

OLD SCOTCH C.A.A.C. NEWS-SHEET

Registered for Posting as a Periodical -- Category B. Price: 10 cents

SUMMER EDITION NO 1

OLD SCOTCH FOR A GRADE

SEPTEMBER 1977

Welcome to Old Scotch Summer Season 1977-78. Behind the scenes work during winter will ensure that this season will be successful and enjoyable for everyone.

Here are just some of the changes--

- Old Scotch will be competing at Box Hill, one of the better tracks in Melbourne -- having a rubberised bitumin surface, and excellent facilities.
- Our top team will be competing in the newly created " A Reserve " Grade.
- Regular training is already underway at the Glenhuntly track on Sunday afternoons.
- Several fund raising projects are currently underway to pay for equipment, and travel expenses for Old Scotch athletes competing interstate.

All you have to do to be part of the action this summer is to pay your subscription because it is overdue. The first interclub round is on October 22nd.. To be eligible to run we must have your subscription by the 5th. October. Don't put it off - post it now and be part of our winning teams this year.

P.S. Sign up all your friends too.

MEMBERSHIP APPLICATION

NAME _____

ADDRESS _____

PHONE NO. _____

DATE OF BIRTH _____

I enclose \$ _____ being my Subscription for Season 1977 - 78.
(Subscription rate \$ 16. Senior, \$ 8. Junior- Under 19 on 1st. April 1977-).

Send to Steve Hare, 9 Harold Avenue, Glen Iris, 3146, Phone 25 6567.

I AM INTERESTED IN THE FOLLOWING EVENTS

winning time 1-54 = 114 sec.

$$\frac{x}{114} = \frac{800}{800m - \text{hcap}}$$

1-55 win 1-54 win

$$\Rightarrow x = \frac{800 \times 114}{800m - \text{hcap}}$$

1-50.2	1-55.2	S. Handleyde
1-58.7	1-57.6	Jim Marx
2-00.0	2-08.8	I. Handleyde.
2-04.0	2-02.0	Gregor Luman.
1-59.4	1-58.4	Graham Wise
2-09.6	2-08.4	Dick Battello.
2-08.7	2-07.5	Phil Barton.
2-05.2	2-04.0	Rick Dillon
2-06.9	2-05.8	Graham Gray.
2-08.6	2-07.5	John Eggleston.
2-03.5	2-02.4	Ken Farley.
1-59.2	1-58.1	John Marx.
2-02.6	2-01.6	Jane Alder.
2-04.3	2-03.2	Vigil Watson
2-06.0	2-04.9	Ed Findlay.
2-05.2	2-04.1	Jim Moxey.

ITS ON AGAIN = THE OLD BOYS HANDICAP RACE = SCOTCH HOUSE SPORTS, 8th. OCTOBER. AT 1.50 P.M.

The 3rd. running of the 800 Metre Handicap, the event every one has been waiting for. Will Craig Hilliard, 75 winner, be fit enough to start? Will Ian Handasyde, 76 winner be good enough to defend his title after having 30 Metres chopped from his handicap?

The race will start on time at 1.50 P.M. on the 8th. October. You are requested to be ready to be called to your marks at 1.40 P.M., OLD SCOTCH uniform to be worn. Please leave the oval as soon as possible after the event.

As you will see below the handicapper has been very generous. If you cannot find your name here, give Gregor Evans a ring and he will be more than happy to give you a mark. If you are listed and cannot run, ring Gregor also on 818- 5755.

Stew Handasyde 8M. Andy Cochrane 20M. Jim Marx 25M. John Marx 28M. Graham Wise 30M.
Roger Bayly 33 Dave Bowden 45 Dave Alder 50. Kim Baughurst 50. Andy Ramsey 55
Stuart Facey 55 Gregor Evans 58. Nigel Watson 60. John Holmes 65. Rick Dillon 65.
Jim Morey 65. Charlie Aitken 67. Col. Findlay 70. Geoff. Hindle 70. Graham Gray 75.
Brett. Gosper 75. Dean Gosper 75. Julian Martin 75. Dave Lee 80. Jim Elder 80.
Roger Slade 80. Bill Fleming 80. Peter Ritchie 80. Tom Gipson 80. Andy Wardlaw 85.
John Eggleston 85. Phil Barton 85. Peter Bear 90. Dick Batchelor 90. Mark Purvis 90.
Ian Handasyde 92.

Betting Market

3 - 1 Batchelor, Jim Marx
5 - 1 Slade, Morey
6 - 1 S.Handasyde

INTER - CLUB 1977 - 78 -- THE YEAR OF OLD SCOTCH.

If you were paying attention on page 1, you would now know that Old Scotch will be based at Box Hill this Season - no wind, but a good track and good competition.

We have entered teams in A Reserve, B, C, Under 17, Under 15, and Under 14.

A Reserve is a new grade introduced this Season, being similar to A grade, i.e. 12 Teams rotating from venue to venue, and using A grade qualifying standards. However 4 Teams will be relegated to B grade at the end of each Season, while the top 2 Teams move up to A grade.

In the past, all Inter-Club competition has been on a "Two - way" basis, i.e. 1 Club against 1 other Club each Saturday. This Season competition will be between either 3 or 4 Teams each week. A Reserve, Under 17, Under 15 and Under 14, will be "Four-way" competition. B and C Grades will be "three - way" competition.

INTERCLUB DATES

22 Oct. Senior Grades only

29 Oct. B and C Grades only.

12 Nov. Full Interclub round

19 Nov. " " "

26 Nov. " " "

3 Dec. " " " - but no A Reserve, because of Pacific Conference Games

10 Dec. " " "

17 Dec. " " "

1978

14 Jan. " " "

21 Jan. " " "

28 Jan. " " "

4 Feb. " " "

25 Feb. Venue finals, normal Interclub for A Reserve.

NOTE

Victorian Championships on 11th. and 18th. Feb.

EXCITEMENT PLUS! YOUR ANNUAL GENERAL MEETING IS NIGH
....TROPHIES GALORE AND LOTS MORE = FILMS ETC.

The 1977 Annual General Meeting Meeting (oops !) will be held on OCTOBER 15 or 22. The venue? Well we're rather short on space at the moment so we would welcome suggestions as to an appropriate location for one of those dates. Please contact Stuart Facey on 569 8553.

Full details of date, time, venue and agenda will be notified as soon as possible.

WINTER HAPPENINGS

Stewart Handasyde has had a successful year dashing around all over the place, particularly around the backbone of the Mornington Peninsula. No, Mornington Peninsula is not a beautiful Italian lady named after an English seaside resort. This is in fact an obscure reference to the aforementioned lad's win in the King of the Mountains Race from Pt Leo to Arthurs Seat and back. In the process he defeated Vic Anderson former Australian marathon Champion.

The Wise Graham made the finals of both the 800m and 1500m of the World Veteran Championships in Sweden in August. A particularly notable performance was his 5th place in the 800m.

Wait by your letter box for the next exciting instalment of World Cross country round-up.

SUMMER HAPPENINGS

Heartly congratulations to Al McLeish on his appointment as Captain of Athletics at school.

On a somewhat different note Phil Barton is training again with and under the supervision of Norm Osborne, so we expect to see him amongst the stars this season.

Don't forget your subscriptions - get them in IMMEDIATELY to Steve Hare - see front page.

Join club heroes Greg Evans , Stuart Facey, Roger Glass, and Ivan McQuilkin at Glenhuntly for training on Sundays at 4.00 pm as well as a host of others and lead the club to victory in 77/78! Corner North and Crosbie Roads, Murrumbidgee. Ring Greg On818 5755 to arrange transport if you need it.

Note re Winter Happenings - backbone is normally written with a 'k'.

TEAM CAPTAINS APPOINTED Your committee has much pleasure in announcing the appointment of the following ;

B GRADE CAPTAIN	NICK TAPP	CONGRATULATIONS:
C GRADE CAPTAIN	JULIAN MURTAGH	"
UNDER 17	ANDREW ALTKEN	"
UNDER 15	IAN MCNRO	"
UNDER 14	NEEL LOUIS	"

Club Captain is, of course, a position which is the subject of election at the Annual General Meeting which is to be held on SATURDAY OCTOBER 15 AT 6.00 P.M. in the Masters Common Room at Scotch. Full details are on page 1.

THE WEEKLY AWARD

No, this is not an attempt to rival another famous award in journalism. It IS A NEW AWARD TO BE MADE EACH WEEK TO THE MOST OUTSTANDING OLD SCOTCH ATHLETE IN EACH ROUND OF SUMMER COMPETITION! It will be decided by the Editors of the News-sheet and will be a challenge to your capacity to indulge in corruption (however it should be pointed out that the Committee would never appoint other than honourable person to the exalted position OF News-sheet Editor).

THE SUMMER SEASON

REMEMBER we are at BOX HILL VENUE this season so don't go to Heidelberg (unless you're a painter of course). The Box Hill trek is in Hagenauers Reserve Elgar Road, Box Hill.

SIGN UP all your friends and see you on the 15th at the AGM.

OLD SCOTCH C.A.A.C. NEWS-SHEET

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SUMMER EDITION NO 3

START TRAINING FOR A LONG SUMMER

OCTOBER 17 or 18

1st ROUND INTERCLUB THIS SATURDAY FOR ALL SENIORS

1st ROUND INTERCLUB THIS SATURDAY FOR ALL SENIORS

TEAMS ARE ON BACK PAGE

A RESERVE COMPETES AT DONCASTER

B AND C GRADES AT BOX HILL

HERES HOW TO GET THERE

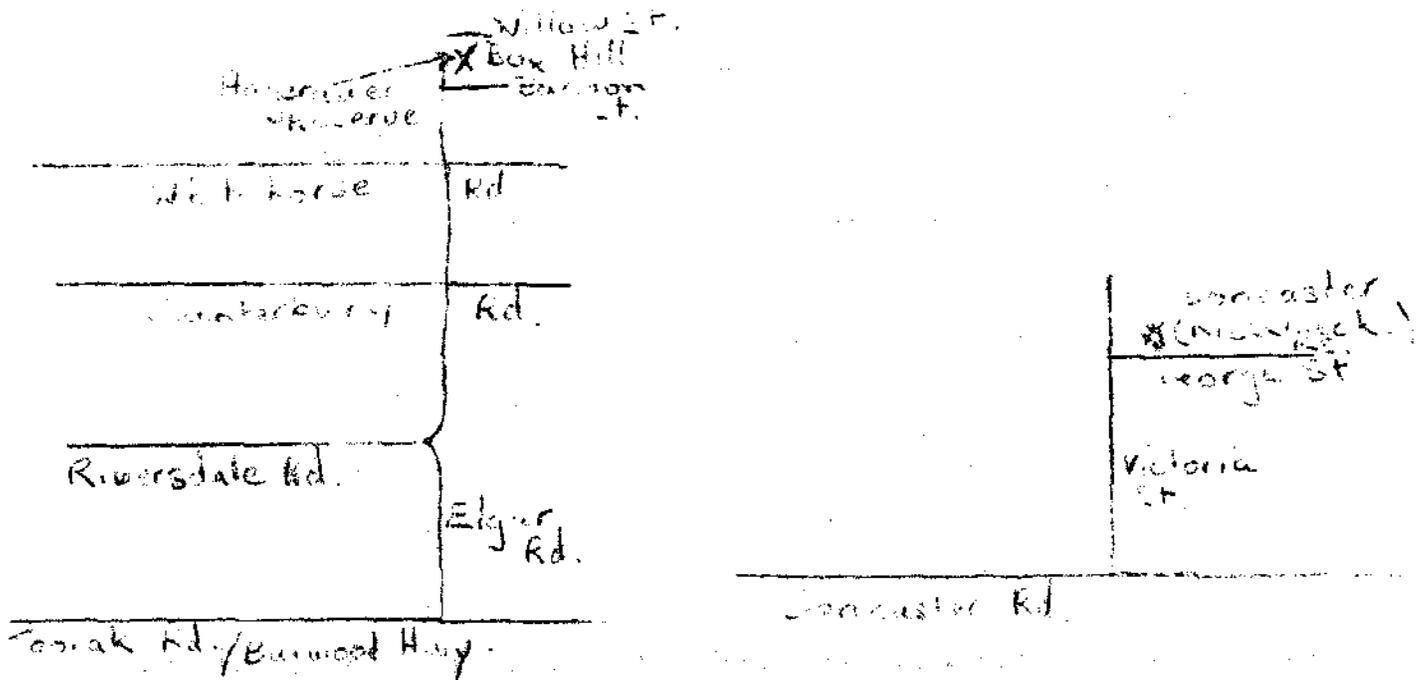
TURN TO YOUR MELWAYS EDITION NO 9 (FREE PLUG)

BOX HILL IS ON PAGE ar MAP 47

FOLLOW TOORAK ROAD INTO BURWOOD HAY . Just past P.S.O. turn left into ELGAR RD. Cross Riversdale Rd. , Canterbury and Whitehorse Rds. HAGENAUERS RESERVE is on your right at the corner of Barwon St. and Elgar Rd.

DONCASTER IS ON MAP 33

Turn left at the corner of DONCASTER RD and VICTORIA ST. Drive past the Pub on your left and you will find the track at the corner of GEORGE St. (P.S. Women are competing at this venue - please try and keep your mind on your athletics)



PAY YOUR SUBS NOW TO STEVE HARE 9 HAROLD AVE. GLEN IRIS

\$16 SENIORS \$8 JUNIORS

MESSAGE FROM NEW CLUB CAPTION - PHIL BARTON.

For about the past six years, Old Scotch has been in a peculiar position of being too good for the second top grade, and not good enough for the top grade.

We have only been able to maintain our position because of a few outstanding performers. This was shown clearly in the 1975-76 season when we got back into A grade; mainly through the performances of four or five top athletes.

This peculiar position cannot go on for ever. Once our top team becomes simply an average team, we will never recover, but will become like over old Boy Clubs; whose most talented athletes are forced to leave them for greener pastures.

The problem is said to lie in our lack of depth. But that lack of depth is not so much a lack of members as a lack of training in the members we have. We do not have that many more distance runners than sprinters, and yet our distance runners are much better performed because they train a lot harder. If we had almost every member of the Club training four or five times a week, we would not need to worry about the fact that we have a limited recruiting ground. Unfortunately it appears that the only sport in which people can go on being in teams week after week without training is athletics.

So, Get the message? All members of the Club should now be in training. If you have Exams or are too busy to get to a track, then devise a circuit for yourself to do at home with weights or otherwise. You need only to set aside fifteen minutes a day. It is amazing how hard you can push yourself in that time. **DONT PUT IT OFF - START NOW.** Once into the habit of training regularly you will enjoy Saturday competition more, And if the Club gets back into A grade we will then have the depth to stay there.

(P.S. Before you dash out training finish reading this exciting newsheet)

A.G.M. (Annual general meeting)

As all of you who did not make it to the A.G.M. may have gathered by now we have a new Club Captain. Gregor Evans had indicated to the Committee that he intended to resign as Club Captain. His hard work and enthusiasm will be sadly missed from this position. We wish our new Club Captain-Phil Barton every success in this demanding job. Gregor, along with Rick Dillon were elected Vice Presidents along with A Hooley D Hilliard C Findlay I McQuilkin and Jon Holmes.

The President, Secretary, and Treasurer are all carrying on for the coming year. (Must be insane) What is more your friendly Newsheet Editor has been re-elected. No his style has not changed he is piking the first few weeks because of Exams.

Schoolboy Representatives elected were David Edwards, Euan McLeish and

We are still looking for someone to fill the role of Records and Rankings. If you are interested in this position please contact one of the committee. The position essentially involves keeping tabs on everyones performances. If that sounds onerous believe me it is not just ask Bruce Hooley or Andy Cochrane.

Financially we are in the doldrums having made a loss of \$301.70. Needless to say we need YOUR SUBSCRIPTIONS urgently.

On a lighter note - everyone had a very enjoyable evening with stacks of food and some good films featuring such athletes as Borzov, Drut, Beamon, Wottle, Ryan and Clarke- to name just a few.

THE MAGIC SIX (By request of injury prone Nick)

Injuries in running it has been shown, can be predicted. This is because injuries are caused by an imbalance in muscles. Running develops the muscles up the back of legs and back, shortening them, and stretching and weakening the front muscles. This leads to what is known as overuse injuries, commonly knee, ankle and foot injuries. Experience with U.S.A. baseball players has shown that hamstring and other injuries are predictable on the basis of the development of each muscle group.

The answer is to keep yourself in balance. These exercises were developed to keep athletes injury free. There are 3 stretching and 3 strengthening exercises.

Stretching

1. Hamstring stretch: Stand with feet shoulder width apart, lean forward, keep feet flat on ground. Under hand on floor, pull heel towards buttocks. Hold for 20 seconds.

2. Hamstring stretch: Lie on back, pull one leg towards chest, hold for 20 seconds.

3. Hamstring stretch: Lie on back, pull one leg towards chest, hold for 20 seconds.

Strengthening

1. Hamstring strengthening: Lie on back, pull one leg towards chest, hold for 20 seconds.

2. Hamstring strengthening: Lie on back, pull one leg towards chest, hold for 20 seconds.

3. Hamstring strengthening: Lie on back, pull one leg towards chest, hold for 20 seconds.

Handwritten notes include: "Hamstring stretch", "4 reps of 1 & 2", "20 seconds", "Keep feet flat on ground", "Under hand on floor", "Pull heel towards buttocks", "Hold for 20 seconds", "Lie on back", "Pull one leg towards chest", "Hold for 20 seconds", "Repeat 3 times", "If you have a Nick go to it!"

MYTHS OF WEIGHT TRAINING for sprinters, field games etc.

Barry Van Es is a coach at Box Hill. He has designed weight programmes for Peter Grant --sub 50 sec 400 hurdler, and Mark Hogarth-1.49.7 800at 17.

Weight training is done twice weekly, year round to improve athletes power to weight ratio.

A heavy weight is one that can be lifted only twice. A medium one 4 times and a light one 8 times.

Exercises include bench press, bent leg sit up with weight behind neck, power clean, half squats and 3 position calf raise. When using these exercises flexibility has always been increased.

CAUTION - ATHLETES UNDER 16 SHOULD NOT USE WEIGHTS AS BONES AND JOINTS HAVE NOT STABILISED.

(The above is an abbreviation of an article in *Modern Athlete and Coach* copies can be obtained from Bruce Moore or Stuart Facey.)

P.S. We are missing some copies of M.A. and Coach. Please return them.

HOW JUANTORENA TRAINS (100m- 10.4, 200m- 20.8, 400m- 44.6, 800m- 1.43.5)

PREPARATION PHASE

15.3. 2km 5+ 350m , 6+ 200m 5+200m 2km
16.3 3+100m 3+30 starts 10+ 200m (23.7 secs.)
17.3 3+100 5+600m (85.7secs.)
18.3 9km
19.3 3+100m 8+200m (23.2secs.)
20.3 3+ 100m 2+ 600m 2+400m (48.3secs)

MID SEASON

13.7 2km 2+10+150m 1km
14.7 4+100 3+500
15.7 2+4+100m 2+3+200m
16.7 3km 2+10+150m 2km
17.7 4+100m 3+600m
18.7 4km
19.7 1km 200 300m
20.7 OLYMPICS

TEAM SELECTIONS

A RESERVE
v Kew Camberwell
v Box Hill
v Waverley

B GRADE
v Monash
v Waverley

C GRADE
v Old Melburnians
v Old Xaverians

AT DONCASTER

AT BOX HILL

AT BOX HILL

Capt. Phil Barton
Greg Evans 8185755

Capt. (Acting)
Rick Dillon 253323

Capt. Julian Martin
8780558

Y

3000 walk	1.05	I Handasyde J Thorpe	1.00	Bennett Moore	1.00
100m	2.05	Barton Hilliard Fleming (Alder)	1.15	Alder Brown McAuley (Johnston)	1.15
					Martin B Gosper Ritchie (Ward, Dillon, Holmes)
400m	4.50	Tallent Ashton Evans (Alder)	4.30	Dillon Brown Fairley	4.30
					Martin Gosper (I Wilson)
1500m	1.30	J Marx (John) Tallent R R Bayly	1.45	Wise Facey Elder	1.45
					Batchelor Lee Gibson
Steeple	3.15	Ramsey Aitken	3.50	Hindle Batchelor	3.50
					Findley Elder
110 Hurd	3.20	Hare Alder	2.30	I Handasyde Holmes	2.30
					Martin Ritchie
4x100	4.20	Barton, Hilliard, Fleming, Alder	3.15	Brown, McAuley, Johnston, Martin	3.15
					Gosper ..Plus?
High Jump	1.30	MacFarlane	1.45	Hare	2.20
					Dillon
Triple	3.15	Barton	1.45	Dillon	2.30
					Gosper
Pole	2.45	Latimer	2.45	I Handasyde	2.45
					?
Javelin	1.00	Sheffield	4.15	Fairley	XXXXXXXXXXXXXXXXXXXX
Shot	2.15	Glass	3.30	Brown	4.00
					Borchardt
Discus	3.30	Glass	2.00	?	2.30
					?
Hammer	12.30	Glass	1.00	?	XXXXXXXXXXXXXXXXXXXX

OFFICIALS

The club must provide FOUR officials for each round . Athletes, parents and friends are urged to get there early to provide support and to meet our obligations to provide officials.

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24 Oct 1977

Summer 4

"Reasonable results round one"

This week- B and C grades at Box Hill. No A reserve this week
No under age teams this week. No interclub for anyone on 5 Nov.
But, all, repeat all, teams including juniors will compete on 12 Nov.

A RESERVE TEAM REPORT

THIRD OUT OF FOUR- BUT MANY GOOD SIGNS.

Approx points: Box Hill 190, Waverley 128, O'Scotch 112, Kew Camb 73

An interesting opening round- programme running only one hour late but providing plenty of spare time to admire the other athletes at the mixed venue.

The good points . the performances of the comeback kids - Hilliard, Tallent Latimer.

Graig led for 90m in the 100 but tired to finish third in a blanket finish and then showed that this was all bluff when he came from last to win his 400 heat easily in 52.1 Rog Tallent ran an impressive 1500 (6th in 4,00) on no distance training then followed with great 49.5 first in heat one of the 400. Mark Latimer, the best dressed vaulter in the business, cleared 3.30 for third place and our first pole vault points for 18 months. Phil Barton - a very speedy second place in the 100 and an equally gutsy 55.5 in the 400.

Walkers Thorpy and Ian Hando had good times (14.58 and 15.20) but finished back a bit. The good Doctor, of course, kept the scoreboard moving with first in hammer (52.50) and second in both shot (13.47) and discus (40.32) John Marx (4.02) 1500m was another pleasing performance considering his lack of track work and his weakened footlock. However Rog Bayly's 4.24 1500. was not quite so pleasing to the timekeepers who ruled it DNQ. Hurdlers Steve Hare and Mark Latimer both finished third in their heats (18.5, 19.7 PB) and Kew Camb. were so demoralised by this time that they had packed up and gone home. Unfortunately Box Hill and Waverley were not demoralised and had not gone home.

The not so good points: No points scored in high jump, javelin, triple or steeple. Unfortunate injuries to Andy Cochrane, Warwick Sheffield, Dave Alder and Tom Ashton have not helped the cause.

Perhaps it is just a matter of "getting it all together" (combined with a bit of training of course,) to show what a force we can be.

Almost forgot to give Bill Fleming a mention. In between studying various parts of the anatomy (both live and from his lecture notes) Bill managed to take second place to Graham Haskell (Aus't record holder, no less) in his heat of the 100m. Good stuff, Billy boy.

Best A reserve best performances	Mark Latimer	3.15 Pole (not 3.30)
	Rog Tallent	49.5 400m
	Rog Glass	52.50 Hammer
	John Thorpe	14.58 Walk
	All's printers	

STOP PRESS Results of special effort

FIRST PRIZE \$150	Julia Gillespie	NO. 460
Second prize \$30	David Hilliard	No. 384
Third prize \$20	Keith Lodge (St.Kevins)	No. 601

NEW INCENTIVE SCHEME

A bottle of champagne is on the line for the athlete who, during interclub competition only, can better any of the following standards.

100m	11.0	110 H	15.5	Triple	12.70
200m	22.2	400 H	55.0	Pole	3.50
400m	48.5	Steeple	9.05	Shot	14.00
800m	1.51	1500 Walk	7.00	Discus	43.00
1500m	3.50	3000 Walk	14.30	Javelin	56.00
5000m	14.45	High Jump	2.08	Hammer	55.50
		Long Jump	6.60		

TEAMS FOR ROUND "2" SAT 29 OCT AT BOX HILL

B GRADE v Old Carey v Power House Phone Phil Barton 819.3555 Greg Evans 8185755

1.00	Hammer	Belmore Rd	Borchardt ?
1.00	1500 walk		D.Bennett
1.00	400 hurdles		D.Dyson J.Thorpe ?
1.30	200m		C.Hilliard P.Barton W.Fleming
1.45	High Jump		R.Dillon
2.00	Shot Put		Borchardt (em Dyson)
2.15	Long Jump		P.Brown
2.30	800m		G.Wise D.Lee R Bayly (em Dillon)
2.30	Pole Vault		?
3.00	Javelin		A.Fairley
3.20	4 x 200		Barton +
4.00	5000m		S.Facey S.Handasyde R.Batchelor
4.00	110 Hurdles		Dyson Eggleston
4.15	Discus		Borchardt

C GRADE v Old Carey v S.S.H Julian Martin 878.0558

1.00	Hammer	Belmore Rd	I.Handasyde
1.00	400 Hurdles		I.Handasyde Eggleston
1.00	1500 Walk		??
1.30	200m		from Holmes Brown Johnston Martin Dillon Gosper McAuley Ward
2.30	800m		Fairley Gibson Elder
2.30	Pole		??
"2.30	Shot		D.Dyson
2.45	Long Jump		Martin (Gosper)
3.15	High Jump		?
3.20	4 x 200		to be arranged on site
4.00	110 hurdles		ditto
4.20	5000m		A.Ramsey C.Findlay (Elder)
3.30	Javelin		C.Findlay

B GRADE REPORT (SPORTSMANS TEAM)

With typical overconfidence we reckon we won on Saturday. The reason for the doubt is that nobody filled in there results . Believe It or not but Dave Bennet and Big Bad Bruce came 1 and 2 in the walk- mainly because there wase no opposition. actually they strode around in 16.40 and 16.56. Dave johanno gave his usual classical display in the 100 recording again in 12.6. Pete Brown showed real class in his heat with a stunning 11.9 for a 2nd. Bill Mc Auly obviously lacking a bit of racing practice placed 5th.

We had nobody in the triple but neither did the opposition. Steve Hare as us usual won the high jump with 1.70m - our opposition did not enter against the deadly Steve. Nigel Watson placed a good 3rd in the 1500m in 4.18, Stu Facey was a bit disappointing with 4.26, while Dave Lee ran a strong 4.35. The rest of the day was easy to report on as we had nobody in the DISCUS? HURDLES or JAVELIN. Surely there is someone who WANTS to do these events?? ISNT THERE??? Naturally enough we won the relay, Andy Rammer showed guts placing 3rd in the steeple. Unfortunately we have no times for the 400m, as Peter Browns run looked FAST.

WELL DONE FELLAS BUT PLEASE WRITE IN ALL YOUR RESULTS NEXT TIME- PLUS YOUR OPPOSITION

C GRADE REPORT (LED BY SLAMMING SANDY MARTIN)

This report is even easier than B Grade, with nobody in the hammer walk triple discus pole or javelin.

Highlights of the day were the brilliant debut of brett Gosper with a 100 in 11.9 and 400 in 53.8. Brett is obviously in for a great season .

The other highlight of the afternoon was Ian Handasydes steeple, Ian claims he had no tread on his shoes? but whatever the reason his clearance of the water jump was a sight sight to behold.

Julian Martin ran well with 11.9 for the 100 a bit better than Andy Ramseys 13.4 Rick Dillon with usual modesty refused a 100 (claims hes getting old) Even so "OLD rick" managed an easy 1.70 in the high but graciously refused to go higher. i.e. he won Jim Elder and Dave Bennet thanks to a neat timekeeper D.N.Q. in the 1500m

I could go on and on about the magnificent feats such as the grate"relay changing

BUT TIME RUNS OUT. SO KEEEP TRAINING
SEE YOU SATURDAY.

P.S. Great to see 2 juniors representing us in Peter and David Findlay.

REMEMBER SUNDAY TRAINING AT GLENHUNTLY AT 4.00 P.M.

CORNER CROSBIE AND NORTH RDS. RING GREG EVANS IF YOU NEED A LIFT 8185755

STOP PRESS STOP PRESS PTOP PRESS STOP PRESS
JUSTTO HAND LADDERS FOR B AND C GRADES

B GRADE

BOX HILLI	109points	3							
SSH	108	3							
<u>OLD SCOTCH</u>	79	3	WOW	WOW	WOW	WOW	FANTAAAAASTIIIIIC!!!		
POWER HOUSE	95	2							
"the rest "									

C GRADE

S.S.H.	120	3
BOX HILL I	113	3
OLD MELB.	110	3
<u>OLD SCOTCH</u>	81	2

P.S. There are 9 teams in B grade and 9 in C
OLD SCOTCH ARE IN THE 4 4 4 4 HOORAY HOORAY
KEEEEEEEP IT UP.

If you thought your eyes were going off trying to read the exercises last week dont worry worry ,it was the printing. We will reprint sometime.

HOW EMIEL PUTTEMINS TRAINS 10000m 27.39.6 2nd in Munich 5000m 13.13 WORLD RECORD
3000m 7.37.6. WORLD RECORD

WINTER
EACH MORNING 43 3/8mls
MON TUES and SUNDAY 9.3/8mls fartlek
WED 10 by 400m in 65 jog 200m
THURS 12.5mls fartlek
FRID 2 by 1000m in 2.40 walk 200m
SPRING and SUMMER SAME MORNING RUN
MON and THURS 9.3/8 mls fartlek TUES 12.5 mls fartlek
WED 3 by 1 mile
FRID 2000m in approx 5.15
sat 400 full speed SUN COMP

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SUMMER NO 5

NOVEMBER 2 1977

Only a short Newsheet this week as only B and C Grades ran last Saturday, and nobody repeat NOBODY RUNS THIS SATURDAY.

