

Dyson Call For Entries

[Campaign Preview](#)[HTML Source](#)[Plain-Text Email](#)[Details](#)

[View this email in your browser](#)



First and final call for entries for the Dyson (Tan) relay this Saturday 18th May at 2:30pm

Dear all,

One of the premier events of the season, the Dyson relays, is only a few sleeps away - Saturday 18th May at 2:30pm. This event is a relay around Melbourne's iconic Tan track, where so many epic contests have taken place over the decades. Getting a "Tan time" is a great way of finding out just how well one is travelling (or in my case, how quickly I am going backwards!) and the relay format promotes a strong sense of team as well as providing ample opportunity to show support for our colleagues in cardinal.

Given the logistical issues of sorting relay teams, I would kindly request that you let me know if you are planning to come down for a run, so I can have draft teams ready to go on Saturday. If you have a preference for running position, I will do my best, but it may not be always possible to meet all requests!

So if you are interested, that's great - please email me by Thursday evening at the latest at petesimm@yahoo.com.au, with a rough idea of your likely Tan time (I won't hold you to it!). If you have any issues on the day please text me on 0407 965 560 so I can adjust the teams as required.

Looking forward to seeing another sea of red singlets on Saturday!

Cheers,

Pete Simm
VP Cross Country



Copyright © 2020 Old Scotch Athletics Club, All rights reserved.

Your are receiving this email because you are a current member or supporter of Old Scotch Athletics.

Our mailing address is:

Old Scotch Athletics Club
1 Morrison Street
Hawthorn, Vic 3122
Australia

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).



190708 McPhail

[Campaign Preview](#)

[HTML Source](#)

[Plain-Text Email](#)

[Details](#)

[View this email in your browser](#)



This edition:

Welcome to our new President, Tom Russell

Report on AGM and Presentation - a happy night of celebration

McPhail - June 8th - a sea-of-red - with 33 OS competitors including 10 Scotch schoolboys.

We welcome 4 new members - Harry Shao, Lachlan Stewart, Sebastian Brasington and Will Dixon, , We now have 62 APSOC members.

Next Event - Williamson at Berwick - June 29th at 2.30.- it would be great to have all 62 running - see you there

Rob Wilson - Newsletter



Tom Russell - our New President

At our recent AGM, Tom Russell was elected President, replacing Rob Wilson. Tom was previously VP Track and Field. He has led from the front in steering our resurgent performance on the track which culminated in OS winning the U20 Premiership.

Committee for 2019-20

President - Tom Russell

VP Cross Country - Peter Simm

VP Track and Field - Harrison Carr

Treasurer - David Leeton

General Committee

Ian Handasyde

Hamish Watson

Robert Wilson

Retiring Committee Members

Gregor Evans

Sarah Lester

AGM and Presentation of Trophies - a happy night of celebration - 3rd May 2019



President's Report - Rob Wilson

This will be my last President's report as I will be stepping down at this meeting. I will however remain on the Committee.

I am doing so because I think that it is part of good governance and good succession planning that the President should only serve for a limited time, preferably for 2 years. I

planning that the President should only serve for a limited time - preferably for 2 years - I have served 4.

Being on the Committee and being President should be enjoyable, which it has been for me. Knowing the length of the term makes it easier to make a commitment. You give it a red-hot go for a couple of years and then pass the baton.

It helps the club to innovate and to stay relevant. It means that everyone on the Committee has the opportunity to become President.

We have had a good year. The club is moving in the right direction with the number of members up in both summer and winter, and the results coming.

Winter membership increased from 42 in 2017/18 to 61 in 2018/19.

Track and field membership increased from 55 to 79 this year

On the track it was a break-through year with our U20 premiership, our 6th place for our U16 team and our 4th place for our Open.

The recent team win in the Jamieson was our first in 17 years – which was the average age of the team.

Our Masters Athletes led by the Mark Purvis and the amazing Andrew Jamieson continues to win medals.

In February last year we launched the Old Scotch Athletes and Coaches Development Fund through the Australian Sports Foundation. This together with a \$2000 donation from OSCA raised \$6030. We have paid out or are committed to pay \$7200.

This year we have raised \$4639.00 which includes the \$1000 from the Trivia night. Those contributing to the fund in 2019 are Jon Holmes, Mark Purvis, Nick Wallace Smith, Neil Lucas, David Leeton, Hamish Watson, Peter Simm, Caroline Beischer, Colin Findlay, Andrew Jamieson, Ross Hooley and myself. We are still seeking additional sponsors.

This important initiative has given us the funds to support our athletes and coaches attend national and international championships. It has enabled us to fund new member initiatives which includes free singlets to new members.

It is assisting us to raise the profile of athletics at Scotch – it would be great to see Scotch move into the top 3 from our current 6th place.

And importantly it has enabled us to be competitive with the larger clubs who support their athletes with coaching and financial assistance.

Our Treasurer David Leeton will report that our finances are in a strong position.

Our coaches, Gregor Evans and David Lightfoot have active squads of juniors which include athletes from other schools. Both have done a fantastic job. It was great to see the enthusiasm of our juniors at the Track and Field final and the support they are getting from their parents – a number of whom we welcome here tonight. It is a team effort between the

club, the coaches, the athletes and their parents.

Tom Russell has provided great leadership in Track and Field area over a number of years. I remember attending a meeting at Nunawading 3 years ago – we had about 6 competitors which included Andrew Jamieson. Tom was there – I remember him chasing me into the car-park to thank me for attending. He has certainly led from the front.

Another who has led from the front is Mark Purvis. He does an amazing amount for our club, for APSOC and for APSU, which had a great year last year. Mark also completed his 2nd sub-3 hour marathon when in his 60's

Recruiting of members is vital for our future.

We have a strong model with members coming from juniors, from APSU and from our long-term runners like Col Findlay, Nigel Watson, Tarquin Oehr and the Holmes. Col ran every APSOC event in his 80th year. It was really pleasing to welcome back Andrew Aitkin at the Jamieson after an absence of 10 years.

Our revival has been built on encouraging participation and making this club an enjoyable one to belong to and to achieve your athletic goals.

We all have different goals for running with OS. Mine is stay fit and active and to enjoy running with friends and acquaintances. It provides me with the incentive to put my shoes on.

On your behalf, I would like to thank our Committee.

A Strong Committee is the basis of a strong club.

Our meetings are enjoyable with plenty of discussion and a little humour from Pete Simm. Gregor Evans will be leaving the Committee yet again. He re-joined 4 years ago for a couple of years. He understands this club and athletics better than most and is always coaching us to improve. No doubt he will continue from the sidelines. Sarah Lester is leaving to do an MBA in Cambridge – how good is that. Please thank them.

Hamish Watson and David Leeton joined this year – David as Treasurer taking over from Nick Wallace-Smith. Hamish was race-day organizer at the Jamieson

Tom Russell was our Vice President of Track & Field

Pete Simm was our Vice President of Cross Country and a member of the APSOC committee. It was great to see Pete enjoying running 1500m during the track season – pretty fast too.

Ian Handasyde did some walking over summer earning some points but also the wrath of the judges. He is always around helping. He was the quiz master at our successful trivia night which raised \$1000 for OS and \$200 for the Graham Wise fund. Ian is currently working on our website.

Please thank your committee.

The club is in a good place and has an exciting future. There is much to be done.

Finally I would like to thank everyone for their support. There is so much goodwill in this club and there are so many positive people who are willing to put in it has been a privilege to be your President.

Thank you.

Treasurer's Report - David Leeton

Presentation	
Income	
Net income was	\$ 7,815.26
Up	\$ 5,651.08 from last year
Largely explained by	
Donations	\$ 3,910.00
Subscription	\$ 2,296.25
major donation sources came from the Nationals donation drive plus \$2,000 donated from OSCA	
Expenses	
Total expenses equalle	\$ (3,106.86)
Variance of	\$ 3,269.88
However these numbers are distorted due to the fact that we still need to pay \$2,100 in athlete and coach assistance grants to compete at the Australian Nationals	
Accounting for these payments we're still 1,169 better off	
Balance sheet	
Cash at bank at 31 Marc	\$ 20,549.78
An improvement of	\$ 4,708.40
This will reduced by \$2,100 when the Athlete assistance packages of \$2,100 are paid	

Cross Country Awards 2018-19 - Pete Simm

Very pleased with Junior numbers. + A large turnaround with participating numbers.
Great to win The Jamieson with such a young team. Future looking bright.
Big thanks to Dave Lightfoot training and inspiring his young group.

AWARDS : Cross Country Champion - Harrison Carr
Best U20 Athlete - Ed Beischer
Best Club Person - Tamami Holmes
Road Champion / Hooley Award - Harrison Carr
Best Female Athlete - Heather Danks
Most Outstanding Athlete - Harrison Carr.





Heather Danks being congratulated by Pete Simm





Harrison Carr

2019 Track and Field Report - Tom Russell

We had a very good start to the season and carried it on.

All three teams (Open, U20, U16) made the finals, Excellent effort. U20 won.

Again huge thanks to coaches Greg Evans and Dave Lightfoot plus involvement from Doug Campbell.

The group continue to recruit more people. Very positive trend in the group.

We had 26 athletes compete during the season. 10 qualified for the Nationals.

6 competed in the nationals in Sydney.

Ronghao Chen (U14) broke 7 records during the year + was selected in Vic team.

Shield Finals Medals were presented to winning teams.

AWARDS : Best Open Athlete – Harrison Carr
Best U20 Athlete - Ed Beisher / Chris Papapetrou
Best U18 Athlete - Cameron McKenzie
Best U16 Athlete - Olivia Nigido-Scott / Fred Leeton
Best U14 Athlete - Ronghao Chen
Best 1st Year Athlete - Tom Bowers

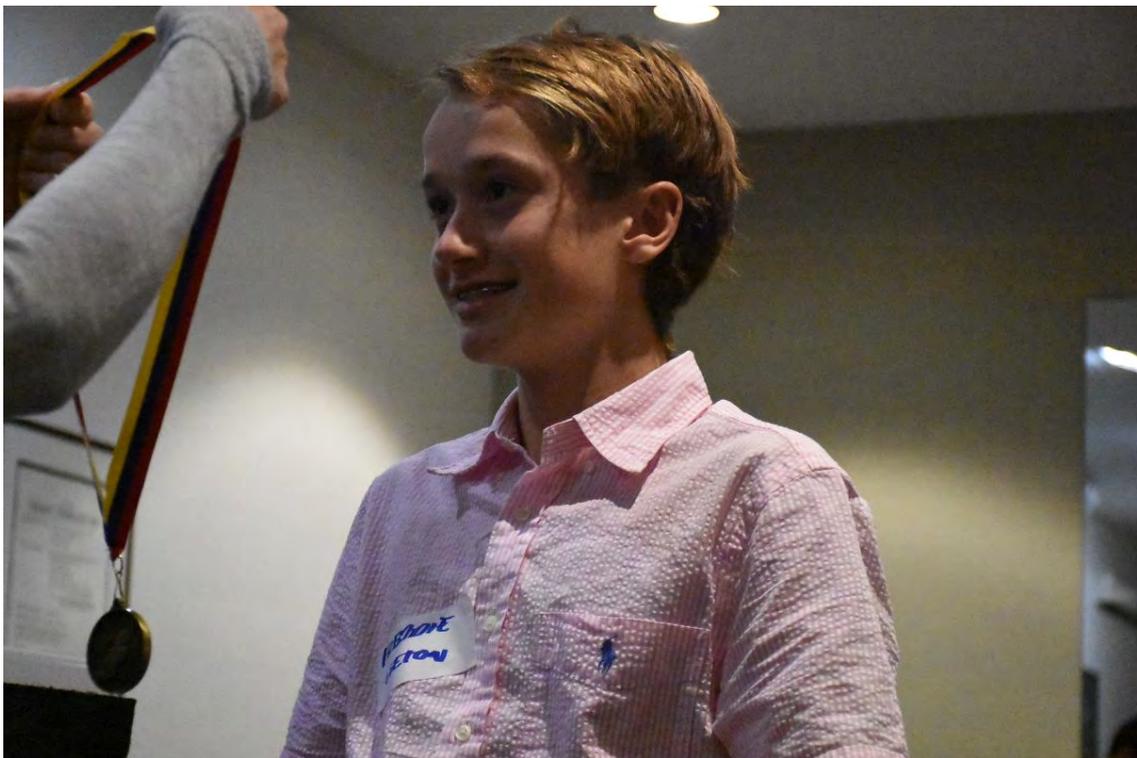
From such a successful year we are looking to increase numbers and to perform even better next season.



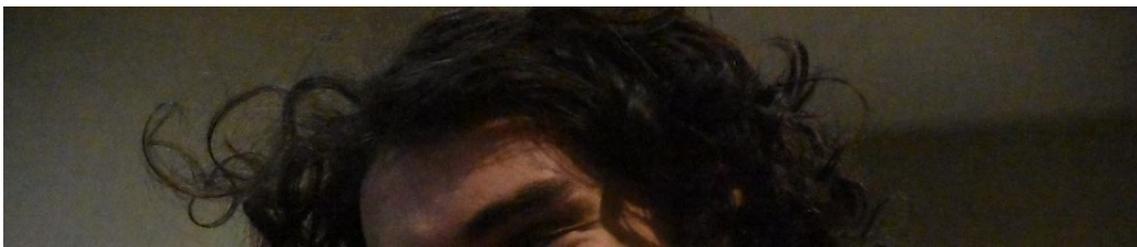
Tom Russell



Mari Campbell



Fred Leeton





Chris Papapetrou



Cameron McKenzie





Olivia Nigido-Scott



Ronghao Chen



Ed Beischer



Lisa and James Lightfoot



Ben Beischer

McPhail - Saturday 8th June - Yarra Bend





Yarra Bend Park - a serene scene on a beautiful winter's morning



Jerry Burke and Peter Bruce . Peter was rarely beaten in the 70's - just ask Nigel Watson - who was runner-up many times.



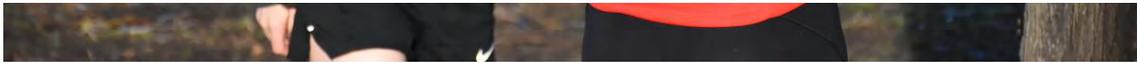


Heather Danks keeping warm before the start



Ross, Pete and David





Vic and Beck



Anthony and David Lightfoot's squad.



Vic, Beck, Janet, Heather and Tamami





Will, Rob, Harry, Lachlan



Ben and Tom





A time for mental preparation



Continued



A sea of red - 33

7/30/2020 10:30



Harrison Carr leads the charge





Ed - 3rd overall and 4th on handicap - and Freddy Leeton



Tom, Rob, Antony and Lachlan





Sister Vic leads brother Lachlan



Tom Bowers - 4th overall





Sebastian Brasington - 5th





Pete Simm continuing to improve - 8th overall and 1st M40



Ben Lloyd



Brett Dickinson - 2nd M40



Nick McGuire



Two Master's champions - Anna Kasapis and Rob Schwerkolt - 2nd M50





Harry Shao and Will Dixon



Mark Purvis back from injury - 1st M60





David Leeton 3rd M50



Tom Worsteling



Rob Holmes





Gary Zuccala -- 5th M50



Vic Broughton





Antony Van Eeten



Lachlan Stewart





Heather Danks - 3rd W50 and Rebecca Dutkowski



Ross Beecroft



Andrew Aitken and Tamami Holmes





Tamami - 5th W50



Norma Gonzales - handicap winner





Geoff Coster, Jon 6th M60 and Janet Holmes 2nd W60



Nigel Watson



Pete Dodgshun doing it tough



The McPhail done



Margaret Fitzgerald and winner Norma Gonzalez from OC





Pos	Athlete	Club	Time		Age Grading
1	Paisley, Jason	OX	26:45.58		80.23%
2	Carr, Harrison	OS	26:57.87	1st M23	78.62%
3	Beischer, Ben	OS	26:58.08	2nd M23	79.28%
4	Bowers, Tom	OS	27:29.14	3rd M23	78.74%
5	Brasington, Sebastian	OS	28:36.14	4th M23	75.66%
6	Malone, Harrison	CGA	28:56.34		73.26%
7	Parsons, Michaela	OH	28:58.81	Female	82.93%
8	Simm, Peter	OS	29:01.02	1st M40	78.02%
9	Lloyd, Ben	OS	29:06.05	5th M23	72.85%
10	Dickinson, Brett	OS	29:20.24	2nd M40	77.77%
11	Holt, Simon	OX	29:30.52		73.48%
12	Davie, Bruce	OX	29:36.30	1st M50	84.28%
13	McGuire, Nick	OS	29:55.81		70.83%
14	Schwerkolt, Robert	OS	30:07.84	2nd M50	81.43%
15	Kasapis, Anna	OW	30:11.96	Female	1st W40 82.38%
16	Da Silva, Rene	OX	30:14.43		70.50%
17	Johnstone, Jarrod	OX	30:25.05		69.79%
18	Haines, Tristen	OX	30:40.58	3rd M40	72.13%
19	shao, harry	OS	30:44.55	6th M23	71.42%
20	Dixon, Will	OS	30:46.46		69.47%
21	Purvis, Mark	OS	31:16.74	1st M60	84.82%
22	Westcott, Mark	OC	31:29.71	4th M40	74.77%
23	Leeton, David	OS	31:33.87	3rd M50	76.44%
24	Undrill, Julie-Ann	OW	31:34.71	Female	77.16%
25	Peacock, Scott	OH	31:47.18	5th M40	71.23%
26	Worsteling, Tom	OS	31:52.18		67.91%
27	Jackson, Declan	OX	32:06.78		66.06%
28	McNeill, Tim	OX	32:10.34		67.40%
29	Russell, Tom	OS	32:14.05		65.77%

30	England, Peter	OX	32:18.93		4th M50	77.21%
31	Lynch, Joseph	SK	32:43.43		6th M40	69.18%
32	Louey, Andrew	CGA	32:58.84			64.64%
33	Down, Andrew	OB	33:09.52		5th M50	72.77%
34	Holmes, Robert	OS	33:11.11			64.24%
35	Martini, David	OX	33:18.68			67.45%
36	Zuccala, Gary	OS	33:27.27		6th M50	75.23%
37	Manning, Julie	OX	33:28.71	Female		71.96%
38	Boughton, Victoria	OS	33:40.65	Female		71.86%
39	Marshall, Cameron	OX	33:58.96			63.68%
40	Gasson, Dean	OH	34:02.18			70.32%
41	Graham, Bianca	OX	34:19.74	Female		70.97%
42	Garrett, Todd	OW	34:20.55			72.04%
43	Meek, Robert	OX	34:24.24			74.42%
44	O'Callaghan, Alexander	OX	34:28.93			61.51%
45	Martin, Anne	CGA	34:38.81	Female	1st W50	79.04%
46	Prosser-Roberts, Oliver	OX	34:49.18			60.93%
47	Kift, Edward	OX	34:56.08			63.82%
48	Doble, Samuel	SK	35:06.05			60.40%
49	Hinckfuss, Susan	OX	35:08.93	Female	2nd W40	73.71%
50	Van Eeten, Antony	OS	35:17.40			64.65%
51	Bolton, Chris	OM	35:20.71			69.41%
52	Scully, Hamish	CGA	35:23.81			59.89%
53	Stewart, Lachlan	OS	35:26.71			61.94%
54	Harris, Julian	OX	35:50.46			59.15%
55	Riordan, Heidi	OX	35:52.40	Female		67.46%
56	Janssens, Kristel	OW	36:01.30	Female		68.27%
57	Del Ponte, Robert	OX	36:06.08			59.75%
58	Jacobson, Stuart	OH	36:14.37			64.46%
59	Nixon, Jacqui	OX	36:16.05	Female	3rd W40	69.58%
60	Powning, Georgia	OX	36:16.87	Female	1st W23	66.42%
61	Turner, Sally	OW	36:18.52	Female	2nd W50	81.11%
62	Danks, Heather	OS	36:21.11	Female	3rd W50	74.47%
63	Dutkowski, Rebecca	OS	36:21.55	Female		66.56%
64	Northrop, James	OM	36:32.08			66.04%
65	Lewis, Kieran	CGA	36:33.52			61.46%
66	Pang, Peter	OC	36:35.05			65.96%
67	Gribble, Tawni	OX	37:02.43	Female		64.88%
68	MacFarlane, Abbie	OGC	37:09.93	Female	4th W40	69.05%
69	Dove, Paris	OW	37:21.96	Female		64.47%
70	Costi, Sarah	OX	37:35.87	Female		64.37%
71	Boughton, Lachlan	OS	37:37.68			56.84%
72	Lister, Andre	CGA	37:42.02			56.23%
73	Hall Andrew	CGA	37:45.81			66.64%

73	Han, Andrew	CGA	37:46.37		67.20%
74	Williams, Roderick	OM	37:46.37		67.20%
75	Cassidy, Marc	CGA	37:55.11		60.17%
76	Renehan, Lucy	OX	38:04.14	Female	63.13%
77	Whiteley, Dean	OX	38:18.11		61.98%
78	Kern, Peggy	OW	38:23.37	Female	63.74%
79	Mah, Lincoln	SK	38:33.05		59.18%
80	Bryant, Bree	OGC	38:38.74	Female	62.82%
81	Shaw-Jones, Fleur	OX	38:51.87	Female	5th W40 68.08%
82	Rees, Kevin	OW	39:12.30		58.19%
83	White, Andrew	CGA	39:19.52		59.40%
84	Fitzgerald, Sophie	OX	39:22.24	Female	61.04%
85	Doble, Trish	SK	39:24.02	Female	4th W50 73.82%
86	Lay, George	CGA	39:25.74		54.24%
87	Choong, Jonathan	OX	39:30.30		53.69%
88	Hendy, Xavier	OB	39:32.34		56.58%
89	Wilkinson, Anna	OGC	39:33.05	Female	62.18%
90	Barrett, Joanne	OGC	39:42.21	Female	6th W40 63.56%
91	Phoenix, Zeb	OW	39:44.74		2nd M60 66.75%
92	Ziogos, Anne	OW	39:49.43	Female	1st W60 79.97%
93	Dickmann, Richard	OX	39:55.02		3rd M60 65.29%
94	Becroft, Ross	OS	40:02.08		58.82%
95	Aitken, Andrew	OS	40:10.62		63.73%
96	Holmes, Tamami	OS	40:19.90	Female	5th W50 73.95%
97	Lammers, Monica	OC	40:53.27	Female	6th W50 66.98%
98	Rowe, Andrew	OGC	40:54.27		56.66%
99	Torres, Hannah	OX	41:14.43	Female	58.29%
100	Worsnop, Christopher	OX	41:57.21		4th M60 62.67%
101	Hendy, Madeleine	OH	42:04.96	Female	2nd W23 57.11%
102	Gonzalez, Norma	OC	42:14.24	Female	60.23%
103	Gaddes, Ashlee	OX	42:18.87	Female	56.81%
104	Rickards, Field	OW	42:46.81		5th M60 66.23%
105	Ertl, Rasma	OX	43:57.99	Female	54.72%
106	Barton, Paul	OB	44:06.21		54.71%
	Invitation	IN	44:07.21		
107	Peacock, Thomas	OH	44:15.30		49.61%
108	Gannon, Jonah	OX	44:16.90		47.88%
109	Peacock, Malwina	OH	44:23.18	Female	56.05%
110	Arnold, Darren	CGA	44:26.24		53.42%
111	Watson, Inge	OC	44:33.90	Female	58.73%
112	Whiteley, Montana	OX	44:37.27	Female	3rd W23 53.86%
113	Holmes, Janet	OS	44:49.30	Female	2nd W60 73.04%
114	Holmes, Jon	OS	44:52.18		6th M60 61.93%
115	Coster, Jeffrey	OW	45:02.87		63.59%
116	Smith, Brett	OC	45:46.55		40.00%

116	Simm, Brett	OC	45:40.55		49.00%
117	Watson, Nigel	OS	46:11.52		62.75%
118	Lewandowska, Joanna	CGA	47:07.93	Female	50.99%
119	Thomas, Karen	OB	47:41.99	Female	60.98%
120	Nickels, David	OH	47:48.84		52.63%
121	Steven, Jeff	OGC	48:04.37		51.90%
122	Williams, Elinor	OM	48:52.71	Female 4th W23	49.17%
123	Freeman, Dennis	OW	49:06.84		54.51%
124	Thomas, Lance	OB	49:59.18		50.78%
125	Hendy, Melissa	OB	51:30.58	Female	53.80%
126	Dodgshun, Peter	OS	52:59.65		52.44%
127	Rostron, Laura	OX	55:20.18	Female	44.22%

Also participated:

Barber, Robert	OS
Leeton, Fred	OS
Wilson, Rob	OS

Handicap

Pos	Athlete	Club	Time	Hcap	Adj Time	
1	Gonzalez, Norma	OC	42:14.24	20:31	21:43.52	Female
2	Janssens, Kristel	OW	36:01.30	13:59	22:02.45	Female
3	Malone, Harrison	CGA	28:56.34	6:51	22:04.96	
4	Beischer, Ben	OS	26:58.08	4:42	22:15.74	
5	Down, Andrew	OB	33:09.52	10:53	22:16.72	
6	O'Callaghan, Alexander	OX	34:28.93	12:12	22:17.05	
*	Marshall, Cameron	OX	33:58.96	11:40	22:18.49	
7	Dickmann, Richard	OX	39:55.02	17:35	22:20.45	
8	Phoenix, Zeb	OW	39:44.74	17:20	22:24.42	
9	Barrett, Joanne	OGC	39:42.21	17:16	22:25.74	Female
10	Garrett, Todd	OW	34:20.55	11:54	22:26.07	
11	Dickinson, Brett	OS	29:20.24	6:54	22:26.35	
12	Lynch, Joseph	SK	32:43.43	10:15	22:28.02	
13	Hinckfuss, Susan	OX	35:08.93	12:40	22:28.50	Female
14	Watson, Inge	OC	44:33.90	22:05	22:29.16	Female
15	Simm, Peter	OS	29:01.02	6:31	22:29.62	
16	Holt, Simon	OX	29:30.52	7:01	22:29.65	
17	MacFarlane, Abbie	OGC	37:09.93	14:35	22:34.69	Female
*	Dixon, Will	OS	30:46.46	8:11	22:35.62	
18	Hendy, Madeleine	OH	42:04.96	19:28	22:36.63	Female
19	Jacobson, Stuart	OH	36:14.37	13:35	22:38.97	
20	Cassidy, Marc	CGA	37:55.11	15:15	22:39.76	
21	Schwerkolt, Robert	OS	30:07.84	7:28	22:40.30	
22	Dutkowski, Rebecca	OS	36:21.55	13:34	22:47.47	Female
23	Haines, Tristen	OX	30:40.58	7:47	22:53.79	
24	Boughton, Victoria	OS	33:40.65	10:45	22:55.45	Female

