DNQ
Shot	A. Davey.	13.70	2nd
3000m Steeple	J. Cormack	9.25.4	1st

Final Point Score = APS 47, NUAC 103, RINGWOOD 113.  
( We'll get 'em next time...)

Many thanks to this weeks contributors and Jaqui for typing it.

OLD SCOTCH ATHLETIC CLUB  
NEWSHEET

Registered by Australia Post  
Publication No. VBH 1629.      God Save the Queen.

After several weeks of negotiation the editorial staff regrets to inform its readers that falling exchange rates have forced an unavoidable price increase. The O.S. newsheet now retails at the new advertised price of 23c.

NEWS    NEWS    NEWS

It was marvellous to see a fine display of cardinal singlets at Box Hill on Saturday and even more pleasing to witness a number of good performances from the juniors. Amongst the day's highlights were:-

- \* Al Davey 12.02m Shot Put B Grade
- \* Boag, Drake, Hopkins and Lepper 1st U/18 4 x 400m (2 sec. off club record)
- \* Steve Worrall got High Jump mats out all by himself
- \* Adam Barnett 25.4 sec. U/14 200m (this guy could shame a few of the seniors)
- \* Ken Burrowes slashed 1 min. 33 sec. off his 3k Walk PB to record 15.41
- \* Greg Evans burst through the pain barrier only to pull up lame at the 7th Hurdle in the 400 H, after feeling the first twinge at the 3rd Hurdle
- \* Darren Butler B Grade final leg 4 x 400.

ATHLETE OF THE WEEK

Athlete of the week is a combined award this week, going to Ken Burrowes (for 3k Walk) and Adam Barnett, for blinding 200m run.

QUOTES    QUOTES    QUOTES

"That St. Kevins guy looks pretty fast". Peter Thompson, taking the baton for the final leg of the 4 x 400, 150m in front of 2nd place, St. Kevins.

"If you're going to get married, you may as well marry Jacqui." Rob Catherall  
(The editor invites explanation of this rather cryptic comment, should anyone be aware of one.)

"I didn't know this Butler guy could run so damn fast." Chris Bradshaw  
Old. Melb.

SENSATION

Much to the dismay and other nasty words of the Pres., the Club has been asked to sell 30 Chocolate Bars to aid the Commonwealth Games Appeal (Apple Peel) - formulated with special highly fluoridated almonds, this chocolate is guaranteed to give you R.S.I.? and rotten teeth as well! \$1.40 per bar, see Anne Edwards.

REMINDER

Keep the first weekend of December free 'cos after the excitement of watching Thommo stitch up Yakka in the Big Challenge, we all must deliver Hawthorn Council Newsletter - many hands make light work and the more the merrier. As this is the Club's major fundraising effort for the year, your assistance will be appreciated. And think of all those pensioners you can meet while they abuse you for putting rubbish in their letter boxes!

D GRADE REPORT

Once again, "the Gentlemen" performed with dash, daring, dignity, decorum and diligence. Pater Tingate further proved his dexterity by shining in the quarter sticks - D. Butler dashed, A. Mills darted and P. Thompson dawdled around the bend in the 200m (and Y. Piesse delighted the bookies with a sound 26.5 inv. 200m).

In the 800's, O.S. dominated, with Tingate, Hooley and Piesse damaging further the already dented opposition (actually Halvern H (1) were doing quite well at this stage, but it demanded a difficult description, so was deleted).

Mills and Thompson destroyed in the straight sticks, D. Ward dived over de bar in de High, and James's Barber and Sartain developed dominance in the 1/4 relay; Dick P. dauntlessly donged the death-knell and Thommo decimated no-one to declare defeat to allcomers in the 1/4 relay.

Findlay, Hooley and Holmes divined a delerious departure for the day in the 3k, and we all went home happy!

YOU CAN RUN, BUT YOU CAN'T HIDE!

Although Al Meyer, Dave Ham and others are making a good attempt!!

Where has that prominent club personality been for the last two weeks? Queensland?? So where is the suntan, Smitho? What's the real story? Come clean, or all will be told!!

THOMMO/YAKKA CHALLENGE

Where is Thommo's secret training ground? Who is training him? What odds a victory to Yakka in the big challenge? The Pres. has accepted the grounded gauntlet, and will take on Yakka over 100m and 400m on Saturday, December 8th. Both recorded the same time in the 200 on Sat., so the outcome is anyone's guess. Will age overcome ability, or will Yakka win? What will be the prize? Is the Pres.'s assistant Solo Man status in peril? Will his plan to avoid injury by not training be effective? More details later!!!

PROGRAMME 1

		<u>Track</u>					
1.00 pm		3000 Walk	A, B, C, U/18				
		100m	A, B, C, D				
1.20		1500 Walk	D, U/16, U/14				
1.25		100m	U/18, U/16, U/14				
1.40		1500m	A, B, C, D				
2.10		1500m	U/18, U/16, U/14				
		Sprint Hurdles	All grades				
2.50		4 x 100	All grades				
3.30		3000 Steeple	A, B, C, U/18				
3.45		2000 Steeple	D, U/16				
4.10		400m	U/14, U/16, U/18				
4.15		400m	A, B, C, D				
		<u>Field</u>					
	High Jump	Triple	Pole Vault	Hammer	Shot Put	Discus	Javelin
12.15				U/18 U/16			
12.35				A, B			
1.00	U/16	U/18			U/16	U/14	
1.20						U/18	
1.30	U/14	U/16	A, B		A, B		
1.45						C, D	
2.00	A, B	A, B					
2.15			C, U/18		C		
2.30						A, B	
2.45	C	U/14			D		
3.15	D	C					U/18, U/16
3.30					U/14		
3.45	U/18	D					A, B
4.00					U/18		

TEAM RESULTS 16/11

<u>B Grade</u>		<u>D Grade</u>		<u>U/18</u>		<u>U/16</u>			<u>U/14</u>	
<u>BH1</u>	<u>OS</u>	<u>M1</u>	<u>OS</u>	<u>DLS</u>	<u>OS</u>	<u>Ivan.</u>	<u>OS</u>	<u>St.K</u>	<u>R</u>	<u>OS</u>
91	31	55	67	7	34	80	14	116	61	34

U/18 REPORT

The day started well with A. Burrowes running a great PB by 1 min 33 sec. The middle distance men had a go at the Long Jump but they did not go well at all with only D. Lepper doing any good, with a jump of 4.40. L. Hopkins did really well with a jump of 5.57, in U /18 inv. (well done, door mat).

Then the mean-machine came out of hiding - A. Boag, C. Drake (with red shorts) and D. Lepper finished 4, 2, 3. They have all improved out of sight.

S. Worrall did a 200m in 27.3 (PB) for second place and did quite well with a high jump of 1.50 in D Grade. A. Boag, C. Drake, D. Lepper and L. Hopkins ran a well judged race to win in a time of 3.43 (2 sec. off record).

S. Worrall next ran a 3000m in a time of 9.44 - he finished first against de la Salle and 3rd overall. This was quite pleasing to see as he has not trained for some time.

Good Luck to you all with your exams.

U/14 REPORT

Today we were against Richmond, who were one place ahead of us on the ladder. Unfortunately Peter Humble and Richard De Visser could not compete, but Adam Barnett, Julian De Visser, Duncan Jamieson and Headswell Berriman competed well. Berriman won the High Jump once again, Barnett won the 200m in 25.4 sec., J. DeVisser ran 19.5 sec. in the 90 Hurdles. A. Barnett Long Jump 4.80 metres, 1st.

We look forward to a full turnout next week.

EXCUSES EXCUSES EXCUSES

The following note was passed to the Editor from Colin Findlay.

"Pleased to note that Peter Wingate has ably taken over the leading role in D Grade steeples. But be assured that my absence from the track is only temporary whilst managing the APS United team. Special excuse for last week's absence was that I was in Bangkok to defend a Veterans 10k Road title, only to find the race has been put off for two weeks!"

APS UNITED v. RINGWOOD  
57 67

3000 Walk	A. Barrett	13.34	800m	R. Fregon	1.53.2
	S. Facey (PB)	14.09		S. Kasarik	1.56.3
200m	T. Mason	23.0		G. Chambers	2.01
	A. Kiss	23.5	4 x 400m	APS team	1st
	D. Edwards	23.8	5000m	E. Wilson	14.42.4
Pole Vault	M. Smith	3.80		S. Brennan	14.43.7
Long Jump	M. Macfarlane	6.22		S. Kasarik	14.56
High Jump	D. Butler	1.90	Javelin	M. Smith	44.40

SUN SUPERUN RESULTS

A. Cochrane	53.50	30th
A. Aitken	62.08	287th
J. Holmes	67.30	

B GRADE RESULTS

400 Hurdles	G. Evans	DNE	
Shot Put	Davey	12.02m	
3000m Walk	A. Jamieson	15.57	2nd
1500m (Inv.)	"	8.09	
200m	J. Flowers	23.7	4th
	D. Ward	25.5	6th
	J. Barber (PB)	23.9	5th
800m	R. Gatherall	1.58.7	
	A. Macmillan	1.59.4	
	T. O'Halloran	2.03.9	
Long Jump	A. Mills	DNQ	(5.76 qual. 5.80)
110 Hurdles	D. Ward	DNQ	(19.6 qual. 19.5)

