

OLD SCOTCH

C.A.A.C.

NEWS-SHEET

Registered for Posting as a Periodical - Category B. Price: 5 cents

summer one ----- The news sheets breaks into another year.

The date is 29/10/76 .Has your copy arrived lat

VERY VERY VERY IMPORTANT NOTICES ARE THESE..... SUBSCRIPTIONS
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needed needed before registrations are validated (validated) .So get
your money into Treasurer Steve Hare .

And now some notices of real importance.... I hope all you people
in News-Sheet world are going to read this issue .Hello to Neil and Mike .
CHARLIE AITKEN takes over as EDITOR EXTRAORDINAIRE. Now as readers of
Philip Adams and Mike V. realize ... what is originally put on paper before
the typists eyes does not always grace the final product. The other helpers
here tonight with Charles Babymay in fact fashion this news-sheet more
than our boss realizes. And now a few cherios.. to Norman Gunston who Greg
Evans idolizes(did you know that John Marx has his new single to add to his
Suzie Quatro, collection). Also the wally schloppy who trains at Doncaster
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This years BARGAIN subscriptions of ... \$12.00 for seniors for
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(that is first round on November 13th). The Club cannot afford the register
any athletes before his (her) subscription is paid. DO NOT MISS OUT.
Send your Subs to

STEVE HARE
9 Harold Avenue,
Glen Iris, 3146.

Any athletes fortunate enough not to have left school .. may hand their subs
to Big Al McLeish or Slim Jim Morey .The Club appologisws for this short
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COST \$10. (SCHOOLBOYS \$7) TKCKET SECRETARY ANDREW COCHRANE 10 Carnsworth Av.
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COST INCLUDES BOOKLET ONTHE HISTORY OF THE CLUB.
GUEST SPEAKER JUDY PATCHING
DUE TO THE NUMBERS EXPECTED ,DUNNER ILL BE MEN ONLY.

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VERY VERY VERY IMPORTANT NOTICES ARE THESE..... SUBSCRIPTIONS
SUBSCRIPTIONS ..these are needed before registrations are validated (validated). So get your money into Treasurer Steve Hare.

And now some notices of real importance.... I hope all you people in News-Sheet world are going to read this issue. Hello to Neil and Mike. CHARLIE AITKEN takes over as EDITOR EXTRAORDINAIRE. Now as readers of Philip Adams and Mike V. realize... what is originally put on paper before the typists eyes does not always grace the final product. The other helper here tonight with Charles Baby may in fact fashion this news-sheet more than our boss realizes. And now a few cherries.. to Norman Gunston who Greg Evans idolizes (did you know that John Marx has his new single to add to his Suzie Quatro collection). Also the wally schloppy who trains at Doncaster with Ewen Wilson and Roger Bayaly (one a too many). Now I suppose you may wonder how a real live news-sheet is conceived. Many thanks to Floss and Janey who cooked our meals while we conceived this mess. Charles ate Stew with vegetables while your other runner friend ate steak and kidney with lots of potatoes. And all this after a hard day at the office, a game of tennis and a session out at Doncaster. Floss baked a cake which was so much better with an lemon added to the apples. The cream was a little lumpy though. Coffee, a la jar (Don Dunstan and Phil Barton would not be pleased) but for our un-nurtured palates the beverage was like a whist of Condor blue lightening the shades of melancholy despair facing Charles as he catches his protruding fingers in the Roneo. And now on with the neww.....

GERG ZAYS.... TRAINING SESSION 7th. NOVEMBER.

All athletes hopeful of selection in the first round of competition are advised to attend the training session scheduled for 10.30 to 12.00 at Scotch, on Sunday 7th. November. This will be the first gathering for the season of senior athletes and as we all have a chance of selection, all senior athletes are urged to attend. So take note. Any junior athletes able to attend will also be MORE than welcome. As this will be the first run after a spell for many, time trials will be arranged. All field games will be catered for. Church goers will be excused with a written excuse from a qualified Minister.

SUBSCRIPTIONS NEEDED BEFORE REGISTRATIONS.

This year's BARGAIN subscriptions of ... \$12.00 for seniors for seniors and \$6.00 for (you guessed it) Juniors. must be paid BEFORE 3rd November to enable registration to be completed by the first round. (that is first round on November 13th). The Club cannot afford to register any athletes before his (her) subscription is paid. DO NOT MISS OUT. Send your Subs to

STEVE HARE
9 Harold Avenue,
Glen Iris, 3146.

Any athletes fortunate enough not to have left school .. may hand their subs to Big Al McLearsh or Slim Jim Morey. The Club apologises for this short notice, but has confidence in the keenness, efficiency and liquidity of its members.

THE HALF CENTURY ANNUAL GENERAL MEETING. (a Mandy Line)

The 50th A.G.M. (Annual General Meeting) of the Old Scotch Collegians Amateur Athletics Club was held on the 16th October 1976. For those who did not witness the exciting events, the following are a few of the many highlights of the memorable evening. President Wilson, reported, amongst other things, the following membership: "Marginally lower"

PTO

THE MEMBERSHIPS....

	Seniors	Juniors	Non-Competing	Total
1971/72	35	57	2	94
1972/73	53	35	2	90
1973/74	48	38	2	88
1974/75	57	46	4	107
1975/76	55	40	5	100

And now the results from last seasons interclub....GLORIOUS

Grade	Venue final (Heidelberg)	1st.	Grand Final (olympic Park)	1st.
B. Grade	"	1st.	"	2nd.
C Grade	"	1st.	"	4th.
D Grade	"	3rd	"	
Sub Junior	"	7th.	"	
Under 15	"	1st.	"	2nd
Under 14	"			

(by one point)

AUSTRALIAN CHAMPOINSHIP RESULTS ... REMARKABLE (TOPS & A TRAINING INVOLVED)

Craig Hilliard	Final 110m hurdles	7th.	15.0sec.
Craig Hilliard	heat 400m hurdles	run out in heat	
Roger Tallent	Final 800m	4th.	1-48.5
Ewen Wilson	Final 1500m	6th.	3-52.5
John Marx	Final 3000m steeple	11th.	9-19.5
Roger Glass	Final Hammer	6th.	51.50m

CLUB RECORDS ... SHATTERED

<u>OPEN</u>	high jump	M.A. McFarlane	2.06m
	hammer throw	R.D. Glass	55.21m
	800m	R. Tallent	1-48.5
	10 000 m	A.B. Hooley	32-42
	110m hurdles	C. McA Hilliard	14.5
	3000m steeple	J.A. Marx	9-07.0
	4x200m relay	I.P. McQuilkin R.J. Tallent P.H. Barton C. McA Hilliard	1-27.8
	4x800 relay	S.C. Handasyde P.T. Ashton E. McK. Wilson R.J. Tallent	7-38.4
<u>Under 19</u>	400m. hurdles	C. Hilliard	53.1
	1500m steeple	A.B. Hooley	4-51.8
<u>Under 17</u>	100m	A.C. McLeish	11.3
	200m	"	22.8
	3000m	G.D. Little	9-24.2
	1500m steeple	J,R.N. Morey	4-59.3
	4x200m relay	A.C. McLeish N.C. Tapp D.J. Ham W.R. Fleming	1-34.2
<u>Under 15</u>	90m hurdles	B.H. Mitchell	15.4
	4x200m relay	T.J. McLennan W.A. Crothers E.J. Mcleish D.B. Edwards	1-47.4
<u>Under 14</u>	80m hurdles	D.B. Edwards	13.3

THE FOLLOWING WON MERRIT AWARDS FOR THE 1975/76 Season

Craig Hilliard	Mal McFarlane	Andy Cochrane	Stewart Handasyde
Graham Wise	Dave Johnston	Tim McLennan	Wayne Crothers
Ivan McQuilkin	Bill Fleming	Tom Ashton	
John Thorpe	Ewen Wilson	Geoff Little	(in no order of preference)
Philip Barton	Nick Tapp	Wayne	

And THESE PEOPLE WON COVERTED TROPHIES FOR LAST SEASONS ILLUS TRIOUS LABOUR

Most outstanding Athlete	Roger Tallent
Best Open Athlete	Roger Glass
Most Improved	John Marx
Best Under 17 Athlete	Al McLeish
Best Under 16 Athlete	Ross Hooley
Best Under 14 Athlete	David Edwards
Highest Point Scorer	Euan McLeish (133 points)

TREASURERS REPORT told those astute financial minds present that the club had made \$66.12 in the year however the statement of income and expences distributed showed that this was only possible because of donations received and from the Special Effort.

OFFICE BEARERS.

- President: Stuart Facey
 Vice-Presidents: Col Findlay
 Ewen Wilson
 Ivan McQuilkin
 David Hilliard
 Greg Evans
 Alan Hooley
 Secretary: Bruce Moore
 Treasurer: Steve Hare
 Club Captain: Greg Evans
 Publicity: Charles Aitken
 Nick Tapp
 Records and Rankings: Andy Cochrane
 Bruce Hooley
 Coaching(Sprints) Ivan McQuilkin
 Captains: Senior: Greg Evans
 Under 17: Captain: Al McLeish
 Vice-Captain: Nick Tapp
 Selector: Ross Hooley
 Under 15: Captain: Euan McLeish
 Vice-Captain: Dave Edwards
 Under 14 : to be advised.

INTERCLUB NEWS INTERCLUB NEWS INTERCLUB NEWS INTERCLUB NEWS INTERCLUB NEWS

Interclub starts on Saturday 13th November and continues on successive Saturdays until the 18th. December and then resumes after the Christmas break. O.S. competes at Heidelberg track same as last year.

A grade however will not always compete at Heidelberg, but will be there for the first round.

O.S. has 6 teamsA,B,C,U17,U15,U14.

At first round we will receive pennants for winning last years Heidelberg Premierships for B,C,D and U14 grades.

On 4th. of December and 5th. February, ALL SCOTCH TEAMS will be competing at Olympic Park.

As happened last season, teams will be printed in the News-Sheet each week preceeding the following Saturdays competition.

A GRADE DRAW

13th November	EMH	at Heidelberg	(round 1, 100m, 1500m)
20th Nov	Glenhuntly1	at Caulfield	(round 2, 200m,800m)
27th. Nov.	Ringwood	at Box Hill	round 1 -get the pattern
4th. December	Ivanhoe	at Olympic Park	round 2
11th. December	Box Hill1	at Olympic Park	round 1
18th Dec	Collingwood	at Heidelberg	round 2
22nd. January	SSH	At Olympic Park	round 1
29th. Jan	Box Hill 2	"	round 2
5th February	Mentone	"	round 1
12th. February	Sandringham	"	round 2
26th Feb	Glenhuntly 2	"	round 1

RESULT OF 800m HANDICAP AT HOUSE SPORTS

- First: Ian Handasyde
 2nd.: Dick Batchelor
 3rd: Geoff Hindle
 4th: Ewen Wilson
 5th: Andy Co chrane

Turn the page for an on the spot report

NOTE: Before going into the far out 800m race the other highlight was ,,, John Knight's appearance in the invitation high jump. Huge crowd. 6'7½" with his 'new' run up.

This 800m event was THE highlight of the house Sports. How many people would lose their dinner this time. Last years record was an enviable 5. NO!! Greg says at least six or seven including himself twice. Rubbish it was someone else twice. (Jim, Mark, Andy, Geoff and Jon felt better this year) Meanwhile the field had assembled30 starters. Thats a pretty big 800m. Starter stood at the far end, whistle, on yer marks amrks and look for the smoke 'cause you can't hear the B ang over the roar of the crowd. Ian Handasyde took off and made a clear break early in the race. Hindle and Batchelor were biding their time. The middle of the field was bunched and fair dincun your on the spot reporter couldn't see a thing from his vantage point, right at the back of the charging mob. Is this what Tony Hirst puts up with he thinks....Good Grief.300m down and several lads are out of the running as Glass and younger Marx are go bbled up. Wilson bides his time and sweeps pa st Handasyde (S) who knows he'll blow up like last year. A grave error in cal-culations. Marx (John) and Ashton move ~~xxxxm~~ smothly though the mob as Bayly clashes with Holmes on the main straight risking disqualification in front of the judges. Open your hands, any concealed weapons, they cry (he's OK). Where is Captain Greg ?Ah there he is, oops there he goes, backwards. Wilson drops off Tallent and with only half a lap left the race is narrowed to only 20 chances. Ian Hando has been traing for this and slackens off the pace to allow Dick Batch to catch up, by by golly then with a burst of speed to the cheers of the crowd Ian left the field staggering behind to leap through the tape a clear winner. Behind Dick and Geoff Hindle were clear placegetters. Andy Cochrane and Ewen Wilson battled out the next spot with a sprint to the tape and the John Thorpe, Hando(S) positio is disputed to this day. Incidentally Johnny has the whole magnificent show on 8mm film. Marx was plesed. Ashton not sure, Rog Bayly's run ended after he clashed with Rohan Hodge who went straight back to the training track. Dick Fay was OK for a time, Tassie is a long way. Andt Wardlaw held off a magnificent sprint finish to scalp Capt. Gerg. Simon Tallent is staying on the shorter races....Too much complaining about the handicaps(valid). JimElder also decided its TIME for training. Lucco went OK and was in the running with 150m left(finished 8th. I think?) Phil Barton trians with sprinters, still soundly beaten by Jon. Col Findlay unsure placing, but smiling at the finish(is he foxing for next year?). AndynRamsey comes out really well on Thorpey 's film. I'm afraid I can't remember where Bruce Hooley finished. He'll be lifted next year. Stu Facey was passed with 150 left thus losing his bet. If there are any others I'm very sorry but these are off the top of the typists head. Wait for the big film premiere.

BEST WISHES TO THE School Team in the APS Sports this Saturday (30th OCT)

Come along and cheer them on. Captain is Geoff Little

Vice Captain is Bill Fleming.

both these chaps have benefited from experience of running interclub. NB: Geoff recently broke Andy Cochrane's school 3000m record to give an indication of the sort of form he is in /.

SPECISL NOTE: Thanks to Mr. and Mrs. Tallent for making their house available for the AGM and for the trouble they went to in helping make the meeting run smoothly. (also comfortable). Who were the shysters on the billiard table. (hustlers)

REMEMBER THE 50th. YEAR DINNER: FRIDAY 26th NOVEMBER AT SCOTCH DINING HALL. COST \$10. (SCHOOLBOYS \$7) TICKET SECRETARY ANDREW COCHRANE 10 Carnsworth Av. Kew, 3101. (868357)

COST INCLUDES BOOKLET ON THE HISTORY OF THE CLUB.

GUEST SPEAKER JUDY PATCHING

DUE TO THE NUMBERS EXPECTED, DINNER WILL BE MEN ONLY.

AVAILABILITY: Anyone who is registered or about to be registered, who is NOT available for any of the first three rounds (13, 20, 27 Nov.) please let Greg Evans know (81-5755). Schoolboys can tell either of the McLeish brothers. We appreciate difficulties with school exams etc.....

NUMBER OF ROUNDS: If you wanna know how many you've done ring Andy or Bruce AFTER their Exams are oved.

THATS ALL FOR THIS WEEK.. SWEET DREAMS.

OLD SCOTCH

C.A.A.C.

NEWS-SHEET

Registered for Posting as a Periodical - Category B. Price: 5 cents

9/11/1976

EDITORIAL

A Chorus to all those loyal readers who read this news-sheet last week and we decided to give us another chance. We are glad to report that there have been some significant changes of far reaching consequence in the editorial staff (stew has the chop) and the new editorial policy shows depth insight and above all balance. Now that the conceptual framework has been set out in detail we shall proceed with a manifestation of the above.

BIG DECISIONS REACHED!

The club committee in its wisdom has appointed Mr. John L. Thorpe of 95 Nettle Valley Rd. Camberwell as the club transport officer for this year. Congratulations, John has excellent qualifications for this job having worked for the M.V. and the Country roads board. He has recently been seconded out to the Conservation Dept. to find out how the energy works. If anybody, and in particular junior athletes have any trouble getting to the track on Saturday then please ring **BIG JOHN** on 83 3972

Capt. Greg Evans has decided to share the blame for team selections and the following senior selectors have been appointed John Thorpe (same one) 85

Rohan Hodges 3/23 Asquith St. Kew 5745 (sorry)

The editor and the club captain have made two momentous decisions. THE club should support the present government as it gives those who are not working so hard plenty of time for training. Secondly the club should be run like big business and all decisions should be made on the golf course.

The committee has appointed Ross Hooley of 9 Mansell Cres. Camberwell 29 7135 and Alastair McLeish of 1026 Balvorn Rd. Armadale 206541 as the two school boy representatives on this year's committee and for the privilege you the paying public may rip them if you have any problems (Of an athletic nature only please)

NEW MEMBERS!

Yes again the human race has shown itself to be fallible (He He) and we have great pleasure in welcoming the following gullible citizens to our ranks and also the more gullible who rejoin us after long absence:

Frank Prowse top class walker who has transferred to us. Also Tony Campbell who showed that not only walkers are mad and did the same. Roger Bayley, last year's Vice-captain of aths. returns. So does Andrew Fairley after a longer absence. Also new arrivals Dave Alder, Peter Thompson, Howard Cooper, John Eggleston, Alastair Thompson, Richard Jewster, Michael Smith, Ian & Chris Munro, Mick Dacakis, Sandy Mitchell and Rowan Tuckfield.

RESULTS OF THE CROSS-COUNTRY PREMIERSHIP

First Andrew Cochrane 37 points

Second Ewan Wilson 19 points

Third Sturt Facey 18 points

This year for the first time the results of road races were included in the point totals

SUBSCRIPTIONS

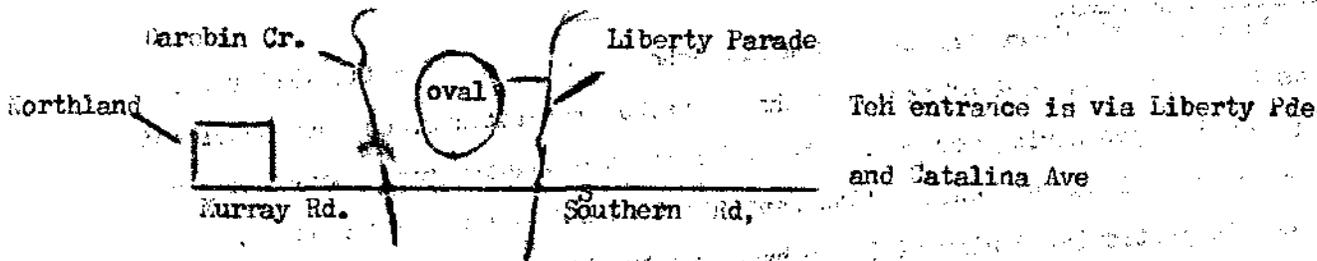
If you have not been selected to run this week it could be because you have not paid your subscription. The club can not afford to register athletes with the V.A.A.A. until the subscription is paid as registration takes ten days to complete. This year's cut price subscriptions are \$12 for seniors and \$6 for juniors. Please send your subscription to: STEVE HARR

9 Harold Avenue
Glen Iris 3146

All those athletes still at school may avoid stamps and stamp duty and give their money to Al Mc. Leish or Ross Hobley. Money received by Monday next will enable registration by the third round.

INTERCLUB MEET.

Inter club starts next Saturday at the Heidelberg track next Saturday. For those who have had the fortune not to have been there before this is where it is.



Captain Greg suggests that the track is on the hard side and he says that half-inch spikes would be best. Secondly the club is required to supply officials each Saturday and if you have any friends, male or female, who would be willing to help then drag them along. Also the club has certain duties each Saturday as moving and putting away the hurdles. This does not take long if more than a couple of people do it.

Could all people running on Saturday please ensure that they arrive in good time for their race and if they are unable to attend and have been picked to run could they contact their team captain or official immediately. Also any runner who is available to run and who has not been selected would they also contact their team captain.

FIFTIETH ANNIVERSITY DINNER

The organisers of the fiftieth anniversary need to know the numbers of those competing by next Monday in order to complete catering arrangements. The dinner is on FRIDAY 26th NOVEMBER AT THE SCOTCH COLLEGE DINING HALL. (Remember the boarders food is famous)

10 Dollars per head for grown ups which includes a free give-away copy of the club history: you may give it to anybody you like. Those still at school are only \$6 - I think

Mr. Patching, leading Olympic official from 1956 to 1976, is the guest speaker.

Please complete the attached form and send it to Andy Cochrane at the address shown on the form or give it to him on Saturday.

CAN YOU QUALIFY?

	A	B	C	SJ	UI5	UI4
400m	54	56	60	70		
1500m	4.20	4.30	5.00	5.40	6.00	6.20
3000m	10.40	11.20	12.00			
s/chase						
H-Jump	1.70	1.60	1.50	1.35	1.25	1.20
L-Jump	6.00	5.70	5.30	4.50	4.00	3.60
T-Jump	12.30	11.80	10.70	9.80	8.00	7.00
p-fault	3.15	3.00	2.70	2.10	1.80	1.80

SUB- JUNIOR TEAM

- 1.30 POLE VAULT Nick Dacakis
1.35 1500m. WALK Howard Cooper
2.00 100m. Nick Tapp, David Ham, Mark Plaisted, em. N. Dacakis
2.20 1500m. Ross Hooley, Richard Berigan, H. Cooper
3.00 110m. HURDLES D.Ham
3.15 SHOT PUT N. Dacakis
3.30 TRIPLE JUMP Michael Smith
3.35 4-100m. Mac leish, Tapp Ham, Dacakis
4.00 DISCUS ?

UNDER 15 TEAM

- 1.25 90m. HURDLES Wayne Crothers, Dave Edwards.
1.45 1500m. WALK Richard Fewster
2.00 DISCUS ?
2.15 POLE VAULT ?
2.20 1500m. R.Fewster
3.35 4-100m. Euan Mc. leish , D. Edwards , W. Crothers , R. Fewster
4.00 TRIPLE JUMP ?
4.15 SHOT PUT E. Mc.Leish
4.45 400m. w. Crothers D. Edwards E.McLeish

UNDER 13. TEAM

Colin Mindlay has been appointed the manager of this team and his phone number is 4672177

- 1.25 80m. HURDLE Sandy Mitchell
1.30 DISCUS Roman Tuckfield
1500m WALK Peter Mindlay 1.45
2.00 100m Mitchell, Tuckfield
2.00 TRIPLE JUMP Mitchell
2.15 POLE VAULT ?
2.20 1500m. Mindlay Tuckfield
3.35 4-100m
3.45 SHOT PUT

That is it team. This type writer is now been retired- you may have noticed

MEANS FOR ROUND ONE

A GRADE

- 1.15 3000 M. WALK IAN HANDASYDE JOHN THORPE
- 1.30 JAVELIN -!
- 2.00 100m. Philip Barton , Ivan McQuilkin, Bill Fleming
- 2.15 HIGH JUMP Stev. Hare
- 2.20 1500m Ewan Wilson, Stuart Handasyde, Andrew Cochrane, em Tom Ashton
- 2.45 SHOT PUT Roger Glass
- 3.00 110m HURDLES Andrew Wardlaw , Steven Hare
- 3.00 TRIPLE JUMP -!
- 3.15 pole vault Rohan Hodges
- 3.30 Discus Roger glass
- 3.35 4-100m RELAY McQuilkin , Barton, Fleming , Johnston
- 4.10 STEEPLE 300m John Marks, Bruce Pooley
- 4.30 HAMMER ROGER GLASS
- 4.45 400m Tom ashton Stuart Handasyde John Thorpe

B GRADE

- 1.1/5 3000m WALK Frank Browne , Bruce MOORE
- 1.30 JAVELIN Ian Handasyde
- 2.00 100m. Dave Johnston , Bill Mc.auley , Greg Evans
- 2.15 HIGH JUMP Andrew Wardlaw
- 2.20 1500m. G. Wise Nigel Watson , Stuart Facey ,em. N.lucas.
- 2.45 SHOT PUT Max Borchardt
- 3.00 100m. HURDLES Ian Handasyde Rohan Hodges
- 3.00 TRIPLE JUMP Rohan Hodges
- 3.15 POLE VAULT J. Eggleston
- 3.30 DISCUS Max Borchardt
- 3.36 4-100m RELAY Mc. Auley , Evans , Eggleston Hodges
- 4.10 Steeple Andrews Ramsey , C. Aitken
- 4.30 HAMMER Max Borchardt
- 4.46 400m. g. Evans , S. Beyer , S Tallent

C grade

- 1.30 HIGH JUMP Jim MARX!!
- 2.00 100m. R. Ward , D. Ekberg , Jim Marx
- 2.15 SHOT Steven Hare
- 2.20 1500m. G Little , Roger Bayly, Jim Marx
- 2.30 TRIPLE anybody
- 3.00 100m. HURDLES (3.3") D Ekberg, J. Eggleston
- 3.15 POLE VAULT any body
- 3.35 4-100m RELAY R, Ward r, Bayly S. Hare D. Ekberg
- 4.10 3000m. STEEPLE G. Hindle , Jim Elder
- 4.45 400m. J. Morey .Andrew Fairley , R Bayly
- !3.00 Discus Roger Tallent!!!

(Rog. Jane Kiff)
Rog. Jane Kiff - F.C.V. Waralgon.
John Knight (two club rule)

(9 HAROLD Av.

GLEEK IRIS C 3146

SURNAME
 COUNCILIAL NAMES
 POSTAL ADDRESS
 POST CODE.
 IF BOARDER HOME ADDRESS.
 POSTCODE.
 TELEPHONE NUMBER. DATE OF BIRTH.

MEMBERSHIP SUBSCRIPTIONS

Senior \$12.00
 Junior \$6.00 -under 19 at 1st. April 1976
 Non-competing \$6.00

I ENCLOSE MY SUBSCRIPTION FOR 1976/77 \$
 DATE. SIGNATURE.

Please make cheques payable to "Old Scotch C.A.A.C."

.....

TO: ANDREW COCHRANE
 10 GARDEN WALK Av,
 NEW 3101

I, name
 Of, address Ph. No.

AM GREATLY LOOKING FORWARD TO RECEIVING MY TICKET TO THE OLD SCOTCH ATHLETIC CLUB'S 50TH ANNIVERSARY ? DINNER .

LAST YEAR AT SCHOOL.
 YEARS AS A MEMBER OF OLD SCOTCH...
 FIVE YEAR & OUP WITH WHOM I WISH TO SIT.

I ENCLOSE MY CHEQUE FOR DOLLARS(tickets are 10 dollars each.)
 SIGNED.

.....

OLD SCOTCH

C.A.A.C.

NEWS-SHEET

Registered for Posting as a Periodical - Category B. Price: 5 cents

Summary Edition Three.

16th November, 1976.

Editorial

Well, well, team. The pen is mightier than the sword (not that I thought cutting people's legs off made them run faster anyway), but what can I say to make you all perform better. "Eat more All Bran" perhaps. I doubt it. At least you could spare a thought for your editor, for it is no fun writing a newsheet unless you can gloat over the fate of the victims. So let's see a bit of fight, old chaps. Really! this week just was not good enough.

Results (approx)

A grade	Lost to E.M.H.	92 to 53
B grade	Lost to Ivanhoe	61 to 51
C grade	Destroyed Ivanhoe	56 to 48 (we think)
S.J.	Lost to Essendon	66 to 52
U. 15	Demoralized Essendon	52 to 45
U. 14	Lost to Essendon	25 to 15

New Award

The propaganda and publication sub-committee is pleased to announce a new award for this year. The Burst Blister Award. A handsome trophy is a Basalt Bust of a Burst Blister. They are affectionately known as "callouses". This week's award goes to our leader Even Evans, that enduring eccentric of the track who ran 13.0 for the 100 metres to equal the time he ran a decade and a half before and then put four of them together to run an "A" 400 metres in 52.6. (An enquiry will be held as to whether Even Evans was running dead in the 100m.)

"A" Grade Report

The season got off to a poor start with the demise of the much vaunted walking squad of Thorpe and Handasyde. John lost one of his shoes after 200m - dirty tactics by the opposition - and Ian showed that spare tyres are not required for 3000m races. Bill Fleming led the sprinters home for a 4th place in the 100 (11.8), a good run into a very strong headwind, with Laurie Darcy running 11.2. Ivan and Phil were close behind. Steve Hare in the high jump showed glimpses of form but at 1.75m was not good enough to beat the E.M.H. competitor at 2.00m. The next event was the 1500 but again Old Scotch couldn't break the ice for a win. Ewen ran 4.03 to be just behind Steve Austin and Ken Hall. Andy Cochrane finished on strongly for a 4th (4.13) and Stu H. was 5th (4.17:2). First win for the season went to Roger Glass in the shot put (13.29), a six-nil result, and Old Scotch was starting to catch up. Rohan was running all over the hurdles and jumps but DNO'd in the triple and pole. Steve Hare redeemed himself in the hurdles to finish 3rd (18.3) behind Andy Wardlaw (17.3). Old Scotch was starting to make a comeback but a shock loss by Rog Glass in the discus (36.27) although atoned for with another win in the hammer (52.30) started the rot again. At this stage we were about 20 points down and had a faint chance of catching up,

and come the relay and the Scotchies were quick but E.M.H. were quicker, and that sealed the result. In fact, so confident were E.M.H. that they failed to field starters for the steeplers but however the best we could do was a DNF Charlie Aitken and a DNF John Thorpe.

The last event, the 400m, was the surprise of the day. Greg Evans ran a great first 2.00 and continue on strongly to finish 5th in 52.6 which is the same pace as he ran for the 100m. Tom Ashton ran a good 52.3 just failing to catch the 3rd E.M.H. runner and Stu H. was close behind in 52.8. Overall the result showed O.S. 53 to E.M.H. 92, but next time ... its up to us.

"B" Grade Report

The team commenced the 76-77 season with a disappointing 6-0 defeat in the walk. Bruce Moore, our only starter, although putting in a "valiant effort" (his own words) failed to qualify. The result of the javelin was unknown at the time your correspondent filed this report.

The 100m. was run in the very trying conditions which added nothing to the enjoyment of the day. Dave Johnston, Bill McAuley and Greg Evans filled in the back half of the field in the times of 12.7, 12.8 and 13.0 respectively. The points went to Ivanhoe 6:16.

Andy Wardlaw qualified in the high jump but not quite as well as the opposition. He jumped 1.7 metres.

The strong O.S. combination of Wise, Watson and Facey made up some ground in the 1500m, splitting the points 14:8. Graeme W. was first home in the good time in the conditions of 4.13. Nigel ran 4.16 and Stu (El Presidente), obviously showing signs of the strain of the new office (shadows of Jimmy Carter) did not live up to expectations running 4.25. Tom Ashton ran a strong race to win an invitation heat in 4.10.

Max "Hulk" Borchardt just failed to qualify in the shot, but shows great signs of improvement. Max also had a near miss with the discus and at the time of writing looked very threatening with the hammer.

In the high hurdles (how do these blokes clear those things!) Rohan Hodges came third, thus avoiding a clean sweep by the Maltese Cross lads. We had no competitor in the pole vault, no-one knows if Ivanhoe did.

Eggleston, Hodges, Evans and McAuley took the baton around in the 4 x 100 and came in second to the 'hoes.

The men of the team then showed their prowess in the steeplechase with a clean sweep. Geoff Little, although having some trouble with the hurdles, not to mention the water jump, ran well to win in an unknown time. He lead Andy Ramsey in, who was showing the signs of having been at the bar (one kind or another) too long.

Beyer, Cochrane and Tallent finished the day on a higher note by taking the majority of the points in the 400, finishing in 2, 3 and 4 placings in the respective times of 54.1, 55.0 (?) and 56.2. Jon Holmes, returning to the fold after a year with Uni, ran an invitation 400 in 55.2.

The points at the conclusion of the day as far as could be determined seemed to suggest we were beaten 51:64. So the only thing is to come back harder and beat Collingwood (as Melb. did in the last home and away match) next week.

RESULTS FOR ROUND TWO

A GRADE AT GLENHUNTLY

12.30 HAMMER R. Glass
1.00 4.00m. HURDLES G. Evans A. Wardlaw
1.30 200m J. Mc. Quilkin, P. Barton, Bill Fleming.
1.30 1500m WALK J. Thorpe, I. Handasyde
1.45 HIGH JUMP Stevem Hare
2.00 SHOT PUT R. Glass
2.00 800m. E. Wilson, S. Handasyde, Tom Ashton
2.15 LONG JUMP S. Hare
2.20 POLE VAULT ?
2.35 110m. HURDLES S. Hare, A. Wardlaw
3.00 JAVELIN ?
4-200m. Mc. Quilkin, Fleming, Barton, Evans 3.45
4.15 DISCUS R. Glass
4.30 500m. Wilson Watson ASHTON

B GRADE V COLLINGWOOD AT HEIDELBERG

1.15 1500m. Walk B. Moore F. Proust
1.20 400m. HURDLES R. Hodges A. Cochrane
1.30 DISCUS Borchardt
1.45 POLE VAULT R. Hodges
1.55 200m. Johnston Campbell Mc. Auley
2.15 SHOT PUT Borchardt
2.30 LONG JUMP Alder
2.55 800m. Wise Lucas Cochrane
3.15 HAMMER Borchardt
3.45 HIGH JUMP JIM Marx- promotion
3.50 4-200m. Johnston Campbell McAuley Alder
4.15 Talent for the JAVELIN
4.30 110m. HURDLES Hodges ?
4.30 5000m. Little Ramsey (to add confidence to the other runners) Aitken C.P.

