

# 2019 First Av Meet

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## URGENT: Club volunteers needed!

During the season we are required to provide a small number of club helpers to assist AV with the regular AV Shield meets and special competitions. Below are our club helper requirements for the AV Shield meets. Most important right now is the meet at Box Hill on Jan. 19. Please let Tom Russell ([tom\\_russell777@hotmail.com](mailto:tom_russell777@hotmail.com)) know what day/s you are able to help.

WHEN	WHERE	# of Volunteers	Time required
Sat 19/01	Box Hill Hagenauer Res.	1	2:30 – 4pm
Sat 09/02	Nunawading Bill Sewart Aths	1	2:50 – 4:30pm

## Pole Vault back in the Old Scotch skillset.

While most of us were still digesting our Christmas lunches and enjoying the fine weather to start 2019, some Old Scotch athletes were busy honing their skills and competing well. **Cam Mackenzie**, who has demonstrated his craft with the discuss and javelin in the field, took things one step further by taking on the pole vault in the RAC on Saturday, clearing 2.60m. It has been a long time since a red singlet has done this event - well done Cam for being brave enough to attempt it, let alone actually clear the bar!





While Cam was busy pole vaulting, a few other athletes were racing on each of the southern-Victorian peninsulas. In the Bells Bash cliff run, **James Lightfoot** finished 1st in the 12-19 age category for 8 km, while **Harrison Carr** was 3rd in the Open 4 km race. **Ozzie Hunter** was hard at work, too, finishing 3rd overall in the 4 km Portsea Twilight. Well done boys on your great results!





## Next Meet: Sat 12 January (Glenhuntly)

This Saturday we will be based at Glenhuntly (Duncan MacKinnon Reserve). Please see the full timetable of events below. Athletes are reminded to **PRE-ENTER** before midday Wednesday prior to the meet to ensure they are seeded into the correct heats.

It is important to ENTER AS MANY EVENTS AS POSSIBLE. The scoring system of AV shield meets means that 4 events done OK will score better than 2 events done well. Please keep this in mind as qualifying for the final depends on how many points your team can score!

Athletes competing in Field events are reminded to enter a time that does not conflict with another event you would like to do. Please read from page 8 of the AV Shield entry guide on how to enter for events [HERE](#).

### SATURDAY 12<sup>th</sup> JANUARY 2019

#### TRACK EVENTS Program 2 ALTERNATE ROUND 9 –BLUE ZONE VENUE – Glenhuntly

ZONE		
Draft Time	Event	Grades
1.00pm	400 Metre Hurdles (Lanes 4-8) 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ 60+ Women U14/U16 Men & Women
1.15pm	*3000 Metres Steeple (91cm) (Lanes 1-3) *2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
1.40pm	*3000 Metres Steeple (76.2cm) (Lanes 1-3) *2000 Metres Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women
2.00pm	100 Metres (Lanes 4-10)	Women
2.00pm	1500 Metres (Lanes 1-3)	Men
2.30pm	1500 Metres (Lanes 1-3)	Women
3.00pm	100 Metres (Lanes 4-10)	Men
4.15pm	4 x 200m Relay (Lanes 1-8)	Women
4.30pm	4 x 200m Relay (Lanes 1-8)	Men
4.45pm	400 Metres (Lanes 1-8)	Women
5.30pm	400 Metres (Lanes 1-8)	Men

#### FIELD EVENTS Program 2 ROUND 9 – BLUE ZONE VENUE – Glenhuntly

Draft Time	Discus	Javelin	Long Jump
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	<b>Discus (1 Cage) Max 20 per sheet</b>	<b>Javelin (1 runway) Max 20 per sheet</b>	<b>Long Jump (2 Pits) Max 20 per sheet</b>
<b>1.00pm</b>	Sheet 1	Sheet 1 (Elite 40m+/30m+)	Sheet 1/Sheet 2 (Elite 6m+/5m+)
<b>2.00pm</b>	Sheet 2	Sheet 2	
<b>2.15pm</b>			Sheet 3/Sheet 4
<b>2.30pm</b>	Seated DT	Seated JT	
<b>3.00pm</b>	Sheet 3	Sheet 3	Sheet 5/Sheet 6
<b>4.00pm</b>	Sheet 4	Sheet 4	Sheet 7/Sheet 8
<b>5.00pm</b>	Sheet 5 (Elite 35m+/28m+)	Sheet 5	Sheet 9/Sheet 10

## AV Shield Calendar for rest of Season

### Sat 12 Jan (Glenhuntly afternoon)

*Hurdles 100m 400m 1500m Steeple 4x200m Long Jump Discus Javelin*

### Sat 19 Jan (Box Hill afternoon)

*Hurdles 200m 800m 3000m 4x200m High Jump Triple Shot Put Hammer*

### Sat 2 Feb (Knox afternoon)

*Hurdles 100m 400m 1500m Steeple 4x400m Long Jump Discus Javelin*

### Sat 9 Feb (Nunawading afternoon)

*Hurdles 200m 800m 3000m 5000m Steeple 4x400m High Jump Triple Shot Put Hammer*



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# Shield Jan 12 2019

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## Three National Qualifiers, a Couple of Records and Team Consolidation.

