

Summer season is off and running. This is the first of my e mail result bulletins. If you do not wish to receive these bulletins at any time, please e mail me so that I can take you off the list.

Please note that there is **no interclub** this Saturday, but you can come bowling instead! Box Hill Bowl 6.30 p.m. - ring Andrew Simm 9818 0900. Should be plenty of laughs. Also meet our newest star recruit - Erin Bevans, Canadian Commonwealth Games javelin representative.

If you are not yet registered, open the attached file, print it off, fill it out *and* send it to Anne ASAP.

#### Interclub Rd 1 - 10 Oct 1998

##### B Grade

3k Walk A Jamieson ?

##### D Grade

1500m Walk J Holmes ?

3000m A Demetriou ?

Not an auspicious start!

#### Interclub Rd 2 - 17 Oct 1998

##### B Grade

2k Walk A Jamieson 8:53

100m R Allwright 11.1

1500m P Wilson 3:58.5

P Simm 4:08.1

J Halliday 4:09.0

A Simm 4:11 PB (invite)

110mH R Allwright 16.5

HJ E Bostock 1.70m (invite)

4x100m Allwright, Bostock, Demetriou, A Simm 49.1

400m A Simm 52.8

A Slade 53.7 (invite)

R Schwerkolt 55.0 PB

##### D Grade

TJ T Gray 10.59m

100m T Gray 13.1

A Jamieson 14.5

Shot A Jamieson 9.22m PB?

1500m R Schwerkolt 4:21.2 PB

E Wilson 4:28.1

A Demetriou 4:30.6

R Becroft, J Holmes (invite)

4x100m Gray, P Simm, Becroft, Schwerkolt 52.9

HJ T Gray 1.65m PB?

400m P Simm 55.7 EQ PB

T Gray 63.2 PB?

R Becroft 65.4

S Handasyde 63.64 (invite)

Javelin T Gray 29.00m PB

##### Under 18

Pole Vault T Gray 2.10m EQ PB

A much better round. Early form shown by Schwerkolt, Andrew Simm and Gray. Plenty of distance runners, but a lack of sprinters. Welcome back Ewen Wilson and Stu Handasyde, the latter after a 19 year break!!!!!!

#### Interclub Rd 3 - 24 Oct 1998

##### B Grade

3km Walk A Jamieson 14:07

200m R Allwright 23.2

A Slade (invite) 25.1

## **History, diagnosis, surgery and epidemiology of secundum atrial septal defect in a population-based study**

### **Introduction**

Congenital heart disease (CHD) comprises the commonest group of congenital malformations, and is a label for a heterogeneous group of lesions, with varying haemodynamic consequences. These range from minimal circulatory disturbances to cyanosis and/or heart failure, therefore resulting in different requirements for intervention.

Epidemiological studies that deal with malformations are important for several reasons.

Quantification of birth prevalence and spectrum of malformations, along with analysis of past trends in management, allow for future planning of health services. In addition, clusters in time and/or space, or divergences from previous studies, may provide clues as to aetiology.

Certain conditions are essential for an epidemiological study dealing with CHD to be valid and useful. The catchment area must be clearly defined with minimal population movement into and out of the region under study, and there must be clearly identified referral routes for patients with suspected CHD. In addition, the methods used for reaching a diagnosis must be objective and reproducible. Furthermore, accurate and retrievable records must be available, and there must be precise registration of births and deaths with post-mortems carried out on all deaths without a known diagnosis. All of these conditions are satisfied in Malta, making this an ideal location for such studies. A further aid to epidemiological studies dealing with malformations in this country is that the official religion is Roman Catholic, termination of pregnancy is illegal and there is no organised antenatal screening program for CHD.

	R Lane (invite)	?	
Discus	A Jamieson	30.20m	
800m	A Simm	1:58.8	
	J Halliday	2:00.9	PB
	P Simm	2:05.8	
110H	R Allwright	16.2	
LJ	R Lane (invite)	5.48m	
4x200m	Dall, Becroft, P Simm, Demetriou		1:53
5000m	P Simm	15:47	1st
	R Schwerkolt	16:08	3rd PB