Everybody runs on Saturday week the 12th, so keep or START training.

B Grade was pretty close - due only to the fact that we had nobody in the following events-

HAMMER, WALK, 400HURDLES, DISCUS, SHOT PUT, POLE, or HURDLES.

Where were you all?

NOTABLE PERFORMANCES

Last week in New Zealand Stew Handasyde became Old Scotch's second fastest Marathon runner ever (behind Commonwealth Games Bronze Medalist Rod Bonnella) in finishing 10th in the Hamilton International Marathon in 2.29.38 - needless to say it was a P.B. Well done Stew were proud of ya.

1500m Walk - John Thorpe recorded a 6.46.6 only 2.5 secs. outside the Club Record.

5000m S Handasyde 15.15

5000m R Batchelor 16.28 P.B.

ATHLETE OF THE WEEK AWARD

This award is a new innovation this Year, in an effort to lift the standard of Interclub performances. The award was not made last week due to many performances not being recorded, and a lack of Outstanding performances.

THIS WEEKS AWARD GOES TO JOHN THORPE 1500m walk 6.46.6, 800m 2.17, High jump D.N.O. and 200 Relay. As you no doubt notice not all these times are World Class.

However, what impresses is the spirit of having a go. After finishing a hard walk John turned around and did another 3 events.

By now you should realise that the award is for YOU the average competitor, for putting in an EXTRA EFFORT.

The awards will be presented at the end of the season.

TEAM REPORTS

Another easy job this week, with only 2 teams competing.

The 200s saw Craig Hilliard running strongly to defeat Minahan of Powerhouse in 23secs. Peter Brown, also ran well to record 24.5, equalled by our fastest C Grader Julian Martin. Jon Holmes followed up with 25.0 and Rob Ward ran 25.6. The C Grade sprints, were won in 24.0 - a time all our runners should get close to - SO GET OUT TRAINING. As someone said on Saturday if everyone TURNED UP, AND WERE REASONABLY FIT, WE WOULD THRASH THE OPPOSITION.

The 400 Hurdles, saw only 1 competitor from O.S. with Ian Handasyde who ran C Grade in 67.67. Peter Brown did 6.01 in the Long for a good 2nd. In the B 800 only 1 opponent dared front against the Vaunted Scotch distance runners - even so, he managed to win in 1.59 with Rog Bayly not far behind in 2.04. Then came Dave Lee in 2.06 and Stu Facey in 2.08.9.

A mixed bag took the track in the relay - J Thorpe, D Lee, R Ward, and S Handasyde. The surprising thing was that they only came 2nd.

As usual our distance runners dominated, winning 19 to 4 in B Grade, and 11 to 8 in C.

Times were Charlie Aitken 16.41, A Ramsey 17.41, C Findlay 17.57. (others above)

Invitation 3000m - Jim Elder 11.15, Peter Findlay 11.21

WELL, THAT IS IT - LET'S HAVE A FULL TURNOUT OF (ALMOST) FIT ATHLETES ON THE 12th.

You may wonder why the Newsheet is so short these days - it's simple - I can't type. We have about 2 pages of Winter news still to be printed, so if you can type and want a job job ring Stu Facey on 569-8553.

800 Handicap RESULTS.

A great turnout of athletes, over 30 runners making it hard for the backmarkers.

Winner was Brett Gosper, 2nd Dick Batchelor and third Mark Purvis. 4th was a large pack

WELCOME TO NEW MEMBERS

Andrew Roberts Richard Wallace-Smith, Paul Symon, Brett Gosper, John Cornick, Richard Stoyles, Dr Roger Slade, Dave Yunghans, Dom McGregor

NOTE - SOCIAL MEMBERSHIP \$8-00 For PARENTS AND FRIENDS - Phone Steve Hare 25 65 67

OLD SCOTCH C.A.A.C. NEWS-SHEET

Registered for Posting as a Periodical - Category B. Price: 10 cents

SUMMER SEASON NO 6

9 NOVEMBER 1977

TEAM SELECTIONS ARE ON THIS SHEET - TAKE NOTE AND BE THERE !!!

A Reserve is competing at ABERFELDIE VENUE. A location map is set out below. All athletes please arrive early as the scheduled starting times may be brought forward to ensure that the program does not finish too late.

All other teams are at BOX HILL VENUE as usual. A location map is set out below. For transport to the venue please ring Stuart Facey on 569 8553 or Bruce Moore on 277 0785 so that transport may be arranged. Those who are willing to provide transport should also contact either of the aforementioned.

FOR YOUR EYES ONLY !! MEMO TO ALL CLUB MEMBERS

RECORDING OF RESULTS It is absolutely vital that each competitor record his results on the team sheet - PUT YOUR PLACE AND PERFORMANCE and if possible the places of the opposition.

It is vital that everyone adopt this practice so that -

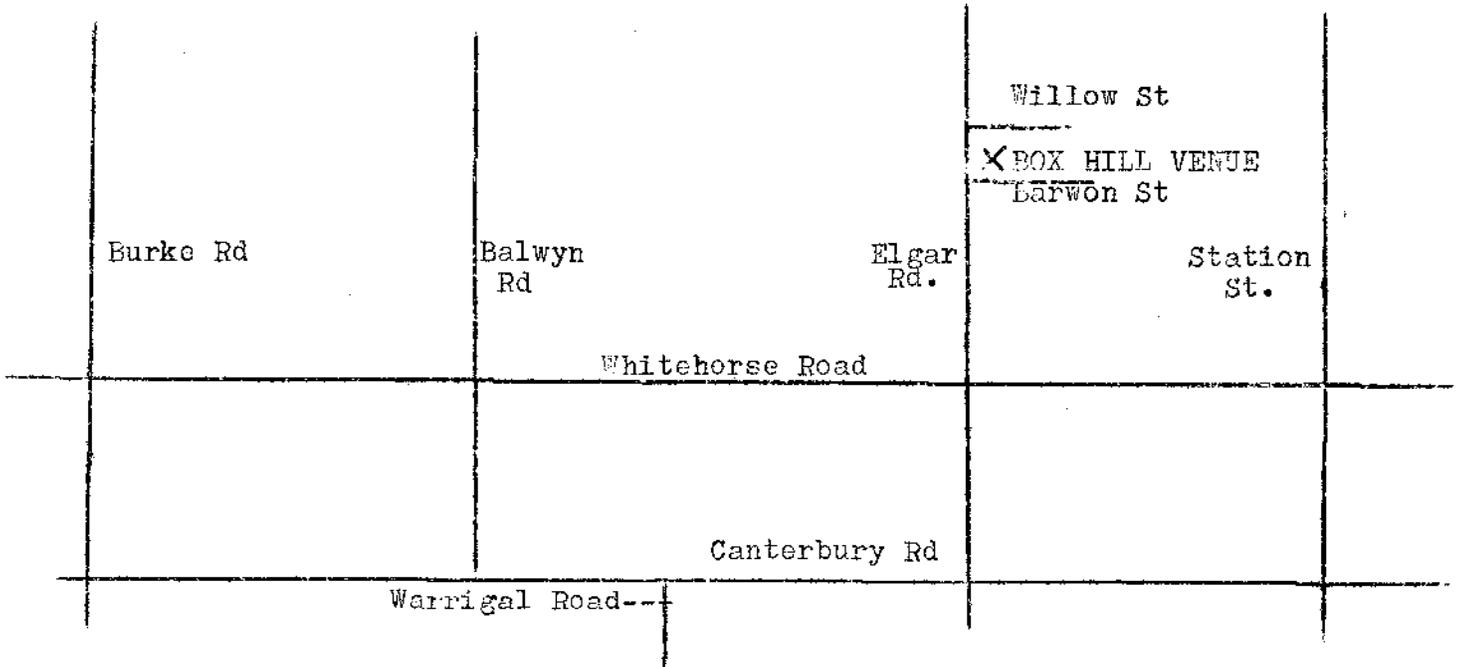
1. we know who wins each week;
2. we know how the teams are faring during the day so that alterations can be made to ensure we win maximum points;
3. each athlete can have all his performances recorded in the club rankings; and last but not least,
4. each athlete can have all his results considered when trophies and awards are being decided upon at the end of the season.

SUBSCRIPTIONS

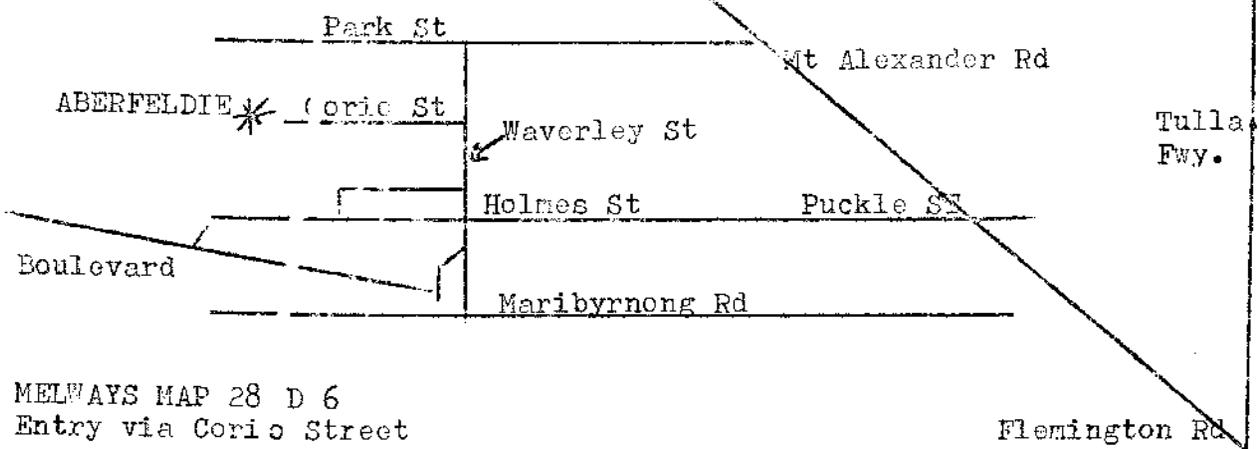
If you have not paid your subscription yet PLEASE DO SO NOW. Current rates are as follows - Senior \$16-00; Junior (U 19 at 1/4/77) \$8-00. Social or non-competing membership is also \$8-00. Send your name, address, phone number and cheque to 'Old Scotch C.A.A.C.' for the appropriate amount to - Steve Hare
10/2 Warra Street
Toorak Vic 3142

HOW TO GET TO BOX HILL VENUE

Hagenauer Reserve, Barwon Street Box Hill



HOW TO GET TO ABERFELDIE VENUE



MELWAYS MAP 28 D 6
Entry via Corio Street

NOTE Registration numbers for those who have been registered for this season but have not got their numbers will be available AT THE VENUE.

TEAM SELECTIONS FOR NOVEMBER 12 -- Programme 2
Please report to your team captain 20 minutes before the start of your race.

	A Res.	B	C
	ABERFELDIE	BOX HILL	BOX HILL
	v Ess v Ment v Kew	v B Hill 1 v OX	v B Hill 2 v Wav
Hammer Throw	12.50 Glass	1.00	1.00 Borchardt
1500 Walk	12.50 Handasyde Thorpe	1.00 Moore	1.00 Holmes?
400 Hurd	1.00 Hilliard Evans	1.00 Alder Dyson	1.00 Wilson
Pole vault	1.15 Latimer	2.30	2,30
Shot	1.45 Glass	2.00 Dyson	2.30 Brown(Borch't)
200m	2.15 Hilliard Barton McQuilkin	1.30 Fleming McLeish Brown (Johnston, Dillon)	1.30 Martin, Gosper Ward (Gibson, Holmes McAuley)
Discus	2.15 Glass	4.15 Borchardt	XXXXXXXXXXXXXXXXXXXX
800m	2.30 Tallent Ashton Wilson (BE EARLY)	2.30 Wise Lee Watson (Dillon)	2.30 Stoyles Tapp Dean (Fairley)
Long Jump	3.00 Ham	2.15 Brown	2.45 Wallace-Smith
Javelin	3.30 Sheffield	3.00 Fairley	3.30 ? (McLeish)
110 Hurd	3.45 Hare Ham	4.00 Dyson Ekberg	4.00 I Handasyde Alder
4x200m	4.20 Hilliard Barton McQuilkin Tallent	3.20 Fleming McLeish Brown Dillon (Johnston)	3.20 Martin Gosper Holmes Wallace Smith (Fear)
High Jump	4.30 MacFarlane	1.45 Dillon	3.15 Fear
5000m	4.00 Handasyde Wilson Cochrane	4.00 Batchelor Facey Aitken (Ramsey)	4.20 Slade Ramsey (Elder, Gibson)
Phone	Phil Barton 8193555	Nick Tapp 8741171	Julian Martin 8780558

6

	SUB-JUNIOR	U 15	U 14
	BOX HILL	BOX HILL	BOX Hill
	v OX v B Hill 4	v Wav 1 v BH 1 v OX 1	V Wav 1 v SSH v Oe
Hammer	1.00 Yunghanns	XXXXXXXXXXXX	XXXXXXXXXXXX
1500 Walk	1.10 ?	1.20 Findlay	1.20
200m	1,30 Dacakis McLeish Edwards	1.30 Kerr Roberts Munro	1.30
Long Jump	1.45 Smith M.	1.15 McIntyre	3.45 Anyone who is available
Javelin	2.30 Yunghanns, Thomas	2.00 ?	1.30 please run
800m	2.30 Cornack Symon Aitken	2.30 Findlay plus?	2.30
Shot Put	3.00 Edwards (Yunghanns)	3.30 Munro	4.00
4x200	3.20 Munro Dacakis McLoish Edwards	3.20 Kerr Roberts Munro McIntyre	3.20
High Jump	3.45 M Smith	2.45 ?	2.15
Hurdles	4.00 Edwards D Ward	4.20 McIntyre Kerr	4.20
3000m	4.40 McLean Symon (or Aitken)	XXXXXXXXXXXX	XXXXXXXXXXXX
Phone	Andrew Aitken 835947	Ian Munro 232 7094	

OLD SCOTCH C.A.A.C. NEWS-SHEET

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SUMMER SEASON NO. 7

13 November 1977

In a shock move this week, the previous editor of the O.S.C.A.A.C. News sheet was given one week's notice and Lill Fleming returned to the post. He will now continue with the news sheet until the end of the summer season or until he gets sick of it, whichever comes first.

This week results were generally good, which is encouraging for the rest of the season. However, U 14 was only represented by Neil Louis, although there are hopes for improvements in attendances in future weeks. In a nutshell:

A Reserve Grade: won narrowly
B Grade: 2nd place
C Grade: 2nd place
Sub Junior: won easily
Under 15: 3rd place
Under 14: lost

ATHLETE OF THE WEEK award must surely go to Roger Glass for his three wins and a record in the Hammer of 55.80m. Other good performances on Saturday were:

John Thorpe	A Reserve Grade	1500 walk	6-45.3	PB
Gregor Evans	A Reserve Grade	400 hurdles	57.2	PB
Geoff Little	B Grade (invit.)	5000m	15-55.0	PB
Jon Holmes	C Grade	1500 walk	8-35.0	PB
Peter Thompson	Sub Junior	Long Jump	5.52m	one more PB

Bill Fleming now brings you the tantalising.....

A RESERVE GRADE REPORT

Patience was once again the order of the day at Aberfeldie this week, as the combined men/women meeting fell way behind time once more.

Roger Glass opened the day's events with a club record and of course, a PB, in the Hammer. Roger scored a mighty throw of 55.80m for a well deserved victory. In the 1500 walk, John Thorpe (6-45.3) and Ian H. (6-59.5) were outclassed by the opposition, gaining 3rd and 5th places respectively, but John still managed a PB time.

The 400m Hurdles, however, saw two more good performances by Greg Evans and Craig Hilliard. Craig won easily in a time of 58.2, while Gregor recorded a PB win in 57.2. Rog Glass then returned to the arena to record another win in the shot put with a distance of 13.98m.

The 200m sprints showed a good opening performance for Ivan McQuilkin and another good run for Craig Hilliard, while Bill Fleming (late of exams) realised the merits of adequate training. Craig recorded a third place in his heat in a time of 22.5; Ivan showed that he is ready for a good season with a 2nd placing and a time of 23.0; and Bill also gained a third place in 23.4. Meanwhile, Dr Glass had recorded his hat-trick third win of the day, with a throw of 39.60m in the discus. In the 800m, Rog Tallent scored a good win in 1-54.6 after a long and gruelling run home. John Thorpe and Ewen Wilson came in at the rear of the field; Ewen showing the effects of the flu attack that has plagued him this week.

Dave Ham unfortunately DNF'd in the long jump, missing the mark by a mere 5cm, with a jump of 5.95m, while Warwick Sheffield also DNF'd in the javelin. However in the hurdles, Dave Ham returned with a win in his heat in a time (oops! -Ed) time of 16.9, and Steve Hare gained 2nd place in his heat in a time of 16.3, both good performances.

In the 5000m, Stu Handasyde started off quickly but could not match the pace of his opponents, falling into 4th place; Andy Cochrane recorded a time of 16.05 while Dick Batchelor scored a PB of 16.23. In the high jump Steve Hare cleared 1.70m for third place, while John Knight, competing by

cont'd..

invitation jumped 2.05m. The relay team had to settle for 2nd place after a close fought duel between O.S. and Mentone in the final leg.

Overall the day was quite successful with a 4 point win to Old Scotch. The final scores were:

O.S.	138
Mentone	134
Essendon	114
Kew-Camberwell	105

B Grade results were rather sketchy, but those that were filled in are shown below as the...

B GRADE REPORT

Hammer	no competitor		
1500 walk	B. Moore	2nd	7.48
400 hurdles	D. Alder	1st	57.0
Pole vault	M. Latimer	DNQ	
200m	Alder	4th	23.4
	Dillon	6th	24.6
	Ward	DNQ	
Discus	no competitor		
High jump	R. Dillon	2nd	1.75
800m	N. Watson	4th	2-03.7
	D. Lee	6th	2-07.0
	N. Tapp	7th	2-07.6
	Dillon invit.	2-10.3	
Long jump	no competitor		
Javelin	M. Latimer	DNQ	
110 hurdles	J. Eggleston	1st	17.8
Relay	Evans, Dillon, Ekberg, Tapp	3rd	
5000m	S. Facey	last	17-17

Final scores were: O.S. 50
 Box Hill 1 106
 O.Xav's 33

C Grade did not produce a report either, so their results are presented below in the....

C GRADE REPORT

Hammer	no competitor		
1500 walk	J. Holmes	1st	8-35.0
400 hurdles	no competitors		
Pole vault	J. Eggleston	1st	2.70m
200m	M. Latimer	4th	24.6
	J. Holmes	6th	25.0
	D. Lee	3rd	26.6
Shot put	M. Borchardt	1st	9.53
Discus	no competitor		
800m	Dean	5th	2-10.3
	Ramsey	6th	2-12.4
	Stoyles	7th	2-13.0
	Roger Slade invit.	2-14.5 (welcome to the club -Ed)	
High jump	M. Borchardt	DNQ	68 ft. 3 in.
Long jump	no competitor		
Javelin	J. Eggleston	DNQ	
110 hurdles	I. Handasyde	2nd	
Relay	Eggleston, Lee, Handasyde, Borchardt	DNS	
5000m	Ramsey		
	Slade		19-01.0
	Tapp		19-51.0 PD

Final scores were: O.S. 53 approx.
 Box Hill 69 approx.
 Waverley 53 approx.

Andrew Aitken, captain of the sub junior team, wrote the following informative....

SUB JUNIOR REPORT

The day was highlighted by the thrashing handed out to Box Hill 4 and Old Xav's by the U 17 O.S. team. A total of seven 1st placings, four 2nd placings and two 3rd placings were recorded in a 94 point victory.

We welcome newcomers: Yunghanns, who won the hammer and shot put; and cont'd....

tries hard to win this race, his team went well as the results show us. Peter Bruce won his eleventh Cooke McClelland which is an amazing achievement. He won his first Cooke McClelland in 1966 and has won every year since then except 1975 when Bruce Macleay won. Stu Mando finished second only 21 sec. behind and Ewen third only another 23 sec. behind.

Results : - Team

1st - Old Xav. (1) - 42 pts. 2nd - Old Scotch (1) - 52 pts.
 3rd - St. Kev. (1) - 56 pts. 4th - Old Xav. (2) - 172 pts.
 5th - Old Scotch (2) - 187 pts.

Individual

1. P. Bruce	25.53	2. S. Mandasyde	26.14	3. E. Wilson	26.37
6. H. Watson	28.02	7. G. Gray	28.59	14. S. Facey	29.57
10. G. Wise	31.15	21. C. Findlay	31.42	22. I. Mandasyde	31.01
32. D. Lee	34.23	34. N. Vallence	34.22	35. H. Caraher	34.72
37. A. Aitken	34.51	44. R. Stoyles	35.36	47. J. Cormack	35.50
49. M. Watson	36.47	52. P. Findlay	39.01	54. J. Holmes	39.24

CHAMPIONSHIPS - WINTER 77 - ROAD - CROSS COUNTRY

Cross Country 1. S. Facey - 10 pts. 2. S. Mandasyde, E. Wilson & R. Batcher for 11 pts.
 3. M. Watson - 10 pts.

As can be seen from the results consistency from Stu Facey was the reason why he has taken out the championship. In the five events counted Stu recorded the following points (1,5,3,2,2). Perhaps there is a message, there if you compete in every event next year you could be in calculation for the award.

Road 1. R. Batcher - 21 pts. 5. S. Mandasyde - 12 pts.
 3. M. Watson - 14 pts.

Once again consistency in competition has given our captain the result. In the five events counted Dick recorded the following points (4,2,3,6,6).

Congratulations to Dick and Stu on a fine season. Next year there will be more competition, won't there ! ! ! !

HIGHLIGHTS OF SEASON - 1977

<u>Dick Batcher</u>	- Captain
<u>Andy Cochrane</u>	- recorded 4th fastest time ever in Dyson Relay (11.51)
<u>Scotch 1</u>	- Wins Dyson Relay 5th fastest ever (76.45)
<u>Mando</u>	- wins Jamieson (16.25)
<u>Scotch 1</u>	- wins Jamieson team (34 pts)
<u>G. Wise</u>	- wins veterans at Jamieson
<u>Andy Cochrane</u>	- wins W/L Fallen comrades 10K at Domain (37.23)
<u>Mando</u>	- 5th Olympic tyres 13 miles (51.33)
<u>Stu Facey</u>	- great marathon run (2 hr, 1 min 10 sec)
<u>E. Wilson</u>	- Fastest time Peter Scombe (52.00)
<u>Mando</u>	- wins King of the mountains
<u>G. Wise</u>	- 5th place in 200 m. World Veteran Champ. Bronze in relay.
<u>Stu Facey</u>	- wins cross country champ.
<u>Dick Batcher</u>	- wins road champ.
<u>Ewen Wilson</u>	- great marathon run 2:23:15
<u>Stu Mando</u>	- great marathon run 2:24:54

REFLECTIONS OF 1977

Apart from some very excellent personal performances by some of our athletes as a team we were a little short of good performances. This was due to various reasons, injury, unavailability and personal reasons. We must say thanks to a few people who have helped the club during this season. Alan Macleay for his hard work as a marshal on various occasions and his interest and enthusiasm which is very much appreciated. To Dick as captain, well done for your enthusiasm and cups of tea and coffee after the WAAA runs. Graeme Wise for his hittlesea run. Colin and Joy Findlay for afternoon tea after the Bundoora run. Neil and Mary Lucas for the Hare and Hounds.

See you in 1978.

EVEN STARS AT BALLARAT

Evan Wilson led the field to the 20 mile mark in the Victorian Country Marathon at Ballarat on August 27, then faded back to finish sixth.

Running in his first marathon, Evan reached the half-way mark in 71 minutes 45 seconds and showed a glimpse of his untapped potential in the event.

Results : -

1.	E. Brooks	2:22.06	2.	J. Duck	2:33.17
3.	D. Faulkner	2:44.12	6.	E. Wilson	2:49.10

REFLECTIONS IN THE GRANBOURNE SUN

by Dick Batchelor

With 25 K (15,533 miles) to be run, it seemed a good idea to lodge our excuses before we started! Mando was feeling tired from winning the V.C.C. King of the Mountains the previous week. Stu Facey had not trained since the weekend as held been in Adelaide. Alon Wooley still had Achilles tendon trouble and I complained of a bruised heel.

The course was a new one, quite undulating and "W" shaped, with the start and finish at the base of the W and the turns at 12 and 14 K. Well over 200 runners faced the starter in the carnage behind the Granbourne Racecourse grandstand. There was, thankfully, a cool breeze but despite this many of the field dropped out through injury, stomach upsets or sheer fatigue.

Dave Chettle led the pack away and managed to open up a break on Robbie Wallace at 11K (National Cross Country Champion versus National Marathon Champion). As I toiled up the hill (into the wind) towards the first turn at 12K, I noted that Chettle had a good lead of 60 metres on Wallace, followed by McKern, O'Sullivan and Sofianos. Mando was in the first 20 ahead of Peter Bruce and gave a cheery wave as he poured it on down the slope.

Towards the 14K turn I saw that Sofianos had moved up to third whilst McKern had slipped to fifth. Positions apparently remained unchanged for the final 11K, with Chettle putting in a Clayton-like performance to cross the line some 60 metres ahead of Wallace.

Mando was 10th, his best placing in a Victorian title and went off for a few beers with John Marx, who finished a fine 17th. Peter Bruce finished 13th, nine seconds behind Mando.

Stu Facey and I sipped coffee with Alon Wooley after it was over. The hills, the wind, the sun and the distance had taken their toll and we knew we would sleep well that night.

Results : Mic. 25K Road Title - Granbourne - September 10.

Placing		Time
1.	Dave Chettle (Glenhuntly)	77.50
2.	Robbie Wallace (Richmond-Terr.)	79.30
3.	Gerry Sofianos (Glenhuntly)	80.00
10.	Stu Woodasyde	92.45
7.	Dick Batchelor	93.45
113	Stu Facey	100.14
	(105 finished)	

COOKE McLELLAN'S SHIELD

2000 metres Cross Country

Once again there was a lot of tension among the top athletes for the top positions. Perhaps this is the most hard fought race of the whole season. The top three have all had their problems this year before the Cooke McLellan. Peter Bruce did not have the best of years with injury during the year and pressure of preparing for a new baby. Stu Woodasyde has had a particularly hard year, Marathon, King of Mountains. Evan Wilson's lack of competition while living in Hamilton and just completed a gruelling marathon on August 27.

Also it was great to see three present school boys competing in the event. Andrew Aitken, Richard Staples & John Formack, who unfortunately took a wrong turn and lost a lot of ground but despite that they all put up a good showing and finished mid field.

Scotch had a severe blow to its chances of winning the team event when captain Dick Batchelor had to go to Sydney for a business meeting. This turned out to be the reason why Scotch got beaten by ALL YAVIS in the teams event (difference 2 pts). As predicted it was a great race with Evan & Stu trying very hard to beat Peter Bruce who really

Under 15 at Box Hill vs. old Carey & B.H.3 Ian Munro 2327094

1.30	1500 walk	Question Mark
1.30	Discus	A.Volunteer
1.45	100m	A.Roberts I.Kerr I.Munro
2.15	Pole vault	N.E.Body
2.30	1500m	P.Findlay
3.00	Shot put	I.Munro
3.15	Relay	Kerr Roberts Munro Findlay
3.45	Triple jump	I.Kerr
3.50	90m hurdles	A.Roberts
4.30	400m	I.Kerr A.Roberts I.Munro

Under 14 at Box Hill vs. B.H.1 & B.H.2 & O.Carey Neil Louis

1.30	1500 walk	D.Findlay
1.45	100m	I.Ralston N.Louis A.Edmondson
2.00	Shot put	I.Ralston
2.30	1500m	D.Findlay A.Lloyd Question mark
3.15	Relay	Smith Morris Louis Ralston
3.30	Discus	Lloyd
3.50	80m hurdles	Smith Morris
4.15	Triple jump	A.Edmondson
4.30	400m	I.Ralston N.Louis A.Lloyd***

*** the 400m is a new event for Under 14 and so the winner takes the record for his age group; good luck, boys!

Once again thankyou to all contributors this week and please excuse any typographical errors or printing mistakes, the editor is just getting used to the appetite the duplicator has for paper!!

OLD SCOTCH C.A.A.C. NEWS-SHEET

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SEMIER SEASON NO. 8

20 November 1977

Owing to the fact that I do not possess a Concise Lithuanian and Advanced Chinese Dictionary, the team results remain rather obscure to say the least. Psychic powers are not exactly my forte (I only wish they were) so if anyone wishes to donate their brains in the name of clarity, please drop me a line. In the event of such a person not being readily available, I will simply have to rely on the team sheets once more for team results. To be sufficiently informative a team sheet must contain the following information:

1. the grade of the team
2. the names of the opposition teams
3. the names of all O.S. competitors
4. the results of all events including:
places, times or distances of O.S. athletes and the POINTS scored by BOTH O.S. & opposition competitors
5. the inclusion of events not contested by O.S. competitors and the results of the opposing athletes in these events, that is, the points scored by them.

If the above mentioned guidelines are followed, a number of people, including you, will be better off. Here ends the sermon.

Amen.

Now, from what I can see,
A Reserve Grade gained 2nd place
B Grade lost, I think
C Grade lost, I think
Sub Junior were close but possibly won
Under 15 won, I think
Under 14 lost, I think, but it may have been close.

This week the editor considers Andrew Roberts to be ATHLETE OF THE WEEK, for his keen participation in four events, and good performances in all of them. He scored a win in the 100m, a 2nd placing in the 90m Hurdles, and the 400m, and was a strong anchorman for the winning relay team. These performances all contributed to a strong showing by the Under 15 team overall.