We were represented at Glenhuntly, Geelong, Werribee and Bendigo over the weekend. A strong wind hindered the sprinters and hurdlers at Glenhuntly but favoured the sprinters at Geelong.

At Glenhuntly, **Chris Papapetrou** had his first race over the 91cm 400H and **Mari Campbell** had her first ever race over the U17 400 Hurdles. In an impressive start to 2019, both came away with National Qualifiers in very pleasing performances with Club President Rob Wilson watching on with camera.



### *Mari in the 100m.*



### *Chris in his 100m heat.*

The 100m had Chris cruising a 12 and a bit to protect a quad while Mari and **Beth Campbell**, **Ben Beischer** and **James Rentschler** were all in different heats (there were 30 men's heats!), but it would have been interesting if they were all in the same heat as there was only half a second between them. Beth juggled a long jump into the wind while getting ready for her 100m.



*Pre-race wisdom being passed on from the coach.*



*Always 100% effort from Ben.*

**Zac Holden, Tom Russell and Pete Simm** were in the same heat of the 1500m with Pete showing the younger guys that he still has a few tricks up his sleeve in a randomly surging race. In the first heat **Ben Beischer** (4.11) was right up with the open runners finishing not far off his best in a tight race of 16 athletes and then came back for more, being allowed to run an invite two laps of the third heat.



*Zac fighting towards the finish line in the 1500m.*



*Ben enjoying a 50m lead after 700m in his 2nd 1500m heat for the afternoon.*

**James Rentschler** hadn't run a 400 for many a year, entered his predicted time as 72sec and then ran 70 finishing into the strong wind. Good work and the result of a solid block of training. **Rob Belton** did only 3 field events because there were only 3 offered at Glenhuntly.



*James ran an excellent 400m heat to reward his hard work on the training*

track.



*Rob Belton - the club's most consistent point scorer due to his willingness to compete in as many events as possible.*

At Geelong, the local Leetons, **David** (800 in 2.28) and **Fred** (3000 in a stunning 9.12.16) and **Harrison Carr** (800 in 2.01) did the longer stuff while **Stephen Liu** used the breeze in the 200 for a solid 23.75 and 11.87 100m. More points were added at Werribee where **Olivia Nigido –Scott** was our only representative throwing 30m for Hammer and 10.82 for Shot. So on the day at Shield we had athletes in 12 different events: 100, 200, 400, 800, 1500, 3000, 400H, LJ, Discus, Javelin, Shot Put and Hammer. If you reckon that is pretty good for a group of 14 athletes, then let's add a bit more to the weekend's performances.

Up at Bendigo, in the heat, we had **Cameron Mackenzie** doing the Vic U18 Decathlon Championship – yep, all ten events by himself. Cam scored a total of 3679 points to finish 4<sup>th</sup> in Victoria and to break the Club U18 record which had stood for 20 years. Cam's best scoring events were the 100m, the discus and the 1500m. A very versatile athlete is Cameron. (Sister **Jess** finished second in the Vic U20 Womens Heptathlon – congrats Jess).





*Tom Russell*



*Rob and Mari posing with the club flag.*





*Some of the squad relaxing mid-meet.*

## **ATHLETE OF THE WEEK**

On his “summer local” track at Geelong, **Freddy Leeton** sliced 20 seconds off his PB in the 3000m to record a National Qualifying time of 9.12.16 which probably also took a fair chunk off the Club U15 record. This is reaping the rewards of some seriously good training so we look forward to Fred turning it on later in the season.

### **Training Info:**

Tuesday 15 Jan 5pm at Righetti and Thur 17 Jan at 5pm for those not running Milers later that evening. For other arrangements contact our coaches (David Lightfoot 0403 010 745 or Gregor Evans 0439 006 493) for January sessions while weather is warm.

## **From the History Books: David Lightfoot**

It was Old Scotch’s great fortune when David Lightfoot moved to Melbourne from Newcastle in 1991 as an established young but senior athlete following his NSW teammate Peter Hepworth who had come to OS a few years earlier. It didn’t take David long to make his mark as one of the great middle distance athletes in the Club’s history with outstanding performances over 800m, 1500m and 5000m. David still holds the Club’s 1500m record of 3.43.69 set in 1991. In 2001 David was named in the then “Team of the Century” (actually 75 years) for 1500m together with Peter Hepworth and Graham Wise. In cross country events David has won the Jamieson 5km and the Cooke-McClelland 8km, has set a course record for Hare and Hounds 8k and was named APSOC Athlete of the Year in 1992, 1993 and 1995. He was the OS winter most outstanding athlete in 1991 and 1995. David was still running in OS winter teams a couple of years ago.

