

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

SUMMER 2 Registered for Posting as a Periodical — Category B. Price: 5 cents NOVEMBER 7th 1973

INTERCLUB COMMENCES THIS SATURDAY! BE THERE!

A grade	v	MUAC	SJ grade	v	Old Melbournians
B "	v	Old Melbournians	U15 "	x	Bye (Compete by invitation)
C "	v	Old Wesley	U14 "	v	Footscray 2

Team Officials

A - Capt	J Grant	833522	V Capt	E Wilson
B - "	G Evans	868201	"	S Hare
C - "	R Ward	851049	"	D Lee
SJ - "	C Hilliard	8361161	"	D Mitchell Vice President in charge - Mr Hilliard
U15 -"	W Fleming	804259	"	--- Official in charge - Mr Morris 804200
U14 -"	D Watson	251289	"	N Tapp Vice President in charge - Mr Watson

A Grade Draw

Nov 10	*	MUAC	at University	Jan 12	Box Hill 1	at Box Hill
17	*	Power House	" Dolamore	19	Sandringham	" University
24	*	EMH	" University	26	* Glenhuntly	" University
Dec 1	*	Ivanhoe	" Heidelberg	Feb 2	Collingwood	" University
8		Box Hill 2	" University	9	St Stephens	" Olympic Park
15	*	Coburg	" Preston			

We have a chance of winning the rounds marked * - BUT WE CAN WIN ONLY IF WE HAVE A FULL TURNUP OF SENIOR ATHLETES ON THESE DAYS. So would all A-grade or potential A-graders note these particular days, and make every effort to attend.

ALL SCHOOLS CHAMPIONSHIPS

Under 17

100m	D Mitchell	1st in heat	11.7	6th in Final
200m	" "	" " "	23.7	4th " " 23.2
	C Hilliard		23.7	5th " " 23.4
110m Hurdles	" "	1st " "	15.3	1st " " 15.2
Long Jump	" "	5th	19'5"	
High Jump	J McKee	1st	6'4"	
Discus	G Brooke	2nd	127'	
P V	Melville	5th	10'	

Under 15

High Jump	Fenton Lee	3rd	5'7" pb
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Very disappointing that there were so few Scotch Competitors, and complete absence of any middle distance runners. Xavier athletes always seem prominent at the All-Schools, whilst our own Scotch athletes sadly lacking.

APS COMBINED SPORTS

SUMMARY OF RESULTS

A COCHRANE

		<u>HEATS</u>		<u>FINALS</u>		
		PLACE	TIME	PLACE	TIME	
<u>OPEN</u>						
100m	C McConchie	1st	10.9	1st	11.2	
200m	C McConchie	1st	22.1	1st	22.3	
400m	S Shirrefs	2nd	50.3	3rd	49.8	
800m	A McKinnon	1st	1:56.0	2nd	1:57.1	
1500m	G Robertson-Smith	-	--	3rd	4:10.3	
3000m	A Wallis			3rd	9:13.6	
110m Hurdles	J Ashton	2nd	15.1	2nd	15.3	
4x100m		2nd	43.7	5th	44.2	(APS RECORD)
4x800m				1st	7:48	(APS RECORD)
<u>U17</u>						
100m	G Bell	2nd	11.5	5th	11.5	
200m	C Hilliard	1st	23.1	4th	23.3	
400m	C Hilliard	2nd	52.7	4th	52.3	
800m	J Marx - Heat	2nd	2:00.0			
	R Bayley - Final			5th	2:03.8	(NEW SCOTCH RECORD)
1500m	J Marx	-	--	2nd	4:09.4	(NEW SCOTCH RECORD)
110m Hurdles	C Hilliard	2nd	14.8	1st	14.8	
4x100		2nd	44.3	1st	44.2	
<u>U16</u>						
100m	R Fay	1st	11.5	1st	11.6	
200m	R Fay	1st	23.6	1st	23.7	
800m	P Sizeland	1st	2:04.7	2nd	2:00.4	
90m Hurdles	M Swinton	4th	14.2	7th	14.1	
4x100		2nd	46.2	2nd	45.5	
4x400		3rd	3:37.6	2nd	3:31.5	
<u>U15</u>						
100m	W Fleming	2nd	12.3	4th	12.5	
200m	W Fleming	2nd	24.8	4th	24.9	
800m	J Knight	3rd	2:11.6	5th	2:09.7	
80m Hurdles	P Lillie	3rd	13.4	5th	12.9	
4x100m		2nd	47.6	1st	47.3	

FIELD GAMES

<u>High Jump</u>		PLACE	PERFORMANCE
OPEN	E Kilpatrick	4th	5'11" (New APS and Scotch record)
U17	J McKee	1st	6'4"
U16	P Sherwen	6th	5'6"
U15	D Fenton-Lee	2nd	5'4"

<u>Long Jump</u>		PLACE	PERFORMANCE
OPEN	C McConchie	2nd	22'4 $\frac{1}{2}$ "
U17	C Hilliard	2nd	20'11"
U16	P Brown	5th	19'4"
U15	W Fleming	4th	17'4 $\frac{1}{4}$ "

<u>Shotput</u>		PLACE	PERFORMANCE
OPEN	C Cooper	5th	42'3"
U17	J Price	4th	48'0"
U16	P Brown	10th	38'10 $\frac{1}{4}$ "
U15	D Schloeffel	9th	36'7"

Scotch once again had a convincing win to make it the third consecutive victory.

Scotch	373 points
Xavier	311 $\frac{1}{2}$
Carey	270 $\frac{1}{2}$

COMMENT - By Andy Cochrane

The TV coverage of Australian Athletics, in this case the Sydney Commonwealth trials was once again woeful.

For several years, athletics followers have had to listen to commentators who knew next to no-one in the race, or their correct Christian names.

In the 1500m race, the commentator was calling G Crouch - the smallest athlete in the field - by the name of Peter Watson (WA), the tallest. In the final straight, the commentator was telling us that "Terry" O'Shaughnessy was leading, and then decided that it was Fitzsimmons of Sth Australia. His knowledge of Christian names was very lacking: Alan (actually Randal) Markey, Dennis (rather than David) Stokes, "Vic" Plant.

There would be quite a few athletes in our own club who would be able to name every athlete in many races just from the TV, let alone at the track itself, but this poor coverage continues.

Contrast the American commentators in the showing of highlights of the Pacific Conference Games in Toronto - they were wrong only once, when it would have been quite forgiveable if they had not known or recognized the Australian competitors. Their comments were much more knowledgeable and they had obviously taken the trouble to find out a bit about all the athletes and their best performances.

This may be only a small, though irritating matter, but considering the very poor and small coverage that Athletics gets from the mass media, and the way athletics is regarded as a "Cinderella" sport, then everything should be done to make this small amount of coverage of a high and informed standard.

TRANSPORT - CAN YOU HELP?

Would all senior athletes who are travelling in to Uni on Saturday afternoons by car, please ring or give their names to Andrew Cochrane. It would be greatly appreciated if these people would be able to provide transport for younger athletes and other seniors who have no means of easy transport.

SUNDAY COACHING AND TRAINING - FOR ALL MEMBERS!

APS Old Boy Clubs combine to provide coaching in any event. We will direct you to the right coach to help you in your event.

(1) Time-trials at Xavier, last Sunday morning.

There was a good turn-up, about 50 athletes, and the morning went quite well, though the distance runners were rather disorganized.

Stewart Embling came along and had a large group of sprinters with him. The distance boys ran an 800m trial under very windy conditions. Tarqs Oehr won the senior run in 2:10 after burning through the first lap in 60secs. Mark Latimer won the Junior trial in 2:13, with Jim Elder running 2:15.

(2) To all distance runners!

One of the results of the meetings of APS Old Boy's representatives is that there will be training on Sunday mornings at 11am at Melbourne Grammar. Peter Bruce has kindly been good enough to come along, and ~~there will be no~~ lack of good training companions. Most of the training will be around the Tan, but also sometimes down to Albert Park or up around the MCG.

However, last Sunday's turn-up was very poor - Andrew Cochrane was the only OS runner, and Peter Bruce ended up doing most of his training by himself. So please come along, it's organized to help YOU.

NOTE ONCE AGAIN

Sunday training at (1) Xavier, (2) Melbourne Grammar - sprinters with Ivan McQuilkin - distance runners training around the Tan, Albert Park Lake.

COACHING COORDINATOR: Gregor Evans

Any and all queries about coaching in all events should be directed to Gregor. Phone: 868201. He is willing to help, so please use him.

At Scotch - contact Mr W Thomas who will be available for week day coaching after school.

In other pre-season meetings -

Tarqs Oehr ran a PB over 1500m at Box Hill on Wednesday, October 31st, in 4m14secs.

At Melb Uni, the same night:

60m: Greg Evans 7.4secs (Minehan of Power House 6.9secs)

Mile: Ewen Wilson 4.22.

INVITATION



Pre-Christmas Party - Thurs Dec 6th
At the ELTHAM BARREL

The Old Scotch Social Function of the Year
Singles or BYOG (bring your own girl - or guy)
\$5.00 per person

Steve Hare is organising the night out. Those remembering the Christmas Capers two years previously will recall the great time had by all. Places for 50 people have been booked so put the question to your girlfriend or wife, and get your reply (with money) into Steve by the 18th November.

(Stephen Hare, 9 Harold Avenue, Glen Iris 3146. Ph 256567)

APOLOGIA - ANNUAL REPORT

1 Don Strickland - competed in the Australian Championships as an individual and his name was omitted from the Annual Report on Page 2.

2 Peter Lucas is in everything in athletics, but at the University venue he acts as Venue Secretary, not Manager (Page 1).

CHANGE OF ADDRESS

If your News-sheet is not correctly addressed in any detail would you please advise Peter Lucas in writing. If your phone number has changed this season advise Peter. If you are moving out of College or to another temporary Summer address - advise Peter. But please put it in writing - asap.

(Peter Lucas, 25 Highgate Grove, Ashburton 3147)

Editor Andrew Cochrane

TEAMS FOR ROUND *1 SAT. 10 NOVEMBER 1973

All teams are competing at the Melbourne University Oval.

B A GRADE v M.U.A.C. Captain Jim Grant 83.3522

1.30 3000m Walk I.Handasyde B.Moore
 1.40 Discus R.Glass (if available)
 2.10 100m J.Grant M.Purnell S.Anderson
 2.20 Shot Put R.Glass (if available)
 3.00 High Jump J.McKee
 3.00 110 Hurdles J.Grant S.Anderson
 3.00 1500m E.Wilson G.Wise A.Franzke
 3.40 Triple S.Anderson
 3.50 4 x 100m J.Grant M.Purnell S.Anderson E.Wilson
 4.20 Pole Vault J.McKee
 4.30 400m J.Grant E.wilson D.Evans
 5.00 Steeple C.Aitken A.Kelso

B GRADE v Old Melb Captain Gregor Evans 86.8201

*./) 1.30 3000m Walk Anyone want to do it ?
 1.40 Discus C.Don
 2.10 100m D.Johnston T.Don G.Evans
 2.20 Shot Put C.Don
 3.00 High Jump S.Hare
 3.00 110 Hurdles A.Wardlaw P.Wardlaw
 3.00 1500m S.Handasyde D.Strickland G.Robertson-Smith
 3.40 Triple M.Purnell (em T.Don)
 3.50 4 x 100m D.Johnston T.Don G.Evans R.Tallent
 4.20 Pole Vault R.Hodges
 4.30 400m G.Evans R.Tallent S.Handasyde
 5.00 Steeple J.Marx D.Lee

PLEASE TURN OVER FOR OTHER TEAMS

PLEASE CONTACT TEAM CAPTAIN NOW i.e. immediately, IF YOU CAN
NOT COMPETE THIS WEEK OR IF YOU HAVE ANY PROBLEMS.

PLEASE ALSO READ NOTE ON FOLLOWING PAGE AND ACT ACCORDINGLY

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SUMMER 3

NOVEMBER 14th 1973

The track season opened with a sound, though perhaps a rather lucky win for A Grade. We fielded a team well below full-strength and were fortunate to strike MUAC in an even worse plight.

In the 5 grades competing, we won all three Open grades, but had two losses in Sub-Junior and U14.

Good Performances

J Grant, 100m in 11.0secs, Hurdles in 15.7secs
E Wilson, 1500m in 4m0sec
A Franzke, 1500m in 4m00.6secs
G Wise, 1500m in 4m2secs
A Kelso, Steeple in 9m53secs

Sub-Junior

D Mitchell, 100m in 11.6secs
C Hilliard, Hurdles in 15.5secs (CLUB RECORD)

Personal Bests (PB's)

S Handasyde, 400m in 52.8secs
T Oehr, 1500m in 4m13secs
J Elder, Sub-Junior, 1500m in 4m36secs (equalPB)

A GRADE

Defeated MUAC 73 to 63 points.

Despite giving MUAC a 22 point start in the first hour, we still came up to beat them, with very good victories in the 1500m, 400m and 110m Hurdles.

Events in which we scored were:

100m: 2nd J Grant 11.0
3rd M Purnell 11.3
5th D Johnston 11.5

High Jump: J McKee won, with 5'8"

1500m: 1 E Wilson 4m00.0
2 A Franzke 4m00.6
3 G Wise 4m02

110m Hurdles: 1 J Grant 15.7
2 S Anderson 16.0

400m: 1 J Grant 52.0
2 D Evans
3 E Wilson

Steeple: 2 A Kelso 9m53
3 A Franzke 10m11

4x100: Grant, Purnell, Anderson, Johnston, won in 44.5secs

Great performances were recorded by new members Alan Franzke and Dave Johnston.

Jim Grant and Mike Purnell should both break 11.0 with more training, and Dave Johnston should do well with improved starting.

Jim McKee was unlucky in the pole vault, and just missed qualifying at 10'6", and Steve Anderson will qualify in the triple if he can "step" more than 3feet!

Andrew Kelso ran very well in the Steeple, but is unfortunately going to Adelaide.

However, there was a very big gap in the field events in the absence of Roger Glass, and in both Discus and Shot our competitors were DNQ.

Overall, it was a great win for the opening round of the season, and a couple more should cement our place in A Grade.

B GRADE

Defeated Old Melbournians 74 to 58 points.

100m:	1 P Barton	11.6	110m Hurdles:	3 P Wardlaw	16.9
	3 G Evans	11.7		4 A Williams	
	5 J Holmes	11.9			
High Jump:	Steve Hare won with 5'10"		400m:	1 R Tallent	51.5
	(1.78m)			2 S Anderson	53.4
				3 G Evans	53.6
1500m:	1 D Strickland	4-14.2	Steeple:	1 C Aitken	10-18
	2 J Marx	4-14.2		2 J Marx	10-29
	3 R Tallent	4-17.4			

4x100Relay: (Barton, Evans, Tallent, Wilson) won.

Phil Barton had a great win in the 100m, and Rog Tallent was the fastest OS runner for the day over 400m, and is capable of much better over this distance.

The distance runners performed very well, to gain maximum points, and Steve Hare went close to 6' in the High Jump.

Again, we were sadly lacking in the throwing events, the 3000m Walk, and Bruce Moore couldn't quite qualify in the Pole Vault, and similarly for Mike Purnell in the Triple.

C GRADE

Defeated Old Wesley.

Scoring events were:

Triple Jump:	G Evans won with 36'11"		110m Hurdles:	1 Dawson	20.4
				3 Holmes	22.3
100m:	3 K Rawlyck	12.0	400m:	1 S Handasyde	52.8 (PB)
	5 E Dawson	12.6		3 S Facey	
High Jump:	1st P Wardlaw 5'3"			4 T Oehr	
Pole Vault:	M Latimer, last, but vaulted 9'6"		4x100m:	(Rawlyck, Dawson, Wardlaw, Latimer) won.	
1500m:	1 T Oehr	4-13 (PB)			
	2 S Facey	4-19			
	4 M Latimer	4-23			

It's good to see Keith Rawlyck and Ed Dawson again.

Mark Latimer is a very versatile performer and showed promise in the Pole Vault, and Stewart Handasyde, with an injured leg, ran a PB of 52.8 over 400m.

SUB-JUNIOR (Report: Mr Hilliard)

Lost to Old Melbournians 34 to 49 points.

We had nothing to beat, but they easily beat us. A full team of ordinary performers will always beat a team (?) of 3 competitors.

However, we did well in the events where we competed:

100m: 1st D Mitchell 11.6
2nd C Hilliard 11.9

110m Hurdles: 1st C Hilliard 15.5 (Club Record)

1500m: J Elder, a new club member who finished 3rd in an equal PB
4-36.0 - a promising debut.

400m: 1 Hilliard 53.4
2 Mitchell 55.5 A walkover - no opposition.

However in none of the track events did we field the full quota and had no competitor(s) in five events and the relay.

Fancy being beaten by only 15 points - imagine what we could do with a team!!?

U15 had a bye, but not one U14 athlete turned up.

*IMPORTANT

We failed to score any points at all in any grade in the Walk, Shot Put or Discus. This situation must be remedied. The qualifying distance for C Discus is only 85' and in A Grade is 100', so if you believe that YOU can do that or if you know someone who can and would be interested in joining, please let the club know. Similarly for the Walk, Shot Put, and Triple Jump.

It is also very worrying to see the pitiful turn-up in Under-age groups. U15 had a bye, but in Sub-Junior and U14, we had a total of three competitors.

SUNDAY TRAINING

Xavier at 10.30am - Gregor Evans

MGS also 10.30am - Ivan McQuilkin

These blokes don't go along without a reason, and that is to try to help you, the club members. So please try to attend, if possible, and make their efforts worthwhile.

TRANSPORT

All those boys who need transport, please ring your age-group or grade captain and let him know.

TEAMS FOR ROUND 2 SAT 17 NOV 1973

A grade only competes at Dolomere Oval this week. All other teams compete at University Oval as usual. (Dolomere Oval is near the corner of Nepean Highway and Warragul Rd. Mentone.)

A GRADE v Power House at Dolomere, Mentone Jim Grant 83.3522

1.00 Hammer Throw (Yarra Park) R.Glass
 1.15 1500m Walk I.Handasyde B.Moore
 1.15 400m Hurdles J.Grant G.Evans
 1.50 200m C.McConchie M.Purnell S.Anderson (em. Wilson)
 2.10 Javelin R.Liebmann
 2.40 Long Jump C.McConchie (em.S.Anderson)
 2.50 800m E.Wilson S.Handasyde D.Strickland (em Franzke)
 3.10 Pole Vault J.McKee
 3.25 High Jump J.McKee
 3.40 Shot Put R.Glass
 3.40 4 x 200 J.Grant M.Purnell S.Anderson C.McConchie
 4.25 110 Hurdles J.Grant S.Anderson
 4.25 5000m A.Franzke C.Aitken

B. GRADE v Williamstown at Uni Gregor Evans 86.8201

12.30 Hammer Throw (Yarra Park) Any strong men ?
 1.30 1500m Walk A.Janieson (by invitation)
 1.30 400m Hurdles J.Thorpe A.Williams
~~4.20~~ Shot Put C.Don (em S.Hare)
 2.10 200m D.Johnston P.Barton D.Evans
~~3.40~~ High Jump S.Hare
~~3.40~~ Long Jump T.Don
~~3.40~~ Pole Vault M.Latimer
 3.00 110 Hurdles P.Wardlaw A.Williams
 3.00 800m D.Evans R.Tallent J.Marx
 4.00 4 x 200 Barton D.Evans Johnston G.Evans
~~3.00~~ Javelin W.Evans (C.Findlay ?)
 4.40 5000m T.Oehr J.Marx

PLEASE RING TEAM CAPTAIN IMMEDIATELY IF YOU ARE UNAVAILABLE.

P.T.O. FOR OTHER TEAMS.