In other grades, PBs and good performances appeared all over the place:

G. Hilliard	A Res.	100m	11.2	
D. Alder	B Grade	400m	59.4	PB
N. Tapp	C Grade	1500m	4-35.0	PB
D. Stoyles	C Grade	1500m	4-36.0	PB
M. Borchardt	C Grade	Shot Put	10.02m	PB
D. Yungbams	Sub Junior	Pole V.	2.25m	PB
P. Thompson	Sub Junior	Triple	11.69m	PB
N. Louis	Under 14	100m	13.3	PB
		400m	65.2	PB
P. Smith	Under 14	Discus	15.77m	PB
I. Ralston	Under 14	Shot put	10.74m	PB
		400m	62.6	Record

10 PBs in one week is very good going and it is encouraging to see so many fine performances, in Under 14 especially.

Stu Handeyside and Bill Fleming recommend that you read their....

A RESERVE GRADE REPORT

Have you heard about the Preston venue? Next to a lake, a band rips off Deep Purple; no wind, sun shines. "This is supposed to be the end of the North" says Evans. Now all the environmental factors have been stacked in the athletes' favour— can O.S. beat Coburg, Old St. Kevins and Frankston? see over for the answer to this question...

Rog Glass was again a star performer with wins in the Hammer (53.98m), the Shot Put (13.59m) and the Discus (40.31m). In the 3000 walk, John Thorpe scored a victory in 25 mins, and Ian James Handasyde followed him in at 3rd place with an EXTREMELY fine time of 45-32.0! The 100m was contested by only two competitors as Bill Fleming was delayed by a pair of trousers in the city, and thus had insufficient time to get to the Preston track. Nevertheless, Craig Hilliard, who subsequently attended a wedding (as an interested spectator), pulled out all the stops in his heat to record a very quick time of 17.2 for a 2nd place. Ivan McQuilkin also ran in at 2nd place in his heat, with a time of 17.5.

The standard of the opposition in the Triple jump proved a little too much for Dave Ham who had to settle for a 4th place and 12.55m. Steve Hare contested the High jump and scored a good 2nd place with a leap of 1.70m. In the 1500m, Rog Tallent ended in 3rd place in a time of 4-02.0, Stu Handasyde recorded a fifth placing in 4-04.0 and Stu Pacey followed in with a time of 4-20.0 but the actual field placing was withheld by the stewards.

Steve Hare's heat of the 110 hurdles saw an obvious fly start by the Frankston competitor but the 2nd gun failed to work. Subsequently, protests were lodged and officials agreed to hold a re-run of the race. This never eventuated however, as the Frankston competitor and indeed the whole of the Frankston club contingent had packed up and gone home. Steve thus had to settle for his 4th place with a time of 18.1. Dave Ham recorded a 3rd place in his heat with a time of 18.6.

Mark Latimer failed to qualify in the Pole vault, but the relay team scored a good 2nd place thanks to the hard fought last leg by Gregor Evans, who passed the Old St. Kev's competitor in the last stages of the race.

Stu Handasyde and Andy Ramsey contested the Steeple, Stu gaining 3rd place (10-23.0) while Andy unfortunately DNQ'd (10-58.0). Warwick Sheffield recorded a victory in the Javelin with a throw of 50.14 m, which only left the 400m to be run, and Coburg in an unbeatable position. Rog Tallent was pushed hard in a first heat, gaining 2nd place and a time of 49.8. Gregor also gained a 2nd place in his heat with a time of 51.0. Finally, Bill Fleming's time of 54.9 was not quite fast enough to qualify, missing the mark by 0.9 s.

At the end of the day, the results read as follows:

O.S.	149
Coburg	184
Frankston	35
O.St.Kevs	117

Nick Tapp consented to writing the...

GRADE REPORT

No-one contested the Hammer, but Bruce Moore came 2nd in 46-35.0 and Dave Bennet DNQ'd in the 3000m walk. The 100m combination of McAuley, Martin and Gosper recorded 12.2, 12.0 and a fine 11.9 respectively.

We also had no competitor in the Triple jump, High jump, Discus, 110 Hurdles, Pole vault, Shot put, Javelin and Steeple. Enough said! That phone number on the team sheet is not for anonymous heavy breathers— if you are selected and cannot compete, PLEASE let your captain know!

In the 1500m however, Nigel Watson ran a good 4-17.0 for 6th and Rick Batchelor ran 8th in 4-26.0. The relay provided a bright spot, as Sam Martin, Brett Gosper, Nick Tapp and Bill McAuley pushed Box Hill all the way, coming a good 2nd with St. Stephen's way back.

There to show that quality counts more than quantity, Dave Alder ran a tremendous 400m for a fighting 2nd in 50.4, a PB by more than a second. Brett Gosper ran another impressive race, 52.9, and Rick Dillon clocked a smooth 54 or 55.

Overall we probably lost convincingly, and could do with a bit more communication and participation.

Sara Martin now presents the....

GRADE REPORT

In a rather lack lustre performance (mainly due to the failure of many to appear), Eric Fear, in his first appearance for three years jumped 6' 11" to romp in the High jump. The 100m runners, Evans, Fear, and Holmes, recorded 3rd (12.4), 5th (12.6) in the first heat, and 2nd (12.4) in the second heat respectively, while Gosper and Martin recorded 3rd and 4th placings in the

Hurdles(no times recorded on the team sheet -32).

The Pole vault, Triple jump (oops -22) and apparently, the 400's were not contested by O.S., but in the Shot put, Max Borchardt tossed the big ball 10.02 m for a 2nd placing and a PB.

In the 1500's, Nick Tapp clocked a PB time of 4-35.0 for 4th place, Richard Stoyles also clocked a PB time of 4-36.0, and Rog Slade came in at 5th place in a time of 4-50.0. In the 3000 walk, Jon Holmes scored a PB time of 18-25.

In the Steeple, Col Findlay gained 6th placing with a time of 11-35 while Roger Slade followed him in at 7th place in 11-58.

Andrew Aitken and Paul Symon combined their multitude of talents and came up with this....

SUB JUNIOR REPORT

The day began with the 1500 walk but we didn't fare very well as no walkers were present. The ever brilliant David Yunghanns came 2nd with a PB of 2.25m in the Pole vault, and 1st in the Discus(23.33). Peter Thompson (ex golfer cum athlete) managed a PB in the Triple jump (11.69) coming 3rd, and also came 3rd in the hurdles with a time of 19 s(approx).

Andrew Aitken led the team well, inspiring us to bigger and better things with a 12th in the 2000 Steeple; meanwhile in this event, John Cormack won the race in 6-54.0, using his small legs to advantage.

In the sprint department, Dacakis(12.1), Smith(12.8) and McLeish(12.4) represented the club, and the relay team came 2nd. The 400s were contested by Wirth(time unknown), McLeish(50.5) and Dacakis(55.6), while in the putting department Dave Edwards came 1st with a distance of 11.24m. Smith was the other competitor in the hurdles with a 2nd place and a time of 18.0.

Finally, in the 1500s, Evans(4-48.0), Cormack(4-28.4) and Symon(4-43) came 6th, 2nd and 5th respectively.

The final scores were unintelligible.

UNDER 15 REPORT

Star for the day was Andrew Roberts with a win in the 100m(12.5), a 2nd place in the hurdles(20.4), a 2nd place in the 400m(time unknown), and a member of the winning relay team.

In the 100m, Kerr was 4th(12.9) and Munro was 6th. Munro also competed in the Shot put and threw the ball 9.95m for 2nd placing. In the 1500, Peter Findlay competed alone and gained 10th place for a time of 4-48.0. Accompanying Andrew Roberts in the hurdles was Peter Findlay who finished in 3rd place with a time of 20.6.

Ian Kerr scored a 2nd place in the Triple jump with a leap of 10-23 and later won the 400m in a time of 60.8, competing with Roberts and Munro.

There was almost a full team, with only a walker, distance men and a field games thrower needed.

UNDER 14 REPORT

1500 walk	D.Findlay	8-59	?
100m	I.Ralston	13.0	3rd
	N.Louis	13.3 PB	3rd
	P.Smith	14.5	5th
Shot put	I.Ralston	10.74 PB	1st
1500m	D.Findlay	5-50	10th
Relay	Morris,Ralston, Smith, Louis		3rd
Discus	P.Smith	15.77 PB	2nd
Hurdles	P.Smith	15.4	4th
	P.Morris	18.1	4th
Triple	N.Louis	9.50	4th
400m	I.Ralston	62.6	2nd
	N.Louis	65.2 PB	4th
	P.Smith	?	?

IMPORTANT MESSAGE OVER THE PAGE FOR ALL CLUB MEMBERS!!!

Stu Handasyderas in a 5000m on Wednesday at Aberfeldie and recorded a PB time of 14-56 for a good 2nd place. Congratulations!

Reliable sources inform me that Alan Hooloy, recently recovered from a back injury, completed a marathon in a good time. Such a performance should not go unnoticed.

IMPORTANT MESSAGE

EVERYBODY

IS COMPETING AT

BOX HILL

ON SATURDAY

AND

OLD SCOTCH

HAVE A VERY GOOD CHANCE

OF WINNING

IN EVERY GRADE !!!

SO, A FULL TURNOUT IS NOT ONLY HOPED, BUT ALSO NECESSARY

FOR THIS TO HAPPEN!!!!

IF YOU ARE UNAVAILABLE, RING YOUR TEAM CAPTAIN IMMEDIATELY !!!!!

IF YOU ARE AVAILABLE AND NOT PICKED, RING YOUR TEAM CAPTAIN IMMEDIATELY !!!!!

TRAINING

Training is still on at Olympic Park each Tuesday and Thursday night, starting at about 5.00 to 5.30 pm. If this ground is closed for any reason on these nights, then training will continue at Yarra Park, which is on the other side of Swan St., with a track marked out.

Glenhantly is still an O.S. training ground on Sundays, for those who are able to get there.

NB: NOT ENOUGH PEOPLE ARE TRAINING!

There is an Intervene Meeting on the 6th December at Olympic Park; all who want to be in the team would they please see Gregor on Saturday, so that he can pick the team.

SATURDAY'S FRAMS:

Note: All team captains and officials must be at Box Hill no later than 12.45 pm.

A RESERVE GRADE at Box Hill v. St. K. & Wav. & Ess. Phil Barton 8193555

1.00	Hammer	R. Glass
1.00	400 Hurdles	Hilliard Evans
1.00	1500 walk	I. Handasyde Thorpe
1.30	200m	Hilliard McQuilkin Fleming
1.45	High jump	Knight
2.00	Shot put	Glass
2.15	Long jump	Ham
2.30	Pole vault	Latimer
2.30	800m	Tallent Watson Lee (S. Handasyde)
3.00	Javelin	Sheffield
3.20	Relay	Hilliard McQuilkin Fleming Tallent
4.00	Hurdles	Hare Ham
4.00	5000m	S. Handasyde Batchelor Cochrane
4.15	Discus	Glass

B GRADE at Box Hill v Mon. & Wav. Nick Tapp 8741171

1.00	Hammer	?
1.00	400 Hurdles	Alder Ekberg
1.00	1500 walk	Moore ?
1.30	200m	Gosper Alder Brown (McBeish if available)
1.45	High jump	MacFarlane
2.00	Shot put	Brown
2.15	Long jump	Brown
2.30	Pole vault	?
2.30	800m	Wise Dillon Tapp
3.00	Javelin	Fairley
3.20	Relay	Gosper Alder Brown Dillon
4.00	400 Hurdles	Ekberg Eggleston
4.00	5000m	Facey Ramsey Little
4.15	Discus	?

C GRADE at Box Hill v. O. Xav & C. Melb. Julian Martin 8780558

1.00	Hammer	?
1.00	400 Hurdles	Ham Eggleston
1.00	1500 walk	Holmes ?
1.30	200m	Ward Dillon Martin (Ritchie if available)
2.30	Shot put	Borchardt
2.30	800m	Stoyles Slade Deen (Fairley)
2.45	Long Jump	Fleming (preferably Wallace-Smith)
3.15	High jump	Fear (Dillon inv.)
3.20	Relay	Ward Holmes Tapp Martin
3.30	Javelin	McBeish (Findlay if available)
4.00	400 Hurdles	Handasyde
4.20	5000m	Slade Findlay (Tapp inv.)

SUB JUNIOR at Box Hill v. Pow. & Wav. 3 & O.Car.

Andrew Aitken 835947

1.00	Hammer	Yunghanns
1.10	1500 walk	Ward
1.30	200m	Dacakis McLeish Smith
1.45	Long jump	Thompson
2.30	800m	Cormack Symon Evans (em: Hooley McLean)
2.30	Javelin	Thomas
3.00	Shot put	Edwards
3.20	Relay	Dacakis Wirth Munro McLeish
3.45	High jump	Smith
4.00	110 Hurdles	Smith McLeish
4.40	3000m	Cormack Merigan (em: Symon McLean)

UNDER 15 at Box Hill v. B.Hill 4 & B.Hill 2 & Wav.2

Ian Munro 2327094

1.15	Long Jump	Kerr
1.20	1500 walk	P.Findlay
1.30	200m	I.Munro Roberts Kerr
2.00	Javelin	R.Watson
2.30	800m	P.Findlay I.Munro
2.45	High jump	Roberts
3.20	Relay	Munro Roberts Kerr Findlay
3.30	Shot put	R.Watson
4.20	90 Hurdles	Kerr Munro (em: Roberts)

UNDER 14 at Box Hill v. B.Hill 3 & Wav.3 & O.Xavs

Neil Louis

1.20	1500 walk	D.Findlay
1.30	Javelin	Louis or Smith
1.30	200m	Ralston Louis Edmondson or Morris
2.15	High Jump	Edmondson
2.30	800m	Findlay Louis ?
3.20	Relay	Smith Morris Louis Ralston
3.45	Long jump	Edmondson
4.00	Shot put	Ralston
4.20	80 Hurdles	Smith Morris

The letter from Tarquin Oehr concerning the Morlaix Semi-Marathon in France has unfortunately been forced to be held over until next week.

OLD SCOTCH C.A.A.C.

NEWS-SHEET

Registered for Posting as a Periodical — Category B. Price: 10 cents

SUMMER SEASON NO. 9

27 November 1977

The meeting at Box Hill showed a wave of enthusiastic support and interest among O.S. competitors and spectators. Despite the oppressive heat, club spirit ran high, with all athletes receiving generous support from those watching on the side lines. Perhaps this shows that when a club can compete together as a whole, there is renewed enthusiasm at all levels. It is a great pity that the A Reserve team cannot spend more time with the rest of the club at Box Hill, instead of tripping from one venue to another.

In any case, results were infinitely easier to interpret this week, and so are presented below:

A Reserve were 3rd
 B Grade were 3rd
 C Grade were 2nd
 Sub Junior were a convincing 1st
 Under 15 were 3rd
 Under 14 were 2nd.

The **ATHLETE OF THE WEEK** must go to Ian Ralston for his work in the Under 14 team on Saturday. He had wins in the 200m (25.8 PB), and Shot Put (10.53m), crossed the line for the winning relay team, and then stepped in to do the High Jump with a leap of 1.25m. Not bad for a newcomer to the club; he obviously is proving himself as a strong asset to the Under 14 team.

PB efforts emerged thick and fast from the Sub Junior team, as they charged ahead on the way to a crushing victory. The heat took its toll on the more senior athletes however, as the temperature climbed.

D. Ham	A Res.	110 Hurdles	16.7
D. Ham	B Grade	400 Hurdles	60.4
D. Cunningham	SubJunior	Hammer	24.94m
N. Dacakis	SubJunior	200m	23.8
P. Thompson	SubJunior	Long Jump	5.62m
D. Edwards	SubJunior	Shot Put	12.34m
M. Smith	SubJunior	200m	24.5
R. Hooley	SubJunior	Team Report	Writer
P. Symon	SubJunior	Team Report	Thinker
I. Handasyde	SubJunior	Team Report	Musical Director
I. Moore	Under 15	90 Hurdles	14.7
P. Smith	Under 14	Javelin	19.92m
I. Ralston	Under 14	200m	25.8
P. Smith	Under 14	80 Hurdles	14.9
P. Morris	Under 14	80 Hurdles	17.5

Bill Fleming once again presents the...

A RESERVE GRADE REPORT

The day began once again with another Roger Glass victory in the Hammer with a toss of 54.72m. This was followed by two more victories in the 400m Hurdles by Craig Hilliard (58.7) and Gregor Evans (59.0).

The 1500 walk was not quite as successful however, with John Thorpe recording 6-50.0 and Ian James Handasyde 7-13.5. In the 200m, Craig clocked a good time of 22.2, Ivan 22.6 and Bill (after a slow start) 23.5, for 4th, 2nd and 3rd places respectively.

Mal MacFarlane was victorious in the High Jump but the height he attained remained undisclosed. Rog Glass joined him in the winners' circle, with a put of 13.6m in the Shot Put. Dave Ham and Mark Latimer were unsuccessful however, in their efforts to qualify in the Long Jump and Pole Vault.

In the 800m, Rog Tallent once again showed brilliant form with a win in the time of 1-53.4; Stu Handasyde followed him in at 3rd place with 1-59.9. Warwick Sheffield could not qualify in the Javelin and the relay team scored a close 2nd place with a good finishing leg from Rog Tallent.

The 110 Hurdles saw a PB performance from Dave Ham (16.7) for a close 2nd placing and another PB (19.1) from a Mr X, whose name was changed to protect the innocent. To use Nick Tapp's words "Atken, Facey and Ramsey did something uninspiring but gutsy in the 3000m, reduced from 5000m because of the heat." The placings were 3rd last, 2nd last and 1st last and times were not indicated. Finally, in the Discus, Rog Glass completed the day with a win and a throw of 39.8m.

Final scores were: O.S. 133
St. Keys 150
Wav. 137
Ess. 106

Nick Tapp could not leave Box Hill until he had volunteered this...
B GRADE REPORT

Once again, no-one competed the B Hammer, but then the Sportsman's Team got moving. Dave Ham won the 400 Hurdles in an outstanding first up PB of 60.4- easily qualifies for A Grade.

Then Bruce Moore won the 1500 walk in 7-51.0, and the 200m followed. Pete Brown returned to the track with a 3rd in 23.5 and Rick Dillon sadly pulled a hamstring on the way round, still running 4th in 23.7. In the 2nd heat, Pete Ritchie, displaying a very healthy crop of carrots, came 3rd in 25.2.

Owing to Rick Dillon's injury and Spic Fear's study we missed out on the high jump. Owing to Max Borchardt's good judgement, we also had no shot putter. A lack of communication resulted in Pete Brown missing the B long jump. As usual we had no pole vaulter and very unusually we only had one 800m runner-- Richard Stoyles who DNQ with 2-13.0. Mark Latimer DNQ in the Javelin, despite a "good effort" to quote the result sheet, and after a promising start the red legs were in trouble. The 4x200m relay also came 3rd out of three.

We had no 110 Hurdlers or 3000m runners, and the Discus was another bomb out.

Communications are improving; now, how about some training and resulting improvements in performances.

Still nobody has produced a C Grade Report (surely somebody is just a tiny bit literate in that team? -Ed), so here are results at a glance..

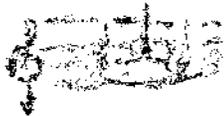
C GRADE RESULTS

Hammer	Borchardt	DNQ	22.89m
Walk	Holmes	2nd	8-38.0
200m	Ward	4th	25.3
	Holmes	3rd	24.8
	Handasyde	2nd	26.2
Shot Put	Borchardt	2nd	9.67m
Long Jump	Brown	1st	6.21m
800m	Slade	DNQ	2-21.0
110 Hurd.	Handasyde	1st	?

Hold on to your hats 'cause here it comes.....

SUB JUNIOR REPORT

With great expense to the reader, we present to you the Sub Junior report:



A SMALL SCREEN PRODUCTION!!

Written and produced by Ross Hooley
Partly dictated by Paul Symon
Musical Direction Ian Handasyde
Publishing rights SMALL SCREEN INC.
Cast Sub Junior Members
Spanish Inquisition

NOBODY expects the Spanish Inquisition...

The scene opens with a hot, sweaty day, Yungmanns has already gone down to do the hammer, enthusiasm +++, he set urns with a PB, a brilliant 24.94m. Paul Symon completes a gruelling 1500 walk, and records a DNQ with a time of 10-14.987524. He collapses into the chair, his arm is hurting from his injections for his trip O.S. to Indonesia. It does not look good; the latest medical report available states that he will be unable to run until after Christmas. How many more will we lose to the 100°C track?.....

Our three sprinters, Dacakis, Smith and Thompson (replacing Euan Magleesh), run the 200m. They all record brilliant times against the wind, or is it with it(?), Dacakis doing 23.8, a PB by 0.9 for 1st, Smitty 24.5 for 3rd PB, and Thompson 24.8 for 4th. All times close to PB's.

Pete Thompson on cloud 9 after his 200m, completes a good afternoon's work with yet another PB of 5.62m in the long jump. Good luck up at Horsham (cough, cough), Peter.

David Edwards faces up to the javelin, while back over on the track, our Combined Sports Team Distance Squad of Cormack, Hooley, and Dacakis... DACAKIS!! sprinter turned normal (That's what you think, Ross -Ed), face the 800m. In the hot, blistering conditions, Johnny (Little legs) Cormack did a solid 2-12.4, the author (Ross H.) a streaky 2-13.0, while a brilliant finish by Nick Dacakis gave him 3rd place.

NOTE: our opposition up to this stage was almost non-existent.

While our distance men completed their 800m or 800,000 mm, Dave Edwards won the shot put (12.34m PB) and Javelin (36.700000m), even though he had a pulled muscle in his foot.

Peter Wirth, Pete Thompson, Nick Dacakis and Chrcees Munro came 1st in the relay by just that much. Mike Smith retired from the High jump at 1.80m while coming 1st.

Mr. Versatility, Dave Yunghanns, does the Hurdles in 20.5, just behind "Superstar" Smith in 17.1. While our hurdlers cum high jumpers cum hammer throwers etc... come 1st and 2nd, John Little legs Cormack completes 7½ laps or 3000m in 10-15.0, helped along by Paul "Little Tacker" Symon who threw water at Nick "Breathe out" (? -Ed) Tapp and Little Legs.

Following our 95 point win, we enjoyed a sociable drink in (of) Andy Ramsey's pool, talking about chips, tennis beauties (Evonne -Ed), and music-- what else is there in life?

Final points were:	O.S.	157
	Power H.	24
	Wav. 3	62
	C.Carey	0

As we continue our percentage boosting wins, we must have everybody training, so come along to Olympic Park on Tuesdays and Thursdays at 5.00pm. Go on, take the plunge... it's now or never.

P.S. Where was Evans, Miglish, Thomas, Ward, etc.? Only the women cancel above 30°C.

This has been a SMALL SCREEN PRODUCTION for the "Phantom Raspberry Flower"O*?!

Col Findlay whipped up this...

UNDER 15 REPORT

Welcome to new member Robert Watson who is following in his older brother's footsteps in field games events. No winners this week but with Kerr, Roberts and Munro in three events and Watson and Findlay in two each, everyone had a fair day's competition.

Walk	F. Findlay	9-27
200m	I. Kerr	25.9
	A. Roberts	25.5
	I. Munro	26.0
Jav.	P. Watson	25.93m
800m	P. Findlay	2-54 PW
H.J.	A. Roberts	1.45m
Shot	R. Watson	qualified
Hurdles	I. Munro	14.7 PB
	I. Kerr	?
Relay	2nd place	

Final scores were:	O.S.	67
	B.H. 2	125
	B.H. 4	31
	Wav. 2	104

Col Findlay and Neil Louis pooled their talents with this...

UNDER 14 REPORT.

Ralston killed 'em this week with wins in the 200m (25.8) and Shot (10.53m), in the winning relay team and 1.25m in the High jump, altogether a great day. Other good performances were Paul Smith 2nd in Jav. (19.92m), 2nd in 200m (30.4), 2nd in the Hurdles (14.9 PB); and Neil Louis 200m (29.0), 800m (2.55) and Long jump (3.17m). Peter Morris completed the team with his

hurdles(17.5) and the relay.

Final scores were:	O.S.	83
	Wav. 3	138
	B.H. 3	46
	O.Xavs	43

CLUB NOTES

The hot weather brought out the fashion. Sporting the pale blue outfit(NSW design award 1976) was Peter Lucas(former secretary) down from Sydney for the past week before commencing a week of organisation for the Pacific Conference Games in Canberra next weekend, for which Peter is chief ceremonial officer.

Also catching the eye was Nick Dacakis' finish in the 800m. With 50m to go, Nick appeared "gone" as a nasty opponent raced up to his shoulder. To switch from reverse to top gear instantaneous ly was very impressive, Nick! Equally eye-catching was Rog Tallent's 800m. Pity the rest of the field was too far behind to notice.

Meanwhile field games exponents extraordinaire, Dave Yunghanns (SS) and Ian Ralston(BH) continue to pick up points and prove the value of versatility. Not bad for two "recruits"--- keep it going, fellas!

Points in the head gear stakes went to Terry Towelling as modelled by Mr. Paul Symon, Mr. Bill Fleming and Mr John Thorpe. A close second were the Athletes peak and Golfer's peak as worn by Ivan McQ and Ian Kerr of course. Last place went to Wide Brim which scored points for practicality but none for dignity, and which was paraded not elegantly by the B Grade captain.

Is there a doctor in the house or a nurse on the track? Yes. Rick Dillon soon found out after being struck by the dreaded twinge in the hamstring. He was revived, however, under the close supervision of Nurse Edwards who has since been promoted to assistant medical officer. Resident doctor is still, of course, Dr Glass but this position may be disputed on the arrival to our fair shores of Dr Oehr. (Dr Slade and Dr Dillon did not apply for the position, the latter for obvious reasons.

PREMIERSHIP LADDERS

as at 12 November...

B Grade		C Grade		Sub Junior		Under 15	
B.H. 1	9	B.H. 1	9	B.H. 1	12	B.H. 1	12
SSH	8	Wav.	8	B.H. 2	12	Wav.	11
B.H. 2	7	O.Melb.	7	SSH	10	B.H. 2	11
Power H	7	SSH	7	Wav.	10	B.H. 3	11
O.S.	7	B.H. 2	6				
		O.S.	5	O.S.	9th place	O.S.	9th place

Under 14

Wav 1	12
Wav 2	12
B.H. 1	11
Wav 3	9

The junior ladders are misleading, as early rounds were not contested by Old Scotch.

O.S. 11th place

MORLAIX SEMI-MARATHON

France

23/10/77

by Tarquin Oehr

At last, after all these years, a chance for international fame - a weekend in France for the Morlaix Semi marathon.

Following celebrations, we set out at 4am Friday morning for Plymouth, driving through fog and rain but arriving at the ferry with time to spare. Uneasiness over breakfast as we learn that there are 800 starters and behind us sits unshaven David Bedford shovelling down eggs and ham.

Arrive St Pol. 6pm - met by other club members and driven to our accomodation - 18th century chateau; keen runners go out training - we adjourn to the dining room for enormous quantities of food and wine to gather strength for the weekend ahead.

Saturday- hearty breakfast followed by a walk into the village - uneasiness as race posters adorn the streets, and last years veterans recount horrifying tales. Training run after lunch to build up an appetite for dinner.

Sunday morning - this is it; walk along the beach to steady the nerves; French athletes arriving by the busload. Lunchtime - just a light salad then - oh no! - beautiful roast chicken, potatoes and camambert - we watch horrified as the French runners tuck into this plus numerous bottles of wine, with only three hours to go - mouths water; some of us succumb.

2.00pm - into running gear at last, warm up then jog to the city square for 3.00pm start. Unbelievable sight - hundreds of runners, trucks with loudspeakers blaring, children with balloons, the whole village out to watch.

The usual impossible line up, then bang and we're off. Louis and Jean-Pierre sprint to the front to the ecstatic cheers of mamou et ses enfants (EH? -Ed). Two miles before the field spreads out and Bedford badly back; Belgian Schoofs in 30 yd. lead. I sit back - haven't raced this far for two years; plenty of sights to see - thousands of spectators and lots of cyclists following and some pacing the runners.

Steep climb up to Kemvic - half way; feet hurt, stomach unsettled - shouldn't have eaten the camembert. Downhill again towards the sea then the Morlaix viaduct is visible at the finish, deceptively close but still 2 1/2 mile to go.

Roads lined with spectators - all cheering and offering encouragement not boozed up and abusive as at home. One more mile - runner ahead fading - passed - finish in sight - more crowds, applause, loudspeakers - what an atmosphere! Cross the line in 36th place and wander around dazed - soon revived by a cup of tea, revitalised by a glass of beer and anticipation of the night's festivities to come. Surely the most "enjoyable" or should I say reasonable race I've run - plans already being made for next years.

RESULTS:	Monlaix Semi-Marathon	14 1/2 miles
1st	Schoofs	Belgium 69-27
2nd	Fungam	France 70-05
4th	Sammel	England 71-25
12th	Bedford	England 72-13
35th	Your Correspondent	79-16

634 finished.

MEANS for Saturday 3rd December

Remember, if you are picked and cannot run, ring your team captain.
if you are not picked but can run, RING your team captain.

B Grade at Box Hill v. O.Carey & Pow. Nick Tapp 8741171

1.00	3000 walk	Moore Bennet	1.00	Hammer	Borchardt
1.15	100m	Fleming	Brown	Gosper	
1.45	Triple	Ham			
1.45	1500m	Wise	Watson	Little	
1.45	High jump	Knight if available, otherwise Fear.			
2.00	Discus	?			
2.30	Hurdles	Ham Eggleston			
3.15	Relay	Fleming	Brown	Gosper	Martin
3.30	Shot put	?			
3.50	Steeple	Ramsey Aitken			
4.15	Jave lin	Fairley (em: McLeish)			
4.30	400m	Brown Tapp Gosper			

C GRADE at Box Hill v. SSH & O.Carey Julian Martin 8780558

1.00	3000 walk	Holmes Cooper			
1.15	100m	McAuley	Holmes	Martin	(em: Ward Rawlyk Ritchie)
2.15	Triple	Drown or Wallace-Smith (Plaisted Wallace-Smith)			
1.45	1500	Tapp	Stoyles	Slade	(em: Cooper Deam Elder Hindle)
2.30	High jump	Fear/Dillon			
2.30	Hurdles	Ekberg Handasyde			
3.15	Relay	Holmes	McAuley	Ward	Ritchie
4.00	Shot put	Borchardt			
4.05	Steeple	Findlay Little (em. or inv.:Cooper, Elder, Hindle)			
2.30	Discus	?			
4.30	400m	Ham Dillon Martin			

N.B.: note erratic times!!

