

OLD SCOTCH COLLEGIANS' ATHLETIC CLUB

(FOUNDED 1926)

O.S.C.A.C. NEWS SHEET - REGISTERED FOR POSTING AS A PERIODICAL CATEGORY B
PUBLICATION NO. VEH 1629 NO. 3 14.10.82

Greetings one and all (and that includes Peter Thompson who, for all we know, may still be ensuring that there are no stragglers in the 800m handicap). Peter was one of the many competitors who braved Hando's 'inspired' handicapping at the recent house sports, which saw Drew Smith (off 60m) run first in a time of 1:50.69. Stan Gallagher, Mike Smith and Ross Hooley were hot on his heels, but it was all in vain - they just couldn't get close enough to those said, same heels in order to trip him up!! (Congrats fellas for a race well run.).

welcome : A big hello, good evening and welcome to the following new members : Kevin Close - who when asked why he'd joined O.S. aths club rather than O.S. swimming club, replied, 'I'm allergic to water! I once knew someone who drowned in the stuff!!

first! : Bridget Aitken - stop drooling fellas, you've got to catch her
: The three Jamesketeers - James Barber, James Ives and yes, you guessed it, James Neil!

: Stephen Worrall who even at the tender age of 14 has an ambition. 'I don't want to achieve immortality through my running ... I want to achieve it through not dying!!! ' Makes sense to me!!

: Belated welcomes to Tim Watson, Tim Frew and ~~Tim~~ (oops) Phillip Sheils. To each and every one of you, we hope your association with the club is a long and happy one !

uniform : Surprise! Surprise! No longer do your nice bright Red singlets (which team so marvellously with your nice bright RED shorts) have to be adorned with that tatty old O.S. badge! Now, for a small charge of \$2, you can have a tatty New one!! Be the first one on your block to have a genuine O.S. badge - contact Graham Briscoe and claim one for your very own!!

big m marathon : I always say that a marathon ain't a marathon unless Bill Rodgers (American marathon whiz 'kid') is running, Captain Mark Phillips is starting and O.S. is controlling the start. The Big M has BR, CMP, & live television coverage but unless more OScotchies are prepared to hike to Frankston on the morning of Sun. 17 Oct., the start will be a shambles. If you're interested in officiating, contact Gregor Evans on 818 5755.

note

Register
Early !
Gnomes
In
Spring
Training
Rarely
Allow
Time
In

Ordering
Numbers!

see page 3
for application form.
Remember /
the earlier you
register, the earlier
you can compete!

TEAM CAPTAINS

U17 Capt James Atkinson 232306
V. Capt Charles Berry 82469
U16 Andrew MacMillan 818 2859
Brett Langley 878 5910
U15 Lachie Fraser-Smith 818 716
Phil Harman 836 6163
U14 Simon Nash 836 9746
Braedon Lord 818 7186
U13 Team Manager Phil Barton 836 1596

TEAMS FOR SATURDAY 16th OCTOBER

B GRADE : Captain - Andrew Aitken (830 4947)

Vice Captain - David Edwards (347 1361)

1.00 pm	3000m Walk	Andrew Jamieson , Bruce Moore
1.00	100m	David Edwards, Mike Smith, Stephen Hauser
1.00	Hammer	??
1.30	Triple Jump	Andrew Tingate
1.45	1500m	Andrew Aitken, Rob Catherall, Nigel Watson
2.00	Pole Vault	Rohan Hodges
2.15	110 Hurdles	David Edwards, Trevor Tingate
2.30	High Jump	Rick Dillon
2.30	Discus	David Edwards
3.00	4 x 100m	D.Edwards, T.Tingate, R.Stewardson, R.Dillon
3.15	Shot Put	??
3.30	3000m Steeple	Tarquin Oehr, John Marx, Nigel Starr
3.45	Javelin	David Edwards
4.15	400m	Rick Dillon, Raoul Stewardson, Andrew Aitken

C GRADE : Captain - Andrew Tingate (232 2030)

Vice Captain - Rohan Hodges (859 5745)

1.00pm	3000m Walk	Bruce Moore
1.00	Hammer	??
1.00	100m	Ross Hooley, Trevor Tingate, Andrew Tingate
1.30	Triple Jump	Peter Thompson
1.45	1500m	Tarquin Oehr, Nick Tapp, Mark Purvis
2.00	Pole Vault	Trevor Tingate
2.15	110m Hurd.	Ro Hodges, Darren Ward
2.30	High Jump	Trevor Tingate
2.30	Discus	??
3.00	4 x 100m	A.Tingate, J. Thorpe, D.Ward , P.Thompson
3.15	Shot Put	??
3.30	3000m Stple.	Mike Watson, Peter Stephens, Graham Wise
3.45	Javelin	Colin Findlay
4.15	400m	Stu Handasyde, Ross Hoolla Hoops, Andrew Tingate

D GRADE : Captain - Al Matthews (359 6492)

Vice Captain - Jon Holmes (568 2357)

1.00	100m	Darren Ward, Peter Thompson, James Russell
1.00	Hammer	Al Matthews
1.20	1500m Walk	Jon Holmes
1.45	1500m	Mike Bush, John Wolmeraley, Rick Piesse
1.45	High Jump	Darren Ward
2.00	Discus	Al Matthews
2.15	110 Hurd.	Ian Handasyde, John Thorpe
2.45	Shot Put	James Russell
3.00	4 x 100m	R.Hodges, P.Thompson, J.Russell, Al. Matthews
4.00	2000m Stple.	Colin Findlay, Ian Handasyde
4.00	Triple Jump	Peter Thompson
4.15	400m	Darren Ward, John Thorpe, James Russell

*****NOTE - If your name does not appear on the team sheets-
 don't despair!! Come along anyway! If your name does appear and
 you can't make it, make sure you let some one know- preferably
 your team captain.....

TEAMS FOR SATURDAY 16th OCTOBER

	<u>U 13</u>	<u>U 14</u>	<u>U 15</u>	<u>U 16</u>	<u>U 17</u>
1.00pm	H.J	H.J./Disc.		T.J./ Disc.	Triple Jump
1.15	S.P	Shot Put			
1.20	1500m W	1500m Walk	1500m Wlk.	1500m Walk	1500m Walk
1.25	100m	100m	100m	100m	100m
1.30					Hammer
1.45			Shot Put		
2.15			Triple Jump		110m Hurdles
2.30	1500m	1500m	1500m	1500m	1500m
2.35	80m Hurd.	90m Hurd.	90m Hurd.	100m Hurd.	
2.45					
3.00	4 x 100/Jav	4 x 100	4 x 100/Jav	4 x 100m	4 x 100m
3.15	T.J.	T.J.			H.J.
3.30					
3.45			H.J.	H.J.	
4.00				2000m Stple/SP	2000m Stple/SP
4.15	400m	400m	400m	400m	400m/Jav.

NOTE

Many of the Junior members are involved with school athletics and so will most likely, be unable to compete for Old Scotch. We would be very pleased, however, to see any of the Junior athletes, not committed to school aths, at Box Hill on Saturday! So come along!

Tear off here

O.S.C.A.C

MEMBERSHIP APPLICATION - SEASON 82/83

NAME..... Christian name and initial(s) Surname

ADDRESS..... POSTCODE.....

PHONE NOS. (HOME)..... (BUS.).....

DATE OF BIRTH..... AGE AT 1.4.82yrs.....mths

I ENCLOSEBEING MY SUBSCRIPTION FOR SEASON 82/83 FOR THE FOLLOWING

		SENIORS	JUNIORS
Category 1 APSCE Cross Country only	\$15		\$15
Category 2 V.A.A. & APSCE Cross Country	\$28		\$15
Category 3 V.A.A. Track & Field only (summer)	\$22		\$15
Category 4 Non-competing (Social)	\$15		\$15

If either of categories 2 or 3 was ticked, ie if V.A.A. registration is required, you must complete a V.A.A. nomination card, which must accompany this form otherwise registration can not take place. (Cards obtainable from the registrar). This is a new nomination card, which must be completed even if you have been previously registered with the V.A.A.A.

Please complete this form neatly and send the form with your remittance (payable to O.S.C.A.C.) to: THE REGISTRAR O.S.C.A.C.
C/- BRUCE HOOLEY,
9 LANSELL CRESCENT,
Camberwell. 3124.

Please note: THIS FORM SHOULD BE COMPLETED IN FULL AND RETURNED PROMPTLY, WITH YOUR REMITTANCE, TO THE REGISTRAR TO OBTAIN REGISTRATION OF MEMBERSHIP AND DELIVERY OF THE NEWS SHEET.

***** Juniors must be under 20 at 1st April, 1982 *****



OLD SCOTCH COLLEGIANS' ATHLETIC CLUB

(FOUNDED 1926)

O.S.C.A.C. NEWS SHEET No. 4 21.10.82

REGISTERED FOR POSTING AS A PERIODICAL CATEGORY B
PUBLICATION NO. VBH 1629 (AUSTRALIA Post)

Well, what a disappointing AND frustrating start to the 82/83 summer Track and Field season - the first round of competition called off, all because of a little rain!! and what was even worse, the venue manager (who shall remain nameless) didn't initiate any alternative races (like swimming and duck calling for the multitude of eager athletes who turned up 'thirsting' for competition! Let's hope the weather is a little kinder to us this week - I'm desperate to show off my brand new GT striped Nikes!!

d.p.s. sports are this Saturday. The club wishes the Scotch team, led by Stuart Hamilton and Tim Probert every success - or in other words, 'Knock 'em dead fellas' !!

welcome

To new members Daide Bini, Damien Trytell, Andrew Boag and Chris Atkinson. When these four were asked if they ever anticipated a time when they wouldn't be competing, they replied that they felt that it would be time to quit 'when your'e not inclined to exercise anything but caution! which usually comes about the time when work is no longer play and play is getting to ^{be} work!!' Old Scotch certainly hopes that Daide, Damien, Andrew and Chris all have a long and happy association with the club, and if we ever see their 'spirits' flagging, we'll send Col Findlay along to inspire them!!

registration

Bruce Hooley (Registrar Extraordinaire) is now in the process of perfecting his super duper Registered members computer listing - all he has to overcome are 'minor' problems like double barrel surnames like Fraser-Smith and Parry-Oekden, people who have 2 business phone numbers and even our growing band of female members is a problem apparently (though I can't see how!!?). Despite these little worries, Bruce is eager to add more names to his program (before his boss finds out he's developing the program in company time!!) and so we urge all you unregistered members out there to interrupt your training - for a small moment only! - and rush forms, cards and money to Bruce AS SOON AS POSSIBLE. (The V.A.A. card and money have to reach the V.A.A. via Bruce before an athlete can compete as a member of the club, so you can understand the need for urgent action.)

As an illustration of exactly(??!) what we require - and also to show off the wit and literary flair which is typical of your run of the mill Old Scotch member - the news sheet crew are proud to print, in its entirety, a letter Bruce received from one of our High Jumping marvels! It starts off.....

Dear Bruce,

Enclosed is V.A.A. card completed and signed and a cheque for my subscription to O.S.C.A.C. (also signed!). I note that the V.A.A. require information as to whether I have or have not been a member of any other athletic club or sporting body. Well! I have never been a member of any other aths club but as for sporting bodies - lots! (Cricket clubs, Football clubs, Racing clubs, drinking clu^bs and...

Parting clubs just to name a few!) Of course, I wouldn't put it past the V.A.A to want all that information, knowing well their level of intelligence, so I will just let you fill that bit in!

Regards,

Malcolm MacFarlane
(copy right 1982!)

BIG Mmm

Much to my amazement, no less than a dozen bods ventured down to Frankston at the crack of dawn on Sunday 17th, each eager to have their forms immortalised by Channel 7 cameras and as I don't like to mislead my readers, I feel honour bound to confess that the cameras did not capture their athletic prowess on film, but rather their talents at controlling the start of the marathon. Thanks go to the following for the privelege of being able to watch 'bouncers' in action (and also for their invaluable help!): Greg Evans, Graham Briscoe, John Thorpe, Ross and Bruce Hooley, John Turner, Rick Stoyles, Simon Hill, David Carra, Adam Cossar, Luke Travers and Ewen Wilson.

A number of Old Scotch members competed in the race. Tarquin Oehr ran a PB of 2:36:15. Paul Boag finished in a time of roughly 2:55 and about 1 minute behind him was Paul Lucas. Our congratulations go to them and to any other members who also ran - we'd be interested in knowing your times.

(NOTE : Gregor thinks he has stumbled on a way to end the drought. Captain Mark Phillips fired the gun that started the race. As soon as it had gone off, the heavens opened up and the rain pelted down. Gregor's solution to the drought problem??? Just get Mark Philips to walk up and down the Victorian country side firing guns into the air!!!)

officials

Athletes often pat themselves on the back believing that by competing each Saturday, they are keeping tens of would be officials off the streets and are thus doing the community a service. Not so!! It's the officials who are doing society a favour by organising hundreds of hyper active 'youths' in fair and just competition. Athletes, however, far outweigh the number of officials and more officials are desperately required. O.S. try to provide 6 for Box Hill and its not an easy task to find those 6 - they keep playing hide and seek!! So a plea goes out to friends and family to come along and officialise, even if its only for one afternoon. Your help would be greatly appreciated.

NEWS sheet

While we're on the topic of begging! for help, the news sheet staff feel inspired to grovel for assistance. Each week this rag magically appears in letter boxes all over the world (and when we find out how it manages to get to them all, we'll inform Australia Post who may be able to pick up a few tips!!) but its not without a lot of behind the scenes effort. We have quite a mailing list and it takes some time to collate, fold and sort the news sheet. Invariably, it ends up with the same people doing the work week after week. But no longer!! They have revolted. All it requires is an hour of your time on a Monday or Tuesday night occassionally and a few people's sanity could be saved!! If you are willing to donate an evening or two to saving a crazy but valuable club life line, please contact Anne Edwards (25 5067) or Graham Briscoe (288 2938). Contributors are also most welcome.

newspaper : Hope you all read Peter Stephens' great article 'Confessions of an Addict' in Part 2 of THE AGE on Saturday the 16th. The color photo wasn't bad either! though it was an odd coincidence that 2 other CS members, namely Eta eater Rob Catherall and Mike Caraher, just happened to be running past Peter at that precise moment! Also strangely coincidental, was the fact that Peter just happened to be wearing a T- shirt which advertised a magazine of which he is an editor, namely AUSTRALIAN RUNNER. Nothing like advertising in the AGE, eh Peter??? Congrats on an excellent feature - can we expect more to come? (Hint, hint - Ed)

NOTE : a successful PIE NIGHT was held at school last Tuesday for schoolboy members and prospective members. About 25 turned up hungry and went home praising the great Australian dish. Thanks go to the organisers of the evening - particularly the school for its help.

: Get your O.S. Handbook from Hando. Its free and fabulous! It contains names, numbers, programs, records and other interesting info on season 82/83. While your'e at it, why not invest in a TRAINING MANUAL for only 50 cents. It is the new, updated version full of helpful tips and training ideas.

: O.S. badges are available from Graham Briscoe for only \$2 each.

TEAMS FOR SATURDAY 23rd OCTOBER

Because of the A.P.S. Sports this Saturday no Junior teams (except under 14) have been selected. However, any Junior not committed to going to the sports is most welcome to come to Box Hill this week. Due to various competitions on the two following weeks, no Junior competition will be formally held, however Junior athletes will be able to compete in senior grades by invitation. So don't be put off - come and compete against the 'veterans'.

UNDER 14 : Capt - Simon Nash (836 9746) Braedon Lord (818 7186)

1.15pm 1500m Walk ??