TEAMS FOR ROUND 2 SAT 17 NOV. 1973

C GRADE v Old Xavs at Uni Rob Ward 85.1049

12.30 Hammer Throw (Yarra Park) Anyone ?

1.30 1500 Walk

1.30 400m Hurdles S.Hare E.Dawson (em A.Wardlaw)

1.40 Shot Put S.Hare

2.10 200m R.Tallent J.Folmes T.Don (EM K.Rawlyck)

2.20 High Jump P.Wardlaw

3.00 Long Jump G.Evans

3.00 Pole Vault ?

3.00 110 Hurdles S.Hare E.Dawson (em A.Wardlaw)

3.00 800m T.Oehr M.Latiner S.Facey (em J.Thorpe)

4.00 4 x 200 K.Rawlyck T.Don R.Tallent J.Holmes

4.20 Javelin C.Findlay

4.40 5000m s.facey N.Lucas

SUB JUNIOR v Albion Craig Hilliard 836.1161

Team not available as yet . Contact Craig for details, but let's have a few more turn up this week.

UNDER 15 v St.Kevins Bill Fleming 80.4259

Team not available as yet. Please contact Bill or any other team captain for details. First event is at 1.30 pm.

UNDER 14 v Old Wesley David Watson 25.1289

Team not available as yet. Please contact David for details. First event is at 1.30.

NOTE: Please ring your team captain immediately if you are not available this Saturday.

All those who could not compete last Saturday did ring their team captain and this made the team organisation so much easier on the Saturday -- this was probably reflected in the success of the senior teams. Please keep it up.

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SUMMER 4

NOVEMBER 20th 1973

A and B grade were both defeated last weekend, but there were several good performances recorded.

Good Performances and Personal Bests.

J. Grant, 200 metres in 22.2secs, 110 Hurdles in 15.5secs (Equal PB)
S. Anderson, 200 metres in 22.6secs, Hurdles in 15.8secs
M. Latimer, 800 metres in 2.02.0 (PB)
Pole Vault, 10'0" (PB)
J. Elder, Subjunior, 800 metres 2.12.5 (PB)
C. Cooper, Subjunior, Hammer 112'11" (Record)
Javelin 38.40 (PB)
Shotput 49'6"
C. Evans, long jump, 19'7½" (PB)
D. Mitchell, 200 metres in 23.3secs
C. Hilliard, 200 metres in 23.5secs, Hurdles in 15.6secs.

The attendance in all under-age teams was again poor.

Subjunior, improvement from three to five.

U 15, four plus one injured competitor attending.

U 14, Two competitors.

While five competitors may be enough to coin a round at the moment, once the holidays arrive and numbers diminish, there will be serious problems. So come on all under-age athletes, and let's see you there this Saturday.

A GRADE

Lost to Powerhouse, 64 - 84.

TRACK EVENTS

400m HURDLES: 1st., J. Grant, 55.5secs
4th., G. Evans, 60.0secs

200m: 3rd., Grant, 22.2secs
5th., Anderson, 22.6secs
6th., Purnell, 22.7secs

800m: 2nd., Wilson, 1m55.7secs
5th., Strickland, 1m58.5secs

4x200 RELAY: Grant, Purnell, Anderson, Wilson - Lost

110m HURDLES: 1st., Grant, 15.5secs
3rd., Anderson, 15.8secs

5000m: 3rd., Franzke, 15m41.0secs
4th., Wilson, 16m17.0secs

1500m WALK: Moore D. N. Q., Purnell D. N. F.

FIELD EVENTS

Hammer: R. Closs won with 150'10"
 Javelin: R. Liebman lost 153'6"
 Long Jump: Anderson won with 19'9"
 Pole Vault: J. McKee
 High Jump: ~~Knox~~ J. McKee won 6'0"
 Shot Put: R. Closs won 43'7"

B GRADE

Lost to Williamstown, 42 - 75

Our scoring events were the following:

200m: 2nd., D. Johnston, 23.2secs
 3rd., D. Evans, 23.2secs
 6th., T. Don

300m: 2nd., D. Evans, 2mlsec
 3rd., J. Marx, 2.01.5secs
 4th., R. Tallent, 2.02.5secs

110m HURDLES:

2nd., Wardlow, 17.0secs
 4th., Williams, 20.5secs

4x200m RELAY:

Hare, Marx, G. Evans, Johnston - Lost

5000m: 1st., T. Oehr, 16m44secs
 J. Marx, D.N.F.

HIGH JUMP: S. Hare won with 5'8"

Note that we scored in only one field event, did not qualify in two others, and had no competitors in two more field events plus the walk.

C GRADE

Defeated Old Xavs 58 - 49

Scoring events:

400m HURDLES: 2nd., S. Hare, in approximately 63secs

200m: 1st., Tallent, 23.9secs
 4th., Holmes, 24.2secs
 6th., Dawson, 24.8secs

300m: 3rd., Latimer, 2m20secs
 4th., Facey, 2.4.4secs

110m HURDLES: 1st., Hare, 19.0secs
 3rd., Dawson, 19.9secs(FB)

5000m: 1st., Facey, 17.25.5secs

LONG JUMP: G. Evans, won, 19'7½" (PB)

POLE VAULT: M. Latimer, won, with 10'0" (PB)

HIGH JUMP: Wardlow, won, with 5'5"

Mark Ridgway, a new club member, and a very talented one, ran an invitation C. Grade 5000m in 16mins10secs.

SUB-JUNIOR

Defeated Albion, 57 - 39

<u>200m:</u>	1st., D. Mitchell 23.3secs 2nd., C. Hilliard, 23.5secs 6th., E. Hooley
<u>300m:</u>	2nd., J. Elder, 2m12.5 (PB) 4th., E. Hooley, 2m23secs
<u>110m HURDLES:</u>	C. Hilliard, 1st., in 15.6secs
<u>LONG JUMP:</u>	C. Hilliard, walkover, 19'4 1/4"
<u>HAMMER:</u>	C. Cooper, walkover, 112'11" (RECORD)
<u>JAVELIN:</u>	C. Cooper, won with 38.40 (PB)
<u>SHOT PUT:</u>	Cooper, won, 49'6"

UNDER 15 (Report by Bill Fleming)

This week we had a team of 4 competitors and an injured captain attending.

In the 200m, Peter Ritchie and Dave Eckberg, both new club members, came 3rd. and 4th. respectively.

In the 30m hurdles, Peel came a fighting 3rd. against tough opposition, and in the 300 metres another new recruit, James Morey, ran 2nd., with 2.21.3.

Meanwhile, at the long jump pit, Ritchie cleared 14'6 1/4 to win, and the 4 x 200 relay (Ritchie, Peel, Morey, Eckberg) managed to be beaten by 0.1sec in 1.54.5.

The Captain of the Under 15 team for 1973/74, Bill Fleming, and v.captain is Peter Ritchie.

UNDER 14

<u>200m:</u>	3rd., Ross Hooley
<u>300m:</u>	1st., E. Hooley, 2m39secs
<u>JAVELIN:</u>	D. Watson, walkover, 15.64 metres
<u>SHOT PUT</u>	D. Watson, walkover, 25'6 1/2"

This is a very poor turn-out by this team, but congratulations to the two boys, Ross Hooley and David Watson, who did compete.

NOTES:

1. Last week we were fined for not providing an official after repeated requests over the P. A. Please help if you can, because the Club just hasn't got money to throw away.
2. The Club's duty is to erect and dismantle the discus net. Also to put away the Recorders' tent and table at the end of the day. Again, please help if you are around.
3. This is the last week to get your money in to Steve Hare for the ELTHAM BARREL night. It'll be a beauty - Thursday, December 6th., \$5.00 a head.
4. If you are interested in a Golf Day, mention it to Steve Hare next Saturday. He is willing to arrange it at a mutually convenient time and place.
5. Top ten point scorers after 1st. round, "Bruce's Best Bets"

Equal 1st.	C. Hilliard, 18 J. Grant, 18
2nd.	G. Evand, 14
3rd.	D. Mitchell, 12
Equal 4th.	E. Wilson, 11 R. Tallent, 11 T. Oehr, 11

TEAMS FOR ROUND 3 SAT. 24 NOVEMBER 1973

All teams compete at Melbourne University Oval.

SUB JUNIOR v Williamstown 2 Craig Hilliard 836.1161

- 1.30 1500m Walk B.Hooley
- 2.10 100m D.Mitchell C.Hilliard J.Martin
- 2.20 Discus vacant --- C.Jooper unavailable
- 3.00 Triple vacant
- 3.00 110 Hurdles C.Hilliard (G.Bell unavailable through injury)
- 3.00 1500m J.Elder B.Hooley J.Martin
- 3.40 Pole Vault vacant
- 3.50 4 x 100 D.Mitchell C.Hilliard J.Martin J.Elder
- 4.20 Shot Put vacant
- 4.30 400m C.Hilliard d.Mitchell J.Martin (em J.Elder)

Any Sub Juniors not listed in teams please turn up - you will be most welcome and will ease the burden for others.

UNDER 15 v Old Wesley Bill Fleming 80.4259

- 1.30 800m Walk uncertain (maybe Strachan)
- 1.40 Shot Put Schloeffel
- 2.10 100m W.Fleming Ritchie D.Ekberg (em Strachan)
- 3.00 Pole Vault uncertain
- 3.00 1500m Morey
- 3.00 80m Hurdles S.Peel
- 3.40 Discus Schloeffel (?)
- 3.50 4 x 100 Ritchie Ekberg Morey Fleming (em Strachan Peel)
- 4.20 Triple Peel or Ritchie or Strachan
(must be a big tactical move)

UNDER 14 v St.Kevins David Watson 25.1289

Team is not available yet. All Under 14's please turn up and help the only two keen athletes we had last week. Contact David for details. First event is at 1.30.

TURN TURN TURN TURN TURN
 REMEMBER DECEMBER 6 AT ELTHAM BARRELL
 STEVE HARE HAS DETAILS - IT MUST BE A BOOMER
 BOOKINGS CLOSE SOON RUSH FOR YOUR TICKETS
 DYOG WHAT A NIGHT

2.5 / 133 210
 13
 25 | 339
 15
 18

TEAMS FOR ROUND 3 SAT. 24 NOVEMBER 1973

All teams compete this week at Melbourne University Oval.

<u>A GRADE v EMH.</u>	v	Captain	Jim Grant	83.3522	/ 288 4367
1.30	3000m Walk	I.Handasyde	D.Bennett		
1.40	Discus	R.Glass			
2.10	100m	J.Grant	M.Purnell D.Johnston		
2.20	Shot Put	R.Glass			
3.00	High Jump	J.McKee			
3.00	110 Hurdles	J.Grant	P.Wardlaw		
3.00	1500m	E.Wilson	A.Franzke G.Wise		
3.40	Triple	R.Glass	???		
3.50	4 x 100	Grant	Purnell Johnston Wilson		
4.20	Pole Vault	J.McKee			
4.30	400m	J.Grant	E.Wilson D.Evans		
5.00	Steeple	A.Franzke	C.Aitken		

<u>B GRADE v St.Kevins</u>		Captain	Gregor Evans	86.8201
1.30	3000m Walk	A.Jamieson	B.Moore	
1.40	Discus	C.Don	(em. M.Furnell)	
2.10	100m	G.Evans	D.Evans T.Don	
2.20	Shot Put	C.Don		
3.00	High Jump	S.Hare		
3.00	110 Hurdles	S.Hare	R.Hodges	
3.00	1500m	D.Strickland	T.Oehr J.Marx	
3.40	Triple	M.Purnell		
3.50	4 x 100	G.Evans	D.Evans T.Don R.Tallent	
4.20	Pole Vault	M.Latimer		
4.30	400m	R.Tallent	G.Evans D.Strickland	
5.00	Steeple	J.Marx	S.Facey	

<u>C GRADE v St.Kevins</u>		Captain	Rob Ward	85.1049
1.30	3000m Walk	??		
1.30	Triple	G.Evans		
2.10	100m	J.Holmes	K.Rawlyck R.Ward (em E.Dawson)	
2.20	High Jump	P.Wardlaw		
2.20	Pole Vault	R.Hodges		
3.00	110 Hurdles	A.Williams	E.Dawson	
3.00	1500m	R.Tallent	S.Facey M.Latimer (R.Dean, J.Thorpe and R.Hughes to please compete by invitation)	
3.40	Shot Put	S.Hare		
3.50	4 x 100	J.Holmes	K.Rawlyck E.Dawson R.Ward	
4.20	Discus	R.Tallent	or J.Holmes	
4.30	400m	J.Holmes	T.Oehr R.Ward (H.Belcher, J.Thorpe And E.Dawson to please compete by invitation)	
5.00	Steeple	R.Dean		

PLEASE TURN OVER FOR UNDER AGE TEAMS

PLEASE CONTACT TEAM CAPTAIN NOW i.e. IMMEDIATELY, IF YOU ARE UNAVAILABLE THIS WEEK OR IF YOU CAN NOT COMPETE IN ANY EVENT.

ELTHAM BARREL

THURSDAY DEC. 6 BIG SOCIAL EVENT

BYOG \$5 per head. NEARLY SOLD OUT ??

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

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

SUMMER 5

NOVEMBER 28, 1973

A and B were defeated, as were U14, but Cgrade, Sub-junior and U15 had good wins, Sub-junior having a massive walkover 70-0.

A Grade v. E.M.H. 56-101
 B Grade v. St Kevins 50-66
 C Grade v. St kevins 63-42
 Sub-junior v. Williamstown 2 70-0
 U15 Grade v. Old Wesley 53-16
 U14 Grade v. St kevins 34-53

Good Performances

100m D. Johnston, 11.4 secs. (P.B.)
 400m R. Tallent, 51.0, after a good 1500
 1500m E. Wilson, 3-57; A. Franzke, 3-59 (P.B.) and G. Wise
 4-01 - not bad for a 39 year-old who does little
 training.
 Subjunior hurdles C. Hilliard, 15.0 (Club record, 0.5 secs
 better than his own record).
 Other P.Bs. Fleming, U15 100, 12.1 secs (as good as C
 Grade); Latimer, 400m, 55.1 secs; Facey, 1500m,
 4-15.3

FOUND If anybody lost a pair of blue Adidas 'Tokyo' spikes in a
 plastic bag ring Andrew Cochrane, 86 8357

INTERVENUE MEETING December 8 - see later pages for information.

A GRADE Lost to E.M.H., 56-101

<u>100m</u>	4	D. Johnston	11.4	<u>400m</u>	4	Tallent	51.0
	5	Grant	11.4		5	Grant	52.1
	6	Evans	11.7		6	Wilson	
<u>1500m</u>	3	Wilson	3-57	<u>Steeple</u>	2	Franzke	9-55
	4	Franzke	3-59 (Approx. P.B.)		3	Aitken	10-15
	5	Wise	4-01 (Approx.)				

110m Hurdles 3 Grant 15.6
 4 Wardlaw 16.0

4x100m Relay lost (Grant, Evans, Wilson, Johnston)

3000m Walk 3 Handasyde 16-34
 Jamieson DNQ 17-20

Discus R. Glass won with 106' Shot R. Glass won with 43'

High Jump S. Harc., lost with 5'9"

Triple Jump R. Glass 12.90m

Pole vault M. Latimer DNQ

EMH swept us off the track in the sprints as expected, but were also strong in a range of other events, giving us a bad loss. The 1500m was a great event in which Ken Hall of EMH ran a superb

race leading all the way and running an even pace to record 3-46, dragging Ewen through the 800m in 2-00. Ewen faded a bit but still ran a good 3-57 and Alan Franzke came home well with 3-59. Unfortunately, for this race there were no times of placegetters taken.

In the 400m Rog Tallent ran a superb 51.0 after his 1500m in 4-15.0, and on very little running since the Combined Sports. In the Pole, Mark Latimer got his body over the Qualifying height 10'6", but just missed.

B GRADE Lost to St Kevins 50-66

Scoring events were as follows:

<u>100m</u>	4	Rawlyk	12.0	<u>1500m</u>	1	Strickland	4-13.7
	5	Holmes	12.0		2	Marx	4-14.2
	6	P. Wardlaw	12.3		4	Oehr	4-16.0

<u>110m Hurdles</u>	2	Hodges	17.5
	3	Hare	17.9

<u>400m</u>	3	D. Evans		<u>High Jump</u>	P. Wardlaw, lost,
	4	J. Thorpe			5'6"
		T. Oehr	DNQ 56.8		

Steeplechase 1st Marx. Dawson, a great effort, but DNQ

4x100m Relay Won - Tallent, Ward, Hare, Wardlaw

C GRADE Defeated StKevins, 63-42

<u>100m</u>	2	Ward	12.1	<u>400m</u>	1	G. Evans	52.9
	4	Dawson	12.5		2	M. Latimer	55.1 P.B.
	6	Facey	13.0		3	R. Ward	55.8

<u>1500m</u>	1	Tallent	4-15.0	<u>110m Hurdles</u>	1	Williams	18.2
	2	Facey	4-15.3 P.B.		2	Dawson	
	3	Cochrane	4-15.8				

Triple Jump G. Evans lost with 11.20m

Pole Vault R. Hodges won with 10ft.

The 1500m saw quite a tight finish between our three runners with Rog Tallent showing a fast finish to overtake Stuart Facey, who had opened up a large gap, and Andrew Cochrane coming home behind Stuart. There is a great deal of depth in this event with all six B and C runners recording 4-13 to 4-16.

SUB JUNIOR Defeated Williamstown 2 70-0

<u>100m</u>	1	Mitchell	11.7	<u>400m</u>	1	Hilliard	53.0
	2	Hilliard	11.7		2	Elder	59.7
	3	Martin	12.2		3	Martin	60.6

<u>1500m</u>	1	Elder	4-41.0	<u>110m Hurdles</u>	1	Hilliard	15.0 (REC.)
	2	Hooley	4-51.1		2	Hooley	22.0
	3	Martin	5-50.2				

1500m Walk Hooley, wlkover, 8-57.0

4x100m Relay Walkover, 47.4 secs (Martin, Elder, Hilliard Mitchell)

In the 1500m Mark Ridgway ran 4-11 (Invitation)

This win was a great percentage builder and a good training session after the exams. Congratulations to Julian Martin on a very good effort in his first day with the club. Despite this win Sub-junior desperately need a high jumper and triple-jumper and also a pole vaulter.

U15 REPORT by Bill Fleming (The only team captain who bothers to write a report)

This week, U15 showed a big improvement. We defeated Old Wesley, 53-16, and had a team of six competitors against Old Wesley's two.

In the first event, the 800m walk, we failed to raise a competitor, but in the shot put David Schloeffel, a new club member, had a walkover win with a toss of 32'1 $\frac{1}{2}$ ". In the 100m, Fleming won with a P.B. of 12.1, Ritchie ran second and Dave Eckberg third. (Bill ran as fast as our Cgrade competitors!)

Peel won the 80 metres hurdles and Morey won the 1500. Schloeffel reappeared in the discus to throw 64' for a good win and the sprint relay (Ritvhie, Peel, Eckberg, Fleming) won in 53,5 secs.

Fleming won the Triple jump with 10.24m, to make a good win for Old Scotch.

U14 Lost to St Kevins, 34-53. Report by David Watson.

This week we had a total of four competitors. In the 800m walk, Simon Cook came a close second, and in the shot put David Watson was just beaten on the last throw by 2 $\frac{1}{2}$ ".

Then came our fantastic 100runners, A. McLeish and R. Hooley with McLeish a Clear winner (13 secs) and Ross Hooley a well-run fifth. In the 1500 Cook came third and Hooley 4th after a bad fall.

In the discus, David Watson threw 74'8" for first. In the relay, we managed to fill a team but came second and in the last event the Triple, S. Cook gained second place.

Overall we lost, but hopefully there will be three more members next week.

THE TOP TWENTY or BRUCE'S BEST BETS

The leading points scorers after Round 3. Craig Hilliard has opened up a large lead, pursued by club captain Jim Grant and then Gregor Evans and Rog Tallent.