D GRADE RESULTS

400 Hurdles	P. Tingate (PB)	64.6	1st
200m	R. Piesse	26.5	Inv.
	D. Butler	24.1	1st
	A. Mills	24.8	3rd
	P. Thompson	26.5	5th
800m	R. Hooley	2.7.1	
	P. Tingate	2.8.7	
	R. Piesse	2.15.2	
	J. Sartain	2.12.5	Inv.
	J. Barber	2.23.5	Inv.
110 Hurdles	A. Mills	20.3	1st
	P. Thompson	20.3	2nd
High Jump	A. Mills	1.65	1st
	P. Tingate	1.70	Inv.
Shot Put	A. Jamieson	9.31	1st
	D. Ward	1.60m	Inv.
3000m	C. Findlay	10.10	2nd
	J. Holmes (PB)	10.38	4th
	R. Hooley		5th

U/18 RESULTS

3000m Walk	K. Burrowes (PB)	15.41	1st
Long Jump	S. Worrall	4.25	DNQ
	D. Lepper	4.40	DNQ
200m	S. Worrall (PB)	27.3	2nd
800m	D. Lepper	2.03.9	1st
	C. Drake	2.05	2nd
High Jump	S. Worrall	1.50	(D Grade)
4 x 400m	Boag, Drake		
	Lepper, Hopkins	3.43	
3000m	S. Worrall	9.44	1st

U/16 RESULTS

Long Jump	L. Hopkins	5.47	1st
200m	L. Hopkins	25.7	3rd

OLD SCOTCH ATHLETIC CLUB  
NEWSHEET

Registered by Australia Post  
Publication No. VBH 1629

REMEMBER    REMEMBER    REMEMBER

On December 7th, the whole of the Box Hill venue will compete at Olympic Park so be pre-warned. This is to enable us to take advantage of the O.P. facilities in Interclub conditions. We compete at Box Hill, as usual, this Saturday.

PROG. 2    PROG. 2    PROG. 2

Yep, Prog. 2 this week, as follows:-

Track

1.00 pm	400 Hurdles	A, B, C, D, 18
	3000 Walk	A, B, C, 18
1.15	300 Hurdles	16, 14
1.20	1500 Walk	D, 16, 14
1.30	200m	A, B, C, D
2.00	200m	18, 16, 14
2.20	800m	A, C, B, D
2.30	Sprint Hurdles	All grades
2.40	800m	18, 16, 14
3.05	4 x 400	All Grades
3.50	3000m	D, 18, 16
4.10	5000m	A, B, C

Field

	High Jump	Long Jump	Pole Vault	Hammer	Shot Put	Discus	Javelin
12.15				C D 18			
12.40				A B			
1.00	16	18			16	18	
1.25						16	
1.30	14	16	A B		A B		
1.45						A B	
2.00	A B	A B					
2.15			18 16		C		
2.30							D
2.45	C	C			D		
3.00							14
3.15	D						18
3.30		D			14		
3.45	18						C
4.00		14			18		
4.10							A B

TRANSPORT    TRANSPORT    TRANSPORT

With the finishing of exams many schoolboys have started to appear again at Box Hill. It seems that some have no alternative but to put themselves at the peril of the Met., so we propose the following solution:-

The guys listed below are happy to provide lifts to Box Hill from their home area. Just give them a ring before Saturday to see if they can fix you up. Difficult areas such as Brighton might need a train trip to Richmond station and a lift from there with Angus MacMillan. Ring Angus to work this one out.

Mike Smith	277 1886	Mt. Waverley
Henry Kiss	277 3138	Mt. Waverley
Angus MacMillan	818 2859	Hawthorn
Gregor Evans	817 5212	Kew, Balwyn
Peter Thompson	380 1407	Camberwell
Rob Catherall	82 1064	Camberwell

OLD SCOTCH ATHLETIC CLUB NEWSHEET

Registered by Australia Post

Publication No. VBH1629

POSTAGE PAID

CAMBERWELL

VIC. 3124

If undeliverable return to

A. Edwards,

20 Nairn st.

Ashburton 3147

Stewart Handasyde,  
2b Kalang Rd.,  
CAMBERWELL 3124

Mean men, Dasher, Yakka, R.J.C. and Pete Timmers, mutilated many in the 4 x 100. Nevertheless, neanderthal Andy Jamieson nobbled nine metres (nearer ten), neatly nestling the near-ferrous nodule 9.60 metres away. Omnipresent Pete Timmers obliterated opponents in the High (1st 1.60), whilst oversimplifying obstacle-clearing and ostracizing other runners with a 6.36 1st place steeple. Prime performances preserved our place in the premiership procession with James "Toe-cutter" Hairdresser, Yakka and Steve "Wonder-boy" Worrall in 57.8, 58.2, 61.0 in the quarter.  
Q.E.D.

U/18 REPORT

Today we had a small turnout of only 2 people, but these two did all they could. They were S. Worrall and J. Shuravetsky.

First of all was 100m, S. Worrall 13.2 3rd, J. Shuravetsky 12.8 2nd. Then a 1500m 4.32 by S. Worrall 1st. Julian then did the Pole Vault and jumped 3.70. Steve did Inv. D Grade High Jump 1.45. Steve also ran D Grade 400m, 61.0.

The big news this week, we are coming 4th overall. Keep going Team, we are looking good for the finals.

P.S. Not too many exams to go, I hope.

U/14 REPORT

Today we had a full turnout but as usual with slight problems. Our egotist, hero, Richard Berriman lost his numbers and could not compete (gee wiz!)

Peter Humble, Richard De Visser and brother Julian, Duncan Jamieson and Adam Barnett all competed well. Richard De Visser, as usual, showed great skill in the 90m "running really fast and jumping over obstacle-type things" race (Hurdles). Peter Humble won the High Jump with 1m 50. Adam Barnett won his 100m in 12.4 sec., getting the same as last week.

In the relay, it was Humble, J. De Visser, R. De Visser and Barnett team that came 2nd overall.

MORE RESULTS    RESULTS    RESULTS

B Grade

3000m Walk	A. Jamieson	15.51	2nd
100m	D. Edwards	11.6	1st
	J. Barber	12.4	3rd
1500m	R. Catherall	4.06.8	
	A. MacMillan	4.09.8	
	T. O'Halloran	4.13	
High Jump	M. MacFarlane	2.00 m	
Shot Put	A. Davey	11.77m	
4 x 100	Hooley, Thompson		
	MacFarlane, Barber	47.7	1st
400m	R. Catherall	53.5	2nd
	R. Hooley	55.0	5th
	R. Dillon	55.0	4th

D Grade

100m	R. Hooley	12.2	1st
	P. Thompson	12.5	2nd
	A. Davey	12.9	3rd
1500m	R. Piesse	4.33	2nd
	R. Hooley	4.32	1st
	J. Barber	5.06	3rd
Discus	A. Davey	26.82	
4 x 100	Catherall, Piesse	50.5	1st
	Davey, Tingate		

CHRISTMAS BREAK-UP      CHRISTMAS BREAK-UP

DON'T FORGET    -    15th DECEMBER    -    CHRISTMAS BREAK-UP

Where:      Scotch Glen Centre

Why :      To play all the sports ever invented under the one roof  
            (also swimming)

Cost :      NOTHING!!

Who :      You, Me and Everybody.    Sheep, Guinea Pigs special discount.

Also :      B.B.Q. on River - B.Y.O. everything.

Time :      3.00 p.m.

Games, Fun, Prizes, Competitions

RESULTS      RESULTS      RESULTS

U/14      O.S. 40 d. Ivan. 2 12

U/16      DLS 1 63 d. Malv. 18 d. O.S. 18

U/18      O.S. 19 d. SSH 13

D Grade   O.S. 85 d. Ivan. 1 13

B Grade   O.S. 55 d. Malv. 44

B GRADE REPORT

B Grade are born to Boogey, baby. And boy, did we boogey at Box Hill. Malvern were beaten by a babble of bristling buxom beauties. (And Jacqui was there too!) But beware of beer at the Billabong, it bowls you blind, unlike some unnamed Australian cricketers, which Border should boot in the bum.

B Grade, the backbone of the Club, up until now, has not filed a report because of the disappointing form shown. But not this week!! A massive 55 points to 44 points. What more could you ask for?

This week's highlights -

- \* D. Edwards returns, unaccompanied, unwanted, and unworried (and unmarried).
- \* Where is Boag?
- \* Barber bounces a 12.4 100m, Relay and 57.8 400m
- \* Davey delivered a devastating shot
- \* Dillon dashed a 400m in 54.9
- \* Andy Jamieson, 'the quiet achiever', walked a 3000m in 15.51, nominated for the BP Award of the Year
- \* Distance runners O'Catherall, O'Halloran, O'Mac-I've-got-a-very-sore-ankle-Millan, came (sore) and conquered and left.
- \* M. MacFarlane came, soared and conquered with a 2.00m leap in the High Jump - looking at A Grade
- \* Sensational victory in the 4 x 100m Relay, with Malcom MacFarlane doing his Superman "100m in a single bound" impersonation.

D GRADE REPORT

Eloquence exists, evidenced by everyone's experience of the everlasting epistle which emerged elegantly earlier. Furthermore, feats of fitness finally felled fellow fanatics, forging finals fever for fans. Gosh guys, we're good. Hooley hurtled, Thommo hobbled and Dasher Davey hooned down the 100 in 12.2, 12.5 (please note, Yakka) and 12.9. In the 1500, Hooley, Piesse, Barber indian-filed in 1st, 2nd, 3rd indicating 4.32, 4.33 and 5.06 on the clock. Justly juggernaut Dasher Davey juggled the disc 26.82 m (what an improvement) killing them. Later Thommo (19.0) leapt and Andy Jamieson (21.7) lobbed over the straight sticks, leaving losers lamenting.

Registered by Australia Post  
Publication No. VBH 1629

Price \$0.01

REMEMBER    REMEMBER    REMEMBER

Competition is at Olympic Park this week for the whole of the Box Hill venue. Be prepared for a different timetable of events. Don't show up at Box Hill because no-one will be there, Programme One this week - 100, 400, 1500 etc.

