

Old Scotch Newsheet

Summer Edition No. 1

1 October 2001



Wanted: athletes 800m handicap

In case you had not heard, it's now less than two weeks to the start of the 2001-02 track and field season. First up on 13 October is interclub at Box Hill AND the 800m handicap race at Scotch. Obviously, this is a less than ideal situation, but there is no reason why you can't do both, as it's only a 20 minute (or so) drive from the school to the Box Hill track.

Last season was not a particularly good one for the club, mainly because there were very few new recruits pulling on the red singlet. Old Scotch needs an injection of fresh talent every summer, or it will wither and die. Therefore, the club appeals to all past and present members to assist the cause by talking to friends, relatives, former schoolmates, ANYBODY and getting them down to Box Hill.

On the back of this page is a registration form for immediate use by those yet to register, but also for photocopying to hand to prospective recruits. Let's get back to having plenty of athletes and winning premierships.

Last chance for dinner seats

The Old Scotch CAC 75th Anniversary Dinner is now less than three weeks away. There are still a few seats left if you are very quick. Ring Mark Purvis on 9534 5105 if you wish to reserve tickets. The night will be a ripper, with Coodabeen Champion Ian Cover the compere, the Governor, John Landy, the guest speaker, and the announcement of the club's Team of the Century. You would be crazy to miss it – after all, there won't be another function of this nature for at least another 25 years.

Last year, it was Chris Taylor who took out the coveted Ewen Macdonald 800m Handicap race. Who's turn will it be this year? The marks below are provisional only, and will probably change when the handicapper finds out the truth about your form. Please check in to Andrew Simm at the Old Scotch table by 1.00 p.m. at the latest. Handicaps are:

0	Lyll
10	Mackevicius
35	M Taylor, Schwerkolt
40	A Simm, Dawson, Atkinson,
45	Steel, P Simm, C Taylor
55	Rice, McLennan
60	Sutherland
65	Lightfoot
70	Good, Crockett
75	Cade
85	Fedderson, Johnston
95	Iser, R Austin
100	Gray, Becroft
105	Cochrane
110	S Handasyde, Facey
120	Faichney

Another winter premiership

Old Scotch has won the APSOC division 1 premiership for the seventh year in a row. Greg Lyons and Sam Curry respectively received the APSOC "Athlete of the Year" and "Most Consistent" trophies. Full results of the winter races since July have been held over to the next bumper issue of the newsheet. All club members will also shortly receive a Summer Handbook with competition dates, programs, etc. If you need such information prior to then, ring Mark Purvis on 9534 5105 or 0407 526622 (mob), or Andrew Simm on 9818 0900 or 0419 699001 (mob)

DIARY DATES

Sat 13 Oct 1.00 pm
Interclub Rd 1 Prog 1
Box Hill

ALSO

Sat 13 Oct 1.20 pm
Ewen Macdonald
800m Handicap
Scotch College

Sat 20 Oct 1.00 pm
Interclub Rd 2 Prog 2
Box Hill

ALSO

Sat 20 Oct 7.00 pm
75th Anniversary Dinner
Queens Hall
Parliament House

Sat 27 Oct 1.00 pm
Interclub Rd 3 Prog 1
Box Hill

ALSO

Sat 27 Oct
APS Sports
Olympic Park

Thurs 8 Nov 6.30 pm
State League Rd 1
Olympic Park

*Winners are grinners
(again) at the 2001
Cooke-McClelland*



OLD SCOTCH COLLEGE

Old Scotch Newsheet

Summer Edition No. 1

16 October 2000

Lyons leads late season rally

Old Scotch's winter athletes rallied to the cause in the last few weeks of the 2000 season, leading to comprehensive victories in the Gilwell Park Relay and Cooke-McClelland 8 km. This gave us our fifth APSOC premiership in a row, continuing the club's golden period in winter events. The results for Athletics APS showed a corresponding improvement, highlighted by a third placing for our Division 1 team in the Albert Park 15 km. Although the club struggled at times this year, it has now successfully completed five years of AV competition.

Greg Lyons was the main man for both O.S. and Athletics APS. Greg was fastest runner at both Gilwell Park and Burke Hall, and deservedly won the APSOC Athlete of the Year award.

So, now it's on to the summer track and field season. Can our athletes, inspired by the Olympic Games, make it three Association



Lyons, Patrick, Atkinson, Simm P, Halliday and Wilson P - our best team ever? (Click on image for full size pic)

premierships in a row? It will be tough, but you have more than a month to get fit and ready for the start of the season in November. We also need to recruit new members, particularly sprinting/hurdling types. If you have friends or acquaintances who might fit the bill, bring them to Box Hill.

800m handicap tailor made for Chris

The smart money was on James Rice in this year's Ewen Macdonald 800m Handicap, but he found himself in a rather studded line up

Approximate results and times were:
C Taylor (55) 1:57.5
J Rice (60) 1:57.5

DIARY I

Tues 24
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Thurs 1
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Sat 18 I
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In a retrospective review of 15 years experience in the management of paediatric Graves' disease, we have observed that the current chance of long term remission following medical management alone is less than 20%. Surgical management, when indicated, has resulted in an acceptable outcome in 70% of patients. This data enables more accurate counselling of our patients at the commencement of therapy.

The symptoms and signs at presentation seen in this study were generally in keeping with those seen in other studies and reviews (8;15;17;18). At 88% in our review, goitre remains a common but not invariable sign, usually seen in between 93 and 100% of cases. Eye symptoms and signs also appear to be a common problem at diagnosis, occurring in up to 78% of patients at presentation in some studies (15).

In our experience the outlook for remission of Graves' disease in childhood is poor with fewer than 20% of children experiencing successful remission after 4 years following cessation of medication. This continues the general trend for decreasing likelihood of remission reported in recent years (8;19). Early reports of medication success in the 1950's to 1970's often achieved prolonged remission rates in children of between 40 and 77% after usually 3 years of medical therapy (15;17). The latter study found a decrease in remission over the 30 years studied with rates falling from 77% to 53% (15). In the 1960's and 1970's, Lippe and colleagues (13;14) found a 25% remission rate in the first 2 years of medical therapy and a subsequent further 25% remission rate for every subsequent 2 years of therapy. Disappointingly, more recent studies have shown a variety of results between 11% (8) and 19% (19) after up to six years of medical therapy. A recent Danish exception (20) found that 39% of children developed a sustained medical remission after ceasing medication. Due to this variation in remission rates, the most appropriate initial length of medical therapy prior to a trial of cessation remains unclear.

Medications remain a well-tolerated option in the short and medium term for management of paediatric Graves' disease. In our study population of 40 children only one (2.5%) has experienced any significant side effect, that of reversible agranulocytosis whilst taking carbimazole. The incidence of more minor side effects is difficult to determine in a retrospective review such as this. Minor symptoms may not have been documented and routine systematic assessment of parameters such as liver function tests and full blood examinations did not occur. Further, those three subjects who were non-compliant with medication may have been non-compliant due to side effects that they did not disclose. Despite these possible limitations, apart from the child who experienced agranulocytosis, other subjects are reported in their histories to tolerate their medications. This incidence of side effects is unusually low when compared to other reports that show rash, mild increases in liver enzymes and mild leukopenia occurring in up to 25%, arthralgias in 1 - 3% and nausea in approximately 1% of users of various anti-thyroid medications (21;22). More serious side effects, including agranulocytosis, liver damage, nephrotic syndrome and death, occur in less than one percent of patients (21-23).

Thyrotoxic suppressive therapy ("block and replace") has been used for more than thirty years in the management of Graves' disease (15) and its role in the management of hyperthyroidism remains unclear (16;24). Hashizume et al. (16) showed a reduction in 3 year relapse of hyperthyroidism after cessation of methimazole from 34.7% to 1.7% when thyroxine was added to the treatment regime. In comparison however, McIver et al (24) were unable to show any difference in recurrence rates between thyroxine and carbimazole combination treatment and carbimazole alone. In our review, only six patients received such a course of treatment and no difference in outcome was observed.

The surgical outcome in the ten patients reported, with regard to complication rate, is consistent with the previously documented surgical series of thyroid nodule surgery at the Royal Children's Hospital (12). In the current series, both hypocalcaemia and recurrent laryngeal nerve damage occurred transiently, and no other long term complications were recognised. In the earlier series (12), only one of 52 children undergoing surgery for thyroid nodules suffered a permanent surgical complication. The complication was unilateral recurrent laryngeal nerve damage and hypoparathyroidism in the setting of an extensive, locally invasive medullary thyroid cancer. Such a complication in the setting of thyroid malignancy is not unusual, as it has been recognised that a higher incidence of complications occurs in this circumstance (25).

he found himself in a bit of a sticky wicket. The twenty year history of this event has shown that it is a difficult race to win and the burden of favouritism usually does not help. It was not long into the race before James began to pass the runners ahead, but he was chasing Chris Taylor all the way. Chris had a five metre handicap advantage over James at the start, and managed to hold off James' challenge to win by a very narrow margin. Don McLennan had gained steadily on these two, but just failed to catch them. Best of the out markers was Andrew Simm, who could not quite sustain his late charge to the line. There was only 7 seconds or 40 metres between the first and last placegetters as Chris crossed the line.

- J Rice (80) 1:57.5
- D McLennan (50) 1:58.0
- A Simm (10) 1:58.5
- M Good (75) 1:59.0
- R Schwerkolt (15) 1:59.5
- J Halliday (15) 2:00.5
- T Gray (90) 2:01.0
- D Lightfoot (50) 2:01.5
- P Simm (20) 2:01.5
- A Steel (5) 2:01.5
- S Curry (35) 2:03.5
- S Handasyde (100) 2:05.0

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*Big Don,
Chris and
Ricey in a
familiar
setting*

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All patients received medication as first-line therapy with all but two patients being treated initially with carbimazole. The other two patients were treated with propylthiouracil. Documented serious side effects of medication occurred in only one patient, a fourteen year old boy who experienced agranulocytosis whilst on carbimazole within the first six months of therapy.

Doses of medication used did not vary between those patients achieving different outcomes. Starting doses of carbimazole varied from 0.4mg/kg/day to 1.6mg/kg/day and these were generally tapered over a period of a few weeks to a maintenance dose of between 0.1mg/kg/day and 0.5mg/kg/day. Six patients received a 'block and replace' regimen (15:16) consisting of higher doses of carbimazole (0.2 to 1.6mg/kg/day) and replacement thyroxine. There was no correlation between this therapy and outcome.

Of the original 33 patients with Graves' disease, 31 patients were rendered euthyroid. The two patients not able to be rendered euthyroid by medication were treated by surgery. Of the 31 patients who became euthyroid on medication, 25 patients had their medication ceased in order to attempt to achieve a prolonged remission off all therapy. The exceptions to this are three patients who underwent surgery, and three patients whom when last seen, had been receiving uninterrupted carbimazole therapy. In the 25 patients, medication was ceased after a mean duration of medication use of 25 months (range 12 to 49 months). No patient who had his/her medication ceased before two years of therapy was able to achieve a successful remission. 21 of the 25 patients relapsed after a mean time off medication of 16.3 months (range 1 month to 60 months). A further six patients who relapsed and were rendered euthyroid again, had a further attempt at cessation of medication after a mean duration of medication use since relapse of 23 months (range 13 to 43 months). Two of these patients continue in remission and four have relapsed. The youngest child at time of cessation of medication who has sustained a prolonged remission was 9 years old.

Overall, six patients (18%) experienced successful remission upon withdrawal of medication after a mean duration of 3.2 years (therapy 4 females; mean follow-up 4.1 years). Children successfully achieving remission were significantly younger at presentation than those requiring surgery (8.7 years versus 13.2 respectively; $p=0.01$).

Patients requiring surgery

Ten patients (32%) were treated surgically by subtotal thyroidectomy whilst still children or adolescents. Nine of the ten operations were performed at the Royal Children's Hospital by one of the authors (A.A.). The surgeon estimated that the amount of thyroid tissue left at operation was between 4 and 6 grams. Indications for surgery are listed in Table 5. Age at surgery was between 13 and 19 years old. Children treated surgically have been followed up for a mean of 1.7 years (range 0.2 to 5 years), during which time two (20%) have subsequently been treated with radioiodine following relapse of hyperthyroidism, and a further patient has experienced relapse without yet receiving radio-iodine. Four (40%) are receiving thyroxine replacement therapy for post-operative hypothyroidism. Hypocalcaemia occurred transiently in four patients and was persistent for more than six months in one, which has now resolved. Two patients experienced temporary recurrent laryngeal nerve palsy. Surgical complications are summarised in table 6.