David held the office of President of the Old Scotch Aths Club from 1996-1998 and was elected a Life Member in 2015 at an annual meeting at which many young and not-so-young distance athletes testified to the impact David had on their careers. David is currently an accredited Athletics Australia Distance Coach and Club Coach and is having a great influence on many Old Scotch

athletes and current Scotch distance runners. David is a passionate, modest and encouraging coach who is responsible for a resurgence in OS summer athletics having in recent years coached to National Championships many of our young distance runners such as Ed and Ben Beischer, Harrison Carr, James Lightfoot, Archie Wallis and Fred Leeton.

## Next Meet: Sat 19 January (Box Hill)

This Saturday we will be based at Box Hill (Hagenauer Reserve). Please see the full timetable of events below. Athletes are reminded to **PRE-ENTER** before midday Wednesday prior to the meet to ensure they are seeded into the correct heats. Athletes competing in Field events are reminded to enter a time that does not conflict with another event you would like to do. Please read from page 8 of the AV Shield entry guide on how to enter for events [HERE](#).

### SATURDAY 19<sup>TH</sup> JANUARY 2019

#### TRACK EVENTS Program 1 ROUND 10 – WHITE ZONE VENUE – Box Hill

ZONE		
Draft Time	Event	Grades
1.15pm	*5000 Metres (Lanes 1-3)	Open/U20/40+/50+/60+ Men & Women
1.30pm	110Metre Hurdles (Lanes 4-10) 100Metre Hurdles (Lanes 4-10) 90Metre Hurdles (Lanes 4-10) 80Metre Hurdles (Lanes 4-10)	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
2.30pm	800 Metres (Lanes 1-3)12 per heat	Men
2.30pm	200 Metres (Lanes 4-8)	Women
3.15pm	800 Metres (Lanes 1-3)12 per heat	Women
3.45pm	200 Metres (Lanes 1-8)	Men
4.45pm	4 x 200m Relay (Lanes 4-8)	Women
5.00pm	*3000 Metres (Lanes 1-3)	U14/U16/U18 Women
5.30pm	4 x 200m Relay (Lanes 4-8)	Men
5.30pm	*3000 Metres (Lanes 1-3)	U14/U16/U18 Men
6.00pm	*2000m Walk (Lanes 1-3) *5000m Walk (Lanes 1-3)	U14/U16/40+/50+/60+ Men & Women Open/U20/U18 Men & Women

#### FIELD EVENTS Program 1 ROUND 10 – WHITE ZONE VENUE – Box Hill

Draft Time	Hammer Throw (1 Cage) Max 15 per sheet	Shot Put (2 Circles) Max 20 per sheet	Triple Jump (2 Pits) Max 20 per sheet	High Jump (2 Beds) Max 15 per bed	*Pole Vault For clubs in White and Blue Zone only
1.00pm	Sheet 1 (Elite 35m+/30m+)	Sheet 1	Sheet 1/Sheet 2 (Elite 13m+/11m+)	1.75m+ (Elite)	1.00pm: 3.60m+
2.00pm	Sheet 2	Sheet 2		1.40m-1.80m	
2.15pm			Sheet 3/Sheet 4		2.15pm: 2.80m+
2.30pm		Seated SP/DT			
3.00pm	Sheet 3		Sheet 5/Sheet 6	1.35m-1.75m	
4.00pm	Sheet 4	Sheet 3	Sheet 7/Sheet 8	1.15m-1.55m	3.45pm: 1.60m+
5.00pm	Sheet 5	Sheet 4	Sheet 9/Sheet 10	1.05m-1.45m	
		Sheet 5(Elite 13m+/11m+)			

## AV Shield Rd. 9 Results

The scribe is under a bit of time pressure this week so haven't got time to

The scribe is under a bit of time pressure this week so haven't got time to transfer the data directly into the newsletter. However, the results can be found here: [Round 9 Results](#)

## AV Shield Calendar for rest of Season

### Sat 19 Jan (Box Hill afternoon)

*Hurdles 200m 800m 3000m 4x200m High Jump Triple Shot Put Hammer*

### Sat 2 Feb (Knox afternoon)

*Hurdles 100m 400m 1500m Steeple 4x400m Long Jump Discus Javelin*

### Sat 9 Feb (Nunawading afternoon)

*Hurdles 200m 800m 3000m 5000m Steeple 4x400m High Jump Triple Shot Put Hammer*



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# AV Shield Rd. 10

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## Milers & High Velocity.

Five at the Milers on Thursday and two at the High Velocity meet on Friday set up what was a weekend of strong performances. At Milers, **Tom Bowers** ran 2.03 for 800 in his first run after 3 weeks basketball in the USA and **Harrison Carr** earned a great 1500m PB of 3.55.8. **Nicole Joseph** ran to her coach's instructions against what the commentator said were younger opponents to storm home and just miss target of 5 min by 2 seconds. **Freddy Leeton** then blasted a 4.23 PB to knock off a Club Record from 1978 and to help inspire father **David Leeton** who produced a very solid 4.50.