- 3.45 High Jump James Barnett
- 1.00 Shot Put James Ives
- 1.50 200m Bridget Aitken, Simon Nash, Davide Bini
- 2.30 Long Jump Chris Atkinson
- 2.50 800m Simon Nash, Andrew Boag, James Ives
- 2.45 ~~Discus~~ Javelin ~~??~~ Damien Trybell
- 3.30 4 x 200m Bridget Aitken, Simon Nash, Chris Atkinson, James Barnett
- 4.20 90m Hurdles Andrew Boag, Chris Atkinson

	<u>U 13.</u>	<u>U 15</u>	<u>U 16</u>	<u>U17</u>
1.00 400m Hurdles				*****
Long Jump				*****
Shot Put	*****			
12.45 Hammer Throw			*****	
1.15 1500m Walk	*****	*****	*****	*****
1.30 Long Jump		*****		
1.45 Shot Put			*****	*****
1.50 200m	*****	*****	*****	*****
2.00 Pole Vault		*****		*****
2.30 High Jump			*****	*****
Long Jump	*****			
2.45 Discus	*****	*****		
2.50 800m	*****	*****	*****	*****
3.15 High Jump		*****		
2.15 Javelin			*****	
3.30 4 x 200m	*****	*****	*****	*****

TEAMS FOR SATURDAY 23.10.82

Junior Teams (continued)

3.30 Discus U17
 3.15 High Jump U15
 3.45 Shot Put U15
 4.00 110m Hurd. U17 3000m U17, U16 Long Jump U16
 4.20 100/90/80 m Hurdles U13 - U16

B GRADE : Capt - Andrew Aitken (830 4947) Vice Capt. - Dave Edwards (3471361)

12.15pm Hammer ?
 1.00 400m Hurdles Dave Edwards
 1500m Walk Jamieson
 High Jump ?
 Javelin Dave Edwards
 1.30 200m Dave Edwards, Steve Hauser
 2.00 Long Jump Andrew Tingate
 2.45 Pole Vault Ro Hodges
 2.30 800m Ross Hooley, Rob Catherall, Rick Dillon
 Shot Put ?
 3.30 4 x 200m D.Edwards, Steve Hauser, A.Tingate, ?
 4.00 110m Hurdles Trevor Tingate
 Discus Dave Edwards
 4.15 5000m Paul Lucas, Neil Lucas, Terry O'Halloran

C GRADE : Capt. - Andrew Tingate (232 2030) Vice Capt. - RO Hodges (8595745)

12.15pm Hammer ?
 1.00 400m Hurdles Ro Hodges, Trevor Tingate
 1500m Walk Bruce Moore
 High Jump Trevor Tingate
 Javelin ?
 1.30 200m Andrew Tingate, Kevin Close, Trevor Tingate
 2.30 800m Raoul Stewardson, Nigel Watson
 Shot Put Ian Handasyde
 2.45 Pole Vault ?
 3.15 Long Jump Kevin Close
 3.30 4 x 200m T.Tingate, K.Close, R.Stewardson, R.Dillon
 4.00 110m Hurdles Darren Ward, Ro Hodges
 4.35 5000m Bruce Hooley, John Wolmersley, Ric Piesse

D GRADE : Capt. - Al Matthews (359 6492) Vice Capt. - Jon Holmes (568 2357)

12.45pm Hammer Al Matthews
 1.00 400m Hurdles James Russell
 1.15 1500m Walk Jon Holmes
 1.30 200m Darren Ward, Peter Thompson, James Russell
 1.45 High Jump Phil Barton ??
 Javelin Colin Findlay
 2.30 800m Nick Tapp, Graham Wise
 3.15 Long Jump Peter Thompson
 Shot Put Al Matthews
 3.30 4 x 200m DeWard, P.Thompson, N.Tapp, J.Russell
 4.00 110m Hurdles Ian Handasyde, John Thorpe
 4.35 5000m Mike Bush, Ian Hickey

A.P.S. UNITED - A GRADE (collingwood)

12.30 Hammer N/C
 1500 Walk Steve Bourke, JOHN THORPE
 12.45 400m Hurdles STEPHEN HAUSER
 1.00 200m John Dooley, Des McGlade, Greg Chambers
 1.30 Pole Vault N/c
 2.15 Long Jump MIKE SMITH
 2.30 800m EWEN WILSON, ANDY COCHRANE, Dave Sneddon
 3.00 Discus N/c
 3.15 High Jump MAL MAC FARLANE
 3.30 Javelin N/c
 4 x 200m Dooley, Chambers, McGlade, ALISTAIR MYER
 4.10 5000m Nick DeCastella, John Lewis, Steve Brennon
 110 Hurdles AL MYER, MIKE SMITH
 4.15 Shot Put N/c

APS UNITED -A RESERVE (Collingwood)

30/10/82

OLD SCOTCH COLLEGIANS' ATHLETIC CLUB

NEWS SHEET REGISTERED BY AUSTRALIA POST

PUBLICATION NUMBER VBH 1629

After the 'dry' run we had last week, the 'first' round of inter club got off to a good start - though a few athletes, I noticed, seemed a little doubtful and confused about the first day's comp. ; you could see them hurriedly trying to stuff their flippers and goggles into their bags as they passed through the gate! Thankfully, we didn't have to put our swimming skills to the test - and many of us didn't show our athletic abilities to their best advantage either! (Probably due to all that winter training we DIDN'T do!!??). None the less, A grade had a fine win on Saturday as did the under 16 team. A Reserve came second in a pleasing debut and the under 14 team looks as though they will give the rest of the competition a very tough season. Two Personal Bests were recorded on Saturday. Peter Briscoe walked 1500m in a time of 8.38.5 and Simon Nash 800m in 2.30.5. Well done! An APS record was set by Old Scotchie Roger Glass in the Shot Put. Rog was competing in A grade and he heaved that heavy round weight 13.45m. Magnificent! (A big word for a big throw).

apologies : to new members Chris Atkinson and Andrew Boag. Andrew and Chris turned up on Saturday ready to compete for the club, only to find that O.S. had been too slow in forwarding their VAA nomination cards to that said same organisation. Despite their disappointment, both guys decided to stay and compete by invitation. Chris performed very well in the High Jump, Long Jump and hurdles. Andrew, too, hurdled well. With people like this eager to compete for the club, we shake our heads sorrowfully, regretting the fact that the lack of training has caused our speed and action to dim!

note : There is NO JUNIOR COMPETITION this week or next, much to our disgust, but all junior athletes are invited to compete by invitation. PB's are often more satisfying than first places (at least, that's what they say....problem is, I never found out who 'they' were!!) and if that's not incentive enough, remember that a PB gets you a mention on the first page of this literary gem (but then again, \$10 can also win you a couple of encouraging lines!!). So, don't be discouraged by a lack of formal competition - come along anyway!

registration : Bruce Hooley would like it made known that the frequency by which his name is mentioned in this rag is not at his own request - it's at his demand!! Seriously though folks, it is imperative that ALL forms, cards AND monies are forwarded to Bruce (9 Lansell Cres., Camberwell 3124 Phone 29 7135) AS SOON AS POSSIBLE. We want to register you THIS season - not NEXT season!! So, jump, hop and step to it!

big m : Further to the results of Old Scotch members who ran in the BIG M marathon as noted last week, we are pleased to add the name of Colin Findlay. Colin was undecided, right up to the last moment, as to whether he would run or not, but a few prompting words from his wife (and a swinging broomstick!) saw him line up on Sunday. Colin ran the distance in a time of approx 3.28.0. A fine effort.

Note : Ian Hando promises faithfully to bring the O.S. Handbooks and Training Manuals to the next round of interclub. Don't you, Ian??

RESULTS OF ROUND ONE - SATURDAY 23rd OCTOBER

200m	B Grade	David Edwards	24.4	1st
		Andrew Tingate	26.1	3rd
		James Russell	26.8	4th
400m H.	C Grade	James Russell	67.2	
		Rohan Hodges	67.4	
Jav.	B Grade	David Edwards	40m	DNQ
	D	Colin Findlay	37.18m	(best throw for years)
800m	B Grade	Ross Hooley	2:02.8	
		Terry O'Halloran	2:04.8	
		John Thorpe	2:10.2	
	C Grade	James Russell	2:21.0	
	D Grade	Mike Bush	2:13.8	
		Phil Barton	2:35.0	
L.J.	B Grade	Andrew Tingate	5.68m	DNQ
	C Grade	David Edwards	5.65m	
H.J.	C Grade	Andrew Tingate	1.55m	1st
P.V.	B Grade	Rohan Hodges		DNQ
Hammer	D Grade	Al Matthews	24.92m	
110m H	B Grade	Rohan Hodges	21.4	
S.P.	D Grade	Phil Barton	6.32m	
5000m	B Grade	Graham Wise		DNF
	C Grade	Dick Batchelor	17:15.0	
		Bruce Hooley	17:15.9	
		Kevin Close	18:18.0	
	D Grade	Colin Findlay	18:32.0	
		Mike Bush	19:20.0	

UNDER 16 OS 24 d. Wav 2 & XC

1500 Walk	Peter Briscoe	8.38.5	1st	<u>PB</u>
200m	Peter Briscoe			
High Jump	Phil Harman	1.40m	1st	
Javelin	Peter Briscoe	29.56m	DNQ	

UNDER 15

1500 Walk	Phil Harman	9.03		
Long Jump	James Neil	5.09m	1st	
200m	Phil Harman	29.01	1st	
800m	Phil Harman	2.43	2nd	
Discus	Phil Harman	24.34m	1st	
High Jump	James Neil	1.60m	1st	

<u>A Reserve</u>	WS 172 d	APS 104 d	KP 9	GH :
1500 walk	I. Kandasysda	7.04.0		
L.J.	M. MacFarlane	6.29 m		
200m	A. Meyer	23.6		
H.J.	M. MacFarlane	1.75 m		
800m	R. Catherall	2.00.7		
110 Hurd.	A. Aitken	2.00.5		
5000 m	S. Hauser			
	E. Wilson	15.34		

UNDER 14

High Jump	James Barnett	1.45m	1st	
	Chris Atkinson	1.50m	inv.	
S.P.	James Ives			
200m	Simon Nash	30.1	2nd	
	Bridget Aitken	30.8	1st	
	James Ives			
800m	Simon Nash	2:30.5	3rd	<u>PB</u>
4 x 200m	Bridget Aitken, Simon Nash, James Barnett, James Ives			
Long Jump	Chris Atkinson	4.97 ?	inv.	
90m Hurd.	Chris Atkinson	15.4	inv.	
	Andrew Boag	18.7	inv.	

A GRADE APS 146 d. St. 89 , Ivanhoe 92 , SES 66

Hammer	Roger Glass	49.72m	1st	
1500 Walk	John Thorpe	6.36	6th	
400 Hurd.	Stephen Hauser	56.5	2nd	
Long Jump	Mike Smith		DNQ	
800m	Ewen Wilson	1.56.0	2nd	
Discus	Roger Glass	39.86m	2nd	
High Jump	Mike Smith	1.85 m	1st	
5000m	John Cormack	14.51	2nd	
Shot Put	Roger Glass	13.45m	2nd	<u>RECORD</u>

TEAMS FOR SATURDAY 30th OCTOBER

B GRADE : Capt.- Andrew Aitken 830 4947 V.Capt.- David Edwards 347 1361

1.00pm	3000m Walk	Andrew Jamieson, Bruce Moore
1.00	100m	David Edwards, Mike Smith, Ross Hooley
1.00	Hammer	??
1.30	Triple Jump	Andrew Tingate
1.45	1500m	Andrew Aitken, Nigel Watson
2.00	Pole Vault	Rohan Hodges
2.15	110 Hurd.	David Edwards, Trevor Tingate
2.30	High Jump	Trevor Tingate
2.30	Discus	David Edwards
3.00	4 x 100m	D. Edwards, T. Tingate, R. Stewardson, R. Dillon
3.15	Shot Put	??
3.30	3000m Stple.	Kevin Close, John Marx, Nigel Starr
3.45	Javelin	David Edwards
4.15	400m	Andrew Aitken, Raoul Stewardson, Rick Dillon

C GRADE : Capt.- Andrew Tingate 232 2030 V.Capt.- Rohan Hodges 859 5745

1.00pm	3000m Walk	Bruce Moore
1.00	Hammer	??
1.00	100m	Darren Butler, Andrew Kiss, Andrew Tingate
1.30	Triple Jump	Peter Thompson
1.45	1500m	Tarquin Oehr, Nick Tapp,
2.00	Pole Vault	Trevor Tingate
2.15	110m Hurdles	Ro Hodges, Darren Ward
2.30	High Jump	Darren Ward
2.30	Discus	??
3.00	4 x 100m	A. Tingate, J. Thorpe, D. Ward, P. Thompson
3.15	Shot Put	??
3.30	3000m Stple.	James Atkinson, Angus MacMillan, Graham Wise
3.45	Javelin	Colin Findlay
4.15	400m	Andrew Kiss, Andrew Tingate, Terry O'Halleran

D GRADE : Capt.- Al Matthews 359 6492 V.Capt.- Jon Holmes 568 2357

1.00pm	100m	Darren Ward, Peter Thompson, James Russell
1.00	Hammer	Al Matthews
1.20	1590 Walk	Jon Holmes
1.45	1500m	Mike Bush, John Wolmersley, Rick Piesse
1.45	High Jump	??
2.00	Discus	Al Matthews
2.15	110m Hurdles	John Thorpe, Ian Handasyde
2.45	Shot Put	James Russell
3.00	4 x 100m	R. Hodges, P. Thompson, A. Matthews, D. Ward
4.00	2000m Stple.	Colin Findlay, Peter Briscoe
4.00	Triple Jump	Peter Thompson
4.15	400m	John Therpe, Darren Ward, James Russell

A GRADE at COLLINGWOOD

12.30pm	Hammer	Roger Glass
12.45	3000m Walk	John Thorpe
1.45	1500m	Ewen Wilson
2.30	110m Hurd.	Stephen Hauser
3.00	Discus	Roger Glass
3.10	3000m Stple.	John Cormack
3.15	High Jump	Mike Smith
4.15	Shot Put	Roger Glass

A RESERVE at COLLINGWOOD

1.05pm	3000m Walk	Ian Handasyde
1.25	100m	Alistair Meyer
2.30	110m Hurd.	Alistair Meyer
3.25	Relay	Steve Hauser
4.20	400m	Ross Hooley
		Steve Hauser

note: Even though no formal junior competition will take place this week and next, due to the schoolboy championships, ALL JUNIORS are most welcome to come along and compete by invitation in D Grade. While the competition might be a bit!! tough, PB's are good things to strive for and who knows, you may well beat Ian Handasyde's time for the 100m as Simon Nash and Bridget Aitken did on Saturday. (Sorry folks, I Promised I wouldn't reveal his time..). For any body else whose name does not appear on the team sheets - come along too! The team sheets are largely based on hope rather than reality!

We can ALWAYS do with TOO MANY athletes!!! Ah! Hope springs eternal.....

P.S. If you are unable to compete and your name appears on the list - please inform your team captain.

OSGAC CROSS COUNTRY SUPPLEMENT

Yes, here we are once more with a final footnote to the months of winter slog. Just in case you're interested, and even if you're not, here are some more results from the last races of the winter:

APS	HARES AND HOUNDS	10K	BERWICK	28 AUGUST
1. B. Lewin	St.K.	Actual time	36.45	Fastest Times: 1. J. Cormack OS 31.24 2. A. Cochrane OS 31.28 3. C. Mullaly STK. 31.52
2. R. Fakhry	OX		38/01	
3. A. Joscelyne	OM		40.26	
6. M. Watson	OS		38.06	
9. B. Hooley			36.22	
13. I. Hickey			37.17	
15. A. Cochrane			31.28	
14. C. Findlay			40.37	
17. S. Facey			36.39	
22. G. Wise			35.42	
24. J. Cormack			31.24	
33. N. Watson			34.06	
34. T. Oehr			33.48	
47. J. McCready			56.44	

Also participated: A. Aitken DNF

APS KEN MC HAIL HANDICAP	5 Miles	The TAN	4 SEPTEMBER	
CLUB	TIME	H*CAP	ADJUSTED TIME	
1. J. Lewis	StK.	25.51	2.00 23.51	Handicap Placings: 1. C. Worsnop OX 2. E. Dooley OX 3. B. Hooley OS
2. D. Sneddon	OX	26.05	1.50 24.15	
3. T. Yuncken	OM	26.14	2.50 23.24	
10. G. Wise	OS	28.08	4.20 23.48	
13. B. Hooley		28.24	6.50 21.34	
15. P. Lucas		28.27	4.00 24.27	
19. G. Gray		29.23	6.30 22.53	
25. R. Piasse		29.47	6.40 23.07	
28. M. Watson		29.57	7.20 22.37	
31. C. Findlay		30.16	7.10 23.06	
25. D. Keeton		31.37	8.50 22.47	

APS COOKE MCLELLAND	8K	BURKE HALL	11 SEPTEMBER
1. N. DeCastella	OX	24.59	Teams result: 1. OX1 2. OS1 3. OX2 4. StK.1 5. OS2 6. OM1 7. OX3 8. OS3 9. OX4 10. STK 2 11. OW1 12. OX5
2. J. Pedley	OX	25.25	
3. J. Cormack	OS	25.36	
4. A. Cochrane		25.50	
12. T. Oehr		27.31	
13. A. Aitken		27.53	
14. M. Purvis		28.16	
17. G. Wise		28.32	
26. P. Lucas		29.28	
27. B. Hooley		29.32	
29. P. Boag		29.40	
30. G. Gray		29.50	
32. I. Hickey		30.02	
35. R. Stewardson		30.26	
43. M. Watson		31.09	
44. R. Hooley		31.14	
47. C. Findlay		31.36	
48. I. Handasyde		31.41	
51. C. McKay		32.30	
69. A. Boag		39.32	

BEST OF LUCK FOR THE TRACK SEASON - MAY IT BURST WITH PB'S, CLUB RECORDS AND PREMIERSHIPS!!!!

OLD SCOTCH COLLEGIANS' AMATEUR ATHLETIC CLUB

(FOUNDED 1926)

NEWS SHEET

Registered by Australia Post Publication Number 668 1629



In spite of Ian Handasyde's non-appearance (or maybe because of it!), the second round of inter club bare no relation to the slogan on Andrew Flingate's wind cheater 'How can you soar like an eagle when you're cooped up with TURKERS all day?'. Some 14 Personal Best performances were recorded, athletes were busy trying new events and re-acquainting themselves with events that they'd dabbled in long...ago (and I don't think I'm referring to Greg Evans' discus throw!) and generally having fun! Hey! Did you hear the one about the Irish Mastermind....