Patients requiring radioiodine

Four patients initially treated at our hospital during the last 15 years have ultimately received radioiodine therapy. Ages at diagnosis were between 7 and 13 years old and age at treatment with radioiodine was between 17 and 21 years of age. Two patients were female and two were male. All were treated with radioiodine at other centres, three after referral to adult care and one who was referred from our hospital specifically for radioiodine therapy. Radioiodine was second line therapy in two patients and third line therapy in two patients. The former patients received radioiodine after recurrent hyperthyroidism following a period of time on medications, with one patient relapsing once and receiving radioiodine at age 21 years and the second patient receiving treatment after his third relapse at age 20 years. Those patients receiving radioiodine as third line therapy had experienced recurrent hyperthyroidism following surgical therapy and were treated with radioiodine at the ages of 17 and 18 years old respectively. All four patients remain euthyroid after a mean follow-up period of less than one year.

High rate

6

RACING ROUNDUP

With Mark McAveney

Guns get going at Gembrook

O.S. re-asserted its supremacy at Gilwell Park, a happy hunting ground for the club in recent years. In cool but running friendly conditions, it was O.S. first and daylight second, giving the club its ninth team win in succession, an APSOC record streak. The challenge next year will be to make it a decade without a defeat.

RESULTS - 29 July 2000

4 x 2 x 3.3 km	Lap 1	Lap 2	1999 +/-
J Halliday	10.56	11.09	
P Wilson	10.29	10.43	
G Lyons	10.15	10.12	- 0.01
P Simm	11.07	10.37	+ 0.04
		85.28	1st
A Simm	11.15	11.19	+ 0.15
R Piesse	14.42	14.51	
R Schwerkolt	11.00	10.56	PB
M Taylor	11.59	12.21	- 0.13
		98.23	6th
C Findlay	16.59	17.04	- 1.20
Julia Holmes	16.04	16.20	Debut
P Dodgshun	15.34	15.30	+ 0.39
Jon Holmes	14.49	15.02	
		127.22	15th

Piesse's prize

It was great to see an O.S. stalwart rewarded for many years of running dedication at the APSOC Annual Dinner. Richard Piesse (pictured right) was the modest recipient of a special handicapper's award for his efforts in overcoming illness in recent years to return to the running scene.



Barriers broken in bayside battle

With valuable Athlete of the Year points at stake, Greg Lyons and Paul Wilson both made their first appearances at the Brighton By The Sea 9 km. An excellent contest ensued, with Paul coming out on top this time by a mere two seconds. Both athletes broke the existing course record. Meanwhile, Peter Dodgshun finished close to the front in the handicap section and Tom Sutherland made a welcome return to racing.

RESULTS - 12 August 2000

Hcp Plc	9 km	Time	1999 +/-
3	P Dodgshun	42.10	+ 0.17
21	R Schwerkolt PB	31.03	- 0.55
24	P Wilson	28.41	Debut
26	G Lyons	28.43	Debut
36	P Simm	30.31	+ 0.22
44	G Voukelatos	41.01	- 0.31
49	Jon Holmes	43.15	+ 3.54
50	Julia Holmes	44.58	Samell
55	M Taylor	33.30	
56	T Sutherland	33.31	+ 0.24
75	D Lightfoot	35.17	+ 4.58
79	G Wise	52.22	
81	C Findlay	54.51	

Greg gallops of the pace

The Cooke-McClelland double points in the APSOC competition. As O.S. had and Old Haileybury two the season, this meant that the Cooke-McClelland v the 2000 premiership. It report that our stars turn force. As a result, O.S. : crushing victory, filling seven places and narrow APSOC record for the teams' score.

It was great to see Paul [redacted] deck and his mere presence demoralising effect on the before the race had even Lyons and Wilson staged customary duel at the front. Atkinson, Pete Simm and Halliday all ran beautiful behind. The resulting top O.S. its fifth APSOC division row, a superb achievement.

RESULTS - 26 August

Plc	9 km
1	G Lyons
2	P Wilson PB
4	P Patnck
5	J Atkinson PB
6	P Simm
7	J Halliday PB
14	R Schwerkolt PB
24	D Lightfoot
30	A Simm
34	T Sutherland
52	S Curry
57	T Oehr

Results

Patients

Between the years 1985 and 1999, 40 patients with Graves' disease were treated at the Royal Children's Hospital (Table 1). They were aged between 2.9 years and 16.8 years at diagnosis and 28 were female. Thirty-two months therapy and follow-up. The eight patients who did not receive at least 12 months therapy and follow-up have not been analysed further. Seven different Paediatric Endocrinologists were involved in the management of these patients over the fifteen years reviewed. One surgeon (A.A.) performed nine of the ten operations.

Clinical Presentation

The majority of patients had a constellation of symptoms at presentation (Table 2). One patient was asymptomatic but detected on routine screening in the setting of Type 1 Diabetes Mellitus. Another patient, a four and a half year old boy, had only one presenting symptom, that of a goitre. Weight loss or lack of weight gain was the most consistent presenting feature occurring in just under 60% of presentations. Other common presenting features included increased appetite, goitre, a change in the appearance of the eyes, heat intolerance and diarrhoea, all of which were seen in at least 25% of patients. At presentation, the majority of patients had a goitre, and more than 50% of patients had a tremor, tachycardia and thyroid bruit (Table 3).

Investigations

All patients had a suppressed thyroid stimulating hormone (TSH) at diagnosis, at or below the limit of assay detection. All patients had an elevated free thyroxine index (FT4I) or free thyroxine (FT4) at diagnosis. There was no correlation between the initial thyroid function results and response to therapy or likelihood of surgery.

All but four patients had analyses of at least one thyroid auto-antibody during the course of their therapy, however only nine patients had repeat assays over time. 20 out of 22 patients tested, had an elevated TSH Receptor Stimulating Antibody at diagnosis (Table 4). Of the six patients who eventually achieved a sustained remission after only medical therapy, two were tested at diagnosis and found to have elevated antibodies, and five were tested at the time of cessation of medical therapy and all had levels in the normal range.

Thyroglobulin antibodies were assayed in 22 patients and were abnormally elevated in thirteen of them (Table 4). Three patients had repeat thyroglobulin antibody levels performed during therapy with two levels normalising and one level rising from undetectable into a positive range. There was no correlation between initial Thyroglobulin level or the change in level with treatment with the response to therapy or eventual outcome.

Thyroid Peroxidase was elevated in 18 out of 22 patients tested (Table 4). There were only 5 patients in whom repeat levels were performed. There was no correlation between initial levels and change in levels over time with response to therapy or eventual outcome.

Ten patients were investigated with an ultrasound scan of the thyroid that confirmed a diffuse goitre in all cases. Eight patients were investigated with a bone age x-ray of the wrist and hand. These were advanced by 12 to 24 months in four patients, normal in three patients and delayed by 18 months in one patient. Three patients were investigated with a nuclear uptake scan of the thyroid gland and in all three cases abnormally increased uptake was observed. One patient was investigated with a CT scan of the orbits that revealed typical intra-orbital streakiness.

Therapy

Medications

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O.S.C.A.C. sponsor 2000/2001

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83	G Voukelatos
85	A Aitken
88	Jon Holmes
89	N Watson
90	R Piasse
98	P Dodgshun
111	G Wise
113	Julia Holmes

STOP PRESS - S1

Unknown runner wins

- President's handicap

- Johnno collects own

Full story and results

Methods

The diagnosis of Graves' disease was based upon the presence of clinical features of thyrotoxicosis, the findings of hyperthyroidism on thyroid function testing, and the presence of either a *diffuse goitre* or *thyroid stimulating auto-antibodies*.

Retrospective review of the medical records of all patients treated with the diagnosis of Graves' disease at the Royal Children's Hospital, Melbourne, was performed. Patients were identified by a variety of means, including review of the following: a database spanning the past 3 years, all patients undergoing thyroid surgery over the past 15 years; all patient's records who had a thyroid related admission; and all patients being tested for and having positive thyroid antibody test results.

Thyroid function was assessed at diagnosis. Prior to 1996 measurements consisted of Free Thyroxine Index (FTI), Total Thyroxine (TT), T3 Resin Uptake (TRU) and Thyroid Stimulating Hormone (TSH). From 1996 these measurements consisted of Free Thyroxine (FT4) and TSH alone. Some patients also had assay of Free T3 (FT3).

Thyroid auto-antibodies were assayed in many patients either at diagnosis or during therapy. TSH Receptor Antibodies were analysed using a competitive binding BRAHMS Assay (5). Thyroglobulin Antibodies and Peroxisomal Antibodies were assayed using a BRAHMS Assay until 1998 and an IMMULITE Assay since that time.

Statistical significance was determined using the Stata Quest 4 Statistical Program (Stata Corporation, Texas, USA). A p value of less than 0.05 was felt to demonstrate statistical significance. Group comparisons were done using two sample t-tests and the Kruskal-Wallis equality of populations test.



ATHLETICS APS NEWS

Vol 5 No. 3

16 October 2000

Slow times at Sandown

Only a moderate turnout at Sandown this year and there was very little to get excited about from an AAPS point of view. Most of our runners were down on last year's times and this showed in our mid-field finishes in the two open divisions. The M40's could not even field a team of three. Perhaps Andrew Leach's debut was the best feature of the day. Unfortunately, this race reflected the 2000 season generally. Unless AAPS can recruit new runners next year, the club will continue to slide, rather than challenging the top clubs as it has done in previous years.

RESULTS - 22 July 2000

Missed chance at Coliban

Athletics APS managed to field just one team at the Coliban Relay. This was a race in which AAPS could have scored some big points in the interclub competition, but we blew it really, as most of our best runners took the week off. The hard-working club guys who made the effort were rewarded with an entertaining day of hills and spills and at least seemed to enjoy themselves. There were some minor navigational errors made, but this added to the challenge.

RESULTS - 19 Aug 2000

Div 1	Km	Time
T Sutherland	5.2	20.35
G Lyons	8.3	27.54
A Steel	9.3	36.58

More like it at the Lake

Finally, some excellent efforts from several of our guns gave AAPS a decent score in Division 1. As has been a familiar sight in APSOC races this year, Paul and Greg ran side by side for much of the 15 km, before Paul broke away to finish 7th overall. With three runners in the first fifteen, AAPS managed 4th place in Division 1 to earn some valuable team points. Only seven runners went the distance, however, a feeble attendance for a local event.

RESULTS - 10 Sept 2000

Plc		Time
7	P Wilson	47.13
9	G Lyons	47.29
15	I Wilson	48.29

Half marath...

The half marathon up the AAPS and Schwerkolt but nobody else did not help the inexplicably held of the Olympic result of failing points in this race finished 9th of 1 Division 1 team season, sufficient relegation, but club's worst year history.

RESULTS - 24

Plc	
5	G Lyons
19	R Schwerk

A POLITE

Introduction

Hypothyroidism is a rare entity in childhood with Graves' disease being the leading cause, affecting 0.8 per 100,000 children per year (1). Females are affected 3 to 5 times more commonly than males (2), the majority of cases occurring in adolescence (3). Graves' disease is an auto-immune disease associated with the presence of thyroid stimulating hormone (TSH) receptor stimulating antibodies (4) and the levels of these hormones are said to have prognostic significance (5,6)

Three treatment options are currently available for the management of paediatric Graves' disease. These include medication, surgery and radioiodine. There is ongoing dispute around the world regarding the most appropriate therapy for Graves' disease in childhood, both first line therapy (7) and subsequent definitive therapy (8). Practice varies around the world such that in Europe first line therapy is usually medication, whilst second line therapy is more often surgery (9). In contrast, in North America, where radioiodine has been used in children since its original use in the early 1940's (10), some have argued that radioiodine is the preferred first and thus only treatment for Graves' disease in children (11).

At the Royal Children's Hospital, Melbourne, over the last fifteen years, first-line therapy has been anti-thyroid medications usually carbimazole. Second-line therapy has been generally surgical. This protocol of management has been due to a combination of three main factors. Firstly, a general reluctance to expose children and adolescents to a radioactive pharmaceutical agent. The second factor has been the presence of a consistent, experienced, thyroid surgical service (12). Thirdly there has generally been a perceived high chance of eventual prolonged remission following medications (13-15).