At the HVC the next evening **Mari Campbell** had a slight stumble at the start of her 100, tightening a hammy but still managed an excellent 13.8 and then we had the debut of **James Georges** who had entered the HVC by mistake thinking it was Shield. Never mind, let's bang out an 11.86 and a 51.94 400m to carve about 3 seconds off his predicted time and blow away some seasoned athletes. The commentator was very impressed.



James Georges storms away from the field in the 400m at the High Velocity meet.



And happy about it, too.





Nicole Joseph and Supercoach Mark Purvis at Milers (nice number coordination, too).

## AV Shield Rd. 10.

With only 3 rounds left it was important to manage some good scores across all our Open, U20 and U16 teams. Most competed at Box Hill, however **Chris Papapetrou** opened proceedings at Doncaster with the days highest score of 464 points and PB 57.96 400H. Meanwhile at Geelong, **James Lightfoot** boosted the U20 total with a cruisy 4.10 1500m and **Olivia Nigido-Scott** added to her Box Hill hammer with Javelin and Shop Put scores all well over 400 points in a wonderful day of throwing.

Open athletes competing at Box Hill were **Doug Campbell** who won the Campbell Shot Put trophy and then backed up in the 800m where he kept an eye on **Stephen Liu** in the same heat. **Tom Russell** went just a tad too fast in his first lap of the 800 to finish in 2.10 followed by a 200m and **Rob Belton** scored heaps of points by competing in 4 field games at Box Hill then shooting off to Doncaster for three more. That commitment is why the Open team should be competing in the finals. **James Rentschler** set himself a target of 30 sec for the 200 and achieved it easily then had a go at the Hammer for the first time and came away with another 200 points. And then there was **James Georges**. After his first appearance on the track the evening before, he came back for more. A 24 sec 200m, 2.05 800m and a 1.55 High Jump before being told to stop saw him tally up 1100 points for the day. That certainly helps the Open team.

The U20s at Box Hill had **Seb Brasington** step off the plane from Morocco the

The U20s at Box Hill had **Seb Brimington** step on the plane from Morocco the evening before so he felt his 200m and 800m – but they were still close to his best. **Stephen Liu** took the first lap of his 800m in 60sec and the second in 79 sec before stating that he may not run many more 800s. Maybe he forgot he won the 800 hcp on Family Day. It took the edge off his 200m. **Cameron Mackenzie** settled for three events this week - a good 200m , a solid Shot Put and finishing with a PB Pole Vault of 2.95.

The U16 team was dominated by the ladies. In addition to **Olivia's** throws, **Beth Campbell** took the points over **Mari** in the Shot Put and added value in the 200m and High Jump. Just when it seemed the meet was coming to a close after 5.30pm **Tom Worsteling** started his 3000m and with few spectators left to cheer him on produced an equal PB of 10.49. Nice work Tom. Hopefully we have a few more of the U16 team on the track for the Feb 2 round.





Cam Mackenzie in full flight.



And full of focus before the Pole Vault.

## **Athlete of the Week.**

Athletics is about setting goals, training and improving. When **James Rentschler** ran 31.5 for 200m before Christmas he set the target of sub 30. Solid work and good application has paid off and James's run of a PB 28.85 shows what can be achieved through good training and a bit of confidence. Well done James. An honourable mention goes to **Cameron Mackenzie** who after setting an U18 Decathlon record last week followed up with a PB Pole Vault of 2.95m this week in addition to his 200 and shot put for a valuable total of over 800 points for the U20 team.

## **A Piece of History - Cameron Mackenzie (not the current athlete!)**

Cameron commenced running with Old Scotch as a 12 year old in 1983. It was a good decision and although he ran reasonably well over 100m and 200m as a

youngster (Best U13 and U14 athlete in 1983 and 1984 ) after a couple of years off he returned as a serious force in athletics. Coached by Steve Gaffney, Cam was our best U18 athlete in 1988 and was encouraged by some to step up to 400m, a prospect with which he was not comfortable initially. It did work out pretty well as with continued improvement Cam ended up with a PB of 45.97 for 400m and 20.83 for 200m and was selected as only the second Old Scotch athlete to compete for Australia at the Olympic Games when he ran the final leg of the 4x400m (heat and final) at the 1996 Games in Atlanta USA. Our first Olympian was Bob Grant who threw the javelin in the 1956 Melbourne Games.

Over the years Cam has won the best OS Athlete Award for U13, U14, U18, U20 and Open. He was the Best Open Athlete in 1992-93 and 1994-95 and 1997-98 (In the between years the award went twice to Cam's great mate and training partner Mark Moresi who ran for Australia in the Commonwealth Games 4x400 in Edinburgh 1994, and to Andrew Jamieson who is still competing this season).

Cameron is also part of the Old Scotch Open Record relay teams for 4x100 (40.5), 4x200 (1.26.5 ) and 4x400 (3.11.45). There are obviously some pretty good splits in there.

With that outstanding record as an athlete and as service to the Club over a span of 18 years it is not surprising that Cameron is a Life Member of the Old Scotch Athletic Club.

