

Old Scotch Newsheet

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Important dates:

Sat 9 Oct 1.30 p.m.
Family Day Ewen Macdonald 800m Handicap
Scotch College

Thurs 14 Oct 6.30 p.m.
Warm-up meet
Box Hill

Sat 16 Oct 1.00 p.m.
Rd 1 Cup Comp
Box Hill

Sat 23 Oct 1.00 p.m.
Rd 2 Cup Comp
Doncaster
ALSO APS Sports
Olympic Park

Time to dust off your spikes

The start of the summer track season seems to sneak up every year to find most people unprepared for competition. Finals opportunities can be won or lost in the early rounds and so the onus is on YOU to get registered, get fit and get out to Box Hill to run, jump or throw for Old Scotch.

Serious competition begins on 16 October at Box Hill. This year, we start with the knock out Cup Competition. This series runs for only three weeks, but O.S. must win in round 1 to remain in contention. It is a knockout competition, so if you lose, you're out! We are drawn against Doncaster, Richmond, Kew Camberwell and St Kevin's on 16 October.

Prior to the above date, all former Scotchies have their

annual opportunity to strut their stuff on the Main Oval in the Ewen Macdonald Old Boys' 800m Handicap. Preliminary marks can be found on page 2. T & F vice-president Andrew Simm will be desperate to retain his title from last year.

There is also a meet at Box Hill on Thursday, 14 October, to mark the re-opening of the track. A program of events also appears on page 2. All O.S. athletes are welcome and encouraged to compete.

Andrew Simm (ph. 9818 0900) is keen to hear news of any potential recruits for the new season. If you know someone who has an interest in competing for us, let Andy know as soon as possible.

Our weakness last year was in the sprints and field events, so we need to find some able



Track and field vice-president Andy Simm wants to see YOU at Box Hill this summer

bodies to fill these roles. We are fielding an extra senior team in C grade this year, which means there will be many opportunities for all athletes.

Don't delay your registration – fill out your form and send it off to Anne today.

Winter charge fizzles out

After almost three years of dominating the APSOC winter competition, O.S. suffered defeats in the last two events of the season. We had previously won all four APSOC team events by wide margins, but the wheels seemed to fall off as several of our stars vanished overseas or suffered injuries. Despite this, we won the APSOC Division 1 flag for the fifth year in a row.

There is no doubt that O.S. will bounce back next year,

but it was worrying to see such a large decline in our numbers in the last two events. Only ten O.S. runners completed the Cooke-McClelland, which meant that we did not even fill a second team. We clearly need to recruit more young athletes as our established stars grow older. The success of Old Haileybury, the new APSOC power, stems largely from its high attendance numbers at each race.

O.S. athletes now face the

challenge of lifting their performances and attendances back to those levels of early in 1999. Old Haileybury has thrown down the gauntlet in no uncertain terms.

It was a similar story for Athletics APS, as a disappointing tailing off of performances late in the season contrasted with strong early and mid season efforts. Full reports of all recent APSOC races appear on page 4, while Athletics APS results may be found on page 5.

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Halliday the early handicap favourite

Talking Athletics

With Mark McAveney

One of the highlights of the O.S. athletic calendar is the annual Ewen Macdonald Old Boys' 800m Handicap, run at Scotch on Family Day. This year's race is at **1.30 p.m. on Saturday, 9 October**. Here are the eagerly awaited handicaps (subject to change at the handicapper's whim). Early reports suggest that Johnny

Halliday is extremely fit and may be the man to beat.

- 0 Simm A
- 10 Wilson P
- 20 Schwerkolt
- 25 Simm P, Halliday
- 30 Nettleton
- 40 Lightfoot
- 50 Feddersen, Sutherland
- 60 McLennan
- 65 Ross, Atkinson

- 70 Toward, Wilson E
 - 75 Maddocks, Johnston
 - 80 Griffin, Slade, Good
 - 90 Bécroft, Dall
 - 100 Lane
 - 110 Russell J
- All intending runners must report in to Mark Purvis at the Old Scotch table by the Main Oval no later than 1.00 p.m.

O.S. athletes shine on world stage

Old Scotch athletes continue to shine all over the world. **Mark Moresi** ran the anchor leg for Australia's 4 x 400m relay team in last month's World Championships in Seville. Unfortunately, Mark's excellent split of 46.3 seconds was not enough to get the Aussies into the final.