SUB JUNIOR at Box Hill v. Wav.2 & O.Melb. Andrew Aitken 835947

1.20	Walk	McLeish			
1.30	Pole Vault	Yunghanns (em: Ward)			
1.45	100m	Dacakis	Smith	McLeish	(em: Wirth)
2.30	Shot	Edwards (em or inv. Yunghanns)			
2.30	1500m	Evans	Hooley	Aitken	(em: Merigan Thomas)
2.30	Hurdles	Smith Ward (em: Wirth)			
3.15	Triple	McLeish (em: Thomas)			
3.15	Relay	Dacakis	Smith	McLeish	Wirth
4.00	Discus	Yunghanns (em: Edwards)			

4.20 Steeple Hooley Merigami (em: Evans McLean)
 4.30 400m Wirth Dacakis Aitken (em: Smith)

UNDER 15 at Bux Hill v. SSH & Wav.3 Ian Munro 2327094

1.30 Discus R.Watson
 1.30 Walk P.Findlay
 1.45 100m Roberts Kerr Munro
 2.15 Pole Vault X
 2.30 1500m P.Findlay + 2 others
 3.00 Shot R.Watson
 3.15 Relay Roberts Kerr Munro Findlay
 3.45 Triple Kerr
 3.50 90 Hurdles Roberts Kerr
 4.30 400m Roberts + 2 others

Anyone who is available, registered, and wanting a run, contact Colin Findlay on 4672117.

UNDER 14 at Box Hill v. Wav 3 & SSH & C.Carey Neil Louis 802751

1.30 Walk D.Findlay
 1.45 100m Ralston Louis Smith
 3.00 Shot Ralston
 2.30 1500m D.Findlay N.Louis
 3.15 Relay Ralston Smith Morris Louis
 3.30 Discus M.E.Body
 3.50 80 Hurdles Smith Morris
 4.15 Triple Smith or Louis
 4.30 400m Ralston Louis Morris

Anyone who is available, registered, and wanting a run, contact Colin Findlay on 4672117.

OLD SCOTCH C.A.A.C. NEWS-SHEET

Registered for Posting as a Periodical — Category B. Price: 10 cents

WINTER SEASON NO. 10

4 December 1967

There was no A Reserve this week because of the Pacific Conference Games being held in Canberra. However, O.S. carried on regardless and gave a good showing in several grades. Results at a glance were:

B Grade were 3rd
C Grade were 2nd
Sub Junior had another win
Under 15 won also
Under 14 were 2nd.

For the second week in a row, Iain Ralston is ATHLETE OF THE WEEK. He has performed consistently well and continues to improve. This week Iain won the shotput with a PB throw of 11.12m, was second in the 100m, with an equal PB time of 12.9, and he crossed the line again for the winning relay team and completed the day with a win and possible record in the 400m (62.3)

Over 16 PB's were recorded this week!!! They were most prevalent in Under 14 who scored over seven personal best times and distances.

B. Moore	B Grade	3000 walk	16-19.0
D. Ham	B Grade	110 Hurdles	16.4
H. Eggleston	C Grade	400m	57.1
R. Slade	C Grade(inv.)	400m	58.4
D. Ward	Sub Junior	Triple	10.20m
D. Yungmann	Sub Junior(inv)	Discus	27.18m
A. Aitken	Sub Junior	1500m	4-41.0
F. Findlay	Under 15	1500m Walk	8-55.0
I. Munro	Under 15	90 Hurdles	14.4
I. Ralston	Under 14	100m	12.9
		Shot Put	11.12m
		400m	62.3 (possible record)
P. Smith	Under 14	80 Hurdles	14.8
P. Morris	Under 14	80 Hurdles	17.4
N. Lewis	Under 14	400m	64.8
D. Findlay	Under 14	400m	71.9

Wick Tapp begins the round of team reports this issue, with the...
A GRADE REPORT

Sorry, no election comments, no stalen romantic poetry, no bureau-
cratic bungling from B Grade --- just cold, hard facts!

Bearded, beavy Bruce killed em in the 3000 walk, almost. Bruce came
out in 16-10, his best for the season, Beauty Bruce!

Owing to a momentary lapse of concentration (or too many onions) on
the part of the dizzy, dizzy C Grade captain, only two Sportsmen competed
in the 100m. Bill, badly harassed by B's, made it from PJ's on time and
recorded 11.4 for fourth; Browny brought up the rear in 11.6.

Dave Ham, another top class drop out from A Reserve, pirouetted
over the asphalt for 3rd in the Triple, in 12.20m. Showing our class, we
then fielded John Knight in the B Grade high jump, and he soon left the
opposition gasping for the sadly polluted air as he jumped 2.05m for a win.

In the 1500m, the Sportsmen slacked off slightly, only one making
it to the line - Nigel Watson (4/1 2nd fav.) led all the way to win by a
margin from hot favourite Old Carey (2/1) and Powerhouse (50/1) took the 3rd
dividend.

We'll have to enter a Greek statue in the discus if we can't find
anybody else! Dave Ham won the hurdles in a PB time of 16.4 --- getting
better every week! Look out, Desanko!

A late entry in the pole, Joe Egg DNQ, and the same in the jav. The
relay team looked stylish -- Fleming, Martin, Brown and Holmes, a class
combination, but were pipped at the post by Old Carey.

Where are our strong men? No shot putter for the xth week in a row!

Pete Wirth revelled in the cooler conditions this week, doing the walk with a good first up time of 9-05.0, however getting a DISQ against his name. (Is he another Howie Cooper, John Throppe, etc. or will Bruce Moore take him under his wing?) Pete also did the 100m (13.8), hurdles(22.9) and relay.

Ross H. does the 1500m in style(4-30.5), followed by Aitken and Dougy Evans(4-44.0). Our relay team (wow, what a team) of Dick, Pete, Doug, and Darren come in a smart 2nd.

Dick misses out in qualifying for the discus by just 0.2 cm, however Mr Yunghanns does his PB by invitation. (NB: the only one to qualify at Fox Hill for SV.)

Dick and Ross tackle the steeple with no fantastic times recorded; (7-17.0 and 7-22.0) while Iain H. runs by invitation recording 7-29.0.

Our 400's of Aitken, Ward and Kerigan record 3rd, 7th and 6th placings, with Merigan doing 61.0.

Total points tell the story. Another convincing win in our conquest to rule the world...ha..ha..ha..ha..ha..ha !!!!

Dick's Corny: a poem by Dick

Andrew Aitken runs in the 100, 1500 and 400 doing good things in each 5th, 3rd, 2nd.

Have Yunghanns grabbed the pole, threw the disc, ran the 100 as well as shot.

Dick Mostert ran the steeple, the re lay and the 4(1,2,4) as well as discussing 18,900 for a PB.

Bardy Smith 1, tripled and foured as well as relayed, while Pete H relayed, walked, hurdled and hundrededed. Ross H. fell in the water jump(5 times as did dick) and miled. Doug miled and relayed and then went home. We won 113 to 97 to 62.

What potential we have at O.S. for future reports...will Dick become a regular with the column? (I doubt it!!-Ed)

Vote 1 in the Nat. or SubJunior team(alias Marijuana Party) on Dec. 10th and put my country back behind the Iron curtain!! Power, power, POWER, ha..ha..ha..ha..

Under 15 Report this week, here are their results...

Discus	Water	1st	23.00m
Walk	P. Findlay	5th	8-55.0
100m	Roberts	1st	12.4
	Kerr	2nd	12.7
	Munro	1st	12.8
	Findlay	4th	5-20.0
Relay	Roberts,	1st	52.2
	Kerr,		
	Munro,		
	Findlay,		
Triple	Kerr	2nd	10.14m
Hurdles	Munro	1st	14.4
	Roberts	2nd	18.5
	Roberts	3rd	66.0
400m	Kerr	2nd	62.8
	Munro	1st	60.3.
	Final points were:	O.S.	127
	S.S.H.	32	
	Wav 3	46	

The Under 14 team puts the rest of the club to shame as far as team reports go, as I have two reports; one from Neil Louis and one from Paul Smith, which I shall combine for the...

Under 14 Report

Iain Robertson has improved so much in the past weeks that he has had a PB in every event he has been in.

This week the Under 14's went quite well, but failed to beat Waverley 3 like last week. The day started well with Findlay, walking brilliantly in the 1500 walk to 9-23.0 for 5th overall.

Iain Robertson unfortunately only came 2nd in the 100m but his time was another PB (12.9). Again though, he was invincible in the shot put, getting a PB of 11.10m. We had no runners in the 1500m but made up for it by winning the relay by 25 metres.

Neil Louis came 4th in the 400m with a time of 13.4, only one touch of a second outside his PB. In the triple jump, Old Garcey and Waverley 3 proved too strong for him, though he got a PB(9.52m). Paul Smith won well in the 100m, managing to get a second placing(14.2); in the discus he again came 2nd with a throw of 45.7m, while in the 30m Hurdles he gained a 3rd with a PB time of 14.3.

Pete Morris made up the team on Saturday with a PB time in the Hurdles (17.8) bringing him a third place. Finally, in the 400m, Iain Houston has claimed a new record of 62.3 when he ran in at 1st place. Neil Louis was not too far behind in 2nd place with a time of (64.8(PB)) and David Smalley came in 6th with a PB time of 71.9.

Match points were: O.S. 95
 O.Garcey 31
 Wav. 3 109
 O.S.H. 29

RESULTS FOR SATURDAY, 20th DECEMBER

RESERVE at Box Hill v. MUAC & Preston & Ess. Phil Barton 8493555

1.00	1500 walk	Thorpe Handasyde
1.00	400 Hurdles	Milliard Evans
1.45	Discus	Wass
1.45	High jump	MacFarlane
1.49	Shot	Milliard McQuilkin Fleming
2.00	Shot put	Wass
2.15	Long jump	Wass
2.30	200m	Tallent Handasyde S. Wise
2.30	Hammer	Wass
3.30	Relay	Milliard McQuilkin Fleming Tallent
3.45	Javelin	Sheffield
3.40	300m	Sagey Datchelor Cochrane
4.40	110 Hurdles	W. Latimov
4.40	Shot put	Wass

1st time note on table above in list above; this was caused by a last minute change of venue, from Hildaberg(which is in shocking condition) to the Emeralds Lake Reserve, Waverley.

RESERVE at Box Hill v. Wav. & O.Kav. Nick Tapp 8741474

1.00	400 Hurdles	Saw Eggleston
1.00	1500 walk	Wass ?
1.00	Hammer	Wass
1.30	200m	Brown Martin Gosper
1.45	High jump	Wass
2.00	Shot put	Wass
2.15	Long jump	Brown
2.30	Pole vault	Wass
2.30	800m	Watson Tapp Styles
3.00	Javelin	Wass
3.20	Relay	Brown Martin Gosper Walsby
3.00	110 Hurdles	Eggleston Ekberg
4.00	5000m	Sagey Little Pindley
4.15	Discus	Wass

RESERVE at Box Hill v. Wav. & D.H.2 Julian Martin 8780558

1.00	400 Hurdles	Ekberg ?
1.00	1500 walk	Wass
1.00	Hammer	T. Handasyde
1.30	200m	Dillon Holmes McLoish (em: Ritchie etc etc)
2.30	Pole vault	Wass
2.30	Shot put	Wass
2.30	300m	Dillon Lee Slade
2.45	Long jump	Wass
2.45	High jump	Wass (em: Dillon)
3.20	Relay	Dillon Holmes McLoish Walsby
3.00	Javelin	Wass (em: Eggleston)
4.00	110 Hurdles	Handasyde Martin
4.20	Discus	Wass

RESERVE at Box Hill v. Wav. & D.H.1 & D.H.2 & 300 Andrew Atkinson 835947

1.00	Hammer	Wass
1.15	1500 walk	Wass (em: McLoish)
1.30	200m	Wass McLoish Walsby (em: Smith G.Munro)

1.45	Long jump	Wirth (em: MacLennan (Inv.))
2.30	Javelin	Edwards (em: Yungheung Inv.)
2.30	200m	Hoolleey Morigan Ward (em: Thomas Daackis Inv.)
3.00	Shot put	Edwards (em: Yungheung Inv.)
3.20	4x200 Relay	Daackis MacLennan MacLennan Smith (Wirth Munro Ward)
3.45	High Jump	Smith (em: Ward Inv.)
4.30	100 Hurdles	MacLennan Smith (em: Ward Inv.)
4.40	3000m	Morigan Hoolay

1978 25 at Box Hill v. Pow. & O. Mebb & O. Kay 2 Ian Munro 2327094

1.45	Long jump	Kerr
1.20	1500 walk	F. Findlay
1.30	200m	Munro Roberts Kerr
2.00	Javelin	R. Watson
2.30	200m	F. Findlay Munro
2.45	High jump	Roberts
3.20	Relay	Munro Roberts Kerr Findlay
3.30	Shot put	R. Watson
4.20	90 Hurdles	Kerr Roberts (em: Roberts)

1978 24 at Box Hill v. F.H.2 & Wav. & O. Ka v. Neil Louis 802751

1.20	1500 walk	Findlay
1.30	Javelin	Smith or Edmondson
1.30	200m	Ralston Louis Smith
2.15	High jump	Smith
2.30	Shot	Findlay Louis Morris
3.20	Relay	Smith Morris Lewis Ralston
3.45	Long jump	Smith or Edmondson
4.00	Shotput	Ralston or Edmondson
4.20	80 Hurdles	Smith Morris

The prize for the WINNERS OF THE WEEK award was decided at a recent committee meeting. It is a privilege to the Melbourne Games to be held on 17th January, at Olympic level 20 world champions record holders in action.

This Saturday, the 10th of December sees the gathering of many top class, international athletes in the Scottish Amicable International. It is to be held at Olympic Park and will see the return duel of Bill Collins from the U.S.A. and our own Paul Narracott.

On the 18th December is a FB Meeting: City v. Country. A list of events will be posted at Box Hill on Saturday and those interested in competing should see Gregor Evans. The competition is open to anyone.

Why not have a run over the holidays and maintain that fitness. At the John Landy Field on Barwon Terrace in Geelong just the thing you need will take place on the 7th January in 1978. The GEELONG HANDICAPS. There are handicapped track events and handicapped field events in two age groups:

- Open & Under 15. Events include: 100m Javelin Long jump
- 400m Discus
- 3000m Shot put

See Gregor Evans for entry forms and note that entries must be in by the 23rd December.

For U17, U15, U14 & U13 athletes the VAA Pentathlon championships will be held on the 29/30 January 1978. Five events comprise the pentathlon they are: Long jump, Javelin, 200m, Discus and 1500m. See Gregor Evans for entry forms and note that entries close on the 14th January.

AVAILABILITY

All athletes are asked to complete the following availability list and hand it to your team captain on Dec. 10th or else post it to Phil Barton, 5 Coote St., Hawthorn Vic.

Name availability by a tick or unavailability by a cross.

December 17	March 4
January 14	March 11
January 21		
January 28		
February 4		
February 11		
February 18		
February 25		

NAME:
AGE GROUP:

Bill Fleming heads off the round of reports with the....

A RESERVE GRADE REPORT

Election day for A Reserve began at Preston with Rog Glass tossing the hammer 52.2m for 2nd place. Craig Hilliard and Greg Evans pulled off the 400 Hurdles double with two firsts, in times of 54.6 and 57.7 respectively. John Thorpe and Ian Handasyde hit the track for the 1500 walk and gained 3rd and 4th placings with times of 6-54.0 and 7-04.0.

The sprint team fared a little better this week with a 2nd place in every heat of the 200m and a good win (in combination with John Knight) in the relay. Craig H. clocked 22.7, Ivan 23.4 and Bill 23.9. In the relay, after what looked like a certain 2nd or 3rd place, with the opposition splintering down the final straight, John Knight held on to win, giving the relay team their first success for the season.

John Knight then turned his hand to High jumping and cruised to an easy victory with a jump of 1.95m. Not satisfied with that, John trotted over to the long jump and scored another good win with a leap of 6.31m. Meanwhile, Rog Glass was not faring too well in the shot put, with a 3rd place and a put of 12.74m.

The 800's turned out a bit of a disaster because of some athletes' commitments to politics and other sundry items. Greg Evans and Stu Facey struggled against strong opposition, and could only manage 8th and 10th places, Gregor with a PB time of 2-02.8 and Stu not qualifying.

Barwick Sheffield qualified in the javelin this week with a good 47.83m and a 3rd place. From this point on however, Old Scotch fell behind, as the 110 Hurdles were not contested and our 5000m team could only manage one qualifying athlete, Rick Batchelor (16-26.3) for 6th place. Andy Ramsey and Stu Facey could not qualify and Stu Handasyde did not arrive until 4.15, protesting that his news sheet advertised 4.30 as the starting time.

Finally, in the discus, Rog Glass threw 40.16m for a good victory, but it was all too late. Old Scotch had fallen into 3rd place after a promising start to the day's events.

Final points were: C.S. 128
MUC 85
Ess. 146
Pres. 136
))))(((

Nick Tapp, representing the sportsman's team, presents the....

B GRADE REPORT

After a disappointing turnabout in the weather, the Fiz Dui and cool shades were swapped for oilskins and thermal underwear. To break the ice, Howie Cooper zoomed around the track in a brilliant return to competition, shattering the U19 1500m walk record with 7-05.0 for first place. Dave Alder followed with a PB in the 400 Hurdles of 58.0. A shivering bystander was heard to mutter through the icicles studding his nose - "He was in second gear all the way" we expect big things from Dave in the future.

To tell the truth it was very congenial weather for running, although a bit windy, wasn't it, Howard? The 200's were not all that successful, although we welcomed new member Mark Waters to the team. Pete Brown ran 24.2 for 5th and Mark 25.2 for 6th in the first heat, and Dave Alder 24.3 seconds for second in the second.

Rick Dillon jumped well after his C 200m for 2nd in the high jump (1.70m) and in the shot, '75 A/S veteran Buck Buchanan returned to competition with a win and a PB of 10.79m. Brown did OK in the long jump 6.16m, same as Mark Waters in C, but was 2nd to S.H.1.

No pole vaulter, then the 800s and Nigel Watson ran a season's best of 2-05.5, Nick Tapp qualified with 2-09 and Rick Dillon DNF with 2-11. No jav thrower, and the relay - Brown, Waters, Ward and Alder - were DISQ.

Nobody did the hurdles, and only Col Findlay competed the 5000m, just DNF'ing in 17-37 (17-30 to qualify). Buck could'nt quite get his turn right in the discus and DNF, though got pretty close without a turn.

Max, where are you? Brett, where are you? John, where are you?
Final points were: C.S. 53
B.H.1 110
O.Xavs 47

Howard Cooper, the editor's nightmare, prepared the following....

C GRADE REPORT

"I thought I could struggle on to the finish" - this, the quote of

the week, typifies the spirit of the very first to receive the SLADE VALOUR AWARD. For, despite the pain and shock from a broken collar-bone as well as bad grazes on the legs and arms, Roger Slade ran a further 200m and jumped three more hurdles after a fall that darkened the days successes (as well as depriving Nick Tapp of some much needed competition in the 5000m).

In order to aid Dr Slade's recovery and to inspire the apathetic reader into action, showing you that writing a report for this rag (rag, RAG, RAG ??? What do you mean by rag? This is a high class publication! Ed) may be a rewarding experience (if you do it right), the C Grade team presents "Health Words!! No longer may you deride the faltering illiteracy of the Junior report or wrack your head in wonder in the mysteries of A or B grade humour for this time it's your turn to write the report.

It's easy! This is what you do:

- 1) Read the guide lines of what happened
- 2) Work out what the hell it's meant to mean
- 3) Put down the correct word
- 4) Send the finished product with \$2.00 to "Old Scotch"

52 Glen St, Hawthorn

and wait for your cardboard cutout. (If 3 becomes too difficult, wait for next week's "Join Up The Dots") (Aaaaaahhhh!!! -Ed)

1	0	2	3	4	0	5	6	0	7	
8	X	9	0	0	X	10	0	X	0	
11	12	0	0	X	13	0	0	14	0	
15	0	0	0	0	X	0	X	16	0	
	X	X	0	X	X	17	X	18	0	0
19	0	X	X	20	0	0	0	0	X	0
	0	X	21	22	0	0	0	0	23	0
	X	24	0	0	0	X	0	X	25	0
26	0	0	0	0	X	0	X	0	0	X
27	0	0	X	0	X	28	0	0	0	0

Each number represents the start of a new word across or down; each 0 represents an empty space and each X represents a filled space i.e. no letter can be placed there. The editor apologizes for any confusion caused, but the printing of a crossword is not easy.

CLUES

Across:

- 1) The day finished with Old scotch being _____ over Wav. & B.H.2 (10)
- 8) Our score in the hammer, walk, shot, pole and javelin. (1)
- 9) In the 200, Jon Holmes, Capt. Martin and Rick Dillon _____ well with times of 25.0, 24.0 and 24.6 respectively. (3)
- 10) The completed crossword may also be handed in at Hawthorn railway _____ (abbreviation) (2).
- 11) The overall _____ effort was again disappointing, we won with support from other grades and the efforts of too few. (4)
- 13) It is very _____ that more people are required to exert a greater effort if we are to have any chance of getting the Sportsman's team into the finals. (5)
- 15) In the 800m Dave Alder _____ past the post in 2nd place with a brilliant William 2-04.3, while Howard Cooper (2-12) and Dave Lee (2-13) finished at the rear of the field. (5)
- 16) Initials of Doug Evans, still yet to make his Old Scotch debut.
- 18) Unlike the _____ of local athletes in the Scottish Amicable mile the feelings between the teams remained friendly. (3)
- 19) As well as those not attending, the difficulties that are experienced in writing a report are due to those who don't fill in the team sheet before they _____. (2)
- 20) Mr Ramsey's first name. (4)
- 21) Mark Waters (6,18) long jump and the relay team both came 2nd, just one place away from another C.S. _____. (3)
- 24) If this report is completely _____, you must blame yourself. (4)
- 25) "_____ dear! What a pity!" (I'm fast running out of clues) (2)
- 26) A well known brand of cigarettes. (5)
- 27) To stay number _____ we will have to do better. (3)
- 28) Imperial metre. (4)

Downs:

- 1) Because of the need for us to _____, our ranks were sadly depleted. (4)
- 2) Dr Slade's _____ in the 400 hurdles precipitated Nick Tapp's withdrawal after 3 of the 5000m. (5)
- 3) We were able to _____ our lion-like opponents. (4)
- 4) Rick Dillon carried _____ with his hurdles and won in 64.8. (2)

- 5) The accident cast doubts on the Slade's camping trip in the Apple-
- 6) G. Evans came number _____ in the 110 Hurdles (time ?) with I. Hando 3rd.
- 7) We lacked a man of _____ and thus had no competitors in the hammer. (3)
- 12) Initials of European Alliance.
- 14) A, then initials of the District Attorney. (3)
- 17) Apart from those events not contested, we didn't have one ____ (3)
- 18) Bye, _____, Blackbird (3)
- 19) There were several _____'s - Dave Alder's first 800m, Howard Cooper's first 5000m.
- 20) Joint between leg and foot. (5)
- 21) "Spic" _____ an easy first against dispirited opposition in the high jump. (4)
- 22) Not _____ C Grade regular was able to compete in the hurdles. (3)
- 23) Eagles do this. (4)
- 24) In the 5000m, Howard Cooper _____ in 17-12 for 5th, while Ian Handasyle commenced training by running 17-46 by invitation. (3)
- 26) initials of Commanding Officer.

Final scores were: O.S. 61
 Wav. 27
 B.H.2 47

Now Ross Hooley submits his

SUB JUNIOR REPORT

Small screen productions away on holidays at Gippsland Lakes.... this week, just a normal report by a normal athlete cum wr iter, cum decipherer.... from a super report to substandard to normal. Oh well! All garbuses must have low days and by the look of the report, it looks as though this is one of those low days.

Looking up the VAAA hand book I found that... WEAT!!... we were in against the top 3 teams at the BOX Hill venue, namely B.H. 1, B.H. 2 and SSH. What a draw! However, dear readers, we still managed to prove our superiority, to be the 2nd best team at Box Hill. But who knows, with the return of some key athletes i.e. Dacakis, McLeish, McLean, Cermack, Symon, Aitken, Thompson, Wirth, Evans, etc., if they ever come back, we will once again show our supreme strength and demoralise the B.H. 1 team.

A perfect day for competition and with it the SJ team brings home 4 PB's. Once again Dave Yunghanns improves on the hammer with a throw of 26.57m, another PB. Pete Wirth unfortunately was unable to walk due to an old recurring injury, and so nobody walked.

This week we saw the return of Max MacLennan and Dave Edwards to the track, both recording sizzling times of 25.8 and 24.3. Mike Smith, not to be outdone, does 25.3 to come 5th. Dick turns up and does the long jump followed by the 800. He records a 5.04m for a p.b., with an equally good 2-05.9 in the 800m. Ross H. also trots round for a brisk 2-07.9, closely followed by Mac in an unrecordable time.

Dave Ed, returning to form, does a P.B. in the jav. of 39.57m; Dave Yunghanns, competing by inv. records a DNQ. Both these athletes are forming the basis of a somewhat impenetrable field games pair. Following this, both did the shot; Dave gaining 3rd place with 11.69m, while Dave Y did 11.26m by invitation. Our relay team came a close 4th. At this stage, the stage was set for a close battle with B.H. 2 for the final placings.

Mike Smith comes 1st in the high jump again with 1.80m. Dave Ed. competes by invitation and does a creditable 1.65m. Our hurdlers, Smith and Yunghanns come 1st and 3rd with times of 17 and 20.3 PB. To finish the day off, Ross H. does the 3000 with 2 U15 runners, Pete Findlay and Andy Roberts, Ross doing a somewhat slow 10-21.0 while Pete does a strong 11-25.0 for 7th place and Andy a 12-19.8 (by inv.).

Wow! What a finish! Old Scotch comes 2nd by 7 points in front of B.H. 2. This virtually means we are the 2nd best team at Box Hill. But dear readers, just think what it will be like when we get some of our stars back so we'll be set for the clash of the century in the venue final.

Bout 1: O.S. v. B.H. 1 (next Sat. Night at Festival Hall)

Final points were: O.S. 92
 B.H. 1 160
 B.H. 2 85
 S.S.H. 71

And so dear readers I leave you for a week long holiday at Gippsland Lakes. Prepare yourself until next time when I will present to you a barrage of interesting garbage.... until next time.... away!

REMEMBERTHECHRISTMASPARTYREMEMBERTHECHRISTMASPARTYREMEMBERTHECHRISTMASPARTY

You may be interested to know the qualifying standards for the Track and Field Championships of Australia. Judging by these standards, they will not have to bother holding them...there won't be anyone good enough!!

<u>Event</u>	<u>Open</u>	<u>Junior</u>
100m	10.5	10.8
200m	21.4	21.9
400m	47.8	49.5
800m	1-51.0	1-55.0
1500m	3-48.5	3-58.5
5000m	14-25.0	
3000. walk	13-40.0	14-30.0
110 Hurdles	14.9	15.4
400 Hurdles	53.7	56.3
Long Jump	7.30	6.75
High jump	2.00	1.90
Triple jump	14.75	14.00
Shot	14.50m	14.50 (5.45 kg)
Javelin	62.00	54.00

AVAILABILITY

Would all athletes please complete the following Availability List and give it to your Team Captain this Saturday OR send it to: Phil Barton
6 Scott St
Hawthorn 3122

Mark a tick if you are available
a cross if you are NOT available
a ? if you are unsure.

.....DETACH.....

AVAILABILITY

Name:
Address:

Grade:

Are YOU available on:

- JANUARY 14
- JANUARY 21
- JANUARY 28
- FEBRUARY 4
- FEBRUARY 25
- MARCH 4
- MARCH 11

REMEMBER TO BRING IT WITH YOU ON SATURDAY OR POST IT!!!

G. GRADE at Box Hill v. Pow.H. & B.H.1

Julian Martin 8780558

1.00	Hammer	?
1.00	3000 walk	Holmes
1.15	100m	Waters McAuley McLeish & east of 1000's by inv.
1.25	Triple	Waters Wallace Smith
1.25	High jump	Dillon
1.45	1500m	Cooper Lee Tapp Stoyles inv.
2.00	Discus	Borchardt
2.30	Hurdles	Handasyde Martin
2.45	Pole	Waters
3.15	Relay	Waters McAuley Holmes Ward
3.30	Shot	Borchardt
3.50	Steeple	Findlay
4.15	Javelin	Eggleston
4.30	400m	Tapp Dillon Ham

SUB JUNIOR at Box Hill v. O.Xav & B.H.4

Andrew Aitken 835947

1.20	1500 walk	Wirth
1.30	Pole	Yunghanns
1.45	100m	MacLennan Edwards McLeish
2.30	Shot	Edwards Yunghanns inv.
2.30	1500m	Evans Ward Merigan (MacLennan Yunghanns Thomas)
2.30	Hurdles	Ward MacLennan or Edwards or Yunghanns or McLeish
3.15	Relay	McLeish Wirth MacLennan Edwards
3.15	Triple	Ward (Merigan or Thomas)
4.00	Discus	Yunghanns (Edwards)
4.20	Steeple	Wirth Merigan (Thomas Evans)
4.30	400m	McLeish Wirth MacLennan (yunghanns, Evans, Edwards)

UNDER 15 at Box Hill v. O.Xavst & B.H.1 & Wav 1

Ian Munro 2327094

1.30	Discus	Watson
1.30	Walk	P.Findlay
1.45	100m	Roberts Kerr Munro
2.15	Pole	X
2.30	1500m	P.Findlay + 2 others
3.00	Shot	Watson
3.15	Relay	Roberts Kerr Munro Findlay
3.45	Triple	Kerr
3.50	90 Hurdles	Roberts Kerr
4.30	400m	Roberts Kerr Munro

UNDER 14 at Box Hill v. O.Melb & SSH & B.H.3

Neil Louis 802751

1.30	Walk	D.Findlay
1.45	100m	Ralston Louis Smith
2.00	Shot	Ralston
2.30	1500m	Findlay Morris Louis
3.15	Relay	Smith Morris Louis Ralston
3.30	Discus	Edmondson
3.50	80 Hurdles	Smith Morris
4.15	Triple	Edmondson
4.30	400m	Ralston Louis Findlay

 CHRISTMAS PARTY 
ON 17 DECEMBER after ATHS

BYO EVERYTHING

i.e. meat, salad, booze, women, etc, etc.....