## **Next meet: This Saturday 2 February - Knox.**

This Saturday we will be based at Knox. Athletes are reminded to **PRE-ENTER** before midday Wednesday prior to the meet to ensure they are seeded into the correct heats. Athletes competing in Field events are reminded to enter a time that does not conflict with another event you would like to do. Please read from page 8 of the AV Shield entry guide on how to enter for events [HERE](#).

### **Results:**

Name	Age Group	Discipline	Performance	Points
James Georges	Open	200	24.16	376
Thomas Russell	Open	200	26.82	210
James Rentschler	Open	200	28.85	183
James Georges	Open	800	2:05.5h	415
Thomas Russell	Open	800	2:10.6h	362
Douglas Campbell	Open	800	3:35.0h	143
Robert Belton	Open	Discus	20.26m	281
Robert Belton	Open	Hammer	15.93m	211
James Rentschler	Open	Hammer	15.79m	207
James Georges	Open	High Jump	1.55m	313
Robert Belton	Open	High Jump	NM	0
Robert Belton	Open	Javelin	20.17m	207
Robert Belton	Open	Long Jump	3.03m	120
Douglas Campbell	Open	Shot Put	7.59m	339
Robert Belton	Open	Shot Put	6.84m	209
Robert Belton	Open	Triple Jump	6.37m	110

James Lightfoot	Under 20	100	DNS	0
Stephen Liu	Under 20	200	24.62	339
Cameron Mackenzie	Under 20	200	25.85	261
Sebastian Brasington	Under 20	200	27.75	193
Sebastian Brasington	Under 20	800	2:09.6h	375
Stephen Liu	Under 20	800	2:19.1h	276
James Lightfoot	Under 20	1500	04:10.1	438
Chris Papapetrou	Under 20	400 Hurdles	57.96	464
Cameron Mackenzie	Under 20	Pole Vault	2.95m	294
Cameron Mackenzie	Under 20	Shot Put	9.37m	269
Elizabeth Campbell	Under 16	200	29.54	286
Tom Worsteling	Under 16	3000	10:49.1h	251
Olivia Nigido-Scott	Under 16	Hammer	36.84m	429
Elizabeth Campbell	Under 16	High Jump	1.40m	339
Olivia Nigido-Scott	Under 16	Javelin	26.06m	405
Olivia Nigido-Scott	Under 16	Shot Put	11.15m	438
Elizabeth Campbell	Under 16	Shot Put	6.75m	219
Mari Campbell	Under 16	Shot Put	6.55m	203



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# AvShield11

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## URGENT: Club volunteers needed!

During the season we are required to provide a small number of club helpers to assist AV with the regular AV Shield meets and special competitions. Of urgent attention is the meet at Nunawading this Saturday afternoon. Please let Tom Russell ([tom\\_russell777@hotmail.com](mailto:tom_russell777@hotmail.com)) if you are able to help.

WHEN	WHERE	# of Volunteers	Time required
Sat 09/02	Nunawading Bill Sewart Aths	1	2:50 – 4:30pm

## AV Shield Round 11 Recap.

It was very hot at Knox, 36 degrees and close to the “call it off” conditions so very tough on distance runners. **Seb Brasington** kicked off the day with his first 2k steeple, successfully negotiated, while **James Georges** had to long jump into the wind but still reached 5.52m. In other firsts, **Mari Campbell** ran 100H and **Cam Mackenzie** ran the higher hurdles to be ready for finals. Much appreciated. The 36 degrees didn’t stop ten of our athletes running 1500m. Some observations: **Ben Lloyd** had his first outing for ten weeks and looked strong. **David Leeton** and **Tom Russell** went toe-to-toe; Tom in the lead, David challenged and went past, Tom responded and forced David to a PB. Excited commentator. **Rob Barber** and **Tom Worsteling** wanted to go close to 5 minutes. Rob managed it and Tom would have had it been 10 degrees cooler. **Doug Campbell** was just a tad longer. **Tom Bowers**, **Jack Polkinghorne** and **Zac Holden** were with the speedsters in heat one while **Pete Simm** was in the final heat and probably for the first time in his life just managed to lap an opponent in the final 10 metres.

Field events were done by **Cam Mackenzie** (pole vault and discus both close to his best), **Doug** and **Mari Campbell** and **James Rentschler** in the discus, and **Ed Beischer** and **Stephen Liu** providing light relief in the long jump before Ed finished with a fling of the javelin which was easier than running 1500m in the heat. **Olivia Nigido-Scott** kept up her high standard with 400+ points in both the shot put and discus.

Six 100m runners saw **Stephen Liu** just take honours from **James Georges** while **Mac Debeljuk** looked very sharp in the flash orange spikes. **Tom Bowers**, **Seb Brasington** and **Tom Russell** added a few more points to their collection after their distance events. The 400m was tough in the heat and wind after a long day. **James Georges**, **Stephen Liu** and **Jack Polkinghorne** were all quick, **Rob Barber** came back for more and **James Rentschler** wanted to go sub 70 and ran 67.8. Well done. **Doug Campbell** was again a touch behind but strong all the way. So a good turn out and good performances particularly by those doing events to set things up for Shield Final. We appreciate your commitment. It looks pretty certain that our Open and U20 teams will be competing in the Shield Final on 23 Feb but the U16 team, despite the wonderful efforts of our committed athletes will most likely finish third just a few points behind second place.