25	Doble, Trish	SK	39:24.02	16:27	22:56.84	Female
26	Pang, Peter	OC	36:35.05	13:33	23:01.85	
27	Northrop, James	OM	36:32.08	13:28	23:04.15	
28	Rickards, Field	OW	42:46.81	19:40	23:06.89	
29	Undrill, Julie-Ann	OW	31:34.71	8:27	23:07.94	Female
30	Peacock, Malwina	OH	44:23.18	21:15	23:08.17	Female
31	Da Silva, Rene	OX	30:14.43	7:04	23:10.58	
32	Martin, Anne	CGA	34:38.81	11:28	23:11.27	Female
33	Becroft, Ross	OS	40:02.08	16:50	23:12.43	
34	Worsnop, Christopher	OX	41:57.21	18:44	23:13.16	
35	Russell, Tom	OS	32:14.05	9:00	23:14.17	
36	Williams, Roderick	OM	37:46.37	14:28	23:18.46	
*	Lloyd, Ben	OS	29:06.05	5:47	23:19.39	
37	Boughton, Lachlan	OS	37:37.68	14:18	23:19.72	
38	Coster, Jeffrey	OW	45:02.87	21:43	23:20.36	
39	Manning, Julie	OX	33:28.71	10:08	23:21.13	Female
40	Leeton, David	OS	31:33.87	8:12	23:22.07	
41	Kasapis, Anna	OW	30:11.96	6:47	23:24.89	Female
42	Carr, Harrison	OS	26:57.87	3:30	23:28.18	
43	Doble, Samuel	SK	35:06.05	11:37	23:28.63	
44	Shaw-Jones, Fleur	OX	38:51.87	15:23	23:28.64	Female
45	Turner, Sally	OW	36:18.52	12:48	23:30.90	Female
*	Reghan, Lucy	OX	38:04.14	14:32	23:31.99	Female
46	Davie, Bruce	OX	29:36.30	6:01	23:35.26	
47	Peacock, Scott	OH	31:47.18	8:11	23:36.12	
48	Ziogos, Anne	OW	39:49.43	16:13	23:36.20	Female
49	Holmes, Tamami	OS	40:19.90	16:42	23:37.65	Female
50	Louey, Andrew	CGA	32:58.84	9:18	23:40.73	
51	Meek, Robert	OX	34:24.24	10:41	23:43.09	
52	Graham, Bianca	OX	34:19.74	10:36	23:43.54	Female
53	Bolton, Chris	OM	35:20.71	11:34	23:46.78	
*	Worsteling, Tom	OS	31:52.18	8:01	23:51.16	
*	Brasington, Sebastian	OS	28:36.14	4:44	23:51.78	
54	Aitken, Andrew	OS	40:10.62	16:17	23:53.48	
55	Westcott, Mark	OC	31:29.71	7:35	23:54.95	
*	Arnold, Darren	CGA	44:26.24	20:30	23:56.46	
56	Lewis, Kieran	CGA	36:33.52	12:37	23:56.48	
*	Powning, Georgia	OX	36:16.87	12:20	23:57.24	Female
*	Whiteley, Dean	OX	38:18.11	14:15	24:03.49	
*	Prosser-Roberts, Oliver	OX	34:49.18	10:44	24:05.31	
57	Holmes, Jon	OS	44:52.18	20:47	24:05.32	
*	Parsons, Michaela	OH	28:58.81	4:53	24:06.15	Female
58	Purvis, Mark	OS	31:16.74	7:10	24:06.61	
59	Paisley, Jason	OX	26:45.58	2:34	24:11.59	

60	Holmes, Robert	OS	33:11.11	8:53	24:17.88	
61	Johnstone, Jarrod	OX	30:25.05	6:06	24:19.17	
62	Thomas, Karen	OB	47:41.99	23:23	24:19.46	Female
63	Watson, Nigel	OS	46:11.52	21:46	24:25.79	
64	Costi, Sarah	OX	37:35.87	13:08	24:28.12	Female
65	Nixon, Jacqui	OX	36:16.05	11:42	24:33.64	Female
66	Lister, Andre	CGA	37:42.02	13:08	24:34.10	
67	Hall, Andrew	CGA	37:45.81	13:07	24:38.74	
68	Barton, Paul	OB	44:06.21	19:24	24:42.43	
69	Kern, Peggy	OW	38:23.37	13:38	24:45.39	Female
*	Bowers, Tom	OS	27:29.14	2:43	24:46.29	
70	McNeill, Tim	OX	32:10.34	7:19	24:51.62	
*	Jackson, Declan	OX	32:06.78	7:15	24:52.13	
71	Holmes, Janet	OS	44:49.30	19:55	24:54.18	Female
*	Rowe, Andrew	OGC	40:54.27	15:55	24:58.83	
*	White, Andrew	CGA	39:19.52	14:20	24:59.20	
72	Scully, Hamish	CGA	35:23.81	10:23	25:00.80	
73	Rees, Kevin	OW	39:12.30	14:07	25:05.36	
74	Nickels, David	OH	47:48.84	22:40	25:08.58	
75	Zuccala, Gary	OS	33:27.27	8:17	25:09.88	
76	Hendy, Xavier	OB	39:32.34	14:21	25:11.17	
77	Peacock, Thomas	OH	44:15.30	18:51	25:24.74	
78	Fitzgerald, Sophie	OX	39:22.24	13:57	25:25.15	Female
79	McGuire, Nick	OS	29:55.81	4:20	25:36.03	
*	Harris, Julian	OX	35:50.46	10:13	25:37.38	
80	Martini, David	OX	33:18.68	7:37	25:41.37	
81	Wilkinson, Anna	OGC	39:33.05	13:46	25:46.58	Female
82	Dodgshun, Peter	OS	52:59.65	27:10	25:49.37	
*	Lay, George	CGA	39:25.74	13:33	25:52.56	
*	Whiteley, Montana	OX	44:37.27	18:43	25:54.28	Female
*	Kift, Edward	OX	34:56.08	8:57	25:59.03	
83	Danks, Heather	OS	36:21.11	10:16	26:05.11	Female
*	Gannon, Jonah	OX	44:16.90	18:09	26:07.90	
*	Torres, Hannah	OX	41:14.43	14:56	26:18.28	Female
84	Thomas, Lance	OB	49:59.18	23:10	26:49.34	
85	Hendy, Melissa	OB	51:30.58	24:28	27:02.10	Female
*	Gaddes, Ashlee	OX	42:18.87	15:16	27:02.67	Female
*	Bryant, Bree	OGC	38:38.74	11:29	27:09.63	Female
86	Riordan, Heidi	OX	35:52.40	8:21	27:31.54	Female
87	Lammers, Monica	OC	40:53.27	13:07	27:46.19	Female
88	Van Eeten, Antony	OS	35:17.40	7:30	27:47.06	
89	Gribble, Tawni	OX	37:02.43	9:12	27:50.63	Female
90	Steven, Jeff	OGC	48:04.37	20:05	27:59.76	
91	Choong, Jonathan	OX	39:30.30	11:29	28:01.49	

92	Gasson, Dean	OH	34:02.18	5:37	28:25.46	
93	Lewandowska, Joanna	CGA	47:07.93	18:21	28:47.34	Female
94	Mah, Lincoln	SK	38:33.05	8:53	29:40.48	
*	shao, harry	OS	30:44.55	0:00	30:44.55	
95	Rostron, Laura	OX	55:20.18	24:35	30:44.90	Female
96	Del Ponte, Robert	OX	36:06.08	4:55	31:11.31	
*	Smith, Brett	OC	45:46.55	14:33	31:13.20	
*	England, Peter	OX	32:18.93	0:00	32:18.93	
97	Williams, Elinor	OM	48:52.71	15:17	33:35.78	Female
98	Freeman, Dennis	OW	49:06.84	13:40	35:26.60	
*	Stewart, Lachlan	OS	35:26.71	0:00	35:26.71	
*	Dove, Paris	OW	37:21.96	0:00	37:21.96	Female
*	Ertl, Rasma	OX	43:57.99	0:00	43:57.99	Female

* Ineligible for handicap (5 race min)



Copyright © 2020 Old Scotch Athletics Club, All rights reserved.

Your are receiving this email because you are a current member or supporter of Old Scotch Athletics.

Our mailing address is:

Old Scotch Athletics Club
1 Morrison Street
Hawthorn, Vic 3122
Australia

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).



3 Round Wrap

[Campaign Preview](#)[HTML Source](#)[Plain-Text Email](#)[Details](#)

[View this email in your browser](#)



Brace of Wins at Wise-Findlay Mini-Marathons!

After a few weeks rest following a beautiful day at Scotch for the Jamieson, Round 2 of the APSOC season saw athletes travel to Westerfolds Park for the Wise-Findlay Mini Marathons. The overall turnout was surprisingly small for what is a great run around the quiet and tranquil setting, however the red singlets still turned out in decent numbers with 13 athletes braving both the 5 and 10k events. **Harrison Carr** led the whole way in the 5k to win in a blistering 15:55.93, while **Rob Schwerkolt** showed age is just a number and not a factor by taking out the 10k in 37:20.46. Great work guys! Many thanks must go to **Gregor Evans** for volunteering as a marshall at the 5km turnaround point.

Dyson Relay Recap

On a perfect autumnal day for running, Old Scotch made its presence felt at the Dyson. Maybe the thought of hordes of Collingwood supporters so close by at the G contributed, but our men's numbers were down a little, however we nearly fielded 2 complete female teams which was a great effort. Led by **Nicole Joseph**, the women's team finished a highly creditable third, a terrific performance. The young brigade (and **Rob Schwerkolt**) of the men's first team also finished third, with **Ed Beischer** just beating out training mates **James Lightfoot** and cross country captain **Harrison Carr** for fastest old scotch runner, Ed running his fastest ever Tan - well done! Honourable mention to **Ben Beischer** who had run the 6km schoolboy race in geelong that morning, but still ran a very respectable anchor leg - what a great team man! Our old brigade (and **Zachary Holden**) in the seconds demonstrated our depth, coming 7th overall and were the fastest 2nds team on the day. Many of our other stalwarts were on display including **Peter Dodashun** keeping his streak alive and

were on display, including **Peter Dougstan** keeping his streak alive, and **Tarquin Oehr** enjoying a run in cardinal before his migration for the winter. A huge thanks to **Sam McLean**, **Lisa** and **David Lightfoot**, and **Bec Dutkowski** for assisting with time recording.

Orchard 10km Wrap

The Orchard 10km produced the same racing conditions it seems to every year – a roaring headwind up the west side and glorious tail wind down the east. Despite the rough weather, it is otherwise a fast track. **James Lightfoot** has been working hard on the training track following a couple of niggling injuries and a good post-school off-season and demonstrated this by finishing with the fastest time of 33:45.30. The most interesting part of the Orchard is the staggered start – designed so that, in theory, all athletes will finish together. In a well-deserved reward for persistent effort, **Andrew Aitken** outperformed his expected time by a significant margin to finish 2nd by only 9 seconds – a fantastic effort!

...and more to come this week!

This Saturday is the only morning event in the ASPOC calendar - the Mcphail 8km at Yarra Bend Park. All details of the race can be found here: <http://apsoc.net.au/events/mcphail-8k/>

Come along to what is a (surprisingly!) enjoyable way to start the long weekend!





And we're off!



Vic Broughton



Phil Barton





Heather Danks means business





Hamish pretty pleased with his Tan lap PB



Andrew Aitken





Focus.



Pete Simm flying around in a time that placed him in our top 6.





Janet Holmes



Bec and Heather.





James Lightfoot





Zac Holden



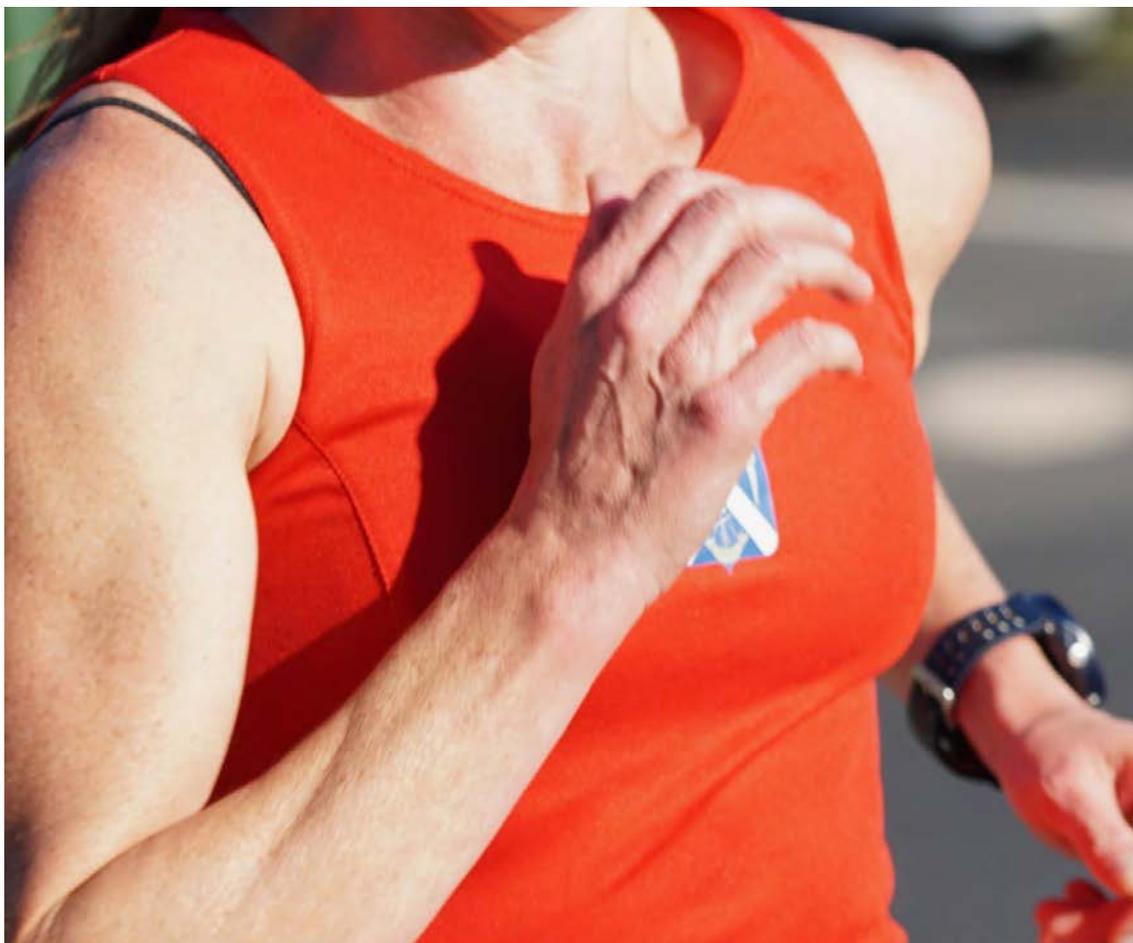
Rob Schwerkolt





Ben Lloyd

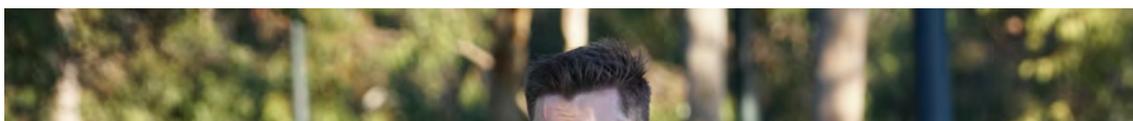




Janice de Vries



Ed Beischer

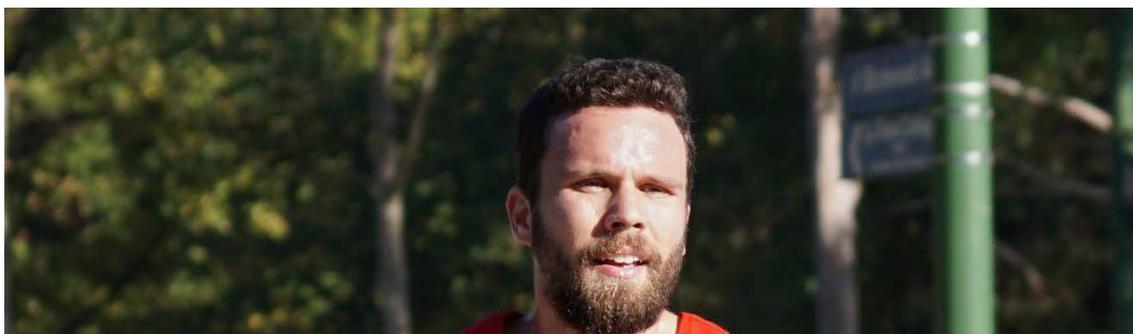




Rob Holmes



Pete Dodgshun





Tom Russell





Nigel and Brett



Bec



Nicole and Mark



Ben Beischer





Harrison Carr



Grinding it out





Tarquin Oehr



Doug Campbell very happy with his Saturday afternoon's work.





Nick McGuire



The front runners at the Orchard 10k





Rob Schwerkolt



Tamami Holmes





Antony van Eeten



Hamish Watson





James Lightfoot getting ready to go (with parents Lisa and David watching expectantly in the background)



Brett Dickinson





James sprinting to the finish



James Lightfoot





Hamish Watson



Rob and Tamami





Tom Russell



Andrew Aitken





Rob and Antony getting started



James Lightfoot - deserved winner of fastest time



Andrew Aitken - 2nd in handicap

Wise-Findlay Mini Marathons - Westerfolds Park (11 May)

Pos Athlete Club Time Age Grading

POS	Athlete	Club	Time	Age Grouping	Age Grouping
5km					
1	Carr, Harrison	OS	15:55.93	1st M23	81.49%
2	Frater, Mark	CGA	16:40.55	1st M40	84.60%
3	Mezger, Harry	OX	18:44.21	2nd M23	69.29%
4	Purvis, Mark	OS	18:53.14	1st M60	85.25%
5	Guillon, Pierre	OX	19:29.96	2nd M40	75.08%
6	Fleurus, Julien	OX	19:30.96	3rd M40	70.24%
7	Cossins, Hannah	OX	20:06.99	Female	73.42%
8	Imbriano, Joel	SK	20:27.30	3rd M23	70.51%
9	Boughton, Victoria	OS	20:30.74	Female	72.46%
10	Armstrong, Emma	OX	21:15.05	Female	69.49%
	Invitation	IN	21:17.05		
11	Hinckfuss, Susan	OX	21:34.11	Female 1st W40	73.51%
12	Lewis, Kieran	CGA	21:38.52	4th M40	64.25%
13	Van Eeten, Antony	OS	21:56.52	5th M40	64.30%
14	Abroms, Nick	OC	21:57.34	6th M40	62.88%
15	Riordan, Heidi	OX	22:14.24	Female	66.84%
16	Gribble, Tawni	OX	22:20.90	Female	66.08%
17	MacFarlane, Abbie	OGC	22:23.68	Female 2nd W40	70.16%
18	Powning, Georgia	OX	22:32.37	Female 1st W23	65.51%
19	Danks, Heather	OS	22:37.90	Female 1st W50	73.01%
20	Waldron, Tess	CGA	23:01.74	Female	64.12%
21	Shaw-Jones, Fleur	OX	23:19.24	Female 3rd W40	69.35%
22	White, Andrew	CGA	23:20.14		61.81%
	Invitation	IN	23:24.52		
23	Bryant, Bree	OGC	23:28.99	Female	63.48%
24	Wilkinson, Anna	OGC	25:13.49	Female	59.83%
25	Lammers, Monica	OC	25:26.96	Female 2nd W50	65.64%
26	Gonzalez, Norma	OC	25:58.24	Female 4th W40	60.00%
27	Roberts, Caroline	OB	26:16.52	Female 3rd W50	62.88%
28	Lambert, Tim	OGC	26:46.21		49.54%
29	Gray, Amy	OGC	27:01.52	Female	54.69%
30	Watson, Inge	OC	27:22.58	Female 5th W40	58.47%
31	Nickels, David	OH	27:44.11	1st M50	55.73%
32	Mathieson, Lachlan	CGA	27:49.05	4th M23	51.85%
33	Imbriano, Glen	SK	27:57.30	5th M23	53.37%
34	Steven, Jeff	OGC	28:52.02	2nd M50	53.13%
35	Thomas, Lance	OB	29:17.81	3rd M50	53.19%
36	Barton, Philip	OS	29:48.05	2nd M60	56.37%
37	Rostron, Laura	OX	30:39.52	Female	48.99%
38	Dodgshun, Peter	OS	30:51.05	3rd M60	54.45%
39	Hendy, Xavier	OB	34:02.46	6th M23	40.22%
40	Hendy, Melissa	OB	34:07.81	Female 4th W50	49.49%
41	Imbriano, Dino	SK	39:03.52		36.12%
42	Imbriano, Kirra	SK	39:08.68	Female 2nd W23	40.34%
43	Findlay, Colin	OS	40:42.00	4th M60	52.19%
44	Battrick, Pete	OB	64:24.00	5th M60	29.11%
10km					
1	Schwerkolt, Robert	OS	37:20.46	1st M50	82.53%
2	Kirk, James	SK	37:50.84		70.59%

3	Leeton, David	OS	38:49.96	2nd M50	78.02%
4	Vanzo, Natalia	CGA	40:26.24	Female 1st W23	75.01%
5	Lynch, Joseph	SK	40:52.52	1st M40	69.41%
6	Mioni, Tristan	SK	41:26.65		64.46%
7	Weereratne, Thomas	SK	41:27.05		64.45%
8	Louey, Andrew	CGA	41:41.02		64.31%
9	Russell, Tom	OS	41:42.27		64.06%
10	Garrett, Todd	OW	43:47.14	3rd M50	71.00%
11	Jamshidi, Neda	OX	44:10.65	Female	69.15%
12	Bolton, Chris	OM	44:15.34	4th M50	69.64%
13	Turner, Sally	OW	45:01.21	Female 1st W50	83.03%
14	Medland, Jenni	OX	45:23.24	Female	66.83%
15	Power, Sean	CGA	45:41.21	2nd M40	64.67%
16	Northrop, James	OM	45:51.78	5th M50	66.06%
17	Brumley, Andrew	OX	46:00.78		58.09%
18	Sutherland, Edwina	SK	46:02.62	Female	65.88%
19	Jacobson, Stuart	OH	46:05.34	3rd M40	63.58%
20	Boughton, Lachlan	OS	46:54.55		57.29%
21	Meek, Robert	OX	48:01.93	6th M50	67.06%
22	Lister, Andre	CGA	48:27.81		55.13%
23	Lay, George	CGA	48:33.27		55.35%
24	Williams, Roderick	OM	48:57.02		65.22%
25	Mitchell, Olivia	SK	49:33.71	Female	61.20%
26	Gaddes, Ashlee	OX	49:57.93	Female	60.72%
27	Worsnop, Christopher	OX	52:28.37	1st M60	63.09%
28	Rickards, Field	OW	53:38.46	2nd M60	66.67%
29	Vos, Karen	OC	53:52.11	Female	56.31%
30	Hall, Andrew	CGA	54:00.58		58.58%
31	Hendy, Madeleine	OH	54:00.81	Female 2nd W23	56.16%
32	Davey, Jane	CGA	54:42.78	Female 2nd W50	67.45%
33	Hnatova, Jana	OX	55:52.11	Female	55.58%
34	Barrington, Michael	OX	55:52.93		55.63%
35	Coster, Jeffrey	OW	56:12.34	3rd M60	64.31%
36	Naismith, Stephanie	CGA	57:11.84	Female 3rd W23	57.20%
37	Pyman, Jeremy	CGA	57:29.81	4th M40	49.74%
38	Thomas, Karen	OB	58:10.71	Female 3rd W50	63.43%
39	Watson, Nigel	OS	58:41.62	4th M60	62.31%
			Half		
1	Westcott, Mark	OC	85:10.02	1st M40	75.19%
2	Kift, Edward	OX	94:40.24	2nd M40	63.85%
3	Martin, Anne	CGA	97:18.99	Female 1st W50	77.12%
4	Haines, Tristen	OX	97:19.68	3rd M40	61.68%
5	Nixon, Jacqui	OX	98:25.34	Female 1st W40	70.04%
6	Scully, Hamish	CGA	101:11.87		57.69%
7	Pang, Peter	OC	103:03.08	1st M50	63.77%
8	Kern, Peggy	OW	104:18.93	Female	63.93%
9	Bowden, Matt	OW	105:46.58	2nd M50	62.68%
10	Bowden, Kuniko	OW	108:00.14	Female 2nd W50	71.21%
11	Rokahr, Darren	OGC	108:23.46	3rd M50	63.41%
12	Williams, Elinor	OM	112:45.87	Female 1st W23	58.26%

13	Phoenix, Zeb	OW	115:21.27	1st M60	63.04%
14	Morris, Ally	OB	124:11.53	Female 2nd W40	58.31%

Dyson Relay - Tan Track (May 18)

Pos	Athlete	Club	Time	Age Grading
1	Lightfoot, James	OS	33:45.30	1st M23 79.15%
2	Frater, Mark	CGA	34:16.84	1st M40 83.42%
3	Parsons, Michaela	OH	36:42.68	Female 82.63%
4	Jackson, Aidan	OX	36:54.49	72.39%
5	Dickinson, Brett	OS	38:27.71	2nd M40 74.36%
6	Da Silva, Rene	OX	38:34.93	69.48%
7	Lynch, Matthew	SK	38:48.62	2nd M23 68.84%
8	Haines, Tristen	OX	39:17.49	3rd M40 70.54%
9	Westcott, Mark	OC	39:38.08	4th M40 74.54%
10	Peacock, Scott	OH	39:46.27	5th M40 71.33%
11	Undrill, Julie-Ann	OW	40:08.37	Female 76.64%
12	Jackson, Declan	OX	40:43.14	3rd M23 65.66%
13	Schwerkolt, Robert	OS	40:48.30	1st M50 75.53%
14	Mioni, Tristan	SK	41:39.78	64.13%
15	Cossins, Hannah	OX	41:52.52	Female 72.45%
16	Lynch, Joseph	SK	42:25.99	6th M40 66.86%
17	Brice, Ed	CGA	42:30.46	67.28%
18	Guillon, Pierre	OX	42:37.71	69.89%
19	Meek, Robert	OX	42:59.40	2nd M50 74.92%
20	Gasson, Dean	OH	43:25.30	68.61%
21	Doble, Samuel	SK	44:11.02	4th M23 60.47%
22	Barrington, Michael	OX	44:12.43	3rd M50 70.32%
23	Nixon, Jacqui	OX	44:17.37	Female 1st W40 72.00%
24	Watson, Hamish	OS	44:44.27	60.07%
25	O'Callaghan, Alexander	OX	44:54.87	59.48%
26	Armstrong, Emma	OX	45:03.46	Female 67.32%
27	Jamshidi, Neda	OX	45:27.11	Female 67.21%
28	Byron, Peter	CGA	45:34.58	4th M50 65.92%
29	Weeraratne, Thomas	SK	45:35.30	58.60%
30	Bowden, Matt	OW	45:45.08	5th M50 66.79%
31	Jacobson, Stuart	OH	45:56.62	63.78%
32	Bryant, Bree	OGC	46:12.46	Female 66.32%
33	Waite, Greg	CGA	46:18.78	61.26%
34	Costi, Sarah	OX	46:20.43	Female 65.92%
35	Janssens, Kristel	OW	46:21.37	Female 66.99%
36	Harris, Julian	OX	46:32.18	57.41%
37	Bolton, Chris	OM	46:34.74	6th M50 66.16%
38	Russell, Tom	OS	47:02.24	56.80%
39	Northrop, James	OM	47:04.40	64.36%
40	Prosser-Roberts, Oliver	OX	47:06.34	5th M23 56.76%
41	Pang, Peter	OC	47:06.62	64.31%
42	MacFarlane, Abbie	OGC	47:12.37	Female 2nd W40 68.73%
43	Mah, Lincoln	SK	47:27.65	60.26%
44	Brumley, Andrew	OX	47:40.02	56.07%
45	Rokahr, Darren	OGC	47:44.81	66.27%