1	C. Hilliard	53	8	S. Facey	25	eq15	T. Oehr	20
2	J. Grant	41	9eq	P. Wardlaw	24		S. Anderson	20
3	G. Evans	32		J. Marx	24	eq17	E. Dawson	19
4	R. Tallent	30	11eq	E. Wilson	22		B. Hooley	19
5	S. Hare	28	12eq	M. Latimer	21	eq19	C. Cooper	18
6	R. Glass	27		D. Watson	21		D. Evans	18
7	D. Mitchell	26		J. Elder	21		A. Franzke	18

If you count them there are actually 21 names here. Any complaints see Bruce Hooley.

PREMIERSHIP LADDER After Round two at University places are the following - Bgrade 5th (out of 8)
 C Grade 2nd (out of 6)
 SUB-junior 5th (out of 9)
 U15 7th (out of 9)
 U14 8th (out of 10)

INTERVENUE MEETING

This meeting is in the evening on Tuesday 11th Decenbor at Heidelberg's new track. All track events except for the senior Steeple are being held and U19 events and the following field events :

Hammer ; Senior Discus : Senior, U14, U13
Javelin : Senior, U19, U17, U15

Shot Put All grades plus an U19 event
High Jump Senior, U19, U17
Long Jump Senior, U19, U15, U14
Triple Jump Senior, U17, U13
Pole Vault Senior

1. Note that U19 events are being held, so those boys who compete in the Senior grades but are still Juniors, can compete against their own age group.
2. Limited numbers of competitors can compete (for instance, in the 100m, there are three seniors, 3 U19, 3 U17, 2 U15 and so on, from each venue). Those wishing to make themselves available for selection must notify the Group Secretary by next Saturday.
3. This evening meet is a very good chance for some of our club athletes to compete and compare themselves against those from other venues. So see Peter Lucas this Saturday.

ENGLISH MEASUREMENTS CHAMPS

These are twilight meetings at the Box Hill and Sandringham arenas.

January 7, Monday	100 yards, Heats	}	BOX HILL
	Mile Heats		
January 9, Wednesday	100 Yards, Final	}	
	Mile Final		
January 21, Monday	3 Miles Heats	}	SANDRINGHAM
January 23, Wednesday	3 Miles, Final		

Entries for the 100 yards, Mile close on Dec. 21st; for the 3 miles on Jan. 7th., and forms are available from the V.A.A.A. office from regional secretaries and at inter-club venues.

FIELD EVENTS AND WALKS

All grades are still sadly lacking in these events, and no team filled all events.

In B Grade; no walk, discus and DNQ in triple, shot.
 C Grade; no walk, discus, high, and DNQ in shot,
 Subjunior; no discus, shot, pole
 U15; no walk
 U14; no pole, hurdles.

Valuable points are being thrown away here!

TEAMS FOR ROUND 4 SAT 1 DECEMBER 1973 AT UNIVERSITY OVAL

SUB JUNIOR v Old Xave

Craig Hilliard 836.1161

12.30 Hammer (Yarra Park) C.Cooper
 1.30 1500m Walk B.Hooley
 2.00 Long Jump C.Hilliard
 2.10 200m C.Hilliard D.Mitchell G.Bell
 2.20 Javelin C.Cooper
 3.00 High Jump G.Bell
 3.00 800m J.Elder B.Hooley D.Mitchell
 3.00 110 Hurdles C.Hilliard
 3.40 Shot Put C.Cooper
 4.00 4 x 200 D.Mitchell C.Hilliard J.Elder G.Bell

UNDER 15 v Sunbury

Bill Fleming 80.4259

1.30 800m Walk S.Peel (em D.Ekberg)
 1.40 High Jump ?
 2.10 200m W.Fleming D.Ekberg P.Ritchie (em. S.Peel)
 3.00 Shot Put D.Schloeffel
 3.00 800m J.Morey
 3.00 80m Hurdles S.Peel
 3.40 Javelin D.Schloeffel
 4.00 4 x 200 W.Fleming D.Ekberg P.Ritchie J.Morey
 (em S.Peel Strachan)
 4.20 Long Jump W.Fleming (em P.Ritchie Strachan)

UNDER 14 v Albion

David Watson 25.1289

1.30 800m Walk S.Cook
 1.40 High Jump S.Cook
 2.10 200m A.McLeish R.Hooley Plaisted
 3.00 Shot Put D.Watson
 3.00 800m S.Cook R.Hooley
 3.00 80m Hurdles ?
 3.40 Javelin D.Watson
 4.00 4 x 200 Plaisted S.Cook R.Hooley A.McLeish
 4.20 Long Jump ? (S.Cook already has the maximum 3 events)

PLEASE NOTIFY TEAM CAPTAIN IMMEDIATELY IF YOU ARE UNAVAILABLE

If you desire transport to or from the University Oval, please do not hesitate to ring your team captain or one of the senior team captains whose phone numbers are listed with the teams.

TEAMS FOR ROUND 4 SAT 1st DECEMBER 1973

A GRADE COMPETES AT HEIDELBURG THIS WEEK. All other teams are at University Oval as usual. Agrade athletes please see map on this or the next page, and please be early for events.

A GRADE v Ivanhoe at Heidelberg Jim Grant 83.3522

1.30	1500m Walk	I.Handasyde	D.Bennett
1.40	400m Hurdles	J.Grant	G.Evans
2.00	200m	C.McCinchie	J.Grant D.Johnston
2.15	Pole Vault	J.McKee	
2.30	Long Jump	C.McConchie	
2.45	Javelin	R.Liebmann	
2.55	800m	E.Wilson	A.Franzke * G.Wise
3.15	Shot Put	C.Don	
3.45	High Jump	J.McKee	
3.50	4 x 200	C.McConchie	J.Grant D.Johnston E.Wilson
4.00	Hammer	?	
4.35	110 Hurdles	J.Grant	P.Wardlaw
4.35	5000m	A.Franzke	C.Aitken

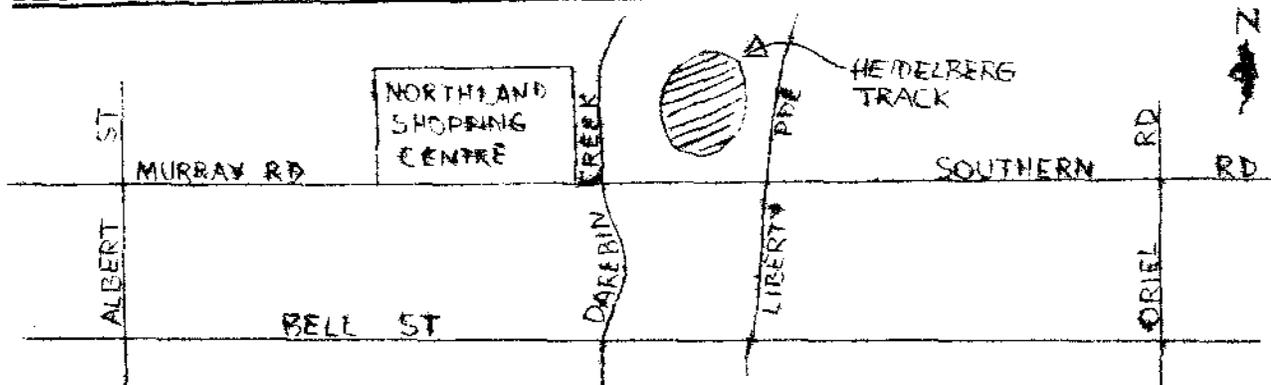
B GRADE v M.U.A.C. Gregor Evans 86.8201

*12.30	Hammer	?	
1.30	1500m Walk	A.Jamieson	B.Moore
1.30	400m Hurdles	R.Hodges	S.Hare
2.10	200m	M.Purnell(if available)	D.Evans R.Tallent
3.00	Javelin	M.Latimer	
3.00	800m	D.Evans	R.Tallert J.Marx
3.00	110 Hurdles	R.Hodges	A.Wardlaw
3.40	Long Jump	G.Evans	
3.40	High Jump	S.Hare	
3.40	Pole Vault	M.Latimer	
4.00	4 x 200	M.Purnell	D.Evans R.Tallent G.Evans
4.20	Shot Put	Anyone chuck	33 feet ?
4.40	5000m	J.Marx	T.Oehr

C GRADE v Footscray Rob Ward 85.1049

12.30	Hammer	?	
1.30	1500m Walk	?	
1.30	400m Hurdles	E.Dawson	A.Wardlaw (em. J.Holmes)
1.40	Shot Put	Anyone chuck	29 feet ?
2.10	200m	J.Holmes	K.Rawlyk R.Ward (em A.Wardlaw T.Don)
2.20	High Jump	P.Wardlaw	(em A.Wardlaw)
3.00	Long Jump	R.Tallent	??
3.00	Pole Vault	R.Hodges	
3.00	800m	M.Latimer	S.Facey J.Thorpe (em A.Cochrane and R.Hughes)
3.00	110 Hurdles	S.Hare	A.Williams (em E.Dawson)
4.00	4 x 200	J.Holmes	K.Rawlyk R.Ward T.Don
4.20	Javelin	C.Findlay	
4.40	5000m	A.Cochrane	G.Robertson-Smith (em S.Facey and R.Dean)

PLEASE CONTACT TEAM CAPTAIN IMMEDIATELY IF YOU ARE UNAVAILABLE



11 Tuoy
Callanans
≥ 1 mile down
off Point Leo Road

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

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

SUMMER 6

DECEMBER 6th 1973

Last weeks competition was a very disappointing one for all senior grades. A Grade should have really pushed Ivanhoe, but instead were easily beaten themselves.

RESULTS:

A Grade	lost to Ivanhoe	48-101
B Grade	lost to MUIAC	52-75
C Grade	lost to Footscray	
Subjunior	defeated OX	54-49
U15	defeated Sunbury	42-30
U14	lost to Albion	40-47

MESSAGE PARTICULARLY DIRECTED AT SENIOR ATHLETES

Dear Athletes,

In the past few weeks there appears to have been a stagnation of our talent. I believe this is partly due to an incidious attitude which can be summed up by the following statement - "I would prefer to run in a lower grade and win, rather than a higher grade and lose".

Have these been your thoughts?

In my opinion this is completely counterproductive, especially for athletes who have not reached their full potential. If everyone had this attitude it is obvious that we would be forever heading backwards just to "win"! This is not the attitude which regained our position in A Grade and lifted us into B and C Grades.

Wake up to yourselves! Better performances will give you wins even in higher grades and if you don't win, it is much more satisfying to better your old performances each week than to win with a poor performance.

If you are the weak link in the chain do something about it now.

Remember: Don't underestimate your ability
Improved performances are impossible without regular training
Good organisation is useless without your attendance

When will we see your true talent?

Sincerely,

Jim Grant

PS If this hurts, have a look at the A Grade results.

MESSAGE TO A GRADE ATHLETES

Dear A Graders,

As you probably know we need at least 3 wins this season to remain in A Grade. We have one win so far.

Due to our defeat by Ivanhoe (which believe it or not could have been reversed by a full team and average performances) we must win against Coburg (Dec 15th) and Colkingwood (Feb 2nd). Other possible wins are Box Hill 2 (Dec 8th) and Sandringham (Jan 19th) (with a little luck).

If you want us to stay in A Grade please make yourself available for the above dates, particularly the first two.

Yours sincerely

Jim Grant

GOOD PERFORMANCES AND PB's

David Mitchell	Subjunior 200 in 22.8
A Wardlaw	400 Hurdles in 59.5 (first run)
	110 Hurdles in 16.0 (first run at this height)
Mark Ridgeway	5000m in 16:11, after 800m in 2:2.4
Jim Elder	Subjunior 800 in 2:11.3 (PB)
Craig Cooper	Subjunior Hammer 118'11" (PB, Club Record)
Peter Ritchie	Shot 49'11"
	U15 200 26.2 (PB)

Andy Wardlaw shows a great deal of potential over the long hurdles, and won very easily, despite having done no running since the school season.

A GRADE

Defeated by Ivanhoe 42-101

Our only winning event was Jim McKee in the High Jump

1500 Walk	Handasyde 8:08 DNQ	Pole Vault	McKee DNQ
	Moore DNQ		
400 Hurdles	1 Grant 57.5	200m	2 Grant 23.8
	4 Evans 59.0		5 D Johnston 24.8
			6 D Evans 24.9
			(against an 8m/sec headwind)
800m	2 Wilson 1:56.1	5000m	Franzke 17:15 DNQ
	3 Franzke 1:57.0		Aitken 17:29 DNQ
	6 Wise 2:01.5		
110 Hurdles	2 Grant 16.6	High Jump	McKee won 6'2"
	4 Wardlaw		
Javelin	Liebmann DNQ	Shot	Liebmann DNQ
Long Jump	G Evans, lost, 6.15m	Hammer	-----

B GRADE

Lost to MUAC

Scoring events:

400 Hurdles	1 R Hodges 64.3	5000m	T Oehr 17:11
	2 S Hare 60.8		
800m	1 R Tallent 2:06.0	200m	1 R Tallent 23.5
	2 S Facey 2:06.8		4 J Holmes 23.9
	A Cochrane		5 Rawlyk 25.2
High Jump	S Hare lost 5'9"	110 Hurdles	1 A Wardlaw 16.0
			2 Hodges 16.8
Relay	(Tallent, Evans, Ward, Dawson) won.		

No competitions in the Hammer, Long Jump, Shotput.

DNQ in the Polevault, Walk, Javelin.

C GRADE

Lost to Footscray

400 Hurdles	1 A Wardlaw 59.4 (first run at this event)
	3 E Dawson

.....

200m	3 R Ward	24.3	Pole Vault	E Hodges won 9'3"
	5 P Wardlaw	25.0		
	6 A Cochrane	26.3	110 Hurdles	1, S Hare 3 E Dawson
800m	4 J Thorpe	2:13.3	Long Jump	DNQ
High Jump	A Wardlaw	5'		

No competitor in Walk, Javelin, Shotput, 5000m Relay.

SUBJUNIOR (Report: Bruce Hooley)

Defeated Old Xavs 54-49

We started off well with two walkovers in the Hammer and Walk, with Craig Cooper (118'11" - a record) and Bruce Hooley. Then we had a piece of bad luck when Craig Hilliard injured his knee in the Long Jump and put himself out of action. But this was shortly followed by a magnificent 22.8 by Dak Mitchell in the 200, a superb effort. He was followed home by new member Stephen Beyer in 3rd place in 25.1secs.

In the 800, Jim Elder ran 2:11.3 (PB) to defeat all the Old Xavs, with Beyer in 5th place. Mark Ridgeway, invitation ran 2:2.4, and is waiting for his clearance from Old Carey. The shock of the day came when Craig Cooper heaved the shot 49'11", yet still lost. We now had to win the relay to defeat Old Xavs. Stephen Beyer gave us a good lead at the start, but Elder and Hooley both lost a bit. But when Dak got the baton there was no doubt about the result. We won the relay and the round.

In the B Grade 5000m, Mark Ridgeway (Invitation) ran a great 16:11.

U15 (Report: Dave Ekberg)

Defeated Sunbury 42-30

Each team had 5 competitors, but we managed to win 42 to 30 points.

In the first event, the 1500Walk, Dave Ekberg was disqualified, and we had no High Jump competitor. But in the 200, Peter Ritchie won in 26.2(PB), with Jim Morey 3rd, and Ekberg 4th. In the Shot, Schloeffel had a walkover with a put of 9m13cm. In the 800, Morey won with Peter Ritchie 2dn, and Stephen Peel won the 80m Hurdles in 16.0.

To finish the day, the relay came 1st. We are still in need of a high jumper, but didn't need our captain Bill Fleming.

U14 (Report: D Watson)

Lost to Albion 40-47

In the 800m Walk we had another close loss when S Cook just couldn't keep up with the opposition and came a close second, and Cook also took 2nd in the High with 4'7".

D Watson won the Shot with 8.05m, and the ever faithful sprinters, Plaisted, Cook and McLeish had a clear win. McLeish won in 26.2, Plaisted just behind in 26.3, and Cook 5th.

In the 800, Cook ran a PB to come second, and McLeish won the Hurdles in 13.7secs.

For the Relay we managed to scrape up a team, With 200m to go Cook was cut off and had a nasty fall, and we did not finish.

The final points were 40 to 47.

PS We need a better turn out.

NOTES

(1) Please fill in the pink form that you should have received about availability during the holidays, and RETURN IT TO YOUR TEAM CAPTAIN.

There are only two more rounds, including this Saturday, before the Xmas break of 1 month.

(2) Many people have promised to write articles for the news-sheet (Ewen W, Stewart H, Steve H) but none have been forthcoming. Anybody who wishes is very welcome to contribute to this News-sheet.

(3) Bruce Field's (MUAC) run of 49.8 in the 400 Hurdles (new Vic record) went largely unnoticed last Saturday, but in the conditions it was a magnificent performance.

Editor: A Cochrane

Please add to your HANDBOOK -

Vice-President : Mr David E. Watson

School Rep's : Roger Tallent

TEAMS FOR ROUND 5 SAT. 8 DECEMBER 1973

ALL TEAMS compete this week at the Melbourne University oval.

A GRADE v Box Hill 2 Jim Grant 83.3522

1.30	3000m Walk	I.Handasyde B.Moore
1.40	Discus	R.Glass
2.10	100m	C.McConchie D.Johnston J.Grant
2.20	Shot Put	R.Glass
3.00	High Jump	J.McKee
3.00	110 Hurdles	J.Grant S.Anderson
3.00	1500m	E.Wilson A.Franzke G.Wise
3.40	Triple	R.Glass ? ?
3.50	4 x 100	S.Anderson J.Grant D.Johnston E.Wilson
4.20	Pole Vault	J.McKee
4.30	400m	J.Grant R.Tallent E.Wilson
5.00	Steeple	A.Franzke C.Aitken

B GRADE v Albion Gregor Evans 86.8201

1.30	3000m Walk	A.Jamieson
1.40	Discus	R.Tallent (em.M.Purnell)
2.10	100m	M.Purnell P.Barton G.Evans
2.20	Shot Put	S.Hare
3.00	High Jump	S.Hare
3.00	110 Hurdles	P.Wardlaw R.Hodges
3.00	1500m	D.Strickland J.Marx R.Tallent
3.40	Triple	S.Anderson
3.50	4 x 100	M.Purnell P.Barton G.Evans R.Tallent
4.20	Pole Vault	R.Hodges
4.30	400m	D.Evans S.Anderson G.Evans
5.00	Steeple	J.Marx D.Lee

C GRADE v Old Melb Rob Ward 85.1049

1.30	3000m Walk	? ?
1.30	Triple	C.McConchie (em. G.Evans)
2.10	100m	R.Ward J.Holmes K.Rawlyk (em P.Wardlaw E.Dawson)
2.20	High Jump	P.Wardlaw
2.20	Pole Vault	J.Holmes
3.00	110 Hurdles	S.Hare A.Williams (em E.Dawson)
3.00	1500m	A.Cochrane S.Facey T.Oehr (em S.Handasyde , D.Lee J.Thorpe R.Hughes R.Dean)
3.40	Shot Put	R.Hodges
3.50	4 x 100	K.Rawlyk J.Holmes E.Dawson P.Wardlaw
4.20	Discus	J.McKee
4.30	400m	S.Handasyde J.Thorpe J.Holmes (em A.Cochrane S.Facey T.Oehr)
5.00	Steeple	R.Dean R.Hughes

PLEASE NOTIFY TEAM CAPTAIN IMMEDIATELY IF YOU ARE NOT AVAILABLE.

ANYONE NOT LISTED IN A TEAM PLEASE COME ALONG AND COMPETE BY INVITATION.

TEAMS FOR ROUND 5 SAT. 8 DECEMBER 1973

All teams compete at the Melbourne University Oval.