C GRADE vs. ESSENDON AT HEIDELBERG

1.20 400m. HURDLES Eckberg ?
1.30 LONG JUMP JIM Marx (the one with the proper colored blood)
1.45 POLE VAULT Eggleston
1.55 200m. Alder Marx Ward
2.55 800m. Morey Holmes Beyer (em. to run invitation Marx Bayly)
3.15 HIGH JUMP Eggleston
3.45 JAVELIN ?
3.50 4-200m. relay Bayly Marx Ward Ekberg
4.15 HAMMER ?
4.30 110m. HURDLES Ekberg Eggleston
4.45 5000m. Facey Elder-By invitation Hundle Batchelor and BIG John Womersley

Results: 100m N. Tapp 1st in 12.6; 1500m R. Hookey 1st in 4.27; 2nd N. Tapp; Shot put A. McLeish 2nd 10.43m; triple jump M. Smith 2nd 10.98m; 4 x 100 relay 1st; discus A. McLeish 2nd; 2000m steeple R. Hookey 1st 7.34:6; 400m A. McLeish 1st 53.0 N Tapp 2nd 54.7.

All the sub-juniors needed to do to defeat Essendon was a full turnout. As it was, we had only 4 competitors - so we lost! If you have ever seen sprinters running 1500m, throwing the discus and putting the shot, high jumpers triple jumping and distance men sprinting, you would have been ashamed of yourselves.

Dave Ham where are you? Mark Plaisted, where are you? Dick Mangan, where are you? Howard Cooper, where are you? Peter Thompson, where are you? Nick Dacakis, where are you? All of you could do to lose weight, one in particular. Saturday was a great day to do it, but ... that's enough of facetiousness.

Sub-Junior Report

The Under 15 team did not shine, being below strength with only 3 members present. Next week all members are to appear. Richard Fewster ran well in the 1500m walk to finish 2nd and the 1500m to finish 3rd, both in confidential times and won the triple jump. David Edwards won the 100m in 12.9, the shot put in 11.86m, and the 400m in 59.1. Ewan McLeish ran the 100m in 13.7, threw the discus 28.97 metres and competed in the invitation shot with a throw of 11.96m. He also ran the 400m with the time of 59.6. This team believes in quality, not quantity.

Under 15 Report

More athletes available next week, so let's reverse those scores.

The scoreboard tells the story - Peter Findley won the shot, 3rd in 10cm, and wee Sandy Mitchell 2nd in the 100. Similarly, Essendon had two competitors. Final result - Essendon 25 points, Old Scotch 15.

Under 14 Report

Unfortunatly, we didn't fare too well in our field games, with no competitors in the shot put, triple jump and pole vault, and Rog failing to qualify in the discus (stick to running Rog!) and an unknown in the high jump who just managed to qualify - onya Jim. Victory was snatched in the 400m with Andrew Fairley running 57.3 - and would have run faster if the wind had not changed in the home strait - Jim Morey running 54.7 and Roger Bayly 54.0.

The steeple was won by Geoff Hindle who was ably supported by Jim Elder who never gives in.

Of our other athletes Dave Ekberg did well to finish 4th in the 100m and second in the 110m hurdles in front of John Eggleston 3rd.

Geoff Little ran a gutsy race in the 1500m to finish second in the race, with Rog Bayly a strong sixth and Jim Mark a distant twelfth.

Despite adverse conditions, some of our C grade athletes managed some good performances.

"C" Grade Report

SUB! JUNIOR V IVANHOE "2" AT HEIDELBERG

1.30 1500m. WALK Cooper
1.55 200m. McLeish Tapp Plaistaid Ham
2.30 HIGH JUMP Smith em. R Thompson
2.45 HAMMER P Tompson
2.55 800m. Merrigan A. Thomson R. Hooley Em. P. Thompson
3.15 JAVELIN P. Thompson
3.30 LONG JUMP Ham em. Smith
4-200m. 3.50 McLeish Tapp Plaistaid Ham
4.15 SHOT PUT Plaistaid
4.30 110m. HURDLES Ham At Thomson
5.10 3000m. Cooper Merrigan Hooley

U 15 Vs. COLLINGWOOD AT HEIDELBERG

1 500m. Walk Fewster
1.45 SHOT PUT McLeish Em. Edwards
1.55 200m. Edwards Crothers MacLennan
2.00 HIGH JUMP MacLennan
2.45 JAVELIN MacLeish
2.55 800m. Fewster Crothers Edwards
3.00 LONG JUMP Edwards
3.50 4-200m. Edwards MacLennan Crothers MacLeish
4.45 90m. HURDLES Mc Lennan Crothers

U 14 at HEIDELBERG

1.30 HIGH JUMP R. Tuckfield
1.40 1500m WALK Findlay
1.55 200m, Don Mitchell Munro
2.55 800m. Findlay Tuckfield
2.15 JAVELIN ?
3.45 SHOT PUT DON
3.50 4-200m. Relay Don Tuckfield Munro Mitchell
4.00 Long Jump Don
4.50 80m. HURDLES Tuckfield Munro

If you are unable to run please contact your team captain at school or contact
either Greg Evans -815755

Rohan Hodges- 855745
or John Thorpe- 833972

If you want transport to the ground John Thorpe will be glad to oblige on 833972
Andrew Cochrane is still able to accommodate anybody wanting to go to the 50th anniversary dinner. You can ring him on 868357 or send 10 dollars to him at 10 Carnsworth Av. KEW.

P.S. If you know anybody who might like to join, don't hesitate. The club is still smaller than last year and new members would be welcome.

Thank you for reading me once again. If you found the first half readable then the credit goes to the nimble fingers of our lovely typist Virginia. If the envelope hits the right letter box thank J. Thorpe, and if it does not ---.

OLD SCOTCH

C.A.A.C.

NEWS-SHEET

Registered for Posting as a Periodical - Category B. Price: 5 cents

Summer Edition Four

22nd November, 1976.

EDITORIAL

Again your downcast editor has trouble reporting many great victories to the masses because he cannot tell a lie. However, results were better than the previous week and here are some of the better results:

D. Edwards 200 metres 24.3; long jump 3.44m (record);
90 metres hurdles 13.5 (record); shot put 13.35m
(record).

Stuart Facey 5000 metres C grade 16.12 PB

Andrew Cochrane 5000 metres A grade 15.14:3 PB

Tom Ashton 800 metres A grade 1.53:8

Roger Glass Three wins in A grade - shot put 12.35m
discus 40.46m
hammer throw 47.00m

Al MacLeish 200 metres 22.7 PB

So great are the losses under the present management that a coup d' etat has taken place and Nick Tapp and 'friends' will be running things from now on. You lucky readers you!

Team Results

A grade	lost to Glenhuntly 1	64 to 104
B grade	lost to Collingwood	46 to 106
C grade	drew with Essendon	57 to 57 (I think)
Sub-junior	slaughtered Ivanhoe 2	72 to 27
U.14	lost to Collingwood	35 to 44
U.13	scored 30 against unknown opposition	

"A" Grade Report

Well, the brave 13 left the security of Heidelberg to face Glenhuntly 1 at Glenhuntly. The big time! The day started well for Club captain Greg with a PB of 57.8sec. in the 400 hurdles to come second and Andy Cochrane qualified with 62.0 to come fourth. In the walk both our competitors qualified and were not disqualified with Frank Prouse having recovered from a knee injury coming third in 7.21 and Ian Handasyde carrying a spare tyre in case his left Addidas blew out, came home fourth in 7.26. In the 200 m the opposition proved a trifle strong with Bill Fleming finishing fourth in 23.5 closely followed by Ivan McQuilkin with 23.5 and Big Phil U.11 Champion Barton finishing just behind in 23.6. Good grouping anyway!

Steve Hare showed a return to form in the High Jump to clear 5'11" but this was not good enough to win but then Roger Glass thought it was time to open his account with a win in the Shot with a put of 12.35 metres.

Then came our moment of glory as the distance runners returned to form and trounced Glenhumbly in the 800 metres with Tom Ashton finishing second in 1.53:8, Ewan Wilson finishing third in 1.54:6 and Stuart Handasyde close behind in 1.55:0 - how good! Steve Hare qualified in the long jump with 6.10 metres but again this was not good enough, and he paired with Andrew Wardlaw in the hurdles but again could only manage third and fourth against the star-studded opposition. Roger Glass then won the hammer with a throw of 47 metres and had little trouble winning the discus with a throw of 40.64 metres. Tom Ashton tried the Javelin but a DNQ resulted. However, he fared better in the 5000m when both he and a reluctant Nigel Watson both qualified with times of 16.17 and 16.21 respectively, but Andrew Cochrane stole the show with a PB of 15.14:3, but this only got him fourth place against an opposition which ran under 14 minutes.

"B" Grade Report

Unfortunately, B grade again found the opposition a little bit talented and also able to qualify in most events, so a loss to Collingwood resulted. Bruce Moore showed a return to scoring points, not just a pretty face, and came third in the walk in 8.03. The 400m hurdles was a triumph for Rohan Hodges with a win in 62.5, but Jon Holmes did not finish. In the 200m a few more points were lost when Dave Alder ran second in 23.9, Dave Johnston was fourth in 24.1 and Campbell was sixth in 24.2 - a disappointing run. Nothing much happened in the hammer throw, and Rohan Hodges had problems with the pole vault as did Dave Alder with the long jump. Unfortunately the opposition did not share these problems. Good runs were recorded in the 800 metres when Graeme Wise ran 2.01A and Neil Lucas showed a return to form with 2.01:8. Jon Holmes who was having a bad day DNQ in 2.14:3. The relay team of Johnston Hodges, Campbell and Alder ran 1.39:2 which was not good enough to win B grade. Graeme Wise filled in for the 5000 metres and ran a good race in about 16.00 but the exact time is unknown. Charlie Aitken was a little behind (and a bit around the bend too) and finished in 16.47. Geoff Little DNF after running very fast for the first half of the race.

"C" Grade Report

Well, the Old Scotch Sportsman's team put on their dark glasses and went into battle against the tough Essendon combination. The team was showing great confidence when it decided it was not necessary to have a competitor in the walk and quickly assessed Ekberg as not needing any help in the 400m hurdles, but unfortunately he could only manage a third place. Many thought the team was in trouble when Bruce Moore lined up for the 200m but he ran up to expectations and came last in 26.0. However, J. Marx won in 24.0 and Rob Ward ran 24.6 to come fourth so the points were split. Exciting! Old Scotch then pulled an underhand trick by letting Eggleston qualify in the Pole Vault. Marx did likewise in the long jump but the opposition did likewise by a greater margin. Scotch applied the pressure in the 800m with Roger Bayly running 2.01:7, Beyer 2.05:4 and Jim Morey 2.07:3 but Essendon were equal to the challenge. Eggleston took the High Jump and the relay won in the indescribably good time of 1.38:0 and there was only one point in it. Geoff Hindle and Stuart Facey then put on their dark glasses and we knew we were still in it. Stuart Facey ran a PB of 16.12 and Geoff Hindle ran 17.10 but it was still left to the Big E's Ekberg and Eggleston to save the day for the Sportsmen and with the hurdles 10 to 3 and force a draw.

Sub-Junior Report

This sub-junior team has excellent prospects of winning this year's Victorian Sub-Junior Championships. The distance men, lead by our very capable Ross Hodley, gained 1st, 2nd, 3rd. Winning time of 2.7:8 sec. Alistair Thompson 2nd and Dick Merigan 3rd.

Also the sprinters came 1st, 2nd and 3rd. A new member, Peter Thompson, is a very welcomed back-up man for all events. Mike Smith, our High Jump star, after annihilating all competitors, was asked to 'stop' jumping at 5'5". He wanted to go on. He wasn't allowed to go on. He wasn't even allowed to compete in C or B grade invitation, they were too busy. Dave Ham had a walkover in the Long Jump. The Relay won by miles to any other team. (McLeish, Tapp, Thompson and Ham) - 1 to 36. Peter Thompson did the Hammer, Shot Put, Relay and Hurdles. Ross Hooley and Dick Merigan ran 3000m.

Where are you Mark Plaisted, Nick Dacakis, Howard Cooper and other odd-bods?

Results: 200 metres McLeish 1st 22.7; Tapp 2nd 23.7; Ham 3rd 23.9. Long Jump D Ham 5.87 metres. Shot Put P. Thompson 9.60m. 110m Hurdles Ham 1st 16.0; P. Thompson 2nd 20.7.

Under 14 Report

Once again all members of the team were not present. First of all, there was the high jump which we did not win because we did not have any jumpers .. then there was the 1500m walk but nobody wanted to compete.

Nick Don then arrived and won the 200m in the good time of 27.4 and he was followed in by Peter Findlay (31.3) and Sandy Mitchell. The next event was the 800 metres and Nick Don was first again in 22.9 again followed by Peter Findlay.

There was no competitor in the javelin but the shot put was next and Tim Don won with a put of 11.30 metres. Having only three competitors it was difficult winning the relay. Following was the long jump which we won with a jump of 4.20 metres. The hurdles was next but nobody thought they could even high jump them so we gave them a miss.

In the events we competed in we did well to if everybody could run we would probably do very well.

Under 15 Report

Like always, the usual stars turned up - Edwards, Fewster and McLeish. The walk was first but unfortunately Fewster did not realise this and was disqualified. Then came the shot put and Al McLeish won this with a put of 12.24m. Edwards thought he should not waste the afternoon and broke the record with a tremendous shot of 13.35m. The high jump was next but we had no competitor and this was followed by the javelin but unfortunately McLeish did not qualify. In the 800m Fewster was third in 2.20:7. In the long jump Edwards broke the record again with a great jump of 5.44 metres. Then the dismal relay without a full team we lost. The last event of the day was the hurdles but the team was not present so Edwards decided to fill in and came first with the time of 13.5 - another record, making three for the day.

There is not much time left for boys turning 15 to break any records before the club breaks up for Christmas - so where are you? If the Sixth Formers can turn up with H.S.C. exams so can you!

Note: All records have to be verified by the committee - wind and all that.

Coming Events1. Special Meetings

All Athletes who believe they should be invited should ensure that their correct address is registered with the association. Also, any person who does not reply to an invitation will not be invited to the next meeting. The next meetings to which invitations will be issued are:

January 13 (Invitation issued 17th December)
This meeting will include Vic. 100yds, 1 mile, 10,000m titles and some sub-junior events for Shell East Coast Team.

December 15 and 16 (Invitations issued November 29)
In conjunction with Australian School Boys Titles.

February 2 and 3 (Invitations issued January 14)
Melbourne Games Meeting

March 1 (Invitations issued February 11)
Bell Lap plus Victoria vs. New South Wales.

2. Entries for Victorian Championships - Early Reminder

<u>Event</u>	<u>Date</u>	<u>Entries Close</u>
Open 100 yds, 1 mile, 10,000m.	January 8-13	December 20
Open and under age relays, under 19 decathlon	January 8-9	December 20
Open decathlon, under age pentathlon	January 30-31	January 20
Open, under 19 titles	Heats February 10, 13, 15 Final February 19-20	January 26
Under age and veterans titles	March 6	February 21

Entry forms are now available from VAAA office, 12 McKillop Street, Melbourne or from your Club Captain.

3. Surf Race

Old Scotch runners have been invited by Pt. Leo Life Saving Club to take part in the 8km Flinders to Pt. Leo race on Sunday December 5 at 3 p.m. The run is one of the highlights of a surf carnival to be held that afternoon. Entries will be accepted at the starting line. Please be there at 2.45. Alternatively, entrants could report to Pt. Leo not later than 2 p.m. and transport to Flinders will be provided by the surf club.

4. Shell East Coast N.17 Meet at Brisbane 15-16/1/77

There will be a selection trial held at Sandringham 3/22/76. All winners will automatically be selected. The remainder of the team will be selected from minor place getters. Athletes who do not participate in the trials will not be considered for selection - just front up and compete. Enquiries to G. Evans or Bruce Moore.

5. December 4

All Old Scotch teams will compete on the Chevron 440 track at Olympic Park. Your PB guaranteed by Team Captain B. Eng. This will be followed by a barbeque on the banks of the Yarra.

Coaching/Training

The VAAA is holding two training camps for underage athletes. The first for 14-16 year olds at North Ringwood will be held from December 12-14. The second for 16-18 year olds at North Ringwood will be held from December 15-18. Applications close December 1. If you are interested see Bruce Moore or ring him on 57 1508.

Captain Gregor has lost his chair - if anybody saw his chair disappearing from Heidelberg after the first round please tell Greg - he misses it.

"A" Grade vs. Ringwood at Hagenaugers Reserve, Box Hill

1.00	3000m walk	I. Handasyde, F. Prouse.
1.00	Hammer Throw	R. Glass
1.15	100 metres	Fleming, McQuilkin, McLeish
1.45	1500m	Wilson, Cochrane, Ashton
1.45	Triple Jump	Alder
1.45	High Jump	S. Hare
2.00	Discus Throw	Glass
2.30	100 metres hurdles	Wardlaw, Hare
2.45	Pole Vault	-
3.15	4x100 relay	Fleming, McLeish, McQuilken, Barton
3.30	Shot put	Glass
4.00	Steeple Chase	Wilson, Cochrane, Marx (?)
4.15	Javelin	-
4.40	400 metres	Handasyde, Evans, Ashton

"B" Grade vs. Ivanhoe 2 at Heidelberg

1.15	3000m walk	Thorpe, B. Moore
1.30	Javelin	Currie
2.00	100 metres	Barton, Campbell, Johnston
2.15	High Jump	Eggleston
2.00	1500 metres	Handasyde, Wise, Lucas, Facey inv.
2.45	Shot Put	Borchardt
3.00	Triple Jump	Campbell
3.15	Pole Vault	Hodges
3.30	Discus	Borchardt
3.36	4.100 relay	Campbell Johnston McAuley Alder
4.10	Steeple	Ramsey, Facey
4.30	Hammer	Borchardt
4.45	400 metres	Beyer, Bayly, Alder, Thorpe em

"C" Grade vs. Doncaster (Sportsman's Team) at Heidelberg

1.15	Walk	Jamieson, Aitken
1.30	High Jump	M. Smith
2.00	100 metres	McAuley, Ward, Marx
2.15	Shot put	Dyson
2.20	1500 metres	Watson, Little, Bayly, Inv. Lee

2.30	Triple Jump	Marx
3.00	100m hurdles	Ekberg, Dyson
3.00	Discus	Currie
3.15	Pole Vault	Eggleston
3.35	4x100 relay	Wood, Marx, Ekberg, Eggleston or Dyson
4.10	Steeple chase	Hindle, Batchelor, Inv. Elder
4.45	500 metres	Holmes, Marx, Morey

Sub-Junior Team (All Stars) vs. O. Paradeans at Heidelberg

1.30	Pole Vault	P. Thompson
1.35	1500m walk	H. Cooper
2.00	100 metres	Tapp, Ham, N. Dacakis em
2.20	1500 metres	Merigan, Hooley, A. Thomson, P. Thompson
3.00	100m hurdles	Ham, A. Thompson
3.15	Shot Put	P. Thompson
3.30	Triple Jump	Ham
3.45	4x100 relay	Dacakis, Tapp, Ham, Plaisted
4.00	Discus	P. Thompson
4.20	2000m steeple	Hooley, Merigan, em Cooper
4.30	400 metres	A. Thompson, Tapp, Hamm em Plaisted

Under 15 vs. Ivanhoe 2 at Heidelberg

1.25	90m hurdles	MacLennan, Crothers
1.45	1500m walk	Fewster
2.00	100 metres	Edwards, MacLennan, Crothers
2.00	Discus	McLeish
2.15	Pole Vault	Fewster
2.20	1500 metres	Fewster, Crothers
3.35	4x100 metres	MacLennan, McLeish, Crothers, Edwards
4.00	Triple Jump	McLeish
4.15	Shot Put	Edwards
4.45	400 metres	MacLennan, McLeish, Edwards

Under 14 vs. Ivanhoe 4 at Heidelberg

Colin Findlay is manager of the U14 team and he may be phoned on 467 2177 if there are any enquiries.

1.25	80m hurdles	
1.30	Discus	Mitchell
	1500m walk	Findlay
2.00	100 metres	Don Findlay, Mitchell
2.00	Triple Jump	
2.15	Pole Vault	
2.20	1500 metres	Don Findlay
3.35	4x100 relay	Don Findlay, Munro, Mitchell
3.45	Shot Put	Don

If you want a lift to Heidelberg, juniors in particular, ring John Thorpe 83 3972. Any junior athlete unable to run please contact your captain at school. Any senior athlete please ring Rohan Hodges 85 5745 or John Thorpe 83 3972.

OLD SCOTCH

C.A.A.C.

NEWS-SHEET

Registered for Posting as a Periodical - Category B. Price: 5 cents

OLD SCOTCH - 50 YEARS UP AND STRONG AS EVER 27th November 1976

This week was one of mixed fortunes, while all Junior Grades had good wins, both A and C grade lost.

But take heart dear reader next week all teams go to OLYMPIC PARK TO WITNESS A GRADE DEMOLISHING IVANHOE, AND TO CELEBRATE, THERE WILL BE A GALA B.B.Q. IMMEDIATELY AFTERWARDS ON THE BANKS OF THE SCENIC YARRA.

Remember to bring yourselves - plus friends, relatives etc. as well as your own food and drink for the Old Scotch event of the year.

AND AND AND

By special arrangement U 14's will be competing against Old Paradians 2 - they do not have a bye.

Rumour has it that free champagne will be served to all when A Grade wins.

RESULTS

Below is a summary of the final scores this week : -

A Grade got very close but finally went down to a strong Ringwood team -66 to 89
.....wait till next week !

B Grade slaughtered Ivanhoe 2 - 84 to 41.

C Grade sportsmans team went down to Doncaster when the relay team failed to appear on the track points approx., 63 to 69.

Sub Junior killed Old Paradians - 66 to 36.

U15 annihilated Ivanhoe 2 - 76 to 41

U14 won by a walkover to Ivanhoe 4 - 36 to 0.

Best Performances

John Thorpe	A grade	3,000 m. walk	15.27 P.B.
Roger Glass	A grade	Discus	43.3 P.B.
John Eggleston	B grade	110 m. Hurdles	16.7 - promoted to <u>A Grade</u> this week
Rohan Hodges	B grade	Pole Vault	3.0 - promoted to <u>A Grade</u> this week
B Grade 400m - John Alder 53.2, Steve Beyer 53.3, and Jim Marx 53.4 (C Grade)			
--watch out A Grade!			
A Grade Steeple - John Marx 9:25:2			
- Andy Cochrane 9:31:7 P.B.			
Neil Lucas	B	1500 m	4:9:8
David Ham	Sub-Junior	Triple Jump	12:12 P.B.
Nick Tapp	" "	100 m	11.5 eq. P.B.
Nick Don	U 14	1500 m	5.02 P.B.
David Edwards	U 15	100 m	11.6 P.B. eq. rec.
		400 m.	58.1 record
		Triple Jump	11.5m P.B. (wind assisted)
Ewen Wilson	A Grade	1500 m	3:53:5

Athlete of the Week Award

goes to.....David Edwards - 11.6 for 100 metres, 58.1 in 400 metres and 11.55 in the Triple. His time in the 100 would give him second place in B grade!

All were records, but the triple jump could miss out because of wind assistance.

REMEMBER ...ALL TEAMS AT OLYMPIC PARK THIS WEEK...BIG B.B.Q. AFTERWARDS...FOR TRANSPORT RING JOHN THORPE. 833 972 - HE PRIDES HIMSELF ON SOLVING ANY TRANSPORT PROBLEM !

A GRADE REPORT

Well, we almost did it this week, but Ivanhoe will get a shock this week !

Surprise, surprise our walker Johnny Thorpe (in new G9 Tiger shoes) and Terror Handasyde crushed the non-existent Ringwood walkers 10-0. Would we win ! Ten points up already !

Roger Glass once more showed his class in the hammer with a throw of 51.68 m. Roger is the only A Grader to win an event each round so far. (2 the first round, 3 the second and 2 again this round).

Roger won the Shot Put as well (13.67 m.) but lost in the Discus despite a P.B. of 43.3m.

The 100 m., now our lead diminished with third, fifth and sixth places to Ivan, Phil & Al. approx times were 11.3, 11.4, and 11.5.

Steve Hare had a disappointing day in the High Jump and had to settle for second at 1.75m.

Ewen Wilson showed them how it's done in the 1500 with a fine second in 3:53:5, his best this season. Tom Ashton and Andy Cochrane, despite running 4 mins. flat had to settle for fifth and sixth. This result took us from 2 points up to 6 down.

A D.N.Q. in the triple and pole vault and a third and fourth in the 110 hurdles took us to 16 points down.

A gutsy first and second in the steeple by Marx and Cochrane edged us closer, but Ringwood's powerful sprinters were too strong in the 400 where Tom Ashton, Stew Handasyde and Captain Greg had to settle for fourth, fifth and sixth.

B GRADE REPORT

Club record holder Andy Jamieson made a comeback in the walk this week, but lack of training meant he had to settle for second place behind big bad Bruce.

Dave Johnson - beginning to come good was second in the 100 (11.6) closely followed by Bill Mc Auley and Dave Alder.

John Eggleston had a walkover in the high jump with a leap of 1.75 which must have spurned him on to a great 16.5 in the 110 hurdles (yes they were 3'6").

Lucas, Watson & Wise ran 4:9:8, 4.13 and 4.21 against no opposition.

The Meeting was starting to get boring with non-existent opposition.....

Ramsey & Hindle 10 to 0 in the steeple (in 10.53 & 11.05). Alder & Beyer first and second in the 400.

Final result 84 to 41.

C GRADE REPORT

NOT GOOD ENOUGH

Against Doncaster we lost, we think. After brilliant start with a D.N.Q. in the 3000 m. walk by Aitken we didn't even have a competitor in the Javelin. In the 100 m Ward had an equal P.B. with 12.0 in second place. Jim Marx was fifth and Rowan Hodges sixth. In the next event M. Smith won the High Jump with a reasonable height of 1.75 m. (as good as A Grade -Ed!). The outcome was 6 points to 3 and it brought us back to 19 points behind Doncaster.

In the 1500 metres sprint Stu Facey ran a most incredible (!) 4.22 followed by Geoff Little in 4.27 and Geoff Hindle in 4.32. In the shot putt we were narrowly beaten again because no-one competed for us. The triple jump was won again by Doncaster because we had no competitors. Dave Ekberg ran a good 16.0 in the hurdles and John Eggleston's jump of 2.7 m in the pole vault. Once again we had no competitors in the discus due to mismanagement by our selectors, no one ran in the relay. In the steeple Geoff Little was forced to withdraw because of his broken leg but Col Findlay managed to run instead and ran in 11.31 sec. Once again none turned up for the hammer, but in the 400 metres some did turn up. Jim Marx ran well in 53.4 he was followed by John Holmes in 55.1 and Jim Morey in 55 ? Final Score-we lost

C GRADE REPORT (continued)

C grade Athlete of the Week was Geoff Little for writing this report.

SUB-JUNIOR

In cruising to a fine win over Old Paradians, the sub-junior team hardly noticed the loss of Captain Al McLeish to A Grade. Congratulations are due to Al there on this very rare achievement.

We were delighted to welcome Mark Plaisted back from two weeks reputedly spent at "the Armadale". We believe this a training camp in northern N.S.W. Mark celebrated his return with a strong fourth in the 100 m (12.4) behind Nick Tapp, first in 11.5 (eq. P.B.) and Dave Ham third in 12.1.

Ross Hooley and Al Thomson met some strong opposition in the 1500 m, and recorded second and third places respectively, Al running a P.B.

The 110 m hurdles saw a dubious win from Dave Ekberg by invitation, well in front of Dave Ham (16.9) and Mark Plaisted with a glorious P.B. of 21.9.

Dave Ham scored again in the triple jump winning with a P.B. of 12.12 m and immediately joined Mark Plaisted, Al Thomson and Nick Tapp to win the 4 X 100 m. relay in 49.0.

In steeple Ross Hooley convincingly beat the other Old Paradians steeple chaser and to finish off, Nick Tapp, Al Thomson and Mark Plaisted took out first, second and third in the 400 m.

The final score was 66 to 26.

People picked in next week's team for Olympic Park please note : if you are unavailable notify Al McLeish or Nick Tapp by phone before Saturday.

U 15 REPORT

Results :

Hurdles MacLennan first (13.5) Crothers second (13.6) INV. Edwards (13.4)
800 walk first, Ric Fewster 9.37.4

100 m third, Tim MacLennan (12.2) , first Dave Edwards (11.6) sixth Wayne Crothers 12.7.

Discus Throw second, Ewen McLeish (22 m)

Pole Vault Ric Fewster D.N.Q.

1500 m first, Wayne Crothers, second, Ric Fewster.

4 X 100m Dave Edwards, Euan McLeish, Tim MacLennan, Wayne Crothers in U 16 record breaking time of 49.6.

Triple Jump Dave Edwards Record 11.55

Shot Putt Euan McLeish 12.14 m.

400 m Edwards first 58.1 RECORD
MacLennan second 58.8 "
McLeish third 65.1 "

Final result 76 to 41 for Ivanhoe 2.

All teams to Olympic Park this week. B.B.Q. afterwards.

U 14 REPORT

The team of only two, managed quite comfortably to hold off Ivanhoe 4 who had no competitors.

Peter Findlay ran 19.2 in the 80 m. hurdles and naturally he won (this could become boring - Ed).

Nick Don in the 100 m. came a good first in 13.4 followed by Peter Findlay.

U. 14 - STOP PRESS

ARE COMPETING - PLEASE ALL TURN UP AT OLYMPIC PARK.

CONTACT NICK DON 49 2593 or COL FINDLAY 457 2117
IF IN ANY DOUBT.

ALL WILL GET A RUN

OLYMPIC PARK THIS WEEK

See the return of Jim Grant, holder of the club record for 400 m. Hurdles competing in A Grade. He has been imported from South Australia for this week to help crush Ivanhoe.

We also welcome

Ian Munroe U14 relay runner;

Rick Dillon former club captain (in favour of weight for age races)!

Darren Ward to U 15's.

Jan Currie -senior shot putter, Javelin thrower etc.

THERE WILL BE NO JUNIOR JAVELINS THIS WEEK AS THEY ARE TOP SCOLLING AT OLYMPIC PARK

The senior javelin is at Melbourne Uni. at 5.15 p.m.

SEE YOU THERE THIS SATURDAY.

ALL ATHLETES TO REPORT TO THEIR TEAM CAPTAIN 20 MINUTES BEFORE SCHEDULED START OF THEIR EVENT

	<u>A Grade</u> <u>Olympic Park</u> <u>vs. Ivanhoe.</u>	<u>B Grade</u> <u>Olympic Park</u>	<u>C Grade</u> <u>Olympic Park</u>
1.15 p.m. 1500 Walk	J. Thorpe, I. Handasyde	Noore; Jamieson	C. Aitken
1.20 400 Hurdles	J. Grant, G. Evans	Hodges Wardlaw	Holmes, Ekberg
1.30 Discus	Glass (At Yarra Park)	Borchardt (At Yarra Park)	--
1.45 Pole Vault	Hodges	-	Eggleston
1.55 200 metres	Fleming, Barton, McQuilkin	Campbell, Alder, Johnston	McAuley, Marx, Martin
2.15 Shot Put	Glass	Borchardt	Currie
2.30 Long Jump	Hare	Campbell	Alder, Inv. J. Marx
2.55 800 m.	Wilson, Ashton, Handasyde	Lucas, Wise, Bayly	F. Irley, Watson, Beyer EM. Marx & Morey
3.15 Hammer	Glass (At Yarra Park)	Borchardt (At Yarra Park)	Currie EM. I Handasyde (At Yarra Park)
3.45 High Jump	Hare	Eggleston	R. Dillon
3.50 4 X 200	Grant, McQuilkin, Fleming, Barton	Alder, Johnston, Campbell, McAuley	Marx, Martin, Holmes Dillon EM. Hodges
4.30 110 M Hurdles	Wardlaw, Eggleston	Ekberg, Hare	Dyson, Hodges
4.45 5000 m	Marx, Wilson, Cochrane	Ramsey, Aitken, Facey	Hindle Batchelor
5.15 Javelin	At Melbourne Univ.?	-	-

SUB-JUNIOR GRADE

At Olympic Park.

1.30 p.m. 1500 m Walk	H. Cooper
1.55 200 metres	A. McLeish, N. Tapp, D. Ham EM. N. Dacakis, M. Plaisted
2.30 High Jump	M. Smith
2.45 Hammer Throw	P. Thompson
2.55 800 metres	R. Hooley, A. Thomson, R. Merigan INV. H. Cooper, P. Thompson, A. Aitken
3.15 Javelin Throw	Cancelled
3.30 Long Jump	D. Ham
3.50 4 X 200 Relay	A. McLeish, N. Tapp, M. Plaisted, D. Hamm EM. N. Dacakis
4.15 Shot Put	P. Thompson, H. Cooper EM.
4.25 110 m. Hurdles	D. Ham, M. Plaisted
5.05 3000 metres	R. Hooley, R. Merigan INV. H. Cooper

UNDER 15 GRADE

At Olympic Park

1.40 1500m. walk	Fewster EM. Ward
1.45 Shot Put	Edwards
1.55 200 metres	Edwards, MacLennan, Crothers
2.00 High Jump	MacLennan
2.45 Javelin Throw	Cancelled this week
2.55 800 metres	Crothers, Ward, Fewster
3.00 Long Jump	Edwards
3.50 4 X 200 Relay	MacLennan, Crothers, McLeish, Edwards
4.45 90m Hurdles	MacLennan, Crothers

OLD SCOTCH

C.A.A.C.