46	Fitzgerald, Sophie	OX	47:56.55	Female		63.27%
47	Lay, George	CGA	48:09.90			55.80%
48	Lister, Andre	CGA	48:14.11			55.39%
49	Bowden, Kuniko	OW	48:43.21	Female	1st W50	72.95%
50	Abroms, Nick	OC	48:44.55			57.30%
51	Tennant, Adam	OW	48:51.46		6th M23	54.68%
52	Lewis, Kieran	CGA	48:52.68			57.59%
53	Gribble, Tawni	OX	49:07.90	Female		61.74%
54	Mitchell, Olivia	SK	49:09.37	Female		61.71%
55	Imbriano, Dino	SK	49:13.55			58.10%
56	Carter, Mooey	CGA	49:20.99	Female		61.47%
57	Rehnan, Lucy	OX	49:38.34	Female		61.11%
58	Shaw-Jones, Fleur	OX	49:48.96	Female	3rd W40	67.21%
59	Van Eeten, Antony	OS	49:49.08			57.41%
60	Aitken, Andrew	OS	50:07.02			64.27%
61	Mills, Davin	OH	50:09.30			53.58%
62	Wilkinson, Anna	OGC	50:20.93	Female		61.68%
63	Kern, Peggy	OW	50:28.58	Female		61.21%
64	Phoenix, Zeb	OW	51:36.84		1st M60	64.74%
65	Dickmann, Richard	OX	51:53.65		2nd M60	63.21%
66	Rowe, Andrew	OGC	52:08.37			55.74%
67	Gaddes, Ashlee	OX	53:24.46	Female		56.81%
68	Vos, Karen	OC	53:38.58	Female		56.55%
69	Hendy, Xavier	OB	53:50.71			52.36%
70	Holmes, Tamami	OS	53:58.99	Female	2nd W50	70.15%
71	Roberts, Caroline	OB	54:30.05	Female	3rd W50	62.89%
72	Barton, Paul	OB	55:34.24			54.52%
73	Rickards, Field	OW	55:45.21		3rd M60	64.14%
74	Peacock, Malwina	OH	56:30.68	Female	4th W40	55.61%
75	Hendy, Madeleine	OH	57:13.84	Female	1st W23	53.00%
76	Davey, Jane	CGA	57:26.96	Female	4th W50	64.23%
77	Thomas, Karen	OB	58:38.46	Female	5th W50	62.93%
78	Watson, Nigel	OS	58:58.55		4th M60	62.01%
79	Hnatova, Jana	OX	59:13.34	Female		52.44%
80	Coster, Jeffrey	OW	60:22.58		5th M60	59.87%
81	Pyman, Jeremy	CGA	60:52.40			46.98%
82	Hendy, Melissa	OB	61:03.18	Female	6th W50	57.50%
83	Lewandowska, Joanna	CGA	61:51.81	Female		49.03%
84	Steven, Jeff	OGC	62:28.87			50.19%
85	Barton, Philip	OS	62:37.30		6th M60	55.44%
86	Naismith, Stephanie	CGA	63:30.68	Female	2nd W23	51.52%
87	Nickels, David	OH	63:59.27			49.45%
88	Dodgshun, Peter	OS	69:22.84			50.04%

HANDICAP

Pos	Athlete	Club	Time	Hcap	Adj Time
1	Undrill, Julie-Ann	OW	53:48.37	13:40	40:08.37 Female
2	Aitken, Andrew	OS	53:57.02	3:50	50:07.02
3	Janssens, Kristel	OW	54:01.37	7:40	46:21.37 Female
4	Frater, Mark	CGA	54:06.84	19:50	34:16.84
5	Doble, Samuel	SK	54:11.02	10:00	44:11.02

6	Cossins, Hannah	OX	54:12.52	12:20	41:52.52	Female
7	Haines, Tristen	OX	54:27.49	15:10	39:17.49	
8	Roberts, Caroline	OB	54:30.05	0:00	54:30.05	Female
9	Barrington, Michael	OX	54:42.43	10:30	44:12.43	
10	Meek, Robert	OX	54:49.40	11:50	42:59.40	
11	Brice, Ed	CGA	54:50.46	12:20	42:30.46	
12	Jackson, Aidan	OX	54:54.49	18:00	36:54.49	
13	O'Callaghan, Alexander	OX	54:54.87	10:00	44:54.87	
14	Lightfoot, James	OS	54:55.30	21:10	33:45.30	
*	Bryant, Bree	OGC	55:02.46	8:50	46:12.46	Female
15	Watson, Hamish	OS	55:04.27	10:20	44:44.27	
16	Da Silva, Rene	OX	55:04.93	16:30	38:34.93	
17	Peacock, Scott	OH	55:06.27	15:20	39:46.27	
*	Mills, Davin	OH	55:09.30	5:00	50:09.30	
18	Costi, Sarah	OX	55:10.43	8:50	46:20.43	Female
19	MacFarlane, Abbie	OGC	55:12.37	8:00	47:12.37	Female
20	Lynch, Joseph	SK	55:15.99	12:50	42:25.99	
21	Dickinson, Brett	OS	55:17.71	16:50	38:27.71	
22	Vos, Karen	OC	55:18.58	1:40	53:38.58	Female
23	Waite, Greg	CGA	55:28.78	9:10	46:18.78	
24	Westcott, Mark	OC	55:38.08	16:00	39:38.08	
25	Fitzgerald, Sophie	OX	55:46.55	7:50	47:56.55	Female
*	Parsons, Michaela	OH	55:52.68	19:10	36:42.68	Female
26	Lynch, Matthew	SK	55:58.62	17:10	38:48.62	
27	Bowden, Kuniko	OW	56:03.21	7:20	48:43.21	Female
28	Dickmann, Richard	OX	56:03.65	4:10	51:53.65	
*	Lay, George	CGA	56:09.90	8:00	48:09.90	
29	Jamshidi, Neda	OX	56:27.11	11:00	45:27.11	Female
30	Peacock, Malwina	OH	56:30.68	0:00	56:30.68	Female
31	Guillon, Pierre	OX	56:37.71	14:00	42:37.71	
32	Armstrong, Emma	OX	56:53.46	11:50	45:03.46	Female
33	Jacobson, Stuart	OH	56:56.62	11:00	45:56.62	
*	Nixon, Jacqui	OX	56:57.37	12:40	44:17.37	Female
34	Carter, Mooey	CGA	57:00.99	7:40	49:20.99	Female
35	Pang, Peter	OC	57:06.62	10:00	47:06.62	
*	Rowe, Andrew	OGC	57:08.37	5:00	52:08.37	
*	Jackson, Declan	OX	57:13.14	16:30	40:43.14	
36	Byron, Peter	CGA	57:14.58	11:40	45:34.58	
37	Schwerkolt, Robert	OS	57:18.30	16:30	40:48.30	
38	Holmes, Tamami	OS	57:18.99	3:20	53:58.99	Female
39	Bowden, Matt	OW	57:25.08	11:40	45:45.08	
40	Abroms, Nick	OC	57:34.55	8:50	48:44.55	
*	Renahan, Lucy	OX	57:38.34	8:00	49:38.34	Female
*	Northrop, James	OM	57:44.40	10:40	47:04.40	
41	Shaw-Jones, Fleur	OX	57:48.96	8:00	49:48.96	Female
*	Brumley, Andrew	OX	57:50.02	10:10	47:40.02	
42	Rokahr, Darren	OGC	58:14.81	10:30	47:44.81	
43	Lewis, Kieran	CGA	58:22.68	9:30	48:52.68	
44	Phoenix, Zeb	OW	58:26.84	6:50	51:36.84	
45	Wilkinson, Anna	OGC	58:30.93	8:10	50:20.93	Female
46	Barton, Paul	OB	58:34.24	3:00	55:34.24	

46	Barton, Paul	OB	58:37.27	0:00	58:37.27
47	Thomas, Karen	OB	58:38.46	0:00	58:38.46 Female
48	Kern, Peggy	OW	58:48.58	8:20	50:28.58 Female
49	Watson, Nigel	OS	58:58.55	0:00	58:58.55
50	Mitchell, Olivia	SK	58:59.37	9:50	49:09.37 Female
51	Mioni, Tristan	SK	58:59.78	17:20	41:39.78
*	Prosser-Roberts, Oliver	OX	59:06.34	12:00	47:06.34
*	Harris, Julian	OX	59:12.18	12:40	46:32.18
52	Rickards, Field	OW	59:15.21	3:30	55:45.21
*	Lister, Andre	CGA	59:24.11	11:10	48:14.11
*	Bolton, Chris	OM	59:34.74	13:00	46:34.74
*	Hnatova, Jana	OX	60:13.34	1:00	59:13.34 Female
*	Gaddes, Ashlee	OX	60:14.46	6:50	53:24.46 Female
53	Coster, Jeffrey	OW	60:22.58	0:00	60:22.58
54	Russell, Tom	OS	60:32.24	13:30	47:02.24
55	Pyman, Jeremy	CGA	60:52.40	0:00	60:52.40
*	Weeraratne, Thomas	SK	60:55.30	15:20	45:35.30
56	Hendy, Melissa	OB	61:03.18	0:00	61:03.18 Female
57	Hendy, Xavier	OB	61:20.71	7:30	53:50.71
58	Davey, Jane	CGA	61:36.96	4:10	57:26.96 Female
59	Gasson, Dean	OH	61:55.30	18:30	43:25.30
60	Tennant, Adam	OW	62:01.46	13:10	48:51.46
61	Steven, Jeff	OGC	62:28.87	0:00	62:28.87
62	Barton, Philip	OS	62:37.30	0:00	62:37.30
63	Gribble, Tawni	OX	62:57.90	13:50	49:07.90 Female
*	Naismith, Stephanie	CGA	63:30.68	0:00	63:30.68 Female
64	Nickels, David	OH	63:59.27	0:00	63:59.27
65	Imbriano, Dino	SK	64:03.55	14:50	49:13.55
66	Mah, Lincoln	SK	64:07.65	16:40	47:27.65
67	Lewandowska, Joanna	CGA	64:11.81	2:20	61:51.81 Female
68	Van Eeten, Antony	OS	66:19.08	16:30	49:49.08
69	Hendy, Madeleine	OH	66:23.84	9:10	57:13.84 Female
70	Dodgshun, Peter	OS	69:22.84	0:00	69:22.84

* Ineligible for handicap (5 race min)

ORCHARD 10km - Albert Park (25 May)

Pos	Athlete	Club	Time	Age Grading
1	Lightfoot, James	OS	33:45.30	1st M23 79.15%
2	Frater, Mark	CGA	34:16.84	1st M40 83.42%
3	Parsons, Michaela	OH	36:42.68 Female	82.63%
4	Jackson, Aidan	OX	36:54.49	72.39%
5	Dickinson, Brett	OS	38:27.71	2nd M40 74.36%
6	Da Silva, Rene	OX	38:34.93	69.48%
7	Lynch, Matthew	SK	38:48.62	2nd M23 68.84%
8	Haines, Tristen	OX	39:17.49	3rd M40 70.54%
9	Westcott, Mark	OC	39:38.08	4th M40 74.54%
10	Peacock, Scott	OH	39:46.27	5th M40 71.33%
11	Undrill, Julie-Ann	OW	40:08.37 Female	76.64%
12	Jackson, Declan	OX	40:43.14	3rd M23 65.66%
13	Schwerkolt, Robert	OS	40:48.30	1st M50 75.53%

14	Mioni, Tristan	SK	41:39.78		64.13%
15	Cossins, Hannah	OX	41:52.52	Female	72.45%
16	Lynch, Joseph	SK	42:25.99	6th M40	66.86%
17	Brice, Ed	CGA	42:30.46		67.28%
18	Guillon, Pierre	OX	42:37.71		69.89%
19	Meek, Robert	OX	42:59.40	2nd M50	74.92%
20	Gasson, Dean	OH	43:25.30		68.61%
21	Doble, Samuel	SK	44:11.02	4th M23	60.47%
22	Barrington, Michael	OX	44:12.43	3rd M50	70.32%
23	Nixon, Jacqui	OX	44:17.37	Female 1st W40	72.00%
24	Watson, Hamish	OS	44:44.27		60.07%
25	O'Callaghan, Alexander	OX	44:54.87		59.48%
26	Armstrong, Emma	OX	45:03.46	Female	67.32%
27	Jamshidi, Neda	OX	45:27.11	Female	67.21%
28	Byron, Peter	CGA	45:34.58	4th M50	65.92%
29	Weereratne, Thomas	SK	45:35.30		58.60%
30	Bowden, Matt	OW	45:45.08	5th M50	66.79%
31	Jacobson, Stuart	OH	45:56.62		63.78%
32	Bryant, Bree	OGC	46:12.46	Female	66.32%
33	Waite, Greg	CGA	46:18.78		61.26%
34	Costi, Sarah	OX	46:20.43	Female	65.92%
35	Janssens, Kristel	OW	46:21.37	Female	66.99%
36	Harris, Julian	OX	46:32.18		57.41%
37	Bolton, Chris	OM	46:34.74	6th M50	66.16%
38	Russell, Tom	OS	47:02.24		56.80%
39	Northrop, James	OM	47:04.40		64.36%
40	Prosser-Roberts, Oliver	OX	47:06.34	5th M23	56.76%
41	Pang, Peter	OC	47:06.62		64.31%
42	MacFarlane, Abbie	OGC	47:12.37	Female 2nd W40	68.73%
43	Mah, Lincoln	SK	47:27.65		60.26%
44	Brumley, Andrew	OX	47:40.02		56.07%
45	Rokahr, Darren	OGC	47:44.81		66.27%
46	Fitzgerald, Sophie	OX	47:56.55	Female	63.27%
47	Lay, George	CGA	48:09.90		55.80%
48	Lister, Andre	CGA	48:14.11		55.39%
49	Bowden, Kuniko	OW	48:43.21	Female 1st W50	72.95%
50	Abroms, Nick	OC	48:44.55		57.30%
51	Tennant, Adam	OW	48:51.46	6th M23	54.68%
52	Lewis, Kieran	CGA	48:52.68		57.59%
53	Gribble, Tawni	OX	49:07.90	Female	61.74%
54	Mitchell, Olivia	SK	49:09.37	Female	61.71%
55	Imbriano, Dino	SK	49:13.55		58.10%
56	Carter, Mooey	CGA	49:20.99	Female	61.47%
57	Renehan, Lucy	OX	49:38.34	Female	61.11%
58	Shaw-Jones, Fleur	OX	49:48.96	Female 3rd W40	67.21%
59	Van Eeten, Antony	OS	49:49.08		57.41%
60	Aitken, Andrew	OS	50:07.02		64.27%
61	Mills, Davin	OH	50:09.30		53.58%
62	Wilkinson, Anna	OGC	50:20.93	Female	61.68%
63	Kern, Peggy	OW	50:28.58	Female	61.21%
64	Phoenix Zeh	OW	51:36.84	1st M60	64.74%

65	Dickmann, Richard	OX	51:53.65	2nd M60	63.21%
66	Rowe, Andrew	OGC	52:08.37		55.74%
67	Gaddes, Ashlee	OX	53:24.46	Female	56.81%
68	Vos, Karen	OC	53:38.58	Female	56.55%
69	Hendy, Xavier	OB	53:50.71		52.36%
70	Holmes, Tamami	OS	53:58.99	Female 2nd W50	70.15%
71	Roberts, Caroline	OB	54:30.05	Female 3rd W50	62.89%
72	Barton, Paul	OB	55:34.24		54.52%
73	Rickards, Field	OW	55:45.21	3rd M60	64.14%
74	Peacock, Malwina	OH	56:30.68	Female 4th W40	55.61%
75	Hendy, Madeleine	OH	57:13.84	Female 1st W23	53.00%
76	Davey, Jane	CGA	57:26.96	Female 4th W50	64.23%
77	Thomas, Karen	OB	58:38.46	Female 5th W50	62.93%
78	Watson, Nigel	OS	58:58.55	4th M60	62.01%
79	Hnatova, Jana	OX	59:13.34	Female	52.44%
80	Coster, Jeffrey	OW	60:22.58	5th M60	59.87%
81	Pyman, Jeremy	CGA	60:52.40		46.98%
82	Hendy, Melissa	OB	61:03.18	Female 6th W50	57.50%
83	Lewandowska, Joanna	CGA	61:51.81	Female	49.03%
84	Steven, Jeff	OGC	62:28.87		50.19%
85	Barton, Philip	OS	62:37.30	6th M60	55.44%
86	Naismith, Stephanie	CGA	63:30.68	Female 2nd W23	51.52%
87	Nickels, David	OH	63:59.27		49.45%
88	Dodgshun, Peter	OS	69:22.84		50.04%

HANDICAP

Pos	Athlete	Club	Time	Hcap	Adj Time
1	Undrill, Julie-Ann	OW	53:48.37	13:40	40:08.37 Female
2	Aitken, Andrew	OS	53:57.02	3:50	50:07.02
3	Janssens, Kristel	OW	54:01.37	7:40	46:21.37 Female
4	Frater, Mark	CGA	54:06.84	19:50	34:16.84
5	Doble, Samuel	SK	54:11.02	10:00	44:11.02
6	Cossins, Hannah	OX	54:12.52	12:20	41:52.52 Female
7	Haines, Tristen	OX	54:27.49	15:10	39:17.49
8	Roberts, Caroline	OB	54:30.05	0:00	54:30.05 Female
9	Barrington, Michael	OX	54:42.43	10:30	44:12.43
10	Meek, Robert	OX	54:49.40	11:50	42:59.40
11	Brice, Ed	CGA	54:50.46	12:20	42:30.46
12	Jackson, Aidan	OX	54:54.49	18:00	36:54.49
13	O'Callaghan, Alexander	OX	54:54.87	10:00	44:54.87
14	Lightfoot, James	OS	54:55.30	21:10	33:45.30
*	Bryant, Bree	OGC	55:02.46	8:50	46:12.46 Female
15	Watson, Hamish	OS	55:04.27	10:20	44:44.27
16	Da Silva, Rene	OX	55:04.93	16:30	38:34.93
17	Peacock, Scott	OH	55:06.27	15:20	39:46.27
*	Mills, Davin	OH	55:09.30	5:00	50:09.30
18	Costi, Sarah	OX	55:10.43	8:50	46:20.43 Female
19	MacFarlane, Abbie	OGC	55:12.37	8:00	47:12.37 Female
20	Lynch, Joseph	SK	55:15.99	12:50	42:25.99
21	Dickinson, Brett	OS	55:17.71	16:50	38:27.71
22	Vos, Karen	OC	55:18.58	1:40	53:38.58 Female

23	Waite, Greg	CGA 55:28.78 9:10 46:18.78
24	Westcott, Mark	OC 55:38.08 16:00 39:38.08
25	Fitzgerald, Sophie	OX 55:46.55 7:50 47:56.55 Female
*	Parsons, Michaela	OH 55:52.68 19:10 36:42.68 Female
26	Lynch, Matthew	SK 55:58.62 17:10 38:48.62
27	Bowden, Kuniko	OW 56:03.21 7:20 48:43.21 Female
28	Dickmann, Richard	OX 56:03.65 4:10 51:53.65
*	Lay, George	CGA 56:09.90 8:00 48:09.90
29	Jamshidi, Neda	OX 56:27.11 11:00 45:27.11 Female
30	Peacock, Malwina	OH 56:30.68 0:00 56:30.68 Female
31	Guillon, Pierre	OX 56:37.71 14:00 42:37.71
32	Armstrong, Emma	OX 56:53.46 11:50 45:03.46 Female
33	Jacobson, Stuart	OH 56:56.62 11:00 45:56.62
*	Nixon, Jacqui	OX 56:57.37 12:40 44:17.37 Female
34	Carter, Mooey	CGA 57:00.99 7:40 49:20.99 Female
35	Pang, Peter	OC 57:06.62 10:00 47:06.62
*	Rowe, Andrew	OGC 57:08.37 5:00 52:08.37
*	Jackson, Declan	OX 57:13.14 16:30 40:43.14
36	Byron, Peter	CGA 57:14.58 11:40 45:34.58
37	Schwerkolt, Robert	OS 57:18.30 16:30 40:48.30
38	Holmes, Tamami	OS 57:18.99 3:20 53:58.99 Female
39	Bowden, Matt	OW 57:25.08 11:40 45:45.08
40	Abroms, Nick	OC 57:34.55 8:50 48:44.55
*	Renehan, Lucy	OX 57:38.34 8:00 49:38.34 Female
*	Northrop, James	OM 57:44.40 10:40 47:04.40
41	Shaw-Jones, Fleur	OX 57:48.96 8:00 49:48.96 Female
*	Brumley, Andrew	OX 57:50.02 10:10 47:40.02
42	Rokahr, Darren	OGC 58:14.81 10:30 47:44.81
43	Lewis, Kieran	CGA 58:22.68 9:30 48:52.68
44	Phoenix, Zeb	OW 58:26.84 6:50 51:36.84
45	Wilkinson, Anna	OGC 58:30.93 8:10 50:20.93 Female
46	Barton, Paul	OB 58:34.24 3:00 55:34.24
47	Thomas, Karen	OB 58:38.46 0:00 58:38.46 Female
48	Kern, Peggy	OW 58:48.58 8:20 50:28.58 Female
49	Watson, Nigel	OS 58:58.55 0:00 58:58.55
50	Mitchell, Olivia	SK 58:59.37 9:50 49:09.37 Female
51	Mioni, Tristan	SK 58:59.78 17:20 41:39.78
*	Prosser-Roberts, Oliver	OX 59:06.34 12:00 47:06.34
*	Harris, Julian	OX 59:12.18 12:40 46:32.18
52	Rickards, Field	OW 59:15.21 3:30 55:45.21
*	Lister, Andre	CGA 59:24.11 11:10 48:14.11
*	Bolton, Chris	OM 59:34.74 13:00 46:34.74
*	Hnatova, Jana	OX 60:13.34 1:00 59:13.34 Female
*	Gaddes, Ashlee	OX 60:14.46 6:50 53:24.46 Female
53	Coster, Jeffrey	OW 60:22.58 0:00 60:22.58
54	Russell, Tom	OS 60:32.24 13:30 47:02.24
55	Pyman, Jeremy	CGA 60:52.40 0:00 60:52.40
*	Weeraratne, Thomas	SK 60:55.30 15:20 45:35.30
56	Hendy, Melissa	OB 61:03.18 0:00 61:03.18 Female
57	Hendy, Xavier	OB 61:20.71 7:30 53:50.71

58	Davey, Jane	CGA 61:36.96 4:10 57:26.96 Female
59	Gasson, Dean	OH 61:55.30 18:30 43:25.30
60	Tennant, Adam	OW 62:01.46 13:10 48:51.46
61	Steven, Jeff	OGC 62:28.87 0:00 62:28.87
62	Barton, Philip	OS 62:37.30 0:00 62:37.30
63	Gribble, Tawni	OX 62:57.90 13:50 49:07.90 Female
*	Naismith, Stephanie	CGA 63:30.68 0:00 63:30.68 Female
64	Nickels, David	OH 63:59.27 0:00 63:59.27
65	Imbriano, Dino	SK 64:03.55 14:50 49:13.55
66	Mah, Lincoln	SK 64:07.65 16:40 47:27.65
67	Lewandowska, Joanna	CGA 64:11.81 2:20 61:51.81 Female
68	Van Eeten, Antony	OS 66:19.08 16:30 49:49.08
69	Hendy, Madeleine	OH 66:23.84 9:10 57:13.84 Female
70	Dodgshun, Peter	OS 69:22.84 0:00 69:22.84

* Ineligible for handicap (5 race min)



Copyright © 2020 Old Scotch Athletics Club, All rights reserved.

Your are receiving this email because you are a current member or supporter of Old Scotch Athletics.

Our mailing address is:

Old Scotch Athletics Club
1 Morrison Street
Hawthorn, Vic 3122
Australia

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).



190629 Williamson

[Campaign Preview](#)[HTML Source](#)[Plain-Text Email](#)[Details](#)

Williamson - Saturday 29th June

- 2nd Men's team win
- OS Men's team leading the aggregate - with 2 events to go
- Run of the Day to Rob Schwerkolt - member of the winning men's team, 2nd on Handicap, 1st M50 and 2nd highest age grading of 83%

Next Run - Alan Hooley Relay - Saturday 20th July

- 2.30 start - please arrive around 2.00 to give Pete Simm time to organize teams
- At scenic Nortons Park, Norton lane - off High Street Road Wantirna South
- A teams event - with all athletes running twice - each leg is 3k
- Please bring a contribution to afternoon tea which will be held in the picnic shelter

Thank you to Shannon Cole for taking some great photos. If anyone would like a high resolution image, please ask Rob Wilson



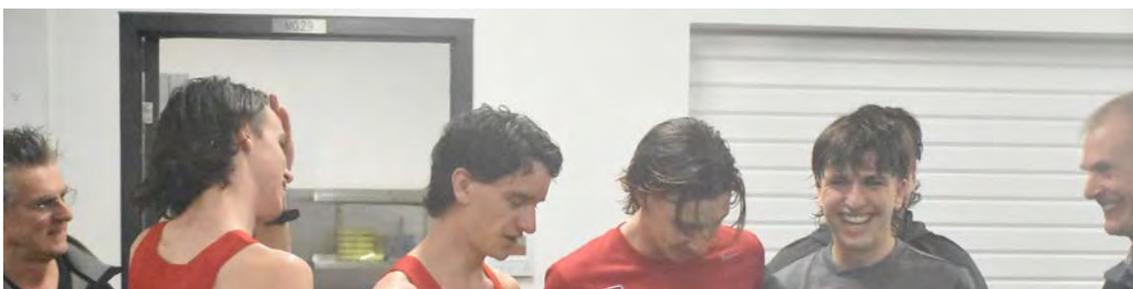


The winning Men's team - from left Tom Bowers, Harrison Carr, James Lightfoot, Ben Beischer, Ed Beischer and Rob Schwerkolt.