In light of the ongoing controversy surrounding management of paediatric Graves' disease, we have reviewed our recent experience in management of Graves' disease, particularly with respect to long-term remission rates and surgical outcome.

6.2 km	Time	1999 +/-
A Scott	20.14	+0.15
A Leach	20.39	Debut
F Simm	20.58	+0.50
R Schwerkolt	21.43	+1.22
G Lyons	19.26	+0.57
J Wilson	20.17	+0.34
Div 1	123.17	7th
T Sutherland	22.26	+0.13
J Rice	22.46	Debut
A Simm	22.10	-0.06
S Peacock	22.04	
A Steel	22.56	Debut
Div 5	112.22	4th
J Campisi	24.00	+0.23
M Purvis	23.55	+1.53

J Rice	5.3	21.31
M Taylor	7.2	28.26
S Peacock	7.9	30.20
R Schwerkolt	7.2	24.02
Div 1	6th	189.46



37	R Schwerkolt	51.11
79	T Sutherland	55.04
123	S Curry	58.10
144	J Rice	59.30
Div 1	255 pts	4th

Marathon men

Rob Schwerkolt (pictured left) and Tom Sutherland made their marathon debuts on 9 October in the Melbourne Marathon. Both ran around 3 hrs 10 mins on limited preparation. Tom wants to have another go, but Rob has apparently said no thank you.

The following
Mark money
R Austin \$ 1
J Campisi
G Holden
J Holmes
R Muir 1
S Peacock
J Rice 1
A Scott 3
M Taylor 1
J Wilson 2
B Urwin 1
Total \$ 15

The individu.
small, but the
Please pay up

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Old Scotch Newsheet

Sprinters lead early season charge

After suffering from a lack of sprinters last season, some strong recruiting has seen Old Scotch improve markedly in this department so far this year. Led by Tom Cade, the O.S. sprinters have starred at Box Hill in the two competed rounds.

Unfortunately, in State League APS United is suffering from a lack of athletes and will need to improve markedly to have any chance of making the finals. There will be many chances for our rising young stars to establish themselves as State League athletes this summer if they have sufficient commitment.

Somewhat surprisingly, our distance runners have been



Raph Allwright passes off to star recruit David Burke in the 4 x100m relay

less apparent on the track. Mark and Andrew have begun weekly training sessions at Olympic Park at 6.00 p.m. sharp each Monday for the rest of the season. These ses-

sions will cater for all our middle distance and distance athletes, regardless of standard. All you have to do is turn up.

Despite our promising early results, there are too many athletes from last year who have not yet registered for this season. If you are on the list below, you will have received a registration form with this newsheet. Don't delay – fill out your form and send it off to Anne today, then come down and join our team at Box Hill.

Unregistered members as at 16 November:

Bostock, Crane, Dall, Dawson, Demetriou, Everitt, Griffin, Lane, McLennan, Nettleton, Ross, Slade

Andrew steals 800m handicap win

The smart money was on Halliday after his excellent winter. Andy Simm's form guide listed him as the favourite, with Maddocks, Steel and Toward as the other big chances. Our track & field skipper gave several other runners little chance. His chart described Johnston as: "Good at 400m, but not twice in a row." Becroft, according to Andy's form guide, "prefers it longer, and in a car". Toward, despite his low odds, was merely "a strong chance to finish the race."

Come race time, neither Maddocks, Steel nor Toward were

present, so Halliday was fancying his chances. But, at the last minute, Steel arrived, and then soon-to-be-married and soon-to-be-a-doctor Pete Simm was moved up 10 metres by the sympathetic handicapper.

As is customary, the front markers led the way early, but it was not long before the fast



guys began to come through. Steel grabbed the lead with 200m to go and held on well for a convincing win. Dr Simm pipped Halliday at the post for second place. Official finishing order was Steel, the doctor, the model (check out the latest Rebel Sports product brochure!), Johnston, Good, Schwerkolt, Ross, Russell, Andy Simm and Charlie Feddersen, whose atrocious Hawaiian shirt cost him dearly.

The first three placegetters atop the victory podium (well, actually on the steps of the art block, but it did the job)

Web address
<http://www.geocities.com/Colosseum/Track/2423>
for colour photos, profiles and more!

Inside this issue:

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Important dates:

Thurs 18 Nov 6.30 pm
 St League Rd 3 Prog 2
 Olympic Park

Sat 20 Nov 1.00 pm
 Interclub Rd 3 Prog 2
 Box Hill

Sat 27 Nov 1.00 pm
 Interclub Rd 4 Prog 1
 Box Hill

ALSO
 St League Rd 4 Prog 1
 Geelong

Thurs 18 Nov 6.30 pm
 St League Rd 5 Prog 2
 Olympic Park

Sat-Mon 4-6 Dec
 Vic Relay Champs
 Zatopek 10,000m
 (Mon)
 Olympic Park

Thurs 9 Dec 6.30 pm
 St League Rd 6 Prog 1
 Olympic Park

Sat 11 Dec 1.00 pm
 Interclub Rd 5 Prog 1
 Box Hill

Sat 18 Dec 1.00 pm
 Interclub Rd 6 Prog 2
 Box Hill

Cade's big day out

Talking Athletics

With Mark McAveney



Like father, like son? Tim and Alan Morris watch the action at Box Hill

Scotch College had its best result for many years at this year's APS Sports, finishing third overall behind Brighton and Caulfield. It was no surprise that our own Tom Cade, the captain of the school team, played a major role in the Scotch charge.

Tom won the open 110m

hurdles (14.73 secs PB) and the 400m (49.81 secs). He came second in the 100m (11.05 secs) and also anchored the 4 x 100m relay team to second place. Some O.S. personnel, who were engaged in celebrating our esteemed President's buck's turn on the same day, dropped in to

Olympic Park to cheer Tom to victory in the 400m.

After several lean years for the school team, it is to be hoped that this revival flows through to Old Scotch. We suspect that, if Tom Cade has any say in it, the next few years are looking good.

Recruiting efforts bear fruit

Although there is still room for many more athletes, especially juniors, O.S. has welcomed seven new members already this summer. It has been very pleasing to see that all these recruits have already competed at interclub, despite exams and other distractions.

The "gun" recruit so far has been 1997 school athletics captain **David Burke**.

"Burkey", as he is known to everybody, is a sprinter and jumper of high quality. Our

other recruits comprise a wealth of talent and potential, and will hopefully ensure that the club has a very good year indeed.

So, it's a big, big O.S. welcome to Burkey plus:

James Beaurepaire - 2nd in the 800m at the APS Sports in 1998, also high jumps 1.80m.

Sam Curry - via Caulfield Grammar, this guy will run a fast 800m by season's end.

John Feddersen - younger

brother of Charlie, another sprinter, still under 18.

Andrew Krumins - current schoolboy, 15 y.o. 400m/800m type.

Tim Morris - son of life member and legend **Alan Morris** (see pic), all rounder.

Joseph Saunders - spotted at a Koori training carnival by Gaff, only 14 y.o., great prospect.

Ed Whitehead - getting younger and younger, only 13 y.o., sprinter already mixing it with the big guys.

Juniors to contest relay championships



Joseph and Charlie probably still need a little practice with their baton changes

Big guns Mackenzie and Moresi are unavailable for the State Relay Championships in early December, so O.S. is giving the young guys a go instead. We have entered four under 20 teams, 4 x 100m, 4 x 200m and 4 x 800m, plus an under 18 4 x 400m team.

Most of the races are on Saturday and Sunday, 4 and 5

December, at Olympic Park. Steve Gaffney, Gregor Evans and Mark Purvis will be managing the teams.

Eligible squad members are:

4 x 100m/200m

Cade, Feddersen x 2, Johnston, Whitehead, Saunders, Greening, Spargo, Hennessey (last three still to register)

4 x 400m

Cade, Barker, Krumins, Taylor, Miller, Whitehead

4 x 800m

Steel, Beaurepaire, Barker, Taylor, Krumins, Miller

Selected athletes will be contacted shortly. If you are unavailable for the relays, please advise Mark immediately

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RESULTS AND REPORTS*Elite athletes go missing in APSU opening*

Ambitious O.S. athletes aim for a spot on the APS United team, which competes on Thursday nights under lights at Olympic Park in the State League competition. This is the top level of interclub competition in Victoria.

APSU, which is a team drawn from all the Old Boy clubs led by our own Mike Smith, has been very successful over the years. The first two rounds this season, however, have

seen APSU struggle badly for numbers. Hopefully, things will improve in future rounds.

Meanwhile, Andrew Jamieson has astounded onlookers by nailing two more club walk records. At age 53, Jammo just keeps getting younger every year! At the other end of the age spectrum, Andrew Steel (19) and Andrew Krumins (15) have made promising State League debuts.

RESULTS - 4 Nov 1999

3kW	Jamieson A	13:10.44
		PB REC
Pole	Smith M	3.80m
800m	Simm A	1:57.94
	Steel A	1:58.17
5000m	Halliday J	15:02.85

RESULTS - 11 Nov 1999

5kW	Jamieson A	22:22.0
		PB REC
100m	Cade T	11.51
Pole	Smith M	4.00m
1500m	Halliday J	3:59.0
	Schwerkolt R	4:01.0
400m	Simm A	52.65
	Krumins A	52.66



Andrew Krumins - a face of the future for APS United

Low key interclub opening round

It was a fairly typical start to the last interclub season of the millenium - crappy weather, moderate turnout and missing A.V. numbers!!

Team results are not yet to hand, but Tom Cade ran a windy PB in the 200m. Recruit Sam Curry ran an impressive 800m. It was good to welcome back Stu Facey, who teamed with Tom Gray in a good walks result. Another debutant Tim Morris

sprinted, long jumped and threw the javelin, which suggests he will be an important all rounder during the season.

With three senior teams this year in Divisions 1, 2 and 3 (formerly B, C and D grades), we need at least nine sprinters and/or distance runners each week to fill all the grades. The extra team also provides an opportunity for athletes to try out new events (and hopefully discover new talents!)

RESULTS - 6 Nov 1999

Div 1		
5000m	Schwerkolt R	15:35
200m	Cade T PB	22.2 w
	Allwright R	23.5 w
	Simm A	24.7 w
HJ	Gray T	1.65m
800m	Schwerkolt R	2:02.72
	Taylor C	2:04??
	Simm P	??
4 x 400	Cade, Allwright, SimmP, FeddoC??	

Div 2

200m	Feddersen C	24.6
	Simm P	25.9
800m	Curry S	2:08
	Stewart C	2:11.2
	Allwright R	??

Div 3

1.5kW	Gray T	7:47.2
	Facey S	8:21
LJ	Morris T	5.40m
200m	Morris T	26.0
800m	Feddersen C	2:24
	Becroft R	2:25
Jav	Morris T	25.00m

Sprinters steamroll second round opponents

Our sprinters led a possible clean sweep at Box Hill in round 2 - we won Division 1, defeating Box Hill and Old Melbourne, coasted in for a Division 2 win, and may have sneaked home in Division 3 as well! Cade starred again in Div 1, but he had great support from, among others, debutant David Burke, who was most impressive, and the 120% man, Robbie Schwerkolt in the 3k steeple. It was a solid team effort in Div 2. The sprint relays were a delight, with O.S. winning every grade outright by comfortable margins.

There were many significant debut performances - Messrs

Burke, Krumins, Beaurepaire, Saunders, Feddersen the younger and Whitehead all made excellent starts to their O.S. careers. 15 year old runner Andrew Krumins was pleased to beat our track & field skipper over 400m after their near dead heat in State League two days earlier.