NEWS-SHEET

Registered for Posting as a Periodical - Category B. Price: 5 cents

UNDER NEW MANAGEMENT UNDER NEW MANAGEMENT UNDER NEW MANAGEMENT UNDER NEW
OLD SCOTCH NEWS SHEET SUMMER 4 DECEMBER 4 1976

For the first time in weeks, the whole club competed together, at Olympic Park. Despite rumours of free champagne, 'A' Grade were unable to defeat a surprisingly strong Ivanhoe combination.

'B' Grade scored a narrow win over Doncaster.

'C' Grade appears to have gone down by ONE POINT to Collingwood.

Sub-junior absolutely swamped Ivanhoe 3.

Under 15 beat Ivanhoe 1 by three points and Under 14 slaughtered Old Paradians.

Final results were:

A Grade-	O.S.	78	Ivanhoe	98
B Grade-	O.S.	74	Doncaster	62
C Grade-	O.S.	63	Collingwood	64
S-J	- O.S.	65	Ivanhoe	22
U15	- O.S.	50	Ivanhoe	48
U14	- O.S.	46	Old Parade	3

Despite the good track, times were not generally outstanding. A strong head wind in the main straight no doubt had a lot to do with this. However there were as always a number of sparkling performances:

John Thorpe	A Grade 1500m walk	7-08 (PB BY 6 SECONDS)
John Eggleston	C Grade Pole Vault	1.85 (eq. PB)
Al McLeish	U17 Hurdles	20.2 (PB)
Dave Edwards	U15 Long Jump	5.45m (RECORD)
	U15 90m Hurdles	13.1 (RECORD)
Nick Don	U14 800m	2.18.8 (PB)
Mark Plaisted	U17 200m	-3 litres (PB)

And of course we must not forget to include that ultimate of all glories, the pinnacle of all athletes' careers, the prestigious, super-eminent, spoken-of-in-high-places, red-tape cutting, Gough Whitlam quotable quote—"Well may they say God save the Queen for nothing will save the Governor-General" award, the ubiquitous Courage award:

This week's more than lucky winners are nother than Nicholarse Tapp and the omnipresent Roger the Dodger Tallent, who, most suspiciously spent 2½ hours (i.e. 150 minutes) (or if you prefer 9000 seconds) in the timekeepers' stand, together. There were no suggestions of foul play: they are only to be found in this newssheet. (Not BLOOD- Likely -Ed.)

Please note: the editor disclaims all responsibility for editorial comments in the preceding paragaaph. His vocabulary is hopefully somewhat less boisterous.

Now, dear reader, what you have awaited with bated breath, straight from the fluent pen (and slightly less fluent mind) of that noted walker, John Thorpe, yes it's the.....

A GRADE REPORT

This is the story of how we tried to break through for our first win, but just failed. For the 1500m walk a dramatic 'on-the-line' team change of Prowse for Handasyde was made, but to no avail, as Ivanhoe marched away to a one, two win. However, not all was gloom as John Thorpe had a PB by 6 seconds of 7-08. Better things were to come with the 400m hurdles, which saw star 'recruit' Jim Grant dashing to an easy win in 55 seconds. This was despite some trouble re-adjusting to the Olympic Park hurdle spacings. (?-Ed.) Greg tried hard to catch the sole Ivanhoe hurdler, and with 140m to go locked set to flash past. however, distance

Cont.../

A GRADE CONT/.....

.....and a few tricky hurdles slowed him down to 58.5 seconds and third place. The 200 metres saw a consistent performance from the team of Fleming, McQuilkin and Barton to finish 4th, 5th and 6th in 23.1, 23.2 and 23.3.

Points at this stage were Old Scotch 19, Ivanhoe 30.

Meanwhile, over at Yarra Park, Roger "Brittle" Glass had hurled the discus 40.64m on his last throw, an improvement of six metres on his previous efforts and enough to push him into the lead. But Ivanhoe had saved their best till last, and with their final throw improved by three metres to just pip Roger. Dirty!!

Worse was happening back at Olympid Park as Rohan was trying to figure out how to operate his new-fangled fibreglass pole. This was not his week, and he failed to qualify.

Old Scotch 22, Ivanhoe 42.

Now began the the comeback, with Steve Hare long jumping 6.01m for a 6-0 win, and Roger coming home on his last throw towin with 13.50m (shot put, that is)

The highlight of the day was the 800m. Tom Ashton quickly went to the lead with Yocan (? - Ed.) Willow (? - Ed.) and H. (Silly Stewart Handasyde or Curt for short) bringing up the rear of the U.S. bunch. Ivanhoe was way behind. The positions were the same for most of the journey until the top of the last straight when S.S.H. pulled out from the back and gradually drew away for his first A Grade win, in the time of 1-54.9. Tom finished second in 1-55.1 and Ewen third in 1-55.3. Ivanhoe were nowhere in sight. Another convincing swing to Roger G. saw the score go to O.S. 50, Ivanhoe 51. Wow!! in the hammer

Steve Hare qualified in the high jump with 1.80m (5'11" for the non-metric people) but Ivanhoe qualified better.

The relay team had the crowd cheering as Ivan McQuilkin, Phil Barton and Bill smoothly passed the baton, only to find a crippled Jim Grant groping on the track for the slippery baton. The crowd cried.

More bad luck followed in the 110m hurdles; Hare and Eggleston had some trouble finding the finishing line. Another gasp of life came in the 5000m with good runs by Andrew Cochrane, 2nd in 15-05 (PB), Ewen Wilson 3rd in 15-33 and John Marx 4th (no time given).

The javelin ended in a loss, but a very promising one, for new recruit Warwick Sheffield, over at Melbourne Uni. Warwick produced an excellent throw of about 53m (almost unmeasurable) (oops! can't spell - Ed.).

And so the day ended with the scores at Old Scotch 78, Ivanhoe 92.

Well, there we all were, enjoying our barbecue on the river bank. Suddenly it was time to go. My God, there's no B Grade report! Ahhh, there's Ian Handasyde, He'll do it for me. So he did. And the moral of this story is "Look before you leap." Here is Ian Handasyde's.....

B GRADE REPORT

There was a quick switch at the start when A Grade walker Ian (No. 1) HANDASYDE (see what I mean - Ed.) dropped to B Grade to give added strength. But this was to no avail, with him 3rd in 7-21 and "Burning" Bruce Moore 4th in 7-46.2.

It was up to the 400m hurdlers, and they didn't let the team down. Rohan "New Pole" Hodges was 3rd in 63.8 and Dave "Balls" Alder 1st in 61.3.

The 200m boys had mixed fortune, Dave Alder showing great strength in running 23.5 for 1st, Dave "Rocker" Johnston 3rd in 24.1 and Bill "Cool" McAuley 4th in 24.4. Dave Alder just missed qualifying in the long jump and likewise "Big Max" Borchardt in the shot. He then had to leave for a wedding but neither John Currie nor Ian H. could substitute in the hammer.

The day moved on to the 800m and Old Scotch (have another beer, Ian - Ed.) showed their fighting spirit, Roger "Bom Bom" Bayly coming 1st in 1-59.6, Graham "Very" Wise 2nd in 2-03.1 and Nigel "C.C." Watson 3rd in 2-04. In the high jump John "Eggo" Eggleston showed his class, but just lost on a countback; the height was 1.70m. The relay showed the way, Alder, Johnston, Marx and McAuley coming 1st easily.

Then the big race - the 5000m. No times were taken, but Andy "Rama" Ramsey was 2nd, Stuart "El Presidente" Facey was 1st and Charlie Aitken, after leading to the last lap only to be fooled by those nasty track officials, fell to 4th. Needless to say, Charlie was most annoyed after the race and swore a "do-or-die" revenge race at the next 5000m in a fortnight.

The last event, obviously the iron man event (actually it was the 110m hurdles) saw Ro Hodges come first (no time given).

Well really, that wasn't bad at all, was it? John Eggleston was also called upon to write a report at rather short notice, and he wasn't very nice about it at first. Then we threatened to drop Mark Plaisted on him from a great height, and as you may imagine, John's biro was burning across the paper, to bring you the.....

C GRADE (SPORTSMAN'S TEAM) REPORT

Down by ONE POINT against Collingwood!!!

No-one walked. No-one did the 400m hurdles, as Ekberg piked. (tsk, tsk, let's not get personal - Ed.)

The comeback began in the 200m with Jim Marx winning in 24.3, Tony Campbell 3rd in 24.7 and Dave Ekberg 5th in 25.8. This brought us to 16 points down. Then, in the hammer throw, Ian Handasyde did not qualify, but as there was no opposition the scores remained the same.

In the pole vault John Eggleston qualified, but for the first time had some competition, who went and won it. Points were 3 to six and we were 19 down. Dave Alder missed the long jump because it was at the wrong time, therefore managing 0 points.

Then Jim Marx starred again in the 800m, winning in 2-00.0 with Steve Bayer 2nd in 2-03.8 and Andrew Fairley 3rd in 2-09.5. 13 points to 9 and we were now 15 points behind (something doesn't add up here. I suggest you check that - Ed.)

A win from John Currie in the shot put (we think) and another from Rick Dillon in the high jump, and we were now only 9 points behind.

The 4x200m relay team of Jon Holmes, Tony Campbell, Dave Ekberg and Rohan Hodges gained another 3 points on the opposition, and a very exciting 10-4 win in the 5000m, with Graham Wise and Nigel Watson in 1st and 2nd places (we think - Ed.) meant that the two teams were now level.

It was up to the last event to win it for us. Dave Ekberg did all he could by coming 1st, but Collingwood took out 2nd and 3rd places. The scores were 6 to Ekberg and 7 to the opposition, so Collingwood won by one solitary point.

I will keep you in suspense no longer. Yes, all the great feats that have gone before will pale into insignificance as your eager eyes drink in the glorious exploits of that band of humble, unassuming champions of age 17 and under, the sub-junior (all stars) team. So hark to the wisdom of Al McLeish in the.....

SUB-JUNIOR REPORT (nominated for the Nobel Literature Prize and the Courage Award)

We, the sub-junior team, are pleased to announce that we have claimed a walker - Howard Cooper. Although he was disqualified (only in the last ten metres, mind you) Howard came third in a field of ten or so.

Next up was the 200m. Owing to our eternally injured Nick Tapp we were not able to field our 'A' standard team. However - SHOCK! - we still came 1st, 2nd and 3rd, Al McLeish (23.6), Peter Thompson (24.7 PB) and Mark Plaisted (25.0) respectively.

Naturally Mike Smith won the high jump, clearing 5'9". The hammer was the next event. Unfortunately Peter Thompson didn't qualify, but neither did Ivanhoe 3.

Even after this last hard week our distance men Ross Hoolley, Al Thomson and Andrew Aitken managed to secure respectively 1st in 2-07.2, 2nd in 2-08.0 and 3rd some way behind. Peter Thompson then came 2nd in the long jump with 4.97m.

Mark then returned and we were able to field a 4x200m relay team. This team of McLeish, Smith, Thompson and Plaisted had a walkover win. Al McLeish qualified in the shot, but was beaten by the Ivanhoe 3 competitor. To obtain a percentage boost Mark Plaisted and Al McLeish entered the hurdles. Al hadn't jumped a hurdle in three years, while Mark had competed the week before. This notwithstanding, it was the burly Plaisted who splatted on the track and failed to qualify, while Al scored a win in 20.2 (PB).

Finally our walker Howie completed a deserved win in the 3000m (running this time). This ended another good effort from the sub-junior team, annihilating Ivanhoe 3, 65-22.

(superb - Ed.)