Rob's age is similar to the combined age of the 3 youngest



Rob Schwerkolt - run of the day





Rob's good form was rewarded with a second on handicap.





Photo of the day - Dave McNeill with the chasing pack behind



Rain - what rain!



The hardest part of the race - taking your warm gear off and heading out into the rain and cold.



123 starters including 23 OS.





The young guns lead the way



The M50s and M60s plus sprinter Chris Papapetrou - enjoying the relatively slow pace.





And the rest



Ben Beischer battling the wind and the rain - Ben is Captain of Cross Country at Scotch this year - congratulations



Chris and Antony Van Eeton







Maeve Brown - 1st W23 - head down into the wind and rain





Tamami Holmes



M70s legends Nigel Watson and Dave Metherall





The Red Pack - Ed, Harrison, Ben, James and Tom





James and Tom





"The first rule of racing is to finish" - Rob Wilson





Rob Holmes - mud on the knee - perhaps a fall?





Harry Cole finished 70th - a great effort



Ed making a decisive break





Tom and Harrison





Ben Beischer





James Lightfoot



Pete Simm flying



Pete keeping his heart under control





Mark finished in this usual place of 1st M60





Antony





Oops - Norma Gonzalez





Jon





Nigel





Phil Barton



Oops - Gerry Voukelatos



Tamami and Jon

Pos	Athlete	Club	Time	Age Grading
1	McNeill, David	OX	15:08.52	86.45%
2	Beischer, Ed	OS	16:11.21	1st M23 80.21%
3	Bowers, Tom	OS	16:12.46	2nd M23 81.72%
4	Guirguis, Mark	OX	16:15.62	81.15%
5	Carr, Harrison	OS	16:18.30	3rd M23 79.63%
6	Paisley, Jason	OX	16:29.46	80.42%
7	Hussey, Matthew	SK	16:35.18	4th M23 78.89%
8	Beischer, Ben	OS	16:38.46	5th M23 78.63%
9	Lightfoot, James	OS	16:51.93	6th M23 76.98%
10	Di Conza, Luca	SK	16:52.65	79.62%
11	Bowen, Harry	SK	16:56.87	79.29%
12	Frater, Mark	CGA	17:07.46	1st M40 82.38%
13	Chappell, Peter	OX	17:16.78	75.14%
14	McFarlane, Tom	OH	17:22.96	74.69%
15	Johnson, Brad	OX	17:24.74	2nd M40 78.73%
16	Gibney, Matthew	OX	17:29.96	74.59%
17	Lunn, Jack	SK	17:32.18	74.62%

18	Cullen, Charles	SK	17:42.40		73.35%
19	Malone, Harrison	CGA	17:49.90		72.81%
20	Mioni, Tristan	SK	17:52.30		72.74%
21	Holt, Simon	OX	18:04.40		74.27%
22	Bowen, Jack	SK	18:08.21		77.29%
23	Schwerkolt, Robert	OS	18:09.43	1st M50	83.15%
24	Lynch, Matthew	SK	18:14.46		71.18%
25	Simm, Peter	OS	18:24.24	3rd M40	76.10%
26	Kasapis, Anna	OW	18:26.08	Female 1st W40	82.77%
27	Rickards, Antony	OW	18:31.96	4th M40	77.82%
28	Fleurus, Julien	OX	18:36.58	5th M40	73.66%
29	O'Brien, Ned	SK	18:41.55		69.46%
30	Gasson, Dean	OH	19:07.87	2nd M50	77.11%
31	Chappell, Patrick	OC	19:14.90		67.45%
32	Scroggie, Samuel	SK	19:17.05		71.00%
33	Leeton, David	OS	19:43.05	3rd M50	75.39%
34	Purvis, Mark	OS	19:49.58	1st M60	81.89%
35	Lynch, Joseph	SK	19:52.21	6th M40	70.49%
36	Guillon, Pierre	OX	19:53.90		73.58%
37	Holmes, Robert	OS	19:57.52		65.83%
38	Ellett, Riley	SK	20:03.90		71.88%
39	Elliott, David	OH	20:08.71		67.97%
40	Shoukai Umezu, Kohen	OH	20:11.02		67.84%
41	Louey, Andrew	CGA	20:14.37		64.91%
42	Bott, James	OH	20:15.84		64.07%
43	Jackson, Declan	OX	20:17.52		64.01%
44	Cossins, Hannah	OX	20:27.46	Female	72.20%
45	Pile, Adrian	OW	20:38.11		65.05%
46	Douez, Marc	OX	20:44.40		64.72%
47	Kift, Edward	OX	20:59.68		65.76%
48	Brice, Ed	CGA	21:04.81		66.92%
49	Scully, Hamish	CGA	21:06.78		61.49%
50	Doble, Samuel	SK	21:08.05		61.43%
51	James, Daryn	CGA	21:23.43	4th M50	70.03%
52	Hinckfuss, Susan	OX	21:25.11	Female 2nd W40	74.02%

					VW4U
53	Byron, Peter	CGA	21:32.27		5th M50 68.49%
54	Garrett, Todd	OW	21:36.05		6th M50 70.44%
55	Marshall, Cameron	OX	21:40.37		61.12%
56	Meek, Robert	OX	21:41.93		72.39%
57	Nixon, Jacqui	OX	21:43.27	Female	3rd W40 71.19%
58	Van Eeten, Antony	OS	21:55.84		64.33%
59	Janssens, Kristel	OW	22:07.24	Female	68.22%
60	Martin, Anne	CGA	22:10.46	Female	1st W50 75.33%
61	Papapetrou, Chris	OS	22:36.49		57.43%
62	Hendy, Xavier	OB	22:38.84		60.46%
63	Costi, Sarah	OX	22:40.49	Female	65.55%
64	Lister, Andre	CGA	22:42.34		57.18%
65	Williams, Roderick	OM	22:48.87		68.30%
66	Lewis, Kieran	CGA	22:56.84		60.60%
67	McCann, Brosie	SK	23:06.05		57.74%
68	Northrop, James	OM	23:08.62		64.23%
69	Pang, Peter	OC	23:11.46		64.10%
70	Cole, Harry	OX	23:18.81		73.64%
71	Chappell, Maxwell	SK	23:20.14		55.64%
72	MacFarlane, Abbie	OGC	23:22.99	Female	4th W40 67.20%
73	Hall, Andrew	CGA	23:26.11		65.96%
74	Turner, Sally	OW	23:36.81	Female	2nd W50 75.74%
75	Shaw-Jones, Fleur	OX	23:53.55	Female	5th W40 67.69%
76	Jacobson, Stuart	OH	23:56.87		60.23%
77	Rees, Kevin	OW	24:05.62		58.55%
78	Mills, Davin	OH	24:13.11		54.49%
79	Cassidy, Marc	CGA	24:14.30		58.20%
80	Waite, Greg	CGA	24:16.90		57.68%
81	Lay, George	CGA	24:19.24		54.26%
82	O'Rourke, Connor	OH	24:21.24		57.56%
83	O'Rourke, Nick	OH	24:27.08		54.96%
84	Rowe, Andrew	OGC	24:36.18		58.19%
85	Mark, Lester	OX	24:39.30		61.23%
86	Torres, Hannah	OX	24:43.27	Female	5th W40 59.74%

86	JONES, Hannah	OX	24:40.27	Female		59.77%
87	Gaddes, Ashlee	OX	24:45.55	Female		59.65%
88	Mitchell, Olivia	SK	24:59.34	Female		59.09%
89	Smith, Brett	OC	25:13.71			55.12%
90	Brown, Maeve	OS	25:21.18	Female	1st W23	58.48%
91	Dickmann, Richard	OX	25:31.21		2nd M60	62.57%
92	Holmes, Tamami	OS	25:37.65	Female	3rd W50	70.61%
93	Lammers, Monica	OC	25:43.40	Female	4th W50	64.94%
94	Stebbins, Melissa	OX	25:50.55	Female	6th W40	61.94%
95	Williams, Elinor	OM	26:00.37	Female	2nd W23	56.78%
96	Rickards, Field	OW	26:20.43		3rd M60	65.59%
97	Hall, Tamzin	CGA	26:35.02	Female	3rd W23	55.77%
98	Phoenix, Zeb	OW	26:39.74		4th M60	60.89%
99	Davey, Jane	CGA	26:43.96	Female	5th W50	66.12%
100	Worsnop, Christopher	OX	26:49.90		5th M60	60.01%
101	Gonzalez, Norma	OC	26:52.65	Female		57.98%
102	Hendy, Madeleine	OH	27:08.99	Female	4th W23	54.39%
103	Roberts, Caroline	OB	27:10.18	Female	6th W50	60.81%
104	Gannon, Jonah	OX	27:15.27			47.64%
105	Gray, Amy	OGC	27:17.84	Female		54.15%
106	Arnold, Darren	CGA	27:22.27			53.90%
107	Coster, Jeffrey	OW	27:48.62		6th M60	62.81%
108	Steven, Jeff	OGC	27:54.90			54.94%
109	Naismith, Stephanie	CGA	27:58.87	Female	5th W23	55.43%
110	Holmes, Janet	OS	28:04.49	Female	1st W60	71.24%
111	Metherall, David	OH	28:19.68			62.41%
112	Holmes, Jon	OS	28:21.84			59.74%
113	Holmes, Jon	OS	28:21.84			59.74%

113	Hong-Dunnett, Sophie	OX	28:27.37	Female	56.25%
114	Watson, Nigel	OS	29:04.34		60.81%
115	Nickels, David	OH	29:09.74		53.01%
116	Vos, Karen	OC	29:11.81	Female	50.58%
117	Barton, Philip	OS	30:16.46		55.49%
118	Voukelatos, Gerry	OS	30:40.52		46.67%
119	Hendy, Melissa	OB	30:51.46	Female	54.73%
120	Dodgshun, Peter	OS	31:57.58		53.02%
121	Wilson, Rob	OS	34:29.96		50.63%
122	Smith, Rosalie	OX	35:06.62	Female	50.94%
123	O'Callaghan, Eamon	OX	39:02.78		38.66%

Handicap

Pos	Athlete	Club	Time	Hcap	Adj Time	
*	Cullen, Charles	SK	17:42.40	6:22	11:20.80	
*	Ellett, Riley	SK	20:03.90	7:43	12:21.39	
*	Scroggie, Samuel	SK	19:17.05	6:24	12:53.39	
1	Bowen, Harry	SK	16:56.87	4:01	12:55.84	
*	Cole, Harry	OX	23:18.81	10:15	13:04.07	
2	Schwerkolt, Robert	OS	18:09.43	4:30	13:39.59	
3	Janssens, Kristel	OW	22:07.24	8:22	13:44.93	Female
4	Malone, Harrison	CGA	17:49.90	4:05	13:45.06	
5	Holt, Simon	OX	18:04.40	4:12	13:52.11	
6	Mioni, Tristan	SK	17:52.30	3:58	13:54.46	
7	Hendy, Xavier	OB	22:38.84	8:42	13:56.92	
8	Beischer, Ben	OS	16:38.46	2:41	13:57.83	
9	Rickards, Field	OW	26:20.43	12:19	14:01.23	
10	Williams, Roderick	OM	22:48.87	8:46	14:02.87	
11	Doble, Samuel	SK	21:08.05	7:03	14:05.37	
12	Cossins, Hannah	OX	20:27.46	6:21	14:06.22	Female
13	Lynch, Joseph	SK	19:52.21	5:45	14:07.13	
*	Bowen, Jack	SK	18:08.21	4:01	14:07.14	
14	Carr, Harrison	OS	16:18.30	2:11	14:07.71	
15	Van Eeten, Antony	OS	21:55.84	7:47	14:08.51	
16	Kasapis, Anna	OW	18:26.08	4:17	14:08.82	Female
*	Guirguis, Mark	OX	16:15.62	2:05	14:10.76	
17	Hinckfuss, Susan	OX	21:25.11	7:13	14:11.96	Female
18	Paisley, Jason	OX	16:29.46	2:16	14:13.42	
19	Lynch, Matthew	SK	18:14.46	3:59	14:14.99	
20	Barton, Philip	OS	30:16.46	16:01	14:15.73	

21	Costi, Sarah	OX	22:40.49	8:24	14:16.30	Female
*	Bowers, Tom	OS	16:12.46	1:54	14:18.46	
22	Di Conza, Luca	SK	16:52.65	2:31	14:21.51	
23	Holmes, Robert	OS	19:57.52	5:34	14:23.34	
24	Guillon, Pierre	OX	19:53.90	5:30	14:23.65	
25	McNeill, David	OX	15:08.52	0:45	14:23.68	
26	Garrett, Todd	OW	21:36.05	7:12	14:23.77	
27	Steven, Jeff	OGC	27:54.90	13:31	14:24.18	
28	Frater, Mark	CGA	17:07.46	2:42	14:25.33	
29	Lister, Andre	CGA	22:42.34	8:17	14:25.72	
*	Fleurus, Julien	OX	18:36.58	4:07	14:29.97	
30	Simm, Peter	OS	18:24.24	3:54	14:30.68	
31	Gonzalez, Norma	OC	26:52.65	12:21	14:31.45	Female
32	Shaw-Jones, Fleur	OX	23:53.55	9:20	14:34.02	Female
33	Louey, Andrew	CGA	20:14.37	5:38	14:36.12	
34	Bott, James	OH	20:15.84	5:39	14:36.45	
35	Nixon, Jacqui	OX	21:43.27	7:06	14:37.56	Female
36	Northrop, James	OM	23:08.62	8:31	14:37.98	
37	Coster, Jeffrey	OW	27:48.62	13:09	14:39.22	
38	MacFarlane, Abbie	OGC	23:22.99	8:42	14:40.94	Female
39	McFarlane, Tom	OH	17:22.96	2:41	14:41.64	
40	Gaddes, Ashlee	OX	24:45.55	10:04	14:41.99	Female
41	Lightfoot, James	OS	16:51.93	2:08	14:43.78	
42	Beischer, Ed	OS	16:11.21	1:26	14:44.90	
*	Rowe, Andrew	OGC	24:36.18	9:51	14:45.19	
43	Brice, Ed	CGA	21:04.81	6:19	14:45.47	
44	Dickmann, Richard	OX	25:31.21	10:44	14:47.03	
45	Scully, Hamish	CGA	21:06.78	6:18	14:49.20	
46	O'Brien, Ned	SK	18:41.55	3:52	14:49.39	
*	Hussey, Matthew	SK	16:35.18	1:45	14:50.10	
47	Purvis, Mark	OS	19:49.58	4:53	14:56.15	
48	Cassidy, Marc	CGA	24:14.30	9:17	14:57.01	
49	Kift, Edward	OX	20:59.68	6:02	14:57.76	
50	Pang, Peter	OC	23:11.46	8:13	14:58.61	
51	Hall, Andrew	CGA	23:26.11	8:27	14:59.41	
*	Arnold, Darren	CGA	27:22.27	12:16	15:05.79	
52	Pile, Adrian	OW	20:38.11	5:29	15:09.25	
53	Hendy, Madeleine	OH	27:08.99	11:59	15:10.08	Female
54	Holmes, Janet	OS	28:04.49	12:54	15:10.14	Female

55	Leeton, David	OS	19:43.05	4:30	15:12.65	
56	Roberts, Caroline	OB	27:10.18	11:57	15:12.72	Female
57	Byron, Peter	CGA	21:32.27	6:19	15:13.11	
58	Meek, Robert	OX	21:41.93	6:29	15:13.35	
59	Martin, Anne	CGA	22:10.46	6:57	15:13.77	Female
60	Rickards, Antony	OW	18:31.96	3:17	15:14.49	
61	Smith, Brett	OC	25:13.71	9:58	15:15.96	
62	Lewis, Kieran	CGA	22:56.84	7:39	15:18.03	
63	Nickels, David	OH	29:09.74	13:44	15:25.34	
*	Mills, Davin	OH	24:13.11	8:45	15:28.06	
64	Worsnop, Christopher	OX	26:49.90	11:21	15:28.66	
65	Watson, Nigel	OS	29:04.34	13:36	15:28.71	
66	Dodgshun, Peter	OS	31:57.58	16:28	15:29.53	
*	Stebbins, Melissa	OX	25:50.55	10:20	15:30.20	Female
67	Holmes, Tamami	OS	25:37.65	10:07	15:30.22	Female
68	Rees, Kevin	OW	24:05.62	8:33	15:32.32	
69	Johnson, Brad	OX	17:24.74	1:51	15:34.23	
70	Turner, Sally	OW	23:36.81	8:02	15:34.93	Female
71	Gibney, Matthew	OX	17:29.96	1:54	15:35.54	
72	Jacobson, Stuart	OH	23:56.87	8:19	15:37.91	
*	Torres, Hannah	OX	24:43.27	9:03	15:40.15	Female
*	Naismith, Stephanie	CGA	27:58.87	12:19	15:40.36	Female
*	Marshall, Cameron	OX	21:40.37	5:59	15:41.40	
73	Gasson, Dean	OH	19:07.87	3:24	15:43.80	
74	Phoenix, Zeb	OW	26:39.74	10:56	15:43.91	
75	Holmes, Jon	OS	28:21.84	12:36	15:46.17	
*	Jackson, Declan	OX	20:17.52	4:31	15:46.84	
76	McCann, Brosie	SK	23:06.05	7:15	15:50.90	
77	Hong-Dunnett, Sophie	OX	28:27.37	12:31	15:56.63	Female
78	Hendy, Melissa	OB	30:51.46	14:54	15:57.29	Female
79	Douez, Marc	OX	20:44.40	4:46	15:58.04	
80	Waite, Greg	CGA	24:16.90	8:13	16:04.03	
81	Williams, Elinor	OM	26:00.37	9:53	16:06.89	Female
*	Gannon, Jonah	OX	27:15.27	11:00	16:15.27	
*	Lay, George	CGA	24:19.24	7:51	16:28.34	
82	Davey, Jane	CGA	26:43.96	10:12	16:31.91	Female
83	Voukelatos, Gerry	OS	30:40.52	14:08	16:32.88	
84	Lammers, Monica	OC	25:43.40	9:09	16:34.71	Female
*	Brown, Maeve	OS	25:21.18	8:29	16:52.09	Female

85	Mark, Lester	OX	24:39.30	7:46	16:53.71	
86	James, Daryn	CGA	21:23.43	4:22	17:01.88	
*	Chappell, Peter	OX	17:16.78	0:00	17:16.78	
87	Mitchell, Olivia	SK	24:59.34	7:31	17:28.54	Female
*	Lunn, Jack	SK	17:32.18	0:00	17:32.18	
88	Vos, Karen	OC	29:11.81	11:24	17:48.25	Female
89	Gray, Amy	OGC	27:17.84	8:44	18:33.82	Female
90	Metherall, David	OH	28:19.68	9:36	18:43.39	
91	Hall, Tamzin	CGA	26:35.02	7:47	18:47.95	Female
*	Chappell, Patrick	OC	19:14.90	0:00	19:14.90	
*	Elliott, David	OH	20:08.71	0:00	20:08.71	
*	Shoukai Umezu, Kohen	OH	20:11.02	0:00	20:11.02	
*	Smith, Rosalie	OX	35:06.62	14:39	20:27.99	Female
92	Wilson, Rob	OS	34:29.96	12:17	22:12.82	
*	Papapetrou, Chris	OS	22:36.49	0:00	22:36.49	
*	Chappell, Maxwell	SK	23:20.14	0:00	23:20.14	
*	O'Rourke, Connor	OH	24:21.24	0:00	24:21.24	
*	O'Rourke, Nick	OH	24:27.08	0:00	24:27.08	
93	O'Callaghan, Eamon	OX	39:02.78	13:47	25:16.09	

* Ineligible for handicap (5 race min)

Team

Pos	Club	Athlete	Time	Place	Points
-----	------	---------	------	-------	--------

Division 1

1	OS1	Beischer, Ed	16:11.21	2	50
		Bowers, Tom	16:12.46	3	
		Carr, Harrison	16:18.30	5	
		Beischer, Ben	16:38.46	8	
		Lightfoot, James	16:51.93	9	
		Schwerkolt, Robert	18:09.43	23	
2	OX1	McNeill, David	15:08.52	1	55
		Guirguis, Mark	16:15.62	4	
		Paisley, Jason	16:29.46	6	
		Chappell, Peter	17:16.78	13	
		Johnson, Brad	17:24.74	15	
		Gibney, Matthew	17:29.96	16	
3	SK1	Hussey, Matthew	16:35.18	7	83
		Di Conza, Luca	16:52.65	10	

		Di Conza, Luca	16:52.65	10	
		Bowen, Harry	16:56.87	11	
		Lunn, Jack	17:32.18	17	
		Cullen, Charles	17:42.40	18	
		Mioni, Tristan	17:52.30	20	
4	SK2	Bowen, Jack	18:08.21	22	180
		Lynch, Matthew	18:14.46	24	
		O'Brien, Ned	18:41.55	29	
		Scroggie, Samuel	19:17.05	32	
		Lynch, Joseph	19:52.21	35	
		Ellett, Riley	20:03.90	38	
5	OX2	Holt, Simon	18:04.40	21	218
		Fleurus, Julien	18:36.58	28	
		Guillon, Pierre	19:53.90	36	
		Jackson, Declan	20:17.52	43	
		Cossins, Hannah	20:27.46	44	
		Douez, Marc	20:44.40	46	
6	CGA1	Frater, Mark	17:07.46	12	220
		Malone, Harrison	17:49.90	19	
		Louey, Andrew	20:14.37	41	
		Brice, Ed	21:04.81	48	
		Scully, Hamish	21:06.78	49	
		James, Daryn	21:23.43	51	
7	OH1	McFarlane, Tom	17:22.96	14	241
		Gasson, Dean	19:07.87	30	
		Elliott, David	20:08.71	39	
		Shoukai Umezu, Kohen	20:11.02	40	
		Bott, James	20:15.84	42	
		Jacobson, Stuart	23:56.87	76	
8	OS2	Simm, Peter	18:24.24	25	248
		Leeton, David	19:43.05	33	
		Purvis, Mark	19:49.58	34	
		Holmes, Robert	19:57.52	37	
		Van Eeten, Antony	21:55.84	58	

		Papapetrou, Chris	22:36.49	61	
9	OW1	Kasapis, Anna	18:26.08	26	285
		Rickards, Antony	18:31.96	27	
		Pile, Adrian	20:38.11	45	
		Garrett, Todd	21:36.05	54	
		Janssens, Kristel	22:07.24	59	
		Turner, Sally	23:36.81	74	
Division 2					
1	OX3	Kift, Edward	20:59.68	47	330
		Hinckfuss, Susan	21:25.11	52	
		Marshall, Cameron	21:40.37	55	
		Meek, Robert	21:41.93	56	
		Nixon, Jacqui	21:43.27	57	
		Costi, Sarah	22:40.49	63	
2	CGA2	Byron, Peter	21:32.27	53	395
		Martin, Anne	22:10.46	60	
		Lister, Andre	22:42.34	64	
		Lewis, Kieran	22:56.84	66	
		Hall, Andrew	23:26.11	73	
		Cassidy, Marc	24:14.30	79	
3	OX4	Cole, Harry	23:18.81	70	494
		Shaw-Jones, Fleur	23:53.55	75	
		Mark, Lester	24:39.30	85	
		Torres, Hannah	24:43.27	86	
		Gaddes, Ashlee	24:45.55	87	
		Dickmann, Richard	25:31.21	91	
4	OC1	Chappell, Patrick	19:14.90	31	499
		Pang, Peter	23:11.46	69	
		Smith, Brett	25:13.71	89	
		Lammers, Monica	25:43.40	93	
		Gonzalez, Norma	26:52.65	101	
		Vos, Karen	29:11.81	116	
5	OH2	Mills, Davin	24:13.11	78	571
		O'Rourke, Connor	24:21.24	82	

		O'Rourke, Nick	24:27.08	83	
		Hendy, Madeleine	27:08.99	102	
		Metherall, David	28:19.68	111	
		Nickels, David	29:09.74	115	
6	CGA3	Waite, Greg	24:16.90	80	572
		Lay, George	24:19.24	81	
		Hall, Tamzin	26:35.02	97	
		Davey, Jane	26:43.96	99	
		Arnold, Darren	27:22.27	106	
		Naismith, Stephanie	27:58.87	109	
7	OS3	Brown, Maeve	25:21.18	90	635
		Holmes, Tamami	25:37.65	92	
		Holmes, Janet	28:04.49	110	
		Holmes, Jon	28:21.84	112	
		Watson, Nigel	29:04.34	114	
		Barton, Philip	30:16.46	117	
8	OX5	Stebbins, Melissa	25:50.55	94	656
		Worsnop, Christopher	26:49.90	100	
		Gannon, Jonah	27:15.27	104	
		Hong-Dunnett, Sophie	28:27.37	113	
		Smith, Rosalie	35:06.62	122	
		O'Callaghan, Eamon	39:02.78	123	
	OB1	Hendy, Xavier	22:38.84	62	DNF
		Roberts, Caroline	27:10.18	103	
		Hendy, Melissa	30:51.46	119	
	OGC1	MacFarlane, Abbie	23:22.99	72	DNF
		Rowe, Andrew	24:36.18	84	
		Gray, Amy	27:17.84	105	
		Steven, Jeff	27:54.90	108	
	OM1	Williams, Roderick	22:48.87	65	DNF
		Northrop, James	23:08.62	68	
		Williams, Elinor	26:00.37	95	

	OS4	Voukelatos, Gerry	30:40.52	118	DNF
		Dodgshun, Peter	31:57.58	120	
		Wilson, Rob	34:29.96	121	
	OW2	Rees, Kevin	24:05.62	77	DNF
		Rickards, Field	26:20.43	96	
		Phoenix, Zeb	26:39.74	98	
		Coster, Jeffrey	27:48.62	107	
	SK3	Doble, Samuel	21:08.05	50	DNF
		McCann, Brosie	23:06.05	67	
		Chappell, Maxwell	23:20.14	71	
		Mitchell, Olivia	24:59.34	88	
	Women				
1	OX1	Cossins, Hannah	20:27.46	2	16
		Hinckfuss, Susan	21:25.11	3	
		Nixon, Jacqui	21:43.27	4	
		Costi, Sarah	22:40.49	7	
2	OX2	Shaw-Jones, Fleur	23:53.55	10	50
		Torres, Hannah	24:43.27	11	
		Gaddes, Ashlee	24:45.55	12	
		Stebbins, Melissa	25:50.55	17	
3	CGA1	Martin, Anne	22:10.46	6	70
		Hall, Tamzin	26:35.02	19	
		Davey, Jane	26:43.96	20	
		Naismith, Stephanie	27:58.87	25	
	OB1	Roberts, Caroline	27:10.18	23	DNF
		Hendy, Melissa	30:51.46	29	
	OC1	Lammers, Monica	25:43.40	16	DNF
		Gonzalez, Norma	26:52.65	21	
		Vos, Karen	29:11.81	28	
	OGC1	MacFarlane, Abbie	23:22.99	8	DNF
		Gray, Amy	27:17.84	24	

OH1	Hendy, Madeleine	27:08.99	22	DNF
OM1	Williams, Elinor	26:00.37	18	DNF
OS1	Brown, Maeve	25:21.18	14	DNF
	Holmes, Tamami	25:37.65	15	
	Holmes, Janet	28:04.49	26	
OW1	Kasapis, Anna	18:26.08	1	DNF
	Janssens, Kristel	22:07.24	5	
	Turner, Sally	23:36.81	9	
OX3	Hong-Dunnett, Sophie	28:27.37	27	DNF
	Smith, Rosalie	35:06.62	30	
SK1	Mitchell, Olivia	24:59.34	13	DNF

This email was sent to << Test Email Address >>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Old Scotch Athletics Club · 1 Morrison Street · Hawthorn, Vic 3122 · Australia



190720 Hooley Relays

[Campaign Preview](#)[HTML Source](#)[Plain-Text Email](#)[Details](#)[View this email in your browser](#)

Sensational Performances at Victorian 10k Championships

Hooley Relay wrap

Brighton-by-the-sea - 9k next Saturday 3rd July - iconic race not to be missed

Track-suit offer open - see end newsletter

The Hooley Relay is now held at Nortons Park, High Street Road Wantirna. The start is at the top of the park, along an undulating natural trail and some boarded surfaces to the other side of the park. This is about 1km for runners uphill a testing 1km to the top of the park and hence to the finish. Teams comprise 4 runners and each

Our OS1 team finished 2nd to OX who had Olympian Dave McNeil as a member. Our young guns Ed Beischer, Pete Simm and Rob Schwerkolt could not hold off OX. Still a great effort. St Kevins finished 3rd.