OFFICIALS    OFFICIALS    OFFICIALS

Anyone willing to lend a hand for an hour or so at O.P. this weekend will be much appreciated. We have been short of official help in recent weeks. Mums, dads, brothers, sisters welcome. No experience necessary.

WELCOME    WELCOME    WELCOME

Welcome to new member Rick Tillotson. Rick has represented Australia as a Lacrosse player in recent times and wants to build his fitness up over the summer.

TEAM RESULTS    TEAM RESULTS

<u>B Grade</u>	<u>OS</u> 46	d.	<u>DLS</u> 43	<u>U/18</u>	<u>OS</u> 33	d.	<u>OX</u> 30
<u>D Grade</u>	<u>OS</u> 46	d.	<u>St.K</u> 77	<u>U/16</u>	<u>OS</u>	won ?	
				<u>U/14</u>	<u>OS</u> 45	drew	<u>DLS</u> 45

QUOTES    QUOTES    QUOTES

"Come on Gregor, there's a girl in front of you". A. Macmillan to G. Evans

"I'll have to ask Dillon for advice". G. Evans responding to A. Macmillan during 3000m race

"Sir Garfield Sobers is related to me". Steve Worrall

"I just pulled down my tracksuit pants and there was Thommo's pen!"  
R. Hooley

"Do you want to see a display of brute force strength?" A. Macmillan, breaking a plastic bag full of water.

LETTERS    LETTERS    LETTERS

Dear Sir,

On perusal of the Melbourne "Sun", Wednesday 27th November 1985 an article and photograph on athletics caught my attention. I was particularly interested in the style of one of your athletes in the photograph. I noticed the right elbow held high in the classic southpaw stance and the knee raised in the defensive (or offensive) position. The accompanying text also alluded to the aggressive style of running adopted by the said athlete.

I was wondering if you could answer the following questions for my research:

1. Is this new approach to athletics based on scientific research undertaken at A.I.S.? (By the way, we haven't seen as many A.I.S. staff and families holidaying over here recently!)
2. Are these tactics considered successful only when competing against more "demure" opponents?

OLD SCOTCH ATHLETIC CLUB NEWSHEET

Registered by Australia Post

Publication No. VBH1629

POSTAGE PAID  
CAMBERWELL  
VIC. 3124

If undeliverable return to ↴

A. Edwards,

20 Nairn st.

Ashburton 3147

Stewart Handasyde,  
2b Kalang Rd.,  
CAMBERWELL 3124

3. Have these tactics been tested successfully overseas? (I do recall they were used by one of your compatriots in the 4 x 400 relay at the World Cup.)
4. Is it common practice in Australia for the beaten runner to apologise to the winner of the race?

Yours faithfully,  
 Hank Biffanrun  
 Professor of Cynical Studies  
 University of Santa Clausia  
 U.S.A.

P.S. We have two athletes, Mr. Larry Holmes and Mr. Michael Spinks who look forward to racing your man over 800m at the next PB meeting.

UNDER 18 REPORT

Today was a great effort by all who turned up!! 'Cos we beat Old Kavs. Chris Drake, Will Dertam, Zhil Harman and Hamish Tadjell - where are you??

Let me make it clear that we have 5 rounds left to the finals, this means that to win on that day all team members must have competed at least five times 'cos 5 is the big qualifying number!!!

You've gone to the trouble to join up with Old Scotch, so why not come along and run and find out what we look like.

B GRADE RESULTS

200m	M. Smith	23.8
	D. Butler	24.5
	J. Barber	25.5
800m	R. Catherall	2.02
	R. Dillon	2.05
	T. O'Halloran	2.07
Shot Put	A. Davey	11.90
High Jump	M. Macfarlane	1.95
4 x 400	Lepper, Hooley Butler, Smith	2nd
5000m	D. Irvine- Halliday (inv.)	
Long Jump	M. Smith	6.59

D GRADE RESULTS

1500 Walk	S. Facey (Inv.)	7.15
200m	A. Kiss	24.4
	R. Piesse	27.0
	R. Tillotson (Inv)	26.8
800m	R. Hooley	2.07.5
	P. Tingate	2.09.7
	R. Piesse	2.11.3
High Jump	P. Tingate	1.65
4 x 400	Dillon, Burrowes Boag, Piesse	3.48.3
3000m	P. Boag (PB)	10.04.8
	C. Findlay	10.18
	S. Handasyde	10.23
	J. Holmes (PB)	10.26
	G. Evans	12.02

U/18 RESULTS

1500 Walk	K. Burrowes	DNF
200m	K. Burrowes	27.0
	S. Worrall	27.9
800m	A. Boag	2.07
	D. Lepper	2.10
	S. Worrall	2.20
Discus	J. Shuravetsky	34.00
3000m	S. Worrall	10.27

U/16 RESULTS

200m	E. Macdonald	26.1
	J. Maddern	25.8
	H. Bradfield	27.5
	H. McLeish	28.2
800m	H. Bradfield	2.11.8
Long Jump	J. Maddern	5.38
	H. Bradfield	DNQ

U/14 RESULTS

300 Hurdles	R. De Visser	51.5 PB
90 Hurdles	R. Berriman	17.9
	R. De Visser	16.3
200m	A. Barnett	25.5
High Jump	A. Barnett	1.45
	R. Berriman	1.45
	R. De Visser	1.40
Shot Put	R. De Visser	8.12
	R. Berriman	9.87
Long Jump	R. Berriman	4.31

APS UNITED v BOX HILL

We fell in a hole today!

Hammer	R. Glass	48.96	2nd
3000 Walk	A. Barrett	13.14.2	2nd
	S. Facey	15.08	DNQ
Shot Put	R. Glass	12.11	2nd
200m	J. Flowers	24.3	DNQ
Pole Vault	M. Smith	4.20	2nd
	(PB & Club Record)		
Discus	R. Glass	39.34	2nd
High Jump	D. Butler	1.90	1st
800m	R. Freegon	1.56.3	2nd
	P. Gibney	2.04	DNQ
5000	S. Brennan		2nd
	S. Kasarik		4th

D Grade (Cont'd)

Shot Put	A. Jamieson	9.60 (PB)	2nd
2000m Steeple	P. Tingate	6.36	1st
High Jump	P. Tingate		1st
110 Hurdle	P. Thompson	19.0 (PB)	1st
	A. Jamieson	21.7	2nd
400m	J. Barber	57.8	
	R. Piesse	58.2	
	S. Worrall	61.0	

U/18

100m	J. Shuravetsky	12.8	2nd
	S. Worrall	13.2	3rd
1500m	S. Worrall	4.32	1st
Pole Vault	J. Shuravetsky	3.70m	
Javelin	J. Shuravetsky	38.00	
High Jump	S. Worrall (Inv.)		

U/16

100m	J. Madden	12.3	1st
Triple Jump	J. Madden	11.18	1st

U/14

Discuss	R. De Visser	19.90 (PB)	
	D. Jamieson	17.95	
100m	R. De Visser	14.3	3rd
	A. Barnett	12.4	1st
	J. De Visser	16.1 (PB)	5th
90m Hurdle	R. De Visser	15.3 (=PB)	1st
	J. De Visser	19.5	3rd
	D. Jamieson	19.7	2nd
4 x 100	Humble, Barnett, J & R. De Visser	56.0	2nd
High Jump	P. Humble	1.50	1st

EXTRA EXTRA EXTRA EXTRA EXTRA EXTRA EXTRA EXTRA EXTRA  
 MANY O.S. ATHLETES WILL BE PLEASED TO HEAR THAT DAVID IRVINE-HALLIDAY  
 WILL BE IN MELBOURNE THIS SATURDAY FOR ONE DAY ONLY ON ROUTE TO  
 PERTH FOR A CONFERENCE. DAVID WILL BE OUT AT BOX HILL ON SATURDAY ARVO  
 AND WOULD LOVE TO SEE AS MANY OF HIS OLD X-COUNTRY MATES AS HE CAN.  
 NO DOUBT THERE'LL ALSO BE SOME INTERNATIONAL CULTURAL EXCHANGE OVER A  
 FEW DRINKS AFTERWARDS TOO!

RELAYS  
 CONGRATULATIONS TO THE U/18 4 X 800 RELAY TEAM WHO MANAGED TO SLASH THE  
 U/18 AND ~~U/19~~ U/19 CLUB RECORDS. DAVE LEPPER ANDREW BOAG, CHRIS DRAKE  
 AND WILL DERHAM RAN THE FINE TIME OF 8.24:0 IN THEIR HEAT TO QUALIFY  
 FOR LAST SUNDAYS VIC CHAMPS FINAL.

THE O.S. SENIOR REPRESENTATIVES O'HALLORAN, O'DILLON, O'HOOLEY  
 AND O'MACMILLAN RAN 8.23:9 IN THEIR SENIOR HEAT.....

Registered by Australia Post  
 Publication No. VBH 1629

THE WEEK THAT WAS

Not a big week last week; just enough time for a few 100's and then we were bucketed. After being bucketed, we were bucketed again; they called it off; Dillon went to go training, and the rest of us went down to the Riverside.

However, the day was not without highlights - you don't waste a tailwind like that while you've got it - and sprint PB's were everywhere. Even Evans was seen to be considering a 100m dash.