UNDER 15 v Footscray

Bill Fleming 80.4259

1.30	800m Walk	S.Peel (em. D.Ekberg)
1.40	Shot Put	D.Schloeffel
2.10	100m	P.Ritchie D.Ekberg S.Peel (em. Strachan)
3.00	Pole Vault	?
3.00	1500m	P.Ritchie D.Ekberg Strachan (em.S.Peel)
3.00	80m Hurdles	S.Peel D.Ekberg
3.40	Discus	D.Schloeffel
3.50	4 x 100	D.Ekberg D.Schloeffel S.Peel P.Ritchie (em. Strachan)
4.20	Triple	S.Peel (em. D.Ekberg)

UNDER 14 v Williamstown 2

David Watson 25.1289

1.30	800m Walk	S.Cook
1.40	Shot Put	D.Watson
2.10	100m	M.Plaisted A.McLeish R.Hooley
3.00	Pole Vault	??
3.00	1500m	R.Hooley S.Cook
3.00	80m Hurdles	A.McLeish M.Plaisted
3.40	Discus	D.Watson
3.50	4 x 100	A.McLeish S.Cook R.Hooley M.Plaisted
4.20	Triple	S.Cook

SUB JUNIOR v Williamstown 1

Craig Hilliard 836.1161

ALL ATHLETES PLEASE CONTACT TEAM CAPTAIN IMMEDIATELY IF YOU ARE UNAVAILABLE.

If you require transport to or from University please contact one of the team captains.

Anyone who thinks he may require transport to/from University during the holiday period (Jan 12th, 19th, 26th, and Feb. 2nd) from any holiday area, e.g. Mornington Peninsula, Point Lonsdale, Western Port etc. or anyone who may be able to provide transport from these areas please contact Gregor Evans as soon as possible.

OLD SCOTCH C.A.A.C.

NEWS-SHEET

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

RESULTS

A Grade	Lost to Box Hill 2,	77 - 84
B Grade	Won against Albion	81 - 14
C Grade	Won against O.Melb	59 - 40
Subjunior	Lost to Williamstown 1,	61 - 66
U 15	Lost to Footscray	23 - 58
U 14	Won against Williamstown 2,	65 - 12

GOOD PERFORMANCES & PB'S

Senior 1500m	A. Franzke	3.57 (PB)
Senior Pole Vault	J. McKee	11ft.
Subjunior 400m	D. Mitchell	53.8 (PB)
Subjunior ShotPut	C. Cooper	50'9" (PB)
U 14 Discus	D. Watson	23.82m(PB)
U 14 Triple	S. Cook	31'1" (Record).

A GRADE

Lost narrowly to Box Hill 2, 77 - 84, but put up a very good effort indeed.

<u>3000 Walk:</u>	1. I. Handasyde	16 - 3.6
	3. B. Moore	16 - 36.0

<u>100 Metres:</u>	2. J. Grant	11.3
	5. D. Johnston	11.6
	6. G. Evans	11.6

<u>1500 Metres:</u>	1. A. Franzke	3-57(PB)
	4. E. Wilson	4-1.9
	6. G. Wise	4-10.6

<u>400 Metres:</u>	2. R. Tallent	51.0
	4. J. Grant	53.0
	6. E. Wilson	54.0

<u>110 Hurdles:</u>	1. Anderson	15.7
	3. Grant	15.9

Discus: R. Glass, won, 120ft.

Shot Put: R. Glass, won, 41'2".

High Jump: J. McKee, won, 6'4".

Triple Jump: R. Glass, lost, 40'10"

Pole Vault: J. McKee, lost, 11ft.

Steeple: B. Aitken, 10 - 2.0
A. Franzke, 10 - 3.0

Relay (Grant, Anderson, Johnston, McAuley) lost.

B GRADE

Defeated Albion, 81 - 14

<u>3000 Walk:</u>	1. A. Jamieson	16 - 37
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<u>100 Metres:</u>	1. W. McAuley	11.5
	2. Kawlyk	11.7
	3. J. Holmes	11.9
	No opposition	

<u>1500 Metres:</u>	2. Strickland	4-13.2
	3. Marx	4-15.3
	4. Tallent	4-26.0

400 Metres: 1. S. Anderson 53.3
 2. D. Evans
 4. J. Thorpe 54.6

110 Hurdles: 1. S. Hare 18.9
 2. E. Dawson 19.1

Steepler: 1. J. Marx 10-15
 2. D. Lee 11-04

High Jump: S. Hare, Walkover, 5'10"

Relay: (Thorpe, Holmes, Hodges, Tallent) Walkover

C GRADE

Defeated Old Melbournians, 59 - 40

100 Metres: 3. P. Wardlow 12.0
 4. E. Ward 12.0
 5. E. Dawson 12.0

110 Hurdles: 1. P. Wardlow 17.4
 2. E. Hodges 17.6

400 Metres: 1. G. Evans 52.9
 3. J. Holmes 55.5
 4. P. Barton 55.6

1500: 1. S. Facey 4: 19.8
 2. T. Oehr 4: 20.6
 3. A. Cochrane 4: 24.8

High Jump: P. Wardlow, lost, 5'3"

Triple Jump: G. Evans, won, 37'2 1/2"

Relay: (Ward, Dawson, Wardlow, G. Evans), lost

Steepler: B. Hughes, competed by invitation

SUB JUNIOR VERSUS WILLIAMSTOWN 1

In a closely fought competition we went down by a mere 5 points. It was the same old story that brought about this defeat - no walker, no pole vaulter - 12 points down the drain.

Dak Mitchell retained his form with a smart 11.5 hundred to be narrowly beaten, and a PB 400 in 53.8. Craig Cooper was on the job with a good win in the discus, a gutsy pinch-hit qualifying effort in the triple, and PB throw of the shot (50'9") to put us in a position to win with the 400 to go. Craig Hilliard with a 3rd. in the 100, and easy wins in the hurdles (15.2) and 400 (53.2) was good to see after the previous week's injury.

Other Performances

Stephen Buyer (4th) 12.3 in the 100
 Roger Bayley (3rd) in the 1500 (6th) 58.5 - 400
 New Team member Tim Darling (5th) - 1500
 Julian Martin (3rd) hurdles and good run in the relay.

East Coast Championships

Congratulations to Craig Hilliard (hurdles and 4 x 100 relay) and Jim McKee (high jump) on their selection in the Victorian sub-junior team to compete in Brisbane in January. Both won their trials convincingly at Box Hill last week, and as both have the best performances in Australia, for their events, this year we wish them every success.

H 15

Lost badly to Footscray, 23 - 58

Report (by Dave Ekberg)

This week, owing to our lack of competitors (including one captain), we had only three athletes.

To start a bad day, we had no competitor in the walk (six points thrown away), but Dave Schloeffel gave a 33ft. 10 in. shotput to beat Footscray. (This is not his best and we expect great things of him in the future).

To blacken the day further, in the 100, Peter Ritchie came third, with David Ekberg and Schloeffel 5th. and 6th, respectively.

In the 1500, Peter Ritchie and Ekberg were 3rd. and 4th., and in the discus Dave Schloeffel made a dramatic improvement with a PB of 26.08m, but was not good enough to win.

In the relay, as we could not fiddle a team, we gave away a further 6 points, and we also missed the triple jump.

Better luck against Albion.

Summary

<u>100:</u>	3. Ritchie	<u>1500:</u>	3. Ritchie
	5. Ekberg		4. Ekberg
	6. Schloeffel		

Shot: Schloeffel, won, 33'10"

Discus: Schloeffel, lost, 26.08metres (PB)

U 14

Report by R. Hooley and D. Watson

Defeated Williamstown 2, 65.- 12.

Last Saturday we had the best turn-up so far and we won very convincingly, 65 - 12, against only one opponent.

In the walk, S. Cook had a walkover, coming 5th. overall, and in the shot put, David Watson had the only loss of the day, with 25 1/2".

In the 100, our brilliant sprinters were McLeish 1st.(12.8), Plaisted 2nd., and Hooley 3rd. The 1500 was run in hot conditions and S. Cook came 1st. and R. Hooley 2nd.

We had another win in the hurdles, with McLeish 1st., Plaisted 2nd., and in the discus Dave Watson won with a PB of 24.82 metres.

The relay had an easy win, and in the triple, our all-rounder Cook won with 31'11"(PB)

Summary

<u>100:</u>	1. McLeish 12.8	<u>1500:</u>	1. Cook 4 - 40 (PB)
	2. Plaisted		2. Hooley
	3. Hooley		

Hurdles:

1. McLeish 13.7
2. Plaisted

Walk: 1. S. Cook

Shot Put: D. Watson, lost, 25 1/2"

Discus: D. Watson, won, 23.82 (PB)

Triple: S. Cook, won, 31'11" (PB)

PREMIERSHIP LADDERS

To reach the venue finals, a club must finish among the first four teams.

B GRADE

<u>Place</u>	<u>Team</u>	<u>Points</u>	<u>Percentage</u>
1.	Old St. Kevins'		
2.	Footscray		
3.	Williamstown		
4.	Old Xavierians		
6.	<u>Old Scotch</u>	6	81.5

C GRADE

1.	Footscray	16	
2.	<u>Old Scotch</u>	12 16	100.88
3.	Old Xavierians	8	
4.	Old St. Kevins'	8	

SUBJUNIOR

1.	Old Melbournians	16	
2.	Williamstown 1	12	160.87
3.	<u>Old Scotch</u>	12	154.01
4.	Footscray 1	12	153.66

U 15

1.	Old St. Kevins'	16	
2.	Footscray	16	
3.	Old Xavierians	12	136.00
4.	<u>Old Scotch</u>	12	106.14

U 14

1.	Footscray	16	
2.	Williamstown	16	
3.	Old St. Kevins'	12	
4.	Footscray 2	8	
9.	<u>Old Scotch</u>	2	45.03

We appear to have a chance of reaching the venue finals in 3 grades, with a great deal of luck in 4 grades.

However, this all depends on results over the school holiday period, especially in early January - this is where our teams either go on to reach the finals or drop themselves out as final possibilities.

LETTER FROM GREGOR EVANS

It is time to take a critical look at the position of the club.

Although some teams are performing very well and are definite finals prospects, I believe the Club as a whole is not operating at maximum efficiency.

A Grade is at the cross-roads. Its success will depend on whether senior athletes are prepared to back the club captain to the utmost and follow his advice outlined in News-Sheet 6 December.

For other teams, the "holiday period" i. e. January 12, 19, 26 and February 2, are the critical rounds. These are the rounds in which wins are relatively easy to achieve, provided we field full teams. The whole key to interclub competition is to field a full team with potential qualifiers in all events, particularly field games.

I think B and C Grade may be "resting on their laurels" of last seasons success. A little more discipline is required. In the past few weeks athletes have been failing to fill in results, missing events and altering their events without thinking of the consequences, or advising their team captain. These teams could perhaps take a lesson from the under age teams, in particular the U 15 and U 14 teams whose organisation and enthusiasm within the team is first class considering the numbers in each team.

TEAMS FOR ROUND 6 SAT 15th DEC. 1973

A GRADE COMPETES AT EDWARDES LAKE RESERVE, PRESTON THIS WEEK.
SEE MAP ENCLOSED AND PLEASE BE EARLY FOR EVENTS AS THIS IS A MOST CRITICAL ROUND FOR OLD SCOTCH.

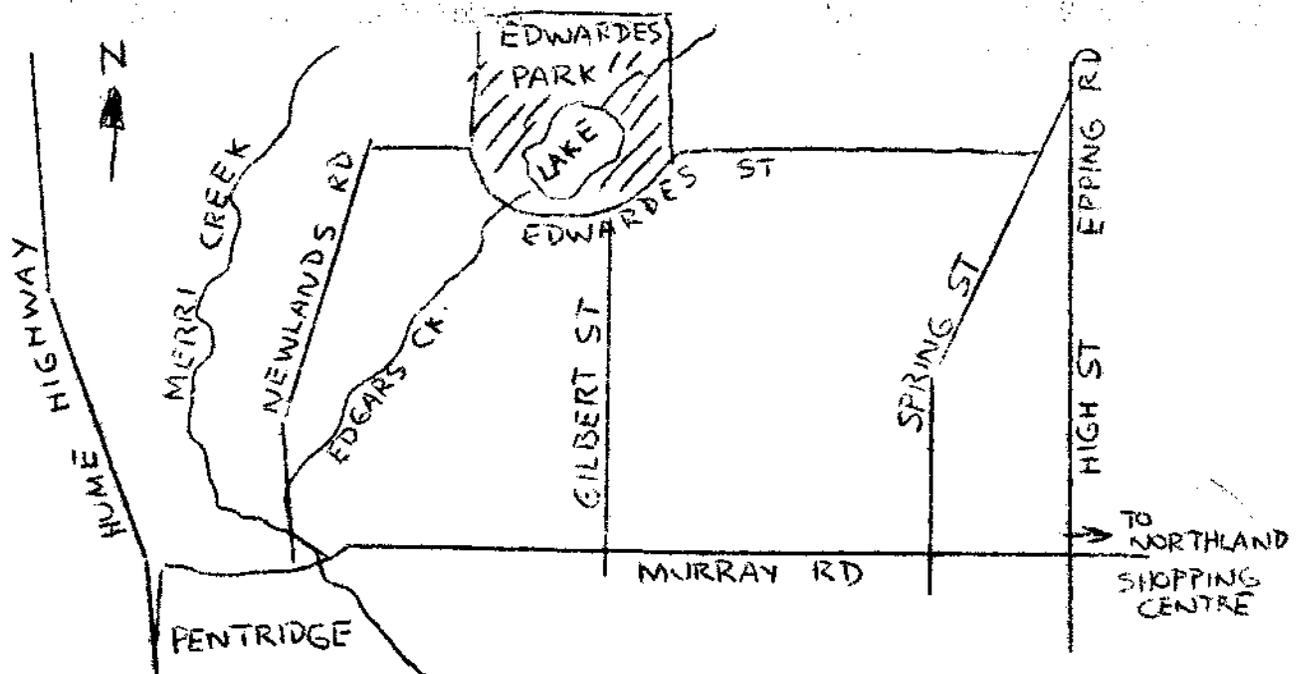
All other teams compete at Melbourne University Oval as usual. This is the last round before the Christmas. Interclub will resume after the break on Sat. 12th January, 1974.

A Grade v Coburg at Preston. Jim Grant 83.3522

12.45	Hammer (at Preston)	R. Glass
1.30	400m Hurdles	J. Grant, G. Evans
1.40	1500m Walk	I. Handasyde, A. Jamieson
2.05	Shot Put	R. Glass
2.15	200m	C. McConchie, J. Grant, C. Hilliard, (em. S. Anderson, D. Johnston)
2.40	High Jump	J. McKee
3.05	Long Jump	S. Anderson (em. G. Evans)
3.10	800m	E. Wilson, A. Franzke, D. Strickland
3.20	Javelin	R. Liebmann
3.30	110m Hurdles	J. Grant, S. Anderson
4.00	Pole Vault	J. McKee
4.00	4 x 200	J. Grant, C. Hilliard, S. Anderson D. Johnston
4.30	5000m	C. Aitken, A. Franzke

B GRADE v Footscray Gregor Evans 86.8201

12.30	Hammer (at Yarra Park)	D. Lee
1.30	1500m Walk	D. Lee
1.30	400m Hurdles	R. Hodges, A. Wardlaw
2.10	200m	W. McAuley, D. Evans, R. Tallent
3.00	Javelin	M. Latimer
3.00	800m	G. Wise, J. Marx, D. Evans
3.00	110m Hurdles	P. Wardlaw, A. Wardlaw
3.40	Long Jump	S. Handasyde
3.40	High Jump	S. Hare
3.40	Pole Vault	M. Latimer
4.00	4 x 200	D. Evans, W. McAuley, R. Tallent, G. Evans
4.20	Shot Put	R. Hodges
4.40	5000m	T. Oehr, J. Marx



TEAMS FOR ROUND 6 SAT 15 dec. 1973

This will be the last round before the Christmas break. Competition will resume after the break on 12 January 1974. Please notify team captain immediately if you are unavailable.

<u>C GRADE v Old Wesley</u>		Rob Ward	85.1049
12.30	Hammer	??	
1.30	1500m Walk	??	
1.30	400m Hurdles	S.Hare E.Dawson	
1.40	Shot Put	Anyone who can chuck 29 feet	
2.10	200m	J.Holmes R.Ward P.Barton (em K.Rawlyk P.Wardlaw)	
2.20	High Jump	P.Wardlaw	
3.00	Long Jump	E.Dawson	
3.00	Pole Vault	R.Hodges	
3.00	800m	R.Tallent S.Facey M.Latimer (em J.Thorpe A.Cochrane S.Handasyde, R.Hughes by invitation)	
3.00	110 Hurdles	R.Hodges S.Hare (em. E.Dawson A.Williams)	
4.00	4 x 200	J.Holmes R.Ward P.Barton K.Rawlyk (em E.Dawson P.Wardlaw A.Wardlaw)	
4.20	Javelin	R.Tallent	
4.40	5000m	D.Lee S.Handasyde (em S.Facey A.Cochrane)	

SUB JUNIORS HAVE A BYE THIS WEEK

If you want to come along and compete by invitation (or fill the vacant events in C grade) come along and do so.

<u>UNDER 15 v Albion</u>		David Ekberg (acting Captain)	80.4204
1.30	800m Walk	S.Peel (em D.Schloeffel)	
1.40	High Jump	??	
2.10	200m	D.Ekberg P.Ritchie J.Morey (em S.Peel)	
3.00	800m	P.Ritchie J.Morey (em D.Ekberg)	
3.00	80m Hurdles	S.Peel D.Ekberg	
3.00	Shot Put	D.Schloeffel	
3.40	Javelin	D.Ekberg	
4.00	4 x 200	D.Ekberg S.Peel J.Morey P.Ritchie (em D.Schloeffel)	
4.20	Long Jump	P.Ritchie	

<u>UNDER 14 v Footscray</u>		David Watson	25.1289
1.30	800m Walk	S.Cook	
1.40	High Jump	?	
2.10	200m	R.Hooley A.McLeish M.Plaisted	
3.00	Shot Put	D.Watson	
3.00	800m	S.Cook R.Hooley	
3.00	80m Hurdles	A.McLeish M.Plaisted	
3.40	Javelin	D.Watson	
4.00	4 x 200	S.Cook R.Hooley A.McLeish M.Plaisted	
4.20	Long Jump	?	

The following suggestions might make life easier for the organisers and make competition more enjoyable for athletes as a whole.

1. Please be early for events. The more athletes we have "on site" at 1.30pm on a Saturday, the easier it is to "fill" an event so that another competitor may compete later in the day in that event in a different grade.
2. Please stay until your last event, including relays. Ideally, one would hope for the day when athletes would ask if they were required for any additional events before leaving.
3. Take an interest in what other athletes, particularly under-age athletes are doing. If you do not know a fellow Old Scotch athlete, how about introducing yourself to him. Perhaps then we may reach the situation where senior athletes know and support most of the under-age athletes and, most importantly, where conversely the under-age athletes offer strong vocal support to our A Grade team.
4. Please advise of your availability or unavailability well in advance, particularly during the holiday period. Also remember competition fees.

With a bit of re-newed spirit and consistent good attendances there is nothing preventing us from ~~xxxxxxxx~~ winning through to the finals in most grades. It is certainly worth a try.

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

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

SUMMER 8
TRACK REPORT FOR SATURDAY 15th. DECEMBER. DECEMBER 24 1973.
by Willie Whatnot.

We were there, the brave ones. The words of Jon echo across the deserted track. Whats a little rain cowards, cries out Charlie Brown as the water rises up to his neck, cowards, cowards the lot of you. Well you know where to find the officials in a time of need like.. this... so we sallied down to the Clyde after chatting to Peter Lucas. Too wet, too wet, hubblegush, hubblegosh, rhubarb, rhubarb, rhudad!!! Ever seen O'Dwyer in a frenzy. Just ask Peter--- My track. my track, my beautiful track. Its sinking fast and I wont get it back. EXTRA.. news from other venues to say this is not just a localized daownpour hovering over 400 metres of prime University soil. I think its a Box Hill plot... they may be in danger of losing again.