Ed Beischer was 3rd fastest.

The run of the day was Pete Simm's 16th place and 2nd M40.

Our OS2 finished 8th.

I was in OS4. Having watched the Le Tour most nights, the domestics are supposed to lead-out and launch the work.

Rob Wilson





Pete with the run of the day - our VP Cross Country has done a great job organizing behind the scenes. He is having his best season for a number of years which included a track season. At the Hooley he was 16th Overall, 2nd M40 and a member of our 2nd placed OS1 team



Shot-of-the-day - Classic Jon Holmes with Janet Holmes and pine trees as a backdrop

Sensational Performances at Albert Park on 15th July

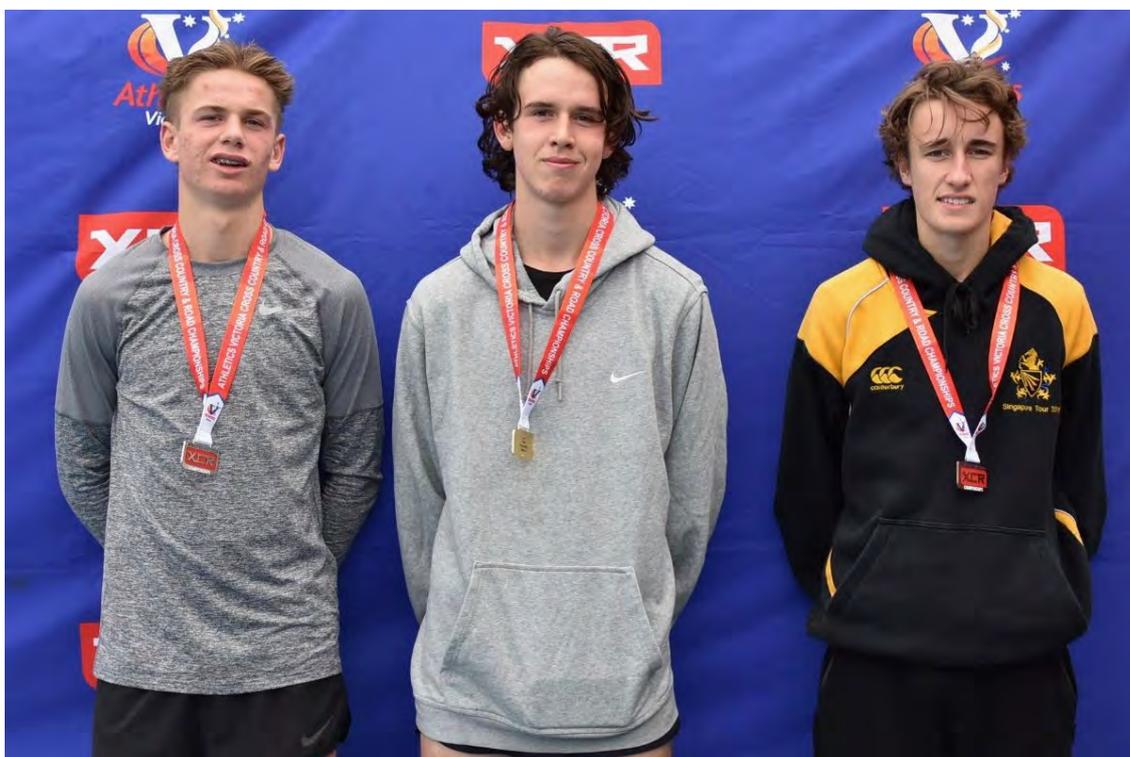
Tom Bowers in his first year of cross country running is now the U18 Victorian Champion. Freddie Leeton finisher brother, 11 year old Bart won the U14 3k race in 9.43.35.

Mark Purvis continued his dominating form winning the M60

Anna Kasapis (silver W40) and Elisa Mooren (silver W45) were medallists for APSU. The M50 and W40 teams



Tom Bowers looking relaxed



On the podium





Freddie Leeton

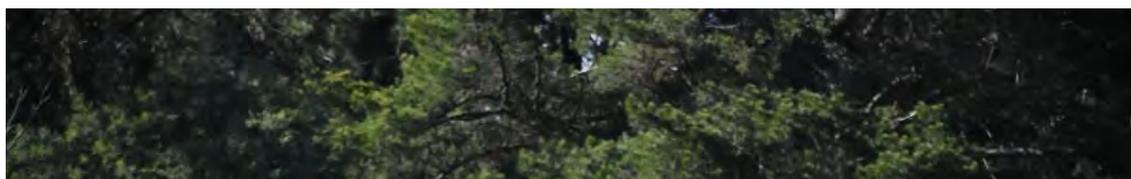


Bart Leeton

Hooley Relay - Saturday 20th July



First runners head-off with Ed Beischer in the lead and Hamish Watson in the pack







James Lightfoot under the arch



James on leg 2 showing his heels to OX1



Spectacular bush

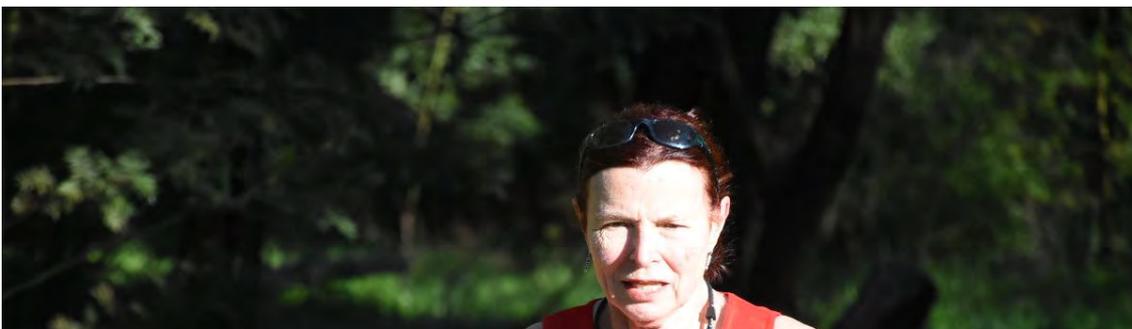




Great to see Jon running with some more freedom



Janet emerging ...





...intro the sunshine



Scotty - in the groove





Rob Schwerkolt - 1st M50 - 13th overall - a member of our OS1 team - consistently runs each week and inspires with his quiet dedication - noticed him running repetition Anderson Street hills during the week - he reached the top, turned around and ran straight down.



Rob nearing the turn where Pete Battrick will offer his usual humorous encouragement.



Pete is a Melbourne Marathon Spartan - having competed 37 marathons including the first



Pete 2 years ago with a damaged knee



Gary with a silver halo





President Tom Russell back after the flu

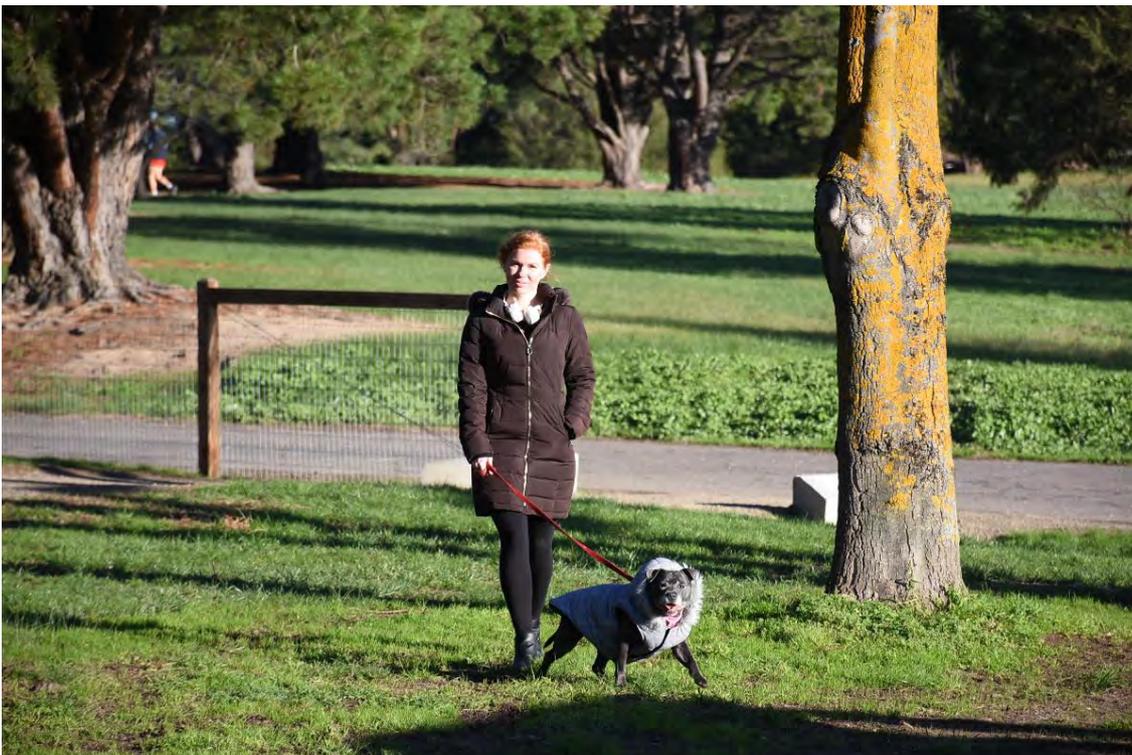




Gary at the top of the course



Tamami winding her way back to the finish



Megan I anae with dog

Megan Lunge with dog



Tom on lap 2





Pete Dodgshun



Phil Barton showing some good form





Nigel - leading the M70s



Rob Wilson slowly getting back - and enjoying it



The winning OX team

Scratch

Pos	Athlete	Club	Time	Age Grading
1	McNeill, David	OX	8:57.60	84.02%
2	Paisley, Jason	OX	9:32.40	79.95%
3	Beischer, Ed	OS	9:36.11	1st M23 77.76%
4	Aspinall, Lachlan	OW	9:39.60	78.56%
5	Guirguis, Mark	OX	9:53.40	76.73%
6	Chappell, Peter	OX	9:57.34	75.00%
7	Jackson, Aidan	OX	10:00.05	74.66%
8	Lightfoot, James	OS	10:09.60	2nd M23 73.49%
9	Johnson, Brad	OX	10:16.21	1st M40 76.76%
10	Mioni, Tristan	SK	10:16.80	72.73%
11	Malone, Harrison	CGA	10:21.43	72.09%
12	Lynch, Matthew	SK	10:35.40	3rd M23 70.51%
13	Schwerkolt, Robert	OS	10:37.20	1st M50 81.75%
14	Parsons, Michaela	OH	10:40.34	Female 79.65%
15	Kasapis, Anna	OW	10:51.30	Female 1st W40 80.91%
16	Simm, Peter	OS	10:59.40	2nd M40 73.29%
17	Goode, Michael	OG	11:14.40	3rd M40 71.15%
18	Gardner, Peter	CGA	11:15.00	4th M40 70.08%
19	Jackson, Declan	OX	11:18.00	4th M23 66.10%
20	Peacock, Scott	OH	11:19.20	5th M40 71.15%
21	Davie, Bruce	OX	11:22.80	2nd M50 77.50%
22	Holmes, Robert	OS	11:25.80	66.11%
23	Mezger, Harry	OX	11:30.60	5th M23 64.87%
24	Guillon, Pierre	OX	11:33.00	6th M40 72.90%
25	Mah, Lincoln	SK	11:36.60	69.88%
26	Gigacz, Patrick	SK	11:37.20	6th M23 64.26%
27	Barlow, Karen	OX	11:54.62	Female 2nd W40 73.74%
28	James, Daryn	CF	11:55.80	3rd M50 72.21%
29	Law, Andrew	OX	11:57.60	62.51%
30	Pile, Adrian	OW	12:00.00	64.33%
31	Russell, Tom	OS	12:00.60	62.17%
32	England, Peter	OX	12:01.80	4th M50 73.31%
33	Hoskins, Charlotte	OX	12:15.00	Female 1st W23 71.68%
34	Martini, David	OX	12:18.60	64.96%
35	Van Eeten, Antony	OS	12:22.18	65.59%
36	Scully, Hamish	CGA	12:22.20	60.36%
37	Marshall, Cameron	OX	12:24.60	61.38%

38	Meek, Robert	OX	12:28.74		5th M50	72.39%
39	Byron, Peter	CGA	12:31.20		6th M50	67.76%
40	Webb, Angus	OG	12:32.40			66.14%
41	Zuccala, Gary	OS	12:38.40			70.33%
42	Bowden, Matt	OW	12:45.60			67.52%
43	Nixon, Jacqui	OX	12:49.80	Female	3rd W40	69.91%
44	Vaheesan, Nilesh	OH	13:01.20			57.35%
45	Martin, Anne	CGA	13:01.74	Female	1st W50	73.80%
46	Garrett, Todd	OW	13:02.40			67.10%
47	Janssens, Kristel	OW	13:03.00	Female		66.57%
48	Watson, Hamish	OS	13:05.68			57.95%
49	Powning, Georgia	OX	13:07.80	Female	2nd W23	64.74%
50	Scott, Andrew	OH	13:17.40			61.95%
51	Lister, Andre	CGA	13:18.00			56.14%
52	Northrop, James	OM	13:27.37			63.53%
53	Lewis, Kieran	CGA	13:29.27			59.29%
54	Power, Sean	CGA	13:29.40			62.42%
55	Bryant, Bree	OGC	13:30.00	Female		63.56%
56	Jacobson, Stuart	OH	13:37.20			60.90%
57	Hendy, Xavier	OB	13:41.40			57.52%
58	Lew Ton, Kate	OX	13:46.20	Female		62.13%
59	Bowden, Kuniko	OW	13:49.20	Female	2nd W50	71.15%
59	Whiteley, Dean	OX	13:49.20			60.92%
61	Pang, Peter	OC	13:49.87			61.81%
62	Waite, Greg	CGA	13:52.20			58.50%
63	Cole, Harry	OX	14:02.40			70.33%
64	Hall, Andrew	CGA	14:03.40			63.24%
65	Lay, George	CGA	14:04.80			53.90%
66	Peacock, Thomas	OH	14:08.40			53.87%
67	Rees, Kevin	OW	14:12.93			57.49%
68	Allemand, Noah	OX	14:21.60			62.18%
69	Waldron, Tess	CGA	14:23.40	Female		59.07%
70	Shaw-Jones, Fleur	OX	14:24.00	Female	4th W40	64.65%
71	Manolitsas, Carlo	OX	14:27.00			51.67%
72	MacFarlane, Abbie	OG	14:27.60	Female	5th W40	63.11%
73	Gaddes, Ashlee	OX	14:28.20	Female		58.80%
74	Chamberlain-War, Steve	OX	14:34.20			58.68%
75	Mitchell, Olivia	SK	14:35.96	Female		58.22%
76	Allemand, Claire	OX	14:37.00	Female	6th W40	60.46%

76	Allemano, Claire	OX	14:37.20	Female	6th W40	60.46%
77	Dickmann, Richard	OX	14:42.00		1st M60	62.47%
78	Goode, James	OG	14:42.60			67.12%
79	White, Andrew	CF	14:46.80			56.12%
80	Wilkinson, Anna	OG	14:56.40			52.40%
81	Lammers, Monica	OC	14:58.80	Female	3rd W50	64.19%
82	Rowe, Andrew	OG	15:04.80			54.60%
83	Holmes, Tamami	OS	15:05.90	Female	4th W50	68.99%
84	Welsh, Sandy	OGC	15:09.00	Female		57.97%
85	Singh, Harriette	OX	15:10.20	Female	3rd W23	56.26%
86	Lambert, Tim	OG	15:13.20			50.11%
87	Phoenix, Zeb	OW	15:17.40		2nd M60	61.06%
88	Turner, Chloe	OX	15:29.58	Female		54.86%
89	Stebbins, Melissa	OX	15:34.20	Female		59.18%
90	Tennant, Ross	OW	15:55.80			55.36%
91	Goode, Andrew	OG	15:57.60			55.95%
92	Barton, Paul	OB	15:58.80			53.50%
93	Naismith, Stephanie	CGA	16:00.60	Female	4th W23	55.77%
94	Worsnop, Christopher	OX	16:04.20		3rd M60	57.62%
95	Johnson, Alexander	OX	16:05.24			65.35%
96	Gray, Amy	OGC	16:15.27	Female		52.35%
97	Vos, Karen	OC	16:21.60	Female		51.96%
98	Johnson, Athena	OX	16:24.93	Female		53.20%
99	Hong-Dunnett, Sophie	OX	16:29.40	Female		55.88%
100	Coster, Jeffrey	OW	16:49.20		4th M60	59.72%
100	Holmes, Jon	OS	16:49.20		5th M60	57.94%
102	Holmes, Janet	OS	16:51.00	Female	1st W60	68.33%
103	Whiteley, Montana	OX	16:53.40	Female	5th W23	50.33%
104	Watson, Nigel	OS	17:18.60		6th M60	58.74%
105	Watson, Abigail	OC	17:24.60	Female	6th W23	57.49%
106	Steven, Jeff	OGC	17:31.90			50.31%
107	Nickels, David	OH	17:35.40			50.54%
108	Watson, Inge	OC	17:37.62	Female		52.27%
109	Hendy, Melissa	OB	18:01.20	Female	5th W50	53.95%
110	Barton, Philip	OS	18:39.60			51.77%
111	Dodgshun, Peter	OS	18:45.00			51.97%
112	Smith, Rosalie	OX	19:20.40	Female	6th W50	53.23%
113	Watson, Amelia	OC	19:27.00	Female		54.94%
114	Wilson, Rob	OS	20:44.40			48.43%

115 O'Callaghan, Eamon OX 21:43.20 39.97%

Handicap - no results**Team**

Pos	Club	Athlete	Start	Finish	Time	Total
Division 1						
1	OX1	Chappell, Peter	0:00	9:57	9:57	77:43
		Paisley, Jason	9:57	19:29	9:32	
		Guirguis, Mark	19:29	29:22	9:53	
		McNeill, David	29:22	38:25	9:03	
		Chappell, Peter	38:25	48:43	10:18	
		Paisley, Jason	48:43	58:36	9:53	
		Guirguis, Mark	58:36	68:45	10:09	
		McNeill, David	68:45	77:43	8:58	
2	OS1	Beischer, Ed	0:00	9:36	9:36	83:32
		Lightfoot, James	9:36	19:46	10:10	
		Schwerkolt, Robert	19:46	30:23	10:37	
		Simm, Peter	30:23	41:27	11:04	
		Beischer, Ed	41:27	51:07	9:40	
		Lightfoot, James	51:07	61:32	10:25	
		Schwerkolt, Robert	61:32	72:33	11:01	
		Simm, Peter	72:33	83:32	10:59	
3	SK1	Mah, Lincoln	0:00	12:19	12:19	89:37
		Gigacz, Patrick	12:19	23:56	11:37	
		Lynch, Matthew	23:56	34:31	10:35	
		Mioni, Tristan	34:31	44:59	10:28	
		Mah, Lincoln	44:59	56:36	11:37	
		Gigacz, Patrick	56:36	68:39	12:03	
		Lynch, Matthew	68:39	79:20	10:41	
		Mioni, Tristan	75:00	85:17	10:17	
4	OX2	Jackson, Aidan	0:00	10:00	10:00	90:42
		England, Peter	10:00	22:02	12:02	
		Davie, Bruce	22:02	33:25	11:23	
		Guillon, Pierre	33:25	44:58	11:33	
		Jackson, Aidan	44:58	55:08	10:10	
		England, Peter	55:08	67:30	12:22	
		Davie, Bruce	67:30	78:56	11:26	

		Guillon, Pierre	75:00	86:46	11:46	
5	CGA1	Malone, Harrison	0:00	10:21	10:21	95:01
		Scully, Hamish	10:21	22:43	12:22	
		Byron, Peter	22:43	35:14	12:31	
		James, Daryn	35:14	47:19	12:05	
		Malone, Harrison	47:19	57:49	10:30	
		Scully, Hamish	57:49	70:25	12:36	
		Byron, Peter	70:25	83:05	12:40	
		James, Daryn	75:00	86:56	11:56	
6	OW1	Aspinall, Lachlan	0:00	9:42	9:42	96:13
		Pile, Adrian	9:42	21:42	12:00	
		Bowden, Matt	21:42	34:28	12:46	
		Garrett, Todd	34:28	47:30	13:02	
		Aspinall, Lachlan	47:30	57:10	9:40	
		Pile, Adrian	57:10	69:19	12:09	
		Bowden, Matt	69:19	82:36	13:17	
		Garrett, Todd	75:00	88:37	13:37	
7	OH1	Parsons, Michaela	0:00	10:40	10:40	98:09
		Vaheesan, Nilesh	10:40	23:41	13:01	
		Jacobson, Stuart	23:41	37:18	13:37	
		Peacock, Scott	37:18	48:38	11:20	
		Parsons, Michaela	48:38	59:41	11:03	
		Vaheesan, Nilesh	59:41	73:01	13:20	
		Jacobson, Stuart	73:01	86:50	13:49	
		Peacock, Scott	75:00	86:19	11:19	
8	OS2	Van Eeten, Antony	0:00	12:22	12:22	97:58
		Holmes, Robert	12:22	23:48	11:26	
		Zuccala, Gary	23:48	36:26	12:38	
		Russell, Tom	36:26	48:33	12:07	
		Van Eeten, Antony	48:33	61:34	13:01	
		Holmes, Robert	61:34	73:00	11:26	
		Zuccala, Gary	73:00	85:57	12:57	
		Russell, Tom	75:00	87:01	12:01	
Division 2						
1	OX3	Meek, Robert	0:00	12:29	12:29	103:09

		Marshall, Cameron	12:29	25:19	12:50	
		Martini, David	25:19	37:39	12:20	
		Whiteley, Dean	37:39	51:54	14:15	
		Meek, Robert	51:54	64:36	12:42	
		Marshall, Cameron	64:36	77:01	12:25	
		Martini, David	75:00	87:19	12:19	
		Whiteley, Dean	75:00	88:49	13:49	
2	OGC1	Webb, Angus	0:00	12:41	12:41	108:43
		Rowe, Andrew	12:41	27:47	15:06	
		Lambert, Tim	27:47	43:20	15:33	
		Goode, Michael	43:20	54:39	11:19	
		Webb, Angus	54:39	67:11	12:32	
		Rowe, Andrew	67:11	82:16	15:05	
		Lambert, Tim	75:00	90:13	15:13	
		Goode, Michael	75:00	86:14	11:14	
3	CGA2	Lewis, Kieran	0:00	13:29	13:29	109:12
		Waite, Greg	13:29	27:21	13:52	
		Lister, Andre	27:21	40:39	13:18	
		Power, Sean	40:39	54:08	13:29	
		Lewis, Kieran	54:08	67:57	13:49	
		Waite, Greg	67:57	81:59	14:02	
		Lister, Andre	75:00	88:26	13:26	
		Power, Sean	75:00	88:47	13:47	
4	CGA3	Hall, Andrew	0:00	14:03	14:03	112:57
		Lay, George	14:03	28:08	14:05	
		White, Andrew	28:08	42:57	14:49	
		Gardner, Peter	42:57	54:12	11:15	
		Hall, Andrew	54:12	68:37	14:25	
		Lay, George	68:37	82:57	14:20	
		White, Andrew	75:00	89:47	14:47	
		Gardner, Peter	75:00	90:13	15:13	
5	MIX1	Nickels, David	0:00	17:35	17:35	121:44
		Scott, Andrew	17:35	31:20	13:45	
		Peacock, Thomas	31:20	45:28	14:08	
		Wilkinson, Anna	45:28	60:43	15:15	

		WILKINSON, Anna	40:20	50:40	10:10	
		Nickels, David	60:43	78:44	18:01	
		Scott, Andrew	75:00	88:17	13:17	
		Peacock, Thomas	75:00	89:47	14:47	
		Wilkinson, Anna	75:00	89:56	14:56	
6	MIX2	Northrop, James	0:00	13:27	13:27	124:18
		Hendy, Melissa	13:27	31:28	18:01	
		Hendy, Xavier	31:28	45:09	13:41	
		Barton, Paul	45:09	61:08	15:59	
		Northrop, James	61:08	75:06	13:58	
		Hendy, Melissa	75:00	93:41	18:41	
		Hendy, Xavier	75:00	89:24	14:24	
		Barton, Paul	75:00	91:07	16:07	
7	OW2	Rees, Kevin	0:00	14:13	14:13	125:32
		Phoenix, Zeb	14:13	29:59	15:46	
		Tennant, Ross	29:59	45:55	15:56	
		Coster, Jeffrey	45:55	62:44	16:49	
		Rees, Kevin	62:44	77:06	14:22	
		Phoenix, Zeb	75:00	90:17	15:17	
		Tennant, Ross	75:00	90:59	15:59	
		Coster, Jeffrey	75:00	92:10	17:10	
8	OX4	Johnson, Alexander	0:00	16:05	16:05	131:39
		Manolitsas, Carlo	16:05	30:32	14:27	
		Dickmann, Richard	30:32	45:14	14:42	
		Chamberlain-War, Steve	45:14	60:04	14:50	
		Johnson, Alexander	60:04	77:17	17:13	
		Manolitsas, Carlo	75:00	99:48	24:48	
		Dickmann, Richard	75:00	90:00	15:00	
		Chamberlain-War, Steve	75:00	89:34	14:34	
9	OGC2	Steven, Jeff	0:00	17:32	17:32	131:02
		Bryant, Bree	17:32	31:02	13:30	
		Goode, James	31:02	45:45	14:43	
		Goode, Andrew	45:45	66:49	21:04	
		Steven, Jeff	66:49	86:48	19:59	
		Goode, James	75:00	89:43	14:43	
		Goode, Andrew	75:00	89:50	14:50	