Athlete of the Week

I don't know (it could just be me), but it always seems that Andrew Kies is always backing into the limelight! Honestly, how he has the gall to turn up to inter club for the first time and, seemingly without effort, compete in 5 events, record 4 PB's, equal the U/16 100m record with a time of 11.5 AND break the 400m record in 52.7 is beyond me!! Andy Cochrane (previous record holder) was not pleased, and was later heard to be muttering something to the effect that Andrew's effect upon him was such that Andy wanted to go right out and grab him.... and bring him home stuffed!! (and being a doctor, I suppose that this ambition has something to do with furthering medical science!!).

Anyway, the way Andrew was performing, we wouldn't be surprised to see more U/16 records fall in the near future - which is bad luck for the current record holders, 'cos they're now too old to retaliate! In conclusion, may we congratulate our first Athlete of the Week - your prize of a very small can of Gluea Powder will be posted to you, and it should reach you by Christmas...1983!

Other Good Performances

Peter Briscoe	1500m Walk	8.18.5	PB		
Cameron McKay	High Jump	1.70m	PB	400m	59.7
Kevin Close	1500m	4.44.4	PB	Stipie.	7.41.2
Peter Flingate	Stipie.	7.30.2	PB		
David Carr	Stipie.	7.56	PB		
Greg Evans	Discus	21.12m	PB		
David Edwards	Triple Jump	11.70m	PB		

Scottish Sports

Congratulations to the Scottish team for their fighting performance in the recent A.P.S. Sports. Scotch came third behind Hallebury and Kevler. Old Scotch members performed well and we'd like to mention, in particular, the efforts of James Powers the winner of the U/15 100m (11.8) and 200m (24.8) ; Tony Biles who came 2nd in the U/16 200m and 100m Hurdles and 3rd in the 100m ; Darren Butler 2nd in the U/16 High Jump ; Vice Captain Tim Probert and Captain Stuart Hamilton whose last leg of the 4 x 800m relay saw the Scotch team over haul the other teams and clinch first place in a time of 7.58.0. Well done.

News Sheet

You will be pleased and flabbergasted to know that there was an over whelming response (ie. 3 people) to our plea for assistance. Last week it was the Flingate Family. This week it's Andrew and Bridget Alton and Greg Evans. And next week it could be you! (eg Rose Hooley and Mike Bush?) Thanks go to you all!

O.S.C.A.C. NEWS SHEET 4.11.82

WELCOME To new members Ian Miller and Greg Paterson. Cameron McKenzie is especially thrilled to welcome Ian - the U/15 team has now doubled in size (both numbers wise and height wise!!). Greg is a little older (ie. younger than Nick Tapp!) , though I do hope he's not a spring chicken - there are too many scrambled brains round here as it is !! We wish both guys many fun years of competition with the club.

P.B. METS on TUESDAY 16th NOVEMBER at Olympic Park. The meet kicks off around 6pm and caters for all standards and Greg Evans has made the rash promise that all track events will be on the programme (but whether they actually take place is another matter!). Field events will also be part of the meet, though probably not the meeziest part! Junior athletes requiring transport, please ring Greg on 816 5795 and he'll do something about arranging hitch hiking classes! Others wanting more info on the meet can also ring Greg, but whether he'll answer the phone ??? Well, what more can we say??

Juniors This is a reminder that there will be no formal Junior competition again this week, however there will be plenty of invitation events held. Juniors should also notice that many of them have been selected in senior teams. So this week is a great time to get some really tough competition plus practice plus plenty of opportunity to try new events, as many members did last week. Any one needing transportation to or from Box Hill, please feel free to contact the team captain or President Graham Briscoe (288 2936) and something will be arranged.

Officials Many thanks to Graham Briscoe, Peter Briscoe, Anne Edwards and Sally Hodges for officiating and much as though we love seeing these delightful folk regularly at Box Hill, we'd be even more thrilled to see some new faces! As mentioned last week, Old Scotch is required to 'supply' 6 officials each week - and no experience is required. Therefore, the request goes out to Team Captains to initiate a search for would be officials. Those found will be appreciated to death - ie. their names will be published in this rag (What price fame ???!!).

BBQ Lunch On the morn of Sunday 12th December, a Grudge and sludge athletic competition will take place between Old Scotch and arch rivals St. Kevins, Old Kays and (dare I mention them?) Old Melbourne. After the aha, a BBQ lunch will be held and social frivolity will be the 'order' of the day - do I make myself clear?? **NOTE** : Only well polished knuckle busters and small explosive devices will be allowed into the venue (either Xavier or Carey)!!! (Flour bombs are banned - they're much too dangerous!).

St. Kevins Neil Lewis. Well is the victim of a vicious knee reconstruction / amputation / appendectomy operation brought about by indulging too heavily in that well known addiction football. After being visited by Or Atken and Greg Evans, we know that Neil will need our best wishes for a successful recovery. Hope to see you running in season 83-84.

CHRISTMAS HAMPER : This year, in an attempt to raise the nutritional standards of the common Old Scotch member, the social committee has initiated the O.S. Christmas Hamper. Among the delicacies to be found within it are : Wholesome alfalfa sprout Ham substitutes ; Spinach and bean pseudo roast potatoes; Meat hat and organically grown fruit plum pudding ; home made fig and cherry wine. Treats to this gourmet's delight are available from Al Klaus at 50 cents each or \$ per \$100. Buy now and avoid the rush!

NEW FORM OF COMPETITION

In addition to normal interclub competition this season, a new and revolutionary graded competition will be held over four weeks. These weeks will be 20 Nov, 4 Dec, 15 Jan, and 5 Feb.

HOW IT WILL WORK: Normal prog. 1 and prog. 2 events will be held. Basically everyone scores points (between 100 and 25) relative to the State record in that event for their age group.

E.G. If an open 100m runner runs 10.1 (State rec) he scores 100 points. If an 815 100m runner runs 12.2 (State rec) he scores 100 points. If an 815 100m runner runs 19.0 he scores 25 points.

A special scoring book has been produced showing points scored for all performances in all events.

FOR EVERY EVENT THE CLUB AVERAGE IS OBTAINED BY DIVIDING THE TOTAL POINTS SCORED IN THAT EVENT BY THE NORMAL NO. OF ATHLETES REGISTERED FOR THAT EVENT. E.G. O.S. fields a total of 8 teams (A.C....U17) for normal interclub. Therefore, we normally require 24 100m runners, 16 hurdles, 8 high jumpers etc.

In the 100m our total points scored are divided by 24

The important point to note is that even if we have only, say, 18 athletes in the 100m, the total points are still divided by 24.

However, if we can get, say, 26 people to run the 100m, the total points are still divided by 24 and we get a higher average.

THE MORE PEOPLE WHO ARE PREPARED TO HAVE A GO AT EVENTS THE BETTER.

ADVERTISING: This new scoring system gives small clubs a good chance to compete against big clubs (because of the grading factor). It also gives young athletes a chance to score as many points as seniors. It is a fair and equitable method of comparing the strengths of clubs. (Clubs can also use the scoring tables to determine their awards or best performance each week etc.)

The rules for Graded Competition are set out in the VAA handbook. When you compete you should compete in a section suited to your ability (note, there are no age groups). A list of sections is in the VAA handbook. E.g. Section 1 for 800m is 1.56.9 and under. Section 2 is 1.57 to 2.02.9 Section 3 is 2.03 to 2.09.9 Section 4 is 2.10 to 2.19.9 Section 5 is 2.20 to 2.29.9 Section 6 is 2.30 and over.

It is most imperative to compete in your correct section but it is desirable to compete against others of comparable ability. Remember, points scored are determined by the quality of your performance and not by your placing.

THIS IS AN EXCITING NEW FORM OF COMPETITION. (It is not a PB meeting) Hopefully everyone will come along and do as many events as they wish or are able to help O.Scotch get the highest average over the four weeks of competition.

The whole concept will be explained to team captains over the next week or so and anyone else requiring further information should contact Greg Evans.

(P.S. The best single performance by an O.S. athlete using the scoring tables on the first week was 68 points by Evan Wilson for 1.56 Open 800m.

The most total points scored for first week would have been by Chris Atkinson D14 HJ 1.50 (52 pts), LJ 4.97 (50 pts), 90m hurdles 15.4 (55 pts). TOTAL 157 points.

SPACE TO LET
wouldn't an article by Peter Stephens look great here??

SPECIAL INTEREST

In the interests of promoting a healthy balance between the physical and the mental, by widening members' interests beyond athletics, the committee has obtained the services of well-known educational establishments and can now offer the following courses to members at a greatly reduced rate.

We anticipate an avalanche of enrolments, so book early to avoid disappointment. Telephone: Bruce-Hoddy 29-7135
Education Courses for Term 3, 1982.

Self Improvement

- Creative Suffering
- Overcoming Peace of Mind
- Guilt Without Sex
- The Primal Scream
- Ego Gratification Through Violence
- Dealing With Post-Realisation Depression
- Whine Your Way to Alienation
- How to Overcome Self-Doubt Through Pretence and Ostentation

Home Economics

- Cultivating Viruses In Your Refrigerator
- Burglarproof Your Home With Concrete
- Status Draining at Home
- Basic Kitchen Taxidermy
- The Repair and Maintenance of Your Virgidity
- Other Uses for Your Vacuum Cleaner
- How to Convert Your Family Room into a Garage

Business and Career

- Money Can Make You Rich
- Packaging and Selling Your Child Career Opportunities in the Falklands
- How to Profit From Your Own Baby
- The Underachievers' Guide to Very Small Business Opportunities
- Tax Shelters for the Indigent

Health and Fitness

- Creative Tooth Decay
- Exercism and Acne
- The Joys of Hypochondria
- High Fibre Sex
- Suicide and Your Health
- Blowback and How to Stop It
- Skate Your Way to Regularity
- Understanding Nudity
- Tap Dance Your Way to Social Ridicule
- Optional Bodily Functions

CRAPTS

- Self Actualization Through Macramé
- How to Draw Lines
- Needlecraft For Junkies
- Gifts for the Senile
- Reclaim Your Pet
- Rearrange Your Mate

NOTE: Bruce can also help you enrol for a year long course of athletics. It comes under course title 'A fool and his money are soon parted' and deals with the basic steps to be carried out on the road to becoming a dinky - di Old Scotch member. V.A.A. nomination card, application form AND money need to be forwarded to Bruce AS SOON AS POSSIBLE. He was last seen loitering outside 9 Lamell Crescent, Gamberwell so that seems as good as place as any to send all the paraphernalia. Happy enrolling!

SPACE TO LET
wouldn't another article by Peter Stephens look horrendous here?? Or failing that, wouldn't an article by Terry O'Halloran look just as good?? And if neither of those two take the hint, the editor is desperate enough to accept an article or two from anyone!!!!

RESULTS OF HOUND TWO - SATURDAY 30th OCTOBER

3	GRADE : Malvern 103	d. Old Scotch 79	d. Box Hill 2 27
4	GRADE : Malvern 95+	d. Old Scotch 67+	d. St. Kevin 19+
B	GRADE : Box Hill 1 81	d. Waverley 72	d. Old Scotch 63
1500m Walk	D GRADE Peter Briscoe	8.18.5	PE David Carra 9.50
100m	B GRADE David Edwards	11.3	Andrew Tingate 12.2
	C GRADE Andrew Kiss	11.5	PE Equal Under 16 RECORD
		12.8	Darren Ward 12.1
	D GRADE Cameron McKay	12.4	Albert Matthews
		12.4	Phillip Harman
High Jump	Gameron McKay	1.70m	PE= Andrew Kiss 1.60m
	Darren Ward	1.70m	Peter Tingate 1.65m
	Andrew Tingate	1.65m	PE=
1500m	B GRADE Graham Wise	?	Black Tapp 4.42
	C GRADE Mike Bush	4.38	PE=
		4.44.4	David Carra 5.04
	D GRADE Kevin Close	4.45.5	
		5.12	
110m Hurd.	B GRADE Rohan Hodges	18.8	David Edwards 20.1
	C GRADE Darren Ward	18.0	John Thorpe 21.2
	D GRADE James Russell	21.8	David Carra 22.4
Triple Jump	B GRADE Allstair Mills	11.95m	
	C GRADE Andrew Tingate	11.74m	
	D GRADE David Edwards	11.70m	
Pole Vault	C GRADE Rohan Hodges	2.85m	PE
Javelin	B GRADE David Edwards	42.26m	
		29.87m	
	Peter Briscoe	21.12m	PE
Discus	D GRADE Greg Evans	1.74m	PE
Shot Put	D GRADE Andrew Kiss	7.10.6	PE Peter Tingate 7.30.2
2000m Stple	D GRADE Colin Pindley	7.41.2	PE David Carra 7.56
		7.56.5	PE
		7.56.5	PE
400m	B GRADE Andrew Kiss	52.7	PE & U/16 RECORD
	C GRADE Andrew Aitken	53.3	Darren Ward 58.2
		56.8	
	D GRADE Andrew Tingate	61.7	
		55.5	
		55.5	PE Cameron McKay 59.7
		72.7	PE
4 x 100m	B GRADE Edwards, Tingate, Ward, Kiss	47.3	
	C GRADE McKay, Tapp, Mills, Thorpe	" in a seasonally fast time	
		(according to the last runner Mr. John 'undiluted' Thorpe)	
	D GRADE Hodges, P. Tingate, O'Halloran, Russell		

NOTE : ANOTHER VICTORY FOR A.P.S. UNITED IN A GRADE - A REALLY STERLING EFFORT, WELL DONE!

Did anyone notice that at intervals on 23.10.81, OS nearly completed against my team in the competition? What happened to the 'real' comp.???

TEAMS FOR SATURDAY 6th NOVEMBER

B	GRADE : Capt. - Andrew Aitken	830 4947	V. Capt. - Dave Edwards	347 1361
12-15pm	Hammer	Stewart Hamilton		
	400m Hurdles	Andrew Jamieson		
	1500m Walk	Cameron McKay / Darren Butler		
	High Jump	Andrew Kiss, Andrew Tingate, Terry O'Halloran		
	200m	Allstair Mills		
	Long Jump	Rob Cathorall, Mick Millen, Ross Hooley, P. O'Halloran		
	2.45	?		
	Pole Vault	Bo Hodges		
	800m	L. Kiss, A. Tingate, O'Halloran, Hooley		
	Shot Put	Bo Hodges		
	4 x 200m	Graham Wise, Paul Lucas, John Katz, Fergal Oehr		
	110m Hurdles	?		
	Discus			
	5000m			
4.15				
C	GRADE : Capt. - Andrew Tingate	232 2030	V. Capt. - Rohan Hodges	859 5745
12-15pm	Hammer	?		
	400m Hurdles	Rohan Hodges		
	1500m Walk	Peter Briscoe, David Carra		
	High Jump	Andrew Tingate / Stuart Hamilton		
	Javelin	Colin Pindley		
	200m	Cameron McKay, Allstair Mills, James Russell, Stewards		
	800m	Raoul Stewardson, Nigel Watson, John Thorpe		
	Shot Put	A. Matthews		
	Shot Put	Bohan Hodges		
	Pole Vault	Andrew Tingate		
	Long Jump	C. McKay, R. Tapp, A. Mills, J. Thorpe		
	4 x 200m	John Thorpe		
	110m Hurdles	Dick Batchelor, Bruce Hooley, Kevin Close		
	5000m			
4.35				
D	GRADE : Capt. - Al Matthews	359 6492	V. Capt. - Jon Holmes	568 2357
12-15pm	Hammer	Simon Hill / Al Matthews		
	400m Hurdles	James Russell, David Carra		
	1500 Walk	Jon Holmes, Phil Harman		
	200m	Adam Cassar, Alex Carey		
	High Jump	Peter Tingate		
	Javelin	Simon Hill		
	800m	Nick Tapp, Mike Bush		
	Long Jump	Peter Thompson, Chris Atkinson		
	Shot Put	Phil Burton / Greg Evans (throw off on Friday night !!)		
	4 x 200m	J. Russell, P. Thompson, P. Harman, P. Tingate		
	110m Hurdles	Ian Handaayde, James Russell		
	5000m	Mike Bush, Colin Pindley, Jon Komerley, Angus McMillan		
4.35				
A	GRADE : A.P.S. UNITED			
12.45pm	4500m Walk	JOHN THORPE, S. Bourke		
	1.00	STEVE HAUSER, Peter Griffin		
	400m Hurdles	G. Chambers, Des McLade, John Dealey		
	200m	P. Griffin		
	Long Jump	MIKE WILSON, Dave Sneddon, ANDREW AITKEN		
	2.15			
	800m	MIKE SMITH		
	Discus			
	3.00			
	High Jump			
	3.15			
	Javelin			
	4 x 200m			
	3.30			
	5000m			
	4.10			
	110m Hurdles			
	4.10			
	Shot Put			
	4.15			
A	RESERVE : A.P.S. UNITED			
32.45pm	1500m Walk	Ian Handaayde		
	1.00	Mike Smith		
	200m	Allstair Meyer, David Edwards,		
	800m	Rob Cathorall		
	High Jump	Darren Ward		
	2.00	Dave Edwards, Steve Hauser, L. Travers, T. Whelan		
	4 x 200m	Mike Smith		
	3.30	Steve Hauser, Mike Smith		
	4.00			
	110m Hurdles			
	4.10			
	5000m			
	4.30			

NOTE : The Taddaley Muls Team for this week is OZ Aitken & Gregor Evans

try appropriate - new re pass??