Highlights included -

- \* The whole U/16 sprint team of Hopkins, Maddern and McDonald PB'd (11.5, 11.9, 11.9)
- \* Angus had to change his pants after sitting on the High Jump mats
- \* The U/16 team put in a team report
- \* Jon Holmes PB'd in 1500m (4.39)

CHRISSY BREAK UP      CHRISSY BREAK UP

It's on for young and old at the Glenn Centre this Sunday. This is it. Be there or miss out, and don't miss out on this one - the Old Scotch. annual, once-a-year you-beauty-rip-snorter Chrissy break up. You may have some questions though, like -

Where is it? - At the Scotch Glenn Centre

When is it? - 3.00pm THIS Sunday

Who'll be there?- Organisers are presently catering for between 15,000 - 30,000 people and parking will be scarce. The Essendon football team will be in attendance and Barbara Back will call in briefly between engagements. Everyone who has ever run for Old Scotch is guaranteed to be present as are Father Christmas and Robin Hood.

What's happening?- Anything could happen, but some of the more likely activities will be: Volleyball, Badminton, Basketball, Swimming and BBQ afterwards. Bring your gear and be prepared. Prizes for bellyflop competition.

What do you need to bring? - Mums, dads, sisters, girlfriends, de factos, wives, vagrants, children and anything you might need for a BBQ - a except soft drink and salads.

What else? - Old Scotch Bingo prizes to be presented! Bigger than Parade, better than Brasso, this is it at last. If you have any line complete on your card bring it on Sunday and you stand to win huge prizes.

BINGO    BINGO    BINGO

Which leads us to  
 THIS WEEK'S BINGO NUMBERS -

65 39 5 57 **73** 16 49 64

This is O.S. Bingos last week and what a week it is.....

OLD SCOTCH ATHLETIC CLUB NEWSHEET

Registered by Australia Post  
Publication No. VBH 1629

If undeliverable return to:

A. Edwards,

20 Nairn Street,

Ashburton, 3147

Stewart Handasyde,  
2b Kalang Road.,  
CAMBERWELL

3124

POSTAGE PAID  
CAMBERWELL, 3124

U/16 TEAM REPORT

U/16 TEAM REPORT

Despite an abundance of precipitation, the U/16 sprinting trio performed creditably. Lyndon Hopkins, James Maddern and Ewen McDonald ran 11.5, 11.9, 11.9 respectively (all P.B.'s) for the 100m dash. What an effort! Carl Lewis - watch out ... Now there is an air of expectancy among the team in relation to a record in the near future.  
WELL DONE FELLAS!

RESULTS RESULTS RESULTS RESULTS

B Grade

100m	D. Edwards	11.3	1st
	M. Smith	11.5	3rd

D Grade

100m	J. Barber	11.7 (PB)	1st
	R. Hooley	12.0	2nd
	R. Catherall	12.8	4th
1500	P. Boag	4.40	Inv.
	T. O'Halloran	4.24	1st
	J. Holmes	4.39	4th
	G. Evans	5.00	6th
High Jump	P. Tingate	1.65m	1st
Discus	A. Davy	23.96	

U/18

100m	K. Burrows	12.8	
	S. Worrall	13.1 (PB)	
	Stubbs	11.8 (PB)	
1500	S. Worrall	4.46	
	C. Drake	4.33	

U/16

100m	J. Maddern	11.9 (PB)	
	E. McDonald	11.9 (PB)	
	L. Hopkins	11.5 (PB)	
1500m	H. Brafield	4.29	1st

THIS WEEK THIS WEEK THIS WEEK

Back to Box Hill this week. Programme 2 -

Track

1.00 pm	400 Hurdles	A B C D U/18A, B, C, D, U/18
	3000 Walk	A, B, C, U/18
1.15	300 Hurdles	U/16, U/14
1.20	1500 Walk	D, U/16, U/14
1.30	200m	A, B, C, D
2.00	200m	U/18, U/16, U/14
2.20	800m	A, B, C, D
2.30	Sprint Hurdles	All Grades
2.40	800m	U/18, U/16, U/14
3.05	4 x 400	All Grades
3.50	3000m	D, U/18, U/16
4.10	5000m	A, B, C

Field

	<u>High Jump</u>	<u>Long Jump</u>	<u>Pole Vault</u>	<u>Hammer</u>	<u>Shot Put</u>	<u>Discus</u>	<u>Javelin</u>
12.15				C D U/18			
12.40				A B			
1.00	U/16	U/18			U/16	U/18	
1.25						U/16	
1.30	U/14	U/16	A B		A B		
1.45						A B	
2.00	A B	A B					
2.15			(U/18 (U/16)		C		
2.30							D
2.45	C	C			D		
3.00							U/14
3.15	D						U/18
3.30		D			U/14		
3.45	U/18						C
4.00		U/14			U/18		
4.10							A B

*PRINTED AND PUBLISHED BY J. F. ...*

10/12/85

OLD SCOTCH ATHLETIC CLUB  
NEWSLETTER

Registered by Australia Post  
Publication No. UBH 1629.

God Save the Queen.

Contents This Week:

Excuses for last week's non-appearance  
News and reviews from Interclub Day 1  
Old Scotch instant BINGO!!  
Trivial Pursuit question of the week  
Gossip  
Editorial  
Gossip

We present again a small selection of reviews of the O.S. newsheet -

Craven, Melbourne Herald - "A slight lapse in standard last week; in fact I can't recall much about last week's."

O'Halloran, Australian Runner - "As good last week as ever - brilliant."

Davies, Melbourne Sun - "I apologise for my ridiculous article on the World Cup athletes - read the O.S. newsheet for an informed opinion."

Williams, Old Melbourne Newsheet - "Every page a new colour, a new surprise. Sensational!"

New Members

A welcome to new members Adam Barnett, Julian DeVisser and Duncan Jamieson. Adam will compete with the U/16 team and Julian and Duncan with the U/14. Rumour has it that a match race will take place at the end of the season between father (Andy) and son (Duncan) in an event of Duncan's choice.

Also, welcome back to Simon Hill after a long absence.

800m Handicap

Scotch, Sat. AAP: In what could only be described as trying conditions on House Sports Day, Richard 'Yakka' Piesse wiped himself out of contention for the next ten years in the 800m handicap event by winning the event with room to spare. Second place-getter was Richard Dillon in a somewhat depleted but highly competitive field.

In conditions that turned out to be a handicappers nightmare, Dillon must have been rueing the decision to give Piesse a very generous 80m. Last year's winner "Flash" Polkinghorne was not to be seen at the post and experts agree that every yard less to run on the day was a 2 yard advantage on a normal track.

It is unlikely that Piesse will be seen at the event for several years to come as he tries to restore his handicap which Saturday's event will have slashed.

Race commentator Henry Kiss can only leave school authorities relieved that his school career will be finished within a matter of weeks.

Dillon himself must be wondering how long his position as handicapper will stand. Despite difficult conditions some feel that the mark given to Piesse was excessive and the next committee meeting should be a heated affair with considerable pressure on him to stand down. The fact that Dillon himself placed second in the event will also tell against him.

OLD SCOTCH ATHLETIC CLUB NEWSHEET

Registered by Australia Post  
Publication No. VBH 1629

If Undeliverable Return To:

A. Edwards,  
20 Nairn Street,  
ASHBURTON, 3147

Stewart Hendasyde,  
2b Kalang Rd.,  
CAMBERWELL 3124

POSTAGE PAID

CAMBERWELL

VIC. 3124 POST.

Angus MacMillan placed third some distance from the lead and will never be given the responsibility of running a book on the event again.

### RESULTS RESULTS

No, these are not the results. This is to tell you how to tell us your results. Each week there are team sheets posted on notice boards up by the O.S. camp. In order for us to keep accurate records of performances the most convenient way is for each competitor to record his results on the team sheet. Please do this a little bit neatly. If you wish to claim a record then you will have to speak to someone who looks like they might know what to do. The ideal man is Paul Boag who is looking after this sort of stuff. We won't give you a record unless you claim it, and there is a form to fill out to do this. (Sort of like having to appeal before the umpire can give a batsman out.)

### The Brand New, All Singing, All Dancing, First for the Season B Grade Report

Stu faoey opens the Interclub season with sterling performance in the Walk: first home in 15.17. Rohan makes his mark as the only senior O.S. sprinter for the day with 4th place in 13.5, then feels obliged to amend the teamsheet with some excuse about not running for 12 months. Thank God for 1500m runners as the Cardinals blow Old Melbs away with Wilson 1st, Mad Max MacMillan 2nd and Catherall 3rd. Rohan tackles the sprint straight again, this time to fight the hurdles - 2nd in 19.4. Al Mills comfortably takes the points in the High Jump (1.65) and then belts out a mammoth 12.94m for the triple - take the points again Scotchies.

Relays now, and the lethal combination of Hill, Hooley, Thompson and Mills demonstrate that good looks and charm are poor substitutes indeed for fleetness of foot.

Roger meanwhile demonstrates to all-comers how to come first first and first in Hammer (51.90), Shot (12.83) and Discus (39.55).

Smitho uncharacteristically restricts himself to the vault, and adds 5cm to the club record.

Thommo races over to the scorers tent to get progressive totals and returns just in time to miss the lobbying for 400m positions. Aitken, Hooley and Evans get the nod from the selectors. At 180m Evans is out of control 15m ahead of the field. With the qualifying mark at 56.0 all O.S. runners have only one thing in mind - 55.9. Hooley, in an attempt to impress the selectors crawls over the line 2nd in 55.5; Evans tests out the timekeepers and finds one to be a 1/10th too slow, so records 56.0; and Ozzie runs as the decoy impressively preventing two Old Melb. runners from qualifying by returning a 57.8.

Result - Old Scotch thrashes Old Melb. by large margin.

### The D Grade Report

The gentlemen's team performed well and recorded a fine victory over their opposition.