Andrew Jamieson continues to amaze, this time coming 4th in the Australian 30 km Walking Championships, held on 5 September, in 2:31.20. Please note that this was not a veterans' event, but the open section. Andrew won a gold medal as a member of the winning Victorian men's team. Well done, Andrew!

In July, Andrew was one of

four O.S. athletes who attended the World Veterans' Championships. Here is Jon Holmes' report:

The XIII World Veteran Games were held in Gateshead, a suburb of Newcastle in Northern England, in July/August of this year. Old Scotch's four representatives, **Andy and Lyn Jamieson** and **Jon and Janet Holmes**, safely ensconced in your typical northern beef farm, were well away from the industrial grime of the three main venues for the Games.

Gateshead's main drawback was the hot humid conditions. None suffered more than Andy who, while winning the 20 km road walk by two and a half minutes with 4 km to go, decided first to

walk sideways, then sit on the road and lie down...as in the expression "lie down in the back of an ambulance". Fortunately he recovered sufficiently to win a silver medal in the 5 km track walk, which he managed to finish despite some over enthusiastic race judges.

Lyn had an excellent 5 km track race, finishing mid field despite carrying a few injuries. Janet walked well for 10th place in a faster time than in the last games in Africa. She mostly avoided the vicious British sun that so affected Andy later in the day. Jon ran the 10 km cross country on a course that promised numerous views of the local castle... something that you don't usually get in the average APSOC run.

"Andy who, while winning the 20 km road walk by two and a half minutes with 4 km to go, decided first to walk sideways, then sit on the road and lie down...as in the expression "lie down in the back of an ambulance".."

Meet programs 14 October, 16 October



Pete and Rob cruising the Box Hill track

The program of events on **Thursday, 14 October**, at Box Hill (Hagenauers Reserve, Barwon Street off Elgar Road, Box Hill - Melway map 47 C7) is set out to the right. Entry is free, and the evening meet provides a good opportunity to test your fitness before the serious stuff starts two days later.

- 6.00 100m, 1500m, HJ (<1.65m), LJ (<5.00m)
- 6.30 Discus, LJ (5.00-6.00m)
- 6.45 200m
- 7.00 2km Walk, HJ (>1.65m), LJ (>6.00m)
- 7.20 3000m
- 7.30 400m, Javelin

The program for the first round of Cup Competition on **Saturday, 16 October**,

also at Box Hill, is:

- 1.00 60m, 3km Walk, Hammer
- 1.30 1000m, LJ
- 2.00 200m Hurdles, Shot Put
- 2.40 300m
- 3.00 Discus
- 3.15 5000m
- 4.10 Parlouf Relay

There are no qualifying standards, so come and have a go!

Surprise winter award winner

He arrived at the club in 1997 and proceeded to run 19.05 for the Jamieson 5 km and 13.48 for the Tan in the Dyson Relay – hardly earth shattering times. Since then, Rob Schwerkolt's improvement has been remarkable. Less than three years later, Rob has capped his rise by winning the Bruce Hooley Road Champion trophy for 1999.

Rob wrested the award from Pete Simm, who after his stellar year in 1998, must this year be satisfied with the Andrew Kelso Cross Country Champion award, another fine achievement. Paul Patrick was the clear winner of the Most Outstanding Athlete award. Best under 20 athlete was Andrew Steel and the schoolboy encouragement award will go to James Rice.

Congratulations to all the winners, who will receive their trophies at next year's A.G.M.

Leading points scorers in the two major awards were:

Road

Schwerkolt R	46
Simm P	40
Patrick P	36

Cross Country

Simm P	134
Halliday	108
Schwerkolt	103

More Talking Athletics

Feddersen takes the cash

Big Don McLennan and Andrew Simm organised the inaugural Old Scotch Fun Run at the Smith Reserve on Saturday, 11 September. There were cash prizes for 1st, 2nd and 3rd, and a prize for last place. The event was a 4.5 km handicap, followed by a barbie brunch.

Nine runners competed, with Fedder taking line honours from Nettleton and Toward. Johnston received the wooden spoon. Halliday ran the fastest time of the day, but was narrowly beaten over the line by Schwerkolt, who was "taking it easy for the half

marathon the next day".

The handicaps were reasonably fair to all but a couple, and will give us a good base for handicapping next year's event. A great day was had by all, even James Atkinson, who, in true club spirit, came to officiate.