RESULTS - 13 Nov 1999

Div 1		
2kW	Jamieson A	8:55.9
100m	Cade T	10.9 w
	Burke D	11.0 w
	Allwright R	11.4 w
1500m	Miller N	4:23? INV
110H	Allwright R	16.6

HJ	Johnston D	?
4x100	Allwright, Burke, Johnston, Cade ??	
3K St	Schwerkolt R	10:08.1 PB
Javelin	Johnston D	DNQ
400m	Cade T	49.7
	Krumins A	52.6
	Simm A	52.7

Div 2

2kW	Gray T	11:01.8
	Facey S	11:16
110m	Johnston D	11.8
	Feddersen C	12.3
	Feddersen J	12.6
1500m	Beaurepaire J	4:35?
	Taylor C	4:39
	Becroft R	4:41
Discus	Johnston D	DNQ

Pole	Gray T eqPB	2.40m
HJ	Beaurepaire J	1.60m
4x100	Feddersen C Saunders Whitehead Krumins	43.6
400m	Taylor C	54.6
	Allwright R	55.1
	Schwerkolt R	55.8

Div 3

100m	Whitehead	12.5
	Morris T	12.6
	Saunders	??
Shot	Johnston D	??
4x100	Gray Miller Taylor C Morris ??	
HJ	Gray T	1.55m
400m	Feddersen C	55.6
	Saunders	63.2
Jav	Morris T	DNQ

Old Scotch Newsheet

Summer Edition 3

23 December 1999



Young stars challenge club records

The past month has seen three of Old Scotch's rising stars narrowly miss long-standing club records. First there was David Johnston's brave attempt at the most challenging of athletics events, the decathlon. With no coaching and little, if any, training, Dave competed in the Victorian Championships and only missed Alastair Hill's under 20 record by 96 points. Other than the pole vault, where he needs a little work, Dave's performances were outstanding:

100m	11.8	643 pts
LJ	6.01m	589
Shot	11.41m	571
HJ	1.89m PB	705
400m	54.78	608

Dave was leading the compe-



Iron man David Johnston at Olympic Park during his debut decathlon

tion at the end of day 1 after these five events. He was overtaken by the eventual winner in the pole vault on day 2, but still took home a State silver medal. His day 2 results were:

110H	17.6	569 pts
Discus	28.19m	429
Pole	2.00m	140
Jav	44.33m PB	505
1500m	5:03.12	<u>542</u>
Total		<u>5301</u>

Meanwhile, 15 year old Andrew Krumins contested the Australian All Schools Championships in Sydney, also winning a silver medal. Andrew's near record came in the under 16 800m, when he clocked 1:57.71, only 0.29 sec outside Toby Granger's 1988 mark.

And just last Saturday, Nick Miller ran a superb interclub 3000m in 9:17.6, just 2 seconds shy of Andrew Boag's 1985 under 16 record. Both Nick and Andrew have the rest of the season get into the O.S. record book.

More athletes needed to secure finals berths

With six rounds of interclub completed and only five to go, O.S. needs a substantial improvement in attendances at Box Hill if it is to finish in the top four of its divisions. We are currently lying in around sixth spot in all three divisions and therefore cannot afford to lose any more rounds.

The key of course is to fill as many events as possible, and we can only do this if we have at least 25 athletes there to fill relay spots, jumps, hurdles, etc. So far, the load has been carried by a handful of willing workers, some of whom have sacrificed their own perform-

ances to maximise the points scored by O.S.

All athletes should note that the first round in January is a Tuesday evening twilight meet at Box Hill on 11 January. The program starts at 6.00 p.m. and the approximate timetable for the major events is as follows (accompanying number denotes division):

6.00	Shot 1, TJ 2
6.10	2kW all
6.15	100m all
6.30	Shot 2, TJ 3
7.00	1500m all, Discus 1,2, Shot 3
7.30	HJ 1, Discus 3
7.35	110mH all
8.00	HJ 2

8.10	4 x 100m all
8.30	HJ 3
8.40	3k St 1,2
8.45	TJ 1
8.50	2k St 3
9.00	Javelin all
9.10	400m all

Two important things to remember are that this meet may run ahead of schedule, so don't take a chance, BE THERE VERY EARLY. Secondly, **YOU MUST COMPETE IN FOUR ROUNDS TO BE ELIGIBLE FOR THE FINALS**, so people like Rennie, Burke, Happell, Spargo, Good, etc. should be looking to compete in ALL REMAINING ROUNDS.

Year 2000 events:

Tues 11 Jan 6.00 pm
Interclub Rd 7 Prog 1
Box Hill

Thurs 13 Jan 6.30 pm
Tatt's Classic Rd 2
Olympic Park

Sat 15 Jan 1.00 pm
Interclub Rd 8 Prog 2
Box Hill

Thurs 20 Jan 6.30 pm
St League Rd 7 Prog 1
Olympic Park

Sat 22 Jan 1.00 pm
Interclub Rd 9 Prog 1
Box Hill

Thurs 27 Jan 6.30 pm
St League Rd 8 Prog 2
Olympic Park

Sat 29 Jan 1.00 p.m.
Interclub Rd 10 Prog 2
Box Hill

Fri-Sun 4-6 Feb
Vic Open/U20 Champs
Olympic Park

Thurs 10 Feb 6.30 pm
St League Rd 9 Prog 1
Olympic Park

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RESULTS AND REPORTS

APS United under relegation pressure

Our State League team has struggled all season after many years of success and now faces the real prospect of relegation and possible extinction. It is now up to our elite performers to extract the digit and put in for the club that has provided them with State League competition throughout their careers.

Good O.S. performances have been few and far between, although Rob Schwerkolt has grabbed his opportunities to record

5000m and steeple PB's. Jammo and Cadey have set club records. On the other hand, however, there were just two O.S. athletes competing for APSU in round 5, which has to be the all-time low point of our involvement with the combine club.

APSU will probably fold if relegated and so it is imperative that our best athletes compete in at least four rounds to qualify themselves for the promotion/relegation match in March.

RESULTS – 18 Nov 1999

3k W Jammo REC 13:05.8
 Pole Smith M 3.80m
 200m Cade T REC 22.1
 800m Simm A 2:03.5
 5000m Schwerkolt R 15:16.5 PB
 Halliday J 15:51

RESULTS – 27 Nov 1999

100m Burke D 11.35
 Allwright R 11.83
 Pole Smith M 3.80m
 1500m Schwerkolt R 4:04.9
 110mH Allwright R 16.14

RESULTS – 2 Dec 1999

3k W Jamieson A 13:06.8
 800m Steel A 1:57.5

RESULTS – 9 Dec 1999

5k W Jamieson A 22:55.3
 100m Mackenzie C 11.2
 1500m Simm P 4:08.3
 Steel A 4:14.0
 3k St Schwerkolt R 9:50.2 PB
 400m Moresi M 47.38

TATTS CLASSIC – 16 Dec

3k W Jamieson A 13:28.08
 400m Moresi M 47.37
 Mackenzie C 47.93

800m runners looking good despite defeat

It was a tough week at Box Hill in round 3 of interclub. With guns Allwright, Cade, Burke, Feddersen and Gray absent, we were no match for Box Hill or Doncaster in Division 1, but our Div 3 team had a comfortable win. Stars of the day included Johnston (seven events, two PB's), Schwerkolt and Krumins. James Beaurepaire's stylish 800m run caught the eye of the experts. A big welcome to recruit Paul Greening and about-to-sign Matt Davison - two very useful additions to our team.

RESULTS – 20 Nov 1999

Div 1

3k W Jamieson A 13:45
 3000m Simm P 9:12
 Simm A 9:45.0 PB
 200m Johnston D 23.8
 Greening P 24.1
 Pole Smith M 4.10m
 HJ Lane R 1.75m
 Bostock E 1.70m INV
 800m Schwerkolt R 1:58.3 PB
 Krumins A 2:00.7 PB
 Simm A 2:09
 LJ Johnston D 5.60m
 4x200 Greening, Simm ??
 Johnno, Krumins
 Jav Johnston D ?

Div 2

3k W Facey S 15:35
 LJ Morris T 5.22m
 Shot Johnston D 12.14m PB
 200m Simm A 24.4
 Morris T 25.6
 800m Simm P 2:01.1
 Beaurepaire J 2:01.9
 Curry S 2:05.6 PB?
 Davison M 2:09.5 INV
 HJ Johnston D 1.75m
 4x200 Whitehead,
 Curry,
 Schwerkolt, ??
 Stewart

Div 3

200m Simm P 26.9
 Hodges R 29.8
 Shot Morris T 9.38m PB
 Discus Johnston D 31.99m PB
 110H Hodges R 20.1
 800m Stewart 2:10.4
 Becroft R 2:15.6 disq
 HJ Beaurepaire J 1.50m
 4x200 Hodges, Lane,
 Bostock, ??
 Simm P
 Jav Beaurepaire J dnq

Not really worth a report

A pathetic roll-up in round 4 meant that this was a round better forgotten.

RESULTS – 27 Nov 1999

Div 1

1500m Simm P 4:04.0
 Steel A 4:08.5
 Miller N 4:23.8
 HJ Bostock E 1.70m
 4x100 Fedd C, Steel,
 Saunders, ??
 Krumins
 TJ Lane R 11.03m
 400m Krumins A 52.7

Div 2

2kW Facey S 10:47
 100m Feddersen C 12.2
 Whitehead E 12.2
 Feddersen J 12.3
 1500m Beaurepaire J 4:35?
 Taylor C 4:39
 Becroft R 4:41
 Discus Johnston D DNQ

Div 3

100m Morris T 12.7
 Hodges R 14.1
 Shot Morris T 9.17m
 110H Hodges R 20.1

Relays a non-event

For the second year in a row, O.S. entered several teams in the Victorian Relay Championships, only to find most athletes unavailable for various reasons. Only one team made it to the starting line - the under 20 4 x 100m team - and it contained athletes aged 13, 15 and 17 plus Dave Johnston, who had to interrupt his decathlon to become the fourth runner. More interest will need to be shown next year if we are to be competitive in this event.



Ed Whitehead (13), Tom Cade (17), David Johnston (19) and Joseph Saunders (15) fly the flag for Old Scotch at the State Relay Championships (see colour pic on the O.S. website)

MORE RESULTS AND REPORTS

An improved performance at Box Hill in round 5 of inter-club, but still too many absentees, particularly among the sprinting types. Dave Johnston was again a one man team and we showed off some fairly impressive 1500m depth. Three high jumpers over 1.65m wasn't too bad either. Only one PB for the day though - Charlie in the Division 3 shot put!

RESULTS - 11 Dec 1999

Div 1

100m	Cade T	11.3
1500m	Schwerkolt R	4:02.8
	Curry S	4:21
	Steel A	4:22
HJ	Johnston D	1.75m
4x100	Fedd J, Fedd C, Johnno, Cade	??
400m	Cade T	50.5
	Taylor C	54.0
	Simm A	55.9 dnq
Jav	Johnston D	?

Div 2

2k W	Facey S	11:12
100m	Feddersen C	12.3
	Feddersen J	12.4
1500m	Simm A	4:18.9
	Beaurepaire J	4:28.5
	Taylor C	4:32
Discus	Johnston D	26.30
110 H	Johnston D	17.3
	Cade T	17.3
HJ	Beaurepaire J	1.75m
4x100	Steel, Curry, Beaurepaire, Simm A	??
400m	Miller N	56.3

Div 3

Shot	Feddersen C	8.94m PB
1500m	Stewart C	4:31
	Davison M	4:38
	Becroft R	4:39
	Austin R	4:51 INV
HJ	Simm A	1.65m
4x100	Davison, Taylor C, Becroft, Stewart	??

Lack of athletes places burden on the rest

Only 16 bodies on the track last Saturday, which is not near enough to fill three senior teams. Fortunately, we have some really strong "club" guys, busting a gut to bring home the points. We won both Divisions 1 and 2, thanks largely to people like Johnno (8 events), Robbie S (5000, 800, 400 relay leg) and Tommy C. Other significant PB performances came from Halliday and Miller. Nick narrowly missed the club under 16 3000m record (see p.1).