*TOP: James Rentschler in action in the discus.*

*BOTTOM: Stephen Liu reaching max speed during his long jump.*

*BOTTOM. Stephen Liu reaching max speed during his long jump.*

## **ATHLETE OF THE WEEK**

We have noticed the recent form of **David Leeton**. A week after blitzing the 1500m field at the Vic Country Championships in Bendigo he had the confidence (some might say audacity) to take on Tom Russell over 1500m and ran a significant PB of 4.39 in a highly entertaining race. Nice running David - Fred might be getting a bit worried.



David Leeton with sons Nick, Fred and Bart.

## **From The History Books: Andrew Cochran AM**

Andrew first competed for Old Scotch in 1967 in the U13 team and has just kept running ever since. He has held various junior records over 800m and 1500m and also competed in sprints and over hurdles. In the summer seasons of 1968 and 1969 Andrew was the club's top points scorer across all age groups as a result of his versatility in many events. Andrew was the School Aths captain and Cross Country captain in 1972.

Andrew ran A grade and State league over 1500m, 5000m and 3k steeple for Old Scotch and APS United in the mid 1980s despite the distractions of serious medical surgical studies (usually involving people's hearts) and in later years did the walks at a high level to score points for the club. Andrew has run sub 2 minutes for 800m and sub 4 min for 1500m (He ran 4.08 at age 15)!

In winter competitions Andrew was usually in our top OS relay team from the mid 1970s to late 1980s and in 1987 was the Club's cross country champion and most outstanding winter athlete. He finished in 3<sup>rd</sup> place in the challenging Cooke McLelland 8km race in 1985 over his local course.

Andrew has served stints on the Committee and was heavily involved in both the Club's 50<sup>th</sup> anniversary dinner in 1976 and also the Clubs 75<sup>th</sup> dinner in 2001. He continues to compete regularly in OS 800m hcp on Family Day and still makes occasional appearances both on the track and in winter races. We were very pleased to hear that in 2012 Andrew was awarded an AM (Member of the Order of Australia) for his voluntary medical services to less privileged people in South East Asia and the Pacific. Everything Andrew does he does thoroughly in his quiet efficient manner. In 2004 he was made a life member of Old Scotch .

## Next Meet: Sat 9 February (Nunawading)

This Saturday we will be based at Nunawading (Bill Sewart Athletics Track). Please see the full timetable of events below. Athletes are reminded to **PRE-ENTER** before midday Wednesday prior to the meet to ensure they are seeded into the correct heats. Athletes competing in Field events are reminded to enter a time that does not conflict with another event you would like to do. Please read from page 8 of the AV Shield entry guide on how to enter for events [HERE](#).

### SATURDAY 9<sup>th</sup> FEBRUARY 2019

TRACK EVENTS Program 1 **ROUND 12 – WHITE ZONE VENUE - Nunawading**

ZONE		
Draft Time	Event	Grades
1.00pm	*3000 Metres Steeple (91cm) (Lanes 1-3) *2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
1.20pm	*3000 Metres Steeple (76.2cm) (Lanes 1-3) *2000 Metres Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women
1.30pm	400 Metre Hurdles (Lanes 4-8)  300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ 60 + Women U14/U16 Men & Women
1.50pm	*5000 Metres (Lanes 1-3)	Open/U20/40+/50+/60+ Men & Women
2.50pm	800 Metres (Lanes 1-3)12 per heat	Men
2.30pm	200 Metres (Lanes 4-8)	Women
3.50pm	800 Metres (Lanes 1-3)12 per heat	Women
4.30pm	4 x 400m Relav (Lanes 1-8)	Women

4.45pm	200 Metres (Lanes 4-8)	Men
4.45pm	*1500m Walk (Lanes 1-3) *3000m Walk (Lanes 1-3)	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
5.45pm	4 x 400m Relay (Lanes 1-8)	Men

Draft Time	Hammer Throw (1 Cage) Max 15 per sheet	Shot Put (2 Circles) Max 20 per sheet	Triple Jump (2 Pits) Max 20 per sheet	High Jump (2 Beds) Max 15 per bed	*Pole Vault (2 Beds) For clubs in White and Blue Zone only
1.00pm	Sheet 1 (Elite 35m+/30m+)	Sheet 1/Sheet 2	Sheet 1/Sheet 2 (Elite 13m+/11m+)	1.75m+ (Elite)	1.00pm: 3.60m+
2.00pm	Sheet 2	Sheet 3/Sheet 4		1.40m-1.80m	
2.15pm			Sheet 3/Sheet 4		2.15pm: 2.80m+
2.30pm		Seated SP			
3.00pm	Sheet 3	Sheet 5/Sheet 6	Sheet 5/Sheet 6	1.35m-1.75m	3.45pm: 1.60m+
4.00pm	Sheet 4	Sheet 7/Sheet 8	Sheet 7/Sheet 8	1.15m-1.55m	
5.00pm	Sheet 5	Sheet 9/Sheet 10 (Elite 13m+/11m+)	Sheet 9/Sheet 10	1.05m-1.45m	