At the start off time we were waiting for the gun but only that great big giant in the sky showed. So Dennis of Uni and your correspondent set out on a brisk six miles. Some time later Greg and Dave showed, so with Chris of Old Kavs we set out on another three miles or so. Definition of a 400 metre runner says Dave, sprinting off, we're always good at the start puff, puff. Training over, the four of us sallied down to the Clyde too. At about a quarter past a daffodil also joined by Tarks, another brave lad braving the elements. So thats it folks. A grade may have had a chance against Coburg, but then again they were also deprived the chance of a win. So who knows. Have a happy Christmas, restful holiday, don't stop training and OS can return to be a force in 74.

REMEMBER, next Interclub round is on January 12. Be there, 35' C heat or rain and hail!!

ALL A GRADERS AND POTENTIAL A GRADERS PLEASE NOTE THAT EXTRA BIG EFFORTS ARE REQUIRED ON JAN 19 and FEB 2.

We still are desperate to recruit more athletes, particularly throwers (shot, discus ,jav and hammer). It is not too late to join now and still compete in the finals. So if you can talk any of your old school mates in to joining, let one of the club officials know immediately and we shall send the necessary VAAA forms to him. So please keep your eyes open for potential athletes ,no matter what their standard or how long it is since the last competed in athletics (if ever).

WE URGENTLY NEED MORE THROWERS, WALKERS, TRIPLE JUMPERS.

THE ELTHAM BARREL NIGHT (or how to mix chocolate moose with
chicken and salad and come up skulling)

by Peter 'Handy' Rabbit

For many years there has been a tradition, namely a dinner and get together before Christmas. This year it was decided to have one for OSAAC. Invitations went out to all and sundry... replies were received from the predictable enthusiastic mob plus a few unavoidable apologies. But we who have now seen and conquered can truthfully say the night was fan-bloody-tastic. The best thing since Christmas Capers says Dave. But bigger and better - the Danes were out in force to welcome us. German lads and lassies in leather britches, serenading from the inside of a 2 story barrel. There was a big hole in the upp stairs floor so as to check out dance floor activites- who's got your bird etc.. just right for yodling from thinks Ewen who had obviously entered the true spirit of the occasion. OSAAC had one corner of the upstairs section. This was indeed fortunate, otherwise George wouldn't have been our drink waiter. A colourful chap, who had apparently left his Sir's at home, he was never really very close to being fired but the Manager certainly was a spoilsport. The off track SP bookies never got going, we had to keep all our cheep grop in the car. "You wanna get me busted" said the Manager. But at least our wallets were not as bulky and troublesome on the way home. The German beer was nice but expensive. Engineer Ro and his handy calculator reckened by downing Fosters we earned a free bottle after the twelfth.

Some highlights and fashions on the floor included these. Steve Hare and Peter Harry-son-"Don't worry we'll be in tails and toppers too Stew!!...Ha!!! First to arrive award goes to.. wait for it.. not Jon, not Peter L. but Dave Evans & Phil Barton (dead heat), just to make sure of the site SAYS the Treasurer Stu surprized with Janet whats her surname now Clive? Joy and Jcl arrived at just the right time, said all the right things then grooved into the evening with a stirring exhibition on the dance floor..whistles, cheers. Meanwhile Dave, Stu and Andy were scheming from the balcony. In a whisk Maude was on the floor...er.. dancing briskly with Dave, then Tarks, then Peter, then Tarks, then Stu, then Tarks... common' Tarks baby. The band was a bunch of old pros, and by George (thats a yoke) they had everyone doing the whirly jigs. Judith and Peter in the middle of rolling circles while Ewen practised his now famous bull charge from side to side, in and out, pity if you're opposite. Nicky had a whirl-pool shine with matching teeth and smile but we wonder how many cases of glandular fever will be cropping up now...Marg. M was on Jim's other side... she had the boys on a string all night. Hmmm just like Jo, thinks Jon. Unfortunately Jon's Janet was unable to show her shoulder swinging technique but the boys were compensated when Jon "all round to my place fellas" Holmes stepped in. Bruce must have been inspired by something that night-- next Saturdays walk was his seasons best.. behind every Bruce there is a Mal, or Marylin (of Old Scotch Hill fame).. as the old saying goes. Meanwhile Phil and Sue

smiled at each other. "Andrew, you're certainly in a sure fire, fullafun mixing mood" says Sally. "Well, shucks, thats sure darn nice of yo' all" says Andrew, "But gosh an' golly I'm jest so dern full of spirits tonight."

Meanwhile the corner table was getting restless. "A royal toast to Ann and Mark" proclaims the toastmaster. Gibbering irriot proclaims the others. A few words from Steve Hore, just preceeding Steve Hare... love and pats to all the tables. Anna blushes in a sweet sort'a way... keeping her cool and belting the toastmaster. Doesn't Ros look smashing thinks Mandy. Yeeeeeeeeeeeeeeh blurts Steve out loud. By the way there were several Steve's there...Anderson, Hore and Harexxx. You are expected to calculate how many ways this article can be taken and the prize is a blind date with Peter's Janet B. or perhaps Doug's Libby.

Ticket drawing expertise was shown by Joy, Nicky & Peter L. The winning numbers were Douglas, Rohan and Maude 22 straight into Tark's Hot little Healy, which doesn't really go as well as an MGA ..does it Graham? Then the big presentation to organiser Steve Hare (still waiting for Patterson's Christmas Party). A few thank you words by Steve and lo... a technicolour poster of a bus stop with a few other att-

reactions (talk about powdering your cheeks). One final note was the surprise appearance of Rob Wilson with other party but showing enthusiasm in some CC runs next season. But then again thats what

John Ward said a long time ago too. Well thats the scene, see you all at the next big OSAAC turn says Steve H. Yeah says Steve 'little Sport' A. and Steve tuther H.

(By now if you have read all of this news-sheet you may perhaps have guessed that our two correspondents are the same person, and you may even have realised who he is. He's the skinniest most talkative and most darkly tanned club-member and he has competed only in the first round.)

Next round is on 12th January, 1974 with A grade at Box Hill and all other teams at Uni as usual.

New Year's Resolution: recruit a hammer thrower or walker (or both)

PRELIMINARY TEAMS FOR ROUND 7 12 JANUARY 1974

A grade will compete at Hagenauers Reserve, Elgar Road, Box Hill. on 12 Jan. All other teams will be at Melb Uni as usual.

The following teams are preliminary teams subject to availability and tactical changes. They will be confirmed in the next News-sheet. We hope, however, that everyone listed, as well as those not listed, will make every effort to attend during the January period. For A grade Jan 19 and Feb 2 are now the critical rounds. For B grade every round is important if the team is to make the finals. C grade should make the finals, but due to eligibility rules, will do better if B grade also makes the finals.

NOTE: A GRADERS PLEASE BE AVAILABLE ON JAN. 19 and FEB. 2

A GRADE v Box Hill 1 at Box Hill Jim Grant 83.3522

1.15	3000m Walk	I.Handasyde	B.Moore
1.15	100m	M.Purnell	W.McAuley S.Anderson (McConchie if availabl
1.45	High Jump	P.Wardlaw	
2.00	Discus	R.Tallent	??
2.00	1500m	E.Wilson	A.Franzke D.Strickland
2.45	Triple	??	
3.15	Pole Vault	G.Robb	
3.35	4 x 100	Purnell	McAuley Anderson Tallent (em P.Wardlaw)
3.30	Shot Put	??	
4.20	110 Hurdles	S.Anderson	P.Wardlaw
4.20	Steeple	A.Franzke	E.Wilson
5.00	400m	S.Anderson	R.Tallent D,Strickland or W.McAuley

B GRADE v Old Kays: Gregor Evans 86.8201 or 783.1582

1.30	3000m Walk	A.Jamieson	D.Bennett
1.40	Discus	W.Vowles	
2.10	100m	P.Barton	J.Holmes G.Evans (em W.Vowles)
2.20	Shot Put	S.Hare	
3.00	High Jump	S.Hare	
3.00	110 Hurdles	A.Wardlaw	R.Hodges
3.00	1500m	G.Wise	J.Marx (?) S.Handasyde
3.40	Triple	W.Vowles	
3.50	4 x 100	Barton	Holmes G.Evans Vowles
4.20	Pole Vault	R.Hodges	
4.30	400m	D.Evans	G.Evans S.Handasyde
5.00	Steeple	C.Aitken	J.Marx (?)

C GRADE v OLD Kays Rob Ward 85.1049 or Dave Lee 29.3235

1.30	3000m Walk	??	
1.30	Triple	G.Evans	
2.10	100m	K.Ra2lyk	A.Wardlaw R.Ward (em J.Bradbury E.Dawson)
2.20	High Jump	A.Wardlaw	
2.20	Pole Vault	M.Latimer	
3.00	110 Hurdles	S.Hare	E.Dawson
3.00	1500m	T.Oehr	S.Facey A.Cochrane (em D.Lee R.Hughes J.Thorpe N.Lucas W.Bayly R.Dean P.Shiells)
3.40	Shot Put	J.Bradbury	(em P.Shiells)
3.50	4 x 100	Rawlyk	A.Wardlaw Ward Dawson etc
4.20	Discus	P.Shiells	
4.30	400m	A.Wardlaw	W.Bayly H.Belcher (em A.Cochrane R.Ward N.Lucas T.Oehr) J.Thorpe
5.00	Steeple	D.Lee	R.Dean (em N.Lucas) and <u>John Womersley</u>

PLEASE NOTIFY YOUR TEAM CAPTAIN IF YOU ARE UNAVAILABLE IF YOU HAVE NOT YET DONE SO.

UNDER AGE TEAMS HAVE NOT BEEN SELECTED. ALL UNDER AGE ATHLETES ARE URGED TO ATTEND AS REGULARLY AS POSSIBLE DURING THE JANUARY PERIOD.

PLEASE CONTACT YOUR TEAM CAPTAIN IF YOU HAVE ANY TRANSPORT PROBLEMS OR IF YOU CAN PROVIDE TRANSPORT FROM ANY REMOTE AREA

P.T.O. FOR TEAMS FOR JAN. 19th.

PRELIMINARY TEAMS FOR ROUND 8 19 JANUARY 1974

These are preliminary teams .However, this is an important round for all teams and everyone is urged to make every effort to attend. We may have forgotten to include some athletes who are available 2- if we have, please complain to your team captain and turn up on the 19 Jan. ready for action. All teams compete at Melb. Uni this round.

A GRADE v Sandringham at Melb Uni Jim Grant 83.3522

- 12.30 Hammer R.Glass
- 1.30 1500m Walk I.Handasyde B.Moore
- 1.30 400m Hurdles L.Langan G.Evans
- 2.10 200m C.McConchie S.Anderson W.MvAuley
- 3.00 Javelin R.Liebmann
- 3.00 800m E.Wilson S.Handasyde D.Strickland
- 3.00 110 Hurdles L.Langan S.Anderson
- 3.40 Long Jump L.Langan
- 3.40 High Jump J.McKee
- 3.40 Pole Vault J.McKee or G.Robb
- 4.00 4 x 200 McConchie Anderson McAuley Langan
- 4.20 Shot Put R.Glass
- 4.40 5000m A.Franzke E.Wilson

B GRADE v Old Melb Gregor Evans 86.8201 or 783.1582

- 12.30 Hammer ? ?
- 1.30 1500m Walk A.Jamieson D.Iennett
- 1.30 400 Hurdles R.Hodges A.Wardlaw
- 2.10 200m M.Purnell D.Evans P.Barton (R.Tallent)
- 3.00 Javelin W.Vowles
- 3.00 800m G.Wise R.Tallent D.Evans (em J.Marx)
- 3.00 110 Hurdles P.Wardlaw A.Wardlaw
- 3.40 Long Jump G.Evans
- 3.40 High Jump S.Hare
- 3.40 Pole Vault G.Robb (em R.Hodges)
- 4.00 4 x 200 Purnell D.Evans Barton G.Evans
- 4.20 Shot Put S.Hare ? ?
- 4.40 5000m J.Marx T.Oehr

C GRADE v St.Kevins Rob Ward 85.1049 or Dave Lee 29.3235

~~1500m-Walk~~

- 12.30 Hammer ? ?
- 1.30 1500m Walk D.Lee
- 1.30 400 Hurdles A.Cochrane E.Dawson (em S.Hare)
- 1.40 Shot Put ? ?
- 2.10 200m K.Rawlyk J.Holmes R.Ward (em Vowles Bradbury McNab??)
- 2.20 High Jump P.Wardlaw
- 3.00 Long Jump W.Vowles (em S.Handasyde)
- 3.00 Pole Vault R.Hodges or M.Latimer
- 3.00 800m D.Lee S.Facey M.Latimer (em A.Cochrane N.Lucas J.Thorpe W.Bayly H.Belcher R.Hughes)
- 3.00 110 Hurdles E.Dawson S.Hare? A.Williams
- 4.00 4 x 200 Rawlyk Holmes Ward Vowles (em P & A Wardlaw)
- 4.20 Javelin M.Latimer or J.McKee J.Thorpe)
- 4.40 5000m J.Womersley R.Dean (em N.Lucas D.Lee)

PLEASE NOTIFY TEAM CAPTAIN IMMEDIATELY IF YOU ARE UNAVAILABLE
 PLEASE BE EARLY FOR EVENTS. IN FACT, COME AND SUPPORT
 THE WALKERS IF YOU CAN.

TEAMS FOR ROUND 8 19 January 1974

All teams compete at Melbourne University this week.

A GRADE v Sandringham at Melb. Uni. Jim Grant 83.3522

12.30 Hammer (at Yarra Park) R. Glass
 1.30 1500m Walk I. Handasyde D. Moore
 1.30 400m Hurdles L. Langan G. Evans (C. Hilliard to compete by invitation)
 2.10 200m C. McConchie S. Anderson W. McAuley
 3.00 Javelin R. Liebmann
 3.00 800m E. Wilson S. Handasyde D. Strickland
 3.00 110 Hurdles L. Langan S. Anderson
 3.40 Long Jump G. McConchie (em L. Langan)
 3.40 High Jump J. McKee
 3.40 Pole Vault G. Robb or J. McKee
 4.00 4 x 200 McConchie Anderson McAuley Langan
 4.20 Shot Put R. Glass
 4.40 5000m A. Franzke E. Wilson

B GRADE v Old Melb Gregor Evans 783.1582 or 86.8201

12.30 Hammer (at Yarra Park) G. Brooke
 1.30 1500m Walk A. Jamieson D. Bennett
 1.30 400m Hurdles R. Hodges A. Cochrane
 2.10 200m M. Purnell D. Evans P. Barton (em R. Tallent)
 3.00 Javelin J. McKee
 3.00 800m G. Wise R. Tallent D. Evans (em J. Marx)
 3.00 110 Hurdles R. Hodges S. Hare
 3.40 Long Jump G. Evans or L. Langan
 3.40 High Jump S. Hare
 3.40 Pole Vault G. Robb or R. Hodges
 4.00 4 x 200 Purnell D. Evans Barton G. Evans (em I. Wilson)
 4.20 Shot Put G. Brooke
 4.40 5000m J. Marx C. Aitken

C. GRADE v St. Kevins Rob Ward 85.1049 or Dave Lee 29.3235

12.30 Hammer ?? ?
 1.30 1500m Walk D. Lee C. Aitken
 1.30 400m Hurdles J. Holmes E. Dawson (em S. Hare)
 1.40 Shot Put S. Hare
 2.10 200m K. Rawlyk J. Holmes R. Ward (em I. Wilson W. Vowles
 J. Bradbury A. Cochrane)
 2.20 High Jump P. Barton
 3.00 Long Jump W. Vowles or S. Handasyde
 3.00 Pole Vault M. Latimer
 3.00 800m D. Lee S. Facey M. Latimer (A. Cochrane N. Lucas
 J. Thorpe R. Hughes T. Oehr)
 3.00 110 Hurdles E. Dawson A. Williams
 4.00 4 x 200 Rawlyk Holmes Ward I. Wilson (em J. Thorpe)
 4.20 Javelin M. Latimer
 4.40 5000m J. Womersley T. Oehr (em N. Lucas D. Lee R. Dean)

PLEASE NOTIFY TEAM CAPTAIN IMMEDIATELY IF YOU ARE UNAVAILABLE. EVERYONE, INCLUDING EMERGENCIES, PLEASE BE EARLY FOR EVENTS.

SUB JUNIOR v FOOTSCRAY 1 Craig Hilliard 836.1161

UNDER 15 v OLD XAVS 1 Bill Fleming 80.4259

UNDER 14 v OLD XAVS 2 David Watson 25.1289

LAST WEEK'S TURNOUT IN B, C, AND UNDER AGE TEAMS WAS PATHETIC.

WE THINK A GRADE CAN TAKE SANDRINGHAM ON SATURDAY. HOW ABOUT EVERYONE COMING ALONG EARLY TO SUPPORT THEM (BRING YOUR LOUD MOUTHED FRIENDS TO ADD SOME VOCAL SUPPORT).

PLEASE BE EARLY FOR EVENTS, INCLUDING EMERGENCIES.

LAST WEEK'S RESULTS (in case this is the only page printed)

A GRADE lost B GRADE lost C GRADE drew
 SUB JUNIOR and UNDER 15 were non existent
 UNDER 14 our 2 champions had a magnificent win.

The next four rounds are vital for all teams. Please be there.

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

SUMMER 11 Registered for Posting as a Periodical — Category B. Price: 5 cents
JANUARY 24th 1974

Saturday January 12th

A Grade lost to Box Hill 102-46
 B Grade lost to Old Xavs 44-57
 C Grade drew with Old Xavs 44½ each
 Subjunior v Brunswick NO COMPETITORS
 U15 v Williamstown NO COMPETITORS
 U14 defeated Old Xavs 37-34

Saturday January 19th

A Grade v Sandringham lost 64-88
 B Grade v Old Melbournians won 64-59 (correct?)
 C Grade v O St Kev's won 62-35
 Subjunior v Footscray lost
 U15 v Old Xavs 1 lost (1 COMPETITOR)
 U14 v Old Xavs 2 won 14-0 (Our one competitor defeated Old Xavs no competitor)

Out of 12 competitions 4 wins, 7 losses, 1 draw !!

Shell East Coast Championships January 12th, 13th

In shocking conditions at Long Park, Brisbane, our two representatives Jim McKee and Craig Hilliard both won their events. Jim jumped 6'2" and Craig ran the 110 Hurdles in 15.0

Victoria won the Meet by 1 point from NSW.

In the week prior to this meet, at the Box Hill twilight meeting, Craig equalled the Victorian Subjunior 110 Hurdles record with a great run of 14.5.

Ed Last Saturday, Craig had his first run over the 400 Hurdles to record a great 56.9secs.

GOOD PERFORMANCES AND PB'S

P Barton 200m 23.1secs (equalPB)
 J McKee Pole 11 !
 G Evans Long Jump 20'3½" (PB)
 M Latimer Pole 10 !
 C Hilliard, 400 Hurdles and 110 Hurdles as above.

A GRADE - THE FUTURE - RELEGATION OR NOT?

At the moment A Grade is 11th on the ladder.

10th	University	4 Points
11th	Old Scotch	4 Points
12th	Coburg	0 Points

University has won only one round, like ourselves, but has a higher percentage. To avoid relegation we must finish 10th or better, so that we have to do very well, if not win, in the last three rounds (assuming University does not win a round). To be fairly certain of holding our place in A Grade, we must win at least one round, and our best chance will probably be against Collingwood, on February 2nd at University.

Old Scotch badly needs everybody's help. Captain Jim Grant will be unable to compete for the rest of the season, so this leaves a large gap in the A Grade team. So please be there!!