OLD SCOTCH COLLEGIANS' ATHLETIC CLUB

NEWS SHEET REGISTERED BY AUSTRALIA POST PUBLICATION

NUMBER VBH 1629

13.11.82

Well folks, I'm afraid we really and truly have reached the stage where this is the news sheet you get when you're not getting a news sheet'. Due to unforeseen problems re the printing of the news sheet (and many thanks to Mr Garth Tapp, his staff and the school for seeing us through this far), the editors have been forced to produce this reduced size (but twice the fun!) issue and are sorry to announce that from two weeks hence, this literary masterpiece will be published fortnightly. (More about that in next week's issue). Consequently, U200m Captains will be selecting their teams via the phone. However, if you don't receive a call, please turn up anyway - poor experience. Shows that there are always a few pickers - notably the seniors in recent weeks (the juniors can't carry B,C & D All season, fellas!) To ensure your selection run your team captain.

B GRADE : Andrew Attkin 830 4947 David Edwards 347 1361
C GRADE : Andrew Tingate 232 2030 Roban Hodges 859 5745
D GRADE : Al Matthews 359 6492 John Holmes 568 2357
U/17 : James Atkinson 232 3064 Charles Berry 824 698
U/16 : Angus Mackillan 818 2859 Brett Langley 878 5910
U/15 : Lechle Praser-Smith 818 7168 Phil Hamman 836 6163
U/14 : Simon Bash 836 9746 Bredden Lord 818 7186
U/13 : Phil Barton 830 1596 (Team Manager for Under 13 and 14)

NOTE : THIS WEEK SEES THE 2nd FULL ROUND OF JUNIOR COMPETITION KICK OFF.
NOTE : THERE IS NO LIMIT TO THE NUMBER OF EVENTS YOU CAN COMPLETE IN

THANKS : to our officials Mrs Attkin, Sally Hodges, Graham Briscoe and Bruce Hooley who braved the very trying conditions on Saturday.
NOTE : It is now the responsibility of the Team Captains to kidney/dribbe/strut/imitate officials each Saturday.
CONGRATS and best wishes to Phil Barton and Carol Budge on the announcement of their engagement. (Not all of us spluttered 'You're joking', as one committee member did, on hearing the news! - It was just the surprise) **PB HERE :** at 6.00pm at Olympic Park on Tuesday 16th November. Ring Greg Evans for all the juicy details on 818 5755.

KING'S CHALLENGE : 4.9 km, run starting in Pinders Lane. Entries close on Monday 15th November. For more details ring Anne Edwards on 25 5067.
SOCIAL : Keep SUNDAY 5th DECEMBER free cos that's the day the teddy bears have theirgolf day. This year it's at a secret destination (but I'll give you a hint - a. Point Lonsdale b. Point Lonsdale c. Whitehorse) Tennis/Swimming/BBQ/Middleby Winks/Chess etc. are also on the agenda. Transportation for juniors can be arranged. Stay tuned for more info.

ATTRIBUTE OF THE WEEK : Is that bounding bundle Butler. ('Did you ring M'ludg??'). Darren defied gravity with a leap of 1.83m in B Grade High Jump. Well done.

O.S.O.A.C NEWS SHEET 13.11.82

A GRADE : Ringwood 133 d. A.P.S.U. 123 d. Mentone 88 d. Striders 82
A RESERVE : Sandringham 158 d. W.S. 146.5 d. A.P.S.U. 74.5 d. SES 66
B GRADE : Old Melbourneans 82 d. OLD SCOTCH 2nd d. Kew/Camberwell 45
C GRADE : Old Melbourneans 92 d. Box Hill 1 32 d. OLD SCOTCH 21
D GRADE : the great unknown !

Individual Results for Saturday 6th November :

Event	Grade	Name	Time	Place	Notes
Hammer	D GRADE	Simon Hill	23.90m		
	A GRADE	John Therpe	6.47.5	4th	
	A RES.	Ian Handasyde	7.08.0	7th	
1500m Wlk	C GRADE	Peter Briscoe	DNP		
	A GRADE	Stephen Hauser	56.9	2nd	
	D GRADE	Simon Hill	67.0	PB	Be Hodges 67.8
400m Hurd	D GRADE	Peter Tingate	66.0	PB	David Carra 72.0
	A GRADE	Alastair Meyer	23.7	4th	Steve Hauser 23.4
	A RES	David Edwards	23.5	5th	
200m	B GRADE	Adam Cessat	23.8	PB	Andrew Klass 23.8
	C GRADE	Ferry O'Halloran	24.9	PB	Alastair Mills 25.2
	D GRADE	Andrew Tingate	24.9	1st	(pipped him by a beard!)
Long Jump	D GRADE	Peter Tingate	27.5	PB	Phillip Hamman 28.6
	A RES	Mike Smith	28.9		
	B GRADE	Andrew Tingate	6.22m	2nd	
Pole Vault	C GRADE	Andrew Tingate	5.99m		
	A GRADE	Roban Hodges	2.85m	1st	(plus a mention in the pag
	A RES	Mike Smith	1.85m	2nd	
High Jump	A RES	Darren Ward	1.75m	1st	
	B GRADE	Darren Butler	1.83m	1st	PB=
	C GRADE	Cameron Mackay	1.70m	PB=	
800m	D GRADE	Angus Mackillan	1.50m		
	A GRADE	Simon Hill	1.75m		Andrew Tingate 1.65m
	A RES	Bren Wilson	2.02	DNQ	
600m	A RES	Rob Cathersall	2.04.0	6th	Andrew Attkin 2.02
	B GRADE	Ferry O'Halloran	2.07.2		Greg Evans 2.13.8 (I was riddled!)
	C GRADE	James Atkinson	2.12.3		James Russell 2.26.0
Discus	D GRADE	Mike Bush	2.16.6		
	A GRADE	Cameron McKay	2.20.8		
	A RES	Angus Mackillan	2.20.0		David Carra 2.41.7
Javelin	D GRADE	Phil Barton	2.44.4		
	A GRADE	Roger Glass	41.82m	1st	RECORD
	A RES	Mike Smith	DNQ		
Shot Put	C GRADE	Celia Findlay	33.80m	DNQ	
	D GRADE	Simon Hill	DNQ		
	A GRADE	Alastair Meyer	16.0	1st	Mike Smith DNQ
4 x 200m	A RES	Steve Hauser	17.6	3rd	
	B GRADE	Rehan Hodges	18.2	1st	(A another mention!)
	A GRADE	Roger Glass	12.92m	2nd	
3000m	D GRADE	Ian Handasyde	8.18m	2nd	
	A GRADE	EDWARDS, HAUSER, TREVERS, ROMAN	1.34.4	3rd	
	A RES	Butler, Kiss, Mills, Cessat	1.41.2	3rd	
Atribute of the Week	B GRADE	Harman, Evans, O'Halloran, Mackillan	in a training jog th		
	C GRADE	John Cermack	8.51	3rd	Bren Wilson 9.01
	A RES	Andrew Attkin	DNP		
Well done	B GRADE	Tarquain Oehr	10.02		Bruce Hooley 10.42
	C GRADE	Graham Wise	10.51		
	D GRADE	Colin Findlay	11.20		Jon Mellard 11.08

OLD SCOTCH ATHLETIC CLUB NEWSHEET

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PUBLICATION No. VBH 1629

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28 Kalang Road,
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1. SCHEDULE OF EVENTS For Saturday, 13th November

(a) Program 1.

	A/A res	B	C	D	U17	U16	U15	U14	U13
100m	X	X	X	X	X	X	X	X	X
400m	X	X	X	X	X	X	X	X	X
1500m	X	X	X	X	X	X	X	X	X
80m Hur									X
90m Hur								X	
100m Hur						X	X		
110m Hur	X	X	X	X	X				
2000m S/chase				X	X	X			
3000m S/chase	X	X	X						
1500m Walk				X	X	X	X	X	X
3000m Walk	X	X	X						
4 x 100m	X	X	X	X	X	X	X	X	X
High Jump	X	X	X	X	X	X	X	X	X
Pole Vault	X	X	X			X		X	
Triple Jump	X	X	X	X	X	X	X	X	X
Shot Put	X	X	X	X	X	X	X	X	X
Discus	X	X	X	X		X		X	
Javelin	X	X			X		X		
Hammer	X	X			X				

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O.S.C.A.C. NEWS SHEET 20.11.82

RESULTS OF INTER CLUB 13.11.82

A GRADE : BH 129 d. APSU 120.5 d. EEMH 118.5 d. SSH 108

Hammer	Roger Glass	51.26m	2nd
3000m Wlk	John Thorpe	14.37	
100m	Alistair Meyer	11.4	5th
1500m	Ewen Wilson	3.57	8th
110m Hurd.	Alistair Meyer	16.6	2nd
Discus	Roger Glass	39.98m	3rd
3000m St	John Cormack	9.01	2nd <u>REC</u>
High Jump	Mal MacFarlane	1.85m	
Shot Put	Roger Glass	13.25m	1st

A RESERVE : Sandringham 174 d. APSU 125.5 d. Om 102 d. Keon Park 49.5

Triple Jump	Mike Smith	12.56m	2nd=	
3000m Walk	Ian Handasyde	15.18.0	3rd	
100m	David Edwards	11.6	4th	Steve Hauser 11.9 4th
High Jump	Mike Smith	1.85m	1st	
110m Hurdles	Mike Smith	16.8	3rd	Steve Hauser 17.1 2nd
4 x 100m	EDWARDS, HAUSER, Nunan, Travers	44.9	2nd	
Javelin	David Edwards	DNQ		
400m	Steve Hauser	50.2	3rd	

RESULTS OF ROUND 5 OF INTER CLUB FIELD ON 13.11.92

B GRADE : OM 90 d. O.S. 74 d. Ivanhoe 63	} unfortunately, individual results have been mixed.
C GRADE : BH1 92 d. O.S. 67 d. Monash 48	
D GRADE : Malvern 130 d. O.S. 37 d. Monash 11	} and now for something completely zany....
U/17 : OS 94 d. Ivanhoe 41 d. Malvern 5	
U/16 : OS 111 d. Ivanhoe 35 d. OX 29	
U/15 : OS 120 d. OX 49 d. Ivanhoe 8	
U/14 : OS 82 d. Malvern 68 d. Ivanhoe 55	
U/13 : Malvern 49 d. Ivanhoe 21 d. OS 10	

and now for something completely zany....

TEAM REPORTS

U/12 : Despite the looming exams, 60% of our athletes turned up proving the conscientious attitude of the team. The team showed great guts and determination in order to score a really easy win over Ivanhoe and Malvern, who must also have been weakened through 'thrust of exams lists'. Great individual efforts were recorded by Adam Cossar and Andrew Nolan who put in the hurdles, Alister Hills who put in the high jump, David Carr who was unjustly disqualified for running in the 1500m walk (but he claims he can't walk - he just thought that a... either the other guys were very, very slow runners or b. they were all suffering from some kind of... 'tummy' infection Ed.), Charles Berry in the 1500m and James Atkinson who put in the sprints.

Also has just finished doing his 'pathetic' effort on the report. Now it's my turn. I'm disappointed that Fran couldn't come because of his sister's 21st birthday didn't come, cos he had tennis; Burman had cricket; Carey but didn't turn up, cos he lives too far away. No one lives too far away!!!! (you might wish you did, when the libel suits start coming in Ed) Now I'll hand over to David Carr (that great philosophical thinker Ed.) Hi!! (I bet you all found that very meaningful!! Ed.)

Triple Jump	Alister Hills	12.15m	3rd
1500m	David Carr	9.09	Disc
100m	Adam Cossar	11.7	1st
1500m	Alister Hills	12.3	4th
1500m	James Atkinson	4.38	1st
1500m	David Carr	5.30	3rd
1500m	Adam Cossar	21.2	1st
4 x 100m	Nolan, Hills, Berry, Cossar	47.6	2nd
2000 Stple.	David Carr	7.25.9	1st
	James Atkinson	8.20	3rd PB

U/16 : What a pleasure to be writing for all new irregular newbies (perhaps some sort pills are what's needed now!!) (you could be right!! Ed.) The day dawned bright and sunny (and HOT) and the U/16 team was out in force. All but two runners had a look in. (There were you, Peter Flintheart and Tim Watson???) but, of course, I'm not going to mention any names.... It was really great to see so many young, inexperienced runners waddling around to add a bit of variety to this team report.

One of the highlights of the day was when an official asked if that was really Andrew Kiss' head, or whether scientists have finally found a way to grow hair on a meat ball!!!!

New member James Barber ran a gutsy 1500m in the heat to come 5th (though he forgot to record his time on the team sheet). Peter Brisbane also gave a brilliant first to break qualifying time and WIV with NO opposition! Such was the competition for the rest of the day. (Unfortunately, the call of exams was too great for some people, and they eagerly scurried home to study... well, maybe the word 'eagerly' is over doing it a bit!) Never the less, OS looked really powerful all day and it looks as though the Premiership is well within our grasp once again.

Tony Briggs, James Flowers and Andrew Kiss starred in the 100m picking up 3rd, 1st and 2nd respectively and it's just been reported that James Flowers took time of 11.3 is a SIBB RECORD and you saw it all on the TV screen back today!!!! (but if you were scurrying away you probably missed it!!) Simon Hill wins the U/16 lion with award with good performances in the shot, discus, hurdles and steeple. Moving right (or wile) along, the 1500m was probably the toughest and best fought race of the day, showing

U/16 REPORT (cont.)

The amazing stamling involved in distance running (this statement of fact has nothing to do with the other fact that I ran in it!!) Brett Jackson ran 2nd, Angus Mackillan 3rd and James Barber 5th. Darren Butler jumped 1.80m in the High Jump and is now working on being better than a spearing bullet! Our old competitor, the invisible man, showed up again today, competing in the 4 x 100m and 400m. So all in all, we really CRUSHED all opposition. Warning - We won't be so considerate next time! So, no hum and so long. (This has been another AK production)

High Jump	Darren Butler	1.80m	1st
Shot Put	Simon Hill	???	1st
1500m Walk	Peter Brisbane	8.22	1st
100m	James Flowers	11.3	1st
1500m	Andrew Kiss	11.4	2nd
	Brett Jackson	???	2nd
	Angus Mackillan	???	2nd
100hurdles	Simon Hill	???	2nd
Discus	Simon Hill	30.48	1st
Triple Jump	Andrew Kiss	11.17m	1st
2000m Stple.	Angus Mackillan	???	1st

U/15 : The U/15 team got off to a disastrous 30' start with the U/15 recruit of the year making a great debut appearance. Simon Hill jumped 10.24m in the Triple Jump and thus collected a 200. He also ran 1500m in 5.30 and the second leg in the relay. Stephen Norral ran 4th in the 1500m in a time of 1.10.?? Ed.) a great starting leg in the 4 x 100 and a 14.8 100m. Steve's time was improving rapidly and his determination is second to none. Captain Jackie Freese-Smith won the hurdles in 13.3, came 2nd in the 400m in 65 and jumped 2.57 at the invitation pole vault. William Thackfield ran an excellent PB in the 1500m in 4.55 taking 2nd place and vaulted 1.95m in the pole by invitation. James Neil won the High Jump with a jump of 1.55m, cleared 100' opposition in the javelin with a throw of 25.20m and ran a good last leg of the relay.

James Flowers scrubbed his way to a state record in the U/15 100m and in spite of his being mentioned in the U/16 report, Carey is really a member of the great and infamous U/15 team - he bards you his name in U/16. James ran the U/15 100m in the time of 11.5 which isn't too bad considering..... Phil Harman couldn't keep away from the track and competed in an amazing 6 events: Phil walked 1500m in 8.59, ran 100m in 17.8 and hurled 100m in 20.8, was another leg in the relay, shot a put 8.35m and finally (!!) did a 400m in 68.0. Andrew Maxwell ran a 20' (Personal Worst) in the 1500. The time was 5.17, though he managed to get home in time for dinner!!! Besides adding that the above slightly preformed enabled us to annihilate the insignificant opposition, there's nothing more to say so it's goodnight from me and it's bye bye from him.