## AV Shield Rd. 11 Results

Name	Age Group	Discipline	Performance	Points
Stephen Liu	Under 20	100	11.64	415
James Georges	Open	100	11.82	394
Mari Campbell	Under 16	100	13.81	329
Tom Bowers	Under 20	100	12.87	237
Mcgregor (Mac) Debeljak	Under 16	100	13.21	198
Sebastian Brasington	Under 20	100	13.62	190
Thomas Russell	Open	100	14.12	180
James Rentschler	Open	100	DQ	0
Mari Campbell	Under 16	100	16.56	0
Cameron Mackenzie	Under 20	110	20.73	202
James Georges	Open	400	52.98	408
Stephen Liu	Under 20	400	54.41	367
Jack Polkinghorne	Under 20	400	55.94	319
Robert Barber	Under 16	400	61.1	212
James Rentschler	Open	400	67.96	178
Douglas Campbell	Open	400	01:33.7	129
David Leeton	Open	1500	4:39.5h	483
Tom Bowers	Under 20	1500	4:15.9h	413
Peter Simm	Open	1500	4:35.3h	403
Jack Polkinghorne	Under 20	1500	4:22.3h	382
Thomas Russell	Open	1500	4:37.9h	296
Ben Lloyd	Under 20	1500	4:44.8h	268
Zachary Holden	Under 16	1500	4:47.5h	257
Robert Barber	Under 16	1500	4:51.9h	239
Tom Worsteling	Under 16	1500	5:05.0h	196

Douglas Campbell	Open	1500	7:32.7h	113
Sebastian Brasington	Under 20	2000	7:14.9h	377
Cameron Mackenzie	Under 20	Discus	33.90m	407
Olivia Nigido-Scott	Under 16	Discus	24.50m	400
Mari Campbell	Under 16	Discus	12.65m	168
James Rentschler	Open	Discuss	17.71m	216
Douglas Campbell	Open	Discuss	15.37m	182
Edward Beischer	Under 20	Javelin	23.78m	254
James Georges	Open	Long Jump	5.52m	375
Edward Beischer	Under 20	Long Jump	4.06m	176
Stephen Liu	Under 20	Long Jump	3.86m	165
Cameron Mackenzie	Under 20	Pole Vault	2.85m	276
Olivia Nigido-Scott	Under 16	Shot Put	10.41m	422

## AV Shield Calendar for rest of Season

### Sat 9 Feb (Nunawading afternoon)

*Hurdles 200m 800m 3000m 5000m Steeple 4x400m High Jump Triple Shot Put Hammer*

### Sat 23 Feb (Lakeside all day)

*Hurdles 100m 400m 1500m Steeple Relay Long Jump Discus Javelin*



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## All Old Scotch teams in the final this weekend!

Last week we brought the good news that our Under 20 and Open team had qualified for the AV Shield final this weekend. Shortly after that email was sent, the club was informed of the great news that the club's youngest members in the Under 16 team had also finished in the top 2 of their division, earning qualification.

Please find the full ladders below:

Team	Points	Ladder Points
<b>Open</b>		
Yarra Ranges	42,455	117
Old Scotch	31,494	106
Waverley	16,760	84
Malvern	17,384	81
Old Melburnians	7,992	70
Old Xaverians	6,985	57
Yarra Ranges 2	841	13
Old Scotch 2	925	8
<b>Under 20</b>		
Old Scotch	29,330	116
St Kevins	25,961	102
Ringwood	19,733	102
Old Melburnians	9,111	53
Old Xaverians	3,853	29

Old Scotch 2	803	11
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### Under 16

Box Hill	59,054	130
Old Scotch	29,057	100
Ringwood	28,611	100
Old Melburnians	9,208	61
Box Hill 2	5,350	43
St Kevins	7,242	40
Nunawading	2,879	39
Old Scotch 2	931	17
Old Xaverians	1,724	14
Old Melburnians 2	862	10

It is a credit to the commitment of all involved in the club that we finished above all the other APS clubs in each of our divisions.

The AV Shield Final represents the culmination of countless hours of dedication in extreme summer weather by athletes and coaches, so you're free then you should definitely come on down to Lakeside stadium to enjoy a beautiful day of red singlets running rings around the competition on the track and in the field! You can find the estimated timetable at the bottom of this email.



*Come and see gun runners Ed Beischer and James Lightfoot in action this Saturday!*

## **URGENT: Club volunteers needed!**

A very minor trade off of having teams qualifying for the final is that we're required to provide volunteers to help assist with the smooth running of the day.