Monday 6th : 1723 hrs : Committee meeting tonight. Should be fun. Will leave space below to report decisions of great consequence. Failing any such decisions will find something else.

~~~~~

Ha! Ten lines! Suffice to say that this is now going to be an eight page news sheet, not six.

First item of importance is this, and PLEASE NOTE WELL. If you are unavailable on a Saturday, having been picked in a team, PLEASE PLEASE PLEASE notify your team captain or captains, or the people mentioned below.

- A GRADE : GREGOR EVANS : PH : 81 5755
- B GRADE : ROHAN HODGES : PH : 85 5745
- C GRADE : JON HOLMES : PH : ?
- SUB-JUNIOR : AL MCLEISH : PH : 20 6541
- UNDER 15 : EUAN MCLEISH : PH : 20 6541
- UNDER 14 : NICK DON : PH : 49 2593

U15 TEAM REPORT

The day started well with a walk-over win in the walk by Rich "Blue" Fewster. Next Euan McLeish won the Shot with a great throw of 22.3m. The 200m came next and Dave Edwards won in a good time of 24.8; Wayne ran 5th in 26.5 and Euan 6th in 26.8.

While this was happening Tim won the High Jump with a leap of 1.60m. After the High came the 800m: Fewster came 2nd, Crothers came 4th and Ward came 6th.

Meanwhile back at the pit, Edwards won the Long Jump with a jump of 5.45m(Rec.). Back on the track in the 4x200m we saw a sight not to be seen: We were disqualified at the changing area. The last event was the hurdles. We needed at least seven points to win, i.e. at worst second & third. Before you fall off the edge of your chairs, I'll tell you what happened. Dave Edwards ran second in the record time of 13.1s., and Tim Madlennan followed in third place in 13.6. This gave victory by three points - 50 to 47.

U14 TEAM REPORT.

We started off very well again today. We had all members present. Old Paradians 2 had only a few competitors.

The High Jump was first today and Nick Don competed in it, qualified and then slaughtered O.P. 2. He jumped 1.35m. and then stopped so as not to embarrass the Old Paradians' jumper too much. Once again we didn't compete in the 1500m. walk, or the javelin.

The 800m was next, Nick, and Peter Findlay competing. This was a very gruelling race because of the gusty winds. Nick won this very well with a great time in these conditions of 2.18.8 (PB). Peter followed with great time of 2.48.00. (very gutsy finish -Ed.)

The 200m was next and we had three runners in this. Nick came first with 27.2, Ian Munro 28.8 and Peter Findlay 30.8. Munro competed in the shot and came first with a great put of 10.32m.

We didn't compete in the 4x200. Munro won the Long Jump. Distance unknown. No 80m Hurdles.

Final Points : O.S. 46  
O.P. 2 3

EDITOR'S NOTE ( Please note well that the Editor did not write this at all.) We apologise that the sub-editors of former years have not had a chance to expand the literary value of the U14 report with their poetry, their prose, their vocabulary lessons and their other numerous, priceless little titbits. But just for old time's sake the censor's pen has missed this priceless gem from the never-published Old Scotch Anthology of Collected Verse (Publishers, please take note)

The miller was a chap of sixteen stone,  
A great stout fellow, big in brawn and bone.  
He did well out of them, for he could go  
And win the ram at any wrestling show.

Neville Coghill (66-'69).

Alas, cruel world; such heady pleasures are not for the here and now. Back to more mundane matters. We have for you now some Gems from Gregor, or, alternatively, some very important items of information, of which all club members should take careful note.....

++++ As Saturday week is the last round before we break off for Christmas (starting again on January 22nd) all athletes should inform their team captains of their availability during January. Premierships can be won or lost in this period, so please make sure this is done!

+++Entries for Victorian Championships

| <u>Event</u>                                    | <u>Date</u>                        | <u>Entries Close</u> |
|-------------------------------------------------|------------------------------------|----------------------|
| Open 1000yds, 1 mile, 10 000m                   | January 8-13                       | DECEMBER 20          |
| Open and under age relays<br>Under 19 decathlon | January 8, 9                       | DECEMBER 20          |
| Open decathlon, under age pentathlon            | January 30, 31                     | January 20           |
| Open, under 19 titles                           | H: Feb 10, 13, 15<br>F: Feb 19, 20 | January 26           |
| Under age and veterans titles                   | March 6                            | February 21          |

All those wanting entry forms should see or contact Bruce Moore, in the case of the first two events, very soon indeed.

+++Next Saturday the Ivanhoe club are holding their annual Christmas Smorgasbord Dinner. Tickets are \$5 per head, and a good night is guaranteed if you wish to attend.

COMMITTEE MEETING 6/12/76

One thing that has been fairly obvious for some time was finally voiced at this meeting, and that is that our open teams are not doing as well as they should be.

This was largely attributed to lack of numbers. There are not enough people present each week to get any real momentum. For the sake of the club, all those selected, emergencies included, really need to turn up as often as possible, and to compete. This will not only mean competing by invitation, as places not filled in previous weeks could be occupied by others.

Another problem has been an apparent lack of organisation, which came to a head when C Grade blew a round by not having a relay team ready, although there were plenty of people available. For this reason, the committee decided that there should be a "team manager" for each of B & C Grades, to ensure that things run smoothly on a Saturday. Although they probably won't know about it until they receive their news sheet, Rohan Hodges and Jon Holmes have been chosen as B and C managers respectively.

-oOo-

There has been some confusion this season about procedure for claiming records. Because of the very poorly filled in results sheets, it has been difficult to work out who has been claiming what record etc. In addition, little notice has been taken of wind conditions.

To simplify this, Record Claim Forms will be re-introduced, and will be available at all future meetings. If you wish to claim a record, FILL ONE IN and hand it to an appropriate person (preferably Andy Cochrane or Bruce Hooley, but any old committed member will do.)

-oOo-

For those of you so damnably unlucky to have missed out on attending the 50th anniversary dinner, and who have not yet obtained a copy of "History and Records - the first fifty years", there remain several copies which are being made available at a cost of \$2 (two dollars) each. These can be obtained by writing to Mr. D.B. Moore

16 Crosbie Rd

Murrumbidgee 3163, including

cheque or other suitable form of payment (no wives, scalps or glass beads please) to cover cost of book and mailing.

-oOo-

Last week and again this week the A Grade javelin has been held at Melbourne University. In case you didn't know, the club now has an A Grade javelin thrower: Warwick Sheffield transferred to O.S. from M.U.A.C. last Thursday, and when he turned up to compete for his new club at his old home ground last Saturday there was only one other Old Scotch member there to support him. Let's make sure that doesn't happen again. From Olympic Park to Uni. isn't far, so if you have finished for the day at O.P. by about 5 p.m. this week, how about making a quick trip to Uni. to support your new javelin thrower.

-oOo-

If Saturday afternoons have been a bit of a rude shock lately, if the spare tyre is weighing you down, if your legs feel like lumps of lead after 100 metres, or even if Friday night is taking a bit long to shake off, the reason is clear: YOU'RE UNFIT!

The solution to your problem is just as clear: DO SOME TRAINING!

"But I don't know where, mister," says the poor athlete.

"I don't know when," says another.

If you think I'm leading up to something, you're right. No longer will ignorance be any excuse, because it won't exist. Next Saturday there will be a sheet of paper on the table at Heidelberg and another at Olympic Park, and on it you dutiful slaves will write down WHERE you train, if at all, WHEN you train, and the TYPE of training (e.g. sprints, distance, pole vault etc.) you do there.

To give you a start, here a few of the more popular Old Scotch training venues.

DISTANCE : Somewhere off George St. Doncaster (Melway 33 E10) Try Stew Handasyde or Ewen for details. Most nights at about 5 p.m.

SPRINTERS : Olympic Park, Yarra Park or possibly Scotch. Gregor or Ivan will usually know what is going on. Monday - Thursday, 5.30 for 6.00.

POLE VAULTERS : Could be Scotch (good chance) or Olymp. Pk. (some chance) or even Box Hill track (poor chance - maybe next time). 5.30-6.00.

Anyhow\*, once all this information has been collected, you, the lucky reader, will get a full run-down on times, places, and the company you will be forced to keep.

And in no time at all, that unsightly flab will be gone (good show, eh Mark?), after 100 metres you'll just be warming up for the 5000, and running will once again be the fun it should be.

MORE COMMITTEE TRIVIA

It is highly probable, indeed extremely likely, or more to the point very, very possible that there will be a short get-together after competition on Saturday week, none other than Saturday 18th December, for all club members. It is thought that this will enable our younger and newer athletes to get to know each other and the more established members.

So keep the evening free. With a bit of luck we may be able to use the Ivanhoe clubrooms for this purpose.

-oOo-

Well, last week you were told how Rick Mitchell trains. If you don't happen to be a sprinter you may be more interested in.....

HOW BRENDAN FOSTER TRAINS

Brendan Foster, born Dec. 1, 1948, is current world two mile and 3000m record holder (March 76). The best times of this 1.77m tall, 65kg Pom are

|        |         |
|--------|---------|
| 800m   | 1-51.0  |
| 1500m  | 3-37.6  |
| 3000m  | 7-35.2  |
| 5000m  | 13-14.6 |
| mile   | 3-58.4  |
| 2 mile | 8-13.8  |

Foster averages 80 - 100 miles a week in training with most road work done at 5.30 to 6-00 min mile pace. Monday to Friday, year round, he runs 5 miles in the morning at 5-30 min mile pace. His afternoon training schedule is :

## Non-competitive season :

Monday - 20 miles roads & dirt ; fartlek surges up to 2 miles included.

Tuesday - 2 P.m. 5miles, 4 p.m. 10 miles

Wednesday - 10 miles roads

Thursday 6 " " " "

Friday - " " " "

Saturday - 10 miles, maybe including track session

## Competitive season :

Monday - 15 to 20 miles cross-country

Tuesday - 2x10x200 at sub 30s ; 5 or 10 miles

Wednesday - 10 mile run

Thursday - 12x300 with short recovery ; 5 miles

Friday - 10 miles at 5-00 to 5-15 min mile pace

Saturday - 12x400 at sub 60s with short recovery

Foster varies his training venue and tempo to avoid staleness. He also carefully selects races, usually a total of three or four over his best distance. When peaking for a big race, Foster will race distances below his best distance, progressively attempting longer races until the big one.

The club subscribes to "Modern Athlete and Coach" and these, which really are good reading, can be obtained from Stu Facey or Ivan McQuilkin.

-oOo-

AUTOGRAPHS

\*\*\*\*\* A GRADE ATHLETES PLEASE NOTE UNUSUAL TIMETABLE \*\*\*\*\*

A GRADE v BOX HILL 1 AT OLYMPIC PARK

|       |              |                                               |
|-------|--------------|-----------------------------------------------|
| 12.30 | Hammer Throw | R. Glass (at Yarra Park)                      |
| 1.00  | Steeplechase | A. Cochranæ J. Marx                           |
| 1.25  | 100m         | I. McQuilkin P. Barton W. Fleming             |
| 1.55  | 3000m walk   | J. Thorpe I. Mandasyde                        |
| 2.00  | Shot Put     | R. Glass                                      |
| 2.10  | 110m hurdles | S. Hare J. Thorpe                             |
| 2.30  | High Jump    | M. MacFarlane em S. Hare                      |
| 2.40  | 1500m        | T. Ashton A. Cochranæ S. Mandasyde em J. Marx |
| 3.00  | Discus       | R. Glass                                      |
| 3.30  | Triple Jump  | S. Hare?                                      |
| 3.55  | 400m         | T. Ashton G. Evans J. Thorpe or W. Fleming    |
| 4.00  | Pole Vault   | -                                             |
| 4.35  | 4x100m Relay | Fleming Barton McQuilkin Evans                |
| 5.15  | Javelin      | W. Sheffield (at Melbourne Uni.)              |

B GRADE v ESSENDON AT HEIDELBERG

|      |              |                                   |
|------|--------------|-----------------------------------|
| 1.15 | 3000m walk   | F. Prowse B. Moore                |
| 1.30 | Javelin      | J. Currie or A. Fairley           |
| 2.00 | 100m         | D. Alder D. Johnston T. Campbell  |
| 2.15 | High Jump    | J. Eggleston                      |
| 2.20 | 1500m        | R. Bayly G. Wise N. Watson        |
| 2.45 | Shot Put     | D. Dyson                          |
| 3.00 | 110m hurdles | D. Ekberg J. Eggleston            |
| 3.00 | Triple Jump  | D. Alder                          |
| 3.15 | Pole Vault   | R. Hodges                         |
| 3.30 | Discus       | J. Currie                         |
| 3.35 | 4x100m Relay | Alder Johnston Campbell Eggleston |
| 4.10 | Steeplechase | A. Ramsey C. Aitken               |
| 4.30 | Hammer Throw | M. Borchardt em J. Currie         |
| 4.45 | 400m         | S. Beyer D. Alder Jim Marx        |

C GRADE v OLD PARABIANS AT HEIDELBERG (SPORTSMAN'S TEAM)

|      |              |                                                      |
|------|--------------|------------------------------------------------------|
| 1.15 | 3000m walk   | A. Jamieson C. Aitken                                |
| 1.30 | High Jump    | D. Dyson                                             |
| 2.00 | 100m         | J. Marx W. McAuley J. Holmes em R. Ward D. Ekberg    |
| 2.15 | Shot Put     | M. Borchardt                                         |
| 2.20 | 1500m        | S. Facey G. Little A. Fairley em B. Hocley G. Hindle |
| 2.30 | Triple Jump  | T. Campbell                                          |
| 3.00 | 110m hurdles | R. Hodges D. Dyson                                   |
| 3.00 | Discus       | M. Borchardt                                         |
| 3.15 | Pole Vault   | J. Eggleston                                         |
| 3.35 | 4x100m Relay | Marx McAuley Holmes Ward em Dyson Ekberg             |
| 4.10 | Steeplechase | G. Hindle J. Elder                                   |
| 4.45 | 400m         | A. Fairley J. Holmes R. Dillon em J. Mercy J. Martin |

SUB-JUNIOR v IVANHOE 1 AT HEIDELBERG

|      |              |                                                                   |
|------|--------------|-------------------------------------------------------------------|
| 1.30 | Pole Vault   | M. Smith                                                          |
| 1.35 | 1500m walk   | H. Cooper em B. Mitchell                                          |
| 2.00 | 100m         | A. McLeish N. Tapp M. Plaisted em A. Aitken D. Ham<br>P. Thompson |
| 2.20 | 1500m        | H. Cooper A. Aitken R. Merigan                                    |
| 3.00 | 110m hurdles | D. Ham B. Mitchell em M. Plaisted                                 |
| 3.15 | Shot Put     | P. Thompson em A. McLeish                                         |
| 3.30 | Triple Jump  | D. Ham em B. Mitchell M. Smith                                    |
| 3.35 | 4x100m Relay | McLeish Tapp Plaisted Ham em P. Thompson A. Aitken                |
| 4.00 | Discus       | P. Thompson em A. McLeish                                         |
| 4.30 | Steeplechase | H. Cooper R. Merigan em A. Aitken                                 |
| 4.45 | 400m         | A. McLeish N. Tapp P. Thompson em B. Mitchell                     |

UNDER 15 v IVANHOE 4 AT HEIDELBERG

|      |             |                                    |
|------|-------------|------------------------------------|
| 1.25 | 90m hurdles | T. MacLennan W. Crothers           |
| 1.45 | 800m walk   | R. Fewster                         |
| 2.00 | 100m        | D. Edwards T. MacLennan E. McLeish |
| 2.00 | Discus      | E. McLeish                         |
| 2.15 | Pole Vault  | R. Fewster                         |
| 2.20 | 1500m       | R. Fewster D. Ward                 |

CONTINUED OVER PAGE

UNDER 15 CONT/...

|      |              |                                     |
|------|--------------|-------------------------------------|
| 3.35 | 4x100m Relay | MacLennan McLeish Crothers Edwards  |
| 4.00 | Triple Jump  | Edwards                             |
| 4.15 | Shot Put     | McLeish                             |
| 4.45 | 400m         | T. MacLennan D. Edwards W. Crothers |

UNDER 14 v IVANHOE 1 AT HEIDELBERG

|      |              |                               |
|------|--------------|-------------------------------|
| 1.25 | 80m hurdles  | Louis P. Findlay em P. Morris |
| 1.30 | Discus       | I. Munro                      |
| 1.35 | 1500m walk   | -                             |
| 2.00 | 100m         | Louis N. Don I. Munro         |
| 2.00 | Triple Jump  | N. Don                        |
| 2.20 | 1500m        | N. Don P. Findlay             |
| 3.35 | 4x100m Relay | Louis Don Munro Morris        |
| 3.45 | Shot Put     | I. Munro                      |

-oOo-

There is one more very incredibly phenomenally unbelievably rather important message for all teams except Under 14. You are hereby informed that each team, i.e. A, B, C, SJ and U15, must provide, each week, one official of its very own. This means that you will have to conscript a parent or a girlfriend or some other such person, or else do it yourselves. This is stunningly outrageously scandalously quite vital, as failure to provide these officials may result in fines to the club or even suspension of all teams.

Such officials should report to the Controller of Officials at the venue at the start of the day's competition.

-oOo-

In case you're confused about that little item in our "Gems from Grigor" column on page 4, Open 1000yds should read Open 100yds. with a qualifying time somewhere around 11s that's probably just as well.

For those wishing to contact Bruce Moore for entry forms, his address is the one that appears at the bottom left hand corner of the envelope in which this erstwhile publication, this veritable treasure trove of information, wit and good taste, this fearless champion of truth and honesty was sent to you, i.e. 16 Crosbie Rd etc.

-oOo-

Well, folks, as they say in the classics, we've done it! We, basically the sub-junior team, with a considerable amount of help from a certain C Grade hurdler, have produced a six page news sheet. Last week's sheet was not our first, as rumour had it. That delightful institution currently known as the Higher School Certificate still had the editor in its clutches at that stage, and President Stuart Facey stepped in to produce quite a reasonable edition for a beginner. Typing was arranged by Alan Hooley.

This time, though, as you may have guessed, everything was home-grown. You may also have guessed that I am rambling on merely to fill in space. Oops! almost forgot our forthcoming attractions. In next week's edition there will be a spiel from our beloved ~~diatete~~ president, Stuart Facey. There will also (we hope) be the first in a series of informative articles from club coaching co-ordinator Ivan McQuilkin. And, of course, there will be the eternal team reports.

-oOo-

Everything serious has been said, and anyway there's plenty of space at the bottom of page 3 for anything else that comes up, so I will continue our policy of bringing culture to the people, and leave you with another topical, interesting and very moving extract from the Old Scotch Anthology of Collected Verse (unpublished).

LORD RANDALL

- ' O where hae ye been, Lord Randall, my son ?  
O where hae ye been, my handsome young man ? '
- ' I hae been to the wild wood ; mother, make my bed soon,  
For I'm weary wi' hunting, and fain wad lie down. '
- ' What gat ye to your dinner, Lord Randall, my son ?  
What gat ye to your dinner, my handsome young man ? '
- ' I gat eels boiled in broth ; mother make my bed soon,  
For I'm weary wi' hunting, and fain wad lie down. '

Anon. ('68 - '74)

# OLD SCOTCH

C.A.A.C.

# NEWS-SHEET

Registered for Posting as a Periodical - Category B. Price: 5 cents

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

SUMMER 7

DECEMBER 11 1976

A Grade this week met the toughest opposition they are likely to face all season: Box Hill 1 have been state premiers for the last thirteen years. In general, when this is taken into account, the team performed well. There were certainly many improvements on previous performances this season, and the prospect of a few wins straight after (if not before) the Christmas break looks good indeed. This of course relies on effective organisation for January, and this must begin NOW.

B Grade went down to Essendon in a week that saw the comeback of Julian Martin, and C Grade did Old Paradians like a dinner (subject to certain results which are unknown).

A disinterested, dissipated and disappointing Sub-juvior team met their match in Ivanhoe 1, Under 15 thrashed Ivanhoe 4 as Dave Edwards broke another record or two, and Under 14 went down to Ivanhoe 1, despite a good turn-out of new members.

Final scores were :

|         |           |               |                    |
|---------|-----------|---------------|--------------------|
| A Grade | - O.S. 57 | Box Hill 1    | 113                |
| B Grade | - O.S. 52 | Essendon      | 77                 |
| C Grade | - O.S. 66 | Old Parade 48 | (incomplete)       |
| S-J     | - O.S. 57 | Ivanhoe 1     | 81                 |
| U15     | - O.S. 72 | Ivanhoe 4     | 12 (I think - Ed.) |
| U14     | - O.S. 22 | Ivanhoe 1     | 42                 |

Best performances on a blustery day were :

|              |                            |
|--------------|----------------------------|
| Dave Edwards | U15 400m 55.5s (Rec)       |
|              | U15 Triple jump 11.31m     |
| Dave Ham     | SJ Triple jump 12.53m (PB) |
| Tom Ashton   | A Grade 1500m 3-55.2       |
|              | A Grade 400m 51.5          |

Despite the rough conditions, sprint times generally came down, our A Grade runners recording 11.3, 11.4, 11.4 into a 0.75 m/s head wind at Olympic Park, and Dave Johnston 11.8 and Julian Martin 12.0 into a much stronger one at Heidelberg.

The 52.0s barrier for the interclub 400m also went, at long last, with Tom Ashton running 51.5.

-oOo-

This week the coveted and very-hard-to-come-by Courage Award goes to John Currie, for reasons that will become painfully obvious when you read the teams for next Saturday.

-oOo-

|        |         |    |         |
|--------|---------|----|---------|
| GGGGG  | AAA     | LL | AAA     |
| GG     | AAA AA  | LL | AA AA   |
| GG GGG | AA AA   | LL | AA AA   |
| GG GG  | AAAAAAA | LL | AAAAAAA |
| GGGGG  | AA      | LL | AA      |

|        |       |        |         |          |         |          |        |    |       |
|--------|-------|--------|---------|----------|---------|----------|--------|----|-------|
| EEEEEL | VV    | VV     | EEEEEL  | NNN      | NN      | II       | NNN    | NN | GGGGG |
| EE     | VV    | VV     | EE      | NNNN     | NN      | II       | NNNN   | NN | GG    |
| EEEE   | VV    | VV     | EEEE    | NN NN NN | II      | NN NN NN | GG GGG |    |       |
| EE     | VV VV | EE     | NN NNNN | II       | NN NNNN | GG GG    |        |    |       |
| EEEEEL | VVV   | EEEEEL | NN NNN  | II       | NN NNN  | GGGGGG   |        |    |       |

As rumoured, the club has been allowed the use of Ivanhoe's clubrooms at Heidelberg after next Saturday's meeting. It is hoped that every single solitary last individual member who possibly can, will come along after the day's competition and socialise. This gathering is designed especially to enable new and young athletes to get to know the strange bunch of people who make up our club.

Refreshments will be provided free of charge, and the thing lasts from straight after the end of competition until you wish to leave.

The more people turn up, the more successful the evening will be, so come along and say good-bye for the break, in the Ivanhoe rooms on Saturday.

And now, in the tradition of that delightful old classic by Chuck Darwin, "On the Origin of Species by means of Natural Selection, or the preservation of favoured races in the struggle for life," here is Bill Fleming's.....

A GRADE REPORT

Box Hill proved too strong for Old Scotch today, scoring 113 to our 57 points. Roger Glass began the day well with win in the hammer (51.85m). John Marx then won the steeple with Charlie Aitken following up in third place. John's time was approximately 9-18.0. The 100m event proved to be an enormous upset of the day, especially to yours truly. When the management announced that Paul Narracott was running, but failed to include Bill Fleming in the announcement, Bill was become overwhelmed with grief and pain, and was unable to compete competently in the event. Thus, Phil Barton came in a fast 4th, followed by Ivan and Bill, who couldn't be separated. The times were 11.3 and 11.4.

The 3000m walk saw Ian Handasyde struggling to maintain the pace of the Box Hill persons, meaning Ian could only attain a 3rd place. Rog Glass was unfortunately toppled in the shot put, Rog putting 14.15m.

The 110m hurdles was another ? event (can't read - Ed.) with Steve Hare bounding in a 3rd place with 16.9 and Gregor crashing home in an alleged 24.0s for 4th place. Steve Hare jumped 1.75m in the high jump, however the Box Hill competitor had just begun at this height. In the 1500m, Tom Ashton sped home in 3-55.2 for a 3rd place, while Stew Handasyde followed in 5th and John Marx in 6th placings. Rog Glass won his discus event with a throw of 42.40m, while the triple jump was unattended. In the 400m, Tom Ashton came home in 51.5 for 3rd place, while Steve Beyer was 5th in 52.8 and Gregor 6th in 53.0.

The relay team was disqualified due to an unfortunate muscle injury of Steve Beyer. Finally in the javelin at Melbourne University, Warwick Sheffield was overthrown by the opposition, despite his 48.08 effort.

Box Hill proved much too strong for Old Scotch who were struggling all day.

-oOo-

It seems we owe an apology to javelin thrower Warwick Sheffield. His throw last week was not the fine 53m we reported, but an even better 57m.

-oOo-

Heidelberg on Saturday was a very dull place indeed. With few exceptions, open athletes seemed to arrive, do their event, and promptly leave. Some stayed on, but the atmosphere was rather dead. Ah well, I thought, they'll have to redeem themselves by producing a masterpiece or two for the news sheet. And so, in the normal run of things, it would now be a great pleasure to introduce the.....

B GRADE REPORT

There's just one problem, though. There is no B Grade report. So we must move on and present to you the.....

C GRADE REPORT

Unfortunately there isn't one of those either.

How are we supposed to remain a united body if nobody knows what is going on? As an athletic club, the most important thing we do is athletics, and the one thing we all want to hear about is how our teams go each Saturday. If you don't write a report of the day's competition, the only alternative is for us to reproduce the results sheets, which is not only completely boring but means a lot of extra work for all concerned in producing this news sheet.

In any case, these results sheets make little sense, they are so carelessly completed.

So how about a bit of effort. Writing a report can even be fun if you go about it the right way, and it makes a great difference to the effectiveness of the news sheet if this is done well.

-oOo-

On a brighter note, we of the editorial staff now take immense pleasure in bringing you the first of a series that we hope will enlighten and educate all Old Scotch athletes, from the man who should know, club Coaching Co-ordinator Ivan McQuilkin, the world premier instalment of



|       |       |     |      |     |
|-------|-------|-----|------|-----|
| IIIII | VVV   | VVV | YYY  | YYY |
| III   | VVV   | VVV | YYY  | YYY |
| III   | VVV   | VVV | YYYY |     |
| III   | VVV   | VVV | YYY  |     |
| III   | VVV   | VVV | YYY  |     |
| IIIII | VVVVV |     | YYY  |     |

Now I've got so carried away with the heading, you'll have to turn over to see what Ivan has to say.

THE IMPORTANCE OF THE WARM UP

In order to prepare the body and mind for the rigors of athletic performance it is essential both before a training session and before competition for a warm-up to be carried out.

The warm-up is not only necessary in the explosive events but for the technique and distance events also in order to prepare the system for the impending performance.

It is as important in summer as in the colder months for the warm-up to be firmly established into the pre-training or pre-race routine.

The warm-up should be sufficient to prevent any muscular damage and generally consists of  $\frac{1}{2}$  to  $\frac{3}{4}$  mile slow jogging followed by 20 minutes of general stretching and loosening up exercises. Some acceleration run throughs for sprinters and varied pace runs for distance should then be undertaken.

During the summer, the warm-up should be done at least with the bottom half of the tracksuit on and it is interesting to note that from the experience gained in Montreal, water-proofs are also being worn by some of our Olympians.

The pre-race warm-up should be completed at least 10 minutes before competition in order to give sufficient time to get to the start of the race.

Ivan McQuilkin  
Coaching Co-ordinator  
10 December 1976.

It has nearly been 45 minutes, and I still can't think of one fuddy thing to write. So here it is, what everyone's been waiting for,...

SUB-JUNIOR REPORT

It was a unfortunate day. Dick Merigan failed to qualify in the pole for the first event of the day, also Howie Cooper was too late to enter the walk. From this week onwards you should see a remarkable improvement in the side. WE WILL BE TRAINING... (A likely story, ... just an excuse for losing to Ivanhoe 1 - Ed.)

McLeish ran a close second in 12.2secs., Nick Tapp a close 4th., Mark Plaisted 6th. with 12.6secs.

The vice-capt. Ross Hooley & Al Thomson were unfortunately away. However, our distance runners (1500m.) Dick Merigan, Howard Cooper & Mike Smith? obtained 3rd., 4th., & 6th., respectively. (We wish times were given - Ed.)

Dave Ham won well in the hurdles- 17.8secs. with Pete Thompson not too far behind coming 4th. in 20.7secs. Pete regrettably didn't qualify in the Shot.

Dave then produced the best performance of the afternoon with a tremendous leap of 12.53m. (P.B.) in the triple jump to win handsomely.

Now, after a poor result in the sprints, the 4x100m team of Nick, Mark, Dave & Al pulled out all stops to win the race in fine style in 46.6secs, the highlight being an unbelievable change at the last curve.

Then the discus flew. Pete Thompson came 2nd. The next event was the 2000m. steeple-chase, in which our resident Lauriston spunk, Howie Cooper, came a wonderful second. Following closely behind him was Dick Merigan, who came in last.

The last race was the 400m. Determination and psychological optimism awarded McLeish, Tapp, & Ham, 1st, 3rd., & 4rd., respectively. With times of 53.0, 53.8 and 56.5secs. However they were unable to bridge the gap; the scores & final result was 0.5, 57, Ivanhoe I 87.

THE TEAM OFFICERS URGE ALL MEMBERS TO COME NEXT WEEK, AS WE ARE AGAINST COLLINGWOOD. (If you can't come please contact someone.)

UNDER 15 REPORT

This week Tim got dropped, Wayne rang up his girlfriend, Darren had baby budgies, (luckyboy!) Rich passed his exams, Euan wrote this amazing (?-Ed) article, but Dave, Dave went flying kites with the kids. LIFE! BE IN IT.

The first event was the hurdles & Tim came 1st. & Wayne came second. Unfortunately Rich was disqualified in the walk.

In the 100m. we obtained another 1st, 2nd. & 3rd. from Dave, Tim and Euan. Euan won the discus with a throw of about 27.50m.

we will miss the pole vault scores because we had no competitor. In the 1500m. Wayne ran himself red to finish. 2nd., followed by Rich with 4th. & Darren in 6th.

More practice is needed at the changeover areas in the relays, but all the same we won, I do not know how. Euan won the shot with a put of 12.18m. Finally, Dave won (in rec time) 55.5secs. Tim 2nd. & Rich 3rd. (which race, Al? Oh yeah, the 400m)

Sorry but we left out Dave Edwards record triple jump of 11.31m. (only a record if the longer one from last time around is disallowed - Ed.)

UNDER 14 TEAM REPORT

All turned up once again, to face an extremely strong head wind. In the 80m Hurdles P. Morris came 4th (19.24, 20.2) respectively. Ian Munro threw the discus and came an excellent 2nd. We didn't compete in the 800m Walk.

The 100m was next. Don came 4th folled by Lois and MUNro. We failed to field a competitor in the Triple Jump and Pole Vault. The 1500 m was next. Don ran a very good 3rd. His time of 5.10.0 was very good considering the wind. Finlay came close behind with 5.10.0 then came @ x 100m in which we came 3rd. Next then Munro competed in the shot.

FINAL POINTS O.S. 22 IVAN. I 44

Introducing 1: a new typewriter

2: a new typist i.e. B.F.

LADDERS AFTER ROUND 4:

A GRADE:   
 B GRADE: 5th 83.0%   
 C GRADE: 6th 90.8%   
 S-JUNIOR : 2nd 206.5%   
 UNDER 15: 3rd 116.7%   
 UNDER 14: 5th 155.2%

-oOo-

Now to add to last week's tantalising list of people and phone numbers, which was, for interest's sake,

A Grade: Gregor Evans Ph 81 5755   
 B Grade: Rohan Hodges Ph 85 5745   
 Sub-Junior: Al McLeish Ph 20 6541   
 Under-15: Euan McLeish Ph 20 6541   
 Under-14: Nick Don Ph 49 2593

we have received, free, gratis and for nothing, the following:

JONATHAN D. HOLMES LL.B. DIP. CRIM.   
 Commissioner for the Supreme Court of Victoria

|                                                  |            |
|--------------------------------------------------|------------|
| HOLMES & HOLMES                                  | SOLICITORS |
| 60 Portman Street, Oakleigh 3166                 | 569 7439   |
| 2nd Floor, 505 Little Collins St. Melbourne 3000 | 62 3675    |
| 45 Drummond Street, Chadstone 3148               | 568 2357   |

Of all this, the only really necessary item of information is the phone number on the bottom right, which is the number confused, curious or just plain dumb C Grade athletes should ring for news on Saturday's events.

50 YEARS CELEBRATION - A ROUND UP OF THE DINNER FROM COLIN FINDLAY

Friday November 26th saw the gathering of the keenest and fittest bunch of athletes the state has produced in all the years since 1926. In a great reunion dinner at the the Scotch Collage Dining Hall, 120 past and present members of the Club met to recall the great events of the past.

From the veru earliest days we were pleased to see our founder, Alex Jamieson, the leading force behind the first 30 years of Club activities (did you know that Alex never actually ran for O.S. ?) ; the Mason brothers, Laurie (held the Club high jump record for forty years) and Hubert, both of whom have a collection of Victorian and ustralian track and field medals; and John Welsh, several times State decathlon winner who used to practise javelin with a length of electrical conduit, vault using a bamboo pole out the back of his dad's factory, and ran 8 miles home from his girl friend's home after a Saturday night's dance - well at least he trained!

Kieth Wilson (whose four sons have also run with the Club - Ian, Hugh, Bruce, Ewen) met up with his mates of the '30's - Harvey Nicholson, Bill McAuley Snr, Oxley Jones, Bob Colclough, Gordon Allard, Harold Seekamp, Jack Swann and David Cossar.

The '40's were lean times all round, but Ken Don and David Hilliard joined up with John Trengove and Nigel Balfe.

Probably the largest group represented the fabulous fifties - athletes who from their tales would still go well in the Veterans Club. But let's face it, this era did produce Bob Grant the Club's only Olympian, Graham Wise world veteran 800m record holder, and Rod Bonella, Commonwealth Games marathon medallist.

These were also the blossoming years of athletics - great weekend trips to country centres unashamedly pot-hunting at Kerang, Bendigo, Ballarat, Sale, Warragul, Geelong etc. 1956 was Melbourne's Olympic year. And social events were topped off when our Club champion was almost married off to the Moomba Queen. Allen Morris and Brian Cossar had kept tabs on the fellows of this vintage, and even arranged for Ken Mayman to come from Sydney, and Alan (Mint) Wilson from Benilquin. Other stars from the old Olympic Park track were Bill Roberts, John Earle, Bob Love, Brian Randall, Murray Neil.....and other portly gentlemen.

Pleased to say that the bulk of athletes of the '60's who attended the dinner are still more or less active with the Club - Neil Lucas, (brother Peter also flew in from Sydney), Ivan McQuilkin, Andy Jamieson, Rick Millon, Bruce Moore, young Bill McAuley, Jon Holmes, Greg Evans, the Handasyde brothers Ian and Stewart, etc. etc. And there were a handful of present schoolboys - Bill Fleming, Nick Tapp, David Edwards and the youngest present U14 Peter Findlay.

Formalities for the night were kept to a minimum. Phil Barton as master of ceremonies kept the program moving like a track and field manager at the Vic. champs. He introduced the guests - Mr. Julius Patching (manager of several past Olympic teams), Mr. Roff, the Principal, Mr. Field and Mr. Davidson, also well known at the school, and Mr. Allan McDonald, top man in the V.A.A.A. Representatives of A.P.S.O.B. and the brother clubs were also with us.

All present look forward to the next celebration, hopefully not as distant as 2026.

On a serious note, three things -

Thanks to the Club Committee and especially Andrew Cochrane for their efforts in setting up the dinner.

Any former member who would like to have a social run in either track and field or cross-country events would be most welcome. There is also a regular Tuesday evening competition at Box Hill for Veterans (over 40 years). More details later on.

Finally, any former member who would like to assist financially to keep the Club at A Grade level could donate either specifically to the equipment fund, or generally, towards promotion. We would be grateful for any help. Again. more details later on.

-oOo-

This would seem an appropriate time (seeing I've got about 15 lines left) to add a few miscellaneous items of information. (Damn! left out the o in aprprite) (arroptie&?#!!@!/@!)

When you get to the very last page, you will notice as you read in rapt attention through Gregor's report, that Stew Handasyde has been credited with Rog Bayly's time in the 800m. Mind you, Rog also was credited with his own time, and this is just to tell you, although you probably haven't read it yet, that Stew's time is Roger's, but not vice-versa, and if you are as confused as I am, forget it and remember this - Stewart's PB run was 1-53.1, not 1-58.5.