U/14 : Shot Put

James Ives	12.85m	3rd
Bridget Atken	14.4	2nd
Devide Elni	14.7	4th
Chris Atkinson	14.8	5th
Simon Heath	5.30	1st
90m Hurdles	Chris Atkinson	15.0
High Jump	James Barnett	1.50m
400m	Devide Elni	???
Javelin	James Ives	33.85m
4 x 100m	Nash, Atkinson, Atken, McKenzie	1st
		55.5

U/13 :

1500m	Cameron MacKenzie	13.5
400m	High Bradfield	5.23
	High Bradfield	63.7

D grade Triple Jump

1000m	Darren Ward	11.00m
400m	John Thorpe	55.5
	Darren Ward	56.7
	Andrew Ingham	58.0

GRADED COMPETITION 20.11.82

A: A TACTICAL VIEWPOINT (WITHOUT FACTS)

It is more of a numbers game than is Bingo. And the more the merrier! Waverley had hordes (mostly U/13) competing in 100m, triple and high jump and... U/13 horses made up most of Waverley's venue-leading-score of 280. OLD SCOTCH had hordes in the HJ and the event score (total points divided by 10) in the HJ of 88 points was the highest for any event by any club at the venue! So, the tactical options become clear. To score highly in the graded comp., a club can either :- a) put in far more competitors than normal for an age

Group (eg. Waverley U/13)

- b) flood a relatively easy event (eg. O.S. in the HJ)
c) have a full number of competitors in every event.
Remembering that O.S. has difficulty fielding its full quota of competitors in some events (eg. walk, hammer, pole, 400k flies) and that we do not have many horses competitors in any age group, then we should use a combination of tactics 3 and 2. ie. we should do as well as we can in our 'normal' events and all have a go at various other events, particularly those with relatively easy scoring standards.

For example, for the NEXT ROUND OF GRADED COMPETITION ON DECEMBER 4TH, programme 2 events will be held. To earn the minimum of 25 points in the 200m, a senior has to better 31.9, U/17 33.0, U/15 35.4, U/14 36.5 and U/13 39.6. To earn the minimum of 25 points in the Long Jump, a senior has to jump further than 3.59m, U/17 3.23m, U/15 2.96m, U/14 2.74m and U/13 2.57m. Now even Ozzie Aitken, Phil B and Ian Handasyde can better those standards!

So, for GRADED COMPETITION ON DEC. 4th, LET'S ALL TURN UP, do our normal events plus a few extra, including HJ, LJ and 200m, and we could score around 20 (Note that we scored 88 in the HJ alone last time!) and over-haul Waverley's lead and stay ahead of OLD Xavs!!)

B: A BRIEF OVERVIEW OF PERFORMANCES (B.O.O.P.)

Even without the result sheet to check the facts, it seemed that many OS players did very well and everyone who competed added to the OS score. James then picked up 85 points in the 100m and was probably our highest individual score. Peter Tingate apparently whipped around the steeple course rather rapidly to keep Angus MacMillan on the ball. The High Jump saw an amazing number of scissor faces and an equal number of amazing styles! Roger Glass's FLIZZERS (40% flop and 60% scissors) failed to break the bar and also failed to reach 1.75m (but did score 50 pts). His triple jump also effectively cleared both the 1.75m and nearly 13m. A roll call at the High Jump would also have detected names such as Hooley, Briscoe, Atkinson, Aitken, Cossar, Nash, Worrall, Fraser-Smith, Handasyde and Meyer. Wouldn't it be embarrassing if you were beaten by all of us?????

NOTE : WE ARE IN A GREAT POSITION TO TAKE OFF THE PREMIERSHIP CUP SO LET'S SEE EVERYONE THIS SATURDAY AT BOX HILL !!!

RESULTS OF GRADED COMP. HELD ON SATURDAY 20th NOVEMBER

Waverley 280pts OLD SCOTCH 235 Old Xavs 197 K/C 188 St.

HIGH JUMP : Mike Smith 1.90m James Barnett 1.50m
Darren Ward 1.85m Lachie Fraser-Smith 1.50m
Darren Butler 1.75m Phillip Harman 1.45m
Steve Hauser 1.70m Unknown U17 1.45m
Simon Hill 1.70m Peter Briscoe 1.35m
Roger Glass 1.70m Ian Handasyde 1.35m
Peter Tingate 1.65m Simon Nash 1.25m
Andrew Kiss 1.60m Stephen Worrall 1.25m
and many more Gregor Evans 1.20m

TRIPLE JUMP: Roger Glass 12.57m Darren Ward 10.65m
Mike Smith 12.39m Peter Briscoe 10.10m
Andrew Kiss 11.17m PB=

JAVELIN : Mike Smith 42.96m Davide Bini 20.98m
Darren Butler 28.76m James Barnett 17.54m
Lachie Fraser-Smith 21.75m Simon Nash 3 no t

POLE VAULT : Darren Butler 2.50m PB Lachie Fraser-Smith 2.50

SHOT PUT : Roger Glass 12.92m

100m : Alistair Meyer 11.3 Phil Harman 13.6
Mike Smith 11.7 Cameron MacKenzie 13.8
Darren Ward 12.0 Peter Briscoe 14.0
Steve Hauser 12.1 Simon Nash 14.8
Alistair Mills 12.2 Bridget Aitken 14.9
Andrew Kiss 12.4 Steve Worrall 15.6
Ross Hooley 12.4

400m : Stephen Hauser 50.4 Peter Tingate 61.4
Ross Hooley 53.3 Ian Hickey 62.5
Darren Ward 54.6 PB Colin Findlay 63.6
Unknown U17(again!) 55.6 Peter Briscoe 65.0
Darren Butler 56.6 PB Simon Nash 66.1
James Atkinson 61.0 Davide Bini 66.3

1500m : Andy Cochrane 3.59.6 James Atkinson 4.29
John Cormack 4.00.4 Adam Cossar 4.48
Rob Catherall 4.04.0 PB Steve Worrall 5.14

1500m WALK : Peter Briscoe 8.10.9 PB David Carra 9.49
Phil Harman 8.26

3000m WALK : Ian Handasyde 15.29 Andrew Jamieson 15.26

2000m STEEPLE : Peter Tingate 7.10.5 REC Ian Handasyde 7.20
James Atkinson 7.15.5

HURDLES : U16 Peter Tingate 18.5
U15 Phil Harman 19.0
Steve Worrall 19.2
Open Mike Smith 17.2
Alistair Meyer 16.2
Steve Hauser 19.8 (an'ex A grade' veteran!!!!?)

golf day

sunday 5th dec.

10 winterley rd, pt. lonsdale

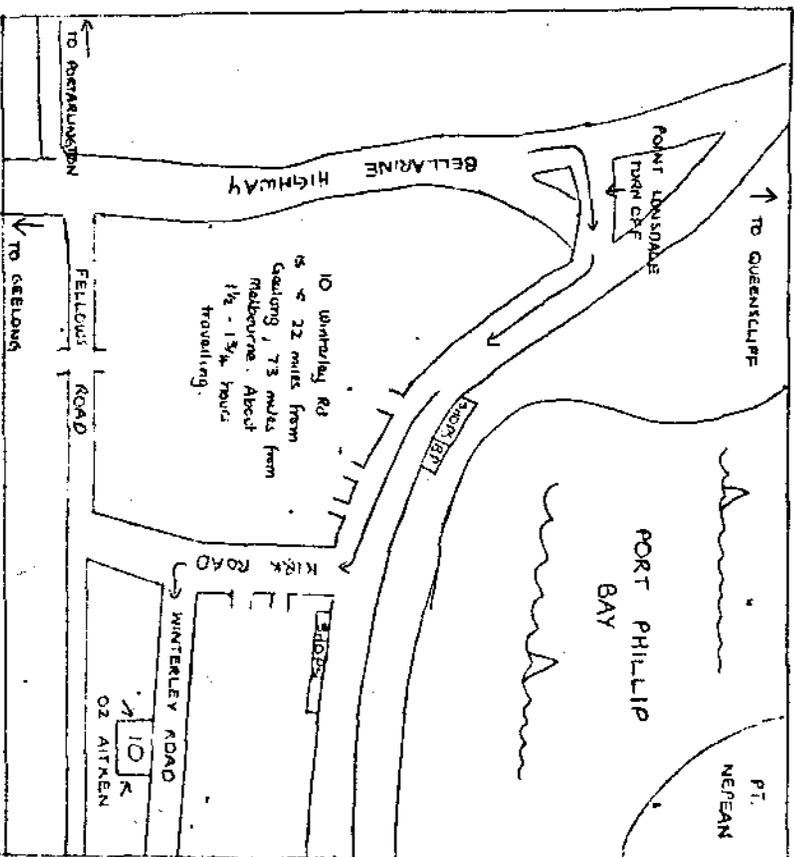
18 HOLE GOLF COURSE - APPROX \$6.00 COST

TENNIS COURTS, AVAILABLE AT \$1.50 @ HOUR
SWIMMING, CRICKET, TIDDELEY WINKS.

JUNIORS REQUIRING TRANSPORT, PLEASE RING ANDREW AIRKEN

ON 830 4947 OR GREG EVANS ON 818 5755 OR HANNO ON 211 2789

* BYO Food and drunk * hit off @ 8:30 am *



* family and friends welcome *

REVOLUTION

Sick of coming last by 20 metres in the 100?? Fired of being laughed out of the Long Jump pit?? Perturbed by officials starting the U/17 1500m before you have finished the D Grade race??

They turn up this Saturday afternoon to the GRADED COMPETITION at Box Hill. No competition in grades. Just compete against athletes of about the same standard. Every one is welcome. The A and A Reserve athletes will be out in force. We need as many athletes as possible to compete in as many and as varied events as they want. Unlimited opportunities. And this season will see a PREMIERSHIP cup awarded for the best performed club in the graded interclub competition to be staged over 4 weeks, namely 20th Nov, 4th Dec, 15 Jan and 5th Feb.

For more info read your 4.11 issue of the news sheet, the VAA handbook, ring your team captain or Greg Evans (818 5755) BUT more importantly, come along and see how it works first hand. Be part of the revolution!!!

Events to be conducted are:-

- 100m High Jump
- 400m Triple Jump
- 1500m Pole Vault
- 3000m/2000m Steeple Shot Put
- 3000m/1500m WALK Javelin
- Hurdles



TEAMS FOR SATURDAY 27th NOVEMBER

Teams for next week's competition will again be selected VIA PHONE, only this time there'll be no reversing charge calls!! Junior teams will also appear on the notice board at school. And just to make sure that your captain knows that you're keen to run, phone him/smoke signal him/radio him etc. The program for the 27th is as follows:-

1.00pm	400m Hurdles	B, C, D	phone
1.00	1500m Walk	B, C, D	Ozrom Airken 830 4947
1.15	1500m Walk	U/17 - U/13	Andrew copperdoor 232 2030
1.30	200m	B, C, D	Albert Malt-who's? 359 6492
2.00	200m	U/17 - U/13	James deKindrafter 232 3064
2.30	800m	U/17 - U/13	Angry mak million 918 2859
2.50	800m	U/17 - U/13	lachie fraser-mulcaim 818 7155
3.15	4 x 200m	ALL Grades	Simon carpent 836 9744
4.00	1000m	U/17 - U/16	
4.10	110m Hurdles	B, C, D, U/17	
4.15	Hurdles	U/16 - U/13	
4.15	5000m	B	
4.35	5000m	C, D	

(For translations read your handbook)

FIELD:	WIDE J. LONG J.	POLT V.	WOMEN	SHOT PUT	DISCUS	JAVELIN
12.15 pm	8.0	8.0	8.0	8.0	8.0	8.0
1.00 pm	8.0	8.0	8.0	8.0	8.0	8.0
1.30 pm	8.0	8.0	8.0	8.0	8.0	8.0
1.45 pm	8.0	8.0	8.0	8.0	8.0	8.0
2.00 pm	8.0	8.0	8.0	8.0	8.0	8.0
2.15 pm	8.0	8.0	8.0	8.0	8.0	8.0
2.30 pm	8.0	8.0	8.0	8.0	8.0	8.0
2.45 pm	8.0	8.0	8.0	8.0	8.0	8.0
3.15 pm	8.0	8.0	8.0	8.0	8.0	8.0
3.30 pm	8.0	8.0	8.0	8.0	8.0	8.0
3.45 pm	8.0	8.0	8.0	8.0	8.0	8.0
4.00 pm	8.0	8.0	8.0	8.0	8.0	8.0

FABULOUS
SENSATIONAL
AWARD WINNING
UNFORGETTABLE

Tired of all those old advertising adjectives ?? You'll be relieved to know that not one of them applies to the well known

O.S.C.A.C. NEWS SHEET

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(This news sheet is guaranteed for 5 years. The 5 years are 1944, 1963, 1973, 1981 and 1999. If your news sheet is defective during any one of those years, return it to us with a written complaint in Japanese and we'll refund you the purchase price of our May 1984 issue !!)

"Sir, there's a Superhero outside."
"Who is it?"
"The Invisible Man."
"Tell him I can't see him."

The seemingly irrelevant bit of nonsense above is supposed to be a pointed jab directed at the legions of SENIOR athletes who AREN'T turning up to enter club on Saturdays, and consequently the invisible man is competing overtime ! The junior athletes are putting in some mighty performances and indeed, on Saturday the U14 through to U17 teams crushed all opposition, with countless 15s and Records being broken along the way. So, how about it fellas? Let's throw some experience on to the field and the running track - the traditional visit to the pub afterwards will soon revive you !!!

ABLETS OF THE WEEK

MISS FLOWER has just (!) pipped John Cormack to win the much coveted

O.S. Athlete of the Week (the 'week' being a reference to the common O.S. member), for the nationals. However, in terms of AOW status, James' speed out of the blocks aroused John's chances in the proverbial water jump of life's rewards!!

James ran in the U16 100m in a state record time (subject to VAA ratification) of 11.3 and thus captured the OS U17, 16, and 15 records. James later ran a mere leisurely time of 11.5 in the U15 100m.

James was also a winner at the recent APS sports in U15 and by the look of his performances on Saturday, that was no fluke ! His athletic career certainly looks as if it's firing - or do I mean flowering !!! Congratulations James. Your prize of a copy of that enlightening magazine 'Australian Runner' will be rushed to you. Who knows - you can probably give the editors a few tips!

IRON MEN

The winners this week are Darren Ward and Phil Farman who both competed in an unbelievable 6 events! Darren's enthusiasm is high at the moment and indeed, Darren is a well known optimist. When he was recently fined \$10 for travelling on the tram without paying, he produced an old ticket. When asked to explain the previous clip marks on the card, Darren replied, "Moths"!!!! Phil is a dedicated OS member and one of the back bones of inter club comp. - even at the tender age of 14 !!! Well done.

(P.S. Next weeks Iron man could well be Tony Briggs, since I have challenged him to a 6 event performance ! Here's hoping my pizzy bank can stand the strain!)
GRAND COMPETITION : This new and exciting form of competition rears its head this Saturday and the more athletes that turn up, the greater the chance of O.S. making off with the Premiership cup! A BYOG BBQ will be held afterwards in Ox territory (2 Trafalgar St. Camberwell). Cost of \$5 covers all but alcoholic goodies,

O.S.C.A.C. NEWS SHEET 20.11.82

pleas

fill in team sheets completely, accurately, promptly with events, names, times, distances, places, the type of dog food your gold fish eats, the brand of toothpaste you use, the flea powder you don't use, the kind of deodorant you should use etc. ; etc... We need the information in order to help select teams, draw up the season's records and rankings and to sell to sports manufacturers in order to raise funds for the club's coffers ...and writing of raising funds.....

hampers : tickets for this gourmand's delight are available till the following Saturday from Al McLeish at 50 cents each or 5 for \$2. This basket of goodies will have you drooling for months to come and instead of running the January sprints, the winner will be rolling them ! Tuck in soon and buy up !!!
lost & found A pair of gold spikes (junior size) was found after inter club on Saturday at Box Hill. The finder (Ian Mandayide) will part with them in exchange for a Bruce and Walsh diamond set momento !

thank you : To officials: Messers Fraser-Smith, Mills, Briscoe and MacMillan; athletes Bruce Hooley, Ian Hickey and Kevin Close; and younger brothers Adam (?) Nash and Hamish McLeish who were dragged along by their older brothers/dictators. These folk did a great job and we hope the team captain are just as successful this week in getting hordes along to officiate.

did you know : why Steve Hauser was wearing AND competing in track suit pants 2 Saturdays ago when the temperature climbed to 39 or so ?? Give up ?? Well folks, I must reveal (!) that Steve forgot his shorts !!!

another thank you : to all the guys who were brow beaten into writing team reports. They are all absolute masterpieces - and hideously laborious (Phil Barton's career doesn't need this much of a fillip fellow!). Long may the team report continue. Insanity will never die.

NOTETHERE WILL BE NO NEWS SHEET NEXT WEEK....NOT A ONE.....NONE.....

Golf day

A young golfer found his ball deeply embedded in a bunker.
"Which club do you think I should use, caddie ??"
The caddie looked him straight in the eye. "The way you play," he replied, "it doesn't matter." !!!!