Reports for Saturday January 12th 1974

A Grade v Box Hill 1

Lost, approx 40-100

Walk	1 Mandasyde	16:38	Hurdles	S Anderson	16.0
	A Jamieson	DNQ		R Hodges	17.4
100	W McAuley	11.2	400	R Tallent	51.5
	C McConchie	11.3		W McAuley	53.5
				S Anderson	53.9
1500	E Wilson	4-2.5			
	A Franzke	4-6.0	Steeple	Wilson	10- 1.0
	G Wise	DNF		Franzke	10-19.0
Discus	R Glass	33.7m	Shot	R Glass	12.34m
High Jump	R Glass	withdrew at 5'6"			
Triple	C McConchie	DNQ	Pole	R Hodges	DNQ

B Grade v Old Xavs

Lost 44-57

Scoring events were the following

100	1 P Barton	11.7	400	2 D Evans	51.5
	2 M Purnell	11.8		3 G Evans	52.8
	4 G Evans	11.9		6 S Facey	54.8
1500	4 S Facey	4:27	Steeple	1 Aitken	DNQ
				Lee	DNQ
High Jump	S Hare, lost (no height given in results)				
Hurdles	3 P Wardlaw				
	4 S Hare				

We went down by 13 points in the 1500m, and that was the final losing margin. Where are our distance runners? They let us down badly, with only Stuart Facey, Dave Lee and Charlie Aitken showing up. Fortunately, Old Xavs had no field games competitors either.

C Grade v Old Xavs

Tie, 44½ points each. Scoring events:

100	2 Rawlyk	12.0	400	1 Wise	approx 55.0
	3 Holmes	12.0		3 S Hare	56.9
	5 P Wardlaw	12.3			
Hurdles	1 Holmes	19.6			
High Jump	P Wardlaw, drew, with opposition, at 5'6"				
Triple	Gregor Evans had a walkover				

The 4x100 Relay won.

Pretty miserable this report isn't it? - AC

The result was better than a loss, but with one more athlete present we would have won.

Subjunior U15

No competitors whatsoever!

U14 v Old Xavs

Won

37-34.

Scoring events were:

100	1 McLeish	13.0	80m Hurdles	1 McLeish	15.8
1500	1 Cook S		800 Walk	1 Cook	
	2 McLeish		Triple	Cook won	

Only two athletes turned up, but they won against 6 Old Xavs. This was a magnificent spirited effort. A few older athletes could take a lesson in determination and enthusiasm from Simon Cook and Andrew McLeish.

Saturday January 19th

<u>A Grade v Sandringham</u>		Lost	64-88		
Walk	1 I Handasyde		440 Hurdles	1 G Evans	59.3
	2 B Moore			3 Hodges	61.8
200	4 S Anderson	22.9	800	4 E Wilson	1:58.6
	5 P Barton	23.1		5 S Handasyde	2: 2.8
	6 D Evans	23.2		6 A Franzke	
5000	3 Franzke	16-22	110 Hurdles	2 S Anderson	16.6
	4 Wilson	16-30		4 R Hodges	17.3
Shot	R Glass won	42'5"	Hammer	R Glass won	140'
Long Jump	G Evans	20'3½"			(PB)
Pole	J McKee, lost on countback,	11'			
High	J McKee lost one jump at	5'11"			
Javelin	R Liebmann	DNQ	(very unlucky)		

B Grade v Old Melbournians Scoring events and competitors were:

Walk	2 D Bennett		400 Hurdles	3 S Hare	
	3 A Jamieson				
200	1 W McAuley	23.0	800	1 G Wise	2:1.8
	5 I Wilson			2 D Evans	2:3.6
	6 M Purnell			3 J Marx	2:4.0
110 Hurdles	2 S Hare	18.0(PB)	5000m	1 C Aitken	17.14
	3 A Williams	19.0	High	S Hare won	
Long Jump	S Anderson won	19'10"			
Relay	(Holmes, Rawlyk, Wilson, G Evans)	-	lost		

C Grade v St Kevin's

400 Hurdles	1 E Dawson	69.0			
	J Holmes	69.2 - DNQ			
200	1 Ward	24.1	800	2 S Facey	2:7.9
	2 Holmes	24.2		4 Cochrane	2:9.5
	4 Rawlyk			5 D Lee	2:12.2
110 Hurdles	1 E Dawson		Jav	C Findlay	walkover 124'
High	S Anderson won	5'6"	Long	E Dawson won	17'6½"
Pole	M Latimer won	10'			
Relay	(Lee, Williams, Latimer, Dawson)	lost			

Subjunior v Footscray 1 Lost - 3 competitors No report received

U15 v Old Xavs 1

Unfortunately we were defeated. But what can you expect with one competitor? Bill Fleming won the 200 in 25.6 and did the Long Jump with 15'11¼". Next week how about a little help?

U14 v Old Xavs 2 Won 14-0

On Saturday, we had a burn-up of 1 competitor. In the 200 Hooley gained an easy 7 points against no opposition at all. Again in the 800 we had a walkover, when Hooley was the only runner between the two teams and ran 2:36.4.

A walkover!

NOTES

- 1 T-shirts Old Scotch T-shirts with "Fun for Fun with Old Scotch" on them are available from Stewart Mandasyde for \$2.50
- 2 The date for Portsea is wait for it see the last line of news-sheet.
- 3 Vic Champs Program sellers are needed at Sandringham for Sunday February 10, Tuesday February 12, Thursday February 14, Saturday February 16, Saturday February 23, Sunday February 24.
- 4 The Fun Run 1974 on Sunday March 3rd, from the City. Distance - 15km. Cost - 50¢. Melbourne's equivalent of Sydney's "City-to-Surf" or San Francisco's "Bay to Breakers". All interested, obtain forms from Peter Lucas or Andrew Cochrane.

PROGRESSIVE POINTS

Up to end of Round 6 (to Christmas) by Bruce Hooley.

1st	C Hilliard	73	points	8th	R Glass	42	points
2nd	J Grant	67		9th	P Wardlaw	40	
3rd	S Hare	53		10th	(S Facey	37	
4th	R Tallent	52			(S Cook	37	
5th	G Evans	50		12th	D Watson	36	
6th	C Cooper	48		13th	P Ritchie	35	
7th	D Mitchell	43		14th	J Marx	34	

COMMONWEALTH GAMES BANKINGS

The Christchurch Commonwealth Games should see some of the highest standard competition in athletics among the member countries of the Commonwealth for many years.

The distance events, from 1500 to 10,000 will be of world-class standard and it looks as though they will turn into a three-way competition between Kenya, Britain and New Zealand. Performances in the field games will once again be only average by world standards, and again lacking in depth.

For those club-members who may be interested in knowing the top Commonwealth athletes in various events, and watching how they fare in Christchurch I have made a list of the best performances of these athletes in 1973. Ed.

w - wind assistance

<u>100m</u>	10.0w	Quarrie (Jamaica)	<u>200m</u>	20.1	Lawson (Jamaica)
	10.1	Crawford (Trinidad)			Quarrie (Jamaica)
		HASKELL (AUST)		20.5	Reid (Trinidad)
	10.1w	Lawson (Jamaica)		20.6	Webb (Jamaica)
		Brathwaite (Trinidad)		20.6w	Hardware (Jamaica)
		Stewart (Jamaica)			
	10.2	five Africans and West Indians			
<u>400</u>	45.2	Jenirins (Scotland)	<u>800</u>	1-45.1	Carter (England)
	45.7	Rowe (Jamaica)		1-45.2	Boit (Kenya)
	45.8	Musyoki (Kenya)		1-45.3	Sibi (Kenya)
	45.9	Asoti (Kenya)		1-45.4	HOOKEE (AUST)
	45.9	Sang (Kenya)		1-45.7	Dyce (Jamaica)
	46.2	Sowerley (Antigua)		1-46.0	Clement (Scotland)
	46.3	Wilson (England)		1-46.2	Browne (England)
		FIELD (AUST)		1-46.3	Walker (NZ)

1500 This should be a great struggle between Jipcho (Kenya) 3-34.0 and mile in 3-52.0 Bayi (Tanzania) 3-34.6 and mile 3-52.6 Quax (New Zealand) 3-35.9 Dixon (New Zealand) third in Munich and 3-37.3 in 1973.

Others are: 3-37.6 Boit (Kenya)
 3-38.0 Walker (New Zealand)
 3-38.2 Polhill (New Zealand)
 3-38.5 Clement (Scotland)
 3-38.5 Foster (England)
 3-39.1 (CROUCH (AUST)

5000m 13-18.4 Quax (New Zealand)
 13-23.2 Mose (Kenya)
 13-23.8 Foster (England)
 13-24.6 Black (England)
 13-30.0 Jipcho (Kenya)
 13-30.8 I Stewart (England), third at Munich
 Also Dave Bedford (England) with a best of 13-20.

10,000m 27-30.8 Bedford (England) WORLD RECORD
 27-55.6 Black (England)
 28-01.8 Simmons (England)
 28-10.0 Juma (Kenya)
 28-10.2 Ford (England)
 28-16.4 Mose (Kenya)
 28-19.8 L Stewart (Scotland)

While Australia has no good 5000-10,000 runners, it has three top Marathon competitors

2:11-12.6 Farrington (AUST)
 2:12-07.6 Clayton (AUST)
 2:12-40 Thompson (England)
 2:13-22 Hill (England)
 2:13-27 Drayton (Canada)
 2:13-30 Armstrong (Canada)
 2:14-33.0 Norman (AUST)
 2:14-53.4 Foster (New Zealand)

Steeple 8-14.0 Jipcho (Kenya) WORLD RECORD
 8-24.0 Mogaka (Kenya)
 8-26.6 Bicourt (England)
 8-27.8 Hollings (England)
 8-28.0 Davies (Wales)
 8-29.0 HENDY (AUST)

400 Hurdles
 48.5 Akii-Buo (Uganda)
 49.5 Pascoe (England)
 Koskei (Kenya)
 49.6 FIELD (AUST)
 50.2 Ayoo (Uganda)
 50.4 Kimaiyo (Kenya)

Pole Vault 1 BAIRD (AUST)
 2 Bull (North Ireland)
 3 Hooper (England)
 4 BOYD (AUST)

Long Jump 1 C COMMONS (AUST) 8.02m
 and 5 TOLBERT (AUST) 7.91m

High Jump 1 Beers (Canada) 2.24m
 and 4 PECKHAM (AUST) 2.16m
 5 WINDEYER (AUST) 2.14m

Triple Jump 1 McGATH (AUST) 16.59m
 2 D COMMONS (AUST) 16.27m
 and 4 P MAY (AUST) 16.20m

PORTSEA The date is Sunday February 17th. No interclub the day before (Vic Champs) so everybody (or almost everybody) ought to be ready to go!

Results Summary Points B Hooley
 Teamsheets, organization of results
 G Evans

Editor A Cochrane

TEAMS FOR ROUND 9

26 JAN. 1974

All teams compete at Melbourne University this week.

A GRADE v Glenhuntly at Melb Uni Jim Grant 83.3522

1.30	3000m Walk	I. Handasyde	A. Jamieson		
1.40	Discus	R. Glass			
2.10	100m	C. McConchie	W. McAuley	D. Johnston	(em P. Barton)
2.20	Shot Put	R. Glass			
3.00	High Jump	J. McKee			
3.00	110 Hurdles	S. Anderson	R. Hodges		
3.00	1500m	E. Wilson	A. Franzke	S. Handasyde	
3.40	Triple	R. Glass			
3.50	4 x 100	McConchie	McAuley	Johnston	Barton
4.20	Pole Vault	J. McKee			
4.30	400m	W. McAuley	R. Tallent	D. Evans	
5.00	Steeple	A. Franzke	E. Wilson		

B GRADE v Williamstown Gregor Evans 783.1582

1.30	3000m Walk	B. Moore	D. Bennett		
1.40	Discus	J. McKee			
2.10	100m	M. Purnell	P. Barton	G. Evans	
2.20	Shot Put	R. Liebmann			
3.00	high Jump	S. Hare			
3.00	110 Hurdles	P. Wardlaw	A. Wardlaw		
3.00	1500m	G. Wise	J. Marx	C. Aitken	
3.40	Triple	S. Anderson	or	C. McConchie	
3.50	4 x 100	Purnell	G. Evans	Anderson	S. Handasyde
4.20	Pole Vault	R. Hodges			
4.30	400m	S. Anderson	S. Handasyde	G. Evans	
5.00	Steeple	C. Aitken	J. Marx		

C GRADE v Footscray Rob Ward 85.1049

1.30	3000m Walk	? ? ?			
1.30	Triple	G. Evans			
2.10	100m	K. Rawlyk	A. Wardlaw	P. Wardlaw	(em B. Dawson)
2.20	High Jump	P. Wardlaw			
2.20	Pole Vault	G. Robb	if available		
3.00	110 Hurdles	S. Hare	E. Dawson		
3.00	1500m	R. Tallent	D. Lee	T. Oehr	or A. Cochrane
		(em R. Hughes	J. Thorpe	S. Facey	if available)
3.40	Shot Put	S. Hare			
3.50	4 x 100	Rawlyk P.	& A. Wardlaw	Dawson	
4.20	Discus	R. Tallent	or R. Liebmann		
4.30	400m	A. Cochrane	J. Thorpe	A. Wardlaw	(em T. Oehr)
5.00	Steeple	C. Findlay	(if available)	J. Womersley	

If we have forgotten someone who is available, please notify team captain and turn up on Saturday. Please notify team captain if you need transport in any direction. Notify captain if you are unavailable. PLEASE BE EARLY FOR EVENTS.

SUB JUNIOR v Footscray 2 Craig Hilliard 836.1161

UNDER 15 v Old Xavs 2 Bill Fleming

UNDER 14 v Williamstown 1 David Watson 25.1289

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

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

SUMMER 12

JANUARY 31st 1974

SUMMARY OF RESULTS

A Grade	lost to Glenhuntly	63½ - 88½
B Grade	lost to Williamstown	57 - 70
C Grade	lost to Footscray	69 - 62
Subjunior	defeated Footscray 2	55 - 18
U15	defeated Old Kavs 2	57 - 3
U14	lost to Williamstown 1	30 - 44

GOOD PERFORMANCES

1500	E Wilson	3-56.5
Steeple	Allan Franzke	9-48.6 (after 1500 in 4-1.6)
100	P Barton and G Evans	11.5
U14 Triple	S Cook	35ft (PB)

A GRADE

Lost to Glenhuntly 63½ - 88½

Walk	2 Jamieson	16-0.0	1500	4 Wilson	3-56.5
	3 Bennett	16-04		5 Franzke	4-01.6
				6 Handasyde	4-15
100	4 Barton	11.5	110 Hurdles	1 Anderson	15.9
	5 McAuley	11.5		3 Hare	17.4
	6 Johnston	11.7			
400	2 D Evans	52.2	Steeple	3 Franzke	9-48.6
	3 S Handasyde	53.5		4 Wilson	10-12
	Anderson	DNQ	High	McKee	walkover 6'0"
Triple	R Glass	lost 43'2"	Shot	Glass	lost 40'7"
Pole	McKee	draw 10'6"	Discus	Glass	lost 120'10"
Shot	Glass	lost 40'7"			

B GRADE

Lost to Williamstown 37-70

Scoring events were the following:

100	3 G Evans	11.5	1500	4 J Marx	4-14.5
	5 Purnell	12.1		5 Cochrane	4-17.2
	6 Bennett	13.9		6 Wise	4-22
110 Hurdles	3 Dawson		400	2 G Evans	52.5
				2 others	DNQ
Steeple	2 Marx	9-58	High	S Hare	won 5'10"
	3 Aitken	10-20			
Relay	(D Evans, Dawson, G Evans, Handasyde)	lost			

C GRADE

Lost to Footscray 19-62

Scoring events:

100	4 Dawson	12.2	1500	2 Lee	4-31
	5 Lee	13.3			
	6 Jamieson	14.4	Steeple	Col Findlay	12-23
400	4 Johnston	57.3	Triple	G Evans	lost 11.12m
	5 Lee	57.3			

If we can win the last round against MUAC and Old Xavs lose to St Kevins, we can reach the finals.

C	GRADE	PREMIERSHIP POINTS	%AGE
1	Footscray	28	203.86
2	Old Scotch	16	101.62
3	Old Xavs	16	90.18
4	St Kevins	12	79.95
5	Old Melburnians	8	81.84
6	Old Wesley	4	80.64

SUBJUNIOR

1	Old Melburnians	28	223.57
2	Footscray 1	24	200.00
3	Williamstown 1	20	148
4	Albion	20	117.90
5	Old Xavs	16	149.02
6	Old Scotch	12	107.95
7	Brunswick	12	92.74
8	Footscray 2	8	42.66
9	Williamstown 2	0	4.22

UNDER 15

1	Footscray	28	222.56
2	St Kevins	22	183.33
3	Old Xavs 1	22	161.26
4	Williamstown	20	140.60
5	Old Wesley	12	61.18
6	Old Scotch	12	56.88
7	Albion	8	23.47
8	Sunbury	4	66.20
9	Old Xavs 2	4	61.19

UNDER 14

1	Footscray 1	28	246.34
2	St Kevins	24	242.77
3	Williamstown 1	24	209.34
4	Albion	16	120.37
5	Old Scotch	14	85.23
6	Old Xavs 1	12	95.71
7	Footscray 2	8	52.72
	and 3 others		

If we can win both of the last two rounds, which are against teams below us, and Albion lose one round, then we can reach the finals.

NOTES

1 T-shirts. These will be available at University this week, we hope, not on the beach at Mt Martha.

From Stuart Facey, \$2.50

2 Portsea - Sunday, February 17. Everybody should know this date now.

3 Victorian Relay Championships

10th March: Open 4x100, 4x400; Junior 4x200; Subjunior 4x100

11th March: Open 4x200, 4x800; Junior 4x100, 4x400, Subjunior 4x200.

Those grades which would like to run, and can get a team, see your captain.

This news-sheet comes to you through the work of:

Teamsheets - G Evans

Editor, duplication, mailing - A Cochrane

TEAMS FOR ROUND 10 SAT 2 FEBRUARY 1974

A GRADE COMPETE AT MELB UNI THIS WEEK. A grade ~~can~~ can beat Collingwood this week. If you are in A grade, be early for events. If you are not in A grade, come along early and support YOUR A grade team. B grade can make the finals if they win the last 2 rounds.

A GRADE v Collingwood at Melb Uni Jim Grant 83.3522

12.30	Hammer (Yarra Park)	R.Glass	
1.30	1500m Walk	I.Handasyde	D.Bennett
1.30	400m Hurdles	C.Hilliard	L.Langan
2.10	200m	S.Anderson	W.McAuley P.Barton
3.00	Javelin	R.Liebmann	
3.00	800m	E.Wilson	A.Franzke S.Handasyde
3.00	110m Hurdles	S.Anderson	L.Langan (em R.Hodges)
3.40	Long Jump	L.Langan	
3.40	High Jump	J.McKee	
3.40	Pole Vault	J.McKee	
4.00	4 x 200	Anderson	McAuley Barton Hilliard
4.20	Shot Put	R.Glass	
4.40	5000m	E.Wilson	A.Franzke

B GRADE v St.Kevins Gregor Evans 783.1582

12.30	Hammer (Yarra Park)	???	
1.30	1500m Walk	B.Moore	
1.30	400m Hurdles	G.Evans	A.Wardlaw
2.10	200m	D.Johnston	D.Evans M.Purnell
3.00	Javelin	J.McKee	
3.00	800m	J.Marx	G.Wise D.Evans (em D.Strickland)
3.00	110m Hurdles	R.Hodges	P.Wardlaw
3.40	Long Jump	C.Hilliard	
3.40	High Jump	S.Hare	
3.40	Pole Vault	G.Robb (em. R.Hodges)	
4.00	4 x 200	D.Johnston	D.Evans M.Purnell L.Langan
4.20	Shot Put	R.Liebmann	
4.40	5000m	C.Aitken	J.Marx

C GRADE v Old Melb Rob Ward 85.1049

12.30	Hammer (Yarra Park)	???	
1.30	1500m Walk	???	
1.30	400m Hurdles	R.Hodges	S.Hare (em. E.Dawson) A.Cochrane)
1.40	Shot Put	I.Wilson	
2.10	200m	J.Holmes	K.Rawlyk R.Ward (em I.Wilson)
2.20	High Jump	P.Wardlaw	
3.00	Long Jump	G.Evans	
3.00	Pole Vault	M.Latimer	
3.00	800m	D.Strickland	S.Facey D.Lee (em A.Cochrane J.Thorpe M.Latimer)
3.00	110m Hurdles	A.Williams	A.Wardlaw (em S.Hare)
4.00	4 x 200	Holmes	Rawlyk Ward I.Wilson (em Dawson)
4.20	Javelin	C.Findlay	(em M.Latimer)
4.40	5000m	T.Oehr	J.Womersley (em C.Findlay A.Cochrane)

SUB JUNIOR v Old Melb Craig Hilliard 836.1161

If you are available please come along.