Don't panic allyou Under 14 fans, when you read the non-existent team, which once again you probably haven't even got to yet. I won't try to explain what happened, because that's a long story. However, each member of aforementioned lack of team has received a personal hand-written-by-the-editor-himself copy of next Saturday's team, so everything is under control (a joke, no ?).

A NEW VENTURE

In recent years competition for veterans (over 40) in America and now in Australia has grown very popular and successful, with the incentive of State, National and World titles.

In response to interest expressed by several people at the recent 50th Anniversary dinner, we are forming an "Old Scotch Veterans' Team." If you want to lose some of those excess pounds or get a bit fitter, or just wish you could experience the joy of competing again, fill in the enclosed form and send it in. But don't be put off by your wife, family or friends ; why shouldn't you enjoy a bit of competition and keep fit ?

Veterans' teams compete at Box Hill on Tuesday evenings, but if the majority prefer, we will enter a team in regular Saturday competition, where many veterans are currently competing and acquitting themselves to the embarrassment of younger athletes. The only restriction is your age - you must be 40 or over. The fact that you haven't trained in 20 years or more is of no consequence.

So how about it ? We already have entry forms for the Victorian Veterans' Championships to be held on March 6th at Olympic Park. Entries close on Feb 21st. If you are interested, fill in the form, and wipe the dust from that old pair of spikes.

AN APPEAL FOR HELP

After two years of relegation in B Grade, Old Scotch is again competing in A Grade. Only twelve teams from ten clubs compete in this top bracket of the state's athletes.

Competing against strong district based clubs is now proving more and more difficult. To help bridge this competitive gap a fund has been established, the first aim of which is to purchase a fibreglass pole vault valued at approximately \$ 200. All of our A Grade opponents use these poles, and some of them have as many as three poles each, giving them a considerable height advantage.

We believe that, if our athletes are to compete successfully amongst the best Victoria has to offer, we must equip them with the best possible equipment.

Any contribution, regardless of size, towards this fund, and initially the purchase of this pole, will be most appreciated.

A FASCINATING BOOK

Those of you who could not attend the Anniversary Dinner of the Club can still capture some of the memories such occasions bring back by purchasing our publication,

Old Scotch Collegians' A.A.C.

The first fifty years - 1926-76 \*

Compiled over many years by Colin Findlay, it holds in its 79 pages a history of the Club through the years, photos of the Club - 1952, 1955, 1966-67, 1967-68 and 1975-76 - plus many individual shots - from L.B. Mason, Australian High Jump Champion 1928 and Club record holder from 1928-68 with 6'2", through John Welsh, four times winner of the Victorian Decathlon Championship 1929-32, to Roger Glass, Club hammer throw record holder 1976 and Graham Wise, world veteran 800m record holder 1976.

As well there are many club records, decade by decade down to the present.

Copies of this book can be obtained @ \$2 by returning the enclosed form.

-oOo-

The preceding three articles were prepared by Club President Stuart Facey for inclusion in this edition, which is being sent to many past members to mark the fiftieth anniversary of the Club.

As it is clearly impossible to find all past members, it would be appreciated if those who do receive a copy could circulate it or the news contained in it among any others they feel may be interested. The proposals mentioned are important ones, and the support of as many as possible should ensure that they are successful.

Thankyou - Ed.

-oOo-

Again from the Old Scotch Anthology of Collected Verse (unpublished), some light relief in a world record marathon news sheet :

This pardonere hadde heer as yelow as wax,  
But smothe it heng, as dooth a strike of flex ;  
By ounces heng his lokkes that he hadde,  
And ther-with he his shuldres over-spradde ;  
But thinne it lay, by colpons oon and oon ;  
But hood, for jolitee, ne wered he noon.  
Dischevele, save his cappe, he rood al bare.  
Swiche glaringe eyen hadde he as an hare.

Geoffrey Chaucer ('48 - '53)

As a result of the survey undertaken last Saturday on training habits of the Old scotch athlete, which was very well answered thankyou very much, we have some interesting facts for you.

- (i) A lot of people don't appear to train at all (not like sub-junior, eh ?)
- (ii) Quite a few train at some time with John Hirst at Doncaster
- (iii) The most popular exercises r NCT, as had been rumour d, elbow flexing and knee lifting to the horizontal bar.

| TYPE OF TRAINING         | VENUE                                         | TIME                            | CLIENTELE                                                                                              |
|--------------------------|-----------------------------------------------|---------------------------------|--------------------------------------------------------------------------------------------------------|
| Distance                 | George St, Doncaster                          | Mon-Fri & Sun 5.30              | Rog Bayly, John Thorpe, John Marx, Stew Handasyde (Fr) Ewen Wilson ?                                   |
|                          | Yarra Park                                    | Mon-Thurs 6.00 - 8.00           | Andy Bamsey                                                                                            |
|                          | Olympic Park                                  | Mon-Wed 6.00                    | Andy Cochrane                                                                                          |
|                          | Assorted Hills, Parks, & Golf Courses (+ Uni) | Most nights                     | Assorted people                                                                                        |
| Sprints<br>(and hurdles) | Olympic or Yarra Park                         | Mon-Thurs & Sun                 | Ivan McQuilkin, Phil Barton, Tony Campbell, Jon Holmes, Gregor Evans (sometimes) Nick Tapp (!!! - Ed.) |
|                          | Scotch                                        | Thurs                           | Greg Evans, Nick Tapp, Jon Holmes                                                                      |
| Hammer, shot             | Melbourne Uni.(weights)                       | Mon, Wed 6.30-8.30              | Roger Glass                                                                                            |
|                          | Yarra Park (throwing)                         | Tues, (Thurs) 7.00-8.30         | "                                                                                                      |
|                          | Y. Pk. or Glenhuntly (throwing)               | Sun 10.00-12.00                 | "                                                                                                      |
| Pole vault               | Scotch (usually)                              | Rohan Hodge knows more than me. |                                                                                                        |

And if you heppen to be passing through the wild depths of darkest Gippsland, Dave Johnston does Road Runnin' on Falls Road, Narreacan East, on Mondays, Tuesdays and Wednesdays, and Sprinting on the Morwell Soccer Ground or Newborough Football Ground "on 'is Pat Malone" on Thursdays.

-oOo-

Here are the forms you were promised, so if you want a book or want a run with the veterans, here is your chance. This special rip-off offer is for your convenience. Come to think of it, perhaps we should call it a tear-off offer. Either way, just fill in the form you choose and send it (or them) to Mr. D.B. Moore

16 Crosbie Road  
MURRUMBEENA VIC 3163 with appropriate remittances.

I enclose \$..... for..... copies of "Old Scotch Collegians A.A.C.  
The first fifty years -  
1926-76"

at \$2 each (includes postage)

Name.....

Address.....

Postcode.....

Name.....

Address.....Postcode.....

Date of Birth.....Phone : Bus.....Home.....

I prefer to compete (a) Tuesday evenings..... (b) Saturday afternoon.....  
(c) I want more information..... (Tick Appr. line)

P.T.O.

I enclose Registration fee of \$12 Yes/No

I am interested in the following events :

A GRADE v COLLINGWOOD AT HEIDELBERG

|      |              |                                          |
|------|--------------|------------------------------------------|
| 1.15 | 1500m walk   | Ian Handasyde Bruce Moore                |
| 1.20 | 400m Hurdles | Gregor Evans David Alder                 |
| 1.30 | Discus       | Roger Glass                              |
| 1.45 | Pole Vault   | Rohan Hodges                             |
| 1.55 | 200m         | Phil Barton Ivan McQuilkin Dave Johnston |
| 2.15 | ShotPut      | Roger Glass                              |
| 2.30 | Long Jump    | Steve Hare                               |
| 2.55 | 800m         | Tom Ashton Stewart Handasyde John Marx   |
| 3.15 | Hammer       | Roger Glass                              |
| 3.45 | High Jump    | Mel MacFarlane                           |
| 3.50 | 4x200m Relay | Barton McQuilkin Johnston Alder          |
| 4.15 | Javelin      | Warwick Sheffield                        |
| 4.30 | 5000m        | John Marx Andrew Cochrane Charlie Aitken |
| 4.30 | 110m Hurdles | Steve Hare John Eggleston                |

B GRADE v STRIDERS 1 AT HEIDELBERG

|      |              |                                                            |
|------|--------------|------------------------------------------------------------|
| 1.15 | 1500m walk   | Andrew Jamieson -                                          |
| 1.20 | 400m Hurdles | Rohan Hodges Dave Dyson                                    |
| 1.30 | Discus       | John Currie                                                |
| 1.45 | Pole Vault   | John Eggleston                                             |
| 1.55 | 200m         | Julian Martin Dave Alder Jim Marx (Bill McAuley if avail.) |
| 2.15 | Shot Put     | Dave Dyson                                                 |
| 2.30 | Long Jump    | Dave Alder                                                 |
| 2.55 | 800m         | Andy Cochrane Roger Bayly Graham Wise                      |
| 3.15 | Hammer       | John Currie                                                |
| 3.45 | High Jump    | Steve Hare                                                 |
| 3.50 | 4x200m Relay | Martin Marx Eggleston Dillon (McAuley if avail.)           |
| 4.15 | Javelin      | Andrew Fairley                                             |
| 4.30 | 5000m        | Stuart Facey Andy Ramsey Bruce Hooley ?                    |
| 4.30 | 110m Hurdles | Rohan Hodges David Ekberg                                  |

C GRADE (SPORTSMEN'S TEAM) v IVANHOE AT HEIDELBERG

|      |              |                                                                              |
|------|--------------|------------------------------------------------------------------------------|
| 1.15 | 1500m walk   | John Q. Nobody                                                               |
| 1.20 | 400m Hurdles | Jon Holmes David Ekberg                                                      |
| 1.30 | Long Jump    | Tony Campbell                                                                |
| 1.45 | Pole Vault   | Ian Handasyde (a joke, no?)                                                  |
| 1.55 | 200m         | Jon Holmes Tony Campbell Rob Ward (Ric Dillon by invitation)                 |
| 2.45 | Shot Put     | John Currie (David Schloeffel to compete by invitation)                      |
| 2.55 | 800m         | Neil Lucas Steve Beyer Jim Marx Inv : Fairley Knight Morey Hindle Glass etc. |
| 3.15 | High Jump    | from Ric Dillon Dave Dyson Phil Barton                                       |
| 3.45 | Javelin      | Monsieur le Questionne                                                       |
| 3.50 | 4x200m Relay | Holmes Campbell Ward Dyson or Ekberg                                         |
| 4.15 | Hammer       | Max Borchardt                                                                |
| 4.30 | 110m Hurdles | Dave Dyson -                                                                 |
| 4.45 | 5000m        | Dick Batchelor John Womersley em Jim Elder Geoff Hindle                      |

SUB-JUNIOR v COLLINGWOOD AT HEIDELBERG

|      |              |                                         |
|------|--------------|-----------------------------------------|
| 1.30 | 1500m walk   | Howard Cooper                           |
| 1.55 | 200m         | Al McLeish Nick Tapp Mark Plaisted      |
| 2.30 | High Jump    | Mike Smith                              |
| 2.45 | Hammer       | Peter Thompson                          |
| 2.55 | 800m         | Ross Hooley Dick Merigan Peter Thompson |
| 3.15 | Javelin      | Al McLeish                              |
| 3.30 | Long Jump    | Peter Thompson or Mark Plaisted         |
| 3.50 | 4x200m Relay | McLeish Tapp Plaisted Thompson          |
| 4.15 | Shot Put     | Al McLeish                              |
| 4.30 | 110m Hurdles | Mark Plaisted Peter Thompson            |
| 5.10 | 3000m        | Ross Hooley Dick Merigan                |

Well, John Currie didn't need his Courage Award after all. So I hereby award it to myself, for typing out a whole new sheet, to avoid the wrath of the Vice Squad. I could just imagine it.... Gregor bursts into the room. No Gregor, don't shoot! I didn't mean it! Put that gun away. Gregor NO NO NO..... BANGNGNG!!!!.....bangngng (echo).....

UNDER 15 v IVANHOE 3 AT HEIDELBERG

|      |              |                                            |
|------|--------------|--------------------------------------------|
| 1.40 | 1500m walk   | Richard Fewster                            |
| 1.45 | Shot Put     | Euan McLeish                               |
| 1.55 | 200m         | Dave Edwards Tim MacLennan Wayne Crothers  |
| 2.00 | High Jump    | Tim MacLennan                              |
| 2.45 | Javelin      | Euan McLeish                               |
| 2.55 | 800m         | Wayne Crothers Darren Ward Richard Fewster |
| 3.00 | Long Jump    | Dave Edwards                               |
| 3.50 | 4x200m Relay | MacLennan McLeish Crothers Edwards         |
| 4.45 | 90m Hurdles  | Tim MacLennan Dave Edwards                 |

UNDER 14 v IVANHOE 3 AT HEIDELBERG

|      |              |
|------|--------------|
| 1.40 | High Jump    |
| 1.40 | 1500m walk   |
| 1.55 | 200m         |
| 2.55 | 800m         |
| 3.45 | Shot Put     |
| 3.50 | 4x200m Relay |
| 4.00 | Long Jump    |
| 4.45 | 80m Hurdles  |

-oOo-

ALL TEAMS PLEASE NOTE THIS IMPORTANT MESSAGE FROM GREGOR.....

If you are unavailable, please contact one of the team officials AS SOON AS POSSIBLE. Last week's lack of runners was very disappointing. If you are injured, how about still coming along this Saturday?

Also, how about everyone coming along early this week, when the club is together as a whole, and supporting our fellas in the early events. Our walkers & 400m hurdlers need all the support they can get. Come and see Bruce Moore in his A Grade comeback and Dave Ekberg enjoying his 400m hurdles.

Those team officials are once again :

|                   |         |              |          |
|-------------------|---------|--------------|----------|
| Gregor Evans      | 81 5755 | Rohan Hodges | 85 5745  |
| John Thorpe       | 83 3972 | Jon Holmes   | 568 2357 |
| Al & Euan McLeish | 20 6541 | Nick Don     | 49 2593  |

-oOo-

Twelve Old Scotch athletes were selected to represent Heidelberg in the last..

INTER VENUE MEETING

Track events only were held. Performances by Old Scotchies were great.

- SENIOR : Tom Ashton 1500m approximate time 3-52.0 (PB), fastest O.S. time for season.  
 Stew Handasyde 800m unofficial time 1-58.5 -fastest O.S. time for season and nearly as fast as he talked to get himself into the team. (PB too)  
 Rug Bayly 800m unofficial time 1-58.5 - great run just outside his best ever  
 Greg Evans 400m hurdles 57.9 beaten by 0.1s in blanket finish
- U19 : Bill Fleming 200m 23.2 to give Heidelberg 3 wins in 3 heats of the 200m  
 Geoff Little 3000m UNF - a product of training programme devised by coach Baughurst?
- U17 : Nick Tapp 100m 12.0 - the wind was so very strong!  
 Al McLeish was selected for 400m but preferred military pursuits
- U15 : Richard Fewster 1500m walk - unfortunately incurred the displeasure of 3 judges (two too many) and was scrubbed, but will break O.S. record as soon as he is not disqualified  
 Tim MacLennan 400m 55.1 (PB) - watch this boy go when he decides to train!  
 David Edwards 90m hurdles 13.4 and 200m 24.4? for more points to Heidelberg venue
- U14 : Nick Don 800m 2-17 (PB?) - great run despite tiring a bit in last straight
- FINAL RESULT Heidelberg finished 4th out of the 6 venues

# OLD SCOTCH

C.A.A.C.

## NEWS-SHEET

Registered for Posting as a Periodical - Category B. Price: 5 cents

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

SUMMER 8

19 DECEMBER 1976

Last Saturday may not have been the most successful of days as far as aths is concerned (it did have its bright spots though) it was good to see the together back at our old home ground.

We were fortunate enough to have the use of Ivanhoe's excellent clubrooms for the evening (once we had kicked out the officials) and a fair sample of athletes, parents, wives and friends enjoyed a relaxing evening (plus for a lucky few, a dramatic film of the 800m handicap race at this year's family day courtesy of John Thorpe) (plus for an even luckier even fewer, a nights tennis at Graham Wise's and accompanying sore muscles on Sunday) (plus if you happened to be Dave Ekberg or John Eggleston a sordid affair at the Wallace-Smiths').

A Grade, B Grade and Sub-Junior all lost, while C Grade, Under 15 and Under 14 won strongly. Final scores ( as far as we can work out ) were:

|         |           |                           |
|---------|-----------|---------------------------|
| A Grade | : O.S. 70 | Collingwood 102           |
| B Grade | : O.S. 39 | Striders 1 99             |
| C Grade | : O.S. 70 | Ivanhoe 44 (incomplete ). |
| S.J.    | : O.S. 36 | Collingwood 76            |
| UI5     | : O.S. 64 | Ivanhoe 3 2               |
| UI4     | : O.S. 48 | Ivanhoe 3 33              |

-oOo-

There were a number of good performances in the sprints, perhaps aided by the wind, and Mal MacFarlane celebrated his return to competition with a fine performance in the high jump. And to cap the lot, Dave Edwards picked up a javelin for the first time in his life, threw it as invitation and broke the Club record, into the wind. (boring - Ed). Good efforts generally were:

|                        |                        |                                             |
|------------------------|------------------------|---------------------------------------------|
| Ivan McQuilkin         | : A Grade 200M         | 22.4secs.                                   |
| Phil Barton            | : A Grade 200M         | 22.4secs.                                   |
| Dave Alder             | : A Grade 400M Hurdles | ..... (P.B.)<br>then B grade 200m 23.1secs. |
| Jon Holmes             | : C Grade 400m Hurdles | 71.4 (P.B.)?                                |
| David Eggberg          | : C Grade 200m         | 28.4secs (P.B. )                            |
| The C GRADE Relay Team | 1st Place              |                                             |
| Dick Batchelor         | : C Grade 500M         | 17-10(P.B.).                                |
| Nick Tapp              | : Sub-junior 200m      | 23.4 (P.B.)                                 |
| Dave Edwards           | : Under 15 Javelin     | 35.5m (REC.)                                |
| Euan McLeish           | : Under 15 High Jump   | 1.55m (P.B.)                                |
| Ian Munro              | : Under 14 200m        | 27.5                                        |

-oOo-

We've got no idea to whom to award this week's Courage Award ( notice grammar-Ed) but it certainly does NOT go To Jon Holmes for writing the C Grade report. Enough said.

-oOo-

And now this page must be cut off in its prime as we leave a big space for the report from the pen of the redoubtable (incorrectly spelt Eggberg ), the anaemic, the omnipresent John Marx, that John Newcombe of the athletic (wrong again Eggberk ) track who we hope will tomorrow produce a masterpiece to fill the space allotted to the...

A GRADEREPORT (It's not here yet , you see)

From the very first event we were in trouble as the walkers, Ian Handasyde and Bruce Moore picked up a third and DNQ respectively, against very strong opposition. However with two very strong runs against buffeting winds Greg Evans and Dave Alder managed to split the points with the woodsmen in the quarter sticks. The brilliant Rog Glass could only manage second in the discus.

The sprinters recorded their best point scoring result for the season with brilliant runs from Ivan McQuilkin, third in 22.4, Phil Barton a close fourth in a PB 22.4 and Dave Johnston sixth. Although showing impressive training form on Friday night, Rohan Hodges just could not get enough whip out of his new fibreglass pole to propel him over that elusive qualifying height. Steve Hare had similar problems in the horizontal direction.

Cont..../

A GRADE REPORT CONT/....

Rog Glass picked up another second in the shot, and then finally broke through for his first victory of the afternoon in the hammer throw (51.94m), thus maintaining his record of at least one A Grade victory per week. The 800m boys came up against international competition but Tom Ashton (1-57.2) and Stew Handasyde (1-57.6) both managed very creditable times in the very trying conditions. (I believe John Marx himself ran about 2-03 - Ed.) In a very welcome return Mal Macfarlane made no mistake. Although not quite as spectacular as his headline making debut of 1975, he outclassed his opposition to win with a most impressive 2.00m.

In the relay we gave Collingwood a fright but just lacked those few extra yards necessary for a win. In the 5000m the points were split with Andy Cochrane second, Tom Ashton third after a great last lap in which he gave the second Collingwood runner 50 meters before nabbing him on the line, and Charlie Aitken fifth. Warwick Sheffield was far too strong for the opposition when he hurled the javelin 53.0m. Finally, the ever versatile Steve Hare got second over the highs in 16.8, followed by John Eggleston fourth in 17.7.

How could we lose? Another Jack West cover-up as Carringbush was given the verdict 102 to D.S. 70.

-oOo-

In return for Rog Bayly writing the B Grade report I was going to tell you all about his dreamy time of 1-57.5 for the 800m at that gorgeous City v Country meeting last Sunday. Wasn't it a super day!!?? That time, by the way, is the best the sweet little fellow has ever done!!! But now that he hasn't turned up with his report, I'm not going to say a word about his silly PB. So there!!

So I'm afraid you'll have to make do with an instant report I just dashed off for you. For the recipe, ring Gregor Evans.

B GRADE REPORT

In the walk Andy Jamieson was only one second slower than Bruce Moore in A Grade. Dave Alour ran a good 200m in 23.1, especially considering his fast 400m hurdles just before. Very few people qualified in field games, the 5000m runners didn't know who they were against, and consequently have no idea how they went, the relay team were wiped off the track, and Andy Cochrane passed Graham Wise in the last straight of the 800m. The yellow sun shone down from a pure blue sky, the birds sang in the trees, the flowers opened their pretty faces to the day and a dog peed in my fanta. Amen.

-oOo-

A few trivia to fill in space and make your christmas a joyous one :

Behold the A Grade ladder as of now, said the angel.

| TEAM         | WINS | LOSSES | POINTS | PERCENTAGE    |
|--------------|------|--------|--------|---------------|
| Box Hill 1   | 6    | -      | 24     |               |
| Mentone      | 6    | -      | 24     |               |
| Collingwood  | 5    | 1      | 20     |               |
| Glenhuntly 1 | 5    | 1      | 20     |               |
| EMH          | 3½   | 2½     | 14     |               |
| SSH          | 3½   | 2½     | 14     |               |
| Ringwood     | 2    | 4      | 8      | 87.4          |
| Ivenhoe      | 2    | 4      | 8      | 83.7          |
| Box Hill 2   | 2    | 4      | 8      | 75.4          |
| Sandringham  | 1    | 5      | 4      | 85.1 (approx) |
| OLD SCOTCH   | -    | 6      | 0      | 80.6          |
| Glenhuntly 2 | -    | 6      | 0      | 52.0          |

Note you pessimists who have given up hope already that Sandringham's only victory was over Glenhuntly 2, and that Old Scotch has yet to face either of these two teams. Wins over both of these and Box Hill 2, or even just the first two, and a bit of luck, will take O.S. ahead of Sandy and possibly B.H. 2, easily enough to avoid relegation.

-oOo-

Note also : you are hereby notified that, after the Christmas break, team reports will be handed to Nick Tapp on the Saturday of competition before you leave Heidelberg. Otherwise he will have a nervous breakdown.

-oOo-

Top ten points scorers after six rounds are:

|               |     |                 |                   |
|---------------|-----|-----------------|-------------------|
| 1. D. Edwards | 110 | 6. T. MacLennan | 60                |
| 2. R. Glass   | 90  | 7. P. Findlay   | 57                |
| 3. N. Don     | 82  | 8. A. McLeish   | 55                |
| 4. E. McLeish | 72  | 9. R. Hoolley   | 50                |
| 5. Jim Marx   | 61  | 10. R. Fawster  | 49                |
|               |     | 11. N. Tapp     | 47 (Superb - Ed.) |

There will be training on December 27th at 7.00p.m. at Rosebud Olympic Park (in Eastbourne Road not far from public golf course, I think)

Keep training - you may make the top 10 next time.



If you can bear it, try facing up to the Shakespearian, procrastinating circumlocutory narrative that is the Under 14 report. And then see if you can keep your lunch down.

#### UNDER 14 REPORT.

This report, as you might have gathered, by now, if you the reader, had managed to summon up enough courage to plough through the multitudinous bounds of type that is the Under 14 report, was not, in fact, the work of any of the members of the above-mentioned team, about which this piece of literature is endeavouring to report. This is partly because not one member of the appropriate team had acquired sufficient initiative to write such an item, before the printing deadlines (which in itself is not an undemanding task), though the influence of the recent solar eclipse must not be discounted. Also, the not inconsiderable affect on the delicate relationship within the team, following the untimely seduction of one of the more naive members (could they be any more naive- Ed.) by the Mayor Ferntres Gully's lascivious daughter, Lisa, must be born in mind. (i.e.. Write your own report next time.)

Nick Don came last in the high <sup>jump</sup>, with 1.35m, as did Munro (Ian) in the shot put. Poor Ian didn't qualify in the javelin and no-one bothered to enter the walk. What happened in the long jump is left to your imagination. However, on the brighter sides of things, it might be noted that there were some wins: Munro on the 200m (27.5), followed by Don second, and Neil Louis fourth; Don in the 800m (2-24) followed by Peter Findlay, third in 2-45; the relay team; and, incredible as it may seem, the hurdlers - Peter Morris (18.8) preceding Findlay (19.9).

-oOb-

And now, from Capt. G.C. Evans, O.S.C.A.A.C., some words of great import on.....

#### AVAILABILITY IN JANUARY/FEBRUARY

Dates of interclub competition after the break are:

January 22, 29

February 5, 12, & 26 (SCREEEEAAAAM!!! Stop using capital I's for ones, Alastair)

A Grade are at Olympic Park every time in this period, and on February 5th. all teams are at Olympic Park, with the customary B.B.Q. on the river banks afterwards.

As only a few people have declared their availability for these rounds, it is assured that there will be a full turn out of competitors on all dates. Those who have declared their intended unavailability for one or more of their rounds are Dave Johnston, & Ewen Wilson. If you wish to join the company of these athletes who have had the courtesy to let the Club know of their movements, please contact your team captains etc. immediately. This applies particularly to those couple of senior athletes who do not turn up on Saturdays and do not tell anyone in advance.

#### TRAINING

Anyone interested in training in the Frankston- Mornington areas between Christmas and early January, please contact Gregor Evans (783-1582 (or 81-5755)).

How nice it is to have a report full of imagination, and here from the wonder-boy of C Grade comes a report we've all been waiting for, ... it's the ...

#### C GRADE REPORT.

Captain Greg looked pale, 'C IS DOOMED' he moaned to team-manager Jon. 'Never fear Greg baby!' replied the hero. 'I will pull us through!'

The 400m hurdles proved his point as he and Dave Eckberg (to a far lesser extent) finished 2nd. and slow. The Discus, pole and walk didn't show, but then the 200m. was all red with Tony, Jon and Dave; 1st., 2nd., and 5th.,. The shot didn't and Tony D.N.Q.ed in the Long and the score was close. Ho Ho Ho cried the enemy full of Xmas spirit as the Hammer, High and Javelin (despite John Eggleston's 30.06m) went against the pure-of-heart. 'We are doomed' cried Greg. But no! out of the darkness came Jim Marx (2-02.7) Nigel Watson (2-08.3) & Stu Face (Ho Ho Ho - Ed.) (2-09.8) for 1st. 2nd. and 3rd. and the scores were level.

The Relay. Tony was in lane 4 and flashed past the enemy in the lane 5 -- over to Jon and we were past the guy in lane 6 and out in front of all teams. Jon to Tom Ashton who met their top man who sneaked by, but only by a couple of metres. 'Ho Ho' cried Santa, as Stewart Handasyde took over and their A Grade sprinter sped away. But no (once again), Stewart edged by with 50 to go and WON by a foot.

Ivanhoe staggered under the blow. Greg Evans and Dave Dyson hurdled well with Greg taking advantage of the Hoe falling on his head to give us a 10-4 victory. Next the 5000m: Dick Batchelor and Geoff Hindle (dropped from A Grade when his 20 minute warm up extended to 2 minutes past the starting time). Another red victory - Dick 1st in 17-10 (PB) and Geoff 2nd in 17-12.- good times in the conditions.

So we won and Greg's fears were groundless. Flash - Dillon won the high jump with 1.75m and Max Borchardt probably won the hammer, though we don't know because you didn't write your result down did you you clod (tsk tsk - Ed.).

Dave Alder is running the Invite 5000m as we write this and for all we know will probably be running sill when you read this.

-oDo-

MERRY CHRISTMAS : SEE YOU ON JANUARY 22ND

# OLD SCOTCH

C.A.A.C.

## NEWS-SHEET

OLD SCOTCH C.A.A.C. NEWS-SHEET REGISTERED FOR POSTING AS A PERIODICAL - Category B. Price: 5 cents 18 JAN 1977

A short and sweet NewsSheet. No ego-boosting team reports or list of unpronounceable words. This issue does include:-

Teams for Sat 22 Jan

Ladders

Typing mistakes

O.S. performances in relays and mile championship etc.

Vic. Championships entry details

### Ladders

A grade. O.S. in 11<sup>th</sup> place - see previous Newsheet.

| B      |    | C     |    | U17    |    | U15    |      | U14    |      |
|--------|----|-------|----|--------|----|--------|------|--------|------|
| Ess    | 24 | Coll  | 24 | Ivan 1 | 24 | Donc   | 1 24 | Donc   | 1 24 |
| Ivan 1 | 20 | O.Par | 20 | Donc   | 20 | O.S.   | 20   | Ivan 2 | 24   |
| Stri 1 | 20 | Ess   | 12 | Coll   | 16 | Ivan 1 | 16   | Ivan 1 | 20   |
| Coll   | 16 | Ivan  | 10 | O.S.   | 16 | Coll   | 16   | Coll 1 | 16   |
| O.S.   | 8  | O.S.  | 6  | Ivan 2 | 12 | Donc 2 | 12   | O.S.   | 12   |
| Stri 2 | 6  | Donc  | 4  | Ess    | 8  | O.Par  | 12   | Donc 2 | 12   |
| Donc   | 2  |       |    | O.Par  | 0  | Ivan 2 | 8    | O.Par1 | 12   |
| Ivan 2 | 0  |       |    | Ivan 3 | 0  | Ess    | 4    | Ess    | 12   |
|        |    |       |    |        |    | Ivan 3 | 4    | Coll 2 | 8    |
|        |    |       |    |        |    | Ivan 4 | 0    | Ivan 3 | 4    |
|        |    |       |    |        |    |        |      | O.Par2 | 0    |
|        |    |       |    |        |    |        |      | Ivan 4 | 0    |

### O.S. members recent performances (athletics)

Tom Ashton: Vic. mile Champs 4.10.6 in heat, 4.12 in final (7<sup>th</sup> place?)

Andy Cochrane: " " 4.21 in heat

Stew Handasyde: Invit. 800m 1.55 (forced Higham to Vic record)

Warwick Sheffield: Invit. Jav. 53.7m

Roger Glass: Royal Melb Hospital 100m sprint champion

|                            |             |                 |          |                  |
|----------------------------|-------------|-----------------|----------|------------------|
| Relay Champs. Senior 4x800 | S.Handasyde | 1.52.8          | Jim Marx | 1.56             |
|                            | Bayly       | 1.58            | Evans    | 2.04             |
|                            | John Marx   | 1.57            | Holmes   | 2.08             |
|                            | Ashton      | 1.53            | Wise     | 2.05             |
|                            |             | 4 <sup>th</sup> |          | 10 <sup>th</sup> |
|                            |             | 7.41            |          | 8.13             |

U19 (?) 4 x 200 (Martin Fleming McLeish Evans?) invit 5<sup>th</sup>

U16 4 x 200 (Dacakis Crothers McLeish Edwards) 4<sup>th</sup>

### Vic Championship entries

Entry forms are enclosed for those who may be interested. If you have not received forms and wish to enter or find details, contact Bruce Moore (57.1508) or Greg Evans (81.5755). Entries for U19 and Open Vic titles close on 26 Jan. Championships are on 19 and 20 Feb. City of Melb under age champs. are on Sunday 27 Feb.

Vic under age and veterans champs are on Sunday 6 March.

### Portsea meeting

Is it on this year? Probably yes, and if so, probable date would be Sunday 6 Feb. Great family day so hope someone is finding details.

### Remaining Interclub Dates

22 Jan, 29 Jan, 5 Feb (Olymp Park), 12 Feb, 26 Feb.

Venue finals are on 5 March. Grand Finals are on 19 and 26 March.

TEAMS FOR ROUND 7 SAT 22 JAN 1977

A GRADE v S.S.H. at OLYMPIC PARK Greg Evans 81.5755 or 783.1582

|      |             |                                  |
|------|-------------|----------------------------------|
| 1.00 | Hammer      | R.Glass                          |
| 1.00 | 3000 Walk   | I.Handasyde & F.Prowse           |
| 1.45 | 100m        | P.Barton I.McQuilkin W.Fleming   |
| 2.00 | Discus      | R.Glass                          |
| 2.30 | Triple      | S.Hare or D.Ham ?                |
| 2.50 | 1500m       | E.Wilson T.Ashton A.Cochrane     |
| 3.00 | 110 hurdles | S.Hare                           |
| 3.00 | Shot Put    | R.Glass                          |
| 3.30 | High Jump   | H.Macfarlane                     |
| 3.30 | Pole Vault  | to be finalised                  |
| 4.00 | Jav         | W.Sheffield                      |
| 4.00 | 4 x 100     | McQuilkin Barton Wardlaw Fleming |
| 4.35 | 400m        | J.Grant T.Ashton G.Evans         |
| 5.10 | Steeple     | A.Cochrane C.Aitken              |

B GRADE v Striders 2 at Heidelberg Rohan Hodges 85.5745

|      |            |                                         |
|------|------------|-----------------------------------------|
| 1.15 | 3000 Walk  | B.Moore A.Jamieson                      |
| 1.30 | Jav        | A.Fairley                               |
| 2.00 | 100m       | W.McAuley D.Alder I.Campbell            |
| 2.15 | High Jump  | J.Eggleston                             |
| 2.20 | 1500m      | R.Bayly G.Wise N.Lucas                  |
| 2.45 | Shot Put   | D.Schloeffel                            |
| 3.00 | 110 Hurdle | J.Eggleston D.Ekberg                    |
| 3.00 | Triple     | A.Campbell                              |
| 3.15 | Pole Vault | R.Hodges, J.Eggleston or J.McKee        |
| 3.30 | Discus     | J.Currie (em D.Schloeffel)              |
| 3.35 | 4 x 100    | Martin McAuley Alder Campbell           |
| 4.10 | Steeple    | A.Ramsey H.Vallence                     |
| 4.30 | Hammer     | J.Currie (em D.Schloeffel)              |
| 4.45 | 400m       | D.Alder A.Fairley S.Beyer (em R.Dillon) |

C GRADE v Essendon at Heidelberg Sportsman's Team Jon Holmes 568.2357

|      |            |                                                                   |
|------|------------|-------------------------------------------------------------------|
| 1.15 | 3000 Walk  | ?                                                                 |
| 1.30 | High Jump  | H.Smith or R.Dillon                                               |
| 2.00 | 100m       | J.Martin P.Ritchie R.Ward (em D.Ekberg)                           |
| 2.15 | Shot Put   | J.Currie (em H.Borchardt)                                         |
| 2.20 | 1500m      | S.Facey G.Little B.Hooley (em G.Hindle R.Batchelor<br>M.Vallence) |
| 2.30 | Triple     | R.Hodges                                                          |
| 3.00 | 110 Hurdle | R.Hodges ?                                                        |
| 3.00 | Discus     | H.Borchardt                                                       |
| 3.15 | Pole Vault | R.Hodges J.Eggleston or J.McKee                                   |
| 3.35 | 4 x 100    | Ward Ritchie Dillon Ekberg (em Eggleston)                         |
| 4.10 | Steeple    | J.Elder G.Hindle (em C.Findlay)                                   |
| 4.45 | 400m       | J.Holmes Jeff Knight J.Morey (em P.Bayly<br>S.Tallent if avail)   |

If you are selected and are unavailable, please contact one of the team officials as soon as possible.

If you are available and have not been selected, please do likewise or turn up at Heidelberg.

Note: A Grade competes at Olympic Park every week until the end of season. All other O.S. teams compete at Heidelberg each week except on 5 Feb when all O.S. teams will be at Olympic Park.

TEAMS FOR ROUND 7 SAT 22 JAN 1977

SUB JUNIOR v Doncaster at Heidelberg Ross Hooley 29.7135

1.30 Pole Vault D.Dacakis  
 1.35 1500 Walk H.Cooper  
 2.00 100m N.Tapp M.Plaisted A.McLeish (em N.Dacakis B.Mitchell)  
 2.20 1500m R.Hooley R.Merigan P.Thompson (em A.Aitken)  
 3.00 110 Hurdles B.Mitchell M. Plaisted  
 3.15 Shot Put P.Thompson  
 3.30 Triple H.Smith or B.Mitchell  
 3.35 4 x 100 Tapp McLeish Plaisted Dacakis  
 4.00 Discus P.Thompson (em A.McLeish)  
 4.30 Steeple R.Hooley H.Cooper  
 4.45 400m A.McLeish N.Tapp A.Aitken (em N.Dacakis)

UNDER 15 v Old Paradians at Heidelberg Euan McLeish 20.6 541

1.45 1500 Walk R.Fewster  
 1.25 90 Hurdles W.Crothers T.MacLennan  
 2.00 Discus E.McLeish  
 2.00 100m D.Edwards T.MacLennan E.McLeish (em D.Ward to run by invitation)  
 2.15 Pole Vault R.Fewster (em D.Ward)  
 2.20 1500m W.Crothers R.Fewster D.Edwards  
 3.35 4 x 100 McLeish Edwards MacLennan Crothers (em Ward)  
 4.00 Triple D.Ward (em R.Fewster)  
 4.15 Shot Put E.McLeish  