This story could apply to any one of the OS members who once a year wander around a golf course vandalising a great game, and ooze in the news sheet prefer to call it GLOLF. To be more accurate we could describe it as 'slicing your way to high scores' or 'how to lose golf balls without really birdying', but in the interests of public relations, such 'infringements' (though inaccurate!) is not really sporting ! GLOLF DAY is a FUN DAY - a day the whole family can run smok. Besides GLOLF there is tennis, swimming and social cricket, and for the more athletic among us there is the hallowed sport of sun taking!!!!

This year the social event of the season is at the Athens' Point Lonsdale hide away and the GLOLF tees off at 8.30am (approx). The BYO everything BBQ will alight around noon and who knows when a cessation of festivities will start.

P.T.O for more info!!

LESS : Overheard at the last committee meeting

"Stu Handasyde - I remember him. He used to run, didn't he?"

"Then are we having the inaugural Dan Moldish - Al McLeish

100m sprint battle, or to be more precise the 20m crawl off?"

: Overheard at inter club

"Bridget - Do you know you're the fastest. Atken ever to run

for the club? Your brother Oz always looks as though he's

running in reverse, and your cousin Charles - well, he

was a very moderate sprinter."

YOU KNOW : Officials for the start of the TEAM TROU (Sun. March 6th) are

needed. Contact Greg Evans if interested

: O.S. has entered 8 teams for the RELAY CHAMPS. (18/19 DEC.)

You'll here more about it on Saturday.

YOU KNOW : anyone who needs a juggler for their next party? If so, Steve

Kasser is the man to see. Steve was showing off his skill

with the balls on Saturday - now all he needs is a big red

nose and a career in the circus is virtually assured!

: That the shortest held official sprint record in the history

of the club took place on the 28th of November, 1982??

The committee officially accepted Andrew Kiss' Under 16

100m record at 4.07pm and it was hand shakes/milk shakes

all round. At 4.08, amid pleas by Andrew to hold off

until the end of the meeting, James Flowers officially

surplanted (sick, huh?!) Andrew in the record books.

Andrew took it well - beating his head against the wall

relaxes him - or so he said!!



During the U/16 sprints!



After the U/16 sprints!

: if you buy 'Soul of a School' by Desmond Zwar through the club, Old Scotch gets the commission! Anyone interested in procuring a copy see Graham Briscoe.

TO SEE : Neil Louis hobbling around Box Hill stirring the teams into athletic frenzy - the queue to play on his crutches is virtually uncontrollable!!

NEWS : for the hamper will be on sale this weekend from Ian Handasyde and Graham Briscoe. The hamper will be drawn during the last round of who club for 1982 - October 11th.

BOX HILL VENUE : LADDERS UP TILL AND INCLUDING 13.11.82

B GRADE : Box Hill 1 12 83% Old Melburn. 12 82% Waverley 11 Old Kavs. 7 53% OLD SCOTCH 7 50% Ivanhoe 6

C GRADE : Malvern 12 10.5 Box Hill 1 11 O.M.'s. 10.5 Old Kavs 9 70.5% Waverley 8 49.5% OLD SCOTCH 8

D GRADE : Waverley 1 12 180% Malvern 12 139% Old Melb. 11 Ivanhoe 9 Waverley 2 8 53.8% OLD SCOTCH 8 52.5%

U/14 : Box Hill 1 6 77% Waverley 1 5 55% Malvern 5 53.6% OLD SCOTCH 5 4 Ivanhoe 4 3

U/15 : Old Scotch 6 198% Waverley 1 6 136% Box Hill 1 6 107%

U/16 : Old Scotch 6 198% Waverley 1 6 136% Box Hill 1 6 107%

U/17 : Box Hill 1 6 329% Old Scotch 5 223% Kew/Camb. 5 100.7% Waverley 1 5 89.5%

U/18 : Ivanhoe 1 6 164.5% Malvern 5 100.7% Box Hill 1 5 89.5% OLD SCOTCH 5 9th

(Sorry these ladders are incomplete....Would you believe my biro ran out???)

(If you do believe that...perhaps I could interest you in a used car???)

(It was once owned by Peter Brock...but he only used it on practice runs... and the engine's only exploded once!...and that was on a Sunday, in front of a little old lady...Boy! Did she have a fit!!...I thought she'd soon be for the church!!)

(Here ends my ramblings...and now starts Agnes Mac Millan's on...and on...)

UNDER 16 TEAM REPORT FOR THE DAY SATUR 27th NOVEMBER :

Well, this will be one of the shortest team reports ever!! ('Gosh I've got to go home!)(Oh, show me the way to go home...)(With pleasure. Ed). Every one who turned up did well, but of course some people didn't! Notably, the people who didn't, were the people who didn't turn up! (They were, incidentally, T.Briggs, P.Tingate, T.Watson, and B.Langley and these pikers are all cordially invited to attend the remainder of inter club comp.)

Andrew 'GOAT'S BREATH' Kiss had to leave after the relay, which he boycotted (He wanted land rights for gay whales!)(But why he had to protest now, escape me!?). He managed to raise the effort (poor child) to run a 200 and came 2nd in 24.3. D.Butler and J.Flowers came third and first in 25.5PB and 24.2 respectively. By the by, an interesting fact about the U/16 team is that we have a Briscoe, Briggs, Barber and Butler! Wow! (HO hum. Ed.)

Darren 'J Walker' Butler - a fine effort to compete in 5 events! J.Barber is setting well and truly broken in, competing in an invitation 200, 800 and 4 x 200m. S.Hill, despite boy coddling the Jav., Hammer and Hurdles (He wanted gay land for right whales!), was very handy in the Pole and High Jump.

Peter Briscoe walked into the victory books (as usual, ho hum), even though he had no competition!

NOW, WE MAY BE ON TOP OF THE LADDER, BUT WE'RE ONLY THERE ON PERCENTAGE. SO, LET'S HAVE A BIG TURN UP IN 2 WEEKS, SO WE CAN KICK IT IN. Well, so much for the short report!! (Insert witty comment here, please Ed.) (witty comment here)

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ALFLET OF THE WEEK (Drum roll please) has been unmasked (ooh, yuk, horro, ug!). The grateful recipients of this week's glance at a copy of Australia Runner are Darren Ward for his enthusiastic efforts on the first day of Graded Comp. and Andrew Endmondson for his 'heavinees / happiness is heaving' performances last week. Congrats. to both.

GRADED COMP THIS WEEK.

NO NEWS SHEET NEXT WEEK.

- G.L.O.L.F. DAY : SUNDAY, 5th DECEMBER AT
- : 10 WINTERLEY ROAD, POINT LONSDALE.
 - : B.Y.O. food and drink, golf clubs, tennis racquets, bathers, tanning oil, girlfriends and family.
 - : Anyone needing transport - ring Graham Briscoe (288 2938); Oz Aitken (830 4947) or Greg Evans (818 5755). Arrangements need to be made ASAP.
 - : INVITATION EXTENDED TO PARENTS TO PARTAKE IN A ROUND OF GOLF WHICH TEES OFF AROUND 9.30 a.m.
- : It would make things easier if we had some idea of numbers - so if you're coming let OZ know.

"We shall ground them into the bunkers
 We shall slice them into the treetops
 but we shall never birdie !! "

P.B. MEET this Thursday (2/12/82) at Olympic Park, sprinting off at 6.30. Officials AS ALWAYS are DESPERATELY required.

DAVID IRVINE-HALLIDAY : wrote expressing his thanks to the Club for the friendship (and many good times) extended to him and his family. Dave writes that when any one is passing through, up or over Calgary, Canada way, there'll always be an open door, warm bed and beer on occasion!! Anyone interested in writing or visiting Dave's address is: 901 - 3600 Brenner Drive N.W.
 Calgary, Alberta.
 Canada. T2L1Y2. Telephone: 403 289 2270.

EVENING OF 22ND JANUARY ::: KEEP FREE.

O.S. is planning 'a BYO chicken, we'll BYO champagne' supper after the night meeting.

OFFICIALS THANK YOU

to Louis Kiss, Duncan Fraser-Smith, John Flowers, John Thorpe James Flowers, Ric Stoyles (who won high praise for his official at the shot put!) and Peter Lucas for officiating over the past fortnight.

It was especially good to see Peter who was a former secretary of the Club until he moved to Sydney some 8- 10 years ago.

Peter officiated for O.S. at Box Hill on 20/11 and you can't get much better. Peter is a big wig in the NSW Aths Association and was the Controller of Athletics Officials at the Brisbane C'weal Games AND chief timekeeper at The Marathon.

It was great to catch up with Peter, who always makes an effort to chase up the Club whenever he's in town, and I believe an article from him for the newsheet is forthcoming.....

Don't watch this space for too long

before turning over

TEAMS FOR SATURDAY DECEMBER 11th :

B GRADE : Andrew Aitken 830 4947 David Edwards 347 1361

12.15pm Hammer Andrew Edmondson
 1.00 3000m Walk Andrew Jamieson
 1.00 100m High Jump Andrew Tingle, Darren Ward, Peter Thompson
 1.00 High Jump Darren Ward
 1.00 Discus Andrew Edmondson
 1.45 1500m Andrew Aitken, Nigel Watson, Terry O'Halloran
 2.00 Triple Jump Andrew Tingle, Trevor Tingle
 2.15 10m Hurdles Andrew Tingle, Trevor Tingle
 2.30 Pole Vault ?
 2.30 Shot Put Andrew Edmondson
 2.30 4 x 100m Tingle, Ward, Thompson, McKay
 3.00 3000m Stiple Graham Wise, Andy Cochrane, John Marx
 3.45 Javelin Andrew Edmondson
 4.15 400m Andrew Aitken, Ross Hooley, Terry O'Halloran

C GRADE : Andrew Tingle 232 2030 No Hodges 859 5745

1.00pm 3000m Walk Albert Matthews
 1.00 Discus Peter Thompson
 1.00 High Jump Cameron McKay
 1.00 100m Trevor Tingle, Mike Sim, Cameron McKay
 1.45 1500m Stuart Hamilton, Greg Patterson
 1.15 10m Hurdles Rohan Hodges, Trevor Tingle ?
 1.30 Pole Vault Ro Hodges
 1.30 Shot Put ?
 1.00 4 x 100m Tingle, Sim, McLeish, Hooley
 1.15 Triple Jump Peter Thompson
 2.45 3000m Stiple Ian Hickey, Kevin Close, Jon Mollard
 4.35 400m Mike Sim, Peter Stephens, Stuart Hamilton

D GRADE : Albert Matthews 359 6492 John Holmes 568 2357

1.00pm 100m Walk James Russell, Phil Barton, Al McLeish
 1.20 1500m Walk ?
 1.45 High Jump Trevor Tingle
 1.45 1500m Mike Bush, John Holmes, John Womersley
 2.15 10m Hurd. James Russell, John Thorpe
 2.30 Discus Al Matthews
 3.00 4 x 100m Russell, Barton, McLeish, Hodges
 2.15 Shot Put Al Matthews
 2.15 Triple Jump Darren Ward
 3.15 2000m Stiple Colin Flindley

E GRADE : James Atkinson 232 3064 Charles Berry 82 4698

11.45pm Hammer Alex Carey
 1.00 Triple Jump Alistair Mills
 1.20 1500m Walk David Carra
 1.30 100m Adam Cossar, Alex Carey, Andrew Nolan
 1.45 Shot Put Alex Carey
 2.15 10m Hurd. Robert Frew, Craig Burnham
 2.15 1500m James Atkinson, John Smythe, Charles Berry
 2.30 High Jump Craig Burnham
 2.30 4 x 100m Nolan, Berry, Frew, Cossar
 3.45 Javelin John Smythe
 4.00 2000m Stiple James Atkinson, David Carra,
 4.15 400m Adam Cossar, Alistair Mills, Charles Berry

F GRADE : Angus MacMillan 818 2859 Brett Langley 878 5910

1.00 1500m Walk Peter Briscoe
 1.30 100m Walk ?
 1.45 High Jump ?
 2.15 10m Hurdles ?
 2.30 Shot Put ?
 2.30 4 x 100m ?
 3.45 Javelin ?
 4.00 2000m Stiple ?
 4.15 400m ?

UNDER 16 TEAM FOR 11.12.82 (cont.)

1.45 Shot Put Simon Hill
 2.30 100m Hurdles Simon Hill, Tony Briggs
 2.30 High Jump Darren Butler
 2.45 1500m Brett Ley, Angus MacMillan, James Barber
 3.00 Discus Simon Hill
 3.00 4 x 100m Tony Briggs, Andrew Kiss, James Flowers, Simon Hill
 4.00 2000m Stiple Peter Tingle, Angus MacMillan
 4.00 Triple Jump Andrew Kiss

UNDER 15 : Jackie Fraser-Smith 818 5798 Phil Harman 836 6163

1.20 1500m Walk Phil Harman
 1.30 Triple Jump Richard Serle
 1.30 100m Phil Harman, Tim Collyer, Andrew Maxwell, Em Worral
 1.45 Javelin James Neil
 2.15 1500m William Tuckfield, Stephen Worral, Andrew Maxwell
 2.30 100 Hurdles Jackie Fraser-Smith, Stephen Worral
 3.00 4 x 100m Harman, Collyer, Maxwell, Neil, Em R. Serle
 3.15 High Jump James Neil
 3.45 Shot Put Phil Harman
 4.15 400m Jackie Fraser-Smith, Phil Harman, Steve Worral

UNDER 14 : Simon Nash 836 9746

1.00 Shot Put James Ives, Em Damien Trytell
 1.20 1500m Walk ?
 1.30 Pole Vault Bridget Aitken, Davide Bini, Chris Atkinson
 1.30 100m ?
 2.15 1500m Simon Nash, Andrew Boag
 2.30 Triple Jump Chris Atkinson
 2.30 90m Hurdles Chris Atkinson, ?
 3.00 4 x 100m Aitken, Bini, Nash, Atkinson
 3.00 Discus James Ives, Damien Trytell
 3.15 High Jump James Barnitt
 4.15 400m Davide Bini, Simon Nash, Andrew Boag

UNDER 13 : Phil Barton 830 1596

1.00 Shot Put Ian Miller
 1.20 1500m Walk ?
 1.30 100m Cameron Mackenzie, Hugh Bradfield
 1.45 High Jump Hugh Bradfield
 1.45 Javelin Ian Miller
 2.15 1500m Hugh Bradfield
 2.30 80m Hurdles Cameron Mackenzie
 2.30 Triple Jump ?
 3.00 4 x 400m Hugh Bradfield, Cameron Mackenzie
 4.15 400m

B GRADE	C GRADE	D GRADE	U/17
OM OS BHZ	IV NON OS	OS ST.K MAW2	BH1 OS WAW1
U/16	U/15	U/14	U/13
OM OS WAW2	KC OS BYE	BH1 OS OX	BH1 OS WAW1

TEAM SELECTIONS ARE NOT PSYCHIC (and nor do they claim to be particularly intelligent !!) SO IF YOU'RE SELECTED AND CAN'T MAKE IT, OR NOT SELECTED AND YOU CAN TURN UP, PLEASE, PLEASE RING THEM. SPREAD THE WORD.

Old Scotch CAC Newsheet

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we wish you a merry christmas!!

or as the old shepherd who used to own the local sweet shop used to say, "Baaah, Humbug". !!!

QUOTES : "Did you see Hando last week? For a change, instead of walking and watching the burdlers go past, he tried the hurdles and watched the walkers go past". !!

Peter Briscoe 1.12.82

: "Phil Barton came up to me the other day eager to get my views on marriage. He wondered whether a married couple should be frank and earnestor whether one of them should be a girl." ??!?!?

Angus MacMillan 4.12.82

: "By Jove. We're the greatest." !!!!

Comment under the U/15 team results

DATES/FIGS TO REMEMBER :

* SATURDAY 18th DEC - Day One of the Vic. Relay Championships

1.32pm	Under 16	4 x 200m
2.43	Under 17	4 x 800m
3.40	Under 16	4 x 800m
4.15	Open	4 x 800m

* SUNDAY 19th DEC - Day Two of the Vic. Relay Championships

2.30pm	Under 17	4 x 400m
2.45	Under 20	4 x 400m
4.48	Under 17	4 x 400m
4.55	Under 20	4 x 400m

* SATURDAY 15th JANUARY - First round of interclub for 1983. Graded comp.

* SATURDAY 22nd JANUARY - Twilight meeting at Box Hill with a 'BYO chook, we'll BYO the champagne' supper to be held after. Family and friends/ Old Scotch function. Not to be missed!

* SUNDAY 6th FEBRUARY - this is the day when it's off to Portsea Officers' Camp for our annual confrontation with the army, navy and Old Xavs. A great day. Another that's not to be missed!

***** Seen heading off for Katmandu this week - John Cormack,*****
Col Findlay, Nick Tapp and Howard Cooper. Training will be held on the Everest track on Wednesday afternoons!!!

FOUND AT BOX HILL 11.12 : a pair of blue spikes, now an Ian Handasyde's feet!