TO BE HELD AT ANDY RAMSEY'S PLACE AT:

575 Whitehorse Rd, MONT ALBERT
i.e. cor. York St and Whitehorse Rd.

ALL WELCOME !!!

TENNIS COURT

SWIMMING POOL

i.e. BYO bathers, rubber ducky, floaties

Some anonymous donor wrote the following

UNDER 15 REPORT

In the long jump, Andrew Roberts successfully followed in Ian Kerr's footsteps this week and brought OS's tally of no-jumps to 9. However, the other teams fielded nobody and points were all at O. Findlay PB'd and broke the U15 record for the 1500 walk with 6-35.0. OS cleaned up in the 200m although times were slow due to a headwind (Munro 1st, 26.2; Roberts 2nd, 26.4; Kerr 3rd, 26.9). Watson, now a legitimate member, came out of hiding and stunned the nonexistent opposition with a throw of 24.39m in the jav. Findlay DNQ'd in the 800m and Roberts won the HJ with 1.50m.

We all pitched in to win the relay (1-51). Watson won the shot with 9.78m. Munro ran 15.0 in the 90 Hurdles and Kerr refused to give his time although he ran 2nd. O.S. completed the day with a convincing win over Power House (102 to 22). Both Old Melb. and O.Xavs2 failed to turn up.

Paul Hardy Smith and Peter Morris pooled their talents to come up with this

UNDER 14 REPORT

The U14's put up a good fight but unfortunately came 2nd, beaten by the best U14 team, Wav.1. This week we had a good team and got points in every event. Our relay did well with a time of 1-56.6 bringing them 2nd place. A newcomer, Andrew Edmondson, gained PB's in all his events, which were the jav (23.99m), high jump (1.45m) and the long jump (4.70m) which brought him a 2nd and two 3rd places. Neil Louis, our beloved captain, (and an old veteran) came 3rd in the 200m with a time of 28.7, and he came 5th in the 800m (2-36). Iain Ralston, our star, came 3rd in the 200m (28.8), 6th in the 800m (2-38) a PB, and threw the shot 11.44m for another PB.

David Findlay broke an U13 record in the 1500 walk with the time of 9-19 and a lso came 7th in the 800m (2-45). Then Paul Smith came 4th in the 200m (30.7) and 3rd in the Hurdles (15.1). Then finally, Peter Morris completed the team with his 6th place in the hurdles (15.8 and PB). Full team this week! KEEP IT UP!!

REMEMBER THE CHRISTMAS PARTY REMEMBER THE CHRISTMAS PARTY REMEMBER THE CHRISTMAS PARTY

TEAMS for 17 December (final round until Jan 14, 1978)

A RESERVE at Box Hill v. B.H. & MUAC & Glen. Phil Baxton 8493555

- 1.00 3000 walk I.Handasyde J.Thorpe
- 1.00 Hammer Glass
- 1.45 100m Hilliard McQuilkin Fleming
- 1.45 Triple Ham
- 1.45 High jump MacFarlane
- 1.45 1500m Tallent S.Handasyde Watson
- 2.00 Discus Class
- 2.30 110 Hurdles Ham Eggleston
- 2.45 Pole Latimer
- 3.15 Relay Hilliard McQuilkin Fleming Ham
- 3.30 Shot Glass
- 3.50 Steeple Ramsey Aitken
- 4.15 Javelin Sheffield
- 4.30 400m Tallent Hilliard Evans

B GRADE at Box Hill v. SSH & B.H. 2 Nick Tapp 8741111

- 1.00 Hammer ?
- 1.00 Walk Moore Bennett
- 1.15 100m Martin Brown Gosper
- 1.45 Triple Brown
- 1.45 High Jump Fear
- 1.45 1500m Batchelor Facey Little
- 2.00 Discus Buchanan
- 2.30 Hurdles Ekberg Latimer
- 2.45 Pole Eggleston
- 3.15 Relay Martin Brown Gosper McLeish
- 3.30 Shot Buchanan
- 3.50 Steeple Edndle
- 4.15 Javelin McLeish Fairley
- 4.30 400m Brown McLeish Gosper

REMEMBER THE CHRISTMAS PARTY REMEMBER THE CHRISTMAS PARTY REMEMBER THE CHRISTMAS PARTY
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OLD SCOTCH C.A.A.C. NEWS-SHEET

Registered for Posting as a Periodical - Category B. Price: 10 cents

SUMMER SEASON NO. 12

18 December 1977

This issue is the final fling for the news sheet before the Christmas/New Year break commences. This magnificent publication, heralded in literary circles as an excellent example of modern journalism, surpasses even the Australian Women's Weekly (thuperbly thupervised by Ita Buttrothe) for variety, human interest and thporting coverage. At the moment, it has a slight edge on coverage of the Royal Family, but not for long.

In thith thtue(cops) in this issue, you will find:

- : team reports
- : an article on training over the festive season
- : preliminary teams for January 14
- : summary of no. of interclub rounds attained at end of '76/'77 season
- : answers to C Grade crossword
- : "A Race In The Sun" - a special feature.

Results this week, at the hands of a gale force 33° south easterly,

were:

A Reserve	2nd
B Grade	3rd
C Grade	2nd
Sub Junior	1st
Under 15	3rd
Under 14	1st

ATHLETE OF THE WEEK this week is David Yungmanns who has performed consistently well over the past few weeks, including Saturday's performances. At Box Hill in the blustery conditions, he recorded wins in the Pole Vault (2.25m), and Discus(25.88m) and put the shot 12.20m for an invitation PB. Finally, he capped off an excellent day with a run in the winning relay team. Dave has developed a keen enthusiasm for competition and training, and promises to be a tremendous asset to the club, and in particular, the Sub Junior team, both now and in the future.

Other PB's many aided by the wind, were:

G. Hilliard	A Reserve	100m	10.5
R. Glass	A Reserve	Discus	43.45m
D. Ham	A Reserve	Triple	12.65m
N. Tapp	B Grade	1500m	4-30.5
M. Waters	C Grade	Pole vault	2.70m
J. Eggleston	C Grade	400m	56.9
F. Thompson	Sub Junior	100m	12.2
D. Yungmanns	Sub Junior	inv. Shot	12.20m
D. Edwards	Sub Junior	inv. Discus	28.51m
I. Ralston	Under 14	100m	12.3
N. Louis	Under 14	100m	13.3
		Triple	9.70m
P. Smith	Under 14	100m	13.9
		80 Hurdles	14.5
A. Edmondson	Under 14	Discus	23.47m

Bill Fleming brings you the.....

A RESERVE REPORT

The day began as usual with the Thorpe/ Handasyde combination in the 3000 walk. John, feeling jaded after a trifle too much Christmas spirit, fell behind Ian Handasyde who was in fine form. John recorded a time of 15-21.0 for 4th place, while Ian walked admirably into 3rd place with a time of 15-19.0.

Rog Glass completed a successful trio of wins in the Hammer(51.80m), Shot Put(13.27m) and Discus(43.45m) with a PB in the latter that was only 33cm away from a recordset 18 years ago in 1959.

The sprinters all recorded good(wind assisted) times; Craig H. 10.6 PB for 2nd, Ivam 11.0 for 2nd and Bill a season PB of 11.3 for 3rd. Dave Ham

jumped a good PB distance of 12.65m for 3rd place in the Triple jump, while Epic Fear jumped 1.75m in the High jump.

The 1500 boys, Rog Tallent(4-06.0), Stu Handasyde(4-19.0) and Nigel Watson(4-21.0 DNF) gained 4th, 6th and 7th places respectively, behind 3 Box Hill competitors who ran 3 abreast in the final lap. Meanwhile, in the hurdles, Ham and Eggs produced a pair of 3's with times of 16.5 and 16.9. The relay combination of McQuilkin, Fleming, Hilliard and Tallent gained 3rd place while in the Javelin, Warwick failed to qualify. The steeple was once again rather a disaster with no-one qualifying, while the 400's saw a trio of 2nd placings to Rog Tallent(49.9), Craig Hilliard(51.4) and Gregor Evans (52.3).

Final scores were: O.S. 136
 B.H. 178
 MUAC 90
 Glenhantly 91

NB: Stu Handasyde at Preston last week ran an invitation D Grade 5000m for a slow time of 15-30, however at the intervenue meeting, Stu ran a good 14-59 for a possible 8th place.

--oo0oo--

B GRADE REPORT

As usual, Bruce Moore began the day without any company from a hammer thrower. In the 3000 walk, Bruce won in 16-40, SLOWER than his season's best, but good in the circumstances.

Martin, Drown and Waters ran the 100's in 11.6, 11.7 and 12.0 to score 4th, 6th and 2nd, followed by Brown's triple jump, 3rd in 12.57m and Rick Dillon's high jump in 1.75m for 2nd.

How pathetic!! The only 1500 runner for the whole of B and C grades was Nick Tapp - far from pathetic, brilliant in fact, not to mention magnificent, in 4-30.5 for a PB, DNFing by 1/2 sec.!

Turning over the page, which isn't the re, as it blew over the fence, we arrive after a long hard day at the wheel, it's good to be there at last, at the relay of Norm, Sam, Muddy and Mac. They ran, we know that much, Craig reckons he's positive about something or other, but to tell the truth we don't know what happened.

In the steeple, Andy Ramsey "elected" not to run A Reserve and proceeded to DNF in B. It was very hot and windy, I quite agree!

To finish the day, Al McLeish, Rick Dillon and Nick Tapp finished in 55ish, 55ish +0.2 and 55.4 in the 400s for second last, last and last to cap off an awful day.

Final scores were(at the end of the discus): O.S. 24
 SSH 60
 B.H.2 58

--oo0oo--

No C Grade report, so here are the ...

C GRADE RESULTS

100m	Holmes	2nd	11.6
	Fear	4th	12.0
	Evans	3rd	11.5
Triple	Waters	2nd	11.83m
High J.	Thorpe	1st	1.50m
Hurdles	Handasyde	3rd	
	Martin	4th	DNF
Discus	Duchanan	2nd	27.53m
Pole	Waters	1st	2.70m PB
Relay	Eggleston		
	Holmes		
	Ham & Evans	2nd	
Shot	Borchardt	2nd	
Steeple	Findlay	1st	11-51
400m	Ham	4th	56.6
	Eggs	5th	56.9PB
	Fleming	6th	58.5FW

Final scores were: O.S. 68
 B.H. 88
 Pow.H. 0

--oo0oo--

SUB JUNIOR REPORT

We began with a solid walk by Pete Wirth, who is the only SJ walker to walk twice this season, and recorded 2nd place in 8-42.0, Again Dave

Yunghanns won the pole vault when he used his pole to clear 2.25m, a good effort for any male.

The sprinters, almost back to full strength, got 1st, 2nd and 3rd in the 100m; Dave Edwards 11.7, Pete Thompson 12.2PB and Euan McLeish 12.3.

The shot put showed O.S. strength with 2 O.S. competitors. Euan McL won with a put of 11.49m and Dave Yunghanns a PB(inv.) of 12.20m.

We turn now to the 1500 where we have only one competitor - Dick Merigan, but he showed great G & D coming 1st in an unknown fast time. The hurdles team of Ed and Thommo slaughtered the opposition(how gory -3d), coming 1st and 2nd respectively(what's a beer?) in times of 18.2 and 19.4.

We turn to the triple jump where Pete Thompson, who nearly jumps as well as he serves, came 2nd with a jump of 11.23m. Ed, McL, Yung and Wirth won the relay. The discus was interesting with both Yunghanns and Edwards competing; Dave Y. was 1st with a chuck of 26.88m while Dave E. puffed a great PB by invitation of 28.51m.

Everyone piked the other events as we were too far ahead, and so the team's rep.(Pete Thompson) left to enjoy the hospitality of the Ramsey's house.

Final scores were: O.S. 126
 O.Xavs 11
 E.H.4 76
 --0000--

No Under 15 report so here are the

UNDER 15 RESULTS

Discus	Watson	?	?
Walk	Findlay	4th	8-46.0
100m	Roberts	5th	12.4
	Kerr	6th	12.7
	Munro	3rd	12.7
1500m	Findlay	DNQ	
Relay	Roberts,		
	Kerr, Munro		
	and McIntyre	3rd	51.3
Triple	Kerr	1st	
Hurdles	McIntyre	3rd	14.3
	Roberts	3rd	14.7
400m	Roberts	7th	62.6

Final scores were: O.S. 36
 D.H.1 122
 O.X.1 0
 Wav.1 99
 --0000--

Mr Ralston, MR Louis, Mr Smith and Mr Morris together produced the...

UNDER 14 REPORT

At the start of the day Dave Findlay walked well to record a 2nd place with a time of 9-31. Fifteen minutes later, Ralston, Louis and Smith lined up for the 100m. Ralston recorded a PB 12.3 coming in 1st, with Louis not far behind recording a good PB 13.3. In the next heat, Smith romped it in in with another PB of 13.9.

In the shot, Ralston came 1st with a put of 11.46m and our relay team came 1st(57.0). Little Findlay also came 2nd in the 1500m(5-49.0) while in the hurdles, Smith won with a PB of 14.5 and Morris came 3rd in 17.1.

Newcomer Andrew Edmondson hurled the discus 23.47m for a PB and a 2nd place. In the triple Louis won with a leap of 9.70m and the 400s were not recorded on the team sheet.

Final scores were approx: O.S. 104
 Wav.4 64
 SSH 24
 D.H.3 26
 --0000--

TRAINING by Ivan McQuilkin
The Christmas/New Year Break

It is most important over the break in interclub competition that training is maintained and for some club members that serious training is commenced, with the finals, Victorian and Australian championships rapidly approaching.

Training during this period need not necessarily be restricted to the track. It is the ideal opportunity for a change in training venues. The beach not only provides hard and soft sand and sandhills, but an ideal resistance session can be achieved by running in thigh deep water over 20 to 50 metres.

For those going down to Cowes, the oval, although over the years alikened to a cow paddock, does provide a chance to put the spikes on for a few run throughs to break the monotony of cross country races.

An exercise session can also prove of advantage with repetition sit ups, push ups and other strengthening exercises built into and supplemented by stretching exercises.

It is important that wherever you go and whatever you do, that you take along your track shoes and use them in athletic pursuits three or more times a week.

-oo0oo-

CROSSWORD ANSWERS

- across:
- 7) Victorious
 - 8) O
 - 9) Ram
 - 10) SW
 - 11) Team
 - 13) Clear
 - 15) Eased
 - 16) DE
 - 18) bam
 - 19) IC
 - 20) Andy
 - 21) Conquest
 - 24) Rank
 - 25) Oh
 - 26) Camel
 - 27) One
 - 28) Yard

- Down:
- 1) Vote
 - 2) Crash
 - 3) Tame
 - 4) om
 - 5) Isle
 - 6) Ome
 - 7) Strength
 - 12) EA
 - 14) ADA
 - 17) DNQ
 - 18) Bye
 - 19) PE
 - 20) Ankle
 - 21) Came
 - 22) One
 - 23) Soar
 - 24) Ran
 - 26) CC

-oo0oo-

"A Race In The Sun"

Among the interested spectators who endured the appalling conditions on Saturday was the lovely Lynne Barrington, who appeared at about 3pm and passed round a quick hello to all and sundry before rushing off to another pressing engagement. Lynne has been turning her hand to tennis these past weeks, and took time off on Saturday to rejoin the athletic fraternity at Box Hill for a while.

Two more "athletes" reared their heads around the start of the 400m to lend their support to the Old Scotch competitors, struggling in the heat and wind. Mark Flaisted, who promises to join the ranks again in January and Dave Schloeffel, ex O.S. shot putter, turned up for a chat with some old friends and a chance to see the club in action.

At the Ramsey mansion after aths on Saturday night, the festive spirit jumped into life as the annual Old Scotch Christmas party swung into action. Unfortunately, junior attendances were down to zero and the president vowed to arrange a suitable function for U15, U14 and SJ in January upon the return of athletes from their holidays.

Beginning with light refreshments and cheese things and of course a swim, the evening began pleasantly. Soon, steaks began to sizzle, sausages burst and the "barby" was underway. Following this festive feast, the tennis championships began in earnest.

Ramsey and friend began the "Old Scotch Classic" with an excellent display of mixed singles. Players that followed included:

G.Evans, showing a graceful style and a strong ability for lobbing the ball into neighbouring properties up and down Whitehorse Rd.

I.Handasyde, showing a good deal of aggression and double faulting under pressure.

N.Tapp, always keen to get on with the match and ever ready to display his tennis abilities.

R.Dillon, with an unusual serving style reminiscent of Nureyev and his delicate footwork.

H.Cooper, showing his uncanny ability to double fault.

J.Hilliard, commentating both on and off the court and displaying a previously hidden talent for NOT calling 'em as he should see 'em.

B.Fleming, after scoring admirably for the first few matches, joined the players in complete darkness and deftly missed the ball in some exciting play in the first O.S. night match under a street light positioned 70 metres away!

Meanwhile as play continued, Stu Pacey met his match and was tossed fully clothed into the pool, vowing that he would seek revenge on the culprits responsible. He then proceeded to plot his strategy and determine the likely candidates, an unexpected target, Ian Handasyde, substituted to the dying moments by Nick Tapp (the original target) ended up in the water as

well, and Stu felt suitably avenged.

Conversation and good cheer continued till late in the evening, aided by suitable quantities of the amber liquid, until your correspondent took his leave.

On behalf of all who attended, the editor extends his thanks to the Ramsey household for the use of their pool, tennis court and barbecue, and for their generous hospitality on Saturday night.

-oo0oo-

NO. OF ROUNDS AT END OF 1976/77 SEASON

Prizes are awarded to athletes who pass 50, 75 or 100 rounds of interclub competition. Below is the list showing the no. of rounds contested by individual athletes at the end of the 76/77 season.

Aitken, C.	74	Hodges, R.	89	Vallence, M.	1
Alder, D.	8	Holmes, J.	96	Aitken, A.	11
Ashton, T.	38	Hooley, B.	39	Cooper, H.	9
Batchelor, R.	7	Johanson, D.	39	Ham, D.	28
Barton, F.	93	Latimer, M.	28	Hooley, R.	27
Bayly, R.	28	Lucas, N.	80	Merigan, R.	11
Beyer, S.	11	MacFarlane, M.	37	McLeish, A.	42
Borchardt, M.	12	McQuilkin, I.	69	Munro, C.	7
Campbell, T.	7	Martin, J.	24	Plaisted, M.	21
Cochrane, A.	70	Marx, Jim	27	Smith, M.	8
Dillon, R.	***61	Marx, John	43	Tapp, N.	35
Dyson, D.	22	McAuley, W.	32	Thompson, P.	6
Eggleston, J.	11	Moore, B.	115	Brothers, W.	14
Ekberg, D.	27	Ramsey, A.	58	Edwards, D.	19
Elder, J.	23	Ritchie, P.	22	McLeish, E.	31
Evans, G.	112	Sheffield, W.	8	MacLennan, T.	13
Facey, S.	96	Smith, M.	4	Ward, D.	4
Fairley, A.	2	Tallent, R.	27	Don, N.	13
Findlay, C.	67	Tallent, S.	16	Findlay, F.	15
Fleming, W.	41	Thorpe, J.	43	Louis, N.	6
Glass, R.	89	Ward, R.	67	Morris, P.	6
Grant, J.	89	Watson, N.	30	Munro, I.	6
Handasyde, I.	** 75	Wilson, E.	**102		
Handasyde, S.	90	Wise, G.	115		
Hare, S.	88	Buchanan, D.	4		
Hindle, G.	10	McKee, J.	35		

*** Did not pass, but had not been awarded previously.

** Passed either 50, 75 or 100 rounds during the 1976/77 season.

-c0o-

PRELIMINARY TEAMS FOR JANUARY 14, 1978

The following teams will be reprinted (with any modifications) in the first issue in January.

A RESERVE at Glenhuntly v. Glen. & Cob. & Ment.

Phil Barton 8193568

12.30	Hammer	Glass							
12.50	Walk	Thorpe	Handasyde						
12.50	400 Hurdles	Evans	Alder						
1.15	Pole vault	Latimer		1.40	5000m	Batchelor	Cochrane		
1.45	Shot put	Glass					S. Handasyde.		
2.15	200m	McQuilkin	Fleming	McLeish					
2.15	Discus	Glass							
3.00	Long jump	Innes/Ham							
3.05	800m	Tallent	Ashton	Evans					
3.30	Javelin	Sheffield							
4.00	110 Hurdles	Ham	Eggs						
4.25	4x200 Relay	McQuilkin	Fleming	McLeish	Evans				
4.30	High jump	MacFarlane/Knight							

B GRADE at Box Hill v. Mom. & Wav.

Nick Tapp 8741171

1.00	400 Hurdles	Ham	Dillon						
1.00	1500 walk	Cooper	Moore						
1.00	Hammer	Buchanan							
1.30	200m	Brown	Martin	Gasper					
1.45	High jump	Fear							
2.00	Shot put	Buchananam							
2.15	Long jump	Brown							
2.30	Pole vault	Eggleston							
2.30	800m	Alder	Watson	Lee					
3.00	Javelin	?							

3.20	Relay	Brown Martin Gosper Alder
4.00	110 Hurdles	Ekberg ?
4.00	5000m	Facey Ramsey
4.15	Discus	Duchanam

C GRADE at Box Hill v. O.Meib & O.Xavs Juliam Martin 8700558

1.00	400 Hurdles	Ekberg Gosper
1.00	1500 walk	Bennett Borchardt
1.00	Hammer	I.Handasyde
1.30	200m	Alder Holmes Ward (Ritchie Dillon by inv.)
2.30	Pole vault	?
2.30	Shot put	Borchardt
2.30	800m	a selection from Tapp Cooper Dillon Stoyles
2.45	Long jump	Holmes
3.15	High jump	Dillon
3.20	Relay	Holmes Ward Ritchie Dillon
3.30	Javelin	?
4.00	110 Hurdles	Martin Handasyde
4.20	5000m	Cooper Tapp

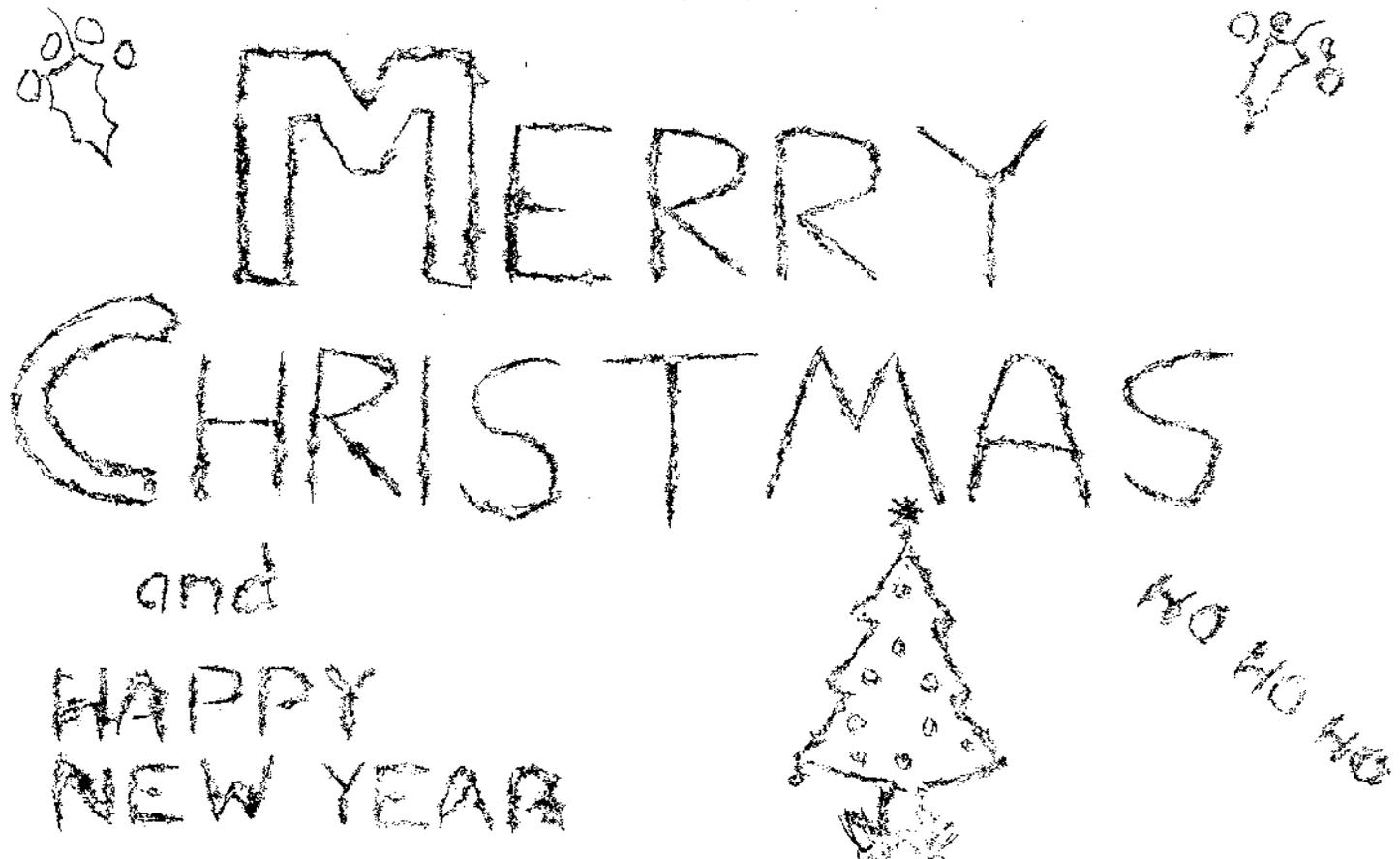
SUB JUNIOR at Box Hill v. Wav.1 & B.H.3 & that's it Andy Aitken 833947

1.00	Hammer	Yunghanns res.Thompson
1.10	1500 Walk	Wirth (Cormack Munro)
1.30	200m	Edwards MacLennan Smith (Dac. McLeish Thorne)
1.45	Long jump	Thompson (Merigan)
2.30	Javelin	Edwards (Yunghanns)
2.30	800m	Hocley Cormack Evans (Aitken Merigan by inv.)
3.00	Shot put	Yunghanns (McLeish Edwards by inv.)
3.20	Relay	Thompson Dacakis McLeish Smith (MacL. Munro Wirth Edwards)
3.45	High jump	Smith (edwards)
4.00	110 Hurdles	MacLennan Ward (Thompson Smith by inv.)
4.40	3000m	Aitken Merigan (MacLean Cormack by inv.)

UNDER 14 at Box Hill v. O.Meib & Pow. & B.H.1 Neil Louis 802751

1.20	1500 walk	Findlay
1.30	Javelin	Edmondson
1.30	200m	Ralston Louis Smith
2.15	High jump	Edmondson
2.30	800m	Louis Findlay Ralston
3.20	Relay	Smith Morris Louis Ralston
3.45	Long jump	Edmondson
4.00	Shot put	Ralston
4.20	80 Hurdles	Smith Morris

)))(((



B GRADE cont/...

1.30	200m	Brown Martin Gosper
1.45	High jump	Fear
2.00	Shot put	Buchanan
2.15	Long jump	Brown
2.30	Pole vault	Eggleston
2.30	800m	Alder Watson Lee
3.00	Javelin	?
3.20	Relay	Brown Martin Gosper Alder
4.00	110m hurdles	Ekberg ?
4.00	5000m	Facey Ramsey
4.15	Discus	Buchanan

C GRADE v Old Melburnians, Old Xavierians at Box Hill

Captain: Sam Martin 6780558

1.00	400m hurdles	Ekberg Gosper
1.00	1500m walk	Bennett Borchardt
1.00	Hammer	?
1.30	200m	Alder Holmes Ward (Ritchie Dillon by invit.)
2.30	Pole vault	?
2.30	Shot put	Borchardt
2.30	800m	from Tapp Cooper Dillon Stoyles
2.45	Long jump	Holmes
3.15	High jump	Dillon
3.20	Relay	Holmes Ward Ritchie Dillon
3.30	Javelin	?
4.00	110m hurdles	Martin Handasyde
4.20	5000m	Cooper Tapp

SUB JUNIOR v Waverley 1, Box Hill 3 at Box Hill

Captain: Andrew Aitken 83 5947

1.00	Hammer	Yunghanns (em Thompson)
1.10	1500m walk	Firth (em Cormack Munro)
1.30	200m	Edwards MacLennan Dacakis (em McLeish Thompson)
1.45	Long jump	Thompson (em Merigan)
2.30	Javelin	Edwards (em Yunghanns)
2.30	800m	Hooley Cormack Evans (Aitken Merigan by invit.)
3.00	Shot put	Yunghanns (Edwards McLeish by invit.)
3.20	Relay	Thompson Dacakis McLeish MacLennan (em Munro Wirth Edwards)
3.45	High jump	Edwards
4.00	110m hurdles	MacLennan Ward (Thompson by invit.)
4.40	3000m	Aitken Merigan (McLean Cormack by invit.)

UNDER 15 v Box Hill 3, Old Carey at Box Hill

Captain: Ian Munro 232 7094

Team as usual. Turn up and run for fun. Yay team.

UNDER 14 v Old Melburnians, Power House, Box Hill 1 at Box Hill

Captain: Neil Louis 80 2751

1.20	1500m walk	Findlay
1.30	Javelin	Edmondson
1.30	200m	Ralston Louis Smith
2.15	High jump	Edmondson
2.30	800m	Louis Findlay Ralston
3.20	Relay	Smith Morris Louis Ralston
3.45	Long jump	Edmondson
4.00	Shot put	Ralston
4.20	80m hurdles	Smith Morris

OLD SCOTCH C.A.A.C. NEWS-SHEET

Registered for Posting as a Periodical - Category B. Price: 10 cents

SUMMER SEASON No. 14.....10 January 1978

If your news sheet seemed strangely naked this week without its customary crimson crest, please accept our sincere apologies - normal transmission will be resumed as soon as possible. If you were one of the lucky 103 who did receive a normal headed sheet you won't know what I'm on about and probably think I'm raving which is not repeat NOT true.