 4.45 400m D.Edwards T.MacLennan W.Crothers

UNDER 14 v Doncaster 1 at Heidelberg Nick Don 49.2593  
 Program is :- or Colin Findlay 467.2117

1.25 80m hurdles  
 1.30 Discus  
 1.45 1500m walk  
 2.00 100m  
 2.00 Triple Jump  
 2.20 1500m  
 3.35 4x100m relay  
 3.45 Shot Put

Team consists of any of Don, Findlay, Louis, Munro and Morris who can possibly turn up. Naturally, it's a case of "the more the merrier."

ALL TEAMS PLEASE REMEMBER that team reports must be handed to Nick Tapp (the editor, for those who didn't know) BEFORE THE END OF SATURDAY'S COMPETITION. That is to say, not really before the end, cause that would be stupid, butt very soon after. Otherwise they will not get printed and you will be soundly abused.

-oOo-

Well, I hope everyone has had a good break, and has of course been keeping fit in the meantime, all ready for a bunch of wins this Saturday.

-oOo-

Many thanks to Gregor for most of the typing in this issue. I shall leave you with this little gem from the G.S. Anthology of Collected Verse (unpublished)....

One would be in less danger  
 From the wiles of the stranger,  
 If one's own kin and kith  
 Were more fun to be with.

Ogden Nash ('48 - '54)

# OLD SCOTCH

C.A.A.C.

# NEWS-SHEET

Registered for Posting as a Periodical - Category B. Price: 5 cents

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

SUMMER 10

JANUARY 22 1977

Not much good news this week, I'm afraid. Four losses, one win and one maybe make an editor's job hard. So to cut a long story short, here are last Saturday's results :

|           |           |               |
|-----------|-----------|---------------|
| A GRADE : | O.S. 61   | S.S.H. 103    |
| B GRADE : | O.S. 61   | Striders 2 62 |
| C GRADE : | O.S. 59   | Essendon 64   |
| SJ        | : O.S. 58 | Doncaster 67  |
| U15       | : O.S. 75 | Old Para e 0  |
| U147      |           |               |

Apparently A Grade had their moments, with Andy Cochrane and Mal MacFarlane putting in big performances, and the amazing Roger Glass winning his quota of two events. B Grade were unlucky to go down by one point, with new chum Dave "Buck" Buchanan, a highly successful 1976 Combined Sports competitor doing well in the shot by invitation.

C Grade also went close, going down despite a last minute rally to an Essendon team strong in the distance events.

Sub-junior have lost Peter Thompson with glandular fever - all the best for a (relatively) speedy recovery, Pete - and Nick Tapp to injury, and went down through lack of numbers to Doncaster. Under 15 had a party with no opposition, and the two under 14 lads did something mysterious which nobody seems to know about.

Even on a bad day, there were some excellent performances :

|                |                       |                         |
|----------------|-----------------------|-------------------------|
| Andy Cochrane  | A Grade 1500m         | 3-53.3 PB               |
| Tom Ashton     | A Grade 1500m         | 3-53.5                  |
| Ewen Wilson    | A Grade 1500m         | 3-55.0                  |
| Mal MacFarlane | A Grade High Jump     | 2.05m for first overall |
| Mike Smith     | C Grade High Jump     | 1.75m                   |
| Howard Cooper  | Sub-junior 1500m walk | 8-31.0 PB               |

-oOo-

The perspicacious, parsimonious and plenipotent Selection Committee has seen fit to award this week's polymorphous, predicamental, undoubtedly pestilential, but decidedly not prosenchymatous Courage Award, jointly and in three distinct parts, to one Mr. Andrew Cochrane, for his Personal Best performance in the A Grade 1500m foot race by the margin of .in the region of five (5) seconds, aforesaid time being three minutes and fifty-three and three tenths seconds, to one Mr. Howard Cooper, for his herculean effort in travelling upward of seventy kilometres by means of the Victorian state public transport service, and surviving to tell the tale, and to one Mr. William Fleming, as consolation for his mysteriously being smitten by illness on the morning of Saturday the twenty-second day of January in this year of our Lord 1977 - "I think it was something I ate."

-oOo-

In the unfortunate absence of any news from Olympic Park, you are about to be subjected to a hurriedly improvised (and a bit naughty).....

## A GRADE REPORT

I. Handasyde came second in the 3000m walk and F. Prowse is all crossed out so I guess he didn't compete. Warwick Sheffield chucked the jav 51.question mark metres for second and O.S. is eight points down already. Then came the dash of duration loom (like the small letters huh,huh?). Phil, Ivan and Johnny came 4,5 7 wrong should be & 6 respectfully in 11.4, 11.5 & 11.7 respectably. The amazing and flabbergasting Mal MacFarlane just won the whole competition if you please with a jump of 2.05m (6'9") in the high.

History was made in the event you are reading about now, so please assume a solemn air. Never before has the SLOWEST of three 1500m times recorded by the lads in red been as fast as 3-55, but as you have read above, that is what happened, with cocky Andy doing 3-53.3, Tommy baby 3-53.5 and Ewe-hoo 3-55. Yay team.

Roger Glass, I dips me lid to you, mate. 13.27 for a win in the shot opened Rog's account. I couldn't carry the b..... thing that far.

P.T.O.F.I.R.O.T.W.R.

And here, blow by blow, is the story of one of the most stupefying and horrendous struggles in living memory. From John Eggleston...

### THE C GRADE REPORT

Against Striders 2, the illustrious B Grade team got off to a good start in the 3000m walk, with a first to Bruce Moore in 16-24. Ten seconds behind him and in second place was Andy Jamieson against no opposition; so points scored were 10 to 0. This lead was increased to 16 when Jon Currie threw 39.18m in the javelin, also with no opposition. Our sprinters came in third, fifth and sixth in the 100m with Dave Alder in 11.6, followed by Tony Campbell and Stuart Facey. The score was now 23 to 15.

Another walkover in the high jump took the lead to 14 points. In this event John Eggleston cleared 1.70m on his fourth attempt, and was allowed by officials to count the jump. Graham Wise won the 1500m, but the opposition got more points because they had two runners. The reason for this was that Rog Bayly and Bruce Hooley were warming up for so long that they missed the start. N.B. this is no reflection on the rest of the team.

The lead was now 12 points, and this was halved when Jon Currie did not qualify with 9.50m in the shot. David Buchanan threw 9.80m (approx) by invitation, and 24m in the discus. Tony Campbell DNF in the triple jump, and the scores were level. A walkover first and second in the hurdles to John Eggleston and Dave Alder, in 18.0 and 19.4 respectively put O.S. back in front by ten points. John then came closer than ever to clearing the qualifying height in the pole vault but missed again. Once again there was no opposition, so the scores didn't change. The discus also had no effect overall as Max Borchardt DNF against no opponents.

In the relay we were properly thrashed, but still managed three points to six. In the steeple Andrew Ramsey came second and Geoff Hindle third, but the winner was the opposition's only runner. Therefore the points went our way, 7 to 6, and the lead was 8. This didn't change with an unopposed DNF to Max in the hammer, and the last event was to decide the outcome. Dave Alder was the only Old Scotch runner to qualify in this, the 400m. Striders came first, third and fourth.

The points - 5 to 14, so we lost by a point (again).

-oOo-

The next article needs no more introduction than its own heading.

### C GRADE O.S. v ESCLENDON or HOLMEL'S UNFINISHED REPORT IN C SHARP

Five points up with three events to go. Excitement plus. If we win - into the four. Finals!! Free drinks from Greg.

The action so far - the hundred boys Jon first, Dave second and walker Bruce sixth put us up. But back came the Dons in the 1500m. Rog second, Facey fifth and Hooley sixth - scores level. Mike Smith into the sky (1.75m) and up goes O.S.'s name on the scoreboard. Handasyde (another walker) third and Ekberg first win the hurdles, with Dave to Rog to Ian (Ian???) to Jon (despite a fumble) and we win the relay. Max qualified in the shot in fine style. Flash: Mike down in the triple a DNF 10.44m which promises much however in a few week's time. We are now One point down as I write. The steeple has noone in it - things look black. It's Ric and Jon and Pres. Stu in the quarter (I think you'll find it was Rob Ward - Ed.). Greg's on the phone and thinks we can't do it.

"No sweat, teddybear" I tell him.

"where are you, Geoff Little?" cry the fans.

Stan has done more for the D's than any loud mouthed monkey has ever done and Biff will kick a ton this year. I've almost finished the page - is this enough Nick? (too much Jon, just too much - Nick)

"By the way Jon" says ex-editor Bruce, "before you can call yourself a great editor you gotta have a beard." (Unfair - Ed.)

Prologue : The C Grade team lost by five points. Ed.

-oOo-

Rather than see their editor stand around all day with nothing to do, my dear team mates thought I might like to jot down a sub-junior report. So here it is...

### SUB-JUNIOR REPORT

Howard Cooper's long trip up from McCrae by bus and train paid off today when he finally completed the walk unreported, and qualified by a minute. In the hundred, Al McLeish took first place in 12.0 and Ross Hooley fifth. Ross then won the 1500m in 4-34, showing the benefit of some hard training; Dick Merigan followed in third place.

After some quick calculations Howie was put into the hurdles for third place, no-one did the shot, and Dick Merigan came second out of two in the triple. The relay team, consisting of our lone four athletes, was beaten, and so was Al in the discus. With everyone in four events it seemed there was no hope. Then the word got around that Chris Munro was in town and wanted a run. More calculations - we could win! So poor unsuspecting under 15 runner was bundled into the 400m, and came a creditable fourth behind Al McLeish, first in 56.5, and Ross Hooley third. Good effort Chris, but, and please take note everyone, if we'd known earlier that you were available, well, things might have finished differently.

Cont/...

SUB-JUNIOR REPORT CONT/...

Dick and Howie picked up first and third in the steeple, but it was too late, we had gone down by nine points, 58 to 67. Will we stay in the four? wait for next week's exciting episode.

-oOo-

UNDER 15 REPORT

The whole team went well today except MacLennan and Crothers (very cutting - ld.). In the hurdles Ward came first and Fewster second, in 17.7 and 17.9, against no competition. Fewster won the walk with only one report this time (his time was 10-15). The 100m times were below standard, with Edwards first in 12.4, McLeish 13.0 second and Ward 13.4, third.

In the discus McLeish was only ten metres behind the leader but still won with a throw of 24.50m. (?)

Nawbody (sic) entered the pole vault but Edwards came first in the 1500m in a time of 5-18, and Ward second in 5-43.

The relay team jogged but still (non sic - erratum typistii) won.

In windy conditions Ward won the triple with 8.99m. McLeish won the shot put with a throw of 11.96m (a bit more training, I think).

Fewster won the 400m, and the final points were 75 to 0. After these performances I think everyone needs some more training. Get to it!

-oOo-

.....  
COMING ATTRACTIONS COMING ATTRACTIONS COMING ATTRACTIONS COMING ATTRACTIONS COMING ATTRACTIONS  
.....

PORTSEA!!! FEBRUARY 27th!!!

The fabulous annual Portsea meeting/barbecue/day at the beach at the Officer Cadet School in - you guessed it - Portsea is being held this year on Sunday 27th February. This day is designed for every club member and <sup>his</sup>\*family, with invitation heats for all age groups in a wide range of events, plus the added bonus <sup>has</sup> of the beach nearby.

More details in the near future, but don't forget - Feb. 27th is PORTSEA.

\* delete and not applicable

THE MELBOURNE GAMES FEBRUARY 2nd and 3rd

For those of you who have never seen a night's top athletics under the lights at Olympic Park, it really is entertaining. And when the program includes the likes of Irena Szewinska, Bronisla Malinowski, Paul Wellman, plus Boyle, Robertson, Wells, Fitzgerald, Mitchell and Wardlaw, to name a few, a great two nights' aths is guaranteed.

The V.A.A.A. has been kind enough to send the club a plentiful supply of tickets to each night, with the message being "sell or pay" so don't let the club or yourself down. The cost is \$2.00 for adults and 50c for children each night, and tickets will be available at Heidelberg and Olympic Park next Saturday, or in the mean time from Bruce Moore.

The program starts at 7.30 p.m. and lasts approximately two hours.

WELL BE CHILDEN' OR SOLE OR SOMETHING ELSE AGAIN...WHAT'S IT TO BE?

For some years a feature of the O.S.C.A.A.C. calendar has been the annual golf day against Old Xav's. This year certain factions and dissident minorities have called for the corrupt regime of golfers to be toppled. In short, they want a cricket match.

Now it is quite possible that enough people are interested in each to have both, if you follow. Or you may prefer squash or bowls or fox hunting or something. So what say we put a bit of paper on the table at windy hollow and O.P. again and you write down your choice or suggestion. Then a decision will be made on what can be organised and when and where. Okay?

OLD SCOTCH ATHLETES STAR IN MAJOR AUSTRALIAN PRODUCTION

The Australian film industry was stunned last week by the performance of three well known Old Scotch athletes in The Southern Cross Film Company's production of Henry Handel Richardson's "The Getting of wisdom." Julian Martin, Nick Tapp and David Schloffel were selected ahead of thousands of eager Melbourne schoolgirls for the roles of three Scotch Collegians of the 1890's.

"I just don't believe it" - director Bruce Beresford

"Simply gorgeous" - Hairdressers' Monthly

"Don't blink, you'll miss them" - The Melbourne Sun

"Three brilliant actors" - Themselves

(N.B. the film isn't quite finished yet)

A GRADE v BOX HILL 2 AT OLYMPIC PARK

Gregor Evans 81 5755

- 1.00 Hammer Roger Glass
- 1.00 400m Hurdles Gregor Evans David Alder
- 1.00 1500m Walk Ian Handasyde Frank Paoose (Thorpe)
- 1.30 200m WILLIAM ROBERT FLEMING i.mgquilkin p.barton
- 2.00 Javelin Warwick Sheffield
- 2.30 Long Jump Steve Hare
- 2.30 800m Tom Ashton Andy Cochrane Jim Marx (Thorpe)
- 3.00 Pole Vault Rohan Hodges
- 3.00 Shot Put The Good Doctor
- 3.30 4x200m Relay WILLIAM ROBERT FLEMING i.mgquilkin p.barton d.alder
- 3.45 High Jump Steve Hare
- 3.45 Discus Dr. Roger
- 4.10 110m Hurdles Steve Hare Rohan Hodges
- 4.10 5000m Andy Cochrane Charlie Aitken Tom Ashton

B GRADE v IVANHOE 1 AT HEIDELBERG

Rohan Hodges 85 5745

- 1.15 1500m Walk John Thorpe Bruce Moore
- 1.20 400m Hurdles Rick Dillon David Ekberg (ha ha)
- 1.55 200m Dave Johnston Bill McAuley Tony Campbell
- 1.45 Pole Vault John Eggleston
- 1.30 Discus John Currie (Buchanan)
- 2.15 Shot Put David Buchanan (Currie)
- 2.30 Long Jump Oswald X. Anonymous (better known for poetry than long jump)
- 2.55 800m Graham Wise Andrew Fairley (Facey)
- 3.15 Hammer John Currie
- 3.45 High Jump John Eggleston
- 3.50 4x200m Relay Dave Johnston Bill McAuley Rick Dillon Tony Campbell
- 4.15 Javelin Andrew Fairley
- 4.30 5000m Stuart Facey Bruce Hooley Geoff Little
- 4.30 110m Hurdles The Dynamic Duo i.e. Eggleston&Ekberg

Take note of erratic times of start for certain events above.

C GRADE v Doncaster AT HEIDELBERG

Jon Holmes 568 2357

- 1.15 1500m Walk Andrew Jamieson
- 1.20 400m Hurdles Xaviere Nobody (blow for women's lib.) & Delores Y. Nothing (yet another score for the libbers.)
- 1.30 Long Jump Tony Campbell (Martin)
- 1.45 Pole Vault Jim McKee
- 1.55 200m Sam Martin (child star) Rob Ward p.ritchie (carrot apex)
- 2.45 Shot put Max Borchardt
- 2.55 800m Jim Morey (keen) Jeff Knight Geoff Hindle
- 3.15 High Jump Mat Dillon (Bonanza)
- 3.45 Javelin Col Findlay (McKee)
- 3.50 4x200m Relay Tony Campbell Rob Ward Mr. S. Martin (a new Liza Minnelli?) & p.ritchie (otherwise entitled Crimson Crest)
- 4.30 110m Hurdles Ian Handasyde p.ritchie (vermillion vertex)
- 4.15 Hammer Max Borchardt
- 4.45 5000m Geoff Hindle Dick Batchelor Mike Vallence

DH-JUNIOR v ESSENDON AT HEIDELBERG

Al McGleash 206541

- 1.30 1500m Walk Howard Cooper (Aitken)
- 1.55 200m Allustare McGleash Marcus Playstead Nickle-us Dacarckus (ham)
- 2.30 High Jump Mike Smith (Cooper)
- 2.45 Hammer Marck Pleistud (Ham)
- 2.55 800m Ros HoooooolEe Dick Meryginn Howie Cooper (Aitken)
- 3.15 Javelin Al@stair Mgleash (Munro)
- 3.30 Long Jump Mitchell (Ham)
- 3.50 4x200m Relay MgGleeSh Dakerciss Pleistedd Hamm (Aitken)
- 4.15 Shot Put Anndroo Ayttkin (Munro)
- 4.30 110m Hurdles Broos Michil Davo Hamn (Pleisted)
- 5.10 3000m Roz Houllllllli Howerd Kooooops (MERIGAN)

signed,  
Walter Roderick Flighpol(W,R.F.)

HOLD THE PRESSES!!!!

"THE AGE"

MONDAY 24th JANUARY

PAGE 21

HEIDELBERG : B GRADE

\$\$\$ 0.5 63 d. STRIDERS (2) 62 \$\$\$

Well, fellas, your maths might be suspect, but who cares. Over the weekend two points have mysteriously appeared, turning a loss by a point into victory by a point.

All very curious actually. The only explanation that seems possible is that Stuart Facey qualified in the 400m after all.

Anyway, don't think a gift horse is to be looked at, as they say. I think that's how Straders 2 by one point. Yay team.

-oOo-

Having P.T'd.C.F.T.R.D.T.W.R. and found nothing, now read on for the rest of the...

A GRADE REPORT

Now where was I? Dippin' me lid to r.g., that's right. Next 2832 HAM DNQ, pinched from sub-junior as the club's top triple jumper, went close but botched it. We've got him next week, Greg. Not really next cause the times are all haywire but next on the sheet, the Club Treasurer and the B Grade team manager filled in third and fourth in the high hurdles in 16.6 and 17.4 resourcefully, Rohan then going on to DNQ in the pole - "hit it on the way down!"

An hour and a half ago, and dammit this ruins my report before + e the shot put, Doc Glass had actually opened his account with a win in the discus, with 39.64m, except he hadn't really, because further down the page and an hour before the discus even, Doc Glass had actually opened his account with a loss in the hammer, with 52.36m and I'm glad he only did three events.

Next, three hours later, or two and two thirds hours later, or five sixths of an hour earlier, depending on the program, I.e. Phyll, Daffyd and Jono came two in the four times one hundred metres relay, S.S.H. completing the course in a little over forty-two seconds. They were sqx and won no bux coz they are amateurs.

In the steeple A.C. scored again with 9-32 to win and C.A. followed at the other end of the field. That is i.e. id est became fourth.

South Ozzie import W.J.R. "Jim" Grant then took to the track with T & G to contest the 400m. You will notice that I inserted a full stop in twixt of the previous sentence. This was for the fascinating reason that I pressed the "full stop key" and was in fact unintentional and wrong. However and this notwithstanding, returning to the track moreover, Greg and Jim hold a mid-track conference....

"This Mitchell dood reckons he's just a bit good, Greg."

"So do I, Jim."

"Oh."

The gun goes off, and Greg and Jim look around startled, then take off after the field, by now about 300m away. The second gun goes as Ashton pips Mitchell by 25.4mm, and the starter says "were you two ready?" looking in the direction of our heroes.

"No, I thought praps you weren't, but I couldn't be sure. We'd better try again, lads. On your marks."

So the race proper gets under way. Mitchell's coach reads out 200m times and Evens hears "21...22..." as he flashes by. Only a PB 200m by nine seconds.

"My God," he thinks, "I'd better slow down. I can't run this fast!"

So Greg jogs to the line to cross in 52.2 for fifth, while Jim has done a crash hot 50.2 for third. Poor Tom, exhausted by his victorious false start, finishes sixth in 53.4. Mitchell dood did 46.6, just out of interest.

That didn't really happen you know, the bit about the false start an' that, not really. Just thought I'd tell ya, ya know?

The Saint Stephen's Harriers were credited with one hundred three points, the Old Scotch Collegians with sixty-one. I omitted an e in Stephen's.

-oOo-

A reminder to all those who intend entering the Victorian under age and veteran's championships that entry forms are available from various people, e.g. Bruce Moore, Nick Tapp, maybe Gregor Evans, maybe Jon Holmes. Entries close on Monday 21st February.

-oOo-

On February 5th EVERYBODY competes at Olympic Park. There will also be a barby afterwards on the river banks.

-oOo-

Ahem...blush blush...I believe an epilogue, rather than a prologue, comes after the end.

-----\$\$\$QQQQ/////

Now we really do have a beauty for you here. It's not often the people at old scotch come up with one like this.

A streamlined model, it has first-class imagery plus a superb set of wall to wall rhyme. Yes, this little dreamboat comes fully equipped for your disgust with revolting atonal tuns, designed to make the most tolerant and catholic music fan ABSOLUTELY THROW UP.

I will keep you in suspense no longer, dear friends. From the Old Scotch Anthology of Collected Verse,

THE EAGLE

He clasps the crag with crooked hands ;  
Close to the sun in lonely lands,  
Ring'd with the azure world, he stands.

The wrinkled sea beneath him crawls ;  
He watches from his mountain walls,  
And like a thunderbolt he falls.

ALFRED LORD TENNYSON ('87 - '63)

a large blank space

Acknowledging the craze which has taken the Continent by storm, the use of WORDS!!

the Old Scotch branch of Verbalists Anonymous takes enormous pleasure in introducing a pilot production of

THE OLD SCOTCH VERBICULTURAL MANUAL

pisiculture ostreophagist pistol cesspit otacousticon formication dolichocephallic caoutchouc pyyalogueue chest blubber cancer flatus clifton hilton fleetwood steer neurophagous it eczema hollyhock aides de camp the girls rupart miles Vic Bulles u.s.a. peking bald-coot scrotiform yuk cuneiform translucent pasteurised stunning covalent F=BII Q=It migrant collegian photos corset fore-play-stead-fast obesity blat deadly nightshade merigolds take it greasy work jockette tight chronique scandaleuse linda lovelace film career: mutton chops bone head receding hairline.

-oOo-

This news sheet was produced solely by two people. The editr did some and, as you may have guessed, w.r.f. did a little too. Gregor has assured us that nothing herein can constitute libel, and before we close with one last stanza from the O.S.A.O.C.V. (unpublished), you the unwitting taxpayer have forked out eighteen cents for this whole, useless, wasted and totally awful stencil. hahahahahahahahahahahahahahahahahahahahahahahahahahahahahahah

from HELEN KIRKCONNEL

I lighted down my sword to draw,  
I hacked him in pieces sma',  
I hacked him in pieces sma',  
For her sake that died for me.

ANON. ('01 - '00)

# OLD SCOTCH

C.A.A.C.

# NEWS-SHEET

Registered for Posting as a Periodical - Category B. Price: 5 cents

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

SUMMER 11

29 JANUARY 1977

Prepare yourself for a shock...this news sheet is going to be sane. It will also be ordered, informative and enjoyable, and pigs fly. Seriously though, we will do our best.

No A Grade results are yet to hand, so everything to do with A Grade this week will be included on page two. As far as the Heidelberg folks were concerned, last Saturday was a day of mixed success. B Grade lost rather badly to Ivanhoe (1), C Grade won rather well against Doncaster, Sub-junior beat Essendon very well, and Under 15 lost to the top dogs in their competition, Doncaster (1). Under 14 appear to have been a little disorganised, and no results are yet available.

Scores at Heidelberg were : B GRADE : O.S. 39+ Ivanhoe (1) 78+  
C GRADE : O.S. 50+ Doncaster 32+  
SJ : O.S. 56 Essendon 37  
U15 : O.S. 45 Doncaster (1) 64

Inaccuracies in the scores are due to some large gaps on the results sheets. I hate to harp on, but every athlete MUST record his own performance, including position and time or distance, on the sheets provided. Otherwise nobody has any idea what goes on, and you will continue to read inaccurate and incomplete reports.

-oOo-

This week the Courage Award, which is not actually awarded for being courageous at all, and, despite several unseemly accusations, owes its name in no way to a brewing house of the same name, is awarded absolutely fair-dinkumly to Max Borchardt. Until two weeks ago, Max had been competing in his regular two or three throwing events each week without any success. A string of DNQ's that lasts for six rounds must be pretty discouraging, but Max stuck at it.

Then after Christmas the ice broke. In the first round this year Max cracked it for a second in the C Grade shot put with 9.48m. Last week he threw the shot 9.51m and the hammer 24.70m for six points each time.

What more need be said? Great effort, Max, and let's hope your success continues.

-oOo-

Other noteworthy performances today at Heidelberg came in most grades.

|             |                           |                                             |                              |
|-------------|---------------------------|---------------------------------------------|------------------------------|
| Jon Currie  | B Grade discus            | 30.98m                                      | A Grade next week!           |
| Rick Dillon | C Grade high jump         | 1.80m                                       | and still going              |
|             | C Grade 200m              | 23.9                                        | which is faster than B Grade |
|             | C Grade 4x200m relay team | (Currie, Buchanan, Borchardt, I. Handasyde) | first place (sort of)        |
| Dave Ham    | Sub-junior long jump      | 5.91m                                       | VENUE PB                     |
| Darren Ward | Under 15 high jump        | 1.55m                                       | PB                           |
| Ian Munro   | Under 14 javelin          | 29.29m                                      | PB                           |

-oOo-

Don't forget, all teams compete at Olympic Park this coming Saturday. There will be a barbecue on the banks of the Yarra afterwards. Our usual spot is one of the gas barbecues on the other side of the river from the park, just near the Bot. Gardens. BYO food and drink.

-oOo-

Don't forget again, Sunday 27th February is PORTSEA. This three way meeting between M.U.A.C., O.S., and Officer Cadets is one of the highlights of our season. As well as a competitive race for teams from each club, there are invitation events in everything on the program. All this on an oval not 100 metres from the beach, with barbecue facilities even closer.

So fill up the ol' picnic basket and shoot down to Portsea on the 27th.

-oOo-

nothing at all

Before bringing you the A-Grade report, there were a few good performances on Saturday that are worthy of mention.

Andy Cochrane recorded two best performances in the 800m and 5000m. In the 800m he ran a time of 1:57.4, and in the 5000m a time of 14:59.4, his best by 6 secs.

John Thorpe certainly made his presence felt in the 1500m walk, winning in 6:57.0, bettering his previous best by 11 secs.

Dave Alder ran his best time in the 400m Hurdles by 2 seconds, recording a time of 58.6.

Now, in his usual style, completely free of any suggestion of egomania (or of course any other mania), Bill Fleming brings us the...

#### A GRADE REPORT

This week, as I recline in 35° heat, I am finding it rather bewildering attempting to decipher the ramblings of the results sheet, in order to present them in a legible form. I am thwarted in my efforts by missing times, distances and placings, so the report will be rather sketchy. It appears that A Grade needs a secretary or something (any offers, Lynne?) (fair go!-Ed.) to take down results.

Anyway, the 1500m walk saw Ian Handasyde suffer an upset at the hands of John Thorpe who PB'd by 11 secs. John won with 6-57.0, while Ian walked in at fourth place looking rather dejected. Meanwhile, Gregor was coasting home with Dave Alder in the 400m Hurdles to gain third and fourth places respectively; Mr Evans in 57.8 and Mr Alder in 58.6, which was yet another PB, this time 'by about two secs.' Of course, Rog Glass was throwing the hammer at this time also, gaining a walkover win with a throw of 'I know not what'. (In fact, all Dr Glass' results were mysteriously misplaced.)

Half an hour later, the sprinting started and yet another upset occurred. Bill Fleming, well known Australian sprint star, suffered a shock defeat causing most, if not some, of the spectators in the arena to call for the starter's head. Bill, when asked to comment on the race and possible retirement, said 'They were quite fast but I will bounce back to form next week.' Phil Barton took out third place in 23.0s, Ivan fourth place in 23.1s, and finally Bill in 23.7s, an unfit (who me?) sixth place.

Warwick Sheffield threw the javelin 'a long way' (distance unknown) to take out first placing and then Steve Hare allegedly jumped 1.70m in the long jump(?) to gain xth place and score no points! If anyone can decipher this result I would be grateful. Also at this time the 800m trio of Andy Cochrane, Graham Wise and John Thorpe gained second, fourth and sixth positions in 1-57.4(a PB), 1-59.0 and 2-05.0 respectively.

In the pole vault, Rohan Hodges was unable to qualify but came '..... close'. Rog Glass was defeated in the shot put and put the big ball 'a long way but not far enough'.

At 3.30p.m. the sprint team again reared its ugly head (no offence meant) but was defeated narrowly. This defeat was vindicated by Rog Glass' win in the discus with a toss of 'good enough to win'. Later, Andy Cochrane scored his second PB of the day with a win in the 5000m in a time of 14-59.4, his best by six seconds. Charlie Aitken followed in with 15-22.9 in xth place. Finally, Steve Hare showed up in two more events. Firstly in the high jump, a second position with no height recorded (maybe this is where the 1.70m should go?) and a fourth placing in the hurdles in 19.8s: 'the last hurdle jumped up and hit him'. Rohan Hodges, however, gained third place in 17.9s, thereby finishing the day's events.

According to the Age newspaper, the final score was O.S. 68 to Box Hill(2) 99. It appears we also need a calculator or a person with a mathematical brain to total scores. Please do not take the above final score as the truth; the Age has been known to be wrong. In any case, we still lost: better luck next week; maybe Besanko will break a leg.

-oOo-

In actual fact, the Age was wrong last week and the management wishes to apologise for unnecessarily causing any celebrations, parties, etc. B Grade was in fact defeated by Striders, and not as was reported, victorious.

-oOo-

I regret to inform you that this news sheet is going to have a temporary lapse into confusion. When you get to page 5, read the little bit at the bottom, dutifully turn over, and find nothing there, do not be dismayed. Ed. and w.r.f. just couldn't be bothered doing a page 6 when the under 15 team will fit on page 2. So here it is. O.S. v Doncaster (2) at O.P.

|      |              |                                 |
|------|--------------|---------------------------------|
| 1.00 | Triple Jump  | D.Edwards                       |
| 1.25 | 90m Hurdles  | T.MacLennan W.Crothers          |
| 1.30 | Shot Put     | E.McLeish                       |
| 1.45 | 1500m Walk   | R.Fewster                       |
| 1.45 | Pole Vault   | R.Fewster                       |
| 2.00 | 100m         | D.Edwards T.MagLennan E.MgLeish |
| 2.20 | 1500m        | D.Ward R.fewster W.Crothers     |
| 3.30 | Discus       | MgLeish                         |
| 3.35 | 4x100m Relay | Mac Mc Wainne Davo              |
| 4.45 | 400m         | Ed Tim Dazza                    |

And now, in a great leap forward for our policy of racial and religious non-bias,  
THE B GRADE REPORT BY TONY CAMPBELL

Presenting the B Grade report written for the first time by an ex-Old Melburnian :  
 Oh no! Anyway, carry on.... Allright!

The day started off slowly for O.S. Andy Jamieson and Bruce Moore could only manage third and fourth in the 1500m walk. Then followed the 400m hurdles. Rather a non-event, to say the least. No-one fronted from either team. Yawn!! In the discus Jon Currie threw 30.98m, which qualifies by 0.98m, but unfortunately he was beaten.

What of the pole, you may ask. John "building manager" Eggleston showed amazing fluidity, style, and grace, but the one thing that was against him was that he didn't qualify. Another 0-6. In the 200m we fielded a formidable sprint team. Well, we were bigger than Ivanhoe! At the finish the judge called for a developed print, but regrettably we came fourth, fifth, and sixth, with Julian Martin, Tony Campbell, and Dave Johnston, who announced his retirement to me after the race. No doubt he will make a Melba-type comeback next week.

The breakthrough finally came when Dave Buchanan won the shot 6 points to 3. We lost the long jump 0-6 owing to lack of numbers, and in the 800m we were short once again. Stuart Facey finished fourth, but unfortunately Geoff Hindle fell over and failed to finish. For the hammer, Jon Currie was last seen doing a bit of swift talking to Dave Buchanan, but whether he succeeded or not is unknown.

What of the high jump was undoubtedly going to be your next question. John leapt 1.70m, as did the Ivanhoe competitor; the countback went the wrong way, and 3-6 was the result. The relay team, which apparently comprised Johnston, Martin, Ekberg, and Dillon, was beaten, and we could not supply a javelin thrower. Alas! Woe! Fie!

The 5000m saw a steady run from Dick Batchelor, who worked his way through the field to record a good win, a fourth to Bruce Hooley, and a disaster for Stuart Facey, who did not finish. John Eggleston ran the 110m hurdles without Dave Ekberg, who dropped to C Grade, and finished second to earn 4 points to 6. So the final scores, as near as we can work out, were 39 to 78, a convincing loss to Old Scotch.

-oOo-

Two C Grade athletes were asked to write a report on Saturday. Both hummed and hahed, and come 5 O'clock there was still no sign of any report. How about a bit of effort, lads, and that is putting it very politely. Ed. is sick to death of writing team reports for lazy )?\_%\$'@@s who don't do their own. From next week, no team report, no news.

C GRADE REPORT

It appears that the first three events, being the walk, the 400m hurdles, and the pole vault, were all uncontested by Old Scotch competitors. This is no good.

The 200m finally broke the drought, with Rick Dillon winning in a quick 23.9s and Dave Ekberg third in a sizzling time which is being withheld to avoid mass hysteria. Owing to an oversight on somebody's part, poor old Pete Ritchie, or all sorts of names to his mates, was not registered for today's round, and had to settle for an invitation run.

Max Borchardt poured on the power in the shot put, which was next on the list. He won this with 9.51m, but nobody competed in the long jump, or, would you believe it, the 800m. It was up to Big Max to put O.S. on the map again, which he did in fine style, winning the hammer 6-0, with a best throw of 24.70m (PB).

Rick Dillon made another appearance in the high jump, and was just getting warmed up at 1.80m when everyone else had dropped out! A great effort!

I wouldn't like to meet the relay team in a dark alley. For this event Big Max was joined by Buck Buchanan, Jon Currie, and Ian Handasyde, and this little lot, with not an ounce under 60 stone between them, took to the track and not only qualified but won 6-0!

The javelin was another non-event for the red legs, and Geoff Hindle, covered in sticking plaster and antiseptic, was our lone representative in the 5000m, finishing second. Dave Ekberg and Ian Handasyde took the points in the 110m hurdles, notching up first, in 17.1s, and third respectively. The final points as they stand are 50 to Old Scotch and 32 to Doncaster, but with five events uncertain, this could alter drastically.

-oOo-

Despite the unexplained absence of Mark Plaisted, Andrew Aitken, and Nick Decakis, Sub-junior has some good news for you in the..

SUB-JUNIOR REPORT

Having lost to Essendon in the very first round this season, we fronted up for the re-match today determined to go all out.

When all that turned up was a depleted squad of six plus one cripple, things looked grim. However, Howard Cooper got the team off to a good start with a 6-0 win in the walk. Al McLeish then produced a fine 23.1s for a win in the 200m, while Dave Ham came in third in 25.0s and Ross Hooley fourth in some unknown but undoubtedly scintillating time.

Mike Smith is a great asset to the team, as he proved again today with a jump of 2.70m for a walkover in the high. The hammer was uncontested by both teams, and O.S. was short again in the 800m. Only Ross Hooley and Dick Merigan competed, but Essendon were also

Cont/...

SUB-JUNIOR REPORT CONT/...

...light on. Dick picked up second and Ross third, but no times were given.

The versatile Al McLeish then earned three points with a throw of 32.55m in the javelin, and Dave Ham recorded his best performance ever at Heidelberg to win the long jump with 5.91m. The relay team of Ham, Smith, Hooley and McLeish went down - another 50 metres and Al would've had him - and likewise Ross in the shot put, where he failed to qualify. Note that Ross has now requested a school shot to practise with.

Dave and Dick were unopposed in the hurdles, and Dave did 16.6s for six points. Dick crossed the line and the bell went, and the Old Scotch crowd gave the decision to Morigan by a short half head. The judges gave the decision to the bell amidst hostile scenes, so Dick DNQ. In the last event, the 3000m, Howard took on a surprising full team of two from the Dons, and finished third, I think, despite having a "spurt kept for the end."

So the mighty sub-juniors defeated Essendon and probably either regained or consolidated their position in the four.

-oOo-

Euan McLeish wrote this. Say no more.

UNDER 15 REPORT

For a few sweaty minutes, difficulty in breathing, loss of consciousness, violent convulsions and finally death : if I may put forward a piece of personal philosophy, I feel that MacLennan and Crothers are 3(1/2)T 4? cradle snatchers (decipher that) (I'm trying - Ed.)

If you are not coming please ring and let someone know so we can find a replacement for your event,

In the walk Richard Fewster came first, giving us a lead of 6 to 0. Then Euan McLeish came first in the shot, keeping the lead, now of 12 to 3.

Then in the 200m Dave Edwards came first, Euan McLeish fifth, and Chris Munro sixth (times 24.4, 26.7, 28.8). Then in the high jump Darren Ward did a PB of 1.55m but unfortunately couldn't pull off a win.

In the javelin Edwards came second with a throw of 34.35m (not up to standard). In the 800m Fewster came fourth, Ward fifth, and Munro sixth (times 2-36, 2-39, 2-58). The long was next and Ward did a jump of 4.82m, coming second, and another second followed in the relay.

Darren Ward then came fourth in the hurdles, and David Edwards was second (times 13.6, 16.7). The final score was 45 to 64.