P .... GOSSIP .... GOSSIP .... GOSSIP ..... GOSSIP .... GOSSIP ....  
or "GOSSIP WITH GUS"

Everybody around town has been asking the same question lately - "What's happened to Ross Hooley?" No, he hasn't got another haircut (yet). No, he hasn't started training. The reason why this question is reverberating from the fashion editors of 'Prime Time' to the Bouncer at Inflation, is because Ross seems to have suddenly begun pursuing members of the opposite gender. (That's females, if anyone was wondering.) It seems that his

primeval urges have once again been aroused. (Yes, dear readers, it HAS been a long time between proverbial drinks) Of course, the second question to spring forth from 1000's of gaping mouths would be: "who?" This question, however, is far from clear. Several incidents have been reported by the Newsheets Raving reporter which have raised an eyebrow or two from the editorial desk. Firstly, it was a secret rendezvous after the end-of-season A.P.S. cross-country dinner. The next incident occurred several weeks later when Ross went on holiday to Bulla, again accompanied, but this time with another friend, and this was followed closely by a weekend at Blairgowrie, again with another unidentified companion. This was bad enough, until he cancelled a weight session with yours-truly to drive a female work acquaintance who had just started, all the way home to Templestowe "because she missed the bus". Is Ross just a nice guy? Or is there lurking behind his gay and carefree charade something more sinister? (dramatic chord). Who cares? Will Ross ever talk to me again? What's in the rumour that the President quit Dentistry after a hole was found in his rubber gloves. In fact, if San Francisco had an earthquake, would anyone bother sending Aids? Find out next week, when Ross Hooley writes his reply and gives details of the lawsuit.

Old Scotch BINGO

Yes, here it is! This is not just another cheap circulation-boosting gimmick, this is because we do it right for you! Watch under this spot for Bingo numbers printed in the bingo box. Complete one row over the weeks in any direction and unparalleled prizes could be yours. More details will present themselves each week but to start you off, find your four bingo cards in this issue and go go go.

This week's numbers are:

56	84
30	9
23	26
19	

U/14 Results

R. Berriman	High Jump	1.40m
J. DeVisser	Discus	2nd
D. Jamieson	Hurdles	20.2
R. DeVisser	Triple	9.29m
R. Berriman	Triple	9.32m
J. DeVisser	Triple	
Jamieson, DeVisser, Berriman, R. DeVisser	4 x 100m	4th
R. DeVisser	1500m	5:27
R. DeVisser	400m	67.3sec.

U/18 Results

J. Shuravetsky	Discus	33.80
K. Burrowes	1500m	4.52.8
K. Burrowes	400m	60sec.

B Grade Results

S. Facey	3000m Walk	15.17	1st
R. Hodges	100m	13.5	4th
A. Mills	Triple Jump	12.84	1st
E. Wilson	1500m	4.12	1st
R. Catherall	"	4.13.6	3rd
A. MacMillan	"	4.12.3	2nd
R. Hodges	110 Hurdles	19.4	2nd
A. Mills	High Jump	1.68	1st
Hill, Hooley, Thompson, Mills	4 x 100m		2nd

OLD SCOTCH ATHLETIC CLUB NEWSHEET

Registered by Australia Post  
 Publication No. VBH 1629

Price \$0.01

NEWS NEWS NEWS

The first round of Interclub to be held in 1986 will be on the 18th January at Box Hill. The programme will be Prog. 2 (200's 800's etc.). APSU will also be competing against Doncaster at Box Hill for this round of competition.

Don't let Chrissy pudding and festive cheer take its toll too heavily; be sure to put in a few regular sessions over the holidays to make the most of the last few rounds of Interclub.

CHAMPIONSHIPS CHAMPIONSHIPS

About this time of year a bit of action must be taken by those wishing to enter state or national championships. The details of these events, and closing dates for applications are listed below:

<u>Championship</u>	<u>Date</u>	<u>Entry Closing Date</u>	<u>Venue</u>
Vic. U/18, U/16, T & F	Feb. 8, 9, 15, 16, 22, 23	11/ 1/1986	
Vic. Open U/20 MultiEvent	Feb. 8, 9	17/ 1/1986	
Vic. Open U/20 T & F	Feb. 8, 9, 15, 16, 22, 23	17/ 1/1986	
Vic. U/18, U/16, U/14 MultiEvent	Feb. 15, 16	17/ .1/1986	
Vic. U/14, U/13 T & F	Mar. 8, 9	7/ 2/1986	
Aust. U/16, U/18 T& F	Mar. 8, 9		Venue - Tasmania
Aust. Open U/20 T & F	Mar. 14, 15, 16		- South Aust.

For Vic. championship entry forms, contact either the VAA office or any of the following people:

Anne Edwards (25 5067)  
 Mike Smith (277 1886)  
 Peter Thompson (380 1407)

The method of entry for Australian Championships has been revised, and athletes now will be required to forward an entry form and fee directly to the AAU office. Entry forms will be available early in January from AAU or VAA offices.

A special hello to Alistair Hill, now a sub-Lieutenant in the Navy, and land-lubbing it for a while. Al called in at Box Hill for 5 minutes on Saturday and stayed 20.

Results from PB meeting 10/12/1985

Rick Dillon	800	2.4.6	
	400	55.5	
Ross Hooley	400	54.4	
Jon Holmes	3k	10.12	PB
Paul Boag	800	2.19	

Postage paid by the sender

Postage paid

Postage paid

Postage paid by the sender

Postage paid by the sender

Handwritten mark

**OLD SCOTCH ATHLETIC CLUB NEWSHEET**

**POSTAGE PAID**

Registered by Australia Post

**CAMBERWELL, 3124**

Publication No. VBH 1629

If Undeliverable Return to:

A. Edwards,  
20 Nairn Street,  
Ashburton, 3147

Stewart Handasyde,  
2B Kalang Road,  
CAMBERWELL 3124

Postage paid

Results from Zatopek Meeting 18/19 December, 1985:

			Master's Mile		Richard Piesse	4.55			
			10 k		Jon Holmes	36			
			Decathlon		Mike Smith				
<u>100</u>	<u>LJ</u>	<u>SP</u>	<u>HJ</u>	<u>400</u>	<u>110H</u>	<u>Disc</u>	<u>PV</u>	<u>Jav.</u>	<u>1500</u>
11.5	6.62	10.01	1.70	52.2	16.5	34.49 (PB)	4.20 (PB)	49.64 (PB)	4.35
							Total	- 6344	

Results from Australian All Schools Championships, Perth.

Al Davies	Shot Put	5th	
Darren Butler	High Jump	3rd	1.99

PB MEETS      PB MEETS

Note that in the new year, the following PB Meetings will be held:-

THE ADELAIDE REPORT

On the weekend of 14/15 December, the editor and a band of free-lance pole-vaulting cohorts carried out an in-depth reconnaissance mission of the venue of the national championships in March, Olympic Sports Field, Adelaide. As with any such event, it was of prime concern to the editor and his colleagues that such a venue should be able to provide to competitors not only first class athletics facilities, but also adequate recreational and leisure activity - a break from the intense nature of championship events.

The early arrival of both the editor and defending national champ a la vault, Neil Honey, on the Friday night, allowed for a quick preview of the offerings of Adelaide night life as the rest of the research team hurtled towards their weekend destination by minibus. The late arrival of the minibus did not deter the more enthusiastic vaulters from beginning their weekend research immediately and several members of the team quickly dispersed after arrival at the hotel.

Saturday afternoon competition at the track saw a good series of performances in the vault, with each Victorian gracefully retiring to the grassy bank beside the track as his turn was completed. Tension increased towards the end of the competition when it was thought that an early completion of the event might allow time to catch the last session of play in the test at the Adelaide oval. This was not to be as the event lingered on while Neil Honey cleared 5.00m, with the editor himself clearing a modest 4.20m.

Satisfied with the state of the athletic facilities the vaulters then turned their attention to other things and can recommend a number of venues to suit the differing tastes of the discerning social athlete. Highlights included the newly-opened Adelaide Casino where the locals, new to legal two-up, find it increasingly difficult to spin two coins from a kip, as the night wears on.

At the end of the weekend exercise, the conclusion reached was that the findings were favourable but incomplete. It may well be necessary to partake of a similar trip in the new year.

RESULTS - 21/12/1985

B GRADE

3000m Walk	S. Facey	14.52	1st
100m	A. Kiss	11.4	1st
1500m	T. O'Halloran	4.20.9	2nd
4 x 100m	Hooley, MacMillan Mills, Thompson	49.0	1st
400m	M. Smith	52.5	
	R. Dillon	55.2	
	A. MacMillan	55.8	

A GRADE

Hammer	R. Glass	51.60		OS 46	d.	OX 26
3000m Walk	S. Facey	14.36				
Shot Put	R. Glass	12.36				
Discus	R. Glass	36.66				
5 k	E. Wilson	14.57				

D GRADE

1500 Walk	S. Facey (INV.)	7.07 (PB)	
	A. Jamieson	8.00	1st
100m	R. Hooley	12.1	1st
	A. MacMillan	13.0	2nd
1500m	S. Mandasyde	4.38	2nd
	P. Tingate	4.37	1st
	J. Holmes	4.51	3rd
Hurdles	A. Jamieson	20.5	2nd
	R. Hooley	20.4	1st
4 x 100m	Worrall, Facey P. & A Boag		1st
2000 Steeple	P. Tingate	6.45	
Discus	P. Thompson	31.0	1st
Shot Put	A. Jamieson	9.21	1st
High Jump	P. Tingate	1.65	1st
400m	R. Hooley	56.1	1st
	A. Mills	58.4	2nd
	G. Evans	58.5	3rd

OS Malvern 2

96 d. 14

U/18

100m	A. Stubbs	12.0	1st
1500m	A. Boag	4.34	1st
	S. Worrall	4.54	
4 x 100	Maddern, MacDonald deVisser, Stubbs	50.9	1st
400m	A. Stubbs	55.0	2nd
	E. MacDonald	59.1 (PB)	
	A. Boag	61	
	S. Worrall (Inv.)	63	