RESULTS - 18 Dec 1999

Div 1

5000m	Schwerkolt R	15:34
200m	Cade T	23.1
	Johnston D	24.1
	Feddersen C	24.7
HJ	Johnston D	1.70m
800m	Halliday J	1:57.7 PB
	Beaurepaire J	1:59.9
	Schwerkolt R	2:00.9
LJ	Johnston D	dnq
	Morris T	5.22m INV
4x400	Johnno, Davison, Simm A, Cade	3:34.3
Jav	Johnston D	42.30m

Div 2

3k W	Facey S	17:06
Shot	Johnston D	11.26m
5000m	Austin R	17:16 PB
200m	Simm A	24.8
	Morris T	25.7
Discus	Johnston D	dnq
800m	Curry S	2:05.0 PB?
	Davison M	2:05.6
	Cade T	2:07.3 PB
HJ	Simm A	1.70m
110 H	Johnston D	17.6
4x400	Curry, S'kolt, Stewart, Fedd C	3:45.2

Div 3

200m	Halliday J	29.6
Shot	Morris T	9.33m
Discus	Morris T	20.00m
Jav	Morris T	dnq
800m	Stewart C	2:11.1
	Feddersen C	2:13
	Becroft R	2:16.8
HJ	Beaurepaire J	1.40m
4x400	Becroft, Austin, Stanley, Morris	4:14.6
3000m	Miller N	9:17.6 PB

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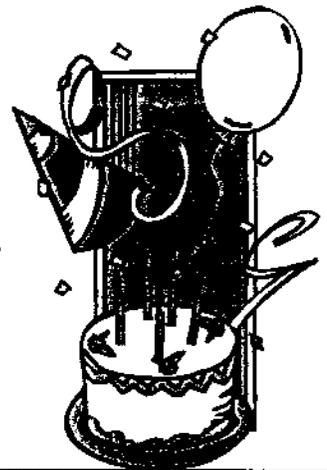
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And so It's A Happy New Year to all club members, families and friends from the editor.

Enjoy the break, do a little training if possible and come back to Box Hill on 11 January 2000 for some more track and field fun and games!

Old Scotch Newsheet

Summer Edition No. 2

28 December 2000



Summer a struggle so far

After consecutive summer interclub premierships, Old Scotch has been in the doldrums somewhat this season. Our AV registrations are down on last year by 20% and Box Hill attendances have been poor. A major contributing factor has been a disappointing lack of schoolboy recruits. Despite a solid third placing at the APS Sports by the school team, the club has been unable to attract any new under age athletes at all.

Meanwhile, some of our elite athletes have been performing well for APS United in State League and star juniors Krumins and Barker have continued to shine. Full reports and results appear inside this issue.

All members should note that this is the last issue of this newsheet to be delivered by Australia Post. In the new millennium, you will only find the O.S. new-



Andrew Krumins has been a shining light for Old Scotch during 2000

sheet on the club's website. You will be notified of the publication of a new issue by e mail. We will, however, continue to mail paper copies to those members without internet access. If, however, you still wish to receive a mailed copy despite having internet access, please notify the editor at mdpurvis@bigpond.net.au

Twilight meets

The first three interclub meetings at Box Hill in 2001 are all twilight meetings. Two are on Saturdays (13 Jan and 3 Feb) and commence at 5.00 pm. There is one Tuesday meeting on 23 January, kicking off at 6.00 pm. Approximate event starting times at the Saturday meets will be:

- 5.10 pm 2k Walk
- 5.15 100m
- 6.10 1500m
- 6.35 110m Hurdles
- 7.10 4x100m Relay
- 8.15 Relay

But these meetings often run ahead of schedule, so please be early. The best idea is to arrive before 5.00 pm to give yourself the best opportunity to compete in several events.

Dinner date

Mark this date in your diary NOW: **Saturday, 20 October 2001**. This is the date set for the club's 75th Anniversary Dinner at Queen's Hall, Parliament House. An enthusiastic sub-committee has already begun work organising the event. Highlights of the night will include the announcement of our summer and winter "Teams of the Century", a celebrity guest speaker and the launch of a 75 year club history. Partners and friends will be welcome, but please note that numbers are limited to 200, so you will need to book and pay promptly to guarantee your seat. A booking form will be mailed to all members shortly.

DIARY DATES

Sat 13 Jan 12.45 pm
State League Rd 6
Programme 1
Landy Field, Geelong

Sat 13 Jan 5.00 pm
Interclub Rd 7 Prog 1
Box Hill

Thurs 18 Jan 6.30 pm
St League Rd 7 Prog 2
Olympic Park

Fri-Sat 19-21 Jan
Vic Underage Champs
& Open Relay Champs
Olympic Park

Tues 23 Jan 6.00 pm
Interclub Rd 8 Prog 2
Box Hill

Thurs 1 Feb 6.30 pm
St League Rd 8 Prog 1
Olympic Park

Sat 3 Feb 5.00 pm
Interclub Rd 9 Prog 1
Box Hill

Fri-Sat 9-11 Feb
Vic Open/U20 Champs
& Underage Relays
Olympic Park

Thurs 15 Feb 6.30 pm
St League Rd 9 Prog 2
Olympic Park

See this newsheet in colour on the OSCAC website at <http://www.geocities.com/Colosseum/Track/2423>

TRACKSIDE TALES – RESULTS AND REPORTS

By Mark McAveney

APS United gathers steam after shaky early rounds

APSU had a faltering start to the 2000-2001 season, finishing a lucky second in its four way match. Only four O.S. athletes made it on to the team, but Johnny Halliday showed signs of a good season ahead.

RESULTS – 9 Nov 2000

3k W	Jamieson A	13:40.8
800m	Simm A dnq	2:01.1
5000m	Halliday J	14:56.6
	Schwerkolt R	15:45.5

Round 2 was a bad one, as only ten athletes qualified in their events and APSU slumped to third in its match. Tom Sutherland ran a reasonable steeple, but it was really a forgettable night as far as O.S. was concerned.

RESULTS – 16 Nov 2000

5k W	Jamieson A	23:17.0
1500m	Halliday J	4:03.8
3kSt	Sutherland T	9:52.1



Andrew Barker upon his return to the APSU team in December

Again there was only a relatively small O.S. contribution to the APSU team in round 3, but every point was important as the team scored its first win of the season. Andrew Krumins ran a good 800m and Andy Jamieson walked well.

RESULTS – 23 Nov 2000

Jav	Johnston D	46.66m
3k W	Jamieson A	13:18.0
800m	Krumins A	1:54.5
5000m	Halliday J	15:11.7
	Schwerkolt R	dnf

Suddenly, APSU was back in town as it surged into the top four with another win in round 4. Best O.S. performance was Rob Schwerkolt's return to form in the 1500m.

RESULTS – 30 Nov 2000

5k W	Jamieson A	22:53.4
1500m	Schwerkolt R	4:02.5
3kSt	Sutherland T	9:57.7
400m	Krumins A	50.56

Round 5 saw a convincing APSU win, making it three in a row. Suddenly, APSU has returned as a force in State League. Andrew Barker's 800m was impressive and Raph Allwright made a welcome return.

RESULTS – 14 Dec 2000

3k W	Jamieson A	13:15.2
110H	Allwright R	17.28
800m	Barker A	1:55.7
5000m	Schwerkolt R	15:41.7

Lack of numbers makes life tough at Box Hill

A fact of interclub life is that if you don't fill events, then you don't score enough points to win. Attendances at Box Hill so far this season have been very disappointing. As a result, despite the brave efforts of a few, O.S. is struggling in all its grades and only in Division 1 do we have any chance of making the finals.

Round 1 set the scene, with only eight registered athletes on deck and three losses.

RESULTS – 11 Nov 2000

DIV 1		
3k W	A Jamieson	13:47.2
5000m	R Schwerkolt	15:52
800m	M Taylor	1:58.9
	A Simm	2:02.2
	R Schwerkolt	2:04.3
DIV 3		
100m	T Gray	12.8
	R Hodges	14.8
Discus	T Gray	24.57m
800m	A Barker INV	1:57.7
	C Taylor INV	2:07
	M Good INV	2:13.8
110H	R Hodges	20.5
HJ	M Good INV	1.50m



There was a much improved turnout in round 2, but we encountered strong opposition and lost all three grades again. Better news was the promising debut by walker Michael Beaton-Wells and strong 400m performances by young guns Krumins, Barker and Taylor.

RESULTS – 18 Nov 2000

DIV 1		
100m	R Allwright	??
1500m	P Simm	4:07.9
	R Schwerkolt	4:09.6
4x100	Johnston, Krumins, Schwerkolt, Barker	50.8
400m	A Krumins	49.9 PB
	A Barker	51.?
	C Taylor	53.1 PB
DIV 2		
2k W	M Beaton-Wells	11:?
100m	T Gray	13.0
1500m	S Curry	4:22
	E Wilson	4:23.2
	J Ross	4:24
Discus	D Johnston	28.?
4x100	Gray, P Simm, Ross, Curry	??
Jav	D Johnston	42.?
400m	R Schwerkolt	55.2
	A Slade	59.0
DIV 3		
100m	R Hodges	??
1500m	M Good INV	4:47
Discus	T Gray	24.77m
110H	R Hodges	20.4
4x100	Good, Allwright, disq, Wilson, Hodges	

Rosco cranks out another 3000m at Box Hill

MORE INTERCLUB RESULTS AND REPORTS

A much better day at Box Hill in round 3, with O.S. winning its Div 1 and 2 matches. Despite an extraordinary performance from Tom Gray (nine events), we had to settle for second place in Div 3. Dave Johnston also had a busy day, with two PB's, including his first javelin throw beyond 50 metres. It was good to welcome back Andrew Faichney after a long absence.

RESULTS - 25 Nov 2000

DIV 1		
400H	T Sutherland	60.8
Shot	A Faichney	10.29m
200m	D Johnston	24.5
Discus	A Faichney	??
800m	A Barker	1:58.1
	R Schwerkolt	2:00.4
4x200	Slade, Curry, Johnston, Steel	??
Jav	D Johnston PB	50.10m
DIV 2		
3k W	M Beaton-Wells	16.39
400H	J Ross	??
LJ	E Whitehead Inv	5.41m
100m	D Johnston	11.8
	M Good	12.0
	E Whitehead Inv	12.0
Shot	D Johnston PB	12.70m
Discus	D Johnston	28.64m
800m	A Steel	2:02
	S Curry	??
	A Slade	2:12
4x200	Good, Stewart, Gray, Ross	??
DIV 3		
100m	T Gray	12.8
LJ	T Gray	5.14m
200m	M Good	24.9
	T Gray	27.7
Shot	T Gray	8.23m
Discus	T Gray PB	24.94m
110H	R Hodges	19.9
	T Gray	21.6
Jav	T Gray	29.04m
800m	M Good	2:11.6
	C Stewart	2:13.4
HJ	T Gray	1.60m
	M Good Inv	1.60m
3000m	J Ross	10:55.1
	S Curry	10:55.4

From chocolates to boiled lollies as only nine registered athletes turned up for the fourth round, but at least we won Div 1.

RESULTS - 2 Dec 2000

DIV 1		
Shot	A Faichney	11.01m
Discus	A Faichney	31.54m
1500m	R Schwerkolt	4:04.4
	S Curry	4:15.4
4x100	?	47.9
400m	M Taylor	52.8
	C Taylor	52.8
Jav	D Johnston	48.29m
DIV 2		
100m	M Good	12.0
	E Whitehead Inv	12.0
400m	D Johnston	56.9
	M Good	58.1
DIV 3		
Shot	A Barker PB	10.66m
Discus	A Barker	23.86m
110H	M Good PB?	19.0
	R Hodges	19.4
1500m	M Good	4:42.3
HJ	M Good	1.65m



Iron man Gray in action

O.S. had two officials on duty at the 2000 Olympics and Paralympics. Peter Lucas (club secretary/treasurer 1967-1975) was Chief Lap Scorer, Chief Finish Judge and Assistant to the Track Referee for both games, and Bruce Wilson, a resident of Perth for many years, was an umpire and lap scorer for the Paralympics.

Round 5 demonstrated how fortunate O.S. is to have some outstanding all rounders in Johnston, Good and Gray, who turn up week in, week out. If only they could receive a bit more support There were enough of our guns there, however, to give us victory in Div 1. Rob S ran a great 800m PB, while star recruit James Gerstman made his presence felt. Unfortunately, Divs 2 and 3 lost again, despite a big walk PB by Michael B-W.

RESULTS - 9 Dec 2000

DIV 1		
400H	T Sutherland	60.2
5000m	P Simm	15:52.2
200m	D Johnston	24.5
	P Greening	24.7
	M Curry	25.3
Discus	J Gerstman	N/T
800m	R Schwerkolt PB	1:57.9
	S Curry	2:03
	A Simm	2:08.1
LJ	D Johnston DNQ	5.64m
4x400	Greening, Sch'kolt, C Taylor, P Simm	??
Jav	D Johnston	48.41m
DIV 2		
3k W	M Beaton-Wells	16:07pb
200m	M Good	24.8
	A Simm	24.9
Discus	D Johnston	27.7m
800m	P Simm	2:03.4
	C Taylor	2:03.6
	M Good	2:14.5
HJ	D Johnston	1.55m
110H	M Good	19.0
4x400	Curry, Johnston, Good, A Simm	??
DIV 3		
LJ	E Whitehead	5.52m
Shot	J Gerstman	12.7m
Discus	T Gray	N/T
Jav	T Gray	
HJ	M Good	1.60m
	T Gray INV	1.65m

Dave Johnston's seven events carried the side in round 6 and O.S. scored its fourth Div 1 win in a row. This gives us a real chance to make the venue final, but we will need to fill more events after Christmas. First meeting in 2001 is a twilight meeting on 13 January.