-oOo-

We cannot really report on the Under 14's because there was no report, no results, and for all we know, no team. So instead, we will present next week's team for Olympic Park. Or at any rate we will present the program.

UNDER 14 v DONCASTER (2) AT OLYMPIC PARK

|      |              |                                                                                                                                          |
|------|--------------|------------------------------------------------------------------------------------------------------------------------------------------|
| 1.00 | Shot Put     | There is no set team, but everyone who can turn up should do so. You will all get a run, and of course there is the barbecue afterwards. |
| 1.25 | 80m Hurdles  |                                                                                                                                          |
| 1.30 | Triple Jump  |                                                                                                                                          |
| 1.45 | 1500m Walk   |                                                                                                                                          |
| 2.00 | 100m         |                                                                                                                                          |
| 2.20 | 1500m        |                                                                                                                                          |
| 3.00 | Discus       |                                                                                                                                          |
| 3.35 | 4x100m Relay |                                                                                                                                          |

-oOo-

True to form, in the tradition of the great news sheets, from the Old Scotch Anthology of Collected Verse (unpublished)....

THE BIG ROCK CANDY MOUNTAINS

In the Big Rock Candy Mountains,  
 All the cops have wooden legs,  
 The bulldogs all have rubber teeth,  
 And the hens lay soft-boiled eggs,  
 The farmers' trees are full of fruit,  
 And the barns are full of hay.  
 Oh, I'm bound to go where there ain't no snow,  
 Where the rain don't pour, the wind don't blow,  
 In the Big Rock Candy Mountains.

ACTIVITIES

Using the headings given in this collection, and others that arise from your discussion, build up a class collection of 'Poems with Rhythms', from your reading and library research. Another valuable collection could be built around 'Poems which change their Rhythms'. In each case, account for the change of rhythm within the poem.

A GRADE v Mentone at Olympic Park Gregor Evans 81.5755

1.00 Hammer ?  
 1.15 3000 Walk I.Handasyde J.Thorpe  
 2.00 100m P.Barton I.McQuilkin W.Fleming  
 2.00 Discus J.Currie  
 2.20 1500m A.Cochrane Jim Marx G.Wise  
 2.30 Triple ?  
 3.00 Shot Put D.Buchanan  
 3.00 A.Wardlaw S.Hare 110 Hurdles  
 3.30 Pole Vault R.Hodges  
 3.30 High Jump S.Hare  
 3.35 4 x 100 Barton McQuilkin Fleming Alder  
 4.00 Javelin W.Sheffield  
 4.10 Steeple C.Aitken A.Ramsey  
 4.45 400m D.Alder G.Evans Jim Marx

B GRADE v Ivanhoe 2 at Olympic Park Rohan Hodges 85.5745

1.00 Hammer M.Borchardt (at Yarra Park)  
 1.15 3000 Walk F.Prowse B.Moore  
 1.30 High Jump R.Dillon  
 2.00 100m D.Alder D.Johnston A.Campbell  
 2.20 1500m N.Lucas R.Bayly S.Facey  
 2.30 Discus  
 2.30 Pole Vault J.McKee  
 3.00 110 Hurdles R.Hodges J.Eggleston  
 3.15 Triple ?  
 3.35 4 x 100 Johnston Martin McAuley Campbell  
 3.45 Shot Put J.Currie  
 4.10 Steeple G.Hindle M.Vallence  
 4.30 Javelin A.Fairley  
 4.45 400m R.Bayly R.Dillon J.Holmes

C.GRADE v Collingwood at Olympic Park Jon Holmes 568.2357

1.15 3000 Walk A.Jamieson  
 2.00 100m P.Ritchie R.Ward J.Martin ( McAuley if available)  
 2.00 Shot Put M.Borchardt or D.Dyson  
 2.15 High Jump J.Eggleston  
 2.20 1500m B.Hooley G.Little R.Batchelor  
 2.30 Pole Vault J.Eggleston  
 3.00 110 Hurdles D.Ekberg D.Dyson  
 3.35 4 x 100 Ritchie Ward Dillon Dyson  
 3.45 Triple A.Campbell  
 4.10 Steeple J.Elder C.Findlay  
 4.15 Discus D.Dyson or M.Borchardt  
 4.45 400m A.Fairley P.Ritchie R.Ward (em J.Martin J.Knight J.Morey S.Tallent)

SUB-JUNIOR v Ivanhoe (2) at Olympic Park Al McLeish 20 654

1.00 Pole Vault Smith em. Merigan  
 1.30 Discus Aitken or Dacakis  
 1.35 1500m Walk Cooper em. Mitchell  
 2.00 100m McLeish Plaisted Dacakis em. Ham Smith  
 2.20 1500m Merigan Hooley Cooper or A. Thomson if available  
 3.00 110m Hurdles Ham Mitchell em. Plaisted  
 3.35 4x100m Relay McLeish Plaisted Dacakis Ham em. Smith  
 4.15 Shot Put McLeish or Aitken  
 4.30 2000m Steeple Merigan Cooper em. Hooley  
 4.45 Triple Jump Ham em. Mitchell  
 4.45 400m McLeish Aitken Hooley em. Plaisted Dacakis Thomson Ham?

-oOo-

If it's the Under 15 team you're after, turn the page and read on.  
 If it's a bit of kulcha you're after, turn the page and read on.  
 If it's blood, guts, and general depravity you're after, you've got the wrong  
 magazine.

-oOo-

A quick cheerio to Pate Thompson, who is still out of action with glandular fever.  
 cheerio!

# OLD SCOTCH

C.A.A.C.

# NEWS-SHEET

Registered for Posting as a Periodical - Category B. Price: 5 cents

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

SUMMER 12

FEBRUARY 6 1977

This week your much maligned editor does his swan song. Other pressing duties call, and Bill Fleming has consented, after a lengthy apprenticeship of about two days, to take charge for an indefinite period.

So this week's edition is a transition. Next week Bill hits the big time, and I hope all club members will support him in every way possible. This includes NOT promising to write a report, and then running off in the middle of it.

Anyway, Bill, best of luck!

-oOo-

Old Scotch team results were rather mixed again this week. Despite the inclement weather B Grade, Sub-junior, and Under 15 won; however, A Grade lost badly to Mentone, and C Grade and Under 14 also lost.

Final results were:-

|          |           |               |     |
|----------|-----------|---------------|-----|
| A GRADE: | O.S. 33   | Mentone       | 113 |
| B GRADE: | O.S. 66   | Ivanhoe (2)   | 53  |
| C GRADE: | O.S. 50   | Collingwood   | 72  |
| SJ       | : O.S. 71 | Ivanhoe (2)   | 23  |
| U15      | : O.S. 64 | Doncaster (2) | 48  |
| U14      | : O.S. 25 | Doncaster (2) | 56  |

There were quite a few good performances on Saturday:

|                 |                       |        |    |
|-----------------|-----------------------|--------|----|
| Dave Alder      | A Grade 400m          | 51.4s  | PB |
| John Eggleston  | B Grade 110m Hurdles  | 17.6s  | PB |
| Jim Marx        | B Grade 400m          | 52.0s  | PB |
| Jon Holmes      | B Grade 400m          | 53.9s  | PB |
| Rick Batchelor  | C Grade 1500m         | 4-25.0 | PB |
| Dave Ekberg     | C Grade 110m Hurdles  | 15.0s  | PB |
| Howard Cooper   | Sub-junior 1500m Walk | 8-10.0 | PB |
| Richard Fewster | Under 15 1500m Walk   | 9-16.6 | PB |

And now (because Ian Handasyde neglected to finish it) Bill Fleming presents the....

## A GRADE REPORT

This week O.S. was looking for a good round, hopefully culminating in some manner of percentage increase. Unfortunately this was not to be. With our top nine athletes out, O.S. could not really give a good account of themselves. If we are to attempt to stay in A Grade then a full turnout of our best athletes is needed, especially the next two rounds against Sandringham and Glenhuntly (2).

Neither of our walkers performed up to expectations with Ian Handasyde third in 16-21 and John Thorpe fourth (got a stitch half way) in 16-32. The jav was a non-event with neither competitor turning up.

Next the sprinters took to the track and although the times were fair, they could still only manage fourth, fifth, and sixth, with Ivan McQuilkin in 11.1, new import Ian Guyett 11.2, and Phil Barton 11.3.

There were no competitors in the Triple Jump or Hammer Throw this week and Jon Currie was unable to qualify in the discus. In the 1500m our trio of Cochrane, Ashton, and Wise had to settle for fourth, fifth, and sixth places respectively against tough opposition. Andy finished with 4-03.5, Tom with 4-10.0, and Graham 4-13.0.

Cont/....

A GRADE report cont'd...

In the 110m hurdles, Rohan Hodges and Steve Hare finished in third and fourth places but with the same time; 17.8. Dave Buchanan was struggling in the shot put at this time, though, and was unable to qualify. The pole vault was cancelled because of the rain, and this downpour thwarted Steve Hare's attempts to clear the qualifying height in the high jump.

The relay team of McQuilkin, Fleming, Martin and Guyett was also somewhat downtrodden by the opposition, while in the steeple, Andy Ramsey, our sole competitor, qualified by a narrow sixteen seconds, gaining a third place in 10-24.0.

Finally, the 400m team of Alder, Evans and Ashton managed a third, fifth, and sixth placing; Dave Alder being the only competitor to beat a Mentone athlete the whole day and thus stopping them from attaining a perfect score. Dave also had a PB time of 51.4, Greger came in with 52.5, and Tom Ashton in 53.4.

The final score was O.S. 33 to Mentone 113.

-oOo-

Now in his own unique and inimitable style, Jon Holmes this week presents the.....

### B GRADE REPORT

'I'm done;' gasped Rohan, 'my lack of fitness and slimness will ruin B Grade's chances.' 'Never fear,' replied Jon, 'I'll manage your team and mine.'

Bruce wins the walk (16-47.0) and Andy J. a close second. 100m time and Fleming (11.4), Alder (11.6) and Davo (11.9) go down. But never fear- Dillon high jumps 1.80m and Jagger's turns pale in his mountain retreat. Jim Marx is moving like a Stan Alves (It wasn't that slow-Ed.) with an almost PB of 4-11.0. Bayly (4-20) follows on from a slow moving President Stu. John Eggleston shows the big names (and stomachs) of Hare and Hodges what hurdling is all about with a win in 17.6 PB. Dyson made up the team with 20.0s. Next came the relay. Disaster. Shades McAuley and Tony C. messed it in fine style. (what a knocker-Ed.) 'It was slippery,' said Tony (fair enough -Ed) - the crowd was not impressed.

Hindle, looking like a slim Phil Rhoden (this is an 'in' remark for Redleggers) won the steeple in 10-28.0. Mike V. just failed to qualify but will improve or be shot at dawn. Please note that this was the common practice when Bruce, stew and Jon were in charge. Max B. didn't put his distance down again. Roger will be paying you a visit shortly.

Next came the 400m; the Dillon/Holmes/Marx clash. Jim on the outside shot away but Ric was with him to the bend. Jon was a way back (come and see him in the Vic. champs next Thursday) but then kicked slightly. Marx was well ahead with Dillon and Holmes juggling the lower places between them. PB Marx 52.0, Dillon 53.3, Holmes 53.9. Dillon now has two wins over the speedy Holmes. However, do not despair, sports fans. (we won't-Ed.) Jon will avenge himself in the 800m next week - despite Dillon's grandiose claims to be set for a 2-4.0 - and then hammer him into the cinders the following week.

'Do you think this is a good report, Rohan?'

'I dunno, Jon. I really can't say as I went home early and didn't get a chance to read the M.S. (what is M.S.? -Ed) - eat your heart out, Mitchell fans. Demons for premiers!! Prediction - Handasyde will come over to Windy Hollow for the 4x200m relay and we will win by a mile.'

Final score; O.S. 66 to Ivanhoe (2) 53.

-oOo-

In accordance with the ultimatum issued to all C Grade athletes last week, no report will be published for this team as no information was written for publication. As was said before, if you fellas want some news printed then someone has to put pen to paper. The Editor will no longer write your report.

-oOo-

Now readers, continue on to Al McLeish's exciting Sub Junior report, in this, the first of several news sheets under new management.....

\*\*\*\*\*

And now, for your edification, we present Al McLeish's (slightly edited).....

SUB-JUNIOR REPORT

Despite the torrential downpours, the Sub-Junior team managed to win convincingly over Ivanhoe 2.

In the opening event, the team spurred on Howie Cooper, who walked 8 mins 10 secs for a PB in the 1500m walk. Mike Smith, our star high jumper unfortunately didn't qualify in the pole vault. In the 100m, McLeish, Ham, and Plaisted came first, second, and third respectively, leaving the Ivanhoe 2 runners struggling on behind. The times were 11.3, 11.9 and 12.0 secs.

To boost our score by sixteen points, Ross Hooley, Howie Cooper, and Dick Merigan ran again first, second, and third (a walkover this time) with the times being 4-29.0, 4-40.0, and 4-45.0. Dave Ham and Mike Smith obtained yet another walkover, this time in the 110m hurdles; first and second, and pocketed a welcome ten points.

The rain poured then and unfortunately Mark Plaisted was not required for the shot-put. The relay won by approximately fifty metres this week, and the team was made up of McLeish, Ham, Plaisted, and Hooley.

It now rained heavily and the triple jump was called off because the rain hardened the sand; Dave Ham was glad for it made his feet as sore as anything.

Ross Hooley gained a walkover 6-0 victory in the 2000m steeple. Al McLeish came first in the 400m with a time of 54.6 secs and Ross Hooley ran in third. The discus was abandoned.

It was a well deserved win and the final scores were:  
 O.S. 71 Ivanhoe (2) 23  
 -oOo-

Euan McLeish has once again produced a report for his team, this time this little gem; thus we subject you to Euan's.....

UNDER 15 REPORT

On this glorious afternoon(sic), we got off to a great start with a 6-3 victory over Doncaster 2 with Fewster scoring a PB time of 9-16.6 in the walk. Wayne Crothers then won the hurdles in the brilliant time of 14.0, leaving the scores at 12-10. The 100m team of Edwards, McLeish and Crothers finished in that order. The 1500m followed and produced the most appalling run by Fewster and Munro that I think this club has ever seen, (strong words, Euan-Ed.) with Fewster doing a 5-43.0 - third last, and Munro DNQ. Dave Edwards won the triple jump (11.06), and McLeish won the shot put (11.44). It then poured with rain for ten minutes.

Next was the relay. What a flop! McLeish started off, giving it to Crothers, who gave it to Munro, but he dropped the baton. However, we still won. In the 400m, the last event of the day, it was truly a sight to see. The lane draw was Edwards in 3, Crothers in 5, McLeish in 7 and Doncaster 2 in lanes 4, 6, 8. Bang! They're off. Ed got off to a good start, CRUCH not so good, and Mac, Mac went flying kites. (Joke)(hahahahahahahahaha-Ed) At the 100m mark, Ed had three guys wound up, but not Mac, who was in the lead. At the 200m mark, Ed was level with Mac and CRUCH was in third place. (Gee this is exciting-Ed) With 100m to go, Ed was first, CRUCH third, and Mac fifth; then Mac put the power on and sprinted down the straight. At the finish, Ed was first, Mac was second and CRUCH fourth. Good run, boys.

Final score was O.S. 64 to Doncaster(2)48.  
 -oOo-

Col Findlay provided me with the results of the Under 14 team. So here goes....

|              |        |         |       |        |        |       |           |
|--------------|--------|---------|-------|--------|--------|-------|-----------|
| 80m hurdles  | Morris | 3rd     | 15.0s |        |        |       |           |
| 1500m walk   | ----   | -       | ---   |        |        |       |           |
| 100m         | {      | Munro   | 3rd   | 13.8s  |        |       |           |
|              | {      | Louis   | 4th   | 14.0s  |        |       |           |
|              | {      | Morris  | 5th   | 15.8s  |        |       |           |
| 1500m        | {      | Louis   | 3rd   | 5-41.0 |        |       |           |
| 4x100m relay | {      | Munro   | 2nd   |        |        |       |           |
|              | {      | Louis   |       |        | Discus | Munro | 1st 18+m. |
|              | {      | Morris  |       |        | Triple | Munro | 2nd 9.8m. |
|              | {      | Findlay |       |        | Shot   | ---   | ---       |

Continuing on with our policy of variety filled, entertaining, and informative news presentation, your roving correspondent, Bill Fleming, reports on one of the high points of the Old Scotch social calendar, namely,.....

THE OLD SCOTCH BARBECUE

On Saturday afternoon, all athletes keenly awaited the management decision as to whether the planned barbeque on the banks of the Yarra would be held. Some planned to continue on regardless of rain or shine, but this was not necessary as the decision was favourable.

So the mass migration started at 5.30 pm; carefully avoiding the hordes of gyrating, boisterous Italians, Greeks, Yugoslavs and other Continental persons, who began to stream into Olympic Park at this time to watch the soccer. A site was chosen for the barbecue by several Sub Junior and one A Grade member, who all unfortunately lacked any matches. Thus, lives were entrusted to Ian H. and Stu. F., who drove those persons to the vicinity of what is commonly known as the 'Bot'.

Upon returning, it was noted that the other club members were right into it already; steaks and sauages sizzling happily. A good atmosphere built up, as the trials of the day were forgotten, and the sights and smells of the barbecue were drawn in. The liquid refreshments flowed freely and good food was enjoyed by all. M.P. seemed to be held for ransom, although D.E. helped him out. Eventually though, conversation began to dwindle and the well-fed athletes, etc., parted company.

For some, the barbecue gave way to other gatherings elsewhere for various reasons; for others, it was home. However, merriment was enjoyed by all, and another successful Old Scotch barbecue reached its conclusion.

-oOo-

For certain members of the club, namely the Euan McLeish mob, we present the .....

UNDER 15 TEAM v COLLINGWOOD at HEIDELBERG.

Un Mgleesh 20 6541

|      |              |                                       |
|------|--------------|---------------------------------------|
| 1.40 | 1500m Walk   | Fewster                               |
| 1.45 | Shot Put     | Edwards                               |
| 1.55 | 200m         | Edwards, MacLennan, Crothers          |
| 2.00 | High Jump    | MacLennan                             |
| 2.45 | Javelin      | McLeish                               |
| 2.55 | 800m         | Fewster, Ward, Munro                  |
| 3.00 | Long Jump    | Edwards                               |
| 3.50 | 4x200m Relay | MacLennan, Edwards, McLeish, Crothers |
| 4.45 | 90m Hurdles  | MacLennan, Crothers.                  |

-oOo-

Now for other members, comes the.....

UNDER 14 TEAM v COLLINGWOOD 2 at HEIDELBERG

Correction: This is the Under 14 TIMETABLE

|      |              |
|------|--------------|
| 1.30 | High Jump    |
| 1.40 | 1500m Walk   |
| 1.55 | 200m         |
| 2.15 | Javelin      |
| 2.55 | 800m         |
| 3.45 | Shot Put     |
| 3.50 | 4x200m Relay |
| 4.00 | Long Jump    |
| 4.45 | 80m Hurdles  |

-oOo-

Welcome to Ian Guyett who has just joined this club as a sprinter for A Grade. He has come to us from Geelong College and won the A.P.S. 400m Final at the Combined Sports last year. He also did your new editor out of a place in the 200m Final by coming third!  
Good luck, Ian!

-oOo-

Well, apart from the teams over the page, that is just about it for the news sheet this week. Thankyou to Nick Tapp for all the work he has done in the editor's seat this season. It is a big job and he has handled it excellently. I wish him luck in his duties this year.

A GRADE v SANDRINGHAM at Olympic Park

Gregor Evans 815775

|      |              |                                         |
|------|--------------|-----------------------------------------|
| 1.00 | 400m Hurdles | Jim Grant Greg Evans                    |
| 1.30 | 200m         | Ivan McQuilkin Phil Barton Bill Fleming |
| 1.30 | 1500m Walk   | John Thorpe Ian Handasyde               |
| 2.10 | 800m         | Stew Handasyde Tom Ashton Ewen Wilson   |
| 2.30 | Long Jump    | Steve Hare                              |
| 2.35 | 110m Hurdles | Andy Wardlaw Steve Hare                 |
| 3.00 | Pole Vault   | Rohan Hodges                            |
| 3.00 | Shot Put     | Roger Glass                             |
| 3.45 | 4x200m Relay | Barton McQuilkin Fleming Martin         |
| 3.45 | High Jump    | Mal MacFarlane                          |
| 3.45 | Discus       | Roger Glass (at Yarra Park)             |
| 4.30 | 5000m        | John Marx Andy Cochrane Andy Ramsey     |

PLEASE NOTE OMISSIONS:

|      |         |                             |
|------|---------|-----------------------------|
| 1.00 | Hammer  | Roger Glass (at Yarra Park) |
| 2.00 | Javelin | Warwick Sheffield           |

B GRADE v COLLINGWOOD at Heidelberg

Rohan Hodgex 85 5745

|      |              |                                                |
|------|--------------|------------------------------------------------|
| 1.15 | 1500m Walk   | Frank Prowse Bruce Moore                       |
| 1.20 | 400m Hurdles | Dave Alder Dave Dyson                          |
| 1.55 | 200m         | Dave Alder Julian Martin Tony Campbell         |
| 1.45 | Pole Vault   | Jim McKee (if available)                       |
| 1.30 | Discus       | Jon Currie                                     |
| 2.15 | Shot Put     | Dave Buchanan                                  |
| 2.30 | Long Jump    | Philighammer X.P. Watsonbery-phaugndykke, esq. |
| 2.55 | 800m         | Jim Marx Roger Bayly Graham Wise               |
| 3.15 | Hammer       | Jon Currie                                     |
| 3.45 | High Jump    | Rick Dillon                                    |
| 3.50 | 4x200m Relay | as above plus much, much more!!                |
| 4.15 | Javelin      | Andy Fairley                                   |
| 4.30 | 5000m        | Dave Alder Stuart Facey                        |
| 4.30 | 110m Hurdles | John Eggleston Dave Ekberg (schoolboy)         |

If the above mixed up times seem familiar, that's probably because they are exactly the same as two weeks ago, from whence they were copied, without aforeprevuous carefulness and prepareiabtation.

C GRADE v OLD PARADIANS at Heidelberg

Jon Holmes 568 2357

|      |              |                                                                                    |
|------|--------------|------------------------------------------------------------------------------------|
| 1.15 | 1500m worque | Andy Jamieson Phrancis Aardvark                                                    |
| 1.20 | 400m Hurdles | Peter Ritchie (a joke, no?) David Ekberg (a joke, yes!)                            |
| 1.30 | Long Jum p   | Tony Campbell                                                                      |
| 1.45 | Pool Volt    | John Egglestoughn                                                                  |
| 1.55 | 200m         | Dave Johnston Bill McAuleigh Rique DylanemToughny Kamble<br>em. Jon Hoams Rob Ward |
| 2.45 | Shot Put     | Jon Currie em. Max                                                                 |
| 2.55 | 800m         | Neil Lucas Jon Holmes Rick Dillon em. Jim Morey Geoff<br>Hindle Andy Fairley       |
| 3.15 | High Jump    | Dvas yson                                                                          |
| 3.45 | Javelin      | John Eggleston                                                                     |
| 3.50 | 4x200m Relay | as above plus Rob Ward                                                             |
| 4.30 | 110m Hurdles | Dave Dyson Ian Handasyde                                                           |
| 4.15 | Hammer       | Max                                                                                |
| 4.45 | 5000m        | Mike Vallenee Geoffs Hindle & Little                                               |

For excuse see above (below B Greid)

SUB-JUNIOR V OLD PARADIANS at Haydebaairg

Alastair Charles McLeish 20 6541

|      |              |                                                                      |
|------|--------------|----------------------------------------------------------------------|
| 1.30 | 1500m Walk   | Howard Cooper em. Aitken                                             |
| 1.55 | 200m         | Al McLeish Mark Plaisted Nick Dakacis oops                           |
| 2.30 | High Jump    | Mike Smith                                                           |
| 2.45 | Hammer       | Mark Plaisted                                                        |
| 2.55 | 800m         | Ross Hooley Dick Merigan How Cooper?                                 |
| 3.15 | Javelin      | @@@%r M&&'h                                                          |
| 3.30 | Long Jump    | Bruze Mitchell em Harr                                               |
| 3.50 | 4x200m Relay | M&7'ph Dakakis Plaisted Han                                          |
| 4.15 | Shot Put     | Anders Aitken (must compete this week to be eligible for fina<br>ls) |
| 4.30 | 110m Hurdles | Michelle Harm                                                        |
| 5.10 | 3000m        | ROSS AND HOWARD AND MAYBE DICK                                       |

# OLD SCOTCH

C.A.A.C.

## NEWS-SHEET

Registered for Posting as a Periodical - Category B. Price: 5 cents

old scotch c.a.a.c. news sheet

summer 13

february 13 1977

Is there no justice for athletes? One week it pours with rain and there are lightning strikes all around, and the next week it is 37°, with humidity you could cut with a knife. It appears that the older athletes can not stand the heat, as A, B, and possibly C lost. Once again results were slow to filter in from Heidelberg, and were usually utter jibberish.

In a few words, the results were:

A GRADE: O.S. 78 SANDRINGHAM 94  
B GRADE: O.S. 46 COLLINGWOOD 87 (courtesy Sunday Press)  
C GRADE: ??????????????????????  
SJ : O.S. 64 OLD PARADIANS 26  
U15 : O.S. 44 ESSENDON 31  
U14 : O.S. 60 COLLINGWOOD (2) 0

There were five PB's on Saturday, despite the wind and heat:

|                |                       |                      |
|----------------|-----------------------|----------------------|
| Ivan McQuilkin | A Grade 200m          | 22.8                 |
| Steve Hare     | A Grade 110m Hurdles  | 16.3 PB              |
| Howard Cooper  | Sub-Junior 1500m Walk | 8-2.6 yet another PB |
| Al McLeish     | Sub-Junior Javelin    | 35.78 PB             |
| Al McLeish     | Sub-Junior 200m       | 26.2 non-PB          |
| Dave Ham       | Sub-Junior Long Jump  | 6.27 PB              |
| Neil Louis     | Under 14 Long Jump    | 4.54 PB              |

John Thorpe and Bill Fleming put pen to paper to co-produce the...

### A GRADE REPORT

As your correspondent writes, he is propped up in the stands of Olympic Park, surrounded by bulk empty cans (soft, of course) and the bulky Old Scotch aths team. The temperature is 150°C. Those who have competed.... but enough of this rubbish...the editor says "stick to the facts, and no scientific razzle dazzle."

Right. The first event saw South Australia's -sorry- Old Scotch's Jim Grant go to a clear win in the 400m hurdles in 54.2, and Gregor a close third (59.3), just failing to make second by three metres.

After an abortive attempt to start the 1500m walk, with all competitors forming a line 24 wide (some were nearly over the fence!), the event started in earnest. Correction: earnest. Many steps and positional changes later, the sole Sandringham walker had a good win over John Thorpe (two stitches in the one race) in 7-18, and Ian Handasyde in 7-31; who blew up while coming second with a lap to go.

Those turned on by sprint events, will be interested to know that Phil Barton, allegedly (says Phil), had his second break in about fifteen years in the 200m. The race itself was not so interesting, McQuilkin fourth in 22.8, Barton fifth in 23.1, and Fleming at least ten metres behind (what? nothing like it! -Ed) in 23.8; affected by the heat and possibly training. (I was also suffering extreme mental anxiety from running in lane 8. -Ed) Phil is still raving about a leg flick not being a break.

Meanwhile at Yarra Park, Roger Glass tossed the hammer 53.80m, a mere ten millimetres outside his season's best, for a 6-3 win. Warwick Sheffield threw the javelin 49.64m to get a second place. International competitor, "Steve" Handasyde (PB of 1-48, according to the New Zealand papers) shed his Union Jack shorts (what?) for the Old Scotch red ones. It was a great race but your correspondent missed it - however opinion has it that Steve, or is it Stew., was second in 1-56.0, Tom Ashton was third in 1-57.0, and Andy Cochrane was fourth in 1-58.0.

A comment from Junior Walker - one of the all stars - "can we pull it off?" (smutty innuendo)

A Grade report cont'd.....

Steve Hare DNO'd the long jump but returned in the 110m hurdles with a close third(16.3 PB), and Andy Wardlaw, after a slow start was fourth in 16.6. This is the first week since Christmas that Steve has cleared every hurdle. Rohan Hodges still hasn't enough weight to bend the pole and did not qualify, but he was close. Progress score: 47 to 67." I think our goose is cooked" says the editor.

Roger Glass completed a perfect score for himself this week with a win in the shot put(13.76m) and another win in the discus(43.20m). Mal MacFarlane won the high jump with approximately "6'3" not out". Meanwhile, the relay team of McQuilkin, Barton, Fleming and Alder, resulted in a second place again.

Finally, in the 3000m, Andy Cochrane was second in a time of 8-40.0, John Marx was third in 8-42.0 and Andy Ramsey DNO. This left the final score at O.S. 78 to Sandringham 94.

-oOp-

Because of the utter jibberish received from Heidelberg, Gregor Evans kindly provided me with a.....

COMBINED B & C GRADE REPORT

No reports from Heidelberg were received from either team; results were not filled in, team sheets were nearly illegible and incomprehensible.

B Grade probably lost to Collingwood and C Grade (v Old Paradians) may have been close. (With the exception of this week's U 15 team report, this could well be the vaguest team report ever printed. -Ed.)

Some observations of B and C Grade performances from a distance of about 12 miles, 4 hours, and 2 hotels are:-

Dave Alder (60.3 B Grade) and John Eggleston ( 63.0 C Grade -first run) were good times for the 400m hurdles in 37<sup>th</sup> heat and 100kph winds.

Some 200m times are recorded, so I shall give you those for there isn't much else. B Grade:- Alder 24.1, Martin 25.3 and Tony Campbell 25.5, to be compared with C Grade times of:- Rick Dillon 24.7, Jim Marx 24.8 and Dave Johnston 24.9.

Rick Dillon apparently beat Graham Wise in the B Grade 800m (no times), and also won the high jump with 1.75m. I think Stu Facey beat Jon Holmes in the C Grade 800m and may have clocked about 2-14.0.

Nearly forgot Dave Buchanan's shot put- 9.96m just missed qualifying in B Grade. Now, besides Bruce Moore's 7-54min walk in B Grade there is not much to report except that someone told me sometime during the evening, that Geoff Hindle may have finished the 5000m - a good effort in itself in the oppressive conditions.

-oOp-

Sub Junior has a little more sympathy for the editor than the other teams, and Ross Hooley sent me the following.....

SUB JUNIOR REPORT

This week we had a runaway win from an almost non-existent opposition.

Howie started us off well by scoring a PB time of 8-2.6 in the 1500m walk. This was only 11.6 sec off the record, and that was against the wind. (Great!-Ed.)

In the 200m, we were first, third and fourth. Mac came in with a time of 26.2 sec against a 100 knot wind (or enough to blow the tent over twice); Mark was third and Ross fourth.

Over at the high jump, Michael Smith retired at 1.60m (being the only jumper left), and Howard Cooper, competing by invitation, finished at 1.40m.

Ross, being the only Old Scotch 800m runner, came in second in between two Old Paradians' competitors.

Al McLeish achieved his best javelin throw of the season, with 35.78m. While Al was scoring 6 points, Dave Ham was killing them in the long jump with his best effort for the season of 6.27m (Dave for A Grade)

Cont/....

Sub Junior report cont'd....

We romped in the relay, with Al, Mark, Mike, and Dave having no competition. There was nobody in the shot put, so we lost 6 points.(Tragedy) The hurdles increased our lead by 5 points, with Dave winning in 19.7 secs. and Ross third in 22.0 secs.

To finish off the day, Howie competed in the 3000m and won in a time of 10-40.0. (He even enjoyed it !)  
Well done to those who competed. Final scores were:  
O.S. 64 to Old Paradians 26

-oOo-

I think Gregor sums up the U15 team report very well:"The U15 team result was OK and their subsequent team report is a little masterpiece. The author, however, should refrain from letting his imagination run riot and should stick to the facts!!!" Thus, having built up your expectations and left you in a state of eager anticipation and excitement, we unload some literary genius' pearls of wisdom in.....

THE UNDER 15 REPORT

Few was disqualified in the walk,  
Ed won the shot,  
Mac was second, Mc third, and Ed fourth in the 100m.(I thought it was the 200m.--Ed)  
Mac won the high  
Mc won the javelin  
Mac and Few went in the 800m  
Ed, Few, Mc, and Mac won the 200m relay.  
No one went in the long jump or the relay(?)

Footnote:Gregor asks," If no one went in the relay, how did we manage to win? If anyone knows, please tell me and we shall try it in A Grade!"

-oOo-

Under 14 results were very heartening, especially Neil Louis' PB in the long jump, which is a result of practice and perseverance. Nick Don's return to the track also helped the team considerably. A breakdown of U14's performance in their walkover win is presented below in the....

UNDER 14 RESULTS

|       |                           |     |        |    |
|-------|---------------------------|-----|--------|----|
| 200m  | Don                       | 1st | 29.5   |    |
|       | Louis                     | 2nd | 32.2   |    |
|       | Morris                    | 3rd | 34.6   |    |
| Jav.  | Munro                     | DNQ |        |    |
| 800m  | Don                       | 1st | 2-45.0 |    |
|       | Findlay                   | 2nd | 2-59.0 |    |
|       | Louis                     | 3rd | 3-06.0 |    |
| Shot  | Munro                     | 1st | 10.97m |    |
| Relay | Don, Louis, Munro, Morris | 1st |        |    |
| Long  | Louis                     | 1st | 4.54   | PB |
| 80m H | Merris                    | 1st |        |    |
|       | Louis                     | 2nd |        |    |

Final Score O.S. 60 to Collingwood (2) 0

-oOo-

LOST :

by Mark PLAISTED  
at HEIDELBERG  
on SATURDAY

a "BIG DRINK THING" covered in sort of foamy stuff which was left there after competition.

If anyone picked up the particular item in question, which is in fact an insulated drink jug, then contact Mark Plaisted at his home in the evening on 20 2960.

-oOo-

# TAKE NOTE:

THERE IS NO  
ATHS  
(INTERCLUB) NEXT WEEK

BECAUSE OF THE VICTORIAN CHAMPIONSHIPS.

Repeat:

THERE IS NO ATHS (INTERCLUB) ON SATURDAY 19TH FEBRUARY  
DUE TO THE VIC CHAMPS.

--oOo--

Thankyou to Helen Feutrill(editor's sister) for much fast typing.

--oOo--

Welcome once again to Ian Guyett, who has just been added to the mailing list; he has come to us from Geelong College and won the Open 400m Final at the Combined A.P.S. Sports last year. He is a great asset to the club and we wish him luck.

--oOo--

--oOo--

By the way, Gregor Evams' phone number is 815755 ; not as was previously advertised.



List Of Debts Owed To The Old Scotch Athletics Club

|                 |         |
|-----------------|---------|
| Neil Lucas      | \$1.50  |
| Stuart Facey    | \$5.50  |
| Jim Elder       | \$6.00  |
| Andrew Aitken   | \$4.50  |
| Charlie Aitken  | \$18.50 |
| Roger Bayly     | \$3.20  |
| Geoff Bell      | \$4.80  |
| Roger Glass     | \$7.00  |
| Jon Holmes      | \$12.00 |
| Andy Jamieson   | \$18.00 |
| Lyndon Langan   | \$7.50  |
| Mal MacFarlane  | \$12.00 |
| John Marx       | \$26.00 |
| D.A.K. Mitchell | \$9.20  |
| C. McConchie    | \$4.50  |
| Mike Purnell    | \$10.00 |
| Peter Wardlaw   | \$4.50  |
| David Watson    | \$1.05  |
| Nigel Watson    | \$6.00  |
| John Womersley  | \$1.00  |
| Bruce Mitchell  | \$4.50  |

Total Major Debts Owed: \$167.25

These outstanding debts must be paid quickly or the club will run out of money. Please send all money to:

Steve Hare  
9 Harold Ave  
GLEN IRIS 3146

-oOo-

Now, on a lighter note, Gregor compiled these results recently, of Old Scotch performances in.....

THE VICTORIAN CHAMPIONSHIPS (HEATS AND SEMI)

|         |                   |                     |          |                                                 |
|---------|-------------------|---------------------|----------|-------------------------------------------------|
| 800m    | Stu. Handasyde    | 1-54.0              | in heat. | (qualified for semi-final)                      |
|         |                   | 1-56.1              | in semi. |                                                 |
|         | Tom Ashton        | 1-54.1              | in heat. | (qualified for semi-final)                      |
|         |                   | 1-55.5              | in semi. |                                                 |
|         | Jim Marx          | 1-54.4              | in heat. | This was a PB.                                  |
|         | John Marx         | 1-58.0              | in heat. |                                                 |
|         | Gregor Evans      | 2-03.5              | in heat. | This was a PB.                                  |
|         | John Thorpe       | 2-07.5              | in heat. |                                                 |
|         |                   |                     |          |                                                 |
| High J. | Mal MacFarlane    | qualified for final |          |                                                 |
| Shot P. | Rog Glass         | "                   | "        | "                                               |
| Hammer  | Rog Glass         | "                   | "        | "                                               |
| Discus  | Rog Glass         | "                   | "        | "                                               |
|         |                   |                     |          |                                                 |
| 1500m   | Tom Ashton        | 4-01.5              | in heat. |                                                 |
|         | Stu. Handasyde    | 4-00.9              | in heat. |                                                 |
|         | Andy Cochrane     | 3-56.0              | in heat. |                                                 |
|         |                   |                     |          |                                                 |
| 400m    | Jon Holmes        | 53.9                | in heat. |                                                 |
|         | Gregor Evans      | 52.7                | in heat. |                                                 |
|         |                   |                     |          |                                                 |