CONGRATULATIONS : to the winner of our Chrissie HamperGreg Evans !!

No doubt Greg will be cracking open the bottle of champagne fairly soon, if only to drown his sorrows. He turns 3? later this month. Others soon approaching middle age this month are Al McLeish and Stu Facey, James Flowers and Phil Harman. Happy birthday to you, happy birthday to you.!!

THANK YOU : to officials Louis Kiss, Sally Hodges, Cathy Kiss, Guy Bennet, Graham Briscoe, John Flowers, Ian Handasyde and Anne Edwards.
: to the Aitken family for the use of the holiday house for golf dayspecial report on page 3.

ATHLETE OF THE WEEK TO BE ANNOUNCED IN THE FIRST NEW YEAR ISSUE OF THIS RAG.

TILL THEN, IT'S BORIS STROGANOFF FROM ME, AND BEN DOVER FROM HIM.

RESULTS OF 7th ROUND OF INTER-CLUB HELD ON 11.12.82

<u>B GRADE</u> :	OLD SCOTCH 79	d.	Old Melburnians 65	d.	Box Hill 2	65
100m	Darren Ward	11.9	Cameron McKay	12.4		
	Andrew Tingate	12.7				
3000m Walk	Andrew Jamieson	16.23				
1500m	Nigel Watson	4.21.4				
110m Hurdles	Darren Ward	18.2	Rohan Hodges	18.3		
400m	Andrew Aitken	52.7	Ross Hooley	53.1		
	Darren Ward	54.0	<u>PB</u>			
High Jump	Darren Ward	1.80m	1st			
Discus	Andrew Edmondson	32.70m	DNQ			
Pole Vault	Ro Hodges	3.10m	1st			
Shot Put	Andrew Edmondson	10.36m				

<u>C GRADE</u> :	Monash 50	d.	OLD SCOTCH 42	&	Ivanhoe 42
100m	Mike Sim	12.8			
3000m	Colin Findlay	10.35	Jon Mollard	10.46	
400m	Mike Sim	56.6	Andrew Tingate	57.3	
	James Russell	57.4			
High Jump	Peter Tingate	1.65m	1st		
Triple Jump	Andrew Tingate	12.04m	1st		

<u>D GRADE</u> :	Malvern 82	d.	OLD SCOTCH 69	d.	St. Kevins 6
100m	Rohan Hodges	13.0	Jon Holmes	13.5	
1500m Walk	Stu Facey	8.28			
1500m	Mike Sim	4.40	Jon Holmes	4.58	
	Mr. Beyer	5.04			
High Jump	Cameron McKay	??			
Discus	Greg Evans	20.98m	1st !		
Shot Put	Jon Mollard	9.91m			
2000m	Al McLeish	qualified last !!			
Triple Jump	Cameron McKay	10.45m	<u>PB</u>		
400m	Greg Evans	60.0	Cameron McKay	??	

<u>UNDER 17</u> :	OLD SCOTCH 62	d.	Box Hill 1	39	d.	Waverley 1	28
Triple Jump	Darren Butler	12.00m	<u>PB</u>				
100m	Alex Carey	12.5	Angus MacMillan	14.0	<u>PB</u> !!		
	James Atkinson	14.8	<u>PB</u>				
1500m	James Atkinson	4.39.7	Adam Cossar	4.58			
	John Smyth	5.01					
4 x 100m	Cossar , Berry ,	Smyth , Atkinson	49.9				
2000m	James Atkinson	6.31					
400m	John Smyth	58.6					

<u>UNDER 16</u> :	OLD SCOTCH 106	d.	Waverley 2	44	d.	Old Melburnians	000
Triple Jump	Andrew Kiss	11.91m	<u>PB</u>				
1500m Walk	Peter Briscoe	7.47	<u>PB</u>	(disqualified UNFAIRLY in last step !)			
100m	Andrew Kiss	12.1	Darren Butler	12.5			
	Peter Tingate	13.7	<u>PB</u>				
1500m	Angus MacMillan	??	Peter Tingate	5.03	<u>PB</u>		
	Darren Butler	5.19.6	<u>PB</u>				
100m Hurd.	Andrew Kiss	20.7	Peter Briscoe	21.0			
4 x 100m	Kiss , Tingate ,	Butler , Mac Millan					

RESULTS OF INTERCLUB (CONT.)UNDER 16 :

High Jump	Darren Butler	1.75m	Peter Briscoe	1.45m <u>PB</u>
2000m	Angus MacMillan	6.38 <u>PB</u> !!	Peter Tingate	DNF
400m	Angus MacMillan	60.8		
Pole Vault	Darren Butler	2.55m		

UNDER 15 : OLD SCOTCH 104 d. Kew Camberwell 10

1500m Walk	Phil Harman	9.16	1st	
100m	Lachie Fraser-Smith	14.1	1st	Phil Harman 14.7
	Steve Worrall	15.1	<u>PB</u>	
Shot Put	James Ives	10.74m		
Triple Jump	Richard Serle	10.36m	<u>PB</u>	
1500m	Steve Worrall	5.01	<u>PB</u> <u>PB</u>	Richard Serle 5.26
	Andrew Maxwell	retired	ill	
100m Hurd.	Steve Worrall	24.9		
4 x 100m	Fraser-Smith , Worrall , Harman , Serle			
High Jump	James Neil	1.65m		
400m	Steve Worrall	74.3		

UNDER 14 : Box Hill 1 114 d. OLD SCOTCH 80 d. Old Xavs 10

Shot Put	James Ives	13.00m	<u>RECORD</u> *****	
Pole Vault	Davide Bini	1.80m	<u>PB</u>	
100m	Chris Atkinson	14.4		Bridget Aitken 15.8
90m Hurdles	Chris Atkinson	15.0		Davide Bini 18.4 <u>PB</u>
Triple Jump	Chris Atkinson	10.74m		
400m	Simon Nash	69.5		

UNDER 13 : Waverley 1 104 d. Box Hill 1 49 d. OLD SCOTCH 26

100m	Cameron MacKenzie	14.0		
1500m	Hugh Bradfield	5.20.7	<u>PB</u>	
90m Hurdles	Hugh Bradfield	18.2	<u>PB</u>	Cameron MacKenzie 19.3 <u>PF</u>
Javelin	Cameron MacKenzie	15.90m	<u>PB</u>	
400m	Cameron MacKenzie	67.0	<u>PB</u>	Hugh Bradfield 68.0

Golf day Report

Dear Reader,

I don't really know why I should write this report on the Point Lonsdale excursion , firstly because EVERY ONE should have been there (!!), and secondly , because I don't want to!! However, somehow 'they ' conned me into it (You'll have to let go of my arm if you want me to write !!). Consequently, I take no responsibility for old jokes , un-original clichés (all clichés are unoriginal!!) and bad grammar.

The day started at sun rise (or for those who went with Ian Handasyde, the day started early enough to watch the sun rise. Ian's decision to leave at 6 o'clock (a quaint hour I rarely knew existed) back fired on the fair ways! The golf was of a mixed standard , and indeed, often bore no relation to that game of the same name I see on the telly! The long dry fairways and the sandy bunkers proved the biggest problem once we discovered how you hold the club (and I still think it makes more sense to clutch it up the bumpy end!). Orange balls which were supposed to be 'unlooseable' were lost by the fourth hole and patience was lost by the tenth!! The weary golfers arrived home after 5 hours (long , long hours !) on the course. The tennis players also returned and a very enjoyable BBQ was had by all (and the food wasn't bad either !!)

continued on next page!

RESULTS OF GRADED COMPETITION HELD ON 4th DECEMBER

Waverley 240 Old Melburnians 199.8 OLD SCOTCH 186.1 Malvern 185.6

Overall standings after 2 rounds of graded competition :

Waverley 529.9 OLD SCOTCH 421.4 Old Xavs 360.2 K/C 314.7 Malv. 303.4

400m HURDLES	:	James Russell	64.4	Rohan Hodges	65.0
1500m WALK	:	John Thorpe	6.48.8	Peter Briscoe	8.01.6 <u>PB</u>
		Trevor Tingate	8.18.8		
200m	:	Alistair Meyer	23.3	Adam Cossar	24.4
		Andrew Kiss	24.6	James Flowers	24.9 <u>PW</u> !
		Cameron MacKay	25.2	John Thorpe	25.3
		Rohan Hodges	25.9	Mike Sim	26.1
		James Russell	26.5	John Cormack	27.1
		James Atkinson	27.4 <u>PB</u>	Richard Serle	28.1 <u>PB</u>
		Cameron MacKenzie	28.2 <u>PB</u>	Angus MacMillan	28.3
		Chris Atkinson	28.4	David Carra	29.0 <u>PB</u>
		William Tuckfield	29.4 <u>PB</u>	Peter Briscoe	30.0
		Bridget Aitken	30.9	Simon Nash	31.2
		Steve Worrall	31.6 <u>PB</u>		
800m	:	Rob Catherall	1.59.7	Andy Cochrane	1.59.8
		John Cormack	2.02.4	Andrew Aitken	2.03.0
		James Atkinson	2.11.9	Mike Sim	2.13.0
		Adam Cossar	2.15.0 <u>PB</u>	Cameron McKay	2.20.9
		Jon Holmes	2.21.0	David Carra	2.24.0
		Will Tuckfield	2.25.3 <u>PB</u>	Simon Nash	2.37.0
		Richard Serle	2.37.0	Steve Worrall	2.39.2
		Phil Barton	2.41.0		
3000m	:	Andy Cochrane	8.49.2	James Atkinson	9.50.0
		Adam Cossar	11.27 <u>PB</u>	David Carra	11.29.0
5000m	:	John Cormack	15.17.9		
HIGH JUMP	:	Darren Butler	1.75m	Craig Burnham	1.75m
		Cameron McKay	1.70m <u>PB=</u>	Simon Hill	1.70m
		Trevor Tingate	1.70m	discontinued	
		Chris Atkinson	1.60m	discontinued	
		Adam Cossar	1.55m <u>PB</u>	Alistair Meyer	1.50m
		James Atkinson	1.45m <u>PB</u>	James Ives	1.45m <u>PB</u>
		Peter Briscoe	1.35m	Greg Evans	1.35m
		David Carra	1.35m <u>PB</u>	Steve Worrall	1.20m
LONG JUMP	:	Andrew Kiss	5.35m <u>PW</u>	John Thorpe	4.94m
		Rohan Hodges	4.82m	Richard Serle	4.57m <u>PB</u>
		Will Tuckfield	4.44m <u>PB</u>	Steve Worrall	3.85m <u>PB</u>
POLE VAULT	:	Rohan Hodges	3.20m	Andrew Kiss	1.80m <u>PB</u>
DISCUS	:	James Ives	26.50m		
SHOT PUT	:	James Ives	11.90m	Ian Millar	10.38m
HURDLES	:	Trevor Tingate	20.6	Ro Hodges	19.7
		Alistair Meyer	16.5		
		Trevor Tingate	20.3 (3'-)		

GOLF DAY REPORT CONTINUED :

The party then moved onto the back beach , where a rousing game of grid iron took place , under the careful guidance of Larry , our visitor from Canada.

Thanks must go to the Aitkens for the use of their Holiday house. The Handicap winner was John Thorpe. The overall winner was Mike Sim. Angus MacMillan took off the coveted Junior title (It's hard to lose to your self!) Guy Bennett had the highest score , but who counted ???

So, as the sun sank (gurgle, gurgle) slowly in the EAST (I kept telling Hando we were lost !!), the golfers wandered home , sunburnt and weary but contented (moo,moo) after an enjoyable and successful day.

Your literaturely,
Agnes MacMillan

Old Scotch News Sheet

REGISTERED PUBLICATION VBH 1629 27.1.83 PRICE 10¢

Overheard at the Chicken and Champagne supper :

Ian Handasyde .049999 , "Can anyone here drive who didn't come???"
which gave rise to such comments as "Is there anyone here
who couldn't make it ??" and ended with John Thorpe who,
putting his hand over his eyes, exclaimed , "I can't see
anyone, so I can't be here !!!"

A big thank you to the Briscoe family for catering and welcoming the
supper crowd. It was a great evening, topped off by a plentiful supply of very
good champagne that juset sheemed tooooo keep on comming...!n comminggg....

Thank you to officials Mr. Max Frew , John Thorpe,
Kathy, Gregor Evans and Graham Briscoe.
More officials needed for the next two rounds.

DATES TO REMEMBER :

SATURDAY 29th JANUARY : Interclub Day 12 (Program 1)

: Teams selected via the phone , by the phone , fer the
phone. Please ring your team captain by Friday night
to inform him of your availability.

30th/31st JANUARY : Decathalon Championships. Good luck to MIKE SMITH and
DARREN BUTLER.

SATURDAY 5th FEBRUARY : Graded Competition - Day 4

: Victorian standings after 2 rounds of graded comp.
Old Paradians 625 Waverly 530
Dandenong 446 Essendon*EMH 435
OLD SCOTCH 421

SUNDAY 6th FEBRUARY : PORTSEA OFFICERS CAMP

: 4 way meet ; - OLD SCOTCH , Old Xavs , Old Melb. , Army
: BYO BBQ lunch from 12.00 , BYO BBQ dinner from 12.01
: Aths kicks off about 1.00pm , swimming 1.01pm
: Multi events for ALL age groups
: BYO family and friends - Great day guaranteed
: More info at Box Hill or ring Greg Evans or
Graham Briscoe Transport available

NO INTER CLUB ON FEBRUARY 12th AND 19th DUE TO THE VIC. CHAMPIONSHIPS

ATHLETES OF THE WEEK : 15.1.83 : RAOUL STEWARDSON whose advice to would
: be high jumpers is , " Think springy !! "
: 22.1.83 : ROB CATHERALL - a great 800m , in fact,
a great season!

NOTE : PLEASE. PLEASE WRITE ALL YOUR TIMES, PSEUDONYMS?, HANG UPS,
EVENTS, in fact ANYTHING at all on the TEAM SHEETS , JUST
PUT IT DOWN IN PRINT !!!

RESULTS OF GRADED COMPETITION HELD ON 15.1.83 :

100m	Steve Hauser	11.7	Raoul Stewardson	12.8
	Jon Holmes	12.9	Craig Burnham	12.9
1500m	Andy Cochrane	4.00.3	Rob Catherall	4.06.4
	Kevin Close	4.51	Raoul Stewardson	4.08.1
2000m Steeple	Andrew Boag	9.15		
Javelin	Andrew Edmondson	48.76m <u>PB</u>	Dave Edwards	39.92m
Shot Put	Andrew Edmondson	10.29m	Dave Edwards	9.50m
High Jump	Craig Burnham	1.70m	Andrew Edmondson	1.65m
	Steve Hauser	1.65m	Raoul Stewardson	1.55m
	Kevin Close	1.35m <u>PB</u>	Gregor Evans	1.30m
	Andrew Boag	1.20m <u>PB</u>		

RESULTS OF INTER CLUB HELD ON 22.1.83 :

UNDER \$16.00 : OLD SCOTCH 64 d. BH1 10 d. BH2 -

1500m Walk	Peter Briscoe	8.03.05		
200m	Darren Butler	26.2	Peter Briscoe	31.8
Javelin	Peter Briscoe	DNQ		
High Jump	Darren Butler	1.70m	Peter Briscoe	1.40m inv.
800m	Darren Butler	2.35.4		
Long Jump	Darren Butler	5.48m <u>PB</u>		
100m Hurdles	Darren Butler	19.3	Peter Briscoe	20.8

UNDER \$17.53 :

200m	Alistair Mills	26.1	Robert Frew	26.2
High Jump	Alistair Mills	1.60m		
110m Hurdles	Robert Frew	18.???		

OLD AGE PENSIONERS :

400m Hurdles	Greg Evans	62.0 B	Rohan Hodges	64.5 B
	James Russell	???.? Qualified!!!! C		
200m	Mike Sim	25.6 B	James Russell	???.? Didn't !!
Pole Vault	Rohan Hodges	3.10m		
110m Hurdles	Rohan Hodges	19.2		
5000m	Kevin Close	18.48		
800m	Raoul Stewardson	???.????	Rick Dillon	???.????

I know I saw you Andrew Edmondson, but did you do more than chat up all the young ladies ??????

Great to see Rick Dillon back on the Box Hill track again, and still 'able' to come out with some PBs. Last week it was for the shortest warm up in Rick's history, - 25 mins. against his usual 45 mins!! Not to worry - he lengthened his warm down (more commonly known to some as a lie down!) to compensate!