UNDER 15 have a bye this week See you on the 9 Feb.

UNDER 14 v Footscray 2 David Watson 25.1289

The U14's can still make the finals. The regulars (Watson, Cook, McLeish) would like some help (e.g. from Ross Hooley, ~~Waters~~ and Nick Tapp). So how about it fellas? See if you can make an effort to compete this week and help David get his team into the finals. Ring David for details and times of events.

PLEASE NOTIFY TEAM CAPTAIN IMMEDIATELY IF YOU ARE UNAVAILABLE OR IF REQUIRE TRANSPORT OR IF YOU HAVE ANY COMPLAINTS.

EVERYONE, INCLUDING EMERGENCIES, PLEASE BE EARLY FOR EVENTS.

IF WE HAVE FORGOTTEN SOMEONE, PLEASE COME ALONG ANYWAY AND COMPETE.

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

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

SUMMER 13

FEBRUARY 8, 1974

EXCLUSIVE!! OUR CHRISTCHURCH REPORTER GIVES HIS REPORT OF THE GAMES
----READ ON!

SUMMARY OF RESULTS

A Grade : v Collingwood, won, 99-60
 B Grade : v St Kevins, lost, 47-76
 C Grade : v Old Melb, won, 61-33
 Sub-junior : v Old Melb, won, 48-47
 U15, bye
 U14 : v Footscray, won, 46-23

GOOD PERFORMANCES

Ewen Wison 5000m 15-25 (P.B.)
 Jim McKee Pole Vault, 11'6" (U19, U17, Club record & P.B.)

A GRADE : DEFEATED COLLINGWOOD, 99-60

A great win for A grade.

Hammer : Glass 148'10" (Invitation : 162'7")

400m Hurdles : 1 Hilliard, 58.1 Javelin : Liebman, 159'
 3 G. Evans, 59.5

1500m Walk : 3 Bennett, 7-41.0 800m : 2 Wilson, 1-57
 4 Moore, 7-46.9 3 Franzke, 2-05
 4 Handasyde

200m : 1 McAuley 23.6 5000m : 1 Wilson 15-25
 2 Barton 23.9 3 Franzke
 3 Anderson 24.0

Long jump : G. Evans won, 20'0 $\frac{1}{2}$ " 110m Hurd. : 1 Grant 15.9
 2 Anderson 16.5

High jump : McKee won

Pole vault : McKee 11'6" (Under 19 and Under 17 club Record)

Shot Put : Glass 42'3 $\frac{1}{4}$ "

Craig Hilliard had a good win in his A grade debut, and Jim Grant had his first run in six weeks, after glandular fever and no training but won in 15.9. He also ran a leg of the 4x200 relay. Ewen Wilson ran a great 5000, to finish closely behind Peter Bruce, and overall we lost only two of the thirteen events.

A GRADERS PLEASE NOTE !

This week against SSH is THE crucial round of the season, as even a brief examination of the figures indicates -

<u>A Grade Ladder</u>Place	Team	Points	%age	For	Agt.
	8	Ivanhoe	12	92.9		
	9	Box Hill 2	10	80.6		
	10	MUAC	10	75.1	573	763
	11	Old Scotch	10	73.5	575 $\frac{1}{2}$	783 $\frac{1}{2}$
	12	Coburg	6	76.9		

...Continued...

/ We must win or at least have a 'better' loss than MUAC in their /
 / round against Sandringham. The other result is relegation. We /
 / don't particularly want 2 or possibly 3 B Grade teams next /
 / season. /
 //

B GRADE : LOST TO ST KEVINS, 47-76

We were beaten by a better team on the day and ended our finals hopes. We won only two events all day: 400 Hurdles - Andy Wardlaw, Steve Hare; and 5000m - John Marx, Charlie Aitken. We did not score any points at all in the fields games events. If we had only qualified in each of these we could have scored an extra 18 points.

Moral : To win interclub rounds, you must qualify in the field games.

Summary of scoring events for us -

<u>400m Hurdles</u> : 1 A. Wardlaw 62.1	<u>200m</u> : 2 G. Evans 24.0
2 S. Hare 63.7	5 D. Evans 24.5 plus
	6 D. Johnston 24.5 plus
<u>800m</u> : 3 G. Wise	<u>5000m</u> : 1 C. Aitken
4 J. Marx 2-03.0	2 J. Marx
6 D. Evans 2-06.3	
<u>110m Hurdles</u> : 2 P. Wardlaw	<u>DNQ</u> Shot put and Long Jump
4 A. Wardlaw	

4x200 Relay : D. Johnston, G. Evans, I. Wilson, K. Rawlyk - lost

C GRADE : DEFEATED OLD MELBURNIANS, 61-33

We had a good win, and lookset for the finals. Ed Dawson ran a P.B. in the 400m Hurdles. Ian "Iron-Man" Wilson competed in the C 400 Hurdles, B Shot put, C 200 Relay, plus an invitation 200m and 800m - not a bad day's work.

Col Findlay won the Javelin and 'Jogger' John Womersley made his return to the Melbourne track.

Summary of results -

<u>400m Hurdles</u> : 1 I. Wilson 64.9	
2 E. Dawson 67.8 (P.B.)	
<u>200m</u> : 1 Holmes 24.2	<u>800m</u> : 1 S. Facey 2-08.2
2 R. Ward 24.5	2 T. Gehr
5 Dawson 25.2	3 J. Thorpe
I. Wilson 24.8 (Inv.)	
<u>110m Hurdles</u> : 1 S. Hare	<u>5000m</u> J. Womersley
3 A. Williams	

High jump : P. Wardlaw, lost, 5'6"

Javelin : C. Findlay, won, 120'

SUB-JUNIOR : DEFEATED OLD MELBURNIANS, 48-47

A great team win put subjunior back in the fight for the four. With Craig Hilliard competing in A Grade, the team really showed some good old G and D.

Hammer : Cooper, won.

<u>200m</u> : 1 Mitchell 24.4	<u>800m</u> : 2 Elder 2-14.2
2 Martin 25.4	4 Mitchell
5 Beyer 26.4	

Javelin : Cooper won, 128' plus Shot put : Cooper, won, 47'9 $\frac{1}{4}$ "
110m Hurdles : 2 Martin 4x200m Relay : Disqualified
 4 Beyer
Long Jump : Beyer lost, 15'0 $\frac{1}{4}$ "

UNDER 14 : DEFEATED FOOTSCRAY, 46-23

Again our faithful trio turned up to face Footscray's larger team but this week we had a great win, actually doubling their points score.

Haven't you had long enough holidays, M. Plaisted, N. Tapp and R. Hooley?

Gregor Evans writes : I agree! David Watson, Simon Cook and Andrew McLeish have been doing a bloody good job. How about help from the other U14s? How about some support from older athletes?

Summary of results -

<u>200m</u> : 1 McLeish 26.7	<u>800m</u> : 1 McLeish
2 Cook	4 D. Watson
<u>80m Hurdles</u> : A. McLeish	<u>Shot put</u> : D. Watson won, 25'5 $\frac{3}{4}$ "
<u>High jump</u> : S. Cook won	<u>Long</u> : O.S. won, but no result given - Ed.

EXTRA INFORMATION

1. PROGRAM SELLERS FOR VICTORIAN CHAMPIONSHIPS - we need Old Scotch athletes to help from next Sunday onward. See Peter Lucas, Stuart Facey or Bruce Moore.
2. PORTSEA - Sunday, February 17th
3. T-SHIRTS - from Stuart Facey at \$2.50

Please read on - for our
 Christchurch reporter's news
 See page 4.

POSTSCRIPT

The ABC coverage of Christchurch was pretty ^{poor.} We're only just across the Tasman and got a total of 40 minutes each evening in bits and pieces (except for Saturday ~~evening~~ ^{after}).

In Britain, much further away, the BBC gave 1½ hours in colour daily: so Ric Dillon informs me. And you'll be hearing more (or reading actually) from Ric next week, in another article exclusive to the Old Scotch News-sheet.

This news-sheet comes to you through the work of:-

Teamsheets, organization of results: Gregor Evans

Typing: Bruce Moore and Co.

Editor, duplicating and mailing: Andrew Cochrane.

TEAMS FOR ROUND 11 SAT 9 FEBRUARY 1974

A GRADE COMPETES AT DOLOMORE OVAL, MENTONE THIS WEEK. If you have any doubts as to the location of Dolomore Oval, ring Jim Grant.

All other teams at Melb Uni as usual.

This is the last ordinary round of interclub for the season. The venue semi-finals are on 2 March at Melb Uni for those teams in the "four". Invitation runs will be available for anyone interested during the finals.

NOTE A.Cochrane, P.Wardlaw, D.Lee, E.Dawson, A.Williams and J.Thorpe must compete in their events shown to be eligible for C grade finals.

A GRADE v S.S.H. at Dolamore Oval, Mentone Jim Grant 83.3522

- 1.15 3000m Walk I.Handasyde A.Jamieson
- 1.15 High Jump J.McKee
- 1.40 100m J.Grant P.Barton W.McAuley
- 1.45 Discus R.Glass
- 2.25 1500m E.Wilson A.Franzke S.Handasyde
- 2.45 Shot Put R.Glass
- 3.15 Triple R.Glass
- 3.15 Pole Vault J.McKee
- 3.40 4 x 100 Grant Barton McAuley Anderson
- 4.25 110m Hurdles J.Grant S.Anderson
- 4.25 Steeple E.Wilson A.Franzke
- 5.05 400m S.Handasyde W.McAuley G.Evans

B GRADE v M.U.A.C. Gregor Evans 783.1582

- 1.30 3000m Walk B.Moore D.Fennett (if available)
- 1.40 Discus I.Wilson
- 2.10 100m D.Johnston J.Holmes G.Evans (Em I.Wilson)
- 2.20 Shot Put I.Wilson
- 3.00 High Jump S.Hare
- 3.00 110 Hurdles P.Wardlaw A.Wardlaw (em R.Hodges)
- 3.00 1500m J.Marx G.Wise D.Strickland (em S.Facey)
- 3.40 Triple ~~A.Wardlaw~~ A.Wardlaw
- 3.50 4 x 100 Holmes Johnston I.Wilson A.Wardlaw
- 4.20 Pole Vault R.Hodges
- 4.30 400m I.Wilson A.Wardlaw D.Johnston (J.Holmes)
- 5.00 Steeple C.Aitken J.Marx

PLEASE RING TEAM CAPTAIN IF UNAVAILABLE

P.T.O. FOR OTHER TEAMS

TEAMS FOR ROUND 11 9 FEB 1974

C GRADE v Old Wesley Rob Ward 85.1049

1.30 3000m Walk ? ? ?
 1.30 Triple S.Hare
 2.10 100m P.Wardlaw K.Rawlyk R.Ward
 2.20 High Jump P.Wardlaw
 2.20 Pole Vault M.Latimer
 3.00 110 Hurdles E.Dawson A.Williams
 /3.00 1500m S.Facey D.Lee T.Oehr
 3.40 Shot Put J.Thorpe
 3.50 4 x 100 P.Wardlaw Rawlyk Ward Dawson
 4.20 Di scus A.Cochrane
 4.30 400m J.Thorpe M.Latimer R.Ward
 5.00 Steeple J.Womersley A.Cochrane

SUB JUNIOR v Albion Craig Hilliard 836.1161

All those available please turn up

UNDER 15 v St.Kevins Bill Fleming 80.4259

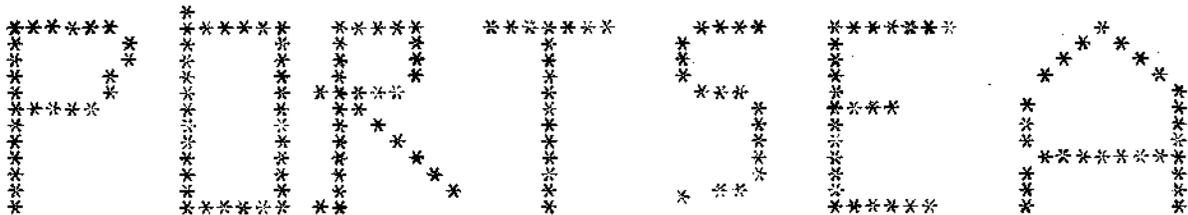
1.30 300m Walk S.Peel
 1.40 Shot Put D.Schloeffel
 2.10 100m W.Fleming P.Ritchie D.Ekberg (em Morey, Steachan)
 3.00 Pole Vault ? ? ?
 3.00 1500m J.Morey P.Ritchie
 3.00 80m Hurdles D.Ekberg s Peel
 3.40 Discus D.Schloeffel
 3.50 4 x 100 W.Fleming P.Ritchie D.Ekberg J.Morey (Peel, Strachan)
 4.20 Triple W.Fleming

UNDER 14 v Old Wesley David Watson 25.1289

Anyone and everyone available please turn up for this final round.

REMEMBER BIG PORTSEA SOCIAL MEETING. EVENTS FOR EVERYONE

SUNDAY 17th FEBRUARY 1974



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

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

SUMMER 14

FEBRUARY 15TH., 1974

RELEGATION FOR A GRADE

We have finished 11th. (second last), and will be in B Grade next season.

SUMMARY OF RESULTS

A Grade: v SSH, lost, 66 - 81.
B Grade: v MOAC, won, 66 - 48.
C Grade: v O. Wesley, won, 51 - 48.
Subjunior: v Albion, won, 51 - 47.
U. 15: v St. Kevins, won, 67 - 41.
U. 14: v O. Wesley, won, 68 - 23.

All grades, except A, finished off the season with a win.

GOOD PERFORMANCES

E. Wilson, A 1500, 4-00.0
W. McAuley, A 100, 11.1
S. Hare, B High Jump, 5'11" (P.B.)
J. Grant, A 110 Hurdles, 15.5 (after no training for 9 weeks due to illness).

THIS SUNDAY - PORTSEA.

A. GRADE

Defeated by SSH, 66 - 81.

3000 Walk : 1. Handasyde, 17.03, DNQ
A. Jamieson, 17.55, DNQ

100 : 4. W. McAuley, 11.1
5. J. Grant, 11.3
6. F. Barton, 11.8 (doubtful)

1500 : 3. E. Wilson, 4.00
5. A. Franzke, 4.02.8
6. S. Handasyde, 4.16

400 : 4. G. Evans, 53.3
5. W. McAuley, 53.8
6. S. Handasyde, 54.5, DNQ

Steeple: 1. A. Franzke, 10.08
2. E. Wilson, 10.22.8

110 Hurdle: 2. Grant, 15.5
4. Hodges, 18.0

Discus: E. Glass, won, 126'
(Invitation, 136')

Shot: R. Glass, won, 42'8"

High: J. McKee, walkover, 6'

Triple: R. Glass, won.

Pole : J. McKee, won, 11'0"

B. GRADE

Defeated M. U. A. C., 66 - 48.

Walk : 3. B. Moore, 16.45 (faster than A Grade)

U. 15

Defeated St. Kevins, 67 - 41.

Today we had a magnificent win - 67 - 41.

Peel won his 800 Walk in great style, Fleming took the 100m, and Schloeffel won the Discus and Shot. Morey came 2nd. in the 1500 and Peel 3rd. Fleming ~~won~~ won the Triple and our Relay team won by yards.

SUMMARY OF RESULTS

<u>800 Walk:</u>	1.	S. Peel, 5.30			
<u>100 :</u>	1.	W. Fleming, 12.5	<u>1500:</u>	2.	Morey, 4.51
	2.	P. Ritchie, 13.0		3.	P. Ritchie
	4.	E. Ekberg			
<u>80 Hurdles:</u>	2.	E. Ekberg, 14.0			
	3.	S. Peel			
<u>Shot :</u>		D. Schloeffel, won, 9.95			
<u>Discus :</u>		D. Schloeffel, won, 78'1"			
<u>Triple:</u>		Fleming, 30'8"			
<u>Relay :</u>		Won.			

U. 14

Defeated O. Wesley, 68 - 23

REPORT: At ~~xxxx~~ last fielding a respectable team, Old Scotch romped in over Old Wesley, not quite tripling their score. To start the day, Cook won the 800 Walk, then Dave Watson took out the Shot with 7.85m. Later McLeish, Flaisted and Tapp (both back from holidays at last) took 1, 2 and 4 in the 100, and then we took first three places in the 1500.

In the only event for the day not won by us, McLeish and Flaisted drew the Hurdles with 2nd. and 3rd.

This week performance shows just what we can do with some support from team members.

SUMMARY

<u>800 Walk:</u>	1.	Cook	<u>1500 :</u>	1.	Cook, 4.56
<u>100 :</u>	1.	McLeish		2.	Hooley
	2.	Flaisted		3.	Tapp
	4.	Tapp			
<u>80 Hurdle:</u>	2.	McLeish			
	3.	Flaisted			
<u>Shot :</u>		D. Watson, won, 7.85m			
<u>Discus :</u>		D. Watson, 58'6", walkover.			
<u>Triple :</u>		S. Cook, 33'1½", won			
<u>Relay :</u>		(McLeish, Tapp, Cook, Flaisted) won.			

FOOTSEA

This Sunday, February 17, at the Officer Cadet School, there is a full programme of events, and everybody can get a run, a jump or throw in whatever event they wish.

OLD SCOTCH TEAM V WUAC V O. C. S. PORTSEA

Anyone unavailable ring Jim Grant, 83 3522.

2 competitors / event.

Emergency

<u>Fole Vault:</u>	Latimer, Eobb	
<u>100M:</u>	McAuley, Barton	1. B. Johnston 2. K. Lawlyk 3. G. Evans
<u>800M:</u>	Wise, S. Handasyde	1. E. Evans 2. E. Strickland 3. S. Facey
<u>Long Jump:</u>	G. Evans, S. Anderson	A. Wardlaw
<u>110 Hurdles:</u>	Anderson, A. Wardlaw	1. F. Wardlaw 2. K. Hodges
<u>Shot :</u>	Glass, I. Wilson	S. Hare
<u>200M:</u>	McAuley, G. Evans	1. S. Anderson 2. Holmes 3. I. Wilson
<u>Javelin:</u>	Liebman, Findlay	
<u>1500M:</u>	E. Wilson, J. Marx	1. Facey 2. S. Handasyde 3. Gehr
<u>High Jump:</u>	Hare, P. Wardlaw	A. Wardlaw
<u>Discus:</u>	E. Glass, I. Wilson	S. Hare
<u>400M:</u>	G. Evans, D. Evans	1. McAuley 2. Thorpe 3. I. Wilson
<u>Triple Jump:</u>	Glass, S. Anderson	1. S. Hare 2. A. Wardlaw.
<u>4 x 100 Relay:</u>	McAuley, Barton, Anderson, Johnston.	1. Holmes 2. Bawlyk

There are NO QUALIFYING STANDARDS,

ALL COMPETITORS SCORE POINTS.

If you wish to find out event time before Sunday, ring Peter Lucas 25 1816.

VIC. RELAY CHAMPS. Old Scotch have entered a senior 4 x 800 relay and 4 x 100 relay.

Team Reports: Bill Fleming, David Watson.

Typing: B. Hilliard

Editor, Duplicating, mailing: A. Chochrane.

Read on for Vic Dillon's article.