		Goode, Andrew	75:00	90:58	15:58	
		Bryant, Bree	75:00	88:33	13:33	
10	OS3	Watson, Hamish	0:00	13:06	13:06	134:21
		Holmes, Jon	13:06	30:26	17:20	
		Watson, Nigel	30:26	47:45	17:19	
		Barton, Philip	47:45	66:25	18:40	
		Watson, Hamish	66:25	79:41	13:16	
		Holmes, Jon	75:00	91:49	16:49	
		Watson, Nigel	75:00	92:38	17:38	
		Barton, Philip	75:00	95:13	20:13	
11	OX5	Allemand, Noah	0:00	14:28	14:28	136:51
		Cole, Harry	14:28	28:30	14:02	
		O'Callaghan, Eamon	28:30	50:13	21:43	
		Worsnop, Christopher	50:13	66:17	16:04	
		Allemand, Noah	66:17	80:39	14:22	
		Cole, Harry	75:00	89:12	14:12	
		O'Callaghan, Eamon	75:00	100:35	25:35	
		Worsnop, Christopher	75:00	91:25	16:25	
12	OS4	Holmes, Tamami	0:00	15:06	15:06	144:54
		Holmes, Janet	15:06	31:57	16:51	
		Dodgshun, Peter	31:57	50:42	18:45	
		Wilson, Rob	50:42	71:26	20:44	
		Holmes, Tamami	71:26	86:45	15:19	
		Holmes, Janet	75:00	92:01	17:01	
		Dodgshun, Peter	75:00	94:13	19:13	
		Wilson, Rob	75:00	96:55	21:55	
	OC1	Pang, Peter	0:00	13:50	13:50	DNF
		Watson, Abigail	13:50	31:15	17:25	
		Watson, Amelia	31:15	50:42	19:27	
		Pang, Peter	50:42	64:36	13:54	
		Watson, Abigail	64:36	83:47	19:11	
	OX6	Johnson, Brad	0:00	10:16	10:16	DNF
		Mezger, Harry	10:16	21:47	11:31	
		Jackson, Declan	21:47	33:05	11:18	

Law, Andrew	33:05	45:03	11:58
Johnson, Brad	45:03	55:27	10:24
Mezger, Harry	55:27	67:10	11:43
Jackson, Declan	67:10	78:35	11:25

SK2	Mitchell, Olivia	0:00	14:36	14:36	DNF
	Mitchell, Olivia	14:36	30:27	15:51	

Women

1	OX1	Barlow, Karen	0:00	11:55	11:55	74:10
		Hoskins, Charlotte	11:55	24:14	12:19	
		Nixon, Jacqui	24:14	37:04	12:50	
		Barlow, Karen	37:04	49:01	11:57	
		Hoskins, Charlotte	49:01	61:16	12:15	
		Nixon, Jacqui	61:16	74:10	12:54	
2	OW1	Kasapis, Anna	0:00	10:51	10:51	75:53
		Janssens, Kristel	10:51	23:54	13:03	



Old Scotch Track-suit offer is on again
 Offer will close on 13th August
 We need a minimum of 5 - we have 3 orders
 Please send your order to Rob Wilson.
 Do not pay until contacted when minimum reached
 Delivery is about 2 weeks
 If unsure on size, visit a 2XL store

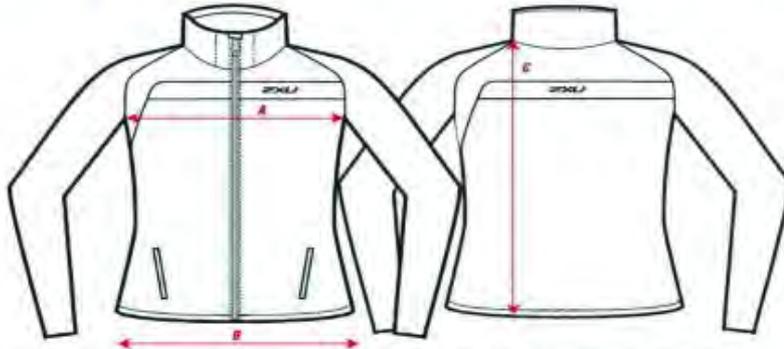
IF UNSURE ON SIZE - VISIT A ZXU STORE.



Email Orders to:
 Rob Wilson
robert.wilson@oalproducts.com.au

Old Scotch Track-suit offer

Name	
Address	
Phone - daytime - mobile	
Email	
Size - Top	
Size - Bottom	
Male/Female	
Pick-up at AV/School events Y/N	
Specify event	
Cost - \$160.00 each	
If delivery required by TNT - add \$15.00	
Payment by Direct Debit	Old Scotch Collegians Athletic Club
Old Scotch Collegians Athletic Club	BSB 013-006 Account 0086-60003
BSB 013-006 Account 0086-60003	



POINTS OF MEASUREMENT (cm)		2XS	XS	S	M	L	XL	2XL
A	1/2 CHEST CIRC.	44	46	48	50	52	54	56
B	1/2 HEM CIRC.	43	45	47	49	51	53	55
C	CENTRE BACK LENGTH (FROM HIGH SHOULDER POINT)	61	62.5	64	65.5	67	68.5	70

PLEASE NOTE - MEASUREMENTS FOR GARMENTS MAY VARY AS PER GARMENT CONSTRUCTION.





POINTS OF MEASUREMENT (cm)		2XS	XS	S	M	L	XL	2XL
A	1/2 WAIST RELAXED	29	31	33	35	37	39	41
B	SIDE LENGTH	99	100.5	102	103.5	105	106.5	108



Copyright © 2020 Old Scotch Athletics Club, All rights reserved.

You are receiving this email because you are a current member or supporter of Old Sc

Our mailing address is:

Old Scotch Athletics Club
 1 Morrison Street
 Hawthorn, Vic 3122
 Australia

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).



190803 Brighton By-The Sea

[Campaign Preview](#)[HTML Source](#)[Plain-Text Email](#)[Details](#)

[View this email in your browser](#)



Brighton by-the-sea report - Saturday 3rd August 2019 - The race starts at the Scout Hall at Greens Point. We down to Sandingham Yacht Club which lulls you into a false sense of well-being, and then a tough run back all with some sand and spray. At Greens Point Scout Hall there is a steep up-hill to Beach Road, then on to the M onto the sea wall and then the last 1k on the soft sand - where the tide always seems to be coming in - so only This year there was no wind and the tide was going out.

Thank you to Jon Holmes for his creative photography.

Next Run is the Lodge at St Kevins on 17th July.

8k or 16k The Lodge Handicaps start at 2.00 pm, half an hour earlier than the usual APSOC race starting time, boat-shed by 1.50 p.m (16k) or 2.30 p.m (8k). Handicaps are applied at the start.

Hoodies and Track-suits are now on sale. Track-suit offer will finish on Sunday 18th July - see below.





Shot of the day - our cameraman Jon Holmes getting creative



Run-of-day Nigel Watson - running injury free and looking fit and strong. Fastest of the over 70's. A keen skier, he is currently at Thredbo enjoying champagne conditions. 5th M60 and 16th on Handicap. Nigel has run with OS since his 20's. He is a good example of the benefits of vigorous running - see article below on "How much exercise to we need?"





JP Soulie, Seb Brasington, James Lightfoot, Harrison Carr, Fred Leeton

Hoodie Offer

All are all wearing mediums. Harrison has small through large sizes. Please email him on harrison.carr.me@me.com if you are interested. They are \$45 each.



Track-suit offer - at wholesale price of \$140.00.
Orders will be placed on Sunday 17th July.
Please let Rob Wilson know on robert.wilson@palmproducts.com.au.
Payment before delivery. Cost is \$160.00.

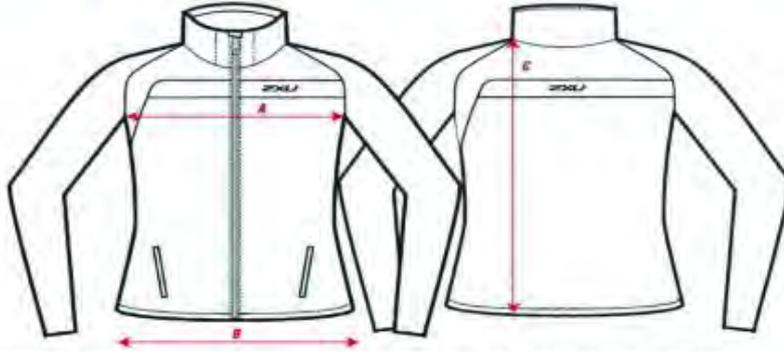


Email Orders to:
Rob Wilson
robert.wilson@palmproducts.com.au

Old Scotch Track-suit offer

Name	
Address	
Phone - daytime - mobile	
Email	
Size - Top	

Size - Bottom	
Male/Female	
Pick-up at AV/School events Y/N	
Specify event	
Cost - \$160.00 each	
If delivery required by TNT - add \$15.00	
Payment by Direct Debit	Old Scotch Collegians Athletic Club
Old Scotch Collegians Athletic Club	BSB 013-006 Account 0086-60003
BSB 013-006 Account 0086-60003	



POINTS OF MEASUREMENT (cm)		2XS	XS	S	M	L	XL	2XL
A	1/2 CHEST CIRC.	44	46	48	50	52	54	56
B	1/2 HEM CIRC.	43	45	47	49	51	53	55
C	CENTRE BACK LENGTH (FROM HIGH SHOULDER POINT)	61	62.5	64	65.5	67	68.5	70

SHOULDER WIDTH - MEASUREMENT FOR GARMENT NOT TAKEN AS PER STANDARD SIZING.



POINTS OF MEASUREMENT (cm)		2XS	XS	S	M	L	XL	2XL
A	1/2 WAIST RELAXED	29	31	33	35	37	39	41
B	SIDE LENGTH	99	100.5	102	103.5	105	106.5	108





Pete Dodgshun heading off to Sandingham



Phil Barton having his best season



Rob Wilson with David Nichols and Eamon O'Callaghan. Eamon is set to run the Sydney-to-Surf this weekend. In his youth he ran a 3.46 1500



Antony van Eeton - our top handicap performer - coming 9th



Tamami Holmes - in training for the New York Marathon

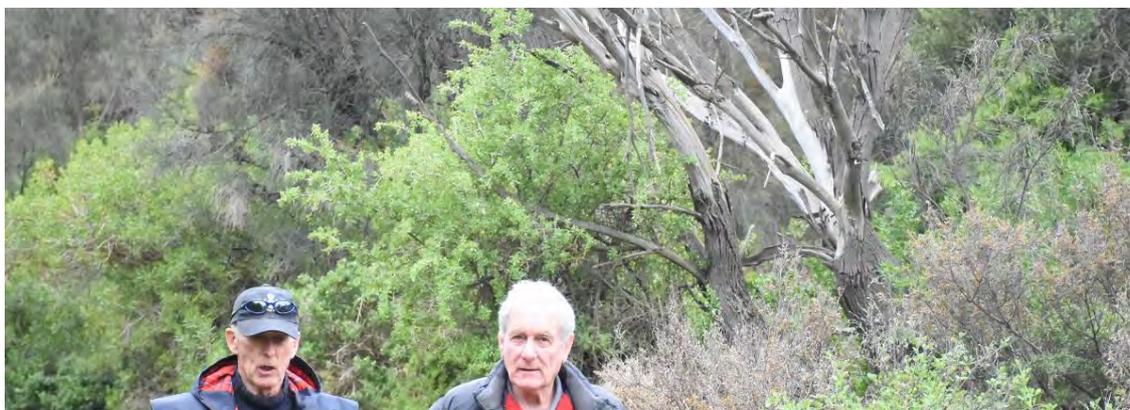




Heather Danks



Brett Dickinson - our fastest - 5th overall, 1st M40 and 23rd on Handicap - running into some good form.





Col Findlay came to help officiate - on his 82nd Birthday - under strict instructions from Joy not to eat too much afternoon tea - with Alan Rowe



The scene 7 years ago on Cols 75th birthday, Col won the handicap and was part of the oldest winning handicap team - with Graham Gray (2nd), Rob Wilson (11th) and Mitsumi Kamiya (7th). Cols time was 50:16 which averaged 5:35/k.





Phil putting in



Nigel



Pete



Tamami



Antony





Rob Holmes - with his first top 10.



President Tom Russell





Brett



Heather



Phil and Antony





Rob showing good pace across the sand



Tamami showing that this is a tough race





Pete



Rob

How much exercise do we really need?

We want to be healthy, but how much exercise is actually required? The answer may surprise you.
By Herman Pontzer - Weekend Australian - 7th July 2019

The Spine Challenger is a brutal race. It claws its way along 174km of the Pennines, the geological winter. It must be completed in less than 60 hours. Finishers rack up about 5400m of ascent, equivalent to climbing 100 flights of stairs. In 2017, a first-timer named Dom Layfield, a cheerful man in his 40s, pulled away from the pack and sleet. They let him go, perhaps thinking this first-timer had underestimated the race's difficulty. After 28 hours of non-stop running and scrambling, he finished first, an hour ahead of his nearest rival, Steve. If exercise is medicine — as we are often told — surely the Spine Challenger is a massive overdose of steps that many of us aspire to each day. Yet hundreds of such ultramarathons have sprung up around the world and are oversubscribed. At the same time, lifts and escalators are jammed with people who would never consider running. As a species, we have a love-hate relationship with exercise. Many people don't get enough, some

correct dose? Or, put another way for the Fitbit generation: how many daily steps should we take to medicine?

We want to be healthy, but how much exercise is actually required? The answer may surprise you. Dom and I met as PhD students in 2001, dissecting cadavers at Harvard Medical School. We discovered our friendship was born amid the grease and formalin. We have since spent many happy days climbing. A constant has been Dom pulling ahead, wearing me out. So I have a sense of how the other runners, a scientist working at the intersection of human evolution, energetics and health, I also find myself. My capacity for physical exertion tells us about the way our bodies are built.

We evolved from lazy stock. All animals rest to conserve energy when they can, but by any measure, we are sedentary, resting and sleeping for 18 hours a day. However, when our ancestors began hunting and putting an evolutionary premium on physical exertion. Those who were more active found more food and eventually inherited their desire to move. Eventually, the human brain evolved to reward hard work, releasing endorphins, the body's homemade, feel-good drugs — in response to endurance exercise. The “runner's high” was alongside our ancient, simian desire to rest. These two competing drives were balanced by a lifestyle of strategic laziness.

These sirens continue to call from opposite shores inside our brains, luring us towards idleness or activity. In an evolutionary eye, our environment has changed. In the well-stocked human zoos many of us now inherit the hunger and fear that got our hunter-gatherer ancestors moving. We've made it easy to overindulge in diabetes. In our palaeolithic past, we could know what our bodies needed by listening to what they said. Our neural reward systems to deliver the proper dose of exercise feels a bit like trusting my four-year-old with a knife of broccoli and ice cream.

Our strange modern environment has also exposed our seemingly paradoxical relationship with exercise. We, like ultramarathon competitors, seek it out in large doses, feeding the evolved craving for physical activity. An ape calls the shots far too often.

The health benefits of exercise and the perils of sloth are well known, and many people would like to know. But *how much* more? To get a better sense of the amount of exercise we should be aiming for, we need to look at our bodies. It has taken a surprisingly long time to figure that out, but recent work is illuminating.

First, the obvious benefits: exercise keeps our muscles and hearts strong, our blood vessels pliable. A higher heart rate is up the stresses imposed by the blood rushing through our arteries promotes the production of nitric oxide, which keeps blood vessels and keep them elastic. Strength and aerobic fitness are particularly important as we age. People who walk 365m in a standard six-minute walk test have half the risk of dying in the subsequent decade as those who don't. Exercise does more than strengthen our hearts and muscles, though. It also has helpful suppressive effects on chronic inflammation, moderates levels of the hormones testosterone, oestrogen and progesterone and reduces stress. This suppression has big health impacts. Chronic inflammation and stress are indiscriminate drivers of disease, cancer, diabetes, mental illness and other maladies.

Research by David Raichlen at the University of Southern California, Gene Alexander at the University of California, Berkeley, and others shows that exercise keeps our brains fit, too. Aerobic activity increases blood flow to the brain and causes the generation of new brain cells and keep old ones healthy. Running, cycling and walking also challenge the brain, involved in balance, navigation and movement, helping to maintain our cognitive reserve. Again, this is because it helps ward off dementia and other forms of cognitive decline.

Counterintuitively, one thing that exercise doesn't do very well is increase our daily energy expenditure. Hadza hunter-gatherers in Tanzania burn the same number of calories a day as adults in the US are active. It isn't that exercise is less energetically expensive for the Hadza (we checked); instead, the lifestyle by spending less energy on other tasks, which keeps their total daily calorie expenditure in line with people everywhere: being physically active doesn't change the number of calories your body spends on them.

This may be bad news for people relying on exercise to lose weight, but I believe it helps us understand the modern world. I argue that this "metabolic management" underpins the suppressive effects of regular exercise: the body has an abundance of calories at its disposal. As a result, physiological activities such as immune responses which are normally short-lived and sporadic, are always on, raging in the background. Similarly, our overabundance of sex hormones — twice the levels we see in populations like the Hadza. Exercise suppresses overzealous activities. By forcing our bodies to economise, it helps prevent many of the diseases that we get. **As with all good things, there is a dark side to this.** Taken too far, the suppressive effects of exercise might explain the curious finding, reported in many large studies, that extreme exercisers have slightly lower mortality rates. We also know that the rigorous regimens of elite athletes can lead to a host of problems including reduced immunity and fertility. White blood cell counts crash. Colds last longer. Exercise stops being healthful and starts being harmful.

So how much exercise do we need to get to reap the crucial health benefits without feeling the downside? The exercise evolved to meet the physical demands of hunting and gathering, perhaps populations who can guide us. In communities like the Hadza, adults get about two hours a day of moderate to vigorous physical activity in the form of hard walking over hilly terrain, looking for food. There are plenty of other activities, though. Women dig for roots on rocky ground. Men climb trees and chop into branches to expose bees' nests and take honey. Kids play and return back to camp. Other indigenous communities have similar workloads.

It is unlikely you would care to trade lifestyles with these hunter-gatherers. Their limited access to modern medicine often from curable infections, skewing average life expectancy sharply downwards. But when it comes to chronic diseases of the developed world are most likely to die from, hunter-gatherers are paragons of public health. They rarely show any sign of the problems we often see as the inevitable consequences of ageing. They have the heart disease, diabetes, and stay strong and spry into old age.

Even serious athletes might find it useful to gauge their exercise dosage by hunter-gatherer standards. A study of runners running per day to stay sharp for ultramarathons. Much more than that and he begins to sense the downside. For us, two hours' exercise each day might seem like a lot. But people who manage it do get huge benefits. A study found that those who clocked more than 15,000 steps a day carrying the mail, which equates to about two hours of exercise, had metabolic health on a par with hunter-gatherers — and this in a city with Britain's lowest life expectancy. A much larger study in the US followed 4840 adults to see if physical activity reduced the risk of dying. No surprise, it found that more active people had lower mortality rates. Just 25 minutes of moderate physical activity each day reduced the risk of dying within this timeframe by 25 per cent compared with the least active people. And more was true: 45 minutes or more each day had the lowest mortality rates — 80 per cent lower than the couch potato. These and other studies suggest that current public health guidelines set the bar too low. Australians should do two and a half to five hours of moderate physical activity, or one and a quarter to two and a half hours (or an equivalent combination) each week.

The 10,000-step target pursued by fitness-tracker enthusiasts — originally a marketing ploy dreamed up by the makers of pedometers in 1965 — gives a comparable amount of exercise, because many of those steps won't

activity. These targets are a good start, but we should strive for more. Benefits continue to accrue and it seems to be closer to the levels we see with the Hadza. Higher exercise workloads may be particularly beneficial on days at a computer. A recent study of nearly 150,000 Australian adults found that it took more than 10,000 steps to cancel out the ill-health effects of sitting during work hours.

But if 15,000 steps a day or two hours' brisk walking is a distant goal for you, don't be discouraged. More is better than none. Studies consistently show that even modest amounts of exercise confer huge health benefits. For the most sedentary among us, an extra 30 minutes a day of activity that elevates our heart rate can add many quality healthy years to our lives.

Exercise, then, is a powerful drug, but we shouldn't be afraid to self-medicate liberally. The only danger is "running out of fun anymore". If you find a way to stay active that tickles your brain's reward centres, you are doing one that gets you coming back for more.

Scratch

Pos	Athlete	Club	Time	Age Grading
1	Malone, Harrison	CGA	33:24.34	71.44%
2	Mioni, Tristan	SK	33:30.11	71.24%
3	Parsons, Michaela	OH	34:07.58	Female 79.65%
4	Lynch, Matthew	SK	34:22.21	1st M23 69.44%
5	Dickinson, Brett	OS	34:55.30	1st M40 73.16%
6	Kasapis, Anna	OW	35:11.24	Female 1st W40 80.04%
7	Gasson, Dean	OH	36:33.14	1st M50 73.42%
8	James, Daryn	CGA	36:35.02	2nd M50 74.62%
9	Guillon, Pierre	OX	37:02.30	2nd M40 71.85%
10	Holmes, Robert	OS	37:23.46	64.05%
11	Louey, Andrew	CGA	37:40.08	63.58%
12	Russell, Tom	OS	37:46.21	63.19%
13	Vogelpoel, Daniel	OX	37:47.71	3rd M40 69.26%
14	Imbriano, Joel	SK	38:26.93	2nd M23 67.06%
15	Pile, Adrian	OW	38:31.34	63.08%
16	Doble, Samuel	SK	38:33.43	3rd M23 61.90%
17	Van Eeten, Antony	OS	38:46.81	4th M40 65.88%
18	Wilson, Justin	OH	38:51.18	3rd M50 69.66%
19	Webb, Angus	OGC	39:25.34	5th M40 66.40%
20	Manning, Julie	OX	39:50.81	Female 68.53%
21	Byron, Peter	CGA	39:52.90	4th M50 67.29%
22	Nixon, Jacqui	OX	40:02.30	Female 2nd W40 71.97%
23	Imbriano, Dino	SK	40:45.90	6th M40 62.67%
24	Martin, Anne	CGA	40:50.02	Female 1st W50 76.12%

25	Janssens, Kristel	OW	40:51.49	Female	68.11%
26	Garrett, Todd	OW	40:54.58	5th M50	67.88%
27	Bowden, Matt	OW	41:05.87	6th M50	66.42%
28	Pang, Peter	OC	41:37.40		65.03%
29	Northrop, James	OM	41:41.84		64.91%
30	Lewis, Kieran	CGA	42:05.14		59.75%
31	Bolton, Chris	OM	42:07.24		65.93%
32	Turner, Sally	OW	42:17.18	Female 2nd W50	79.22%
33	Danks, Heather	OS	42:34.11	Female 3rd W50	72.16%
34	Waite, Greg	CGA	42:47.08		59.71%
35	Meek, Robert	OX	42:52.43		67.11%
36	Cassidy, Marc	CGA	43:15.46		59.54%
37	Power, Sean	CGA	43:15.65		61.52%
38	O'Callaghan, Alexander	OX	43:33.05		54.80%
39	Bowden, Kuniko	OW	43:57.18	Female 4th W50	72.46%
40	MacFarlane, Abbie	OGC	44:27.52	Female 3rd W40	66.04%
41	Bunker, Georgia	OX	44:47.49	Female 1st W23	60.69%
42	Dickmann, Richard	OX	45:03.93	1st M60	65.02%
43	Arnold, Harry	CGA	45:04.30	4th M23	52.95%
44	Medland, Jenni	OX	45:07.99	Female	60.23%
45	Lister, Andre	CGA	45:08.40		52.87%
46	White, Andrew	CGA	45:41.84		57.29%
47	Holmes, Tamami	OS	46:56.71	Female 5th W50	72.29%
48	Welsh, Sandy	OGC	46:57.02	Female 4th W40	59.99%
49	Phoenix, Zeb	OW	47:17.71	2nd M60	63.12%
50	Hendy, Xavier	OB	47:46.40	5th M23	52.72%
51	Williams, Elinor	OM	48:04.96	Female 2nd W23	56.53%
52	Arnold, Darren	CGA	48:09.81		55.72%
53	Worsnop, Christopher	OX	48:13.55	3rd M60	61.33%
54	Roberts, Caroline	OB	48:46.55	Female 6th W50	62.97%
55	Hendy, Madeleine	OH	49:59.46	Female 3rd W23	54.38%
56	Barton, Paul	OB	50:30.81		53.58%
57	Singh, Harriette	OX	50:53.11	Female 4th W23	54.00%
58	Gonzalez, Norma	OC	51:32.30	Female 5th W40	55.91%
59	Bott, Greg	OH	51:52.52	4th M60	56.49%
60	Vos, Karen	OC	52:20.02	Female	51.94%
61	Watson, Nigel	OS	53:18.65	5th M60	61.29%
62	Coster, Jeffrey	OW	53:48.90	6th M60	60.00%
63	Steven, Jeff	OGC	53:59.93		51.88%

64	Hendy, Melissa	OB	54:24.65	Female	57.82%
65	Barton, Philip	OS	54:29.99		56.90%
66	Thomas, Karen	OB	55:20.99	Female	59.75%
67	Barton, Samantha	OB	56:55.78	Female 6th W40	51.57%
68	Nickels, David	OH	56:58.65		49.61%
69	Dodgshun, Peter	OS	59:40.11		52.48%
70	Wilson, Rob	OS	64:46.75		49.85%
71	O'Callaghan, Eamon	OX	70:38.63		38.97%

Also participated:

Comport, Michael	OH
Gardner, Peter	CGA

Handicap

Pos	Athlete	Club	Time	Hcap	Adj Time	
1	Doble, Samuel	SK	53:03.43	14:30	38:33.43	
2	Dickmann, Richard	OX	53:13.93	8:10	45:03.93	
3	Roberts, Caroline	OB	53:46.55	5:00	48:46.55	Female
*	Bunker, Georgia	OX	53:47.49	9:00	44:47.49	Female
*	Arnold, Darren	CGA	53:49.81	5:40	48:09.81	
4	Northrop, James	OM	54:01.84	12:20	41:41.84	
5	Lewis, Kieran	CGA	54:05.14	12:00	42:05.14	
6	Janssens, Kristel	OW	54:11.49	13:20	40:51.49	Female
7	Nixon, Jacqui	OX	54:12.30	14:10	40:02.30	Female
8	Pang, Peter	OC	54:17.40	12:40	41:37.40	
9	Van Eeten, Antony	OS	54:26.81	15:40	38:46.81	
10	Barton, Philip	OS	54:29.99	0:00	54:29.99	
11	Guillon, Pierre	OX	54:32.30	17:30	37:02.30	
12	Malone, Harrison	CGA	54:44.34	21:20	33:24.34	
13	Hendy, Melissa	OB	54:44.65	0:20	54:24.65	Female
14	Cassidy, Marc	CGA	55:05.46	11:50	43:15.46	
15	Lynch, Matthew	SK	55:12.21	20:50	34:22.21	
16	Watson, Nigel	OS	55:18.65	2:00	53:18.65	
17	Mioni, Tristan	SK	55:20.11	21:50	33:30.11	
18	Kasapis, Anna	OW	55:21.24	20:10	35:11.24	Female
19	Worsnop, Christopher	OX	55:23.55	7:10	48:13.55	
20	Imbriano, Dino	SK	55:25.90	14:40	40:45.90	
21	Louey, Andrew	CGA	55:30.08	17:50	37:40.08	
22	Garrett, Todd	OW	55:34.58	14:40	40:54.58	
23	Dickinson, Brett	OS	55:35.30	20:40	34:55.30	
24	Parsons, Michaela	OH	55:37.58	21:30	34:07.58	Female

25	Power, Sean	CGA	55:45.65	12:30	43:15.65	
26	Bowden, Matt	OW	55:45.87	14:40	41:05.87	
27	Hendy, Madeleine	OH	55:49.46	5:50	49:59.46	Female
*	Arnold, Harry	CGA	55:54.30	10:50	45:04.30	
28	Phoenix, Zeb	OW	55:57.71	8:40	47:17.71	
29	Barton, Paul	OB	56:00.81	5:30	50:30.81	
30	Holmes, Robert	OS	56:03.46	18:40	37:23.46	
31	Russell, Tom	OS	56:06.21	18:20	37:46.21	
32	Turner, Sally	OW	56:07.18	13:50	42:17.18	Female
33	Martin, Anne	CGA	56:10.02	15:20	40:50.02	Female
34	Holmes, Tamami	OS	56:26.71	9:30	46:56.71	Female
35	Imbriano, Joel	SK	56:26.93	18:00	38:26.93	
36	Bowden, Kuniko	OW	56:27.18	12:30	43:57.18	Female
37	White, Andrew	CGA	56:31.84	10:50	45:41.84	
38	Byron, Peter	CGA	56:32.90	16:40	39:52.90	
39	Waite, Greg	CGA	56:37.08	13:50	42:47.08	
40	Coster, Jeffrey	OW	56:38.90	2:50	53:48.90	
41	Steven, Jeff	OGC	56:39.93	2:40	53:59.93	
42	Thomas, Karen	OB	56:40.99	1:20	55:20.99	Female
43	Manning, Julie	OX	56:50.81	17:00	39:50.81	Female
44	Gonzalez, Norma	OC	56:52.30	5:20	51:32.30	Female
45	James, Daryn	CGA	56:55.02	20:20	36:35.02	
46	MacFarlane, Abbie	OGC	56:57.52	12:30	44:27.52	Female
47	Pile, Adrian	OW	57:01.34	18:30	38:31.34	
48	Lister, Andre	CGA	57:18.40	12:10	45:08.40	
49	Nickels, David	OH	57:18.65	0:20	56:58.65	
50	Bolton, Chris	OM	57:27.24	15:20	42:07.24	
51	Bott, Greg	OH	57:52.52	6:00	51:52.52	
52	Williams, Elinor	OM	57:54.96	9:50	48:04.96	Female
53	O'Callaghan, Alexander	OX	58:23.05	14:50	43:33.05	
54	Medland, Jenni	OX	58:37.99	13:30	45:07.99	Female
55	Gasson, Dean	OH	58:43.14	22:10	36:33.14	
56	Webb, Angus	OGC	58:55.34	19:30	39:25.34	
*	Vogelpoel, Daniel	OX	58:57.71	21:10	37:47.71	
57	Meek, Robert	OX	59:12.43	16:20	42:52.43	
*	Singh, Harriette	OX	59:13.11	8:20	50:53.11	Female
58	Vos, Karen	OC	59:20.02	7:00	52:20.02	Female
59	Danks, Heather	OS	59:24.11	16:50	42:34.11	Female
60	Welsh, Sandy	OGC	59:27.02	12:30	46:57.02	Female

60	WELSH, Sandy	UGU	59:27.02	12:30	40:57.02	Female
61	Wilson, Justin	OH	59:31.18	20:40	38:51.18	
62	Dodgshun, Peter	OS	59:40.11	0:00	59:40.11	
63	Hendy, Xavier	OB	60:16.40	12:30	47:46.40	
64	Barton, Samantha	OB	60:55.78	4:00	56:55.78	Female
65	Wilson, Rob	OS	64:46.75	0:00	64:46.75	
66	O'Callaghan, Eamon	OX	70:38.63	0:00	70:38.63	

* Ineligible for handicap (5 race min)

Team

Pos	Club	Athlete	Time	Place	Points
1	OX1	Dickmann, Richard	53:13.93	2	39
		Nixon, Jacqui	54:12.30	7	
		Guillon, Pierre	54:32.30	11	
		Worsnop, Christopher	55:23.55	19	
2	CGA1	Lewis, Kieran	54:05.14	5	52
		Malone, Harrison	54:44.34	12	
		Cassidy, Marc	55:05.46	14	
		Louey, Andrew	55:30.08	21	
3	SK1	Doble, Samuel	53:03.43	1	53
		Lynch, Matthew	55:12.21	15	
		Mioni, Tristan	55:20.11	17	
		Imbriano, Dino	55:25.90	20	
4	OS1	Van Eeten, Antony	54:26.81	9	58
		Barton, Philip	54:29.99	10	
		Watson, Nigel	55:18.65	16	
		Dickinson, Brett	55:35.30	23	
5	OW1	Janssens, Kristel	54:11.49	6	72
		Kasapis, Anna	55:21.24	18	
		Garrett, Todd	55:34.58	22	
		Bowden, Matt	55:45.87	26	
6	OB1	Roberts, Caroline	53:46.55	3	87
		Hendy, Melissa	54:44.65	13	
		Barton, Paul	56:00.81	29	
		Thomas, Karen	56:40.99	42	

7	CGA2	Power, Sean	55:45.65	25	133
		Martin, Anne	56:10.02	33	
		White, Andrew	56:31.84	37	
		Byron, Peter	56:32.90	38	
8	OW2	Phoenix, Zeb	55:57.71	28	136
		Turner, Sally	56:07.18	32	
		Bowden, Kuniko	56:27.18	36	
		Coster, Jeffrey	56:38.90	40	
9	OH1	Parsons, Michaela	55:37.58	24	151
		Hendy, Madeleine	55:49.46	27	
		Nickels, David	57:18.65	49	
		Bott, Greg	57:52.52	51	
10	OS2	Holmes, Robert	56:03.46	30	154
		Russell, Tom	56:06.21	31	
		Holmes, Tamami	56:26.71	34	
		Danks, Heather	59:24.11	59	
11	OGC1	Steven, Jeff	56:39.93	41	203
		MacFarlane, Abbie	56:57.52	46	
		Webb, Angus	58:55.34	56	
		Welsh, Sandy	59:27.02	60	
12	OX2	Manning, Julie	56:50.81	43	207
		O'Callaghan, Alexander	58:23.05	53	



Copyright © 2020 Old Scotch Athletics Club, All rights reserved.

Your are receiving this email because you are a current member or supporter of Old Sc

Our mailing address is:

Old Scotch Athletics Club
1 Morrison Street
Hawthorn, Vic 3122
Australia

190818 Lodge

[Campaign Preview](#)[HTML Source](#)[Plain-Text Email](#)[Details](#)

[View this email in your browser](#)



Annual Dinner and Trophy Presentation - Saturday 31st August - 7.00 to 11.00

Less than 3 weeks to the end of the APSOC season and the gala end of season dinner.

Venue is the Cato Room at Wesley
577 St Kilda Road - enter from Moubray Street entrance
Melbourne, 3004 Australia

Purchase your tickets on-line through the APSOC site.(Full \$50.00, Student \$30.00)

Dress is smart Casual

We are now at the pointy end of the season when final placings will be decided.

The full results to date are below.

With only the Churchill and Cooke McClelland to go over the next 2 weeks, the OS standing are:

Open Division - OS 1st

Open Men

Harrison Carr - 1st

Ed Beischer - 2nd

M40

Pete Simm - 2nd

Brett Dickinson - 4th

M50

Rob Schwerkoldt - 1st

Gary Zuccala - 2nd

David Leeton - 3rd

M60

Marc Purvis - 2nd
Tarquin Oehr - 7th
Nigel Watson - 8th

Men Under 23

Harrison Carr - 1st
Ed Beischer - 2nd
James Lightfoot - 3rd
Tom Bowers - 4th
Ben Beischer 12th

Women Open and W40

Janis De Vries - 4th
Nicole Joseph - 9th

W50

Heather Danks - 2nd
Tamami Holmes - 4th

Women U23

Maeve Brown - 2nd



Walk of the day

There was a warm welcome back for Mark who had some of this bowel

removed only 2 weeks ago. He starts Chemo this week. Go Mark.

His aim was to walk the 8k, but like a true runner, he could not help himself and broke into a Cliffy Young shuffle.



Shot of the day

Two legends - Ross Becroft and Pete Simm - warming up, happy to be running on a beautiful Saturday afternoon



Three more legends - Jon Holmes, Tarquin Oehr and Geoff Coster (OW)



Jon at the start of the 16k



Tamami Holmes



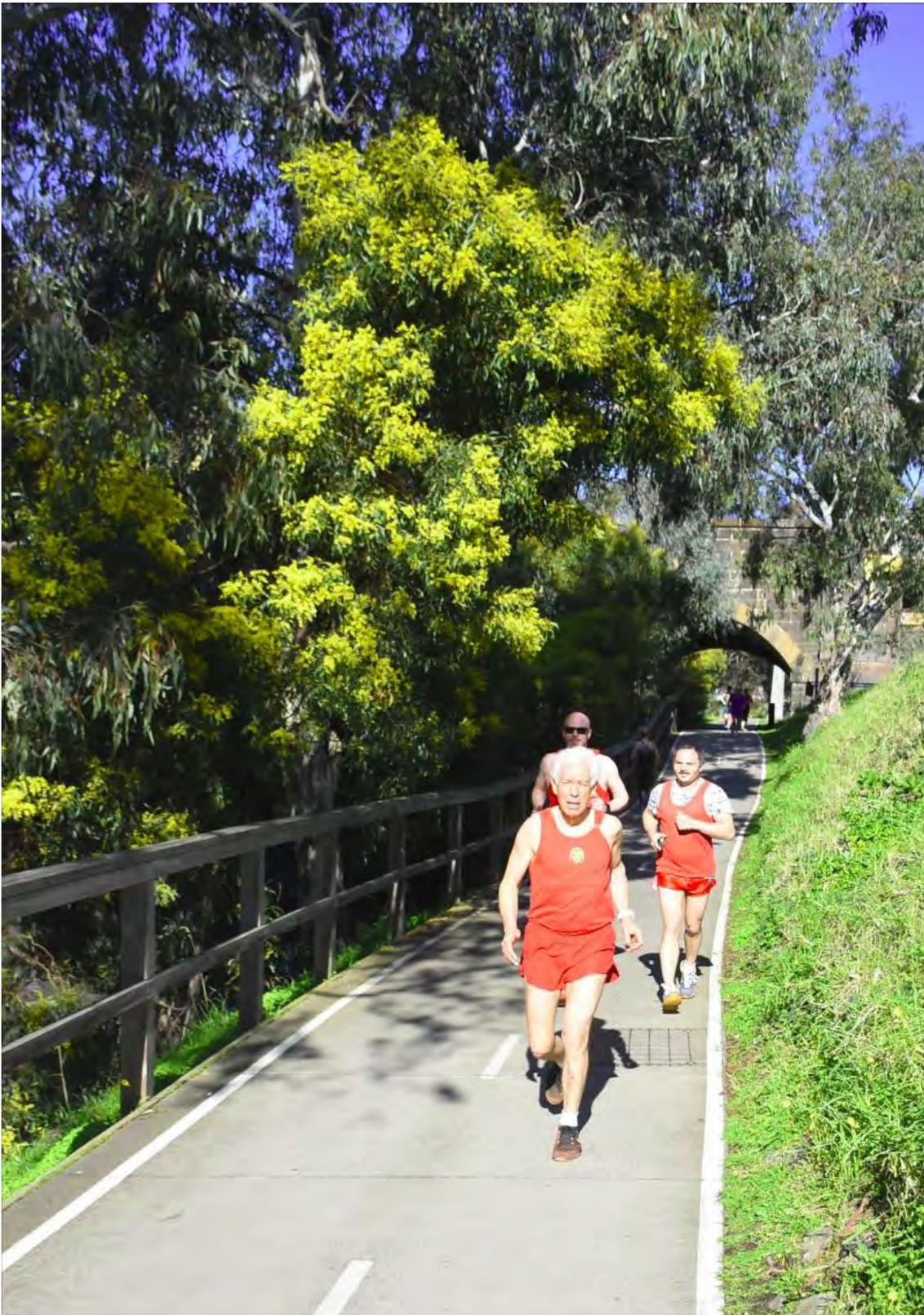


Lachlan Boughton at the start of the 16k





What could be better, the wattle is coming out, the sun is shining and you are having a run with one of your mates.



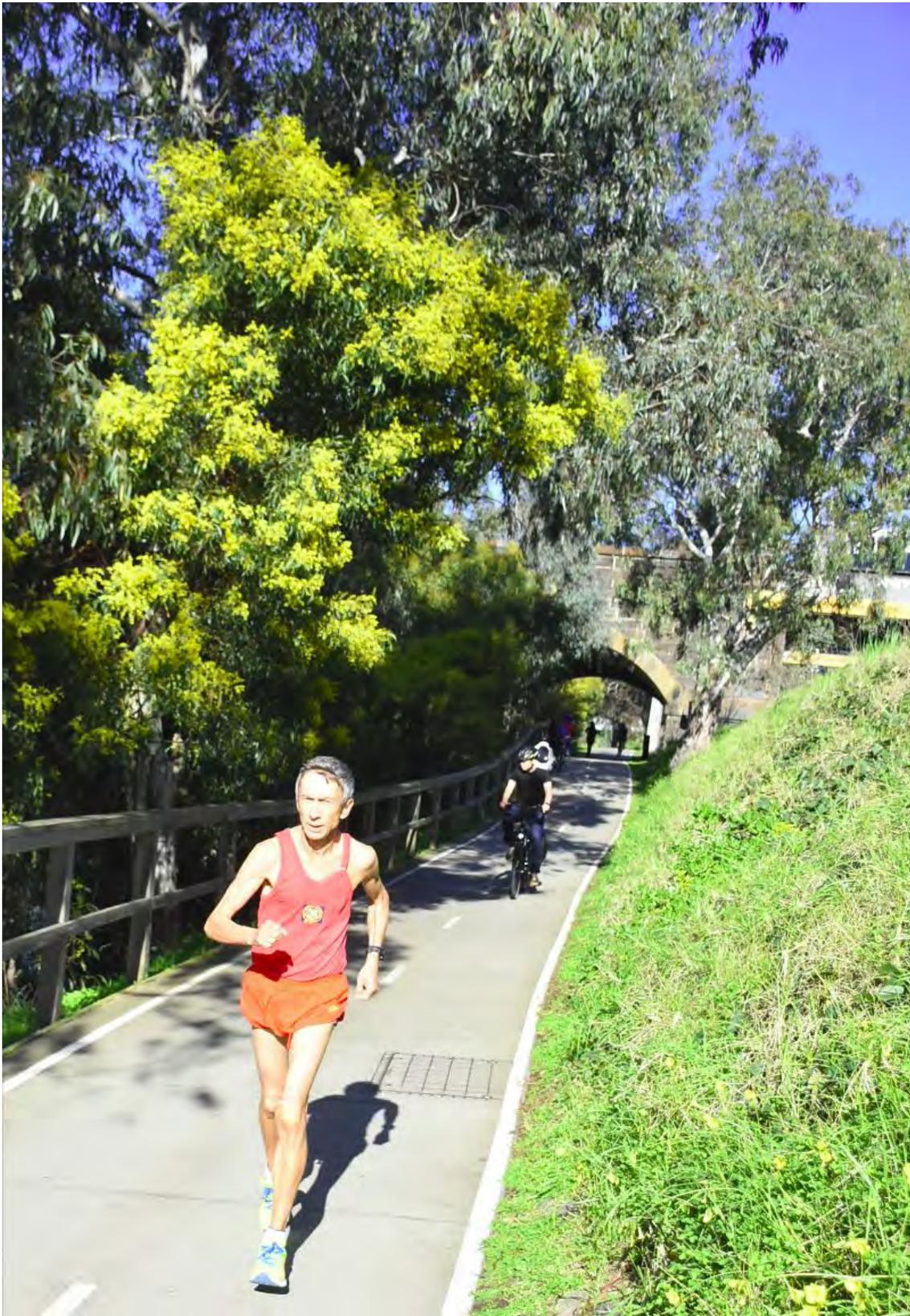


Rob Wilson, Doug Cambell and Gerry Vouketatos



Jon on the 16k - getting set for New York



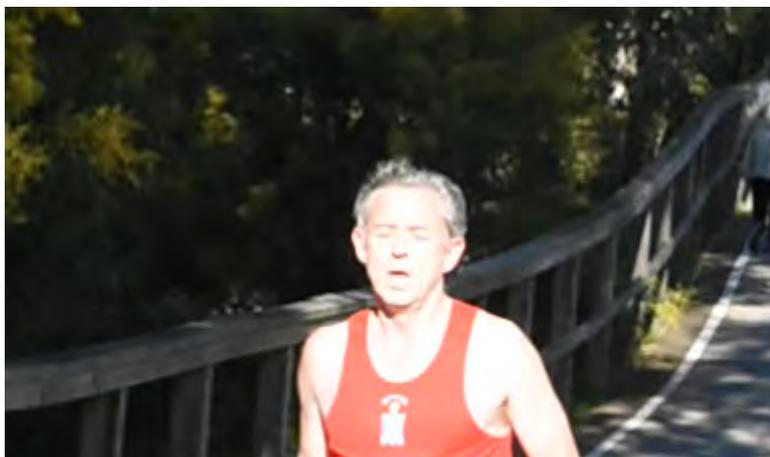


Tarquin Oehr in good form with a 1st M60





Lachlan Boughton using the 16k as a test for the Melbourne Marathon - pretty happy with his run.





Antony Van Eeton - 2nd on handicap





Maeve Brown - 1st M23 and currently 2nd W23 for the season





Hamish Watson



Vic Boughton showing her nice easy style - she ended up holding off Sam Doble by 0.5 seconds - go Vic

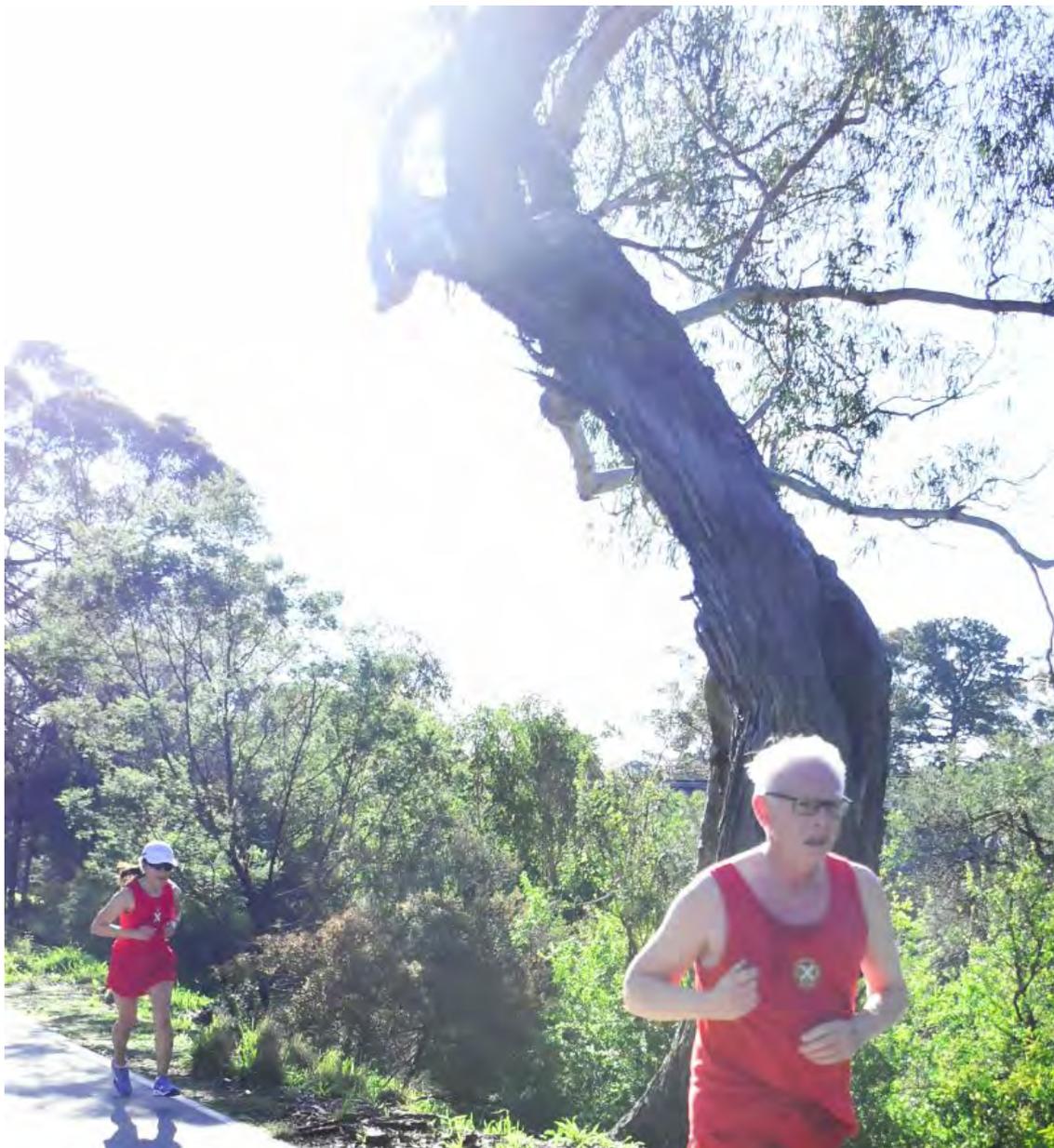


Rob Holmes looking strong enjoying some downhill





Nicole Joseph finished 15 overall and 2nd M40





Phil on his way to a 3rd on handicap in the 8k and Tamami to a 2nd in the 16k





Antony Van Eeton finishing fast - just catching Phil Barton by 0.3 sec. to claim 2nd on 8k handicap - his secret - lose 5k





Sam and Vic still battling it out



Harrison chasing his shadow - finished 2nd off scratch





Rob in full flight





Pete doing it tough





Anthony 2nd on handicap, a happy Phil 3rd



Tamami with a 2nd on handicap in the 16k

The Old Scotch Symphony Orchestra
 in association with **Concordis Chamber Choir** presents
GLORIA
 By **Nicholas Buc**

Sunday 25 August 2019 at 3pm

OSSO proudly presents its second concert of 2019! Join us as we take you on a glorious musical journey with the Class of '99) Gloria.

The orchestra will be joined by Concordis Chamber Choir. From its formation in 1998, Concordis has seen young men and women auditioned from all corners of Melbourne.



in association with **Concordis Chamber Choir**

Presents

GLORIA

By Nicholas Buc

25 August 2019, 3PM
 Ian Roach Hall, James Forbes Academy
 Scotch College 1 Morrison St, Hawthorn

Purchase at
oscanet.com.au/ossogloria

Adult:\$25
 OSCA Member:\$20
 Student/Concession:\$15

Book before August 7 to take
 advantage of our early bird prices

Club member prices are \$20.00!

Your club will benefit from you attending with a \$5.00 rebate on each ticket sold to Club men

Bookings must be made on OSCANet at: <http://oscanet.com.au/ossogloriaclubs>

Please book online by Friday 16 August 2019. Your tickets will be available for collection in the Jam performance.