Saturday 14 January...hmmm, that can't be far off now...hang on, that's tomorrow! Your'e dead right, kid, that's tomorrow. Competition resumes this weekend at Box Hill for B Grade thru U14, and at Glenhuntly for A Reserve. If you suddenly find you are unavailable, it's not too late to ring your team captain and let him know. Please do so!

Also don't forget; (i) Scratch meet, Olympic Park, 25 Jan, 6 p.m.
(ii) All teams bar A Res, Olympic Park, 28 Jan
(iii) Entries for champs (see last issue)

(Slide rules and electronic calculators may be used. Logarithm tables including miscellaneous formulae will be provided.)

TEAMS FOR SATURDAY 14 JANUARY

A RESERVE v Glenhuntly, Coburg, Mentone at Glenhuntly

Captain: Phil Barton 819 3555

12.30	Hammer	Glass
12.50	1500m walk	Thorpe Handasyde
12.50	400m hurdles	Evans Alder
1.15	Pole vault	Latimer
1.40	5000m	Batchelor Cochrane Handasyde
1.45	Shot put	Glass
2.15	200m	McMilkin Fleming McLeish
2.15	Discus	Glass
3.00	Long jump	Innes/Ham
3.05	800m	Fallont Ashton Evans
3.30	Javelin	Sheffield
4.00	110m hurdles	Ham Eggs
4.25	4 x 200m relay	McMilkin Fleming McLeish Evans
4.30	High jump	MacFarlane/Knight

B GRADE v Monash, Gilray, Littlejohn, Morrison, Laverley at Box Hill

Captain: Nick Tapp 874 1171

1.00	400m hurdles	Ham Dillon
1.00	1500m walk	Cooper Moore
1.00	Hammer	Buchanan

continued over/....

LITRARY SUPPLEMENT - A SPRING SAGA OF PELOPONNESIAN PASSION (FOR SHLUB)

"To mark the new alliance Peisistratos then married Megakles' daughter but, already equipped with sons by other wives, he had no desire to link himself too closely with the Alkmeonids, still officially under Delphi's curse for their part in the Kylonian affair, and the poor girl did not find in marriage all that she had expected."

H.G. Forrest

"Slightly esoteric" - The Age
"Fabulouth" - The Australian Women's Weekly
"Yuk" - O.S.C.A.A.C. News Sheet

B GRADE cont/...

1.30	200m	Brown Martin Gosper
1.45	High jump	Pear
2.00	Shot put	Buchanan
2.15	Long jump	Brown
2.30	Pole vault	Eggleston
2.30	800m	Alder Watson Lee
3.00	Javelin	?
3.20	Relay	Brown Martin Gosper Alder
4.00	110m hurdles	Ekberg ?
4.00	5000m	Facey Ramsey
4.15	Discus	Buchanan

C GRADE v Old Melburnians, Old Xavierians at Box Hill

Captain: Sam Martin 6780556

1.00	800m hurdles	Ekberg Gosper
1.00	1500m walk	Bennett Borchardt
1.00	Hammer	?
1.30	200m	Alder Holmes Ward (Ritchie Dillon by invit.)
2.30	Pole vault	?
2.30	Shot put	Borchardt
2.30	800m	from Tapp Cooper Dillon Stoyles
2.45	Long jump	Holmes
3.15	High jump	Dillon
3.20	Relay	Holmes Ward Ritchie Dillon
3.30	Javelin	?
4.00	110m hurdles	Martin Handasyde
4.20	5000m	Cooper Tapp

SUB JUNIOR v Waverley 1, Box Hill 3 at Box Hill

Captain: Andrew Aitken 83 5947

1.00	Hammer	Yunghanns (em Thompson)
1.10	1500m walk	Wirth (em Cormack Munro)
1.30	200m	Edwards MacLennan Dacakis (em McLeish Thompson)
1.45	Long jump	Thompson (em Merigan)
2.30	Javelin	Edwards (em Yunghanns)
2.30	800m	Hooley Cormack Evans (Aitken Merigan by invit.)
3.00	Shot put	Yunghanns (Edwards McLeish by invit.)
3.20	Relay	Thompson Dacakis McLeish MacLennan (em Munro Wirth Edwards)
3.45	High jump	Edwards
4.00	110m hurdles	MacLennan Ward (Thompson by invit.)
4.40	3000m	Aitken Merigan (McLean Cormack by invit.)

UNDER 15 v Box Hill 3, Old Carey at Box Hill

Captain: Ian Munro 232 7094

Team as usual. Turn up and run for fun. Yay team.

UNDER 14 v Old Melburnians, Power House, Box Hill 1 at Box Hill

Captain: Neil Louis 80 2751

1.20	1500m walk	Findlay
1.30	Javelin	Edmondson
1.30	200m	Ralston Louis Smith
2.15	High jump	Edmondson
2.30	800m	Louis Findlay Ralston
3.20	Relay	Smith Morris Louis Ralston
3.45	Long jump	Edmondson
4.00	Shot put	Ralston
4.20	80m hurdles	Smith Morris

L A D D E R S

	<u>AT RESERVE.</u>			<u>PREM</u>
	<u>FOR.</u>	<u>AGST.</u>	<u>%</u>	<u>POINTS</u>
Box Hill	1089	2942	37.01	24
Cob	962	2918	32.96	23
May	861	2774	28.95	21
O.S.	782	2985	26.19	17
Ess	736	2921	25.19	15
St. Kev	748	2043	24.58	15
Prest.	721	2943	24.49	14
Ment	695.5	2854	24.36	13
Glen H	699	2929	23.86	13
M.U.A.C.	532	2828	18.81	10
K/C	567.5	2983	19.02	9
Fer	330	2856	11.55	6

B. GRADE

Coll	711	345	206.08	32
IV (1)	630	379	166.22	24
Rich	525	396	132.57	20
MR	406	511	79.45	16
IV (2)	281	572	49.12	4
M.U.A.C.	163	613	26.59	--

D. GRADE

O.P	566	189	299.47	32
Coll	567	327	173.39	28
M.U.A.C.	274	274	100.00	24
Ivan	393	312	125.96	20
Coll (2)	289	309	93.52	18
O.P. (2)	225	243	92.59	14
N.OB	299	398	75.12	4
Rich	152	508	29.92	--

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SUMMER SEASON NO. 15

15 January 1978

A warm welcome back to the track this week, as the temperature climbed to 37°. The management trusts that all club members had a suitable dosage of Christmas spirit and a similar amount when 1978 began. However, athletics has begun again, in case you hadn't noticed, and it is time to shed those Christmas kilograms and get fit. There are still a few rounds to go which are just as important as the rounds already contested, so keep running...

Results at a glance...

A Reserve were a close 2nd
 B Grade possibly won
 C Grade possibly were 2nd
 Sub Junior won (what else ?)
 Under 15 were 2nd
 Under 14 were 3rd

ATHLETE OF THE WEEK is Rick Dillon of the B Grade team who performed well in the oppressive conditions. He began with a 400 Hurdles win (55.8), won the High jump (1.75m), and ran a creditable 24.3 in the 200m. Rick is constantly improving himself a valuable member of the club.

Other good performances were:

Max Borchardt	C Grade	Hammer	24.20m	PB
Mike Smith	Sub Junior	200m	24.3	PB
David Findlay	Under 14	200m	31.8	PB
	Under 14	Long jump	4.19m	PB
John Thorpe	A Reserve	1500 walk	6-48.5	
Dave Alder	A Reserve	200m	22.8	PB
Dave Ham	A Reserve	Long jump	6.11m	PB?

John Knight, one of the top high jumpers in the club, is in hospital at the moment after having a cartilage removed from his knee. This had been plaguing John for some time, and hopefully this operation will see him returning to the field next season in fine form. We wish him a speedy recovery.

-oOo-

Phil Barton grabbed the pen this week and produced the following...

A RESERVE REPORT

In humid conditions the Old Scotch A Reserve team took the field against Glenhuntly, Coburg and Mentone.

We got off to our usual good start with Roger Glass winning the hammer with 53.74, Johnnie Thorpe winning the walk in the excellent time of 6-48.5 and Ian Handasyde 4th in 7-13.0.

Then came the 400 Hurdles where our undefeated record was on the line again. This however was to be the afternoon where our record fell despite fine performances by Greg Evans 2nd (57.3) who ran around the second hurdle fooling everyone including himself, and Dave Alder 1st in 2nd div. (58.9). In the pole vault we had no competitor, but fortunately neither did anyone else.

We had high hopes in the 5000m but Stew Handasyde had one of his rare off days to run 7th while Andy Cochrane came back well after his break to come 5th in 16-04. We came back with Rog Glass 1st in the Shot (13.95m) and our sprinters put together two thirds and a fourth: Ivan McQuilkin 3rd in 22.6, Al McLeish 4th in 23.7, and Dave Alder 3rd in a PB 22.8.

Rog Glass finished off his winning streak with 37.59m in the discus and Dave Ham recorded his best (I think) long jump of 6.11m to come 3rd. Our hero of the KB Twilight meeting, Rog Tallent, ran 1st in the 800 with 1-54.0, with Stew Handasyde 6th and the courageous Greg Evans 8th in 2-10. Warwick Sheffield, coming back from a nagging injury to his right shoulder, was not quite up to it yet and DNQ in the javelin. Steve Hare, showing no sluggishness after his honeymoon came 2nd in 2nd division of the hurdles (16.8) while Dave Ham was 3rd in 1st division in 17.1.

With two events to go the scores were O.S. tied with Glenhuntly on 129 and Coburg on 119. Would we win or would we fall in a hole at the end as in previous weeks? Well, we ended up 2nd after our relay team of Alder, McQuilkin, McLeish and Tallent came 3rd, despite a great run by Al McLeish; and Steve Hare came 2nd in the high jump with 1.70m despite a swollen knee.

Final scores were: O.S. 142
Glenhuntly 151
Coburg 127
Mentone 52

-oOo-

Nick Tapp got busy and produced this....

B & C GRADE REPORT

The turn up at Box Hill today was extremely disappointing, even for the first round back. Even so, despite such disasters as not one 800 runner, no shot putter and no relay, B Grade performed fairly well and with a lot of luck may have won. On the other hand, we may have lost.

A good start-walkover 1st and 2nd to Rick Dillon and Dave Ham in the 400 hurdles, in 63.8 and 64.0, and a walkover win to Dave Bennett in the 1500 walk in 7-46.

The 200m showed up a wee bit of unfitnes in some runners: Brown and Sam came 4th and 6th, 23.9 and 24.3 in the first heat, and Marshall Dillon ran 2nd, also 24.3, only to win the high jump straight afterwards, retiring hurt at 1.75m in 1st place.

Pete Brown won the long jump with 5.77m, but couldn't make it to the 800m start. He was not alone in that respect!

The 3000m (reduced from 5000m because of the trying heat and wind) saw El Pres. S. Facey 5th in 10-58 and Neil Lucas 4th in 10-16. Good to see John Womersley back, looking very fit with an invitation 10-13.

Max Borchardt opened C Grade's account with 2nd in the hammer, also throwing a PB 24.20m, the first time he has qualified. Bewdy Max!

Jonny Holmes and all-rounder Dave Bennett came 3rd and 5th in the 200m, with 24.4 and 25.5. Then Max hit the headlines again with 2nd in the shot, this time putting 9.29m.

In the 800m, a very unfit Nick Tapp still managed a final sprint and pipped the Xavier for 4th in 2-14. Stu "Racey" Facey (ha ha -Ed) came in 6th in 2-17.

Ian Hando came 3rd in the 3000m in 12-13 and Dave Bennett 4th in 12-53, giving us a convincing loss to Old Melbourne but probably a win over Old Xavier.

Final scores were: B GRADE O.S. 60 C GRADE O.S. 38
Monash 39+ O. Melbourne 80+
Waverley 31+ O. Xavier 10+

-oOo-

Ross Hooley sows his literary talent in this...

SUB JUNIOR REPORT

Well, yet another victory to our credit, this time over Waverley 1 and Box Hill 3. With a depleted team because of the holidays, Cowes and high temperatures, we managed to field competitors in every event, a good sign of consistency for future rounds. Even though down in quantity our results were of the highest quality and this, mixed with a superb blend of G and D results led in yet another victory.

Dick, after many attempts (including throwing it into the cage) threw a distance of 19.20m for a DNO in the hammer. Pete W. gains 1st place in the walk (8-44.0) and then goes home, the only sane person at Box Hill. Our 2000ers come 3rd, 4th and 6th with respective times of 24.3, 24.3 and 25.9 by the respective runners: Smith, Edwards and Thompson.

Dave Edwards came 3rd in the long jump (5.25m) and 1st in the javelin (39.95m). In the 800's, slow times were recorded (considering a 70 sec. 1st lap): Dick comes in 2nd with 2-13.2, yours truly 3rd in 2-13.4 and John "Little legs" Cormack 4th in 2-15.6. Thommo puts the shot 10-16m for 2nd while Mike Smith wins the high jump with 1.80m and Dave Ed jumps by invitat.

Our makeshift relay team of Thommo, Dick, Ross and Mike came 2nd after a series of good baton changes. Thommo and Mike Smith came 3rd & 2nd in the hurdles with times of 19.9 and 17.6 respectively. To finish off a trying day and a trying report, Dick got dragged back by team manager Alan H. to do the 3000m with newcomer Andrew MacLean. Dick won in 10-29 while Andrew was one of the six or seven who dropped out because of the heat.

And so I leave you in my icepick until next week, when once again we will face the fight for truth, justice and the premiership.

Final scores: O.S. 112 Way. 1 93 B.H. 3 11

-oOo-

UNDER 15 RESULTS

200m	Munro	1st	26.2
	Roberts	3rd	26.8
	Findlay	6th	30.0
High jump	Roberts	1st	1.25m
Shot put	Munro	2nd	10.24m
Final scores were:	O.S.	44	
	B.H.3	56+	
	O.Car.	0	

-o0o-

Neil Louis put pen to paper and came up with this...

UNDER 14 REPORT

This week we had only two competitors (Neil Louis and David Findlay) who both performed well.

In the hot, windy conditions, our runners put in good times, especially Findlay, who had a PB in the 200m and Long jump.

Results:	N.Louis	200m	2nd	28.9
		800m	2nd	3-05
		Javelin	2nd	18.04m PB
	D.Findlay	200m	5th	31.8 PB
		1500 walk	1st	9-53 PW
		Long jump	2nd	4.19m PB

Final scores were:	O.S.	54
	Wav.4	67+
	P.H.	0
	B.H.1	74+

-o0o-

NOTICE:

Any Under 19 runners who would be interested in running in a 4x800m relay team in the Victorian Relay championships, would they please contact Ross Hooley immediately on 297135.

-o0o-

Please note that the evening meeting at Olympic Park is on Tuesday the 24th of January, not at the time previously advertised.

-o0o-

TEAMS for January 21st, 1978

A Reserve at Glenhuntly v. St Kewins & Frankston & M.U.A.C. P.Barton 8193555

12.30	Hammer	Glass	
12.40	3000 walk	Thorpe	Handasyde
1.00	Javelin	Sheffield	
1.20	1500m	Handasyde	Tallent Cochrane
1.30	High jump	MacFarlane	
1.50	100m	McQuilkin	Fleming McLeish
2.15	Shot put	Glass	
2.45	Pole vault	Latimer	
3.15	Triple jump	Ham	
3.30	Steeple	Cochrane	
3.30	Hurdles	Hare	Ham
3.30	Discus	Glass	
4.25	Relay	McQuilkin	McLeish Fleming Ham
5.00	400m	Tallent	Alder Evans

B Grade at Box Hill v. Pow. & O. Car.

Nick Tapp 874 1171

1.00	Hammer	Borchardt
1.00	3000 walk	Cooper Moore
1.15	100m	Alder Brown Martin
1.45	Triple	Brown
1.45	High jump	Fear
1.45	1500m	Watson Facey Batchelor
2.00	Discus	Buchanan
2.30	Hurdles	Eggleston Ekberg
2.45	Pole vault	Eggleston
3.15	Relay	
3.30	Shot	Buchanan
3.50	Steeple	Ramsey Lucas
4.15	Javelin	Fairley
4.30	400m	Brown Dillon Gosper

C Grade at Box Hill v. O.Carey & SSH

Julian Martin 8780558

- 1.00 3000 walk ?
- 1.15 100m Gasper Holmes Dillon Waters
- 1.45 Triple Waters
- 1.45 High jump Dillon
- 1.45 1500m Cooper Alder Tapp
- 2.00 Discus ?
- 2.30 Hurdles Handasyde Martin
- 2.45 Pole vault Waters
- 3.15 Relay
- 3.30 Shot put Borchardt
- 3.50 Steeple I.Handasyde Vallence
- 4.15 Javelin Findlay
- 4.30 400m Tapp Eggleston Holmes Waters

Sub Junior at Box Hill v. Wav3 & Pow. & O.Carey

Ross Hooley 297135

- 1.20 1500 walk Wirth
- 1.30 Pole Yunghanns
- 1.45 100m Edwards McLeish Dacakis etc etc
- 2.30 Shot Yunghanns (Edwards inv.)
- 2.30 1500m Merigan Cormack Symon(?) Evans Hooley etc
- 2.30 Hurdles MacLennan Ward
- 3.15 Triple Merigan
- 3.15 Relay MacLennan Dacakis McLeish Munro
- 4.00 Discus Edwards (Yunghanns inv.)
- 4.20 Steeple Wirth Hooley etc etc
- 4.30 400m McLeish MacLennan Aitken Dacakis Edwards

Under 15 at Box Hill v. Wav.2 & B.H.2 & B.H.4

Ian Munro 2327094

Team as usual. Turn up and run for fun.

Under 14 at Box Hill v. Wav.1 & Wav.2 & Pow.

Neil Louis 802751

- 1.30 1500 walk Findlay
- 1.45 100m Ralston Louis Smith Edmondson
- 2.00 Shot put Ralston
- 2.30 1500m Findlay
- 3.15 Relay Ralston Louis Smith Morris
- 3.30 Discus Edmondson
- 3.50 60 Hurdles Smith Morris
- 4.15 Triple Louis
- 4.30 400m Ralston Louis Edmondson

Come even if not picked, there will be changes....

--oOo--

Old Scotch is entering teams in the following relays for the Victorian Relay Championships:

- Open 4 x 400m
- Under 19 4 x 200m
- Under 19 4 x 400m
- Under 19 4 x 800m

These championships will be held on Sunday, 5th February.

--oOo--

*****For TRANSPORT to BOX HILL this week only, Ring Gregor Evans on 8185755. He can provide transport from Scotch.*****

--oOo--

Congratulations to our top athletes for their fine performances in the international competitions.

In the Scottish Amicable International, Rog Tallent ran 1-50.8 for the 800m against many top athletes.

In the KB Games, Rog ran again in the 800 and came home in 6th place behind four International athletes and John Higham with an excellent time of 1-49.9.

Mal MacFarlane jumped well once again for 2nd place in the High Jump with a leap of 2.05m. Rog Glass also competed in the Shot put but was beaten by a Polish competitor.

--oOo--

This Sat. at Box Hill, we will be selling some raffle tickets to raise money for the Commonwealth Games. The tickets are only \$1.00 and the club gets a percentage of this for itself. The prizes are: 1: Holden Torana 2: HMV Colour TV 3: Toshiba Cassette Radio. Please support this worthy cause and at the same time support your club,....

There is a Wine Bottling being held on the 5th March at the Hamdasyde property on the Frankston-Flinders Rd.

There will be a BBQ lunch and a possible shearing shed dance on that night. Patrons may find elegant accomodation in the shearing shed for the night if they wish to stay overnight.

More details in future news sheets.....

-ooc-

TEAM LADDERS

A Reserve up to 17/12/77

Box Hill	24
Coburg	25
Waverley	21
<u>OLD SCOTCH</u>	<u>17</u>

B Grade up to 17/12/77

Box Hill 1	18
SSH	15
Power House	14
<u>Box Hill 2</u>	<u>13</u>
Waverley	10
OLD SCOTCH	10

C Grade up to 17/12/77

Box Hill 1	18
Old Melb.	16
SSH	16
<u>Waverley</u>	<u>14</u>
Box Hill 2	12
OLD SCOTCH	11

Sub Junior up to early December

Box Hill 1	24
Box Hill 2	23
Waverley 1	21
<u>SSH</u>	<u>21</u>
Box Hill 3	18
OLD SCOTCH	18

Under 15 up to early December

Box Hill 1	24
Waverley 1	23
Box Hill 2	22
<u>Waverley 2</u>	<u>20</u>
Waverley 3	19
OLD SCOTCH	14.4

Under 14 up to early December

Waverley 1	24
Waverley 2	22
Box Hill 1	21
<u>Waverley 3</u>	<u>20</u>
Box Hill 2	18
Box Hill 3	15
Waverley 4	12
Power House	11
OLD SCOTCH	10.8

OLD SCOTCH C.A.A.C. NEWS-SHEET

Registered for Posting as a Periodical — Category B. Price: 10 cents

SUMMER SEASON NO. 17

30 January 1978

Conditions this week were not exactly ideal for athletics as extremely strong SE winds roared down the Olympic Park and Glenhuntly tracks lengthening times by seconds. Evidence of the fact is found in the small number of PB's recorded and at Glenhuntly at least, the 8 DNQ's recorded in a day of very slow times.

Results weren't so hot this week:

A Reserve was 4th
B Grade was 2nd
C Grade were probably 3rd
Sub Junior won again (What else?)
Under 15 won
Under 14 were possibly 2nd.

ATHLETE OF THE WEEK is David Yunghanns, who in blustery conditions, recorded a PB and possible Under 16 record in the Hammer with a throw of 31.77m, won the Shot Put with a toss of 11.75m and ran 3rd in his hurdles event (20.3). Dave's name will be a welcome and well deserved addition to the record books.

PB's recorded were:

Nick Tapp	B Grade	800m	2-07.0 PB for O.S.
Dave Yunghanns	Sub Junior	Hammer	31.77m Record?
Andrew Aitken	"	200m	25.5
Dave Edwards	"	High jump	1.65m eq. PB
John Cormack	"	3000m	10-04.0
Ross Hooley	"	inv. 3000m	10-02.0

It is interesting to note the DNQ's recorded on Saturday, at Glenhuntly at least, where conditions were decidedly worse than at Olympic Park. We did not qualify in A Reserve in one 400 Hurdles, one 200m, two 800s, the javelin and high jump, and in both of the 110 Hurdles!'

In this packed issue of the OSCAAC news sheet, you will find:

team reports or results
teams for February 4th
Portsea advertisement and entry passes
New Year V.M.C. "Two Bridges" Run article
Lost and Found column
Results from twilight meeting at Olympic Park last Tuesday
Merricks wine bottling article and entry form
and lots, lots more.....

Bill Fleming now relates the saga of the Glenhuntly gales, where athletes were tormented by the terrifying tempest and tortured by the tumultuous typhoon, in the....

A RESERVE REPORT

It appears that conditions at Glenhuntly were undoubtedly worse than at Olympic Park, making the times that much slower.

Rog Glass was overshadowed on Saturday by the State champion (working for Preston) in the Hammer, Shot and Discus. Thus, Rog managed a string of seconds, with 52.06m in the hammer, 39.42m in the discus, and 13.21m in the shot.

In the walk, the Thorpe/ Handasyde combination fared reasonably well, with 6-41 from John for 2nd and 7-10 from Ian for 6th. The 400 Hurdles was not quite so successful as Gregor injured his ankle quite severely, running on for 2nd place (58.6), and Dave Ham DNQ with 62.9.

Mark Latimer performed admirably for 2nd place in the pole vault with a vault of 3.15m and in the 5000m Andy Cochrane was 4th (15-23) and Ewen Wilson, returning to the track, was 7th in 16-10. The 200s couldn't have been much more of a disaster with the wind solidly blocking C.S.'s (and everyone else's) run down the straight. Ivan and Bill recorded times of 24.2 and 24.8 (which they had not previously run since Under 15!!) for 4th

 placings and John Thorpe DNQ with 26.8. Bill, in actual fact, only qualified by 0.2 sec.

Dave Ham recorded a distance of 6.12m for 2nd place in the long jump but now the DNQs began in earnest. In the 800m, Rog Tallent won again in 1-59.8 but our other two competitors, Greg Evans and Andy Cochrane DNQ, Warwick Sheffield DNQ in the javelin and in the 110 hurdles Dave Ham and Steve Hare both DNQ'd, Rick Dillon DNQ in the high jump as his hamstring gave him trouble again, however, there was one high spot in the end as the relay combination of Bill, Ivan, Al and Rog won on a disqualification.

Final scores were: O.S. 101
 Mentone 113
 Glenhuntly 122
 Prestons 152

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B Grade report is late this week; it will appear later in the issue.

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C GRADE RESULTS

Shot Put	Borchardt	2nd	8.98m
Pole vault	Waters	DNQ	
800m	Facey		2-12.0
Javelin	Findlay	2nd	34.10m
Relay	Yunghanns Findlay		
	Facey Handasyde	3rd	

Points recorded were: O.S. 18
 box hill t 25½+
 Power house 9½+

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Ross Hooley, Andrew Aitken and Paul Symon put together this...

SUB JUNIOR REPORT

On a blustery day at Olympic Park, we once again packed our bags, put on our shorts and ran. To start the day rolling, Pete Wirth recorded a brilliant non-walk by missing his event. Dave Yunghanns began the day with a record in the hammer; a great chuck of 31.77m.

In the 200m, we weren't able to keep up the string of firsts, but against the wind the times were not too bad& considering the opposition was loaded, they were damn good. Aitken recorded a PB of 25.5, Dave Ed was 2nd in 23.9 and Thommo was 4th in 25.2.

It seemed as though the field games were our strongest point as the shot put, long and high jumps and the javelin we re won by Messrs. Yunghanns Thompson, Edwards and Edwards in 11.75m, 5.55m, 1.65m eq.PB, and 34.44m.

Our 800'ers getting back to full strength came 1st, 3rd and 5th. Ross H. did a slow time of 2-06.8, Doug Evans an even slower 2-16.0 while Paul Symon did a PW of 2-22.0. (As A.Aitken says "He had the runs". A joke, no?) Dick runs by invitation and beats us all in a good time of 2-5.2.

Bad luck sets in at the relay as Andy A., Pete W., Pete Th., and Dave ED were disqualified. Our 3ft. jumpers over 110m(hurdle rs) came 1st and 3rd with Thommo(19.3) and Yunghanns(20.3) doing reasonable times considering the wind. Dave Ed competes by inv. for 19.2.

The 3000's were the last event and to top off a good day's work we came 1st and 2nd through the work of John Germack and Andrew McLean. Together with Ross H(inv.) they ploughed through the 7½ laps in torrential rain and winds. John does a PB of 10-04 while Ross does a PB of 10-02. Andy comes home in a strong 10-36, damn good considering it is his off season.

And so we go off to the Wilson's for a delightful evening of wine, women and song. We win once again, this time by only 54 points. How boring it is to win by so much all the time - ho hum!

Final points were: O.S. 103
 Waverley2 49
 O.Melb. 39

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UNDER 15 RESULTS

Walk	P.Findlay	1st	9-09
	Roberts inv.		9-07
200m	Kerr	1st	26.7
	Roberts	2nd	26.9
	P.Findlay	6th	31.9
Shot put	Kerr	?	
800m	P.Findlay	4th	2-43.0
	Kerr	1st	2-31.8
Long jump	Roberts	2nd	4.20m
Final scores:	O.S. 72,	SSH 10,	Waverley3 57

UNDER 14 RESULTS

Walk	D. Findlay	1st	9-28
	Edmondson	inv.	9-30
Javelin	Edmondson	1st	
200m	Tingate	3rd	28.2
	D. Findlay	8th	32.2
High jump	Tingate	1st	1.60m
800m	Morris	DNQ	
	D. Findlay	DNQ	
Long jump	Edmondson	3rd	4.79m
Relay	D. Findlay		
	Tingate		
	Edmondson		
	Morris	DISQ	
Shot put	Edmondson	?	10.79m
Hurdles	Tingate	1st	?

Final points were: O.S. 53
 Waverley2 73+
 Waverley4 36+
 Box Hill2 31+

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A DIFFERENT WAY TO BRING IN A YEAR!

Ross Hooley

Whilst most were enjoying the New Year in the more conservative manner of all night parties etc., four Old Scotchies (Stu Handasyde, Howie Cooper, Alan and Ross Hooley) this year put on their running shoes to take on the V.M.C. "Two Bridges" Run. This race had the unusual attraction of starting at exactly 12 midnight Dec 31 and being run between Swan St and Anderson St bridges, following the Boulevard and Batman Ave. In total, 4 laps or about 5 miles were to be completed by the 72 of the 100 or so who started.

As the magic hour approached, our cinderella slippers turned into magic flying boots. At the stroke of midnight, with bells ringing, car horns blowing and the gun exploding, the field got away to the cheers of well-wishers who lined the river bank, with their cans of beer, glasses of wine and assorted savouries, which were constantly offered to us as we ran past. We either graciously declined or accepted, depending on our level of fitness and state of breath.

For those who took it seriously (such as John Birmingham, the eventual winner) the course was completed in a mere 23-50. Stu managed to complete one lap and then succumbed to the offerings being freely given, before departing into the night for further gaiety.

Howie came in a quick 26-36 for 14th place, Ross takes in more of the scenery and enjoys the unique atmosphere, coming in 44th (29-13) while Alan preferred to keep back and jog along with the fairer sex for 3 of the 4 laps (which didn't assist his time or place one bit).

To round off an enjoyable and unusual evening, generous prizes were presented to the winners of the various categories. To his surprise Alan received a bottle of champagne and in fact is still wondering whether it was awarded for his placing or his gentlemanly behaviour in allowing his partner through first.

What better way is there to make a New Year running resolution?

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TWILIGHT MEET RESULTS

John Thorpe	3000 walk	13-56 PB (of Record 13-55)
Ian Kerr	100m	13.0
	400m	60.4 PB
Ross Hooley	400m	56.1
	200m	26.3 PB
Stu Handasyde	3000m	8-31.0
Gregor Evans	400m	52.1
Andy Cochrane	800m	2-00.0
	1500m	4-03.0

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LOST AND FOUND

Found: Red tracksuit pants in grandstand on Saturday at Olympic Park.
 Lost: by Andrew McLean, a pair of blue running shoes at Olympic Park.