OS d. BH2  
32 18

U/16

100m	E. MacDonald	12.1	3rd
	J. Maddern	12.4	
Triple Jump	J. Maddern	11.62	1st
High Jump	E. MacDonald	1:60 (PB)	1st

DLS d. OS StK  
39 27 142

U/14

Discus	D. Jamieson	(PB)	
100m	J. De Visser	14.8	4th
High Jump	J. De Visser	1.40	2nd
90m Hurdles	J. De Visser	10.1	1st
Triple Jump	J. De Visser	9.40	
Shot Put	J. De Visser	8.57	

OS IV.1.  
24 62

RESULTS - 14/12/1985

B GRADE

200m	A. Kiss	25.9
	D. Edwards	23.8
800m	T. O'Halloran	2:06
	R. Catherall	2:04
	R. Dillon	2:07
4 x 400	Catherall, MacMillan(54.4 PB) Edwards, Dillon	

D GRADE

400m	P. Tingate	65.5
200m	P. Tingate	26.8
	R. Hooley	25.2
	R. Tillotson	25.6
800m	A. Aitken	2:09.2
	P. Tingate	2:10.1
	J. Sartain	2:13
4 x 400	P. Tingate T. O'Halloran J. Sartain R. Tillotson	
3000m	P. Boag	9.54 (PB)
	J. Holmes	10.16
	R. Piesse	9.59 (PB)
Javelin	A. MacMillan	29.40
Shot Put	G. Evans	8.42
High Jump	P. Tingate	1.55
Long Jump	P. Tingate	5.25

OS 83 defeated OM 23

U/16

Long Jump	L. Hopkins	5.69
-----------	------------	------

U/18

400 Hurdles	A. Boag	68.0
	L. Hopkins	71.0
100m	S. Worrall	28.1
	A. Stubbs	25.4
	L. Hopkins	26.1
High Jump	S. Worrall	1.50
4 x 400	L. Hopkins	
	W. Derham	
	A. Boag	
	A. Stubbs	3.47
3000m	S. Worrall	10.06
OS 42 defeated DLS 2		

U/14

300 Hurdles	R. De Visser	51.4
High Jump	R. De Visser	1.40
	R. Berriman	1.40
200m	A. Barnett	25.3 (PB)
	R. De Visser	30.0
90 Hurdles	R. De Visser	16.0
	J. De Visser	19.5
Shot Put	J. De Visser	8.18 (PB)
Javelin	R. De Visser	DNQ
Shot Put	R. De Visser	8.71 (PB)
BH.1 74 defeated OS 32		

PB MEETS    PB MEETS    PB MEETS    PB MEETS    PB MEETS

THE FOLLOWING PB MEETS WILL BE HELD IN THE NEW YEAR (AS LEFT OUT EARLIER IN THE NET SHEET)

- 1 SAT 4 JAN O.P. 1.00 pm start
- 2 WED 8 JAN ROSEBUD (MELWAYS 469 E6 ) evening meet
- 3 SAT 11 JAN O.P. 1.00 pm start
- 4 TUE 14 JAN MENTONE (MELWAYS 87 B7 ) evening meet

NOTICE NOTICE NOTICE NOTICE

NOTICE THAT THE INTERCLUB ROUND SCHEDULED FOR 25 JAN HAS BEEN CHANGED TO THE 22 JAN (WED) BUT STILL REMAINS AT BOX HILL BE PREPARED FOR THIS EVENING MEET ,WE WILL BE IN TOUCH BEFORE THEN

15/1/86

Registered by Australia Post  
 Publication No. UBH 1629

Price \$0.01

REMEMBER      REMEMBER      REMEMBER

Remember Interclub this Saturday at Box Hill. Reap the benefit of all that Christmas holiday training! The programme is Number 2. We urge everybody to attend to qualify for the finals - be there or be square.

Also remember the night meeting to be held at Box Hill on Wednesday 22nd. This is a normal round of Interclub and will start at 5.30pm. The programme is Programme No. 1 - be there or be abused.

After the night meeting, there will be chicken and champagne at the Catherall household (34 Parlington Street, Canterbury) for all. BYO chicken, but champagne, salad and Solo will be provided - be there or miss out.

RESULTS      RESULTS      RESULTS

The following results were recorded at Olympic Park at the PB Meets 4th and 11th January.

4th January

Anthony Stubbs	100m	11.9	
	200m	24.8	PB
	400m	53.1	PB
Andrew Boag	3000m	9.07	PB
Darren Butler	High Jump	2.00m	
Greg Evans	400m	56.2	
Steve Worrall	3000m	10.01	
Dave Edwards	200m	24.1	
Alistair Davey	Shot (16lb)	12.87	PB
Ozzie Aitken	400	58.00 approx.	

11th January

Steve Worrall	3000m	9.53	
Andrew Boag	800m	2.06	
Rob Catherall	800m	1.57.7	
Terry O'Halloran	800m	2.02	
Dave Edwards	100m	11.5	
	200m	23.4	
	400m	52.5	PB
Ewen McDonald	100m	12.4	
	200m	26.0	
	400m	59.1	= PB
Darren Butler	High Jump	2.00m	
	Long Jump	6.19	
Alistair Davey	Shot Put	12.70	
Ric Dillon	400m	54.4	
Greg Evans	400 Hurdles	64.2	

OLD SCOTCH ATHLETIC CLUB NEWSHEET  
Registered by Australia Post  
Publication No. VBH 1629

POSTAGE PAID  
CAMBERWELL, 3124

If Undeliverable Return to:

A. Edwards,  
20 Nairn Street,  
Ashburton, 3147

Stewart Handasyde,  
27 MacLennan Road,  
Camberwell, 3124

PROGRAMME 2      PROGRAMME 2

For Interclub Saturday 18th January

Track

1.00pm	400 Hurdles	A, B, C, D, 18
	3000 Walk	A, B, C, 18
1.15	300 Hurdles	16, 14
1.20	1500 Walk	D, 16, 14
1.30	200m	A, B, C, D
2.00	200m	18, 16, 14
2.20	800m	A, B, C, D
2.30	Sprint Hurdles	All grades
2.40	800m	18, 16, 14
3.05	4 x 400m	All grades
3.50	3000m	D, 18, 16
4.10	5000m	A, B, C

Field

	<u>High Jump</u>	<u>Long Jump</u>	<u>Pole Vault</u>	<u>Hammer</u>	<u>Shot Put</u>	<u>Discus</u>	<u>Javelin</u>
12.15				C D 18			
12.40				A B			
1.00	16	18			16	18	
1.25						16	
1.30	14	16	A B		A B		
1.45						A B	
2.00	A B	A B					
2.15			18 16		C		
2.30							D
2.45	C	C			D		
3.00							14
3.15	D						18
3.30		D			14		
3.45	18						C
4.00		14			18		
4.10							A B

NEWS      NEWS      NEWS

Hats off to Anthony Stubbs, Alistair Mills and Ewen McDonald, all of whom have partnered Greg Evans in some Chrissy training at O.P. Some more complacent athletes may well have something to look out for!

Schoolboys needing lifts from the Peninsula for the 18th or 22nd can contact Angus MacMillan (Mornington 059 756 097) or Stu Facey (Mt. Martha 059 741 362) to arrange transport, i.e. don't tell us you weren't there because you couldn't get a lift!

By the kind arrangement with the management of Midway Sports Store, Ringwood, all O.S. members will receive a 10% discount on any sports gear purchased there. Thanks to Peter Thompson for organising/wangling/terrorizing/arranging/conning this one!

The next PB Meet at O.P. will be on 27th January.

The PB Meet scheduled for 25th Feb. at O.P. has been rescheduled to 27th Feb. due to the Dire Straits concert. The Box Hill venue is also responsible for providing officials for this one, so keep the date free!

Venue finals are on the 1st February. Each athlete must have competed four times to qualify for the finals, i.e. if you haven't yet competed four times don't miss out on the next two rounds - we need you!

On Thursday 16th January, at Olympic Park, Ewen Wilson defends his State 10 k title at 9.00 pm. Be there to watch a State champ. in action.

In our latest letter from America, Mark Purvis tells of a 10k fun run win in Chattanooga. Mark was interviewed by the local press, and real enthusiasts can see the video of it all at his parents house.

Teams for Interclub - 18/1/1986 (Saturday)

	<u>B GRADE</u>		<u>D GRADE</u>	
Hammer		12.40pm	Hill	12.15pm
400 Hurdle	Evans	1.00	Mills	
	Tingate		Hill	
	Hodges			
Shot Put	Smith	1.00	Jamieson	2.45
Walk - 3 k	Facey	1.00	Jamieson 1500	1.20
			Holmes	
200m	Kiss	1.30	Mills	
	Smith		D. Ward	
	Dillon		R. Ward	
			Hookey	
Discus	Smith	1.45		
Long Jump	Kiss	2.00	Mills	4.00
	Butler		Hill	
Javelin	Smith	4.10	Hill	2.30
800m	MacMillan	2.20	Hookey	
	O'Halloran		Sartain	
	Dillon		Aitken	
	Tingate		Handasyde	
	Atkinson			
110 Hurdles	Hodges	2.30	Mills	
			D. Ward	
			Hill	
4 x 400	Smith	3.05	Sartain	
	Flowers		Aitken	
	Kiss		Hookey	
	Catherall		Mills	
	Butler		Tingate	
	Evans			
	Dillon			
5 k	Oehr		Handasyde	3 k
			Boag	
			Findlay	
			Holmes	

- 4 -

Teams for Interclub - 22/1/1986 (Wednesday) 5.30 pm Box Hill

	<u>B GRADE</u>	<u>D GRADE</u>	
100m	Kiss Smith Edwards	Mills D. Ward R. Ward	
400m	Catherall Dillon Edwards	Sartain Aitken	
1500m	Catherall O'Halloran MacMillan	Handasyde Sartain	
110 Hurdles	Hodges Smith	D. Ward Hill	
Steeple		Findlay Tingate	
Walk - 3000	Facey	Jamieson Holmes	1500m
4 x 100	Kiss Smith MacFarlane		
High Jump	MacFarlane	Mills D. Ward	
Triple		Mills	
Shot Put	Davey	Hill	
Discus	Smith	Thompson	
Javelin	Smith		

GOSSIP NOT FROM GUS

Congratulations to David Ham on his engagement to Lesly Morris. Dave left Victoria for Toowoomba (Qld.) on Tuesday and announced his engagement on Saturday! Wedding in middle of year.