RESULTS - 16 Dec 2000

DIV 1		
3k W	A Jamieson	13:50.4
100m	P Greening INV	11.9
	B Hall INV	12.0
	S Curry INV	12.5
200m	D Johnston	24.0
	P Greening	24.4
	M Good	24.4
800m	A Krumins	2:04
	N Miller	2:05
	S Curry	2:08.8
110H	R Allwright	16.3
LJ	D Johnston	5.76m
4x200	Johnston, Good, Rennie, Greening	??
Jav	D Johnston	48.68m
DIV 2		
Shot	D Johnston PB	12.70m
200m	S Curry	25.6
Discus	D Johnston	29.36m
800m	A Simm	2:04.9
	C Stewart	2:08.6
HJ	T Gray	1.65m
110H	M Good PB	17.7
DIV 3		
LJ	M Good	5.32m
800m	M Good	2:14
HJ	D Johnston	1.70m
	M Good INV	1.60m
3000m	C Taylor	10:??
	R Becroft	10:48

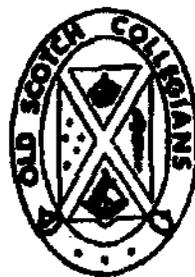
The two Andrews, Krumins and Barker, ran fast 800m times in December. Krummo ran 1:53.55 at the Zatopek and Barks 1:55.34 at the Schools Championships in Adelaide. As a result, we have two juniors leading the club's 800m rankings.

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Old Scotch Newsheet

Summer Edition 4

8 February 2000



Triple premiership chance at Box Hill

Old Scotch has hit a purple patch since Christmas and, with just one interclub round remaining, has all three senior teams poised to make the finals. In the four completed rounds this year, our Division 1 and 3 teams are unbeaten, while Division 2 has dropped only one point.

As usual, the key to our success has been attendance and participation. More athletes have turned up and almost all have been willing to compete in extra events to earn valuable points. This has been essential to support David "Iron Man" Johnston, who regularly competes in eight events each week.

We have not yet secured our

finals places yet, however, and one more huge effort is required this Saturday to get us there. If you are unavailable, please contact Mark (9534 5105) or Pete (9696 5560), so that we can organise your replacement. Then keep Saturday, 4 March, free for our tilt



Recruit James Beaurepaire has been staking his claim for a run in State League

at back-to-back interclub flags.

Several athletes MUST compete this week to qualify for the finals: R Austin, Barker, Burke, John Feddersen, Greening, Holmes, Jamieson, Smith, Steel and Mike Taylor. That's ten athletes whose presence or lack thereof on 4 March may well make the difference between three premierships or none!

Meanwhile, it appears that our State League team will be contesting the promotion/relegation match on 16 March, a date upon which our elite athletes need to be available to save APSU from possible extinction. So, there's plenty of action ahead

Mackenzie marks comeback with title

Cameron Mackenzie has had a tough time with injuries since representing Australia at the 1996 Olympic Games and winning two State Championships in 1998. Recently, however, Cam has made it very clear that he is back in town. Three weeks ago, he won a 400m race at the Hobart Grand Prix in 46.87 secs and last weekend, he made it two in a row by taking out the Victorian 400m title in 47.01 secs.

Cam has now stamped himself as one of the finest "big-time" performers in the club's history. Consider his State

Championships record in the 400m - three wins in the last four years (1997, 1998, 2000)

Big Cam contemplates another 400m race



plus two silver medals (1995, 1996). Throw in his 200m win in 1998 and numerous relay medals, and it becomes clear that Cam is one of the best athletes ever to represent Old Scotch.

Fifteen year old Nick Miller has the potential to follow in Cam's footsteps in the slightly longer events. Nick won a silver medal in the State under 17 3000m, clocking 9:16.18. This came as no surprise after his recent eye-catching runs at Box Hill, including a club record-equalling performance in January.

Upcoming events:

Thurs 10 Feb 6.30 pm
St League Rd 9 Prog 1
Olympic Park

Sat 12 Feb 1.00 pm
Interclub Rd 11 Prog 1
Box Hill

Thurs 17 Feb 6.30 pm
St League Rd 10 Prog 2
Olympic Park

Sat-Sun 19-20 Feb
Vic Underage Champs
Olympic Park

Thur-Sun 24-27 Feb
Australian Champs
Sydney

Thur 2 Mar
Melb Track Classic
Olympic Park

Sat 4 Mar 1.00 p.m.
Interclub Final Prog 1
Box Hill

Thurs 9 Mar 6.30 pm
St League Rd 11 Prog 1
Olympic Park

Sat 11 Mar
Association Final
Olympic Park

Thurs 16 Mar 6.30 pm
St League Promotion/
Relegation Match
Olympic Park

Web address
<http://www.geocities.com/Colosseum/Track/2423>
for colour photos, profiles and more!

APS United lifts, then falls away again

RESULTS AND REPORTS

APSU finally registered a half decent performance in round 7 of State League, thanks partly to an improved turnout of O.S. athletes, but fumbled the footy the following week to lose again. Andy Jamieson broke yet another record and Rob Schwerkolt set yet another PB, but, apart from Mackenzie, the other O.S. athletes tried hard without

too much success. It was good to see David Johnston rewarded with a qualifying throw in his State League javelin debut.

There are still three rounds of State League remaining and APSU needs to win some of these to avoid the promotion/relegation match on 16 March.

RESULTS - 20 Jan 2000

5k W	Jamieson A	22:57.2
100m	Mackenzie C	10.89
	Cade T	11.66
Pole	Smith M	4.00m
1500m	Schwerkolt R	4:04.5
	Halliday J dnq	4:05.7
3k St	Halliday J	9:57.1
400m	Burke D	51.52
	Cade T	51.80

RESULTS - 27 Jan 2000

3k W	Jammo REC	12:59.5
Pole	Smith M	4.00m
200m	Mackenzie C	21.57
800m	Taylor M	1:59.0
110mH	Allwright R	17.09
5000m	Halliday J	15:03.7
	Schwerkolt R	15:15.7 PB

TATTS CLASSIC - 13 Jan

3k W	Jamieson A	13:32.09
------	------------	----------

Promising start to 2000

It was "welcome back" night at Box Hill in round 7, as several big names returned to compete for O.S. after varying absences. Generally, those who needed finals qualifying appearances turned up and this led to an excellent outcome, as O.S. won all three grades. So, it was welcome back to Rennie, Greening, Burke, Holmes, Barker, Wilson, Gray, Mike Taylor and McLennan, all of whom had not been sighted on the Box Hill track for a while. Welcome also to Michael Good, who made an enthusi-

astic debut. Big performers were Beurepaire, Curry, Greening and Gray.

RESULTS - 11 Jan 2000

Div 1

2k W	Jamieson A	9:02
100m	Rennie N	11.8
	Allwright R	11.8
1500m	Schwerkolt R	4:04.1
	Curry S	4:13 PB
4x100m	Greening	Good
	Beurepaire	Schwerkolt ??
400m	Burke D	51.3
	Beurepaire J	53.3 PB

Div 2

2k W	Holmes J	11:25
	Facey S	11:46
100m	Greening P	12.0
	Morris T	12.6
Shot	Barker A	9.48m PB
1500m	Stewart C	4:24
	Beurepaire J	4:31
Discus	Barker A	DNQ
HJ	Gray T	1.55m
4x100m	Gray	Jamieson
	Stewart	Wilson E
	Wilson E	DISQ
400m	Taylor M	52.7
	Davison M	55.4

Div 3

TJ	Gray T	10.97m
100m	Good M	13.0
	Gray T	13.1
Shot	Greening P	8.71m
1500m	Good M	4:48
Discus	Gray T	DNQ
110mH	Hodges R	21.7
HJ	Beurepaire J	1.40m
400m	McLennan D	54.7
	Good M	58.1

Johnno's big afternoon (again)

We needed to win all three grades in round 8, but had to be satisfied with victories in Divisions 1 and 3. It was an excellent team effort. Unfortunately, a few athletes were late and we missed some easy early points, but we gained momentum later in the day to finish very strongly. The two outstanding individual efforts came in the last two events of the day - Nick Miller's equalling of the under 16 3000m club record and Johnno's huge javelin PB by 5 metres. Johnno attempted a mere eight events for the afternoon, winning five of them and scoring two PB's! Davison and Curry both recorded season best times in the 800m, continuing their close rivalry. Nick Rennie showed that he's coming back to top form in the 200m.

RESULTS - 15 Jan 2000

Div 1

3000m	Schwerkolt R	8:55 PB
	Austin S	9:30
	Wilson E	9:34
200m	Rennie N	22.3
HJ	Johnston D	1.65m
800m	Taylor M	1:59.0
	Beurepaire J	1:59.4
	Schwerkolt R	1:59.7
110mH	Johnston D	18.0
LJ	Johnston D	5.65m dnq
4x200m	Fedderson C	Taylor M
	Johnston	Rennie ??
Jav	Johnston D	47.30m PB

Div 2

3k W	Holmes J	17:34
LJ	Spargo M	??
Shot	Johnston D	12.69m PB
200m	Johnston D	23.9
	Fedderson C	24.5
	Happell J	24.9
Discus	Johnston D	?? dnq
800m	Davison M	2:02.7
	Curry S	2:03.2
	Stewart C	2:06.1
HJ	Bostock E	1.55m
4x200m	Morris	Davison
	Taylor C	Beurepaire ??

Div 3

200m	Morris T	25.5
	Good M	26.3
	Hodges R	30.7
Shot	Morris T	8.23m
Discus	Morris T	20.53m dnq
Jav	Morris T	??
800m	Taylor C	2:08
	Good M	2:13.0
	Wilson E	2:14.1
HJ	Beurepaire J	1.45m
4x200m	Good	Wilson ??
	Hodges	Stewart
3000m	Miller N	9:15.2
		PB REC

**MORE RESULTS
AND REPORTS**
Division 1 team into the four ...

Another excellent evening meet for O.S. in round 9 as we again won all three grades. We also had our biggest turnout of athletes so far this year, with 23 guys at the track. There were many highlights, including O.S. breaking into the top four in Division 1 for the first time this season, impressive sprint and distance squads in all divisions, and PB's by Krumins, Barker, Robert Holmes, Johnston and Rod Austin. Our multiple events men, Johnno, Buzza, Good and Gray, were important to our three wins and will be key players in the finals.

RESULTS - 29 Jan 2000

Div 1			Div 2			Div 3		
Shot	Johnston D	10.22m PB	2k W	Holmes J	11:26	TJ	Gray T	10.82m
100m	Rennie N	11.3	100m	Johnston D	11.7	100m	Gray T	13.2
	Burke D	11.5		Happell J	12.0		Hodges R	14.4
	Cade T	11.6	Shot	Good M	12.8	Shot	Barker A	10.28m PB
1500m	Simm P	4:04.2	1500m	Moresi M	9.38m PB	1500m	Wilson E	4:32.9
	Schwerkolt R	4:05.5		Miller N	4:22.1		Good M	4:39.1
	Krumins A	4:17.1 PB		Stewart C	4:24.6		Gray T	5:06.1
110mH	Allwright R	18.1		Beaurepaire J	4:28.3	(U14)	Holmes R	4:55.7 PB
HJ	Johnston D	1.70	HJ	Beaurepaire J	1.55m	Discus	Johnston D	35.32m PB
4x100m	Allwright		4x100m	Beaurepaire		110mH	Hodges R	20.8
	Johnston			Curry		4x100m	Hodges	
	Happell			Stewart			Gray	
	Good	??	400m	Simm P	??		Austin R	
Javelin	Johnston D	42.92m		Curry S	55.2	HJ	Austin S	??
400m	Beaurepaire J	52.0		Simm P	56.9	2k St	Gray T	1.55m
						400m	Austin R	7:25.0 PB
							Barker A	54.2
							Good M	59.5

... followed by Divisions 2 and 3

A sensational team effort saw us yet again win every grade and lift our Division 2 and 3 teams into the top four. The nail biter was in Division 1, where scores were level with one event to go. Johnno threw the javelin beautifully and we beat Skevvies by 3 points. We should actually have won by more, but for a disqualification and the late injuries to Cade and Rennie. Johnno was again the rock upon which our success was built, doing eight events altogether and, winning most of them. There were numerous other team players, however, including Allwright, Steel, Good, Gray, Stewart, Pete Simm, Curry, Greening, Beaurepaire and Morris, all of whom did at least three events apiece.