As we have 3 teams in the final, we need to provide 3 volunteers to assist in various roles. Each duty will last for approximately 1 hour and usually ends up being pretty enjoyable as you have the opportunity to witness some of the state's best athletes from a prime position! Please find the required duties below:

DUTY	Number of Volunteers	Time required
DISCUSS	1	5:15pm - 6:15pm
LONG JUMP	1	1pm - 2pm
POLE VAULT	1	2:30pm - 3:30pm

Please let Tom Russell ([tom\\_russell777@hotmail.com](mailto:tom_russell777@hotmail.com)) know what duty/s you are able to do. Your help is greatly appreciated by everyone at the club! Please find the full instructions (from AV) below:

**With a full program of events scheduled, we ask that all Club Helpers arrive in the Cathy Freeman Room with enough time to sign in, collect whatever kit their role on the day requires, and make their way to the nominated event site.**

**Arriving 20 minutes prior to the designated start time would be ideal, this enables us to ensure that all events are correctly manned and can run on time.**

**A couple of key points:**

- **Please also ensure your Helpers are dressed appropriately, open toed footwear including thongs are not permitted. Weather appropriate attire should be worn. Sunscreen will be provided on the day.**
- **Helpers are requested to wear high vis vests at all times during their shift. Vests will be allocated on sign in, or can be obtained from the Club Helper being relieved.**

Refreshments along with morning tea and afternoon tea will all be available across the day. Club Helpers not arriving for their duties on the day can impact and delay competition and can result in loss of points.

Thank you again for your ongoing support and cooperation across the season.

**TRACK EVENTS** (Times featured below may change once entries are closed)

Time	Circular	Laned	Grades
<b>9.00am</b>	3000m Steeple (91cm) 2000m Steeple (91cm)		MOP, M20, M40, M50 (5 Lanes: 1-5) (20 athletes per heat) M18 (5 Lanes: 1-4) (20 athletes per heat)
<b>10.00am</b>	3000m Steeple (76cm) 2000m Steeple (76cm)		WOP, W20 (5 Lanes: 1-5) (20 athletes per heat) M16, M14, M60, W18, W16, W14, W40/50/60 (5 Lanes: 1-4) (20 athletes per heat)

Time	Event	Distance	Notes
10.30am	Sprint Hurdles		All Grades Men and Women (Highest to Lowest spec) (6 Lanes: 5-10)
11.15am	2000m Walk		All Grades Men and Women (3 Lanes: 1-3) (20 athletes per heat)
12.00pm	100 Metres		Men (7 Lanes: 4 -10)
12.30pm	1500 Metres		Men (3 Lanes: 1-3) (15 athletes per heat)
1.45pm	100 Metres		Women (7 Lanes: 4 -10)
2.00pm	1500 Metres		Women (3 Lanes: 1-3) (15 athletes per heat)
3.30pm	400 Metres		Men (8 Lanes: 1-8)
5.15pm	400 Metres		Women (8 Lanes: 1-8)
7.00pm	4 x 100 Metre Relay		Men (8 Lanes: 1-8)
7.30pm	4 x 100 Metre Relay		Women (8 Lanes: 1-8)

**FIELD EVENTS** (Times featured below may change once entries are closed)

Time	Discus (Outside unless stated)	Javelin (SB end)	Long Jump (2 Pits)	Pole Vault (VIS end)
9.00am	35m+ (17) (Inside)	<20m (17)	Pit 1(15)/Pit 2(15)	
9.30am				Pit 1: 3.55+ (Men Only) Pit 2: 2.65+ (Women Only)
9.45am	<35m (17)	<30m (17)		
10.00am			Pit 1(15)/Pit 2(15)	
10.30am	<15m (17)	40m+ (17)		
11.00am			Pit 1(15)/Pit 2(15)	
11.15am	<30m (17)	<35m (17)		
12.00pm	<30m (17)	<35m (17)	Pit 1: 5m/6m (15)/Pit 2(15)	Pit 1: 2.65m – 4.00m Pit 1: 2.30m – 3.20m Pit 2: 1.60m – 2.80m
12.30pm				
12.45pm	<25m (17)	<40m (17)		
1.00pm			Pit 1(15)/Pit 2(15)	
1.30pm	<35m (17)	<30m (17)		
2.15pm	35m+ (17) (Inside)			
2.00pm			Pit 1(15)/Pit 2(15)	
2.30pm				Pit 1: 2.65m – 4.00m Pit 2: 1.60m – 2.80m
3.00pm	<35m (17)	<30m (17)	Pit 1(15)/Pit 2(15)	
3.30pm				
3.45pm	<15m (17)	40m+ (17)		
4.00pm			Pit 1(15)/Pit 2(15)	
4.30pm	<30m (17)	<35m (17)		
5.00pm			Pit 1: 5m/6m (15)/Pit 2(15)	
5.15pm	<30m (17)	<35m (17)		
5.30pm				
6.00pm	<35m (17)	<40m (17)	Pit 1(15)/Pit 2(15)	



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