Registered for publication  
by Australia Post  
Publication No. UBH 1629

Price \$0.01

NEWS   NEWS   NEWS

Venue finals at Olympic Park this week. O.S. is represented in D Grade, U/18 and U/14, so come and lend all possible support. All Club members urged to attend! The programme is No. 2 and it is the Box Hill programme not the O.P. programme (times are listed in the Team list.)

All invitation runners will be catered for so come along and fly the flag at the same time as you run. Browse through the Team list (right now!!!) and should you find your name down for any event give Paul Boag a ring on 857 7117 (home) to tell him whether or not you're available. Please ring him whether you are available or not (we repeat these things to try and get the message through).

ATHLETE OF THE WEEK

In an undisputed TKO decision this week, AOTW goes to Al Davey for last Wednesday's shot put at 13.48m. Those who have made themselves acquainted with the 16 lb shot will realize the magnitude of this effort. Al has now qualified for the U/20 National championships.

TOP 20   TOP 20   TOP 20

The 3 OS hot hits survey (first release for 1986) is listed below:-

Thommo	--	Love Over Gold
Smith	-	Tie Me Kangaroo Down, Sport
Yakka	-	When I'm 64/If You Knew Susie
MacFarlane	-	The Boys Light Up
Kiss	-	I Started a Joke
Purvis	-	Winter in America
Hookey	-	What's Love Got to do With It?
Facey	-	Walk Right In
Tingate	-	I've Got a Lovely Bunch of Coconuts
Turner	-	After the Thrill is Gone
Boag, P.	-	Father & Son
Edwards, A.	-	Witchy Woman
Catherall	-	I'm in Love with my Car
O'Halloran	-	The Fool on the Hill
Worrall	-	Mickey Mouse Medley
Borland	-	Nights in White Satin
Handasyde	-	Poems, Prayers & Promises
Evans	-	Yesterday's Hero
Stewardson	-	Do You Really Want to Hurt Me
Dillon	-	Sometimes When We Touch
Hauser	-	Desperado
Shuravetsky	-	Both Sides Now

OLYMPIC PARK - 1/2/1986

Teams selected for the Venue Finals at Olympic Park on Saturday 1st February, 1986 are listed below.

Please note all competitors should report to either Greg Evans, Peter Thompson or Paul Boag at least 45 minutes prior to each event.



D GRADE

12.15 pm	Hammer	S. Hill (Emerg. R. Tillotson)
1.00	400m Hurdles	P. Tingate, A. Mills
1.20	1500m Walk	J. Holmes, A. Jamieson
1.30	200m	D. Ward, R. Ward, R. Tillotson
2.20	800m	R. Hooley, P. Tingate, A. Aitken
2.30	Javelin	S. Hill
2.30	110m Hurdles	S. Hill, D. Ward (Emerg. P. Thompson)
2.45	Shot Put	R. Tillotson
3.05	4 x 400m Relay	J. Sartain, A. Aitken, R. Ward, R. Hooley
3.15	High Jump	D. Ward, P. Tingate
3.50	3000m	S. Handasyde, P. Boag, R. Piesse
4.00	Long Jump	A. Mills

U/18

1.00 pm	400m Hurdles	A. Boag
1.00	Discus	
1.00	Long Jump	
1.00	3000m Walk	K. Burrowes
2.00	200m	D. Lepper, C. Drake, K. Burrowes
2.15	Pole Vault	J. Shuravetsky
2.30	110m Hurdles	
2.40	800m	S. Worrall, C. Drake, D. Lepper, K. Burrowes
3.05	4 x 400m Relay	K. Burrowes
3.15	Javelin	J. Shuravetsky
3.45	High Jump	S. Worrall
3.50	3000m	A. Boag
4.00	Shot Put	

U/14

1.15 pm	300m Hurdles	
1.20	1500m Walk	
1.30	High Jump	R. Berriman, R. deVisser
2.00	200m	A. Barnett, R. deVisser
2.30	90m Hurdles	R. Berriman, D. Jamieson, R. deVisser
2.40	800m	
2.45	Long Jump	A. Barnett, R. deVisser
2.50	Javelin	R. Berriman
3.05	4 x 400m Relay	A. Barnett, R. deVisser, J. deVisser D. Jamieson
3.30	Shot Put	R. Berriman

RESULTS    RESULTS    RESULTS

B GRADE

Shot Put	A. Davey	13.48	1st	PB (Nat. Champ. Qualify)
Discus	A. Davey	DNQ		
3 k Walk	S. Facey	14.40		
1500m	R. Catherall	4.09		
	T. O'Halloran	4.17		
	A. Boag	4.18		PB
High Jump	M. Smith	1.90		
4 x 100 Relay	Tillotson, Ward Aitken, Smith			
Pole Vault (Inv.)	M. Smith	4.20		
400m	M. Smith	51.5		
	R. Catherall	53.5		
	R. Dillon	56.0		

D GRADE

Shot Put	R. Tillotson	10.44		
	G. Evans	8.58		PB
100m	R. Tillotson	12.5		
	R. Ward	12.9		
	D. Ward	13.2		
110 Hurdles	D. Ward	19.2		
1500m	R. Stewardson	4.30		
	A. MacMillan	4.26		
	J. Sartain	4.48		
	P. Boag	4.50		
High Jump	S. Hill	1.40		
Triple Jump	A. Mills	12.87		
4 x 100m Relay	Maddern, Lepper MacDonald, Plesse	50.2		
400m	S. Handasyde	59.0		
	A. Mills	57.6		
	A. Aitken	58.0		

U/18

1500m	D. Lepper	4.32.5		
400m	A. Boag	60.0		
	D. Lepper	58.3		

U/16

100m	E. Macdonald	12.5		
	J. Maddern	12.6		
Triple Jump	J. Maddern	11.85		PB
400m	J. Maddern	57.8		PB
	E. MacDonald	58.7		PB

Registered by Australia Post  
Publication No. VBH 1269

Price: Yes

CONTENTS THIS WEEK

- \* End of season extravaganza
- \* Rankings for season 1985/86
- \* Blurb
- \* Lost and Found
- \* O.S. Dinner
- \* More blurb

After several weeks rest and recuperation the O.S. newsheet is back in your letterbox again, larger than life. Read it with careful attention because this concerns you .....

Aren't you tired of those usual End of Season Golf days and Liquidation sales!!! Do you miss Portsea??? Well then, come along to the OSCAC "WOW WIPEOUT END OF SEASON FLING".

When: SUNDAY 23rd MARCH, 1986 - NOON ONWARDS

Where: Gus' place (ie Angus MacMillan)  
3 Balcombe Street,  
Mornington, 3931 (Melway ref: Map 104 G 10)

For what: BBQ LUNCH AND FOR THOSE WHO WANT TO KEEP ON BOOGEYING, BBQ TEA

What Else: Fun, frivolity (includes organised games and activities)

What to bring: Food and drink (don't worry we'll supply the BBQ and bring the Solo)  
Bathers  
Mums, Dads, brothers, sisters, wives, girlfriends, boyfriends,  
sons, daughters, solicitors, dentists, doctors, dermatologists,  
acupuncturists, etc.

How to get there: Run, walk, drive or contact GUY BENNETT (528 5063) or  
Anne EDWARDS (25 5067)  
to arrange a lift.

RANKINGS

The seasons rankings are listed in the following pages. There will be several omissions for reasons such as:

- i) results from PB meets are incomplete
- ii) it suits the editor, who would like to see himself ranked higher in some events
- iii) the editor makes mistakes
- iv) some people don't write their own results legibly

For these reasons the present rankings are provisional only, and we invite people who have better performances to contact Mike Smith on 209 7852 (new number!). Please ring before 18th March or you shall remain in your present lowly position when the year book goes to print!

OLD SCOTCH ATHLETIC CLUB NEWSHEET  
REGISTERED BY AUSTRALIA POST  
PUBLICATION NO VBH1629

POSTAGE PAID  
CAMBERWELL 3124

IF UNDELIVERABLE RETURN TO:

A. EDWARDS

20 MAIRN ST

ASHBURTON 3147

Stewart Handasyde,  
2B Kalang Rd.,  
CAMBERWELL 3124

OLD BOY'S ANNUAL DINNER

The Old Boy's dinner this year is on May 30th at the cost of \$32.00 a head.. The Aths club has the option of a table. If you wish to get a place on the table they disappear rapidly on a first-in-first-served basis. For those interested get your money to Ross Hooley before 12/3/1986. For further enquiries ring Ross on 29 7135.

YEAR BOOK      YEAR BOOK

Angus MacMillan is anxiously awaiting any articles you may like to write for the 1985/86 yearbook. We would be glad to receive anything from anyone, the least bit suitable for the extravagant production. If you're really keen you might even like to call Angus to find out what he might like you to write, on 812 2859.