| 200m    | Phil Barton       | 23.1                | in heat. |                                                 |
|         |                   |                     |          |                                                 |
| 100m    | Phil Barton       | x                   | in heat. |                                                 |
|         |                   |                     |          |                                                 |
| Steeple | John Marx         | 9-09.0              | in heat. | after falling twice in the last lap.            |
|         |                   |                     |          |                                                 |
| Javelin | Warwick Sheffield | qualified for final |          |                                                 |
|         |                   |                     |          |                                                 |
| 5000m   | Andy Cochrane     | 14-48.7             | in heat. | This was a PB.<br>only 0.7secs off club record. |

-oOo-

Now, see page 6 for the results of the Old Scotchies in the finals of the Victorian Championships...

Also on page 6, see the Under 15 & 14 teams for Saturday....

But there is even more than that in this bumper issue: read on to see.....



UNDER 15 v COLLINGWOOD at HEIDELBERG

Euan McLeish 20 6541

|      |              |           |                          |
|------|--------------|-----------|--------------------------|
| 1.25 | 90m Hurdles  | MacLennan | Crothers                 |
| 1.45 | 1500m Walk   | Fewster   |                          |
| 2.00 | 100m         | Edwards   | MacLennan McLeish        |
| 2.00 | Discus       | McLeish   |                          |
| 2.15 | Pole Vault   | Crothers  |                          |
| 2.20 | 1500m        | Fewster   | Ward Crothers            |
| 3.35 | 4x100m Relay | MacLennan | Crothers McLeish Edwards |
| 4.00 | Triple Jump  | Ward      |                          |
| 4.15 | Shot Put     | Edwards   |                          |
| 4.45 | 400m         | Edwards   | MacLennan McLeish        |

UNDER 14 v COLLINGWOOD 1 at HEIDELBERG

Nick Don 49 2593

|      |              |                 |                      |
|------|--------------|-----------------|----------------------|
| 1.25 | Hurdles      | Morris          | Findlay              |
| 1.30 | Discus       | Munro           |                      |
| 1.45 | 1500m Walk   | Findlay         |                      |
| 2.00 | Triple Jump  | Philokthyruf X. | Wghdtsyzhenkbutt     |
| 2.00 | 100m         | Don             | Munro Morris         |
| 2.20 | 1500m        | Don             | Findlay              |
| 3.35 | 4x100m Relay | Don             | Munro Morris Findlay |
| 3.45 | Shot Put     | Don             |                      |

-oOo-

Now Andy Cochrane brings you the.....

POINTS AND RANKINGS UP TO ROUND 10

In the four rounds since the Christmas break, the top scorers have been:

|             |           |
|-------------|-----------|
| Al McLeish  | 54 points |
| Roger Glass | 48 points |
| Ross Hooley | 48 points |
| Rick Dillon | 46 points |

Here's what you have been waiting for... It's the...

TOP TWENTY

|     |                  | <u>Place up to Xmas</u> |            |
|-----|------------------|-------------------------|------------|
| 1.  | D.Edwards        | 153                     | 1          |
| 2.  | R.Glass          | 138                     | 2          |
| 3.  | E.McLeish        | 115                     | 4          |
| 4.  | A.McLeish        | 109                     | 8          |
| 5.  | R.Hooley         | 98                      | 9          |
| 6.  | N.Don            | 96                      | 3          |
| 7.  | D.Ham            | 85                      | 12         |
| 8.  | R.Fewster        | 79                      | 10         |
| 9.  | Jim Marx         | 78                      | 5          |
| 10. | aeq. T.MacLennan | 76                      | 6          |
|     | J.Eggleston      | 76                      | 17         |
| 12. | D.Ekberg         | 66                      | 16         |
| 13. | aeq. D.Alder     | 65                      | Not Ranked |
|     | A.Cochrane       | 65                      | Not Ranked |
| 15. | P.Findlay        | 62                      | 7          |
| 16. | R.Dillon         | 61                      | Not Ranked |
| 17. | H.Cooper         | 60                      | Not Ranked |
| 18. | W.Crothers       | 54                      | 14         |
| 19. | G.Wise           | 53                      | 14         |
| 20. | S.Hare           | 52                      | 13         |

-oOo-

VICTORIAN CHAMPIONSHIPS FINALS

|                  |                   |                       |                              |
|------------------|-------------------|-----------------------|------------------------------|
| High Jump:       | Mal MacFarlane    | 1st                   | 2.10                         |
| Discus:          | Roger Glass       | 6th (approx.)         | 41.00                        |
| Shot Put:        | " "               | 6th (4th in Victoria) | x                            |
| Hammer:          | " "               | 3rd                   | 49.44                        |
| Javelin:         | Warwick Sheffield | missed a place        | 55.34 (best at Olympic Park) |
| Junior Shot Put: | David Buchanan    | 10th (approx.)        |                              |

-oOo-

REMEMBER 5TH MARCH IS THE NIGHT OF THE BIG TURN AT THE FLEMING'S PLACE. WIND UP THE SEASON WITH A BANG!!

-oOo-

That's it! A seven page bumper issue! Typing, folding, printing, envelopes, etc., etc., etc., by the editor. Thanks Gregor and Andy for extra help.

YES

IT'S THAT TIME OF  
YEAR ONCE AGAIN!!!

IT'S  
PORTSEA  
TIME!!

COME ONE!  
COME ALL!!

at Officer Cadet School, Portsea

SUNDAY, 27th February, 1977

versus M.V.A.C. (weak) and Cadets (weaker)

ALL EVENTS OPEN FOR INVITATIONS!!

OVAL IS NEXT TO THE BEACH SO ..... cont'd...

... BRING SWIM GEAR, PICNIC GEAR AND HAVE A BALL!! AND A RUN OR JUMP!!

JOIN IN THE FUN!!!

REMEMBER : SUNDAY, "27th FEBRUARY IS PORTSEA DAY.....

BARBECUE FACILITIES ARE DEFINITELY AVAILABLE BEACH IS DEFINITELY THERE

O.S. TEAM v M.U.A.C. and OFFICER CADETS

Table listing events and participants: 100m (McQuilkin Fleming), 200m (Alder Barton), 400m (Evans Thorpe), 800m (S.Handasyde Jim Marx), 1500m (Cochrane Wise), 5000m (John Marx Ramsey), 110m H. (Hare Hodges), HJ (MacFarlane Dillon), LJ (Hare Fleming), Triple (Alder Hare), Shot (Glass Buchanan), Discus (Glass Currie), Hammer (Glass Borchardt), Javelin (Sheffield Eggleston), Pole V. (Hodges Eggleston), 4x100m (McQuilkin Barton Fleming Alder), Unofficial Walk (I.Handasyde Thorpe). Includes note 'see below for extra info.'

REMEMBER THAT THERE ARE INVITATIONS IN ALLLLLLLLLL EVENTS.....

-oOo-

"Fitness can be fun... and aiding Youth Welfare can be, too. I commend all entrants in the COCA-COLA FUN RUN."

Hon. Brian Dixon, MP Minister for Youth, Sport & Recreation.

If you complete the course, you will be awarded a signed certificate stating the exact time taken on your own Fun Run.

The Coca-Cola Fun Run for 1977 will start at the Queen's road and Arthur Street corner. From there, runners will proceed clockwise around Albert Park Lake, then down Marine Parade to finish at Elwood Park.

This year's run is in aid of DOXA Youth Welfare Foundation and it costs only \$1.00 per person to enter. See Bill Fleming for an entry form, or write to: P.O. Box 1119J G.P.O. MELBOURNE 3001

enclosing a stamped, self addressed envelope.

Remember Coca-Cola Fun Run on SUNDAY, 13th MARCH 1977

-oOo-

MORE INFORMATION ON PORTSEA

The day's events usually start at about 11.30-12.00a.m. with a barbecue lunch, etc. The first track events start at approximately 1.00p.m. Remember: Barbecue facilities, Hot Water, Bar facilities, etc. available. DON'T forget swimming gear.

Entrance passes to the Portsea Officer Cadet School area should be available this Saturday, but if you don't have a pass, don't worry--- just tell the nice, friendly man on the gate that you'll smack his head in... or, better still (and safer still) tell him you are competing in the athletics.

-oOo-

See pages 5 and 6 for info. about big end-of-season turn.....

This is a never-to-be-repeated offer...  
What a BARGAIN!!

As was mentioned on page 1, this is subscription page. Here is your golden opportunity to pay your subscription, now, before the prices go up. Yes, for a limited time ONLY, we hold the inevitable C.P.I. increases back, so that you, the consumer, can take advantage of this superb offer. You're right, these are

# PRE-DEVALUATION PRICES

BUT, they can not last! We must put the prices up before the next season starts, in order to keep pace with rising costs in many areas of the club. Just fill in the form below, and you will get a low number for your singlet for next season: 1977/78, as well as paying rock-bottom prices.

And just what are those inflation-pounding prices?

Only \$12.00 for Senior athletes  
\$6.00 for Junior athletes (Under 19 on 1st April, 1977)

These are the same as last year's prices, so "Give us a try!!"

Please forward your money or cheques (payable to "Old Scotch CAAC") to the club treasurer:

Mr P.S. Hare  
9 Harold Ave.,  
GLEN IRIS VIC. 3146

.....tear along dotted line.....

## OLD SCOTCH COLLEGIANS' AMATEUR ATHLETIC CLUB

### APPLICATION FOR MEMBERSHIP SEASON 1977/78

Please complete relevant details and return this form with your subscription. Please write in BLOCK letters.

SURNAME: .....  
CHRISTIAN NAMES: .....  
POSTAL ADDRESS: .....  
..... POSTCODE: .....  
IF A BOARDER, STATE HOME ADDRESS: .....  
..... POSTCODE: .....  
TELEPHONE NUMBER: .....  
DATE OF BIRTH: .....

MEMBERSHIP SUBSCRIPTION RATES: Senior: \$12.00  
Junior \$6.00  
Non-Competing \$6.00

I enclose my subscription for season 1977/78: \$ .....

I intend to compete in the following events;

.....  
.....  
.....

DATE: .....

SIGNATURE: .....

# OLD SCOTCH

## NEWS SHEET

old scotch c.a.a.c. news sheet

summer 15

28th February 1977

I gather that it was blowing a rather frigid gale at Heidelberg this week, which would explain the large number of personal best times. However, the big news this week is the excellent victory by A Grade over Glenhuntly 2. This is A Grade's first (and unfortunately last) win for the season and lifts us off the bottom of the ladder.

Anyway, other results were:

|                  |                             |                 |    |
|------------------|-----------------------------|-----------------|----|
| A GRADE: O.S.    | 89                          | GLENHUNTLY (2)  | 55 |
| B GRADE: O.S.    | 40                          | DONCASTER       | 88 |
| C GRADE: O.S.    | 58                          | IVANHOE         | 60 |
| SUB JUNIOR: O.S. | 66                          | IVANHOE (3)     | 24 |
| UNDER 15:        | took an unscheduled holiday |                 |    |
| UNDER 14: O.S.   | 38                          | COLLINGWOOD (1) | 39 |

To summarise all the PB's would take too much space, especially with all the PB's in Sub Junior, so here is a reasonable cross section:

John Thorpe A Grade 3000m Walk 14-31.0 PB by 26 secs  
This means John has reduced his time by 56 secs in only two weeks.

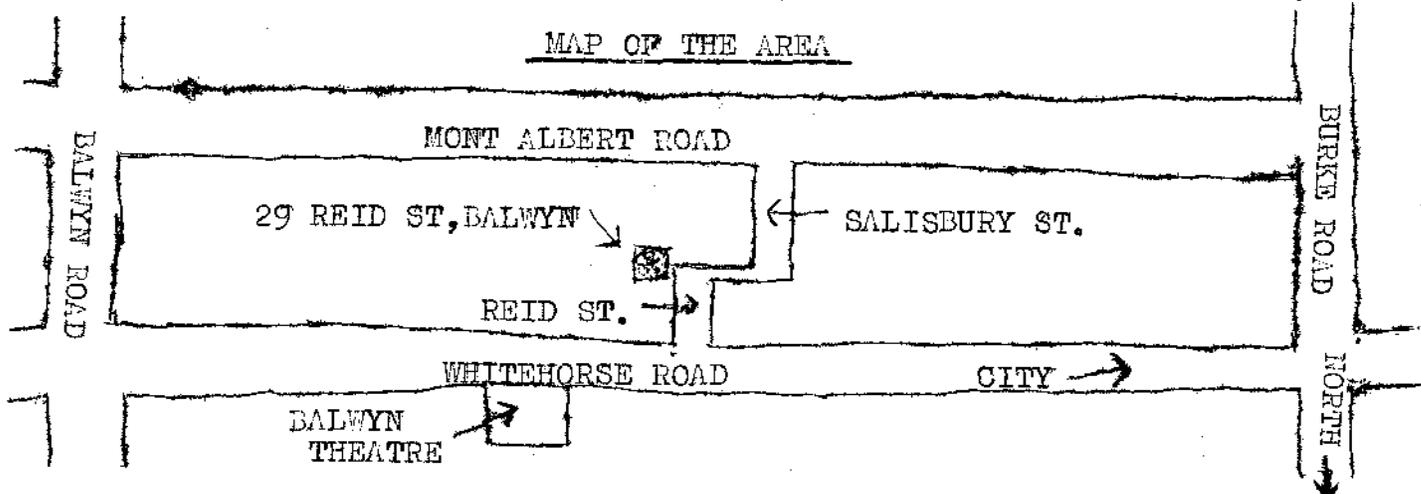
|                        |                     |           |
|------------------------|---------------------|-----------|
| Dave Ham               | A Grade Triple Jump | 12.54 PB  |
| Roger Glass            | A Grade Discus      | 43.32 PB  |
| Jon Holmes             | C Grade 100m        | 11.7 PB   |
| Dave Johnson           | C Grade 1500m       | 4-54.0 PB |
| Entire Sub Junior Team | Everything          | Various   |

-oOo-

AS ADVERTISED PREVIOUSLY,  
THIS SATURDAY NIGHT IS THE  
BIG EVENT  
THE END-OF-SEASON PARTY

It is to be held at the Fleming's place on Saturday, 5th March 1977 at 6.00p.m. The address is 29 Reid Street, Balwyn. Jon Holmes is bringing some film or other form of entertainment. Bring your swimming gear i.e. bathers, towel, water wings, scuba gear, etc. All are invited.....

### MAP OF THE AREA



Continuing with our policy of variety, Steve Hare volunteered(!) to compose the.....

### A GRADE REPORT

Well, for a change I thought I'd take up the pen and write the team report.

First event, the hurdles, was worth forgetting, certainly from my point of view; Max Binnington won, followed by Andy Wardlaw in 17.1, and myself last.

The steeple saw Andy Cochrane as the only finisher for Old Scotch, in the good time of 9-12.5. John Marx continued his record of falling in this event, when he seriously injured his ankle in the water jump. Fat and Skinny in the walk, John Thorpe was first in 14-31.0 and Ian Handasyde was fourth in 15-11.0, to split the points.

The sprint result was as normal: fourth, fifth and sixth; with Phil Barton, Ivan McQuilkin and Bill Fleming all recording a time of 11.6. In the 1500m, Tom Ashton recorded a strong win (4-04.0), Stewart, after a quick wave to the crowd, came in third (4-09.0) and Jim Marx was fifth with a fast finish (4-14.0).

Dave Ham receives the accolades (?) of the week, being the first Old Scotch man to qualify in the A Grade triple jump (12.54m PB).

Roger Glass again brought home the bacon, being the pillar of strength that supports our A Grade team. Rog won the Hammer (53.6), shot put (13.10) and discus in a personal best distance of 43.32m.

The high jump was won by myself against no opposition (1.80), but the relay team lost to a stronger Glenhuntly team.

After these events, O.S. stands 67 to 55 with only the javelin, pole and 400m to go. We're not represented in the pole vault, but neither is Glenhuntly 2. Warwick Sheffield won the javelin 6-0 with 49.38m, so the scores were now 73 to 55, and Old Scotch couldn't be beaten with one event to go.

In the 400m we went further ahead. Jim Marx (52.3) finished very fast for a good win in his A Grade debut (probably in a hurry to visit brother John in Prince Henry's). Greg Evans (52.5) comfortably held off the spirited challenge of Stew H (52.7) to complete a 1,2,3 win to O.S. The fact that there was no Glenhuntly opposition in the race should not be considered.

Final scores were O.S. 89 to Glenhuntly(2) 55.

-o0o-

Some anonymous North Melbourne supporter sent in this....

### B GRADE REPORT

When your correspondent woke up this morning and looked out of the window and saw the rain pouring down, he said to himself, "Who would be mad enough to go out and run at Heidelberg today?" Well as you know, talking to yourself is the first sign of madness, and so along with a few other insane souls, he braved the elements and rolled up for the competition.

Andy J. opened the day's events with a 16-09.0 in the 3000m walk; unfortunately the opposition was faster. The 100m was a resounding victory for Old Scotch with Martin first, Johnno second, and Hodges last. After Johnno's defeat by Martin (11.4 v 11.5), Johnno said he was getting to old and would have to retire.

The mighty distance team then took to the track and recorded a big 1,2,3, win with Wise in a time of 4-7.2, Lucas in 4-26.0 and Nigel Watson in 4-20.0. In the hurdles Hodges won with a slow time of 18 sec, but, as the opposition were even slower, it did not matter. Unfortunately his great victory in the hurdles so exhausted him that he did not qualify in the pole vault.

Buchanan found the shot a bit heavy and the distance a bit too far to qualify. The relay team won with Johnno putting in a brilliant finish for his final run before fading into the oblivion of old age retirement. Currie went in the hammer or discus. Rick Dillon cleared 1.83m in the high jump. Ian Handasyde ran a good steeple with good support by Col Findlay, however neither of them quite managed to qualify.

Finally the pride of Old Scotch B Grade stepped on to the track: the three blokes with enough guts to stay and run a 400m. They were Andy Ramsey, Ian Handasyde (both fresh from the steeple) and Rob Ward, who had just warmed up in the relay. Rob came in third with Andy and Ian taking care of the tail end of the field.

We didn't win (final scores O.S. 40 to Doncaster 88) and make the finals, but on Monday we all start training for next year....DON'T WE ?

Jon Holmes whipped up yet another masterpiece of wit and ingenuity, in his final piece for the season; the C GRADE REPORT or A TALE OF A FIGHTING BAND OF HEROES or A STORY OF A GRADE EGO TRIPPING

This sure is exciting. Old Scotch is out of the Four by 4-premiership points and a small percentage. But we are against Ivanhoe who sit in fourth position. If we beat them we go on to the finals and glory. The steeple and quarter are undecided. Things look black. Captain Greg Evans (A Grade) in an attempt to avert being the only captain never to notch a win in a season has taken six 400m men. Great thinking, captain. (It worked- Ed.)

The 100m men met a stacked Ivanhoe team- Dillon (11.6), Holmes(11.7) and Ekberg(12.1), did their best but it was not good enough. The 1500m men didn't turn up to help Stu Facey (4-33.0) so on to the track left two heroes - fair of face and feature were John Holmes and Dave Johnson. Fighting hail and rain, and snow and sleet, Dave and John fought it out. Locked together, the superior sprint of Dave was too much for the courageous Jon-but both were PB's of 4-54.0 for fourth and fifth.

The hurdles were won easily by Ivanhoe but Ekberg (16.8) and Dyson (16.9) took the points. We were two up. The relay of Ramsey (Ramsey!?!), Eggleston, Dyson and Holmes went down. We were one point down. Eggleston holed out in the pole vault and we were seven up. But here comes a big mouth Ivanhoe competitor who says we are ten points down, but John mentions the Eggleston pole vault and we are four down. Hoe man says he won the high; Dyson says he did. It is Old Scotch who is to be believed!

Ramsey goes into the steeple with Phil Rhoden (alias Geoff Leek). This is exciting: maybe it will rest on the quarter. Greg, do you really need six runners just in case? Dillon is looking OK, Holmes is tired from the 1500 but still game. Who else? Rob Ward or Facey- good grief! Ian Handasyde? Who else? AAAAAAAAAR! What a club, what a club!!!

Final scores were O.S. 58 to Ivanhoe 60.(bad luck boys.-Ed.)

-oOo-

For the first time, Sub Junior presented me with a slightly illegible report by a new author. Mark Plaisted, overcome with joy at regaining his lost foamy drink thing, set down to write this highly enlightening piece in joyous celebration and gratification. Therefore, we present the.....

SUB JUNIOR REPORT (WARNING! some of these times may be slightly inaccurate)

We wouldn't mind a pole vaulter, and this could be helped possibly by the turn-out of a full team.

Howard Cooper, our walker, was today unfortunately disqualified; however his time was a superb one of 7-39.8, which would have qualified as a record. Our sprinters displayed great talent yet again, in achieving another first, second and third. Times were McLeish 11.0, Plaisted 11.9 (finally cracked the twelve second barrier, Mark? Congratulations!-Ed.) and Thomson 13.0.

In the 1500m, Ross and Howard completed the course with confidence, obtaining first and second places with 4-35.0 and 4-46.0 respectively. It was a walkover, with two Old Scotch PBs. Al Thomson ran in the hurdles obtaining a PB time of 18.8. Well done.

Peter Thompson competed in two events, obtaining 6-0 for both of them, i.e. Shot Put 19.53m (PB) and Triple Jump 10.87m. In the 4x100m relay, Plaisted, Hooley, Thomson, and McLeish flew through the opposition, soundly beating Ivanhoe (3). The time for this event was 45.2(PB).

Peter Thompson unfortunately failed to qualify in the discus, and Ross Hooley amazed us all with a magnificent PB of 7-13.0 in the steeple. (sorry, Mark, I can't read the next bit).....there were only two 400m competitors. Ross H and Howard C. both tore the field apart, coming second and first respectively. The opposition was non-existent.

The final scores were O.S. 66 to Ivanhoe(3) 24

P.S: Congratulations to the SJ team who all scored PBs on the last day of competition. Well done, lads.

-oOo-

Now we bring you the Under 14 report written by some anonymous person on Saturday. Thankyou whoever it was....

UNDER 14 REPORT

After much trying, we lost again by one point. We started well, coming 1,2,3 in the 100m and second in the hurdles. No walker, discus or relay. Louis was first in the triple jump with 9.12m. Morris was second in the shot with cont'd.....

Under 14 report cont'd...

....7.57, and Louis and Findlay came second and fourth in the 1500m.

Over all the Under 14s were a pretty sad case. We have come to the conclusion that we need a new captain!!

Final scores were O.S. 38 to Collingwood (1) 39

-oOo-

There is a City & Country Intervene Meeting on Saturday, March 12th at Olympic Park. The meeting will commence at 1.00pm and follow the sequence of events listed below. Admission price is 60 cents for seniors, and 30 cents for juniors, and entries are taken on the day. Any help with officials would be appreciated.

The program is as follows:

|        |             |                          |                                           |
|--------|-------------|--------------------------|-------------------------------------------|
| TRACK  | 1.00pm      | 100 Metres               | ALL AGES                                  |
|        | 1.45pm      | 800 Metres               | ALL AGES                                  |
|        | 2.30pm      | 3000m Walk               | ALL AGES                                  |
|        | 3.00pm      | 400 Metres               | ALL AGES                                  |
|        | 3.30pm      | 1500 Metres              | ALL AGES                                  |
|        | 4.00pm      | 3000 Metres Steeplechase | ALL AGES                                  |
|        | 4.10pm      | 200 Metres               | ALL AGES                                  |
| 4.45pm | 5000 Metres | SENIOR                   |                                           |
| FIELD  | 1.00pm      | Shot Put                 | SENIOR, SUB JUNIOR, UNDER 15/14/13        |
|        | 1.00pm      | Discus                   | UNDER 15/14/13, SENIOR, SUB JUNIOR        |
|        | 1.00pm      | High Jump                | SENIOR, UNDER 15                          |
|        | 1.00pm      | Long Jump                | SUB JUNIOR, UNDER 15, SENIOR, UNDER 14/13 |

-oOo-

PORTSEA RESULTS

O.S. 122                   The highlight of the day seemed to be the win by  
O.C.S. 108                 the relay team in the last event. This was  
M.U.A.C. 90                their first win and meant we finished on a  
                              winning note.

Gregor would like to know where the 1500m runners got to, and why they didn't inform anyone of their absence. Those absences could very well have cost us the win.

Anyway, well done, boys.

-oOo-

Last week, I neglected to mention the Old Scotch performances in the Vic Champs, in any detail.

In fact, Mal MacFarlane's jump in the high jump of 2.10m was a club record by 4 cm. This was a fantastic jump and as a result, Mal well deserves his place in the Victorian team. In actual fact, Mal is number 1 High Jumper in the state team.

Roger Glass also has a place in the team in the Hammer Throw.

To appreciate the tremendous achievement of these fellows, we must look at the previous record of Old Scotch athletes in state teams.

In season '72-'73 we had Roger Glass in the team for the discus. Season '63-'64 saw David Evans in the 400m, and in season '59-'60, Bob Grant was busy doing the javelin.

We wish them the very best of luck in the Australian Champs in Tasmania, on the 11th, 12th, and 13th of March.

-oOo-

The Old Scotch Cricket Match is to be held possibly against Old Xavier, possibly on Sunday, 20th March. Unfortunately, other commitments prevent us holding the full five test series, but the match should be full of excitement.

Some useful cricket-type terms which will help you follow the match with a reasonable amount of understanding, are produced below:

Middle and leg: That part of the anatomy which a batsman prudishly massages when he has actually been struck somewhere very painful.

The heavy roller: Jocular nickname for Colin Cowdrey.

Third man: Statistical expert kept near scoreboard to fill in gaps with figures.

Cover drive: Slow painful progress made by covers to the pitch at the start of a rain storm.

Leg slip: Cumbersome garment formerly worn by women cricketers.

cont'd.....

cont'd,....

Commentary box: Protective garment worn by broadcasters.

Gully: Minute, virtually invisible rut which may appear in the pitch, which batsman then spend most of the day prodding. This is known as gardening.

Square: Old-fashioned, unimaginative.

Backward of square: Unbelievably old-fashioned and unimaginative; a selector

First slip: Initial mistake made by a new commentator.

Padding up: What the fast bowler does during the first three quarters of his run before he starts sprinting.

-oOo-

This year we have two teams in the venue finals. They are Sub Junior and Under 15. It is not often that we have only junior teams in the finals, so they need a lot of support from the senior athletes in the club. You are not required to run, so why not use the time supporting our teams in the finals.

SUB JUNIOR TEAM at Heidelberg

|        |            |                            |                |
|--------|------------|----------------------------|----------------|
| 1.30pm | 1500m walk | Cooper                     |                |
| 1.55pm | 200m       | McLeish, Plaisted, Ham     | em: Thomson    |
| 2.30pm | High Jump  | Smith                      |                |
| 2.45pm | Hammer     | P.Thompson                 |                |
| 2.55pm | 800m       | Hooley, A.Thomson, Merigan | em: Cooper     |
| 3.15pm | Javelin    | McLeish                    | em: P.Thompson |
| 3.30pm | Long Jump  | Ham                        | em: M.Plaisted |
| 3.50pm | 4x200m     | As above plus A.Thomson    |                |
| 4.15pm | Shot Put   | McLeish                    | em: P.Thompson |
| 4.30pm | Hurdles    | Ham, Thomson               | em: P.Thompson |
| 5.10pm | 3000m      | Hooley, Cooper             | em: Merigan    |

UNDER 15 TEAM at Heidelberg

|        |             |                          |  |
|--------|-------------|--------------------------|--|
| 1.40pm | 1500m walk  | Fewster                  |  |
| 1.45pm | Shot Put    | Edwards                  |  |
| 1.55pm | 200m        | MacLennan, Edwards, Ward |  |
| 2.00pm | High Jump   | MacLennan                |  |
| 2.45pm | Javelin     | Edwards                  |  |
| 2.55pm | 800m        | Fewster, Ward, Mr X.     |  |
| 3.00pm | Long Jump   | Ward                     |  |
| 3.50pm | 4x200m      | As above plus Fewster    |  |
| 4.45pm | 90m Hurdles | MacLennan, Ward          |  |

Under 15 team, this is your most important round for the season, as it is the venue final. Thus, it is imperative that all events are contested at full strength. So, let's have a full turn-out, fellas.

-oOo-

Great to see Peter Thompson's return to the track this week. He competed in three events on Saturday, and should be a great asset to the Sub Junior team in their venue final, next week.

All of A Grade was upset to see John Marx fall in the steeple on Saturday, and seriously injure his ankle. He was taken to Prince Henry's Hospital where he was patched up, and the next day appeared down at Portsea. A Grade, together with the rest of the club, wish John a speedy recovery and equally speedy return to the track.

It seems this was the week of the injury, as Steve Hare tore his ham string at Portsea. Steve was doing the Long Jump, and it is ironical that our two competitors, Dave and Steve, managed to gain fourth and fifth places, even though Steve had only one jump and Dave had only a few, as he jarred his knee in the same event. We also hope that Steve's injury is not too serious and he is not long away from the track.

-oOo-

DON'T FORGET. THIS SATURDAY NIGHT IS END OF SEASON PARTY NIGHT!!!  
DON'T FORGET! SUPPORT YOUR SUB JUNIOR AND UNDER 15 TEAMS IN THE FINALS.

THE END compliments W.R.F.

Thankyou "Bullytin"....

# OLD SCOTCH NEWS-SHEET.

old scotch c.a.a.c. news sheet

summer 16

6th march 1977

This is the last news sheet for this season by your new editor - Bill Fleming. The summer season for 1976-77 has all but finished for Old Scotch, apart from the two Old Scotchies, Rog Glass and Mal MacFarlane, in the Australian Championships. Whether or not the editorship will remain in my hands for summer season 77-78 is yet to be decided, but the news sheet is sure to return next year. It is a vital part of this club and a strong unifying element for all its members. With a very successful wind up to the season on Saturday night at the Fleming's place, it is only fitting that we present a wind up news sheet.

On Saturday afternoon, our efforts were thwarted in the venue finals by strong opposition, resulting in two fourth placings. Sub Junior made a valiant effort, being only six points from third place, but Under 15 were struck down by a lack of competitors on the day; so our finals prospects unfortunately, sank slowly into the west.

The best performance on Saturday, (besides Max Berchardt's lifting of the editor into the pool, on his shoulder!!) was undoubtedly Howie Cooper's 1500m walk, where he smashed the existing club record by almost twenty seconds, with a time of 7-31.1. He had been notching up PBs almost every week in this event, only to get a record time last week, but also a disqualification; so he deserves to finish his season's efforts with a well-earned club record.

Other good performances were:-

|                |                    |        |    |
|----------------|--------------------|--------|----|
| Peter Thompson | Sub Junior Hammer  | 22.74  | PB |
| Ross Hooley    | Sub Junior 800m    | 2-03.4 | PB |
| Al McLeish     | Sub Junior Javelin | 36.90  | PB |
| Tim MacLennan  | Under 15 800m      | 2-22.0 | PB |
| Darren Ward    | Under 15 200m      | 28.2   | PB |
| " "            | Under 15 800m      | 2-36.0 | PB |
| Dave Edwards   | Under 15 Long Jump | 5.76   | PB |

-o0o-

Prepare yourself for the credits for the .....

## SUB JUNIOR FINALS REPORT

Authors: P.Thompson, N.Tapp, B.Fleming  
Executive Publisher: R.Hooley  
Film Rights: D.(Trev) Ham  
Sound Track Royalties: H.Cooper

-c0o-

After an excellent second half to the season, in which the magnificent All Stars Team reciprocated a few most unfortunate demisals(?), the Sub Juniors finally made it to the Finals.

After making an entrance more spectacular than the 1962 World Rabbit-Skinning Championships, THE TEAM started off well with Howie Cooper in the 1500m walk. Amid thunderous applause and rousing cheers from the capacity crowd, and wild screams emanating from a thousand female fans, Howie covered the distance in a remarkable 7-31.1, a new club record. He gained third place.

In the 200m, Al McLeish, Trev Ham and Mark Plaisted came a good second, third, and fourth in their respective heats.

In the high jump, "Magic Mike" Smith pulled off yet another win with a leap of 1.75m; and points were won in the hammer for the first time as Peter Thompson threw 22.74m for a PB.

Then came the 800m. Rocket Ross Hooley, Hot Howie, and our very own D.B.(Deaf Blonde) Al "The Belle" Thomson, all ran extremely well, with Ross doing 2-03.4(PB), D.B. 2-06.0 and Howie 2-11.0.

.....front'd....

Sub Junior report cont'd...

Yet another PB came in the javelin when Dig Al chucked (how revolting -Ed) 36.90m and gained third place.

In the long jump, O.S.'s answer to the world leap frog champion, Trev, did a lovely 6.10m for third place. Top triple and long jumper, no less. The relay followed. Trev, Mark the Mess, D.B. and Al Cool burned up the greased gravel, but once again recorded third place. Al then put the shot 10.50m and hit the front with his first put, but gradually worked his way back through the field to finish fourth.

Trev took to the tartan again to trip the trestles for a triflic third place. Thompo ran in the second heat and was outclassed, despite a neck and neck struggle, winding up fourth.

The 3000m saw a hot pace being set by certain invitees, namely Col Findlay, Greg Evans, and an old face returned for end-of-season comeback, Nick Tapp. Times were withheld by the stewards.

|                    |             |     |
|--------------------|-------------|-----|
| Final scores were: | Ivanhoe (1) | 137 |
|                    | Collingwood | 106 |
|                    | Doncaster   | 78  |
|                    | Old Scotch  | 72  |

-oOo-

Dave Edwards graciously consented to put together this.....

#### UNDER 15 FINALS REPORT

Only three people turned up so we didn't have much of a chance.

Edwards had an unexpected victory in the shot put with a throw of 13.10m; the day had started off well. But with no-one in the walk the first event victory celebrations were short-lived.

MacLennan, in the high jump (he didn't really want to go in it), jumped 1.65m, but the field was so talented that he only came fourth.

The 200m performances were nothing to boast about, although Ward had a PB. Edwards was fourth in heat one (25.4), MacLennan was third in the second heat (26.1), and Ward was fourth in the third heat (28.2).

Both MacLennan and Ward had PBs in the 800m, but only could manage eighth and eleventh. MacLennan's time was 2-22.0 and Ward's was 2-36.0.

There was another PB by Edwards in the long jump (5.76m), but he could only get third place. There was no-one in the javelin or relay, but Ward came fourth in heat one of the hurdles with a time of 16.4.

The score is unknown, but we were against very talented opposition, and without a full team, how else could we have come any better than fourth?

-oOo-

#### AN END OF SEASON MESSAGE

from Club President, Stuart Facey.

Dear All,

Season 1976-77 will not go down in history as the greatest in Old Scotch's history. Our A Grade team, while quite competitive in the longer distances, was outclassed in the sprints; but even so, came closer than the records will ever show to winning three rounds.

B and C Grades, upgraded from C and D premiers of the last season, met with predictable tough competition. Sub Junior and Under 15 both made it to the venue finals, but lacked the performances on the day to win. Under 14 looks set to be a force in Under 15 next season.

1977-78 season will again see Old Scotch come to the fore as a power in Victorian Athletics. Your committee will be devoting a lot of time over the winter months to achieve the following objectives:-

(1) A move in venue from Heidelberg to either Box Hill or Glenhuntly.

(2) The purchase of much needed equipment- Fibre glass pole for the pole vault, shot puts, hammers, etc., ready for the lead up to the next season.

(3) Ensuring our A Grade athletes get sufficient top competition.

(4) Better coaching advice in all areas.

These, plus other moves, I am sure will make it important for you to

MOVE WITH OLD SCOTCH IN '78.....

# YET ANOTHER BIG EVENT IS JUST AROUND THE CORNER !!!!!!! IT IS THE CRICKET MATCH !!

DON'T MISS THIS TIP TOP SOCIAL EVENT OF THE SEASON!!!!!!  
IT IS TO BE HELD ON THE 20TH OF MARCH AT XAVIER AGAINST (YOU GUESSED IT)  
OLD XAVIERIANS. THE OLD SCOTCH TEAM WILL CONSIST OF:

- |                                      |                                           |
|--------------------------------------|-------------------------------------------|
| John Eggleston (Capt.)               | Peter Thompson                            |
| Dave Ham (V.Capt.)                   | Dennis Lillee                             |
| Rohan Hedges                         | Doug Walters                              |
| Mike Smith                           | Nick Tapp (morning only)                  |
| John Thorpe                          | Max Walker                                |
| Greg Evans                           |                                           |
| Andrew Aitken                        | Any queries? Ring Captain John at 83 2230 |
| Ian and Stewart Chappell (Handasyde) |                                           |
| Al Thomson                           |                                           |
| Jim Marx                             | Rules of Social Cricket Printed           |
| Roger Tallent                        | Over Page.....                            |

RULES FOR SOCIAL CRICKET

- 1) The match shall be one innings per team. Each innings shall be of twenty-five overs duration unless the batting team is dismissed beforehand.
- 2) The number of players in each team shall be agreed to by opposing captains but shall not exceed fifteen players.
- 3) A batsman cannot be dismissed until one of the following conditions is met:
  - a) he has scored a run
  - b) he has been given out three times before scoring a run.
- 4) A batsman shall be dismissed if he has faced a complete over without scoring a run, in which case rule (3) does not apply.
- 5) Appeals for L.B.W. dismissals will NOT be entertained.
- 6) A batsman shall retire immediately his score equals or exceeds 30 runs. A retirement shall not constitute an out or dismissal.
- 7) The only admissible grounds for the use of a runner shall be a limb broken during the course of the match.
- 8) Every member of the fielding team MUST bowl one over before any one person bowls a second over, unless the batting side is dismissed beforehand. Exception: wicket-keeper  
No bowler shall bowl more than four overs.
- 9) Appeals by the batsman against the pace of bowling may be entertained by the umpire if the velocity of the bowled ball exceeds 160 K.P.H.
- 10) It is entirely up to the umpire's discretion whether a batsman is given out for:
  - a) misconduct
  - b) stalling for time
  - c) amassing too large a score too quickly.
- 11) There must be a minimum of four overs bowled between refreshment breaks, the length of which shall be determined by the umpire.

DEFINITIONS:

- Dismissed- taken to mean that the batsman shall leave the field immediately.
- Out- term meaning dismissal under the normal rules of cricket, but herein has exceptions under rule (3).

-oOo-

Good luck to our Old Scotchies in the Aussie Champs.....i.e. Rog Glass and Mal MacFarlane.

Thankyou to contributors this season, and to Nick Tapp for his work in the editor's seat earlier in the season.

Stay fit over the winter months by doing cross-country or playing that wonderful game called hockey. Hockey is a fast-moving game of skill and tactics and fitness and power and shin-kicking and flicking the ball into soft spots and tripping and punching and gouging eyes out and elbowing and knocking blocks off with hockey sticks which are marvellous weapons and pushing over and treading on and other friendly pursuits....after all I play the game and look how fit I am!!!

Mike Vallence is your winter cross country editor. Good luck, Mike. Great wind up to the season was had by all at the Fleming's place, including massive water-polo tournament which was undoubtedly won by the Sub Junior team plus Bill F. plus assorted Under 15s, 14s and the lovely Lynne B. who remained non-committal on which side she was playing.

This result was under fire for some time but was finally resolved by an unbiased jury consisting of several members of the Sub Junior team.

-oOo-

SEE YOU NEXT SEASON !!!