Would the owner of the pants collect them on Sat. at Box Hill and if anyone finds the shoes, would they bring them to Box Hill on the same day.

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TRANSPORT

Anyone desiring transport to Box Hill on Sat. from the Scotch area, please ring Greg Evans on 8185755.

HAPPY DAYS AWE HERE AGAIN!!

IT'S

PORTSEA

TIME AGAIN!!

Yes, the annual Officer Cadet Schooll v. MUAC v. Old Scotch Triangular Athletics Meeting is to be held at the Officer Ca det School at Portsea.

But, dear readers, it is very early this year and in fact, is on THIS SUNDAY, 5TH FEBRUARY 1978..

Unfortunately, this is the same day as the Victorian Relay Clamps and efforts have been made to change the date, without success. This is the reason for the short notice given.

Anyway, BBQ facilities will be provided (also hot water) on the foreshore. Some of you will find an entry pass enclosed in your newssheet, but those of you who don't get one, don't worry about getting in. Just wave your spikes menacingly at the guard on the gate and say that you are running in the athletics. Passes also available at Box Hill on Saturday.

PROGRAMME OF EVENTS

1.	Pole Vault	2.00pm
2.	100m	2.00
3.	Invitation 100m	2.10
4.	800m	2.20
5.	Long jump	2.30
6.	Invitation 800m	2.40
7.	110m Hurdles	2.55
8.	Shot put	2.55
9.	Invitation 110 Hurdle s	3.00
10.	200m	3.10
11.	Javelin	3.20
12.	1500m	3.20
13.	High jump	3.20
14.	Discus	4.00
15.	400m	4.10
16.	Invitation 400m	4.20
17.	Triple jump	4.20
18.	Invitation 5000m	4.20
19.	4 x 100m Relay	4.55

LET'S SEE YOU THERE!!

IT'S A GREAT DAY WITH A BBQ (BYO EVERYTHING) AND SOME GREAT ATHLETICS!

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TEAMS FOR SATURDAY, 4TH FEBRUARY

All teams are at Box Hill on Sat. and this is the last round for all teams except A Reserve, so make it a good turn out for the final interclub round for season 77-78!!

A RESERVE at Box Hill v. Wav. & Cob. & Box Hill.

Phil Barton
8193555

1.00	Hammer	Glass
1.00	3000 walk	Thorpe Handasyde
1.15	100m	Hilliard McQuilkin Fleming
1.45	Triple jump	Ham
1.45	High jump	MacFarlane
1.45	1500m	Tallent Wilson Watson
2.00	Discus	Glass
2.30	110 Hurdles	Ham Hare
2.45	Pole vault	La timer
3.15	Relay	Hilliard McQuilkin Fleming McLeish
3.30	Shot put	Glass
3.50	3000 Steeple	Cochrane Wilson
4.15	Javelin	Sheffield
4.30	400m	Tallent Hilliard + x.

UNDER 15 at Box Hill v. O.Xav.2 & O.Melb. & Pow.

Ian Munro 2327094

Team as usual, turn up and run in your last interclub round.

Let's have a few more than three in a team, fellas and ensure a victorious finish to season 77-78.

UNDER 14 at Box Hill v. O.Xav. & B.H.2 & Wav.1

Neil Louis 802751

Team as usual, turn up and run in your last interclub round, for a finish on a winning note.

MERRICKS

WINE BOTTLING

and

CHALLENGE CRICKET MATCH.

LATE: On the weekend of Sat. 4th and Sun. 5th March (depending on grand final appearances as to the date i.e. Saturday or Sunday)

LOCATION: The Handasyde farm on Frankston-Flinders Rd, at Merricks.

Programme includes: Wine bottling
Shearing shed dance
Cricket match
Overnight accomodation if required

Cricket match: Louis/ Munro XI vs. Hooley/Tapp XI
Handasyde XI (Merricks) vs. Gillespie XI (Red Hill)
Ian Hando is rumoured to be playing live (or is it dead?) Rock'n'Roll.
As far as prices go:

Walambi Hunter Valley Red is \$1.50 per bottle
Riverina Dry White is \$1.10 per bottle.
Very Old Tawny Port is \$1.50 per bottle.

It is necessary for each person attending to give an indication on the form below of the numbers of bottles you wish to order. Please fill in by ticking the appropriate space, cut out and send to :

Steve Ware 10/2 Warra St
Toorak 3142.

.....
Please Mr Ware, order for me...

WINE: Colour: Red Blue Black
White Green Stars & Stripes
Taste: Dry
Very dry
Extremely dry
Dried out
Volume: 2 truck loads
1 truck load
18 gallons

Fill in number here: _____ bottles of Walambi Hunter Valley Red at \$1.50 each
_____ bottles of Riverina Dry White at \$1.10 each

PORT: _____ bottles of Very Old Tawny Port at \$1.50 each.

I will/ will not provide my own bottles.

NAME:

Cheque enclosed for \$

B GRADE at Box Hill v. O. Xav & Box Hill 1

Nick Tapp 8741171

1.00	Hammer	?
1.00	3000 walk	Bennett Cooper Moore
1.15	100m	McLeish Cirakovic Brown
1.45	Triple	Brown
1.45	High jump	Hare
1.45	1500m	Cooper Batchelor Facey
2.00	Discus	Buchanan
2.30	110 hurdle s	Eggleston Ekberg
2.45	Pole vault	Eggleston
3.15	Relay	Brown Cirakovic Ham Martin Holmes Ritchie
3.30	Shot put	Buchanan
3.50	Steeple	Ramsey Lucas
4.15	Javelin	Eggleston/McLeish
4.30	400m	Brown McLeish Tapp

C GRADE at Box Hill v. Waverley & Box Hill 2

Julian Martin 8780558

1.00	3000 walk	Bennett Cooper Moore
1.15	100m	Martin Ham Holmes Ward Ritchie
1.45	Triple	Innes/Fleming
1.45	High jump	Fear/Dillon
1.45	1500m	Dean Tapp Thorpe
2.00	Discus	Borchardt
2.30	110 Hurdles	Handasyde Martin
2.45	Pole vault	?
3.15	Relay	Eggleston Ward Hare Latimer Facey Handasyde
3.30	Shot put	Borchardt
3.50	Steeple	Facey Vallence Womersley
4.15	Javelin	Findlay
4.30	400m	Cirakovic Fleming Martin Dillon Eggleston

SSJ JUNIOR at Box Hill v. O. Melb. & B.H. 3 & B.H. 4

Andrew Aitken 835947

1.20	1500 Walk	Wirth
1.30	Pole vault	Yunghanns
1.45	100m	Edwards Dacakis Smith (Thommo inv. Aitken McLeish)
2.30	Shot put	Yunghanns (McLeish)
2.30	1500m	Aitken Symon Merigan (Hooley Evans)
2.30	110 hurdles	Edwards Smith (Thommo MacLennan Ward all by inv.)
3.15	Triple	Thommo (Ward)
3.15	Relay	Munro Ward Wirth McLeish (Dacakis MacLennan)
4.00	Discus	Yunghanns (Edwards inv.)
4.20	Steeple	McLean Cormack (Symon Wirth)
4.30	400m	Aitken Evans McLeish (inv. Hooley Edwards Dacakis)

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Now to finish off, here is the ...

B GRADE REPORT by Nick Tapp

It seems B Grade has turned the corner, folks, having walloped BH2, though going down to SSH. Unfortunately, we still have no-one with aspirations to carpentry, and our 400m hurdlers were spirited away by gremlins.

Dave Bennett & Bruce Moore finally put a few points on the board with 7-46 & 7-48 for 2nd & 3rd in the walk. Al and Mark Waters contested the 1st heat of the 200m, running 4th & 6th, followed by Don Holmes who ran 2nd in 2nd heat. Steve Hare had no opposition in the high jump and won while Buck Facey had the same situation in the shot (10.74m). Muddy Waters met his match in the long jump, coming 2nd to Box Hill with 5.97m. Completing a good day for pole vaulters, John Eggleston cleared 3m to qualify, which none of the enemy managed to do.

The 800m saw sole B Grader Nick Tapp make an early break to the back of the pack, a position he maintained to the bitter end. His time was a season's best of 2-07. The relay followed and another classic team took to the rude red rubber, running really red-hot, and romping in record, ah, 2nd. Yay team, team being Ross Hooley, Nick Tapp, John Egg and Mark Waters.

Joe Egg zoomed from the relay circuit to the soccer pitch for a little spearthrowing practice. He scored 2 kangaroos, 3 little old officials, a delicious goanna and a DNQ. In the hurdles John had a walkover win in 13.4.

Back to the halcyon days of 75 with a full field of 500 men. Neil Lucas ran 6th in 16-57, Andy the Ram 7th and Stuart the Face 8th for B. No discus thrower as the rain began to wash our barbeque all the way to East Malvern, and the Sportsmen's team completes a creditable day's athletics.

Final points: O.S. 72+ S SH 95+ BH2 52+

No more room, bye bye.

OLD SCOTCH C.A.A.C. NEWS-SHEET

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SUMMER SEASON NO. 18

8 February 1978

Talk about a final fling! There were no fewer than 16 PB performances on Saturday, including one walk record, in the final interclub round for season 77-78. A Reserve has one more round to go on February 25, which is the same day as the venue finals. On this occasion, the Sub Junior team will be our sole representatives, being second on the ladder and vying to topple Box Hill off their pedestal, in what should be an exciting contest.

Results at a glance:

A Reserve was 4th
B Grade probably 3rd
C Grade undoubtedly 3rd
Sub Junior won well yet again
Under 15 won hands down
Under 14 were possibly 2nd.

Picking ATHLETE OF THE WEEK was a daunting prospect this week with so many fine performances recorded. Thus, once again, the award is a joint award going to Howard Cooper of B Grade and Mike Smith of the Sub Junior team.

On Saturday, Howard broke the existing Under 19 3000 walk record by a mammoth 24 seconds, recording a time of 14-39.0. This broke Ian Handasyde's record of 1972 and gave Howard the walking records over 1500 and 3000m, both attained this season. Howard also recorded a PB time of 14-21.0 in the 1500 later in the day.

Mike Smith recorded 3 personal best performances at Box Hill, in the 100m, 110 Hurdles and Triple jump. In the 100m he ran 11.8, the 110 hurdles resulted in a very good time of 16.6 (faster than A Reserve) and in an inv. triple jump, Mike leaped 12.08m. This lot he topped off with a run in the winning relay team.

These two athletes show great potential for future interclub competition: Howard as one of the club's top walkers and Mike in both track and field as high jumper, sprinter and hurdler.

Incidentally, last week's news sheet neglected to mention the record set by John Thorpe in the 1500 walk. He broke the Open record by 3 seconds with a time of 6-41.0. Bill Fleming also equalled the Under 19 100m record of 11.0 in the previous week but was unaware of the fact until last Saturday.

In this packed issue, you will find:

team reports and results
Relay champs. report
Portsea report
Cricket team for Merricks
Advance order form for O.S. T-shirts
Exciting article & entry form for Gilwell Park Weekend away
Easter Fair advertisement for B endigo.
End of season function news
Preliminary team for A Reserve.
and info. on the Underage champs and City of Melbourne champs.

Listing PB's will take some time, so sit back and relax....

H. Cooper	B Grade	3000 walk	14-39.0	PB and record
	"	1500m	4-21.0	
B. Moore	B Grade	3000 walk	16-05.0	season PB
R. Batchelor	"	1500m	4-22.0	
N. Tapp	"	"	4-17.0	
R. Hooley	C Grade	" inv.	4-17.8	
M. Vallence	"	Steeple	11-25.0	
P. Wirth	Sub Junior	1500 walk	8-23.0	
	"	Steeple	8-10.5	
P. Thompson	"	100m	12.1	
D. Yunghans	"	Shot put	12.34m	

M. Smith	Sub Junior	100m	11.8
"	"	110 hurdles	16.6
"	"	inv. Triple	12.08m
R. Watson	Under 15	Discus	27.30m
T. Tingate	Under 14	80 hurdles	14.1

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Bill Fleming now presents his last....

A RESERVE REPORT

This week, A Reserve was pitted against the 3 top teams and needed to do better than 4th to retain their position in the final four. But, this was not to be and we slipped to no. 5 with only a very slim chance of regaining our position on February 25.

Rog Glass opened with a win in the Hamme r(53.74m), but was 2nd in the discus (39.13m) and shot put (12.92m). Our walking duo weren't quite so successful this week as John Thorpe was 5th(14-27) and Ian Hando was 7th(15-21). The 100m combination was also unsuccessful. Bill ran a shocking time of 11.6 for 4th, Ivan ran the best time of 11.1 for 3rd place and Al ran 11.5 for another 4th. The triple jump and pole vault both resulted in DNQ's (for Dave Ham and Mark Latimer) but the high jump resulted in a good win for Mal McFarlane with a leap of 2.00m.

In the 1500m, Rog was 2nd(3-58.4), Ewen Wilson was 6th(4-04.3) and Nige Watson was 10th(4-07.0), while the hurdlers Ham and Hare were 4th and 3rd in 17.5 and 17.2.

Glen Innes, Ivan, Bill and Al made up the relay team that gained 2nd place, while in the Steeple, Andy Cochrane won well in 9-30.6, but Neil Lucas DNQ. The same must be said for Warwick in the javelin.

The 400's were also a bit of a disaster with Rog running 3rd in 49.4, Glen DNQ and Al 4th in 53.7.

Final points in a day when we only scored three wins were:

O.S.	105
Box Hill	152
Waverley	123
Coburg	156

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Nick Tapp whipped up his final....

B & C GRADE REPORT

Another rather dismal week as far as points go, but PB's and records went flying so a good one in that respect.

Conditions today were possibly the best for the season- very little wind, overcast, perhaps a bit humid - and performances improved accordingly. Howard Cooper achieved his season-long ambition by beating Ian Hando home in the 3000 walk, at the same time breaking Ian's U19 record by 24 seconds, in 14-39. Bruce Moore did his season's best walk of 16-05, but these two performances still only got 2nd and 4th places. We had no hammer thrower.

In the 100m, newcomer from Nunawading A.A.C., Alex Cirakovic ran 5th and total stranger Sam Martin, late of Blackburn, ran 6th, in 11.7 and 11.8, in the first heat. Glen Innes won the second heat in 11.5. We had no triple jumper.

In the high jump, Steve Hare cleared 1.70, for 2nd place to Box Hill 1. The 1500m followed and saw three PB's. Dick Batchelor took about 5 secs. off his best for 9th place in 4-22, Howard Cooper ran 8th in a PB 4-21, and Nick Tapp took off 14 secs to run 7th in 4-17. We had no discus thrower.

John Eggleston, our only hurdler, ran 2nd in 17.0, and then dashed off to DNQ in the pole vault. None of the opposition qualified either. The 4 x 100m team of Martin, Ham, Ritchie and Eggleston(what again!) ran 3rd. We had no shot putter.

Of the three valiant steeplechasers who took to the track, only Andy Ramsey qualified for B, running 3rd in 11-14. The day ended sensationally as Ivan and Nick hit the tape in the 400m locked together (figuratively speaking only) with the popular verdict going to Nick. The judges thought otherwise, giving Ivan 3rd, BH 4th and Nick 5th. So far, so good. But the timekeepers found a difference of 0.7s, Ivan 53.5 and Nick 54.2. Them's the breaks. A good return to the quarter mile from Ivan, after several years off. We had no javelin thrower.

Final points were:

O.S.	59
O.Xavs	55+
B.H.	101+

C Grade had a few more runners than usual, but faced big clubs Box Hill and Waverley. In the 100m, Rob Ward 11.9, Dave Ham 12.2, Jon Holmes

no time, and Pete Ritchie 12.4 by invitation, filled in some of the minor placings.

The 1500m saw John Womersley 4-29, Stu Facey 4-36 and Richard Stoyles 4-47 again fill who knows what place s. Ross Hooley ran a PB of 4-17/8 by invitation. Spic Fear returned triumphant to the high jump pit, leaping 1.80m for a win. The 110 hurdlers Ien Handasyde and Julian Martin refused to divulge their times, but admitted to running 5th and 6th out of 6.

The relay team of Stu F., Johnny T., Ian H., and Steve H., completed the course in the rearguard. Mike Vallence then took something like 45 secs off his best time for the 300m steeplechase, running 11-25, which is not far off B Grade standard. Ian "the versatile" Handasyde ran 12-01 to DNF by 1 second. Col Findlay ran an invitation D 200m steeple in 7-26.

In the absence of his protege Big Max, Steve Hare put the shot a good 9.87m for 2nd place, and to end the day Richard Stoyles ran a 400m in 58.6. I think Howie did one too.

Final points: anybody's guess.

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Ross Hooley put together this.....

SUB JUNIOR REPORT

Since this is the last interclub round before the venue finals we once again proved ourselves the strongest team at O.S., and in fact the strongest team at Box Hill. To make Bill Fleming's Tuesday evening one of sheer agony we recorded a PB of 7 PB's.

As usual, Pete Wirth won the walk with a fast time of 8-23(PB). Gee hasn't he improved since first turning up back in December? Is he a contender for John Thorpe's position in A Res.? Get out all you oldies, let the youth of the world get on with the job of getting us into A Grade! (Hmm very reminiscent of Adolf somebody-or-other -Ed)

Dave Y. does a 2.10m in the pole for only 3rd placing; is he sick? Oh no; I look at the points and we are already 1 point behind after 2 events but not for long as our ever reliable (?!?) sprinters record PB's by the dozen. After some heavy calculation on the Sanyo calculator, I find Dave Ed comes 3rd in 12.0, Mike Smith(back from overseas or is it Cowes?) a PB of 11.8, repeat 11.8, and Thommo a fasty of 12.1 for a PB.

Dave Y., not to be outdone, records a 1st in the shot - this time with a best ever throw of 12/34m To put a bit of class in the team our always reliable(Geee, you can't half tell a distance runner's writing this, can you? -Ed) distance runners of Cormack, Aitken and Symon come 1st, 2nd and 3rd. John did a reasonably reasonable time of 4-30, Andrew 4-37.5 and Paul 4-39. Note dear readers: just a warm up for the 4 x 800 relay on Tues. evening, which by the time you read this would have been long over.

Mike beats Dave Ed in the hurdles, coming 1st and 2nd, Mike doing a PB of 16.6(very, very fast) and Dave, who still has problems with his feet, did 17.5. Just to prove to all he is a contender for A.O.T.W. Smith competes by invitation in the triple and does 12.08m for another PB. Pete Thommo doesn't do quite as well but comes 3rd nevertheless with 11.68m.

Our relaying team records a win in fine style, this time being relayed by champions of the calibre of Munro, Pete W., Smith and Thommo. Yunghanns comes 3rd in the discus with a throw of 25.80m while over at the steeple track our steepplers Cormack, Wirth and Symon(by inv.) come 1st and 3rd(Pete doing a PB of 8-10.5 and John 7-05.).

Despite some keen shouting by a keen track manager, telling us we are always late, our 400'ers do well, coming 2nd, 6th and 2nd; Andy Aitken 56.2, Andy McLean 61.9 and Dave Ed 57.3.

Wow, what a way to end a round!

Final points tell the story: O.S. 173 (Yay team)

B.H.3 115 Boo

B.H.4 61 Boo

O.Melb 19 Gee, I feel sorry for them.

P.S. Congrats to Pete Thompson and Dave Watson on being appointed capt. and vice-captain of the school.

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UNDER 15 RESULTS

Watson	Discus	1st	27.30m	PB
Walk	Findlay	1st	8-37	
100m	Roberts	1st	12.7	
	Munro	2nd	12.8	
	Kerr	4th	13.0	
1500m	Findlay	2nd	5-31	
Shot put	Watson	1st	10.35m	

Relay Kerr Munro
 Roberts Findlay 1st
 Hurdles Munro 1st 15.1
 Findlay 2nd 20.0
 Final points were: O.S. 107
 O.Xavs2 0
 O.Melb. 0
 Pow.House 31

Pete Findlay had this to say.....

Glad to see Watson back again and legally throwing 27.30m in the discus and 10.35m in the shot. Good to see such a turn up. We have thrashed O.Xavs 2, O.Melbourne and Powerhouse. Only two PH people turned up. Bad to see Roberts PW, in the 100m.

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UNDER 14 RESULTS

Walk D.Findlay 3rd 10-05
 100m Ralston 2nd 12.7
 Tingate 3rd 13.1
 Shot put Ralston 2nd 12.63m
 Relay Morris
 Findlay
 Ralston
 Tingate DISQ
 Discus Ralston 2nd 23.60m PW
 Hurdles Tingate 2nd 14.1 PB
 Final points were: O.S. 40+
 O.Xavs 7+
 B.H.2 22+
 Wav.1 35+

Col Findlay had this to say....

Hard day with just four competitors and plenty of opposition. The team was weakened after Young Findlay was injured in the walk. Nevertheless, we have the foundation for a good Under 15 team next season, and a couple of runners still Under 14 next year.

-000-

REMEMBER REMEMBER REMEMBER REMEMBER REMEMBER REMEMBER

MERRICKS

The cricket match will be Alan Hooley's Juniors v. O.S. Seniors. and Merricks v. Red Hill

Alan Hooley's team will contain such stars as:

- Bishen Bedi (subs required)
- Bob Simpson (Alan Hooley)
- Nick Tapp
- Howenski Klupa
- Dick Merigan
- Dave Yunghanns
- John cormack
- Ross Hooley
- Pete Wirth
- Aussie Aitken
- Andy Roberts
- Chris Munro
- Ian Kerr
- Dave Ham + others

Norman May will be your 3-guesses-at-what-is-happening commentator.
 HAVE YOU FILLED IN YOUR ORDER FOR THE WINE YOU WISH TO BOTTLE/ DRINK, ETC.?
 IF NOT, YOU BETTER GET ON TO IT SOON
 SEE ORDER FORM IN LAST WEEK'S NEWS SHEET.

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RELAY CHAMPS

Old Scotch entered 3 teams in the Victorian Relay Champs held on Sun, 5th and Tuesday 7th February and Andy Cochrane contested the mile.

Andy beat a few runners home in his heat but the time is unknown.

The Under 19 team of Al McLeish, Dave Ham, Nick Tapp and Bill Blewing contested the 4 x 200m and 4 x 400m. In the 4 x 200, the team was 5th in the final with a time of 1-35.0. In the 4 x 400m, 5th place was ours again but in the time of 3-38.3, which sets the Under 19 record for this event.

Ross Hooley, Paul Symon, Andrew Aitken and Dick Merigan contested the Under 19 4 x 800m and managed 8th place in a field of 9 in the time of 3-27.8. Split times were: Ross 2-04.2
 Paul 2-10.8
 Andy 2-06.8
 Dick 2-06.0

Congratulations to all competitors and better luck next time.....

Now, Stu Facey presents his version of.....

PORTSEA

Despite the gloomy overcast weather, your intrepid reporter, equipped with flippers and snorkel, set off to join the Army at Portsea. Like most other things however, we discover that the Army is not what it used to be - for having "waved our spikes menacingly at the guard", we find there are no signs where to go. Being equipped with fairly naive navigators we promptly get lost. However, the day itself proved again to be a great social occasion, with some pretty good athletics thrown in.

John Higham demoralised most, by winning the 100, 200, (eclipsing Ivan's long standing record) 400 and 800 (in 1-57 - the only time I know; it was a slow track).

Old Scotch however, had many excellent performances: Rog Fallent 2nd in both the 4 and 800m. Dick Merigan 2nd in the 1500 in 4-23, only a couple of yards ahead of fast improving Howar d Cooper. Steve Hare competed in about 5 events, winning the high jump. (not sure how he fared in the rest) Both Col Findlay and Dave Edwards threw pretty mean looking javelins, while Ian Mandasyde starred in the pole.

Undoubtedly the highlight of the afternoon was the 5000m where 16 O.S. runners faced the starter (a few less finished). This included a rather and som race with Peter and Colin Bindlay vs Ross and Alan Hooley.

All in all, everyone (including Mike Vallence's dog) had a great day, ending with a great swimming exhibition by Ian Kerr.

-oO o-

BENDIGO EASTER FAIR

Are you tired, listless, bored and wondering what you will do at Easter? If so, then why not trot along to the athletics at Bendigo's Easter Fair on Easter Monday and Tuesday.

This is always a fun event on anyone's calendar. Trophies and other goodies usually handed out in large numbers, so if you have a space on the mantelpiece why not take this opportunity to fill it?

Here is the program:

Easter Monday Starting at 12.00 noon
100m handicap
200m "
400m "
3000m " (2 divisions)
1500 walk handicap
Pole vault Open and handicap.

Easter Tuesday Starting at 5.00pm

High jump
1500m handicap (2 divisions)
1 Mile invitation scratch race.

Entries close on MARCH 10 with:

Secretary of B.R.C.V.A.A.A.
Mr W. Allan
9 Waratah St
Bendigo 3550

Entry fee is 50c per event.

All entries must be on VAAA handicap forms obtainable from Bruce Moore, and contain your last 3 performances.

(Bruce is at 8 Hiscock St, Chadstone.) See you there!

(phone 2770785) -oOo-

UNDERAGE CHAMPS

For Under 17, 16, 15, 14, 13. in all events.

Entries close on the 20th February and entry forms may be obtained from Bruce Moore. The competition will be held at Olympic Park on March 5, so be quick.

-oOo-

CITY OF MELBOURNE CHAMPS

For Under 17, 16, 15, 14, 13 in all events.

Entries close on the 14th February so you will have to be quick. Get the forms from Bruce Moore. The competition will be held at Olympic Park on 26 February.

VENUE FINALS

Don't forget to come to Box Hill on February 25 and support the Sub Junior team in their bid to win the honour of representing that venue at the Grand Finals.

Lets get behind Andrew and his very strong team and ensure an O.S. victory in 1978.

A RESERVE TEAM

For February 25 at Olympic Park, Times will appear in the next news sheet.

1500 walk	Thorpe Cooper
400 hurdles	Hilliard Evans or Alder
200m	Hilliard McQuilkin Alder
800m	Tallent Handasde Watson
110 hurdles	Hare Ham
5000m	Cochrane Aitken Wilson
Relay	Hilliard McQuilkin Alder Tallent
Shot	Glass
Discus	Glass
Hammer	Glass
High jump	McFarlane
Long jump	Imes
Javelin	Sheffield
Pole vault	Latimer

-oOo-

ANOTHER OLD SCOTCHIE MAKES TOP SCHOOL OFFICE

Following in the footsteps of such notable O.S. athletes as Ewan Wilson, and Nick Tapp, another Old Scotchie has been appointed to the office of School Captain. This year it is Peter Thompson of the Sub Junior team, and we wish him luck in this office and send our congratulations.

Now, following in the footsteps of Dak Mitchell and Julian Martin is ex O.S. athlete Dave Watson who has been appointed vice captain. Our congratulations are extended to him also, in his capacity as Pete Thompson's deputy.

-oOo-

FOUND

Stu Facey, under a cabbage leaf last Wednesday.
Rob Ward's singlet by Stu Facey. Contact him on 5698553.

-oOo-

END OF SEASON FUNCTION

Yes it is on again!!

On March 11th, 1978 Old Scotch will hold its annual END OF SEASON FUNCTION at the Fleming's place once again. This will take the form of a light dinner, a swim, snooker, etc. and the presentation of the ATHLETE OF THE WEEK awards. The MERIT CERTIFICATES for season 77-78 will also be presented on this night and, like last year, it promises to be a good evening's entertainment.

So, keep this important day free: Saturday night, March 11.

More details will follow in the next news sheet, but remember to keep this night free.....

-oOo-

OLD SCOTCH T-SHIRTS

All athletes who have been awarded the ATHLETE OF THE WEEK in the past (or in the future) will be presented with an Old Scotch T-shirt as their prize. But for those of you who missed out, new orders can be placed on the order form that is enclosed with this news sheet. Stu Facey has ordered another batch, but stocks are definitely limited so rush your order in now!

This time: on the front will be: Run for fun with Old Scotch plus, on the back: Caution: Roadrunner ahead.

They are high quality T-shirts, (yellow) with red printing, as worn by our beloved President. They will be coming in three sizes; Small, Medium and Large.

And what is the price? A mere \$4.50.

Why not order yours now.

Order them for your friends and your family!

Send your order complete with cheque (payable to Old Scotch)

to: Stuart Facey
21 Sydare Ave
CHADSTONE 3143

but HURRY so you can get yours at the end of season function on March 11.

Orders will of course be accepted after this time and can be collected at any Old Scotch function.

OLD SCOTCH C.A.A.C. NEWS-SHEET

Registered for Posting as a Periodical - Category B. Price: 10 cents

SUMMER SEASON NO. 19

20 February 1978

Just a quickie this week, with a couple of teams and a few plugs for some worthy causes.

Remember A Reserve has their final interclub round this week at Olympic Park, and needs a good deal of support in this final tussle.

Another worthy cause deserving your support is the Sub Junior team in the ir bid for the venue finals. Andy Aitken and his boys have worked extremely hard throughout the season to get to where they are now; and they don't intend to give in until the championship is theirs. It should be a great day's athletics so come along and cheer our only venue finals representative to a great victory.

Stu Hande has sent me an Old Scotch senior team for the cricket match, in reply to the Junior team printed in the last newsheet. It looks a classy line up and should prove a formidable adversary for Coach Hooley and his henchmen.

Just take a look at this bunch.....

Stu Handasyde (Capt.)
Andy Ramsey (V. Capt.)
Mike Vallenge
Rog Tallent
Rog Glass
Ewan Wilson
John Thorpe
Ian Handasyde
Greg Evans
Stuart Facey

This is the unofficial team; any other senior athletes wishing to participate need only to be present on the 5th March.

The umpires for the match will be Mr G Wilson and Mr J Hognefe, who are both experienced ex-district players.

Speaking of the Cricket Match, the Merricks Wine Bottling supplement reappears in this issue for those of you who have lost, burned, or eaten your previous news sheet. Time is running out though, so be quick and get those wine orders in.