LOST   LOST   LOST   and   FOUND

At the venue final at O.P. recently a pair of running shoes (flats) were left behind at the end of the meeting. Col Findlay has them in his safe keeping and says that "they're worn in but not old, a little bit big, but with no size on them". He also gave the brand name but the editor has forgotten it. If they may be yours, ring Col on 467 2117.

RECENT FUN RUN RESULTS

VMC Burnley Boulevard      10 miles 2nd February.

Ewen Wilson	51 mins 48 secs	3rd overall
Stu Handasyde	59 mins	
Yakka Piesse	61 mins 02 secs	
Jon Holmes	62 mins 56 secs	

VMC Two Bridges      10 kms 5th February

Tarquín Oehr	34 mins (approx.)
Jon Holmes	38 mins 40 secs

VMC Two Bridges      10 kms 19th February

Tarquín Oehr	similar time as above
Jon Holmes	37 mins + (a much happier runner than 2 weeks before)

Cross Country Runners

Sunday morning runs in the Wandenongs have commenced. All those Old Scotch runners interested contact either Angus MacMillan (818 2859) or Ross Hooley (29 7135) for details.

VRR 12 km Fun Run at Fairfield      2nd March

John Cormack	38 mins 01 secs	2nd placing overall
Yakka Piesse	44 mins 39 secs	

VENUE FINAL RESULTS

<u>D Grade</u>		<u>U/18</u>		<u>U/14</u>	
St.K	165	BH 1	94	BH 1	112
Malv.	123	OS	59	IV	88
OS	115	DLS	58	Rich.	76
OM	78	BH 2		OS	63

VENUE FINAL RESULTS (cont'd) U/18

Julian Shuravetsky	Javelin	1st	43.22	PB
	Pole Vault	2nd	3.90	PB
	(U/18 Club Record)			

RESULTS OF VENUE FINALS FEB. 1 at OLYMPIC PARK

O.S. D Grade v. St.K, OM, Malvern

400 m Hurdles	P. Tingate	64.7	3rd
	P. Thompson	69.4	3rd
1500 m Walk	J. Holmes	7.35	1st
200 m	D. Ward		
	R. Ward	25.0	
	R. Tillotson	25.0	6th
800m	R. Hooley	2.03	
	P. Tingate	2.08	
	A. Aitken	2.12	
Javelin	C. Findlay	31.62	2nd
110 m Hurdles	D. Ward		2nd
	P. Thompson	PB 18.8	2nd
Shot Put	R. Tillotson	10.60	2nd
4 x 400 m Relay	J. Sartain R. Ward	3.42	
	R. Hooley R. Tillotson		
3000m	S. Handasyde	9.56	
	E. Boag	10.11	
	E. Piesse	9.59	
	C. Findlay (Inv.)	10.49	
Long Jump	P. Tingate	5.25	

U/18

200 m	L. Lepper		
	C. Drake		
	L. Burrowes	PB 25.2	
	A. Stubbs (Inv.)	24.2	
800m	C. Drake	2.07	
	L. Lepper	2.15	

U/14

300 m Hurdles	E. deVisser	PB 49.0	2nd
High Jump	E. Berriman	1.40	2nd
200m	A. Barnett	PB 25.2	1st
Long Jump	A. Barnett	4.90	2nd

RATINGS

100 m			
J. Flowers	11.0	J. Shuravetsky	12.8
D. Edwards	11.1	D. Ward	12.8
A. Kiss	11.2	R. Piesse	12.9
M. Smith	11.2	R. Ward	12.9
A. Mills	11.8	D. Lepper	12.9
A. Stubbs	12.0	A. Davey	12.9
E. McDonald	12.1	A. MacMillan	13.0
R. Hooley	12.1	R. Hodges	13.0
J. Maddern	12.3	S. Worrall	13.1
A. Barnett	12.4	R. deVisser	14.3
R. Tillotson	12.5	R. Berriman	14.4
J. Barber	12.4	J. deVisser	14.8
P. Thompson	12.5		

RATINGS (cont'd)

200m

M. Smith	22.6
D. Edwards	22.8
A. Kiss	23.5
J. Flowers	23.7
D. Butler	24.1
A. Mills	24.8
R. Hooley	25.2
A. Barnett	25.3
A. Stubbs	25.4
R. Ward	25.4
D. Ward	25.5
J. Barber	25.5
R. Tillotson	25.6
J. Maddern	25.7
A. Hopkins	25.7
G. Evans	25.9
T. Lord	25.9
R. Dillon	26.1
E. McDonald	26.1
P. Thompson	26.5
P. Tingate	26.8
R. Piesse	27.0
K. Burrowes	27.0
S. Worrall	27.3
R. Hodges	27.3
H. Bradfield	27.5
H. McCleish	28.2
R. deVisser	30.0
R. Berriman	30.1

800 m

R. Catherall	1.56:0
A. MacMillan	1.59:4
R. Hooley	2.03:8
T. O'Halloran	2.03:9
D. Lepper	2.03:9
R. Dillon	2.05
C. Drake	2.05
R. Stewardson	2.05
A. Boag	2.07
P. Tingate	2.08:7
A. Aitken	2.09:2
S. Handasyde	2.10:6
R. Piesse	2.11:3
H. Bradfield	2.11:8
J. Sartain	2.13
S. Worrall	2.20
A. Jamieson	2.31

300 Hurdles

R. deVisser	5.0.0
-------------	-------

Hammer

R. Glass	54.00
----------	-------

400m

M. Smith	51.1
D. Edwards	52.8
R. Hooley	55.0
A. Stubbs	55.0
R. Dillon	55.0
R. Catherall	53.5
G. Evans	55.7
A. MacMillan	55.8
J. Sartain	56.0
R. Ward	56.5
T. O'Halloran	57.1
A. Mills	57.2
A. Aitken	57.8
J. Maddern	57.8
J. Barber	57.8
R. Piesse	57.9
D. Lepper	58.3
E. McDonald	58.7
S. Handasyde	59.0
K. Burrowes	60.0
A. Boag	60.0
S. Worrall	61.0
R. deVisser	63.0
R. Berriman	66.1

5 Km

E. Wilson	14.42:4
J. Cormack	14.53

3 Km

S. Worrall	9.44
P. Boag	9.54
R. Piesse	9.59
C. Findlay	10.10
J. Holmes	10.16
S. Handasyde	10.23
K. Burrowes	10.50
G. Evans	12.02

3 Km Walk

S. Facey	14.09
K. Burrowes	15.41
A. Jamieson	15.51

1500 Walk

J. Holmes	7.33
A. Jamieson	7.33

Javelin

M. Smith	49.0
J. Shuravetsky	39.5(U/18)
R. Berriman	21.12(U/14)

1500m

E. Wilson	3.56:0
A. MacMillan	4.05:8
R. Catherall	4.06'8
T. O'Halloran	4.13
A. Boag	4.18
C. Drake	4.24
D. Lepper	4.27
H. Bradfield	4.28:7
S. Worrall	4.32
R. Piesse	4.33
M. Smith	4.34
R. Stewardson	4.30
P. Tingate	4.37
S. Handasyde	4.38
P. Boag	4.48:8
J. Holmes	4.50
K. Burrowes	4.52:8
P. Thompson	4.54
J. Barber	5.06
R. deVisser	5.27
R. Hooley	4.32

3 K Steeple

J. Cormack	9.15
------------	------

Decathlon

M. Smith	6344
----------	------

2 Km Steeple

P. Tingate	6.36
C. Findlay	7.15

110 Hurdle

M. Smith	16.0(3'6")
S. Hill	16.9(3'3")
D. Ward	18.5(3'3")
R. Hodges	18.7(3'3")
P. Thompson	19.0(3'3")
A. Mills	20.3(3'3")
R. Hooley	20.4(3'3")
A. Jamieson	20.5(3'3")
R. Ward	21.4(3'3")

90 Hurdles

R. deVisser	15.3
J. deVisser	19.1
D. Jamieson	19.7

Pole Vault

M. Smith	4.20
J. Shuravetsky	3.90

RATINGS (cont'd)400 Hurdles

G. Evans	61.8
R. Hodges	61.1
P. Tingate	64.6
A. Mills	66.0
A. Boag	68.0
A. Hopkins	71.0

Discus

R. Glass	39.62	(2 kg)
M. Smith	33.	"
A. Davey	32.05	"
J. Shuravetsky	36.98	(1.5kg)
P. Thompson	31.00	"
R. Berriman	27.12	U/14
R. deVisser	19.90	"
D. Jamieson	18.53	"

High Jump

D. Butler	2.05
M. MacFarlane	2.00
M. Smith	1.90
D. Ward	1.80
A. Mills	1.68
P. Tingate	1.65
E. McDonald	1.60
A. Barnett	1.50
P. Humble	1.50
R. Berriman	1.50
S. Worrall	1.50
R. deVisser	1.45
J. deVisser	1.40

Long Jump

M. Smith	6.62
M. MacFarlane	6.55
D. Butler	6.
A. Kiss	5.98
A. Hopkins	5.69
E. Ward	5.54
J. Maddern	5.38
P. Tingate	5.25
A. Barnett	5.01
R. Berriman	4.31
R. deVisser	4.14

Shot Put

A. Davey	13.71	(161b)
R. Glass	12.83	"
M. Smith	10	"
R. Tillotson	10.54	(121b)
A. Jamieson	9.60	"
G. Evans	8.58	"
R. Berriman	10.79	U/14
R. deVisser	8.71	"
J. deVisser	8.57	"

Triple Jump

D. Butler	13.11
A. Mills	12.87
J. Maddern	11.85
R. Berriman	9.75
R. deVisser	9.55
J. deVisser	9.40