RIC DILLON WRITES

(Most Club members know Ric, but the younger ones obviously wouldn't. Ric was Club Captain for several years, up to 1971, since when he has been at Cambridge. He kindly wrote this article when I asked him - ED).

1. On the organisation of British Athletics.

In short, the top level administration is very much as we have in Australia, with dedicated part-time men of middle-age or older occupying what should be full time well-paid executive positions. Of course they do their best, but they make boobs, a common one being in their treatment of overseas stars, so that Britain now finds it difficult to entice these crowd pullers to come over for the international meets at Crystal Palace. Another typical episode has just been enacted at Christchurch. Tom McNab, a well-known, well-respected athletics coach, who is actually employed by the AAA as its official Southern Area coach, but is not an official Games coach this year, was seen in the village by one of the English officials and told to leave, although he had 3 or 4 of his athletes in the team, including Andrea Lynch (a very close second to Haelene in the 100m), and he had paid his way out there (he was on "holidays")

At Club level the pattern of competition is almost parallel to that of Association Football - what we call soccer. The top 24 clubs constitute 4 divisions of a National League with a 2 up - 2 down relegation between each division and no finals i. e. the "premiers" are decided by premiership points and percentage, if needed. Being on a national level, quite a deal of travelling is involved, but most of the League clubs are able to pay part or all of the travelling expenses for their ~~competitors~~ competitors.

Beneath the National League there are two or three strong area leagues, the leaders of each of these meeting the two lowest from Division 4 of the National League at the end of the season for the right to enter Division 4 the next year.

In addition, last season saw the introduction of a Britain-wide sponsored knockout competition for all affiliated clubs - analogous to soccer's famous FA Cup. In passing, I might mention that sponsorship (commercial) plays a dominating role in all major British sport - with probably the one exception being that same FA Cup - but that could be the basis of a complete article.

2. On the Games

It has been, at times, a rather severe winter, and I am a little surprised at how well the British athletes are performing at Christchurch. Certainly this has been no place to prepare for sprints, but we see Jenkins running sub - 46 in his semi and Lynch giving Haelene such a super race. As always, the BBC - who provide an absolutely top class coverage of sporting events the world over and all year through (and knowledgeable commentators - Newsheet comments of November 7th) - are providing an excellent coverage of approximately 1½ hours each evening. And in colour of course.

How amazing it was to see the first 300 semi run in an easy 1.44.4, and such a contrast with the 300 series in Munich.

3. On the current British problems.

Happily I have been more or less unaffected by the state of emergency this country has been in since November. That probably is true of most bicycle-riding, theoretically oriented research students in Cambridge, and is not to say that the situation at present in Britain is not quite disastrous. Yet, as in wartime, the situation is one in which the British people seem to revel - it is as though Mr. & Mrs. Average actually enjoy making personal sacrifice to help their dear country. Of course, the miners do not belong to the average family and I continue to find it incredible that they don't snap up the extremely generous settlement they have been offered. But that is another story.

And Ric hopes to write another article - "a decent article" he says - in the near future.

In the next issue we have another very interesting article by Dr. Roger Glass on Athletics injuries.

OLD SCOTCH C.A.A.C.

NEWS-SHEET

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SUMMER 15

28 February, 1974

C GRADE IS IN THE FINALS + TEAM OVER PAGE

SUB-JUNIOR ALSO

PORTSEA

The Officer Cadet School won for the first time in countless years. Old Scotch finished third (last) with MUAG beating us too.

Results :

	<u>COMPETITION</u>	<u>INVITATION</u>
100m	McAuley 11.6 Johnston 12.2	G. Evans 12.1 S. Handasyde 13.0 Hare 12.4 McLeish U14 13.1 Ward 12.5 S. Cook 13.7
800m	E. Wilson 1-58.5 Handasyde 2-06.4	
110m Hurd.	S. Hare 17.7 R. Hodges 18.5	
200m	McAuley 23.6 G. Evans 24.6	Latimer 25.0 Johnston 25.1 Ward 25.5 McLeish U14 26.9
1500m	2 T. Oehr 4-19.8 6 A. Kelso 4-29.9	Handasyde 4-24.8 S. Cook 4-47 (U14 Record)
High Jump	S. Hare 5'7"	
400m	G. Evans 53.6 Latimer 57.6	Handasyde 55.9
5000m		E. Wilson 15-51 C. Aitken 16-57

S. Cook set an Under 14 1500m Record of 4-47.0. Stew Handasyde was the 'star' of the day, with his efforts to compete in every event of the afternoon, and ending up in the 5000 by having his name taken to be reported to the VAAA for misconduct.

VICTORIAN CHAMPIONSHIPS - at Sandringham

Sunday February 10th

Open 1500m Heats - Three to qualify : E. Wilson 4th in heat, 4-01.7
Just failed to qualify for semi.
Open 200m Heats - Two to qualify : W. McAuley 4th, 23.2
P. Barton 5th, 23.8
Junior 5000m heats - A. Cochrane 5th, qualified for final

Tuesday February 12th

Open 800 Heats - Two to qualify : E. Wilson 1-56.1
Open 100 Heats : W. McAuley 11.7, P. Barton 11.9 (into wind),
J. Holmes, 12.1
Open 5000 Heats - S. Handasyde, 15-57
Junior 400 Hurdles Heats - C. Hilliard, 1st, 56.8 secs.
Junior 800 Heats - Two to qualify : A. Cochrane, 4th, 2-06.9
Only Craig Hilliard got through any of the heats.

Thursday February 14th

Junior 110 Hurdles Heats - C. Hilliard, 2nd, 15.4. Qualified for Final
 Junior 5000m Final - A. Cochrane, 13th, 16-40

SUNDAY February 24th

Junior 400 Hurdles - C.Hilliard, 2nd, 55.7
 Junior 110 Hurdles - C. Hilliard, 6th

Apologies to Rog Glass - I did not have your results in the discus or the hammer.

TEAMS FOR VENUE FINALS

C GRADE TEAM : FOR MARCH 2, 1974

Held at Melbourne University track this Saturday next

<u>1500 Walk</u>	Latimer	<u>110 Hurdles</u>	Williams, Dawson
<u>400 Hurdles</u>	Dawson, Thorpe	<u>800m</u>	Facey, Oehr,
<u>200m</u>	Rawlyk, Holmes, Ward		Latimer
<u>High Jump</u>	P. Wardlaw	<u>Shot</u>	Thorpe
<u>Long Jump</u>	Rawlyk	<u>Javelin</u>	Findlay
<u>Pole vault</u>	Latimer	<u>5000m</u>	Oehr, Cochrane
<u>4x200m</u>	Rawlyk, Holmes, Ward, Latimer		

QUERIES Ring Rob Ward - 85 1049

SUB-JUNIOR TEAM : FOR MARCH 2, 1974

Please ring Craig Hilliard on 836 1161 or see him at school

FOR BOTH TEAMS

March 2 and March 9 at University and THEN.....
March 16 and 23 at Olympic Park and the C and Sub-junior flags!

TEAM RESULTS

B Grade	finished	5th
C	"	2nd
S-J	"	4th
U15	"	5th
U14	"	5th

A THANK YOU NOTE to all those who sold programs at the Victorian Championships, and earned for the club some \$15 to \$20. Those who helped were Stuart Facey, Steve Hare, Ed Dawson, Greg Evans, John Thorpe, Mark Latimer, Jon Holmes (and Janet), Bruce Moore (& Co.), Tarquin Oehr and Bill Fleming.

One disappointing feature was the unwillingness of Juniors to help - but the Australian Championships are coming up soon! Thanks also to Peter Lucas for looking after the provision of change, etc.

ABOUT THE INFAMOUS FUN RUN (MARCH 3)

According to a reliable source, the official VAAA view is that amateurs cannot run BUT they may run the same course at the same time so long as they do not go through the checkpoints at St Kilda and Brighton Beach. This is acceptable to the organisers. It is suggested that amateurs running in this way should make a donation of 50 cents to the Royal Children's Hospital via their club secretary.

TYPING : Bruce Moore
 EDITOR, DUPLICATION, MAILING : A. Cochrane

MANAGEMENT OF ATHLETIC INJURIES

by ROGER GLASS

The four main types of injury sustained in athletics and football today are :

- A. Muscle and tendon pulls or strains
- B. Contusions (bruising), including corked thighs
- C. Ligament injuries
- D. Dislocations

The aims of management are the same for all :

1. Prevent the injury occurring
2. Shorten the inflammatory reaction to the injury by aiding the resorption, and
3. Maintain and improve the muscles protecting the injured area.

1. Prevent injury by -

- a. Training regularly and adequately to build up the muscles supporting stressed joints
- b. Warmup thoroughly
- c. Wearing adequate protective gear (e.g. heel cups for high jumpers)
- d. Graduated return from previous injury.

2. Shortening the inflammatory reaction -

A. Muscle and tendon injuries

Important principles of management are :

1. Early diagnosis - the earlier the injury is seen the easier the diagnosis, especially in the first 10-40 mins, when the injured part is fairly painless.
2. Localised pressure bandage. Remember that the point of maximal pain lies at the site of the injury.
3. Ice - reduces the swelling.
4. Rest with elevation of the injured part if possible. Some experts however suggest the active use of the injured limb is essential from the moment of injury.
5. Anti-inflammatory drugs e.g. 2x100mg Tanderil tablets, 3 or 4 times a day. BTZ and Indocid are alternatives.
6. Exercise of the injured part. Most experts suggest starting at 12-48 hours after injury. The exercises should be both active and passive stretching ones (i.e. stretched by someone else, not by the injured muscles themselves, and should especially involve the muscle groups just near the injury site - e.g. exercise quadriceps and hamstrings (of the thigh) for a calf strain).

Ultra sonic and hot baths may be useful after 12-48 hours. For the dedicated athlete requiring return to full training as soon as possible, injection into the site of the strain of a mixture of hydrocortisone, hyaluronidose and local anaesthetic can speed recovery.

Outcome The further the injury is from the bony attachment of the muscle, the longer it will take to heal.

For a true pulled hamstring with sudden severe pain and falling, recovery takes at least 6 weeks - commence running at 3 weeks, commence training at 4 weeks, and commence competition at 6 weeks.

Things to avoid

- a. Heat of any kind in the first 12-48 hours.
- b. Massage - this may cause an increased inflammatory response and consequent ossification (formation of bone) in the injured area.

B. Contusions (incl. "corked thigh")

Management is as for muscle strains with the following variations

1. Take yourself off the field immediately
2. Large contusions may require initial removal of blood from

the injury site via a syringe and injection of hyaluronidase and local anaesthetic, along with later use of ultrasound to speed up recovery.

3. A single complete passive stretch of the muscle group involved within 10 mins of the injury is very useful.

4. Avoid any exercise whatsoever of the affected limb for 12-48 hours (48 hours rest is probably best). Then commence graduated active and passive stretching exercises.

With the management outlined (including the use of anti-inflammatory drugs) no corked thigh should be a problem after 5 days.

C. Ligament injuries

There are three main graduations - slight strain, moderate strain and complete separation. The three ligaments commonly involved are -

- a. Talofibular ligaments at the ankle.
- b. Medial collateral ligament of the knee.
- c. Supraspinatus ligament at the shoulder.

Principles of management include :

1. Early diagnosis - much easier within 30 minutes of injury before swelling and pain make adequate examination difficult except under general anaesthetic.

2. Assessment of stability - if the injury is unstable, operation may be necessary. If stable, proceed with -

- a. Pressure bandage
- b. Avoidance of weight bearing activities initially (if knee or ankle) i.e. use crutches.
- c. Graduated exercises (to strengthen the muscles supporting the joint involved).
- d. Local heat and ultra sound can speed up recovery.

Note Plaster immobilisation is not necessary for stable ligament injuries.

D. Dislocations

These are best reduced straight away before the onset of swelling and pain. Post reduction X-rays are essential to eliminate the possibility of a fracture. Dislocated joints should then, in general, be immobilised for about 4 weeks on the average.

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Jim Grant adds - All athletes should keep this article as a useful practical reference!

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

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SUMMER 16

14th MARCH, 1974

RESULTS OF UNI VENUE SEMI-FINALS

Both teams in the finals at Uni, C Grade and Subjunior, lost in their semi-finals, and went out of the competition.

A pretty poor result compared to last year, when we won three Venue Grand Finals and then took off two Premierships at Olympic Park.

C GRADE Lost to St Kevin's by 2 points

400 Hurdles 1 M Latimer 62.1 (PB) - first run ever at this?
3 E Dawson

200 M 2 J Holmes 23.8 (best for three years)
5 R Ward
6 K Rawlyk

High P Wardlaw - ? Long M Latimer, lost, 17'10"

Pole M Latimer, won, 9'0" 110 Hurdles 2 Dawson
4 Williams

800 M 4 Oehr Jay C Findlay, walkover, 36metres
5 Facey
6 Ward

5000 M 2 T Oehr 4x200 Lost
Facey - DNF

SUBJUNIOR

A small (four blokes) and gallant band frightened the life out of Footscray, but couldn't quite overcome the loss of vital points in field events. Craig Hilliard scored his usual treble -

Long Jump 20'2"
200m 23.3secs
Hurdles 15.6secs

Jim Elder ran a beautifully judged 800m to win in 2-13.4

Julian Martin produced a 2nd in the 200 (24.6secs, a PB), 3rd in the Hurdles (18.5) and surprised himself by qualifying in the high jump.

Bruce Hooley found the 800m a bit too short, to finish 5th.

With only the relay to go Footscray led by 10points, so its mothballs for 1973/74.

FUN RUN '74 - March 3rd

OS Competitors, as far as can be ascertained, were the following:

B Hooley, J Elder, E Dawson, D Evans, G Evans, G Gray, K Rawlyk?

The distance of the run was 15km (9.4miles)

Times: B Hooley, "unofficial" 17th, 50mins?secs
 D Evans 74mins?secs
 G Evans 79mins35secs

Ed Dawson did not get his time but probably finished ahead of Gregor and possibly ahead of Dave. (NB Best OS competitor in 15,000m at Fishermen's Bend during the winter was Nigel Watson with 52-15, so Bruce Hooley ran very well indeed)

OBSERVATIONS FROM C GRADE AND SUBJUNIOR FINALS

Of our teams that did not make the finals (eg A, B, U15, U14) ONLY FOUR PEOPLE BOTHERED TO TURN UP TO SEE AND SUPPORT OUR FINALISTS OR COMPLETE BY INVITATION.

Mark Ridgeway, with 2-0.5 defeated Even Wilson, both running by invitation.

AUSTRALIAN CHAMPS (MARCH 29, 30, 31)

Only OS competitor is Craig Hilliard in the Junior 110, 400hurdles. Craig's time in the Vic Junior 400hurdles was incorrectly reported as 55.7secs. It was 55.1secs, and unofficially by other watches at 54.8secs.

The Club also needs programme sellers. If you were thinking of going along, it saves you a one dollar entry on each day, and also the more programme sellers we have, the shorter the time that you have to stand at the gate and get rid of them.

For this News-sheet

CONTRIBUTORS: D Hilliard, G Evans
 TYPING: Findlay
 EDITOR, DUPLICATION, MAILING: A Cochrane

DON'T FORGET THE CROSS-COUNTRY WEEKEND, MARCH 22-24!!

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

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SUMMER 17

~~XXX~~ APRIL, 1974

END OF SEASON NEWS-SHEET BOMANZA!
BIGGEST EVER WRITTEN, DUPLICATED!

Australian Champs - this last weekend

Our only competitor was Craig Hilliard, in the Junior 110 and 400 Hurdles races.

In the 400 Hurdles Junior he took 2nd place, the Silver Medal, in 54.7secs, after leading by about four yds up to the last hurdle, which he hit.

In the 110 Hurdles, Craig had a photo-finish for 3rd and 4th places, and took 4th in 14.7secs (a new Club Junior record by 0.2sec).

Craig will still be a junior for the Austs next year, and has only been running the 400 Hurdles race for a little over 2 months.

Many thanks to the programme sellers over the 3 days: President Colin Findlay and sons, Ewen Wilson, Gregor Evans, Andrew Cochrane, Bruce Hooley, Stew Hendasyde.

OTHER RECENT PERFORMANCES

E Wilson, 4-04 and 1-56.8, for Uni v Combined Services on Wed, 27 March

GOLF DAY REPORT - SUNDAY 10 MARCH / GREGOR EVANS

A curse rings out over the mountain. The little white ball - the third such ball to be used so far on this first nine holes (the others having strayed into thick countryside) - fails to hold the green and, gathering pace, rolls down and across the fairway to end at a point no closer to the hole than the point from which the stroke was played. A torrent of abuse follows the ball on its journey.

But it was fun, the weather beautiful, the BBQ and drinks refreshing, the course almost vertical, the views magnificent. This was Old Scotch versus Old Kavs on the Olinda Golf Course. Old Kavs had a team of eight, OS Four - Mark Latimer, Greg Evans, John Marx and Keith Rawlyk.

The Result: The aggregate of the 4 OS scores was less than the aggregate of the 8 OK scores.

Individual Scores: Mark, best round of the day, broke ninety, Greg broke one hundred and John and Keith cracked the ton and a few cans.

Thanks: to Hugh McKechnie (OK) and Steve Hare for the organisation.

Apologies: to those who would have liked to play and who were not notified. (We did our best to personally notify as many as possible).

Prediction: This could well be (and should be) a regular event.

This is the last Summer News-sheet. During the months April-September, the News-sheet will be coming out monthly. If you wish to receive it, please fill out the form below, and return to:

A Cochrane, 10 Carnsworth Avenue, Kew, 3101.

TO ALL CLUB-MEMBERS!

In this edition we have several important things to bring to club members attention.

(1) A questionnaire, which should be answered and returned as quickly as possible.

(2) Information about a club fund-raising effort, "Little Tatts".

We also have club performance rankings for the season, and the final seasons' points.

LITTLE TATTS - Club "Special Effort"

One of the results arising out of the recent club committee meeting was the decision to make a large fund-raising effort through the winter. At the same meeting, the treasurer Stu Facey told us that the club was out of pocket because of unpaid competition fees. Our club finances should be adequate enough to get us over such happenings, though an improvement in finances will certainly be no excuse for not paying competition fees!

The club intends to run a "Little Tatts" lucky-number lottery, under the control of Andrew Cochrane and Stuart Facey. The idea is that we try to sell 100 tickets, numbered 1 to 100, and that each week the person with the particular lucky number receives a prize (paid by cheque to him/her). The particular weekly number will be the last two numbers of the 1st prize Tatts' number in the Wednesday morning papers.

The whole "effort" will run for 10 weeks, from Wed, May 1st to Wed July 3rd, the tickets will cost \$2 each, that is an average of 20¢ per week for the 10 weeks, and the prizes will be \$5 each week for the first nine weeks, and \$10 for the last week - a total of \$55 to be given away.

We hope to begin selling tickets by the end of this week. All active competing club members will be posted or given a few tickets in order to buy one or two themselves, and sell the rest. If unsold they must be returned to the two organizers by April 27th, or the person concerned will pay for the tickets himself.

WE NEED THE HELP OF ALL CLUB MEMBERS TO MAKE THIS A SUCCESS. Buy the tickets yourself, and sell them to other Old Scotch or Scotch people, to family and friends!

A Cochrane,
10 Carnsworth Avenue,
Kew. 3101 Phone 86 8351

S Facey,
21 Sydore Avenue,
Chadstone. 3148 Phone 5698553

POINTS OF INTEREST

The Old St Kev's recruiting boys seem to have found an untapped source of potential athletes out at Pentridge. Old Scotch will be sending its recruiting reps out this week to look out for talent! Next week French Island! Ha! Ha!
(Bet there are quite a few puzzled readers!)

The people contributing to this news-sheet are:

Golf Report: G Evans

Questionnaire: G Evans, A Cochrane, J Grant

Total Points Results: B Hooley

Club Rankings: A Cochrane

Typing: Findlays, Bruce Moore

Editor, Duplication: A Cochrane, with many thanks to Gregor Evans.