RESULTS OF INTER CLUB 22.1.83 :

<u>A GRADE</u> :	Glenhuntly	194.5	d.	Ringwood	130	d.	A.PSU	117.5	d.	Ivanhoe
<u>A RESERVE</u> :	Glenhuntly	119	d.	APSU	116	d.	Box Hill	108	d.	Collingwood
Roger Glass	Hammer	50.78m		Discus	39.82m		Shot Put	12.95m		
Stephen Hauser		400m Hurdles		57.2			200m	23.6		
Ian Handasyde		1500m Walk		6.58						
Alistair Meyer		110m Hurdles		16.5			200m	24.4		
Rob Catherall		800m		1.56.9			<u>PB</u>			
Andy Cochrane		5000m		15.17						
Mal McFarlane		High Jump		1.95m						
Brian Trower		5000m		DNF						
Andrew Edmandson		Javelin		44.82m						
Mike Smith		High Jump		1.80m			Long Jump	6.35m		
		110m Hurdles		16.5			Pole Vault	3.10m		

CITY OF MELBOURNE JUNIOR ATHLETIC CHAMPIONSHIPS: SUNDAY 27th FEBRUARY

Entries close 14th February. ENTRY FEE \$1.00 PER EVENT

All age groups from under 13 to under 17 - all events

Entry Forms Available From Anne

Edwards 25 5067

LILYDALE AUSTRALIA DAY FUN RUN ON MONDAY 31st JANUARY AT 10.00am - 8 KILOMETRES

entries close 28th january by post

or 9.30am on the day. \$2.00 per person . If interested phone 255067

* AND NOW FOR SOMETHING COMPLETELY DIFFERENT *

* PROFILE ON THE LIFE AND TRAINING *

* TIMES OF THE GLUCOSE KID :- ADAM COSSAR !! *

A brief glance over Adam's fence reveals quite a lot about this modern athlete who has carefully and scientifically devised a new approach to life and athletics. You see, Adam's garden uses potato chip packets instead of tan bark!!!

After school, (or a hard days sun baking), Adam heads back to the house and goes straight to the kitchen. He then enters the pantry and proceeds to propel several 'flying objects' outwards. A quick look reveals that these are really chips, Mars bars, wagon wheels, peanuts, TimTams etc, etc. We then find him clocking up millions of points on his Atari video machine (the mark of a true intellectual!) and then it's a marathon of TV. How does he do it ??????

A phone tap over-hears a conversation ;
 "Wanna go for a run??" Mysterious other person
 "Not another one !! " Adam
 "May as well." MOP
 "Oh,ok. Meet me at my place at 9pm." Adam

The two depart, stepping at various milk bars and tram stops enroute.

continued page 5

"Never, NEVER, will I do it again!"

The pain soon disappears but the words and memories linger on. The occasion? Just over halfway in the Nike Canberra Marathon, 4th April, 1982. The significance? Well here I am, about to go through the whole ordeal again.

Damn, Sunday November 21st. Down at Albert Park Lake, 150 marathoners complete last minute preparations for the three or so hours in store for them. In spite of my determination not to participate in such an event again, I complete my mile or so warm-up and head for the start. The only anxiety concerns a slight fever, hopefully only related to pre-race tension. That aside, my preparation has been perfect. Just over 3,500 miles run this year, three 30 mile training runs since July, and an average of over 87 miles a week in the preceding three months has provided unprecedented marathon fitness. The carbohydrate loading diet has worked superbly giving greater muscle glycogen stores^a than I have ever achieved in the past. The weather is ideal - cold, with only a very slight breeze.

My primary intention will be to run a well paced race, in order to eradicate the memories of last April. Starting off fast was disastrous - even paced running (or even a slow start) is essential to endure a race of 42.195 Km without undue exhaustion. The secondary aim is to run as fast as possible, preferably close to 2:40. Only inept pacing can prevent the achievement of these goals.

The gun goes off. 150 digital watches click in unison as 300 feet set out on the first mile of the South Melbourne Athletic Club "Red Devil" Marathon. The course is four 10 Km laps plus 2.195 Km added on the end. Each lap commences at the north end of Aughtie Drive, follows the road circuit around the perimeter of the lake and then heads under the railway line, down Canterbury Road, back under the railway line and up Aughtie Drive to the starting point. The course is flat, and very fast.

I take it easy, feeling the full benefit of carbohydrate loading. Through one mile in a leisurely 6 minutes 25 seconds. The pace soon quickens. Moving into 20th place I soon join up with a runner doing about the same speed and we head through 5 Km in a slightly faster 19:29. With three schedules of 2:45, 2:42, and 2:40 written on the back of my hand I know to achieve my ultimate goal of 2:40:00 an average of just under 19 minutes per 5 Km section must be maintained. I continue on with my nameless companion down Canterbury Road, but soon start to draw away. The urgency of keeping to a fast average pace drives me on as I pass a group of half a dozen runners and commence to pour on the pace. Passing 10 Km in 38:45, 50 seconds down on a 2:40 time, I abandon any hope of breaking the magical figure. I should feel comfortable at this speed but instead tiredness predominates. Oh well, let's see what eventuates

Completing the second lap of the lake at a somewhat brisk pace, 15 Km sees me by in a much faster 57:40. But am I feeling it! However, instead of slowing, the next 5 Km passes at an even greater speed of 18:41 for a time of 76:21 at 20 Km. I check the back of my hand to discover that only 30 seconds separates me and "that ultimate goal!"

In spite of the ever mounting fatigue I press on, realising for the first time that 160 minutes is quite possibly within my grasp. But whether or not it will be achieved, two things are certain - firstly, I will have to push myself very hard to attain it, and secondly, I won't know for sure whether it is to be realised until the race is over. The psychological pressure will be ever present.

^a Glycogen is stored in muscles and the liver and is the body's immediate source of energy in high intensity exercise. On depletion, the individual concerned experiences extreme fatigue, retarding of physical and mental functions, and is forced to slow considerably.

cont'd

The third 10 Km circuit takes seemingly twice as long as the first, but in fact is over a minute faster, as the gap closes between my time and 2:40 pace by 17 seconds to only 19 seconds. I am now in the final 12km and two fellow competitors I have been chasing are definitely getting closer. Down Aughtie Drive for the last time and through the famous 20 mile mark. Whether a psychological effect or not, I am feeling very, very tired, but who in a marathon doesn't at this point? Up Lakeside Drive and I pass the first of my two adversaries. A kilometre or so later and the other comes back but then tries to hold on. We stride neck and neck along Albert Road Drive until 35 km when a time of 2:12:58 reaches my ears. A quick glance at the back of my hand informs me that I am still 15 seconds behind schedule - but only 15 seconds.

At that point I take off. Grabbing the last drink for the race I enter the last 7 Km. The hardest 7 Km also, but if that awesome time is to be broken it will have to be the fastest as well. There must be no relenting. Maximum speed is required and all protests from the legs must be ignored. Experiencing no great trouble down Canterbury Road, I give it all I have. The turn under the railway line eventually appears, to be soon followed by the last long stretch up Aughtie Drive. With three kilometres to go I pass a runner going seemingly at half my speed and move into sixth place overall which is to remain unchanged through to the finish. Feeling exceptionally tired but still relatively strong I push on. In a short while the 40 Km turn appears.

Now it must be close to flat out as I hear a time indicating 2:40 is still a possibility. "It will be worth it", I try very hard to convince myself. Down the seemingly endless bike path to the 41.0975 Km turn and now for the final kilometre. Rob Jamieson, a fellow marathoner with a best of 2:39:40, is there urging me on to accelerate. "OK, Rob", I think, "but I can't go any faster!". However, knowing the finish is imminent, I do. Now push hard, hard, hard!

At long last the finishing line banner is in sight. I cross the line knowing only now that I have achieved what at 10 Km seemed impossible. A watch is shoved in front of me confirming the well received news - 2:39:47.

After such a punishing final seven kilometres tiredness is overwhelming. It takes quite a while for the time to sink in. It does eventually and the feeling is that of absolute pleasure and satisfaction. The placing, and running under the national championships qualifying time with an average of just over 6 minutes 5 seconds per mile were more than I dreamed of. Yes, it certainly was worth the effort.

But the most pleasing aspect of the run was not realised until several days later when it occurred to me that within minutes of completing the event I had been talking about "the next one". The old words and memories do eventually fade away, to be replaced by fresh and better ones.

"Yes, definitely, I will do it again! And again! And"

Bruce Hooley

By sheer coincidence, the two end up in the street of various female acquaintances. They can also be found requiring a Melways at other private (promising) residences! Then a strong finish up Kooyong Koot Road.

"How about a spa and a swim and a quick snack?" - Adam

"Yeah. These runs are hard work :))) "

By: the mysterious other person!

10.2.83

BIG BUSINESS !

(ie. the business you have when you're not having any funny business!)

① Chacun , tout le monde , ich , du und vous (ie. EVERY ONE) who is competing in the Victorian Championships (and this applies most particularly to any JUNIORS who are competing) MUST ring Greg Evans on 818 5755 as soon as possible and tout de suite (ie BEFORE SATURDAY!). What you will hear will be to your advantage???

GOOD LUCK TO ALL ATHLETES COMPETING IN THE VIC. CHAMPIONSHIPS.

THERE WILL BE NO INTER CLUB ON THE 12th AND 19th OF FEB. DUE TO THE VIC. CHAMPS. THE LAST TWO ROUNDS ON 26th FEB AND 5th MARCH ARE NOT TO BE MISSED HOWEVER, 'COS THEY'RE THE DAYS THE JUNIORS ARE GOING TO TROUNCE THE OPPOSITION AND ACCEPT THE MANTLE OF VENUE CHAMPIONS !!!

BIG SUPPORT FROM SENIOR CITIZENS NEEDED TO SPUR THEM ON.

② THANK YOUS go to the following officials for their great efforts in the past fortnight : Mr. Michael Berry, John Thorpe, Greg Evans, Andrew Aitken and Kevin Close . Thank yous also to the couple from old Xavs who helped out at the High Jump a couple of weeks ago, when OLD SCOTCH failed to provide enough officials! Yes folks, things have really reached rock bottom when you have to appeal to 'THEM' for assistance !!

NOTE : It is vital that OLD SCOTCH provide 6 officials for the last two rounds. We can't afford to have points taken away for failing to have enough officials. TEAM CAPTAINS must arrange to hijack volunteers, and permission is given to bribe them with the delicious afternoon tea provided for all officials. (Now , who can resist such things as Tetley Tea Bags , foam cups , sandwiches , cakes , buns...?! Egad, it almost makes you want to give up running and officialise instead !!!!)

③ OOPS and FORGOTSIKINS!

Apologies to the Under 17 4 x 800m Relay team who competed in the Vic. Relay Champs. in December. We neglected to announce that the team of James Atkinson, Angus MacMillan, Adam Cossar and Scott Patterson ran an OLD SCOTCH RECORD of 8.43.7. Well done.

OFFICIALS NEEDED FOR THE TEAM TROT - SUNDAY MORNING - 6th MARCH

ie. Greg Evans requests the company of hordes of sleepy volunteers to attend the start of the televised team trot on the 6.3.83. R.S.V.P. A.S.A.P. 818 5755.

CONGRATS TO MIKE SMITH FOR A RECORD BREAKING 6023 POINTS IN THE VIC. DECATHALON CHAMPIONSHIPS. A REALLY GREAT PERFORMANCE.

RESULTS OF INTER-CLUB ON 29.1.83 :

UNDER 15 :

Triple Jump	Richard Serle	10.25m	
100m	Richard Serle	???.?	Phil Harman ???.??
1500m	Richard Serle	???.?	
High Jump	Phil Harman	1.35m	

These times are to remain some of life's little mysteries!!

UNDER 16 :

High Jump	Darren Butler	1.75m	
Shot Put	Simon Hill	10.23m	
Pole Vault	Simon Hill	3.00m	
100m	Darren Butler	12.3	Simon Hill 13.2
	Angus MacMillan	13.2	<u>PB</u>
1500m	Angus MacMillan	4.52	Darren Butler 5.23
100m Hurdles	Darren Butler	19.8	Angus MacMillan 22.5 <u>PB</u>
4 x 100m	Hill, Butler, MacMillan, Harman	54.00	
Triple Jump	Darren Butler	10.90m	
400m	Darren Butler	62.9	Angus MacMillan 63.0

SENIOR CITIZENS :

1500m Walk	Andrew Jamieson	16.51	B	
1500m	Kevin Close	4.42	C	<u>PB</u>
	Andrew Jamieson	5.44	D	
110m Hurdles	Ro Hodges	18.3	B	
Pole Vault	Ro Hodges	3.26m	B	<u>PB</u> - just to prove that you're never too old!!
Discus	Gregor Evans	19.64m	D	
400m	Rob Catherall	53.1	B	
	Greg Evans	54.8	B	Kevin Close 58.6 <u>PB</u>

A RESERVE : BH 130 d. SES 108 d. APSU 100 d. KS 41

100m	Alistair Meyer	12.0	
Pole Vault	Mike Smith	3.35m	
1500m	Rob Catherall	4.01.0	
High Jump	Craig Burnham	1.80m	
110m Hurdles	Alistair Meyer	17.0	Steve Hauser 17.6

A GRADE : Ess/EMH 146 d. Coll. 137 d. APSU 127 d. Mentone 58

Hammer	Roger Glass	52.56m	
3000m Walk	Ian Handasyde	14.56	
100m	Steve Hauser	12.0	
1500m	Andy Cochrane	4.03	
Discus	Roger Glass	40.48m	
3000m Steeple	Andy Cochrane	9.26	
High Jump	Mike Smith	1.85m	
4 x 100m	Dooley, Goldsworthy, MEYER, HAUSER	45.3	
Shot Put	Roger Glass	13.32m	
400m	Steve Hauser	51.2	

RESULTS OF GRADED COMP. HELD ON 5.2.83 :

400m Hurdles	Ro Hodges	64.6	Peter Tingate	65.8 <u>PB</u>
1500m Walk	Ian Handasyde	6.56		
Long Jump	Richard Serle	4.80m		
High Jump	Mike Smith	1.81m	Steve Hauser	1.71m
	Darren Butler	1.76m	Peter Tingate	1.66m
	Glucose Kid	1.45m	Robert Frew MOP	1.35m
	Richard Serle	1.35m	Charles Berry	1.30m
200m	Steve Hauser	23.4	Andrew Kiss	24.2
	Cameron McKay	25.4	Darren Butler	26.0
	Glucose Kid	26.2	M.O.P.	26.8
	Tim Collyer	26.3		<u>PB</u>
800m	Charles Berry	2.21.6	Glucose Kid	2.22.0
	Cameron McKay	2.24.6	Tim Collyer	2.29.9
	* cops, nearly forgot		Rob Catherall	1.59.1
5000m	Kevin Close	17.10	Paul Lucas	20.32
	Andrew Boag	21.23		<u>PB</u>

OLD SCOTCH COLLEGIANS ATHS. CLUB NEWSHEET

'the club that comes along to cheer the U/16 team to victory!'

REGISTERED BY AUSTRALIA POST PUBLICATION No. 1629 . PRICE 10¢ . 24.2.83.



KRACK!
ACK! ACK!
ACK! ACK! ACK!
ACK! ACK! ACK! ACK!



Any resemblance to any person, either living or at the very least seriously injured (!), is unintentional. However, it is clear that this is not the training style of the U/16 team, who 'run' a very good chance of becoming venue champs. Good luck, fellas!

TWO VITAL ROUNDS OF INTER-CLUB REMAINING FOR ALL.

BIG TURN OUT REQUIRED.

TEAM CAPTAINS MUST ENSURE THAT OLD SCOTCH PROVIDES ENOUGH OFFICIALS

PB MEET HIGHLIGHTS :

Kevin Close	5000m	17.37		
Rick Dillon	800m	2.03.3		
Mike Smith	H.J	1.90m	Darren Butler	H.J 1.8
Simon Hill	P.V	3.20m	PB=	

VICTORIAN CHAMPIONSHIPS :

A GRADE : John Cormack 3000m Steeple 9.22.1
Roger Glass Hammer 52.12m 6th in final

B GRADE : Roger Glass Shot Put 13.46m **GOLD**
Discus 42.20m
Mike Smith High Jump 1.85m 4th in final
Terry O'Halloran 800m 2.04.1

UNDER 20 : Alistair Hill Pole Vault 3.80m **SILVER**
Alistair Meyer 110m Hurdles 16.4 4th in final
200m 23.7
Raoul Stewardson 1500m 1.54.9 5th in final
Andrew Edmondson Javelin 45.87m

JUNIORS : Simon Hill U/18 Pole Vault 3.20m **BRONZE**
Darren Butler U/16 High Jump 1.80m **BRONZE**
James Flowers U/16 100m 11.8 5th in final
11.6 in the semis
200m 24.4 in the finals, 24.1 in hea
Peter Tingate U/16 2000m S/C 7.03.8 **BRONZE & CLUB REC.**
James Ives U/14 Shot Put 13.10m 5th & **CLUB REC.**

3rd MARCH : A & A RESERVE NIGHT MEET AT O.P. COME AND CHEER THEM ALONG!

6th MARCH : TEAM TROT OFFICIALS NEEDED. RING GREG EVANS IF INTERESTED.

YOU'LL GET A T-SHIRT , THE CLUB WILL GET \$4 PER OFFICIAL.

8th MARCH : PB MEET AT OLYMPIC PARK. 6.30pm START. PLENTY OF VARIETY.

10th MARCH : INTERNATIONAL MEET AT O.P.