REMEMBER REMEMBER THE 11th MARCH,

when a great evening will be enjoyed at the Fleming's place at the Old Scotch annual End of Season BBQ.

Yes, this year we are having a BBQ.

Highlights include: BBQ

Swimming pool

Snooker

ATHLETE OF THE WEEK AWARDS

Merit Certificates for season 77-78

Keep this night free.....

More details to follow in future issues.....

-oOo-

TEAMS for Saturday, February 25.

A RESERVE at OLYMPIC PARK v. Somebody.

Phil Barton 8193555

1.00	1500 walk	Thorpe	Cooper
1.00	Shot put	Glass	
1.05	400 Hurdles	Hilliard	Evans or Alder
1.35	200m	Hilliard	McQuilkin Alder
1.45	Hammer	Glass	
1.45	Long jump	Immes	
2.30	Pole vault	Latimer	
2.40	800m	Tallent	Handasyde Watson
3.30	Discus	Glass	
3.40	Relay	Hilliard	McQuilkin Alder Tallent.
3.45	Javelin	Sheffield	

4.15 High jump McFarlane
 4.15 110 Hurdles Hare Ham
 4.35 5000m Cochrane Wilson Aitken

SEB JUNIOR at Box Hill v. B.H. 1, B.H. 2 & Wav. 1 Andy Aitken 833947

VENUE FINALS

1.00 Hammer Yunghanms (Thommo)
 1.10 1500 walk Wirth (Cormack)
 1.30 200m Smith Dacakis Edwards (Thommo McLeish)
 1.45 Long jump Thommo (Edwards)
 2.30 Javelin Edwards (Yunganns)
 2.30 800m Hooley Aitken Symon (Evans)
 3.00 Shot put Yunghanms (Edwards)
 3.20 Relay Dacakis Smith Edwards Thommo (McLean)
 3.45 High jump Smith (Edwards)
 4.00 110 Hurdles Smith Edwards (Thommo)
 4.40 3000m Merigan Cormack (McLean)

Captain's Message:

We are approaching our finest hour; we want to see blood and guts all over the track in an effort to get to the line first. No second chances, this is it! Determination will take over!! The editor has been employed to stand at the finish with a meat cleaver.....

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HOW DIXON (RODNEY) MISSED THE WORLD RECORD or.....
 HOW HANDASYDE (STEWART) MISSED THE O.S. RECORD or.....
 HOW 20,000 people sound when your correspondent is lapped in front of the Mt Smart(Auckland) grand stand.

The chance of a lifetime says McCauley, and I agree vehemently. Lasse Viren was in such lamentable form that it was worth a trip to New Zealand to chase the Olympic Park champ across the land of the big white cloud in the hope of a win, PB and any other pleasantries that may happen. We had friends in Auckland so accomodation was no problem. Unlike the majority of athletes on this years track series (circus) McCauley and Handasyde had no star billing.

Your correspondent did however have the phone No. of the promoter for the Auckland Night Meeting, and it took only a 10c call and some moderately swift talking (the guy was hassled anyway),... and bingo (sic) we were included in the field for the 5000 m the following night. There were some anxious moments, including Handasyde passing out, when it was announced we may have to run the 10000m, but those small differences of opinion were ironed out without having to resort to violence.

Evening of the race and we are both as calm as Ron Barassi on Grand Final Day. We borrow a car and drive to the stadium. Remaining calm. It takes quarter of an hour to get through the security and into the official car park. An official tells us where to park. We finish all this, McCauley looks at me...."I've forgotten my spikes", Stuart remains calm. We drive back to the house and get them and then back to the stadium. "Hullo there" says man on the gate, "Back again?". " Oh yeh, just getting some fresh air I lie."Getting a bit crowded in there ha ha ha." Back in the car park, we did remember our passes so quickly get into the dressing rooms. Autograph hunters are everywhere. This is pop star billing.

One hour before the race. We decide to get our numbers and then relax. But ours are not in the pile. I ask New Zealand discus champ Robin Tait where they would be ? Now here is a problem. As all students of athletics would know many top throwers take steroid drugs to improve their muscle bulk (unlawfully mind you). However this has a deleterious effect on the subject's sexual prowess. In Tait's case I think it has shrivelled his brain as well because all we can get out of him is a few grunts and "Why don' ya go ask Walker?" John Walker, sitting over in the corner, I'm sure has his own problems. We ask some others and finally track the little devils down. Still Calm.

Thirty minutes to go, we warm up. Still Calm.

Five minutes left and we are introduced to the crowd. Television cameras buzz around. Still Calm.

New Zealand guy leans over and says "Hey you guys picked the right race tonight, Quax and Dixon are going for the world record." I PA NIC.

No time to recover the gun goes and we are off. Handasyde slips into the middle of a tightly bunched field. Nice pace I think. 60 seconds says the chap at 400. Hmmm good mile pace I think. Eleven to go. Oh Dear.

MERRICKS

PARTY, WINE

BOTTLING, CRICKET

MATCH.

Yes thats right its on at Merricks on the weekend on the 4th. and 5th. of March.

Ian Handasyde and the BLU BLOB bep their way through an evening of hilarity on the Saturday night. WITH (wait for it) guest appearances from Greg Evans and the PURPLE PHANTOM PLUCKERS (and friends). How could you miss it??????????????

SO WELCOME.

SATURDAY NIGHT KICKS OFF AT AROUND SEVEN (7) ISH.

SUNDAY KICKS OFF AT AROUND MIDDAY

Lots of room in the wool shed to stay overnight. There is also a comfortable house if you don't want to rough it.

How to get there: TAKE THE FRANKSTON-FLINDERS ROAD. GO THROUGH BALNARRING AND PAST THE MERRICKS BEACH ROAD (which is a mile and a half further on) The house is the 3rd. drive on the left past the Merricks Beach Rd. (Another half a mile) CHECK YOUR MELWAYS.

SUNDAY

During the wine bottling patrons will be treated to an exhibition c cricket match. Handasyde eleven will annialate Hooley's eleven. Although Alan Hooley tells me differently!

WHAT WINE DO YOU WISH TO ORDER??????????? Fill in the following and send to steve here: 10/2 Warra St., Toorak, 3142

Better still phone him on 20 5687 (that would be a very good idea

I want to drink/guzzle/bottle _____ bottles of Walsmbi Hunter Valley Red at \$1.50 each.
 _____ bottles of Riverina dry white at \$1.10 each (what a steal)
 _____ bottles of very old Tawny PORT at \$1.50 each.

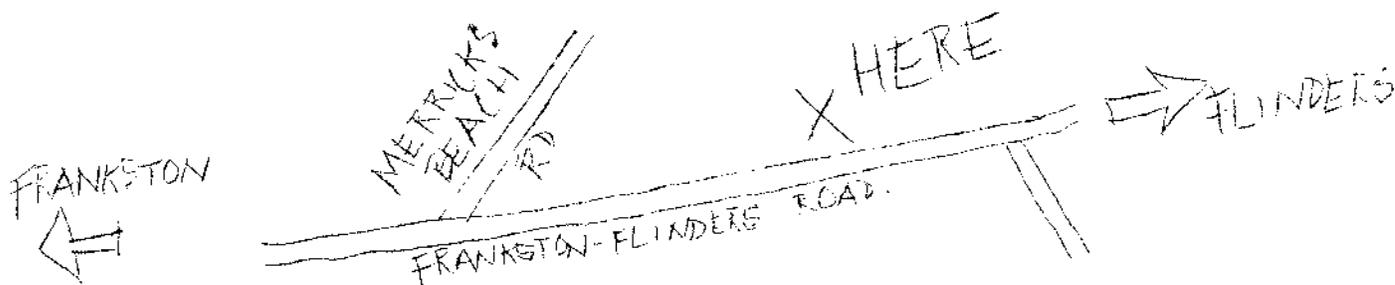
I will/will not provide my own bottles

NAME : _____

Cheque enclosed for \$ _____

NB: We will provide other refreshments , facilities etc. and specially provided a place to grill your snaggers and/or chops . If we run out of that there are plenty of sheep roaming around.

HOW TO GET THERE:



OLD SCOTCH C.A.A.C. NEWS-SHEET

Registered for Posting as a Periodical — Category B. Price: 10 cents

SUMMER SEASON NO. 20

27 February 1978

Old Scotch's finals chances were thwarted in two directions on Saturday as Sub Junior went down in the venue final and A Reserve was toppled by Preston. This means that Old Scotch has another season of A Reserve competition ahead of it in 1978-79. The Sub Junior boys, who worked hard throughout the season to finish 2nd on the ladder, ended in 3rd place at the venue finals at Box Hill. Their chances slowly ebbed away as the effects of school sport and injuries to key athletes cut the team down to half strength. However, the strength of these athletes will show in the team next season, as a nucleus for the new SJ team and as support for the higher grades.

Results at a glance:

A Reserve was 2nd in its final interclub round
Sub Junior was 3rd in the venue final.

Athlete of the Week this week is Mike Smith for his victorious high jump on Saturday when he leaped 1.96m, which is only 1cm off the Under 17 record. Mike managed this with an injury to his ankle, winning well with a good PB. Mike also competed in the City of Melbourne Champs coming 3rd with a leap of 1.85m. It is obvious that, on Saturday, Mike really rose to the occasion! (No pun intended!)

Other good performances recorded were:

Rog Tallent	A Reserve	800m	1-52.6	
Stu Handasyde	"	800m	1-56.7	PB
Nige Watson	"	800m	2-00.0	PB
Andy McLean	Sub Junior	Walk	9-26.0	PB
Dave Edwards	"	Javelin	43.04m	PB
Paul Symon	"	110 Hurdles	19.8	PB
John Cormack	"	3000m	9-35.4	PB
Sick Merigan	"	3000m	9-37.0	PB

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Bill Fleming presents the last....

A RESERVE REPORT

Needing a win over Preston by two places, the A Res. team attacked the track with G and D but the effort was not enough to overcome Preston and they went on to win and keep O.S. out of the final four.

The Thorpe/Handasyde walking duo opened the day with a 3rd and 5th in 6-55 and 7-13, while Rog Glass had to settle for 2nd place in the Shot Put with a toss of 12.35m. Craig Hilliard contested the 400 Hurdles but the Preston athlete was too good and Craig ran 2nd in 54.9; Dave Alder won his heat however, in 58.2.

The 200's were a bit of a disaster, time wise, but the placings were good. Craig was 2nd in 24.3, Dave also 2nd in 24.3, while Bill was 3rd in 24.4, still sore after the opening night of hockey training. Rog Glass continued his run of 2nd places in the Hammer with a throw of 53.26m, while Glen Innes also gained 2nd place in the Long jump with 6.11m. Joe Egg contesting the A Reserve pole vault for the first time, could not qualify, and Preston picked up 11 points.

The 800 men really turned on a show; especially Rog Tallent, who led all the way and won by 35 metres in a good time of 1-52.6. Not to be outdone, Stu Handasyde and Nige Watson ran PB times of 1-56.7 and 2-00.0 for 3rd and 7th places. In the discus, Rog Glass completed his trio of 2nds but the distance was not recorded.

The relay team of Innes, Fleming, Alder and Tallent also ran 2nd to Preston while Warwick DNQ'd in the javelin. The hurdlers Ham and Hare were 3rd and 2nd (no times recorded) and Mal MacFarlane continued on his winning way with a leap of 2.00m in the high jump.

Finally, in the 5000m, Andy Cochrane won in fine style with a time of 15 min. Dick Batchelor was 4th in 16-20 and Charlie Aitken was 5th in 16-40. Final points were: O.S. 143 Kew-Camberwell 79
Preston 185 Frankston 24

Team manager Alex Hooley and exhausted captain Andy Aitken put together this....

STB JUNIOR REPORT

Fortunately, the editor's meat cleaver was not needed at the finish line today (Sorry, I couldn't make it, fellas). We went down to Box Hill 1 and Waverley 1 with all guns firing. Depleted though we were, with some of our stars absent due to rowing, cricket and injuries, we battled on and no less than six of the illustrious members of our team recorded PB's.

Dave Y. started the day by recording a 3rd in the hammer (29.10m). Andrew McLean, a last minute substitute for Pete W. in the walk registered a PB of 9-26 - Well done, Andrew.

David E., Peter T. and Doug E. each managed a 4th in the 200m (25.5, 25.3, 26.8) and Peter T., who was suffering a twisted ankle, gallantly completed the long jump also for 4th place (5.44m). David E. then came home with a PB of 43.04m in the javelin and Ross H., Paul S. and Andrew A. almost dead heated in the 800m for 2-07.4, 2-07.6 and 2-07.6 resp.

Dave Y. managed 3rd in the shot put (11.13m) and the relay team of Dave E., Doug E., Ross H. and Paul S. limped home in 4th place. Still we continued firing - next event was a bulls-eye. Mike S. came 1st in the high jump with a PB of 1.95m (for the Imperialists - close to 6ft 5in.). With Peter T. now out with injury, Paul S. competed in the 110 hurdles with Dave E. Paul did a PB of 19.3, while Dave did 20.1.

The last event, the 3000m, was crucial and our finest hour had at last arrived. At this vital stage, we were 4th, yes, last. Would our long distance runners John C. and Dick M. rise to the occasion and damn the enemy - yes, dear readers, they did. Each recorded PB's of 9-33 and 9-37 resp. and scored 14 magnificent points for the team against 7 by Box Hill 2 and thereby pipped them for 3rd place in the venue final. For the record, final points were:

Box Hill 1	122
Waverley 1	86
ONS SCOTCH	83
Box Hill 2	80

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ROUND:

At Box Hill on Saturday, a STOP WATCH. Apply to Ross Hooley ; ring 297135.

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VIC CHAMPES RESULTS

Heats:	Open 1500m	Cochrane	4-06.5	DNQ for final
	U 19 800m	Hooley	2-03.9	"
		Synon	2-17.8	"
	U 19 3000 walk			
	Final	Cooper	15-09.9	DISQ
	U 19 2000 Steeple	Cormack	6-39.9	Qual.
		Hooley	6-57.6	DNQ
	U 19 100m	McLeish	23.8	"
	Open 1000m	Cochrane	15-12.4	"
		S. Handasyde	15-20.8	"
	Open 400 Hurdles	Hilliard	54.5	Qual.
	U 19 1500m	Cormack	4-24.5	DNQ
	Open 800m	Tallent	1-56.8	Qual. for semi.
		Hooley	2-05.3	DNQ
	Open steeple	Cochrane	9-21.1	"
	U 19 400m	McLeish	51.6	"
	U 19 5000m	Cooper	16-14.5	Qual.
Semis:	Open 800m	Tallent	1-51.6	Qual.
Finals:	Open High jump	MacFarlane	3rd 2.05m	same height as the winner,
	U 19 Steeple	Cormack	scratched	
	Open Hammer	Glass	3rd 53.98m	
	Open 40 C Hurdles	Hilliard	6th 54.7 approx.	
	Open 800m	Tallent	7th 1-52.7 approx.	
	U 19 5000m	Cooper	DNF	

CITY OF MELBOURNE RESULTS:

U 17 High jump	Smith	3rd	1.95m
U 17 1500m	Cormack	5th	4-17.3 PB
U 15 100m & 200m	Ralston	Times and placings withheld.	

VICTORIAN TEAM FOR AUSTRALIAN CHAMPS

Following their performances in the Vics, Bog Glass and Mal MacFarlane have been selected in the Vic Team. Congratulations to both.

HAVE YOU FORGOTTEN ABOUT MERRICKS?

Well, here's a reminder.

The Merricks cricket match and wine bottling is on this Sunday, the 5th March. On Saturday night there is an added attraction, a party. It starts around sevenish and features good music and promises to be a hilarious evening.

There is lots of room in the woolshed to stay over night or a comfortable house if you don't want to rough it.

The Sunday events kick off at around MIDDAY.

EVERYONE IS WELCOME.

How do you get there?

Take the FRANKSTON)FLINDERS RD. GO THROUGH BALNARRING AND PAST THE MERRICKS BEACH RD. (which is a mile and a half further on). The house is the 3rd drive on the left past the Merricks Beach Rd (another half mile). When in doubt check your Melways.....

TRANSPORT

Ring	Gregor Evans	8485755
	Alan Hooley	297135
	Bill Fleming	804259

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SEASON LADDERS at end of Round 12

<u>B GRADE:</u>		<u>SUB JUNIOR</u>		<u>UNDER 15:</u>	
B.H. 1	36	B.H. 1	40	B.H. 1	48
SSH	32	OLD SCOTCH	45.6	Waverley 1	46
POW HOUSE	26	D.H. 2	45	B.E. 2	43
B.H. 2	25	Waverley 1	43	B.E. 3	39
O. Garey	22			Waverley 2	38
OLD SCOTCH	20			OLD SCOTCH	37.2
<u>C GRADE:</u>				<u>UNDER 14:</u>	
O. Molt.	34			Waverley 1	44
B.H. 1	31			Waverley 2	43
SSH	28			B.H. 1	43
B.E. 2	25			Waverley 3	38
Waverley	25			B.E. 2	32
OLD SCOTCH	22			OLD SCOTCH	30

-000-

TWILIGHT MEETING

On Tuesday, 7th March at Olympic Park your last chance but one for a PB. The program starts at 6.00pm and concludes at 9.15 approx. Almost all events are to be held; programs available from Greg Evans.

Entries for all events will be taken on the day at a table set up near the finish line. Entry fee is 50c per event and every competitor will receive a ticket for each event he or she enters, which must be handed to the starters assistant immediately prior to their event.

NO TICKET, NO START!

All events will be graded according to previous performances by the starters assistants so that competitors will be of comparable standard.

PD MEETING

Another one like the above, only it is to be held on Saturday, 18th March at Olympic Park, Program starts at 1.00pm and concludes at about 5pm.

Otherwise, all information is the same as for the twilight meeting.

TIMETABLE

	Tuesday	Saturday
400 Hurdles	6.00	1.00
Discus	6.00	Javelin 1.00
Long jump U17/15	6.00	Triple 1.00
3000m	6.15	1.15
800m & 200m	6.30	200m 1.30 800m 2.10
Shot put U17/15	6.45	2.00
High jump U17/15	6.45	2.00
Long jump	6.45	Jav. U17/15 3.00
3000 walk	7.20	3.00
110 hurdles	7.30	3.00
Shot put & High jump	7.30	3.00
Discus U17/15	7.30	Triple U17/15 3.00
1500m	7.50	3.30
100m	8.00	3.40
3000 Steeple	8.30	4.10
400m	8.50	4.30
5000m	9.00	4.40

OLD SCOTCH END OF SEASON BBQ

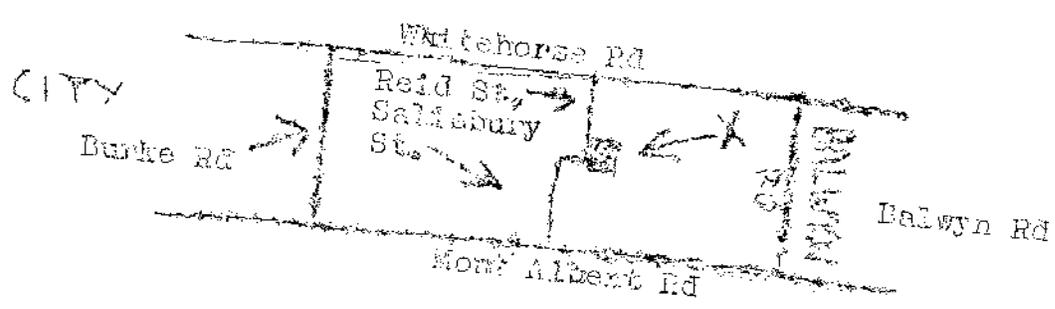
at
BILL FLEMING'S PLACE
29 REID ST
BALWYN

on 11th MARCH
at 6.00 pm

BBQ MEAT, GROS and BATTER for a really fun evening with pool,
smoker table,
MERIT CERTIFICATES and
AWARDS OF THE WEEK AWARDS

X marks the spot on the map below where the Old Scotch Annual End
of Summer Season BBQ will be held.
Come one, come all
You'll have a ball!!

HOW TO GET THERE:



See MBLWYNS
Map No. 15

OLD SCOTCH C.A.A.C. NEWS-SHEET

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SUMMER SEASON NO. 21

12 March 1978

This is the wrap-up news sheet for your summer editor, Bill Fleming. After something like a dozen issues, Bill hands the reins to the cross-country editor, Mike Vallence, who takes charge for the winter season.

Throughout the summer season, the news sheet has had to rely on you, the athletes, for reports, results and other articles of interest. Thanks must go to the team captains and others for their reports, especially Ross Hooley of the Sub Junior team and Nick Tapp of B Grade. Other contributors were Greg Evans, with many Championship results and special meeting results, who kept the club in contact with our top athletes. Thanks also to the people responsible for producing the advertising supplements that appeared at various times during the season. Helping with production of this publication at times were Nick Tapp and various members of the Fleming family; their assistance was greatly appreciated when the deadline approached a bit too quickly!

In this issue you will find....

Cricket match and Wine Bottling report.

End of season non-BBQ report

Vic Under Age Champs results

Merit Certificate, Athlete of the Week Award recipients.

CRICKET MATCH AND WINE BOTTLING as seen through the eyes of Bill Fleming...

On the 5th March, at the Handasyde farm in Merricks, the Old Scotch Cricket match and wine bottling was held.

The wine bottling was a rousing success with many club members indulging in the art of bottling their own whites, reds and fine, very old ports. The wine itself was excellent for quaffing in the heat at the cricket, and proved a very popular drink for the BBQ and for the end of season fun at the Flemings'.

While the bottles were slowly being filled, corked, labelled, uncorked and emptied, and the chops, steaks and snags sizzled contentedly on the BBQ, several keen sportsmen (and women) were battling for the Old Scotch Ashes.

The match was opened by the Senior team with Phil Barton and Ian Handasyde opening. As it turned out, in the 32 overs bowled, the Senior team clubbed the Junior bowlers all round the ground, amassing a huge total of 244 for the loss of 14 wickets. This included not out stands of: 33 by Mark Purvis, 30 by Greg Evans and 33 by Steve Hare; backed up by a good score of 28 from Johnny Thorpe. The best of the Junior bowlers was Timson with figures of 3 overs, 2 for 7, closely followed by Ross Hooley who bowled 3 overs, snapping up 2 wickets for 9 runs.

Needing 245 to win in 32 overs, the Junior team set to the task with a quick run spree from Dave Ham; however as the score hit 13, Nick Tapp was bowled for 2 runs and from this point the scoring rate was contained by some good bowling, including a maiden from Mark Purvis. The highlights of the Junior batting included a not out stand of 30 runs (including 6 fours and 1 six) and a further innings of 21 with 5 fours, by Andy McLean, a dogged stand of 4 runs from Judith Edwards and another stand of 4 from the captain of the team, Alan Hooley. Unfortunately, such talent was not enough as the wickets tumbled and the Juniors were bundled out for 162. The best of the Senior bowlers was Stu Handasyde with figures of 2 overs, 3 wickets for 3 runs, followed by Hore with another 3 wickets.

So the Senior team won by 82 runs and took the Old Scotch ashes, presented at the end of season function a week later.

A good time was undoubtedly had by all and for this we thank the organisers, and the Handasydes for the use of their property. I (and I am sure many others) look forward with keen anticipation to another enjoyable day like the Sunday at Merricks.

Now, turn the page for a complete run down on the scores as prepared by the scorer, Bill Fleming.....

SENIOR TEAM

<u>Batsman</u>	<u>Score</u>	<u>4's</u>	<u>6's</u>	<u>How out</u>
Barton	15	3	-	c. Tapp b. Stoyles
Handasyde I.	21	3	-	b. Roberts
Wilson	4	1	-	c. Aitken b. Timson
Purvis	33	3	1	not out (retired)
Marx	2	-	-	b. Aitken
Tallent	15	1	1	c. Ham b. Timson
Handasyde S.	2	-	-	c. McLean b. Yunghanns
Thorpe	28	3	2	b. Ham
Evans	30	3	2	not out (retired)
Ramsay	4	1	-	lbw Stoyles
Hare	33	2	4	not out (retired)
Ransome	19	2	1	run out
Hore	7	-	1	b. Hooley
Vallence	6	1	-	c. & b. Hooley
Extras:	16			
Total:	244			

<u>Bowling:</u>	O	W	R	O	W	R	
Ham	4	1	36	Edwards	3	0	32
Aitken	3	1	24	Yunghanns	3	1	12
Stoyles	3	2	26	Cooper	2	0	27
McLean	3	0	14	Roberts	2	1	11
Timson	3	2	7	Hooley	3	2	9
Symon	3	0	22				

JUNIOR TEAM

<u>Batsman</u>	<u>Score</u>	<u>4's</u>	<u>6's</u>	<u>How out</u>
Ham	16	2	-	lbw Vallence
Tapp	2	-	-	b. Marx
Yunghanns	6	1	-	b. Handasyde I.
Roberts	4	1	-	c. Barton b. Hare
McLean	30	6	1	not out (retired)
Symon	8	-	1	b. Ramsay
Edwards	7	-	1	b. Handasyde S.
Hooley	1	-	-	c. Handasyde S. b. Marx
Stoyles	5	1	-	c. Handasyde I. b. Ransome
Aitken	15	2	1	c. Tallent b. Hore
Timson	6	-	-	c. Hore b. Hare
Cooper	2	-	-	c. Hore b. Evans
Mrs J Edwards	4	-	-	c. Purvis b. Tallent
Mr A Hooley	4	1	-	c. Thorpe b. Handasyde S
Ham	1	-	-	run out
McLean	21	5	-	b. Hore
Tapp	12	2	-	run out
Yunghanns	4	1	-	not out (compulsory closure)
Extras:	17			
Total:	162			

<u>Bowling:</u>	O	W	R	O	W	R	
Tallent	3	1	17	Purvis	2	0	2
Thorpe	3	0	23	Hare	2	2	8
Marx	3	2	9	Hando. I	2	1	7
Barton	3	0	10	Evans	2	1	8
Hore	3	3	13	Ramsay	2	1	15
Ransome	3	1	27	Hando. S	2	3	3
Vallence	2	1	6				

-000-

VICTORIAN UNDERAGE CHAMPIONSHIPS

While the rest of the club was cricketing and bottling, two Old Scotch athletes were working hard at the Vic Underage Champs. Both of them performed exceptionally well.

Mike Smith contested the High jump and cleared 1.95m (about 6'5") to win the event, and make Mike the Under 17 High jump Champion of Victoria. This is a tremendous achievement and we wish him heartiest congratulations.

John Cormack, another top underage athlete, broke both the Under 17 and Under 19 records for the 2000 Steeple by approximately 10 seconds. He gained 3rd placing in the event with a time of 6-23.0.

Both of these athletes are set to make a big impact on the club as two of our top athletes.

END OF SEASON NON-BBQ by Bill Fleming

By some mysterious quirk of fate, as soon as we decided to have a BBQ, the first Total Fire Ban Day for over a month was announced. Naturally, this rather changed plans for the end of season turn at the last minute, forcing us to seek alternative eating arrangements. On top of this, the weather threatened to break at any moment which would have sent us all running for cover. However, as it turned out, the temperature remained on a warm 32° (it was still 30 at 1.00am) for the whole night, making it a perfect evening for eating outside and having a swim or two.

With plenty of salads for everybody and cold meats to supplement these, the spread was really excellent. For this we must thank all the members of the committee for their salads, chips, bread and desserts. The meal was topped off with pavlova, cheesecake and ice cream, which really made the dinner enjoyable despite the lack of a BBQ.

When the feasting had concluded, Stu Facey and Phil Barton awarded the merit certificates and athlete of the week awards to those athletes who had performed well throughout the season (a list of their names appears below).

Finally, the major event of the night, the senior vs junior water-polo tournament began in earnest. The junior team boasted such stars as Mike Smith, Howie Cooper, Dave Yunghanns, Dave Edwards, Andy Roberts and the editor's brother, Rick. Lining up on the other side were the immensely strong and superbly talented senior team (slight editor's bias here) with the infamous President Facey, the tantalising Nick Tapp, the quick-as-a-flash Ian Handasyde, the dazzling Greg Evans, the dynamic Pete Thompson, the tremendously talented Ross Hooley and the run-rings-around-you Bill Fleming. The match carried on for about 2 hours till after midnight, when the stacked junior team was declared the winner. This decision was hotly disputed by the seniors, and as no date for a rematch has been set, the result remains unsettled.

The night was another very successful End of Season Wind-up at the Fleming's place with plenty of good food, wine, swimming and snooker. Many thanks to the committee for their help and to Mr and Mrs Fleming for the use once again of their home.

-oOo-

FOUND :

On Saturday night at Bill's place, one footy jumper, one green T-shirt and one O.S. T-shirt, all belonging to Dave Edwards. Please ring Bill on 804259.

-oOo-

AWARDS

Merit Certificates:

- | | | |
|----------------|---------------|----------------|
| John Cormack | David Findlay | Stu Handasyde |
| Dave Edwards | Neil Louis | Craig Hilliard |
| Ross Hooley | Iain Ralston | John Knight |
| Mike Smith | Dave Alder | Mal MacFarlane |
| Dave Yunghanns | Howard Cooper | Rog Tallent |
| Peter Findlay | Greg Evans | Nick Tapp |
| Ian Kerr | Bill Fleming | John Thorpe |
| Ian Munro | Roger Glass | Alan Hooley |
| Andrew Roberts | | |

Athlete of the week awards:

- | | | |
|--------------|--------------|----------------|
| John Thorpe | Andy Roberts | Dave Yunghanns |
| Howie Cooper | Mike Smith | Rog Glass |
| Rog Slade | Dave Edwards | Rick Dillon |
| Iain Ralston | | |

Major awards:

- Best Under 17 athlete: Mike Smith
- Best Under 15 athlete: Ian Munro and Andrew Roberts (aeq.)
- Best Under 14 athlete: Iain Ralston

-oOo-

T-SHIRTS

Only \$5.00 with Run for fun with Old Scotch on the front and Caution Road Runner Ahead (including a picture of a road runner) on the back. Great value and great fun. Ring Stu Facey about getting one on 569 8553.

-oOo-

Well, that's about it for this season from me.... See you later.... I've enjoyed very much producing the news sheet. Thanks to all who helped.