Enquiries: Annika Dusek e: annika.dusek@scotch.vic.edu.au p: 61 3 9810 5127

July 30, 2019

OPEN DIVISION 1		Jam	Dys	Will	Hool	CMc	TOTAL
1	Old Scotch 1	10	7	10	8		35
2	Old Xaverians 1	7	8	8	10		33
3	St Kevin's 1	6	6	7	7		26
4	Old Wesley 1	8	10	1	4		23
5	Caulfield 1	3	5	4	5		17
6	Old Xaverians 2	2	2	5	6		15
7	Haileybury 1	4	4	3	2		13
8	Old Scotch 2	5	3	2	3		13
9	St Kevin's 2	1	1	6			8
OPEN DIVISION 2		Jam	Dys	Will	Hool	CMc	TOTAL

1	Old Xaverians 3	8	10	10	10	38
2	Caulfield 2	5	5	8	7	25
3	Old Xaverians 4	6	6	7	4	23
4	Old Scotch 3	10	4	3	2	19
5	Old Wesley 2	2	8		5	15
6	Old Carey 1	1	7	6		14
7	Old Geelong Coll 14				8	12
8	Caulfield 3	1		4	6	11
9	Old Xaverians 5	3	3	2	1	9
10	Old Scotch 4	7			1	8
1	Haileybury 2	1		5		6

WOMEN

Jam Dys Will Hool CMc TOTAL

1	Old Xaverians 1	10	10	10	10	40
2	Old Xaverians 2	8	6	8	7	29
3	Old Wesley 1	7	8		8	23
4	Old Xaverians 3	6	5		5	16
4	Caulfield 1	3		7	6	16
6	Old Scotch 1	5	7			12
7	Old Xaverians 4	2	4		4	10
8	Old Geelong Coll 14	1			3	8
9	St Kevin's 1	1	2			3
9	Haileybury 1		3			3
9	Old Xaverians 5	1	1		1	3
9	Old Carey 1		1		2	3
13	Old Brighton 1	1	1			2

August 11, 2019

Best 10 APSOC plus best 5 AV scores to count towards total

MEN OPEN

1	Carr H	OS 45
2	Beischer E	OS 39
3	Frater M	CG 28
4	McNeill D	OX 23
5	Guirgius M	OX 21
6	Bowers T	OS 17
7	Lightfoot J	OS 13
8	Paisley J	OX 12
~	~	~

9	Dickinson B	OS 9
9	Malone H	CG 9

M40

1	Frater M	CG 65
2	Simm P	OS 30
3	Rickards A	OW 28
4	Dickinson B	OS 24
5	Johnson B	OX 21
6	Tu S	OS 19
7	Stacey S	OS 16
8	Westcott M	OC 15
9	Guillon P	OX 10

M50

1	Schwerkolt R	OS 70
2	Zuccala G	OS 27
3	Leeton D	OS 26
3	Goodman L	SK 26
5	Davie B	OX 16
6	Byron P	CG 14
7	Garrett T	OW 12
8	James D	CG 11
9	Meek R	OX 10

M60

1	Phoenix Z	OW 62
2	Purvis M	OS 60
3	Dickmann R	OX 36
4	Rickards F	OW 28
5	Worsnop C	OX 18
6	Coster J	OW 12
7	Oehr T	OS 8
8	Watson N	OS 6
8	Bott G	OH 6
10	Holmes J	OS 5

MEN UNDER 23

1	Carr H	OS 55
---	--------	-------

2	Beischer E	OS 46
3	Lightfoot J	OS 30
4	Bowers T	OS 21
5	Lynch M	SK 15
6	Thorpe T	OW 12
7	Beischer B	OS 12
7	Jackson D	OX 12
9	Mezger H	OX 11
10	Malone J	CG 10

WOMEN OPEN

1	Kasapis A	OW 56
2	Parsons M	OH 42
3	Martin A	CG 32
4	De Vries J	OS 24
5	Mooren E	OS 20
6	Nixon J	OX 15
7	Cossins H	OX 12
8	Undrill J-A	OW 11
9	Vanzo N	CG 9
9	Joseph N	OS 9

W40

1	Kasapis A	OW 66
2	Nixon J	OX 41
3	MacFarlane A	OG 32
4	De Vries J	OS 28
5	Mooren E	OS 22
6	Shaw-Jones F	OX 17
7	Hinckfuss S	OX 16
8	Barlow K	OX 14
9	Joseph N	OS 10

W50

1	Martin A	CG 78
2	Danks H	OS 32
3	Turner S	OW 25
4	Holmes T	OS 19
5	Bowden K	OW 17

6	Roberts C	OB 13
7	Doble T	SK 12
7	Davey J	CG 12
9	Lammers M	OC 9

WOMEN UNDER 23

1	Williams E	OM 57
2	Brown M	OS 27
3	Hendy M	OB 25
4	Powning G	OX 19
5	Vanzo N	CG 17
6	Naismith S	CG 12
7	Ryan G	OX 11
8	Hoskins C	OX 9
9	Whiteley M	OX 8
10	Gifford K	OX 4

Scratch

Pos	Athlete	Club	Time	Age Grading
-----	---------	------	------	-------------

8km Handicap

1	Paisley, Jason	OX	25:04.02	85.65%
2	Carr, Harrison	OS	25:15.71	1st M23 83.92%
3	Lewis, Will	SK	25:49.84	2nd M23 82.13%
4	Chappell, Peter	OX	26:44.49	79.28%
5	Jackson, Aidan	OX	27:51.11	76.12%
6	Simm, Peter	OS	28:31.52	1st M40 79.37%
7	Lynch, Matthew	SK	28:37.93	3rd M23 74.04%
8	Schwerkolt, Robert	OS	29:13.02	1st M50 83.97%
9	Kasapis, Anna	OW	29:44.30	Female 1st W40 83.66%
10	Fleurus, Julien	OX	29:46.74	2nd M40 74.30%
11	Peacock, Scott	OH	30:29.93	3rd M40 74.23%
12	Jackson, Declan	OX	30:39.24	4th M23 69.21%
13	O'Brien, Ned	SK	31:05.11	5th M23 68.20%
14	Poulton, Matthew	OC	31:27.99	4th M40 73.07%
15	Joseph, Nicole	OS	31:47.11	Female 2nd W40 77.79%
16	Holmes, Robert	OS	31:50.34	66.96%
17	Chappell, Patrick	OC	31:56.27	6th M23 66.38%
18	Imbriano, Joel	SK	32:00.84	71.54%

19	Van Eeten, Antony	OS	32:25.40		5th M40	70.37%
20	Pile, Adrian	OW	32:30.08			66.72%
21	Louey, Andrew	CGA	33:21.68			63.90%
22	Boughton, Victoria	OS	34:00.52	Female		71.16%
23	Doble, Samuel	SK	34:00.99			62.32%
24	Byron, Peter	CGA	34:13.34		2nd M50	69.93%
25	Down, Andrew	OB	34:15.08		3rd M50	70.45%
26	Webb, Angus	OGC	34:29.49		6th M40	67.73%
27	Bolton, Chris	OM	34:41.93		4th M50	71.30%
28	Garrett, Todd	OW	34:49.81		5th M50	71.03%
29	Northrop, James	OM	35:22.37		6th M50	68.21%
30	Turner, Sally	OW	35:38.27	Female	1st W50	82.63%
31	Watson, Hamish	OS	35:40.18			59.96%
32	Waite, Greg	CGA	35:52.78			63.59%
33	Hendy, Xavier	OB	36:58.81			60.50%
34	Shaw-Jones, Fleur	OX	37:31.02	Female	3rd W40	70.53%
35	Meek, Robert	OX	37:32.11			68.21%
36	Waldron, Tess	CGA	38:07.30	Female		63.04%
37	Lay, George	CGA	38:28.52			55.80%
38	Lister, Andre	CGA	38:29.81			55.07%
39	Lammers, Monica	OC	38:34.02	Female	2nd W50	71.01%
40	Becroft, Ross	OS	39:53.40			59.03%
41	Brown, Maeve	OS	40:13.49	Female	1st W23	60.39%
42	Roberts, Caroline	OB	40:57.71	Female	3rd W50	66.09%
43	Gonzalez, Norma	OC	41:10.78	Female	4th W40	61.78%
44	Oehr, Tarquin	OS	41:17.40		1st M60	67.94%
45	Welsh, Sandy	OGC	41:44.84	Female	5th W40	59.59%
46	Vos, Karen	OC	42:51.43	Female		56.08%
47	Barton, Paul	OB	43:20.96			55.66%
48	Gannon, Jonah	OX	43:35.27			48.64%
49	Watson, Inge	OC	43:50.55	Female	6th W40	59.69%
50	Hendy, Madeleine	OH	44:16.52	Female	2nd W23	54.28%
51	Barton, Philip	OS	45:05.71		2nd M60	61.04%
52	Coster, Jeffrey	OW	45:46.62		3rd M60	62.57%
53	Watson, Nigel	OS	46:09.62		4th M60	62.79%
54	Gray, Amy	OGC	46:15.34	Female		52.08%
55	Steven, Jeff	OGC	46:29.08			53.67%
56	Hendy, Melissa	OB	46:46.96	Female	4th W50	59.23%
57	Naismith, Stephanie	CGA	47:05.71	Female	3rd W23	54.06%

Pos	Athlete	Club	Time	Age	Adi Time
58	Campbell, Doug	OS	47:28.58		51.68%
59	Thomas, Karen	OB	47:35.27	Female 5th W50	61.12%
60	Voukelatos, Gerry	OS	48:28.46		47.81%
61	Nickels, David	OH	48:32.49		51.84%
62	Imbriano, Dino	SK	51:11.08		44.57%
63	Wilson, Rob	OS	52:34.74	5th M60	54.48%
64	Imbriano, Glen	SK	56:39.71		43.03%
65	Dodgshun, Peter	OS	58:10.30	6th M60	47.77%
66	Purvis, Mark	OS	60:04.00		44.17%

16km Handicap

1	Charles, John	OX	59:18.49		74.47%
2	Schaepman, Anthony	OX	60:49.27		72.37%
3	Westcott, Mark	OC	62:07.02	1st M40	77.46%
4	Guillon, Pierre	OX	66:15.14	2nd M40	73.25%
5	Vogelpoel, Daniel	OX	67:43.37	3rd M40	70.45%
6	Lynch, Joseph	SK	67:56.96	4th M40	67.95%
7	Cossins, Hannah	OX	68:25.81	Female	71.76%
8	Undrill, Julie-Ann	OW	70:11.30	Female	71.14%
9	Martin, Anne	CGA	71:14.65	Female 1st W50	79.24%
10	Manning, Julie	OX	71:59.14	Female	68.61%
11	Janssens, Kristel	OW	72:04.27	Female	69.99%
12	Nixon, Jacqui	OX	74:24.18	Female 1st W40	70.30%
13	Pang, Peter	OC	74:29.30	1st M50	66.27%
14	Lewis, Kieran	CGA	74:43.84	5th M40	61.29%
15	Boughton, Lachlan	OS	75:40.49		58.01%
16	O'Callaghan, Alexander	OX	75:52.21		57.64%
17	Power, Sean	CGA	77:42.84	6th M40	62.44%
18	Jacobson, Stuart	OH	77:49.52		61.31%
19	Bowden, Kuniko	OW	78:03.90	Female 2nd W50	74.11%
20	MacFarlane, Abbie	OGC	78:39.71	Female 2nd W40	67.77%
21	Holmes, Tamami	OS	82:37.87	Female 3rd W50	74.64%
22	Phoenix, Zeb	OW	83:35.52	1st M60	65.27%
23	Williams, Elinor	OM	86:23.71	Female 1st W23	56.77%
24	Arnold, Darren	CGA	88:08.58	2nd M50	55.53%
25	Worsnop, Christopher	OX	89:09.21	2nd M60	60.62%
26	Stebbins, Melissa	OX	89:56.08	Female 3rd W40	59.90%
27	Holmes, Jon	OS	93:15.58	3rd M60	61.45%

Handicap

Pos	Athlete	Club	Time	Age	Adi Time
-----	---------	------	------	-----	----------

POS	ATHLETE	CLUB	TIME	NCAP	Adj TIME	
8km Handicap						
1	Lammers, Monica	OC	87:04.02	48:30	38:34.02	Female
2	Van Eeten, Antony	OS	88:05.40	55:40	32:25.40	
3	Barton, Philip	OS	88:05.71	43:00	45:05.71	
4	Roberts, Caroline	OB	88:17.71	47:20	40:57.71	Female
5	Shaw-Jones, Fleur	OX	88:41.02	51:10	37:31.02	Female
6	Paisley, Jason	OX	88:44.02	63:40	25:04.02	
7	Northrop, James	OM	88:52.37	53:30	35:22.37	
8	Carr, Harrison	OS	89:05.71	63:50	25:15.71	
9	Gonzalez, Norma	OC	89:10.78	48:00	41:10.78	Female
10	Simm, Peter	OS	89:11.52	60:40	28:31.52	
11	Lynch, Matthew	SK	89:17.93	60:40	28:37.93	
12	Peacock, Scott	OH	89:29.93	59:00	30:29.93	
13	Watson, Inge	OC	89:30.55	45:40	43:50.55	Female
14	Kasapis, Anna	OW	89:44.30	60:00	29:44.30	Female
15	Jackson, Declan	OX	89:49.24	59:10	30:39.24	
16	Watson, Nigel	OS	89:49.62	43:40	46:09.62	
17	Pile, Adrian	OW	89:50.08	57:20	32:30.08	
18	Barton, Paul	OB	89:50.96	46:30	43:20.96	
19	Down, Andrew	OB	89:55.08	55:40	34:15.08	
20	Hendy, Melissa	OB	89:56.96	43:10	46:46.96	Female
21	Garrett, Todd	OW	89:59.81	55:10	34:49.81	
22	Bolton, Chris	OM	90:01.93	55:20	34:41.93	
23	Oehr, Tarquin	OS	90:07.40	48:50	41:17.40	
24	Waite, Greg	CGA	90:12.78	54:20	35:52.78	
25	Imbriano, Joel	SK	90:20.84	58:20	32:00.84	
26	Schwerkolt, Robert	OS	90:23.02	61:10	29:13.02	
27	Turner, Sally	OW	90:28.27	54:50	35:38.27	Female
*	Chappell, Peter	OX	90:34.49	63:50	26:44.49	
28	Hendy, Xavier	OB	90:38.81	53:40	36:58.81	
29	Holmes, Robert	OS	90:40.34	58:50	31:50.34	
30	Jackson, Aidan	OX	90:41.11	62:50	27:51.11	
31	Becroft, Ross	OS	90:43.40	50:50	39:53.40	
*	Fleurus, Julien	OX	90:46.74	61:00	29:46.74	
32	Poulton, Matthew	OC	90:47.99	59:20	31:27.99	
33	Boughton, Victoria	OS	90:50.52	56:50	34:00.52	Female
34	Doble, Samuel	SK	90:50.99	56:50	34:00.99	
35	Louey, Andrew	CGA	90:51.68	57:30	33:21.68	

36	Coster, Jeffrey	OW	91:06.62	45:20	45:46.62	
37	Waldron, Tess	CGA	91:07.30	53:00	38:07.30	Female
38	Watson, Hamish	OS	91:10.18	55:30	35:40.18	
39	Lay, George	CGA	91:18.52	52:50	38:28.52	
*	Lewis, Will	SK	91:19.84	65:30	25:49.84	
40	Byron, Peter	CGA	91:23.34	57:10	34:13.34	
41	Steven, Jeff	OGC	91:39.08	45:10	46:29.08	
42	Vos, Karen	OC	91:41.43	48:50	42:51.43	Female
43	Nickels, David	OH	91:42.49	43:10	48:32.49	
44	Campbell, Doug	OS	91:58.58	44:30	47:28.58	
45	O'Brien, Ned	SK	92:05.11	61:00	31:05.11	
46	Hendy, Madeleine	OH	92:16.52	48:00	44:16.52	Female
47	Lister, Andre	CGA	92:19.81	53:50	38:29.81	
48	Thomas, Karen	OB	92:25.27	44:50	47:35.27	Female
*	Chappell, Patrick	OC	92:26.27	60:30	31:56.27	
49	Webb, Angus	OGC	92:29.49	58:00	34:29.49	
50	Voukelatos, Gerry	OS	92:58.46	44:30	48:28.46	
*	Gannon, Jonah	OX	93:05.27	49:30	43:35.27	
*	Joseph, Nicole	OS	93:07.11	61:20	31:47.11	Female
51	Naismith, Stephanie	CGA	93:35.71	46:30	47:05.71	Female
52	Meek, Robert	OX	94:22.11	56:50	37:32.11	
*	Brown, Maeve	OS	94:23.49	54:10	40:13.49	Female
53	Welsh, Sandy	OGC	95:24.84	53:40	41:44.84	Female
54	Gray, Amy	OGC	95:25.34	49:10	46:15.34	Female
55	Wilson, Rob	OS	95:44.74	43:10	52:34.74	
56	Dodgshun, Peter	OS	97:10.30	39:00	58:10.30	
57	Imbriano, Dino	SK	106:31.08	55:20	51:11.08	
*	Imbriano, Glen	SK	107:19.71	50:40	56:39.71	
58	Purvis, Mark	OS	119:24.00	59:20	60:04.00	

16km Handicap

1	Schaepman, Anthony	OX	86:49.27	26:00	60:49.27	
2	Holmes, Tamami	OS	87:57.87	5:20	82:37.87	Female
3	Martin, Anne	CGA	88:04.65	16:50	71:14.65	Female
4	Janssens, Kristel	OW	88:24.27	16:20	72:04.27	Female
5	Lewis, Kieran	CGA	88:33.84	13:50	74:43.84	
6	Guillon, Pierre	OX	89:35.14	23:20	66:15.14	



[View this email in your browser](#)



OSAC
Old Scotch
Athletics Club



2018 800m Handicap

The 800m Handicap is Back!

Yes, it's that time of year again. The centrepiece of the Scotch College Family Day celebrations...the Ewan Macdonald Old Scotch Athletics 800m handicap race!

Whether you're fresh out of school, or not so much (but like to think you are), we'd love for you to come down and give the run a crack!

Add to that, if you have any other friends or family who you think might be interested, they are more than welcome to participate, too. All we ask is that they run in a red shirt/singlet. Please note, you do NOT need to have gone to school at Scotch to compete...any man or woman who would like to give the race a go is more than welcome to!

Details of the event are:

[Subscribe](#)[Past Issues](#)[Translate](#) ▼**Time: 11:30am****Where: Scotch College Main Oval**

If you are interested in competing, please contact Harrison Carr (harrison.carr.me@me.com) to confirm your participation. The race is free to compete in, with no obligation to compete with the athletics team in the summer, however much we would like you to!

To get you in the mood, you can re-live last year's race by clicking on the image at the top of the email, or by clicking [here](#). As you can see, the commentary (and quality banter) from Gregor creates an entertaining atmosphere, and captures the attention of most of the spectators.

I look forward to seeing many of the Scotch, and broader, family down there on the 14th!

Best Regards,

Tom Russell
President



Copyright © 2019 Old Scotch Athletics Club, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).



Shield Final Results

[Campaign Preview](#)

[HTML Source](#)

[Plain-Text Email](#)

[Details](#)

[View this email in your browser](#)



Outstanding Team Performances When It Counts





James, Ed, Harrison, Pete and Tom striding along in the 1500 heats.

Thirteen PBs and an outstanding U20 Premiership capped off a long but exciting day at the AV State Shield Final at Lakeside on Saturday. The U16 team rallied and after just reaching the final finished in a very creditable 6th place out of 11 teams. The Open team was in 3rd place for most of the day before finally getting nudged out to 4th place. This is the best Club performance for over ten years. All the detailed individual results are below but let's recap the highlights.



Chris and Stephen in the 100m.

It started at about 9.30am with **Seb Brasington** bravely attacking the 2k steeple to record a 12 second PB and National Qualifier before heading off to school tennis. The day ended at 5.45pm with **Mari Campbell** completing her third event for the day, the 400m, to total some 950 points for the day.

The other big performers for the day were **Ed Beischer** who tacked five U20 events for a total of over 1500 points, **Cam Mackenzie** who managed 3 PBs (including an excellent 36.67m discus) among his four events for a total of 1250 points; **James Georges** who racked up 1150 points for the Open team including a PB Long Jump and **Tom Russell** who did four events for the Open team. These are really impressive team contributions. **Andrew Jamieson** again scored the highest in a single event with 485points for his 2k walk.

Other PBs came from all four U16 1500m runners which is a wonderful team effort. Well done **Zac Holden**, **Tom Worsteling**, **Rob Barber** and **Fred Leeton**. **James Rentschler** earned PBs in both the 100m and Discus, **Tom Bowers** PB'd over 400m and **Ben Beischer** PB'd over 1500m with **James Lightfoot** on his tail. (English students: don't use the word PB'd in your essays).





Josh and Cam in flight.

Chris Papapetrou took honours for the fastest 400m of the day by just 0.02 seconds from **Harrison Carr** who had earlier run 100m and 1500m so let's call it a draw. **James Georges** and **Stephen Liu** were close on their tails and there was only a second between the U16 400m runners with **Mac Debeljak** just ahead of **Mari Campbell** and **Fred Leeton**. Earlier **Stephen Liu's** 100m time was only 0.02 faster than **Chris's**. How far do you run in 0.02 sec? The discus throwers all did really well. **Rob Belton** threw his best for some time, **James Rentschler** got a PB, **Olivia Nigido-Scott** and **Mari Campbell** were both happy with their throws and **Cam Mackenzie** hurled a ripper. **Jack Polkinghorne** and **Pete Simm** were both in very good form in their 1500s while in the Long Jumps **Josh Bienert** got a big second jump in despite being 10cm behind the board and **Beth Campbell** added 500 points to the U16 team with a solid 100m and a 4m long jump.





Mari and Ben in full stride.

Our team members who competed in the final were:

The Open Team: Andrew Jamieson; James Georges; Harrison Carr; Pete Simm; Tom Russell; James Rentschler; Rob Belton

The U20 Premier Team: Cam Mackenzie; Ed Beischer; Ben Beischer; James Lightfoot; Tom Bowers; Chris Papapetrou; Stephen Liu; Jack Polkinghorne

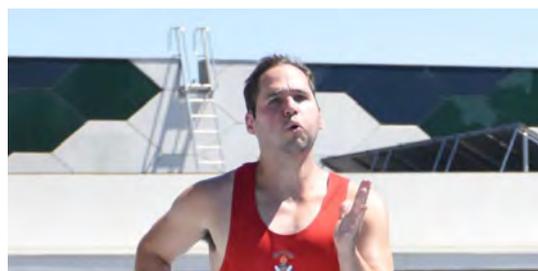
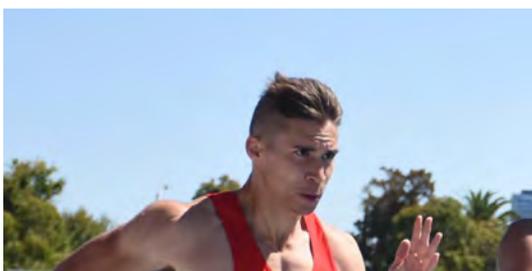
The U16 Team: Josh Bienert; Mari Campbell; Mac Debeljak; Olivia Nigido-Scott; Beth Campbell; Tom Worsteling; Zac Holden; Rob Barber; Fred Leeton

Many thanks to our Club helpers for the day **Charlotte Nigido-Scott, Sean Elliott** and **Ian Handasyde** without whom we would have been penalised. Your assistance is greatly appreciated. So now the team events have finished we prepare for the Vic Championships over the next two weekends when many of our athletes will be chasing PBs and gaining extra experience under championship conditions. Best wishes to all.

For those wanting to view more photos, you can view the full lot here: <https://www.dropbox.com/sh/c4sqc8sv7co6kx7/AAAok551NEMUZKA1ojJBaU2ea?dl=0>

and

here: https://www.dropbox.com/sh/nouhe0x5amr27zr/AAAj2PXLZUVIUaXQ7zq_rK16a?dl=0





The James' at full speed.

Milers and HVC



For those wishing for some extra competitions the Vic Milers Club and the High Velocity Club offer specialised events as listed on the AV website. The next High Velocity meet is on Friday evening 15 March at Glenhuntly and the next Milers meet is Thur 21 March at Lakeside.

Results from Milers meet Tue 19 Feb Melb Uni where more PBs were earned:

800m:

Rob Barber 2.10.5
Jonny Harper 2.29.1
Stephen Liu 2.13.6 PB
Alex Jenkin 2.08.4
Seb Brasington 2.07.5 =PB
Ben Beischer 2.06.4 PB
Jack Polkinghorne 1.59.4 PB
Tom Bowers 2.01.4
Ed Beischer 1.57.0

Mile:

Nicole Joseph 5.21.6 big PB
Ben Beischer 4.30.3
Alex Jenkin 5.00.0
Fred Leeton 4.45.2





Andy Jamieson on his way to the highest score of the day while Tom Bowers sets his 400m PB.

Training Details

Mondays and Wednesdays at 3.30pm at Scotch for schoolboys and others who can make it. Up to about 5.30pm For other arrangements leading up to Championships contact our coaches (David Lightfoot 0403 010 745 or Gregor Evans 0439 006 493).





Rob and Tom on their way to setting 1500 PB's.

AV Shield Final Results

Name	Age Group	Discipline	Performance	Points
Stephen Liu	Under 20	100	11.68	411
Chris Papapetrou	Under 20	100	11.7	409
James Georges	Open	100	12.04	357
Mari Campbell	Under 16	100	13.87	319
Harrison Carr	Open	100	12.68	261
Elizabeth Campbell	Under 16	100	14.54	243
Josh Bienert	Under 16	100	12.9	233
Tom Bowers	Under 20	100	13.01	219
Edward Beischer	Under 20	100	13.08	210
Thomas Russell	Open	100	13.45	194
James Rentschler	Open	100	13.63	190
Harrison Carr	Open	400	52	431
Chris Papapetrou	Under 20	400	51.98	431
James Georges	Open	400	53.21	403
Stephen Liu	Under 20	400	53.74	388
Mari Campbell	Under 16	400	63.42	373
Edward Beischer	Under 20	400	54.83	354
Tom Bowers	Under 20	400	55.98	318
Thomas Russell	Open	400	59.79	237
Mcgregor (Mac) Debeljak	Under 16	400	62.17	198
Fred Leeton	Under 16	400	63.5	193
Edward Beischer	Under 20	1500	4:02.8h	467
Benjamin Beischer	Under 20	1500	4:08.1h	445
Jack Polkinghorne	Under 20	1500	4:11.3h	432
Harrison Carr	Open	1500	4:11.6h	431
James Lightfoot	Under 20	1500	4:11.9h	429
Peter Simm	Open	1500	4:31.4h	418
Fred Leeton	Under 16	1500	4:21.7h	385
Robert Barber	Under 16	1500	4:28.9h	345
Zachary Holden	Under 16	1500	4:32.9h	323
Thomas Russell	Open	1500	4:42.2h	278
Tom Worstelina	Under 16	1500	4:47.3h	258

Cameron Mackenzie	Under 20	110 Hurdles	21.2	192
Sebastian Brasington	Under 20	2000m steeple	6:42.1h	442
Andrew Jamieson	Open	2000m Walk	11:15.3h	485
Cameron Mackenzie	Under 20	Discus	36.67m	428
Olivia Nigido-Scott	Under 16	Discus	25.67m	406
Robert Belton	Open	Discus	21.11m	301
James Rentschler	Open	Discus	19.41m	259
Mari Campbell	Under 16	Discus	16.72m	240
Olivia Nigido-Scott	Under 16	Javelin	22.47m	364
Cameron Mackenzie	Under 20	Javelin	32.71m	341
Edward Beischer	Under 20	Javelin	20.13m	206
Robert Belton	Open	Javelin	19.87m	203
James Georges	Open	Long Jump	5.62m	390
Josh Bienert	Under 16	Long Jump	5.34m	346
Edward Beischer	Under 20	Long Jump	4.98m	289
Stephen Liu	Under 20	Long Jump	4.83m	261
Elizabeth Campbell	Under 16	Long Jump	3.87m	253
Thomas Russell	Open	Long Jump	3.73m	158
Cameron Mackenzie	Under 20	Pole Vault	2.95m	294



Copyright © 2020 Old Scotch Athletics Club, All rights reserved.

You are receiving this email because you are a current member or supporter of Old Scotch Athletics.

Our mailing address is:

Old Scotch Athletics Club
1 Morrison Street
Hawthorn, Vic 3122
Australia

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