"Nine runners competed, with Fedder taking line honours from Nettleton and Toward."

TV stars, doctors and world travellers

Club members have been particularly active off the track recently. How many people spotted medico **Andrew Cochrane** in an impressive TV advertisement for the Heart Foundation? We half expected him to whip off his white coat and demonstrate his healthy heart with a few laps of the hospital.

Two of our best 800m runners, **Michael Taylor** and **John Dawson**, have lately headed overseas. Mike is spending a semester at San Diego University in the USA and will return at the end of the year. John will stay for a year in Japan teaching English to local students.

Mike and John will miss two significant events on the O.S. social calendar. Coach and guru **Steve Gaffney** will celebrate his 50th birthday during September – happy birthday, Steve! In October, club president **Pete Simm** graduates as a doctor and marries the gorgeous Lucy. Pete and Lucy have wisely chosen 30 October, a Saturday without athletics, as their wedding day.

Greg Lyons has also winged his way overseas for a series of races in or near Chicago. He may take a crack at the Chicago Marathon. Closer to home, **Rod Austin**, after a strong winter season, will make his marathon debut in

the Melbourne Marathon on 10 October – we wish him the best of luck.

Finally, your newsheet editor has returned from a month in Europe, where he teamed up with former O.S. member **Andrew Boag** to watch the World Track & Field Championships in Seville. Andrew, who now lives and works in Amsterdam, nominated the men's 1500m as the best race of the championships. The photograph to the right was taken on day 1 of the Championships, and features the Jamiesons' Aussie flag, which was proudly waved after Cathy Freeman's brave 400m victory later in the week.



Mark and Andrew in Seville

Racing Roundup

Patrick and Lyons enjoy Whittlesea hospitality

So it's on to the race reports, even if some of them are old news now. Graham Wise staged another successful set of mini marathon races. Paul Patrick and Greg Lyons, the latter despite a dose of the flu, were the best of the O.S. athletes and enjoyed the spoils of victory accordingly.

The eighth marathon was popular this year, with seven athletes trying it for the first time.

RESULTS - 7 August 1999

Pl	Half	21.1k	98+/-	Pl	Eighth	5.8k	98+/-
2	G Lyons	71.52		6	P Simm	16.37	Debut
7	R Austin	82.35	Debut	10	R Schwerkolt	17.08	+0.03
9	T Oehr	84.23	+1.51	15	A Steel	18.07	Debut
Pl	Quarter	10.5k		21	S Austin	19.51	Debut
2	P Patrick	32.20	Debut	28	G Voukelatos	21.51	Debut
4	J Halliday	34.27	Debut	33	P Dodgshun	23.42	Debut
5	D Lightfoot	35.21		34	G Gray	25.12	Debut
8	E Wilson	36.55		37	C Findlay	26.05	+2.38
13	M Purvis	38.27		39	G Wise	28.55	Debut

Winning streak finally ends

Until the MacDougall Relay, O.S. had won every APSOC teams' event since its unexpected loss in the 1996 Jamieson. This extraordinary streak had comprised 21 consecutive victories. It had been achieved with an outstanding combination of established stars, such as Lyons and Austin, and the young talent of Simm and Halliday.

The MacDougall marked the end of the run, as Old Haileybury finally toppled us. Injuries to Patrick and Atkinson

made the difference, but a team is only as good as its reserves, and our overall numbers were well down on previous years. O.S. performance of the day was undoubtedly Johnny Halliday's superb first leg, which was faster than Greg Lyons' blistering last leg.

RESULTS - 21 August 1999

6 x 3.5 km	Time	1998+/-
J Halliday	10.33	-0.41pb
R Schwerkolt	11.29	-0.08pb
A Simm	11.16	+0.06

A Steel	11.48	Debut
P Simm	11.01	+0.13
G Lyons	10.41	+0.16
	66.48	2nd
G Voukelatos	14.21	-0.48pb
R Becroft	12.46	-0.40
R Austin	12.34	+0.16
L Jamieson	14.43	pb
P Dodgshun	15.19	-0.47
R Piesse	15.03	-0.49
C Findlay	16.59	

"Injuries to Patrick and Atkinson made the difference, but a team is only as good as its reserves ..."

Cooke-McClelland disaster

Things went from bad to worse at the Cooke-McClelland, as injuries, illness and unavailability of key athletes left a decimated O.S. team to face the music.