RESULTS - 18 Dec 1999

Div 1			Div 2			Div 3		
400mH	Allwright R	63.9	400mH	Johnston D	62.3	LJ	Morris T	5.00m
Shot	Johnston D	9.79m	LJ	Johnston D	5.37m	200m	Curry S	27.0
5000m	Halliday J	15:16.1	Shot	Moresi M	9.69m PB		Simm P	27.5
	Schwerkolt R	15:16.3	5000m	Austin R	17:16.0 PB	Shot	Gray T	28.4
	Simm P	15:21.1	200m	Steel A	25.0	Discus	Rennie N	10.07m PB
200m	Johnston D	23.7		Morris T	26.2	110mH	Morris T	DNQ
	Allwright R	24.1	Discus	Good M	26.5		Hodges R	19.9
	Greening P	24.5	800m	Johnston D	28.58m	Javelin	Good M	20.8
HJ	Johnston D	1.65m		Steel A	2:03.6	800m	Greening P	31.60m PB
800m	Taylor M	1:58.0		Curry S	2:03.9		Stewart C	2:09.1
	Beaurepaire J	1:58.4	HJ	Davison M	2:04.9		Miller N	2:11.1
	Krumins A	1:59.6	4x400m	Beaurepaire J	1.55m	HJ	Austin R	2:31.4
110mH	Johnston D	18.1		Allwright			Gray T	1.65m
	Allwright R	Disq		Curry			Good M	1.65m PB?
4x400m	Steel A			Stewart		4x400m	INV	
	Davison M			Greening	3:44.1		Good	
	Beaurepaire		Div 3				Simm P	
	Krumins	3:33.4	400mH	Good M	70.8 PB		Gray	
Javelin	Johnston D	44.39m		Gray T	73.7 PB?	3000m	Morris	4:02.5
			1.5k W	Holmes J	8:13.9		Miller N	9:23.5
				Wilson E	9:53.3		Wilson E	9:27.9
							Stewart C	10:08.8

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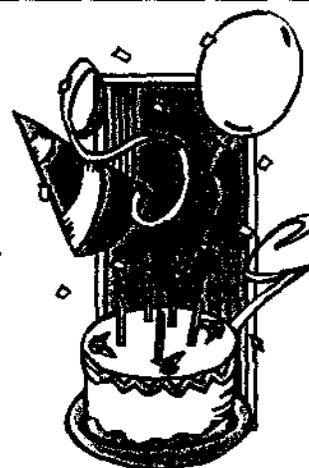
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Old Scotch Newsheet

Summer Edition 5

21 March 2000



Back to back premiership triumph

A magnificent summer came to an end at Doncaster last week with Old Scotch winning its second Association flag in a row. Last year, it was our Division 3 team that beat the premiers from the other metropolitan venues. This year, we went one better by winning the Division 2 competition. Our Division 3 team again did well, coming second.

The Association Final followed a brilliant day at Box Hill during the Venue Final, when O.S. won two flags in Divisions 2 and 3. We were a little unlucky not to take out Division 1 as well, where we were runners-up. Our victories there took us into the Association Final. Full reports and results of the exciting finals series appear in this issue. Old Scotch has further marked the dawning of the new century by recruiting some terrific young athletes during the season. The success of our teams was ensured by the signing of high quality junior athletes



*Members of our champion teams plus female onlookers:
Back row L to R: Michael Good, Dave Johnston, Andrew Simm, Stu Facey, Rohan Hodges
Middle row L to R: John Feddersen, Tom Gray, Rob Schwerkolt, Ross Becroft, Andrew Barker
Front row L to R: Rod Austin, Sam Curry, Paul Greening, Charlie (you idiot) Feddersen, Raph Allwright
Absent but competed: James Beaurepaire, David Burke, Jon Holmes, Tim Morris, Chris Stewart*

such as Andrew Krumins, the retention of established schoolboy stars Tom Cade, Andrew Barker and Nick Miller, and the recruiting of other young talent including David Burke, James Beaurepaire, Paul Greening and Michael Good.

The only disappointing aspect

of the summer has been the wooden spoon for APS United in State League. Even though the club avoided relegation, it is clear that our and the other APS clubs' elite athletes will need to perform better and more often next season if we are to resume our position at the top of State League.

Winter season kicks off this Saturday

It's very early this year, but you can blame the Olympic Games. This Saturday, O.S. hosts the opening event of the winter season, the Jamieson 5 km, at Scotch College. It is the fiftieth anniversary of the event.

As usual, we must feed the hungry hordes after the race.

All O.S. athletes are therefore requested to bring TWO plates of afternoon tea.

O.S. has been the dominant club in the APSOC competition in the 1990's, but Old Haileybury have mounted a huge challenge in recent times. Our recruiting has been good over the summer,

but we need to continue to recruit athletes to maintain at the top of the APSOC ladder. If you know anybody who might like to run with O.S. this year, the Jamieson is the perfect introductory event. Hopefully, we will see some new faces there this Saturday.

Upcoming events:

Sat 25 Mar 2.30 pm
Jamieson 5 km
Scotch College
****ALL ATHLETES TO BRING TWO PLATES**

Sat 1 Apr 2.30 pm
Hare & Hounds 8 km
Berwick

Sat 8 Apr 2.30 pm
Dyson Relay 3.8 km
The Tan

Mon 10 Apr 8.00 pm
Annual Gen Meeting
9 Wellesley Street
Hawthorn
*** BRING A PLATE**

Sat 15 Apr 1.00 pm
AV CC Relay 6 km
Brimbank Park

Sat 29 Apr 2.00 pm
Lodge Hcp 8/16 km
St Kevin's College
Heyington

Visit the Old Scotch home page

Web address
<http://www.geocities.com/Colosseum/Track/2423>
for colour photos, profiles and more!

TALKING ATHLETICS (AND OTHER STUFF)

With Mark McAveney

Krumins nails 800m record

Still only 16 years of age, recruit **Andrew Krumins** has stamped himself as one to watch in the future. February and March were big months for Andrew, as first he won the under 17 800m State title and then set a new club record in the same event two weeks later, running 1:55.7 in the *Venue Final*. Among our many senior 800m runners, only one, **Mike Taylor**, has recorded a faster 800m time this summer.

Andrew en route to his under 17 club record



Ischia to speak at AGM

One of the few star school-boy athletes to avoid the recruiting tactics of Mark Purvis was **Joe Ischia**. Dr Ischia, as he now known, remains one of the best middle distance runners in Australia despite recent injury problems. Come and hear him speak at the club's Annual General Meeting on **Monday, 10 April, at 8.00 p.m.** at the Simm residence, 9 Wellesley Street, Hawthorn. By the way, we will be handing out a few trophies as well.

Joe in some other club's singlet (unfortunately)



Russell queries omission from rankings

This was the response of former member **James Russell** to an e mail containing this season's rankings:

"You missed Russell...

10m walk - 3 min (to fridge)

20m walk - 7min 15sec (to fridge & return to couch...)

No, I didn't slow down because I'm unfit! The fridge marathon consists of:

Lift 2 yo off lap.

Lift 5 yo off lap.

Lift 2 yo off again because he dived on whilst lifting off the 5 yo.

Trip over dog.

Pat cowering dog.

Stop boys teasing terrified cowering dog.

Trip on McDonald's Happy Meal toy, causing minor ankle sprain and crushing toy.

Swear.

Console bawling 2 yo, explaining to him not to leave toys around where Daddy can stand on them.

(Continued next column ...)

Scold 2 yo for calling Daddy a 'penis'.

Get to fridge.

Open beer.

Answer phone.

Call wife (no, of course I don't know who it is, they asked for you!).

Wait 'a minute'.

Trip over ambulance with buttons that make siren ring and lights flash.

Buttons get stuck.

Yell at kids to pick up toys.

Scold 5 yo for calling Daddy a 'penis'.

Trip over dog again.

Stop the ambulance siren.

Move dog off couch where I was sitting.

Sit down.

Whoops - left beer on kitchen bench!

I think I will take up athletics again - it's much easier than watching the golf on TV!"

(Editor's note: James used to run for O.S. and is a past winner of the Old Boys'

Simm and Halliday lead O.S. raid on local pubs

It was only five days to the start of the cross country season on the day of the annual Pub Run, but the boys were still in celebration mode after our venue and association premierships. **Andrew Simm** and **Johnny Halliday** led eight other thirsty runners over a testing 8 km course in the inner eastern suburbs.

There were more twists and turns and quotable quotes than I can remember, but, as always, it was great fun. Memorable moments in-

cluded:

- The terry towelling hat
- Bruce Bennett's first ever "yellow jersey" for first to the pub door
- Andrew Steel struggling with the pace of beer drinking, so reverting to double bourbons as an easier (?) option
- Lightfoot and Purvis showing the value of experience by taking four of the eight yellow jerseys between them
- Charlie's close encounter

with the Punt Road footpath - (he wasn't praying)

- Flexing of the pecs for Johnny's sister - see picture below

We'll be back for another Pub Run in 2001!



The unfortunate effects of alcohol on grown athletes

APS United in dire straits

APSU needed to improve significantly in round 9 if it was to avoid this year's State League wooden spoon, but again the team failed to fill too many events and was soundly beaten. Johnno's PB javelin throw and Pete's encouraging 1500m run were the only bright spots for O.S.

Round 10 was a bit better, as Mackenzie, Taylor and Pete Simm all ran season bests, while Sam Curry popped up with a PB as an invitation runner. James Beaurepaire made his State League debut. Despite all of this, APSU remained in last spot, putting it into a fight to survive the promotion/relegation match.

RESULTS AND REPORTS

RESULTS - 10 Feb 2000

Jav	Johnston D	47.99m pb
5k W	Jamieson A	23:06.4
100m	Johnston D	12.17
1500m	Simm P	4:02.1 sb
	Schwerkolt R	4:03.1
	Halliday J	4:03.5
110 H	Allwright R	17.05

RESULTS - 17 Feb 2000

3k W	Jamieson A	13:15.2
200m	Mackenzie C	21.18 sb
800m	Taylor M	1:54.9 sb
	Beaurepaire J	1:59.2
	Curry S INV	2:00.0 pb
110 H	Allwright R	dnf
5000m	Simm P	15:10.9 sb
	Schwerkolt R	15:42.0

... as O.S. storms into Venue Final

We had to win all three grades in the last round to ensure that our three teams made the venue final, and that's exactly what we did. Our sprinters and distance runners were dominant. As is now customary, Dave Johnston managed a mere eight events, but many other athletes did three events or more. The steeple runners, in particular, scored many valuable points, as well as all recording PB's. The wins in this round meant that our Div 1 and 3 teams were unbeaten since Christmas, and all our teams were genuine premierships chances.

RESULTS - 12 Feb 2000

DIV 1		
Shot	Johnston D	11.05m pb
2k W	Jamieson A	8:35.4 pb
100m	Rennie N	11.3 sb
	Burke D	11.4
	Cade T	11.7
1500m	Simm P	4:03.5
	Schwerkolt R	4:03.9
	Curry S	4:10.7 pb
110 H	Johnston D	18.5
HJ	Johnston D	1.65
4x100	Feddersen J	
	Johnston	
	Feddersen C	
	Greening	??
3k St	Taylor M	10:35.5 pb
Jav	Johnston D	41.44m
400m	Beaurepaire J	51.2 pb
	Krumins A	52.0 pb
	Greening P	54.2 sb

DIV 2		
HT	Johnston D	24.01m pb
TJ	Burke D	12.58m sb
2k W	Holmes J	11:21.3 sb
100m	Johnston D	11.8 sb
	Greening P	11.8 sb
	Feddersen C	12.2
1500m	Steel A	4:20.3
	Wilson E	4:24.3 sb
	Beaurepaire J	4:29.0
Discus	Johnston D	31.00m pb
HJ	Beaurepaire J	1.55m
4x100	Morris	
	Krumins	
	Curry	
3k St	Austin R	11:17.9 pb
400m	Davison M	54.2 sb
	Curry S	55.3 sb
	Feddersen C	55.9

DIV 3		
TJ	Feddersen J	9.96m sb
100m	Morris T	12.5
	Feddersen J	12.6
	Good M	13.2
Shot	Morris T	8.98m
1500m	Simm A	4:28.7
	Good M	4:38.8 sb
	Becroft R	4:54.7
Discus	Barker A	25.56m pb
110 H	Hodges R	19.3
	Feddersen C	22.1
4x100	Good, Simm P	
	Barker, Simm A	
HJ	Good M	1.50m
2k St	Steel A	7:02.8 pb
	Simm A	7:15.1 pb
400m	Simm P	56.0 sb
	Barker A	57.5
	Johnston D	57.5

... and juniors star in State titles

There was a two week break in the interclub calendar for the Victorian Underage and Australian Open Championships. The two Andrews, Krumins and Barker, took full advantage of the former to bring home gold and silver medals respectively. Andrew Krumins, as previously reported, scored an impressive victory in the under 17 800m, while Barks was runner-up in the under 18 800m.

The only O.S. athlete to compete in the Nationals in Sydney was Cam Mackenzie, who unfortunately could not reproduce his winning form of the State titles three weeks

Underage Vic Champs
19-20 Feb 2000
Australian Open Champs
24-27 Feb 2000

Under 18	Heat	Final
Barker A		
400m	51.83	51.04 4th SB
800m		2:01.78 2nd SB
Under 17		
Krumins A		
400m	52.72	52.25 5th
800m	2:04.99	1:57.45 1st PB
Open		
Mackenzie C	Heat	Semi
200m	21.33	21.21

O.S.C.A.C. sponsor 1999/2000:

The Oakleigh Party Shop
9 Station Street, Oakleigh
(opposite Garden Centre)

Balloons, candles, decorations, dress up accessories, streamers, hats, masks, napkins, noise makers, novelties, ribbon, spray and silly string, table covers ...
And much more!

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VENUE FINAL AND PROMOTION/RELEGATION MATCH REPORT AND RESULTS
by Mark McAveney

Two out of three ain't bad – a special day at Box Hill

The Old Scotch superstars proved themselves to be the strongest club at the Box Hill venue by winning the Division 2 and 3 venue premier-ships. Unfortunately, Division 1 was the one that got away, as we had to settle for runners-up in that grade - but still a fine effort.

Many, many fine performances were recorded, but none better than Andrew Krumins' blistering 1:55.7 for 800m, breaking the club under 17 record by nearly two seconds! There were PB's and SB's (season bests) all over the place. I counted 18 PB's and 17 SB's, an extraordinary number given that we had only 26 athletes competing. We filled 71 event places, which means each athlete competed in an average of around three events each. It was this team-oriented approach which was the secret of our success.

As far as event highlights go, the 400m hurdles was very special, with five out of six athletes snagging PB's. The 3000m runners also caught the eye. And so it was on to the Association Final, with the anticipation of a triple grand slam at Box Hill next season.

Thanks to Gregor Evans, Anne Edwards and David

RESULTS - 4 March 2000

DIV 1		
3k W	Jamieson A	13:16.1
400 H	Cade T	57.9 pb
	Allwright R	63.4 sb
Shot	Johnston D	DNQ
3000m	Simm P	8:41.7 pb
	Schwerkolt R	8:53.9 pb
	Steel A	9:28 sb
200m	Burke D	23.2 sb
	Cade T	23.2
	Barker A	24.2 sb
Discus	Johnston D	28.93m
800m	Krumins A	1:55.7 pb
	Taylor M	1:57.4
	Beaurepaire J	1:57.6 pb
110 H	Allwright R	17.7
	Johnston D	DNF
LJ	Burke D	6.41m sb
4x200m	Cade Barker Allwright Burke	??
Jav	Johnston D	47.21m

Box Hill	156
Old Scotch	140
Doncaster	100
St Kevin's	95



Raph Allwright strides home ahead of a Box Hill rival

DIV 2		
HT	Johnston D	25.95m pb
3k W	Facey S	16:40.8 sb
	Holmes J	17:30.4 sb
400 H	Johnston D	60.1 pb
	Good M	64.3 pb
LJ	Cade T	5.90m sb
Shot	Burke D	11.34m pb
3000m	Curry S	9:35.0 pb
	Stewart C	9:38.5 sb
	Austin R	10:17.9 pb
200m	Johnston D	24.0
	Greening P	P
	Allwright R	24.4
800m	Barker A	1:59.2 sb
	Schwerkolt R	1:59.6
	Curry S	2:03.1
Pole	Gray T	2.40m sb
HJ	Beaurepaire J	1.70m
110 H	Cade T	16.3 sb
	Good M	20.7 pb
4x200	Krumins Simm A Feddersen C Greening	1:36.7
Jav	Greening P	29.86m

Old Scotch	197
De La Salle	182
Box Hill	120
St Kevin's	108



Michael Good scored heaps of hurdling points

DIV 3		
HT	Greening P	DNQ
400 H	Feddersen C	64.7 pb
	Gray T	72.6 pb
1.5kW	Gray T	8:03.5
	Good M	9:13.8 pb
LJ	Morris T	5.63m pb
200m	Feddersen C	24.5
	Simm A	27.2
	Morris T	26.4
Shot	Barker A	10.56m pb
Discus	Barker A	23.23m
110 H	Hodges R	18.9 sb
	Feddersen J	20.2 pb?
Jav	Gray T	28.79m sb
800m	Simm A	2:06.2
	Steel A	2:09.8
	Stewart C	2:10.7
HJ	Simm A	1.75m sb
4x200	Feddersen J Steel Morris Beaurepaire	1:40.1
3000m	Taylor M	10:03.0 sb
	Becroft R	10:37.3 sb
	Simm A	11:19.6

Old Scotch	183
Collingwood	141
Richmond	130
Diamond Valley	85



Another handy recruit this season, Sam Curry

Surviving to fight another day

APS United had to finish first or second in the three way promotion/relegation match to continue as a State League club next season. Fortunately, the challenge from new club Yarra (a combined team from the Richmond, Collingwood and Diamond Valley clubs)

was very weak and APSU avoided relegation. There were some good O.S. efforts, including Andrew Barker's PB 800m. Hopefully, APSU will not be forced into a similar situation again, but that will be up to the better athletes of the various APS clubs.

RESULTS - 16 March 2000

400 H	Cade T	58.32
3k W	Jamieson A	13:26.8
200m	Mackenzie C	21.95
	Johnston D	24.23 dnq
800m	Krumins A	1:57.0
	Barker A	1:58.1 pb
110 H	Allwright R	16.97
3000	Schwerkolt R	8:53.6

DON'T FORGET -

JAMIESON 5 km this Saturday 2.30 PLEASE BRING TWO PLATES FULL OF GOODIES

ANNUAL MEETING Mon 10 April 8.00

SEE YOU THERE!

ASSOCIATION FINAL REPORT AND RESULTS

by Andrew Simm

Old Scotch's number two's prove too solid

They said we'd never make it. They said we didn't have the talent. They said we couldn't sprint, jump or throw... And they were almost right. However, through sheer guts and determination, the men of Old Scotch banded together and pulled off something bigger than anyone could have expected (no double entendre intended).

It was a muggy 30 degrees at Woop-Woop athletics track (actually Doncaster - Ed.), but that wasn't enough to stop us. A number of our star athletes were struck down by illness/injury/incapacitation or other "i" adjectives, but that wasn't enough to stop us. Both our team manager and club president were unable to attend, leaving us to fend for ourselves, without order or direction, but that wasn't enough to stop us. In fact, the only thing that stopped us in division 3, and almost stopped us in division 2, was that two of the opposing teams had fielded their absolute strongest teams

(Coburg had no division 1 team and Brunswick had no division 1 or 2 teams). Old Scotch, having a division 1 team, had to field legitimate division 2 and 3 athletes in their rightful grades. Unfair? Unjust? Perhaps.

But just because Brunswick had a division 3 athlete who ran 11.5 sec for the 100m, threw the shot over 13 metres and could jump 1.95m in high jump, that didn't make them better than us, because the team spirit and selflessness shown by the entire Old Scotch contingent was second to none. Indeed, we could never have won division 2 and come second in division 3 in the ASSOCIATION FINAL but for the dedication and enthusiasm displayed by our athletes...

Even though it was such a great team effort, with everyone playing an integral part in the overall result, there were a few highlights that will stick in the mind for a long time: Schwerkolt's 1500m, where he blew away some poor guy who thought he had it won with 200m to go; the courage shown over the steeples by Curry

(after a 1500m), Austin, Good (post-2 km walk) and Becroft (after 3 sets of tennis!); Hodges, Fedder (x 2) and Good in the hurdles; Johnno's 200m; Barker's 400m; and a little piece of history when all three of our div 3 400m runners ran 54.7!! However, the memory that will remain strongest for the longest is that of Johnno cooling off in the water jump, where he stood for a couple of hours in the heat of the day - fortunately he waited until all the steeplechase events had finished.

Below are the results - read them, enjoy them, frame them, because they are testament to a season of teamwork, devotion, and a bit of fun along the way. Thank you to everyone for a great year (Old Scotch's best in living memory). Thank you to Gregor and Rossco for co-team-managing during the final and thank you of course to Mark D Purvis (I'm sure the D stands for "Dedicated") for his untiring support and administration, team selecting, protest waging, team managing and cheerleading throughout the season.

Final scores were:

Div 2	Place	Score
Old Scotch	1st	195
Coburg	2nd	185
Nunawading	3rd	156
Glenhuntly	4th	136
Div 3	Place	Score
Brunswick	1st	199
Old Scotch	2nd	177
Nunawading	3rd	142
Glenhuntly	4th	110

RESULTS - 11 March 2000

DIV 2	Place	Score
2k W	Facey S 2nd	10:28 sb
	Gray T 5th	10:40 pb
Shot	Barker A dnq	8.04m
100m	Johnston D 2nd	11.5 pb
	Allwright R 2nd	11.6
	Greening P 2nd	11.7 sb
1500m	Schwerkolt R 1st	4:05.3
	Curry S 3rd	4:14.1
	Barker A 4th	4:15.3 pb
Discus	Johnston D 2nd	30.39m
TJ	Simm A 4th	11.33m sb
HJ	Beaurepaire J 2nd	1.75m sb
3k St	Curry S 4th	11:24 pb
	Austin R 6th	11:30
200m	Allwright R 2nd	23.8 sb
	Johnston D 1st	23.1 sb
	Feddersen C 2nd	23.9 sb
110 H	Feddersen C 4th	21.4 sb
	Good M 4th	21.1
HT	Johnston D 2nd	26.17m pb
Pole	Gray T 2nd	2.40m sb
4x100	Allwright Barker Feddersen C Johnston	2nd 45.5
400m	Barker A 1st	51.0
	Schwerkolt R 2nd	53.9 sb
	Simm A 3rd	54.5
Jav	Burke D 3rd	38.38m pb

DIV 3	Place	Score
Jav	Gray T 3rd	31.00m pb
2k W	Holmes J 2nd	11:14 sb
	Good M 3rd	12:07 pb
TJ	Feddersen J 4th	10.20m sb
100m	Feddersen C 2nd	12.0 sb
	Feddersen J 2nd	12.1 sb
	Morris T 2nd	12.1 pb?
1500m	Simm A 1st	4:21.5
	Stewart C 2nd	4:24.1 sb
Discus	Barker A 4th	25.80m pb
2k St	Good M 3rd	7:26 pb
	Becroft R 6th	8:21 sb
200m	Simm A 2nd	24.5
	Feddersen J 2nd	25.3 sb
	Morris T 3rd	25.6
110 H	Hodges R 2nd	19.0
	Feddersen J 2nd	19.3 sb
HJ	Simm A 2nd	1.65m
HT	Burke D 2nd	26.42m pb
4x100	Feddersen J Good Simm A Morris	2nd 48.4
400m	Johnston D 1st	54.7
	Allwright R 1st	54.7 sb
	Feddersen C 2nd	54.7 sb
Shot	Feddersen J 4th	9.90m pb?



Sprinter Paul Greening ran a season best 100m before succumbing to injury