How's this for a roll call of stars - Patrick, Lyons, Halliday, Wilson P, Atkinson, Austin S, Catterick, Lightfoot and Wilson E? All were missing!

Pete Simm, Rob Schwerkolt and the remaining O.S. athletes did their best, but the opposition was far too strong.

The challenge now is to regroup for next season and resume our place as the pre-eminent APSOC team. A major goal must be to increase our numbers - only ten O.S. runners finished the Cooke-McClelland in a very disappointing end to an otherwise successful season. On a more positive note, the course was the correct length this year and there were some huge PB's.

RESULTS - 4 Sept 1999

Pl	8 km	Time	1998 +/-
6	P Simm	26.38	-1.03pb
18	R Schwerkolt	28.21	-1.54pb
25	A Simm	29.24	-1.47pb
27	R Austin	29.34	-2.10pb
28	A Steel	29.39	Debut
43	T Oehr	30.45	-2.57
45	R Becroft	30.57	-4.56
63	G Voukelatos	34.48	-2.40pb
74	P Dodgshun	38.03	-3.18
79	R Piesse	38.36	
	G Wise	dnf	



Andrew Steel has had a fine debut season for Old Scotch



AAPS wins bronze at Coliban

Probably the best story of the 1999 AAPS season was the unexpected bronze medal in the Coliban Road Relay. Our team really showed some fight over the tough country hills and good runs from all athletes gave us third in Division 1 and another Division 5 win. Unfortunately, however, some of the advertised distances were decidedly dodgy.

RESULTS – 31 July 1999 (OS unless indicated *)

M Taylor	21.03	5.2 k	A Steel	25.15	6.3 k
J Halliday	29.15	8.3 k	R Austin	19.37	5.3 k
P Patrick	29.09	9.3 k	A Simm	26.08	7.2 k
R Muir*	18.44	5.3 k	G Sofianos*	22.59	6.6 k
A Scott*	22.00	7.2 k	M Purvis	31.40	8.9 k
P Simm	20.34	6.6 k	Div 1	2:50.36	3rd
S Peacock*	29.51	8.9 k	Div 5	2:05.39	1st



Halliday conquers the Coliban hills

Athletes give the last three events a miss

The 8 km cross country saw the AAPS wheels start to fall off, as only seven of sixteen entered athletes turned up, all from O.S. Various excuses were offered, some better than others, e.g. on the mobile phone half an hour before the race: "I'm on the Geelong Road, where's the Ballarat turnoff?!" At least that athlete attempted to get there.

There was some improvement in the 16 km at Brimbank Park, as Andrew Scott had his best ever placing in an AV winter race. It was pleasing to see Old Haileybury athletes prominent in the team after their disappearance from the previous event. Fourth place in Division 1 was good, but unfortunately there were insufficient runners for Division 5.

AAPS's best recruit this year behind Paul Patrick has been Justin Wilson. Justin had his best result of the year in the Richmond Half Marathon, leading our first team into fourth place. It was not a great day otherwise for the club, as we gave up a Division 5 premiership to Athletics Essendon and lost our last chance at the M40 title because of a lack of numbers.

It seems that the long winter season took its toll on Athletics APS athletes and their enthusiasm levels, as we managed to blow a certain Division 5 and a possible M40 premiership in the last three events of 1999. Numbers dropped dramatically and we need to reverse this trend next year.

The rest of the results

RESULTS – 14 August 1999 Ballarat 8k Cross Country

Plc	(All OS)	Time	1998 +/-
28	J Halliday	28.22	+ 0.31
62	A Simm	30.13	+ 1.04
80	E Wilson	30.59	
112	A Steel	32.06	Debut
115	R Austin	32.15	pb
143	R Becroft	33.15	
188	M Purvis	35.29	

RESULTS – 28 August 1999 Brimbank Pk 16k Cross Country

Plc		Time	1998 +/-
13	A Scott*	56.02	-0.57pb
16	G Lyons	56.14	
49	S Peacock*	61.44	Debut
61	R Muir*	63.09	Debut
90	E Wilson	65.22	
97	R Austin	65.47	Debut
107	C Stewart	66.39	+2.35

RESULTS – 12 September 1999 Richmond Half Marathon

Plc		Time	1998 +/-
12	J Wilson*	67.33	pb?
46	R Schwerkolt	73.04	Debut
52	R Muir*	74.24	Debut
69	G Sofianos*	75.50	
87	R Austin	77.11	pb