**D Grade**

1500m Walk	J Holmes	8:03	
LJ	T Gray	5.00m	PB
200m	S Dall	26.2	
	T Gray	27.2	PB
Shot	A Jamieson	9.27m	PB?
Discus	R Lane (invite)	21.75m	
110mH	R Hodges	19.0	
800m	A Demetriou	2:14	
	S Dall	2:23.9	
	R Becroft	2:26	
	S Handasyde	2:32 (invite)	
HJ	T Gray	1.65m	EQ PB
3000m	A Demetriou	9:45	
	R Becroft	11:36	

**Under 18**

Javelin	T Gray	28.09m	PB
Pole Vault	T Gray	2.25m	PB

Andrew Simm reports:

Not a bad effort considering exams etc. Star recruits (enthusiasm-wise) appear to be Lane and Handasyde. Other highlights were Halliday's 800m PB in extremely adverse conditions, Gray and Jamieson's usual plethora of events, and the B Grade 4 x 200m, who took last place by over 80m, but were still smiling at the finish after running a time John Dawson would be upset with if he'd run the race by himself.

It's looking good for Saturday night's ten pin bowling, with a record response to a social event this year (i.e. more than 6).

## **History, diagnosis, surgery and epidemiology of secundum atrial septal defect in a population-based study**

### **Abstract**

**Objective:** To study diagnostic and surgical trends in atrial septal defect (ASD) in a population-based study, and estimate birth prevalence and spontaneous closure rates.

**Methodology:** All patients in Malta diagnosed as having ASD were identified from various sources. This was in the setting of a sole regional hospital supplying diagnostic services for the entire population. Echocardiographic follow-up was also undertaken for lesions not requiring intervention, in patients were born in 1990-1994.

**Results:** 190 patients born in this period were diagnosed as having ASD. Age at diagnosis and age at surgery have decreased significantly over the period under study ( $p < 0.0001$ ). The mode of diagnosis has become entirely non-invasive ( $p < 0.0001$ ), and the perioperative mortality decreased dramatically over time. For the period 1990-1994, the birth prevalences for defects not requiring intervention, defects requiring intervention and overall were 2.0/1000 live births, 0.4/1000 live births and 2.4/1000 live births respectively. 92% of 50 defects not requiring intervention closed spontaneously, and the remainder had spontaneously decreased in size on follow-up.

**Conclusions:** This is a relatively benign malformation in which early, and non-invasive diagnosis can be achieved, with an extremely low interventional mortality.

## Pamela Handasyde

**From:** Mark Purvis[SMTP:mdpurvis@melbpc.org.au]  
**Sent:** Tuesday, 10 November 1998 4:43 PM  
**To:** Wilson, Paul; Wilson, Ewen; Vial, Leigh; Taylor, Michael; Stewart, Chris; Smith, Mike; Slade, Roger; Slade, Andrew; Simm, Peter; *Simm, Andrew*; Schwerkolt, Rob; Russell, Aaron; McLennan, Don; Maddocks, Glenn; Lightfoot, David; Jamieson, Lyn; Jamieson, *Andrew*; Hooley, Alan; Holmes, Jon; Hodges, Rohan; Handasyde, Stewart; Halliday, Johnny; Gray, Tom; Findlay, Colin; Evans, Gregor; Edwards, David; Edwards, Anne; Dodgshun, Peter; Dall, Stuart; Cornish, Chris; Cochrane, Andrew; Gatherall, Rob; Cade, Tom; Bevans, Erin; Atkinson, James; Allwright, Raph  
**Subject:** Fw: results 7/11/98

A better effort this week. We may have even won B grade.

Dazzling 16 sec PB by Rob Schwerkolt in the 1500m, 8 sec PB by Johnny Halliday.

-----Original Message-----

From: rsimm <rsimm@eisa.net.au>  
To: mdpurvis@melbpc.org.au <mdpurvis@melbpc.org.au>  
Date: Sunday, 8 November 1998 21:07  
Subject: results 7/11/98

Mark,

Here are the results for Saturday:

2 km walk :	B grade - A. Jamieson	1st	9:00.6	
	D grade - T. Gray		12:40.1	PB U20,U19,U18 CLUB REC
Shot put:	D grade - A. Jamieson	2nd	9.31m	PB
100m:	B grade - N. Rennie	1st	10.8	
	R. Allwright	2nd	11.1	
	D grade - T. Gray		12.3	PB
	A. Jamieson		14.6	
1500m:	B grade - J. Halliday	7th	3:58.2	PB
	P. Simm	9th	4:00.8	
	A. Simm	13th	4:09.5	PB
	D grade - R. Schwerkolt	1st	4:05.4	PB
	E. Wilson	2nd	4:23.0	
	A. Demetriou	5th	4:25.6	
	R. Catherall	INV	4:34.6	
	J. Holmes	INV	4:53.6	
110m hurdles:	B grade - R. Allwright	1st	16.1	
4 x 100m relay	B grade - R. Allwright, T. Gray, S. Dall, P. Simm	3rd	49.7	
High jump	D grade - T. Gray	1st	1.60m	
Javelin	D grade - T. Gray		26.05m	
Pole vault	Under 18 - T. Gray		2.20m	
400m	B grade - M. Taylor	1st	51.2	

	R. Allwright	3rd	52.1
	R. Schwerkolt	5th	53.7 PB
D grade -	T. Gray	1st	62.7
	S. Handasyde	4th	65.8



ATT00001.htm

# Old Scotch Newsheet

Summer Edition 2.98.99

8 November 1998

## Inside this issue:

800m handicap, ten pin bowling & stuff	2
Interclub results	3
Registration form	4

## Upcoming events:

Thurs 12 Nov 6.30 p.m.  
Round 1 State League  
Prog 2 (200,800,5000)  
Olympic Park

Sat 14 Nov 1.00 p.m.  
Round 4 Interclub  
Prog 2 (200,800,5000)  
Box Hill

Thurs 19 Nov 6.30 p.m.  
Round 2 State League  
Prog 1 (100,400,1500)  
Olympic Park

Sat 21 Nov 1.00 p.m.  
Round 5 Interclub  
Prog 1 (100,400,1500)  
Box Hill

Sun 22 Nov 9.00 a.m.  
Spring Into Shape Fun Run  
OFFICIALS WANTED (see p.2)

Thurs 26 Nov 6.30 p.m.  
Round 3 State League  
Prog 2 (200,800,5000)  
Olympic Park

Sat 28 Nov 1.00 p.m.  
Round 6 Interclub  
Prog 2 (200, 800, 5000)  
Box Hill

Thurs 3 Dec 6.30 p.m.  
Round 4 State League  
Prog 1 (100,400,1500)  
Olympic Park

## Membership crisis strikes club

The number of competing Old Scotch athletes has fallen to almost an all time low. Yes, we know there are exams to do and end of year parties to attend, but that does not explain the catastrophic fall in registrations this summer.

Five years ago, O.S. had more than 70 male athletes registered with Athletics Victoria. As of 8 November, the count for season 1998-99 was a pitiful 33. There are plenty of "gunna" members out there, as in "I'm going to send in my form tomorrow/this week/next week etc". Unfortunately, "gunna" athletes do not score interclub points on Saturday afternoons!

The lack of members is glaring in the sprinting events. In round 3, we had

nine 1500m runners and one sprinter! It makes for a fairly mediocre sprint relay team, even if the distance guys are having fun.

Our plea to all unregistered recipients of this newsheet is to please, please send in the enclosed form and then get out to Box Hill at the earliest opportunity. To registered members, please send us some recruits, young or old, fast or slow.

Hopefully, the next few rounds will see a few of our schoolboy recruits on deck. Existing members Tom Cade and James Ross were two of the stars of the 1998 APS Sports. Several other capable schoolboy athletes have promised to join them at O.S. They now have the opportunity to become the new stars of the club over the next few years.



*No problem with our summer distance squad, but where are the sprinters?*

## Farewell to Ian Wilson and John McCulloch

Members of the club were saddened recently to hear of the passing of two past champion athletes and leaders.

Ian Wilson was the oldest of the four Wilson brothers, who have left such a mark on our club. Ian competed as a top junior sprinter in the season of 1958/59 and set club sprint relay records on his way to becoming O.S. Club Captain in 1960. Always a very tough and determined competitor over

100m, 200m, 400m and 400m hurdles, Ian was still competing, wearing his very faded red singlet, in interclub finals in 1976. Ian gave perhaps even more service to the O.S. football club where he was captain, coach and committeeman for many years. Ian had remained a member and very loyal supporter of the athletic club to the time of his sudden death, donating \$100.00 to the club every year. Our sympathy is extended to all his family.

John McCulloch joined Old Scotch in 1966 as a junior thrower and in 1968 was selected as a shot putter and hammer thrower to captain the Victorian under 17 team. John broke several O.S. records and was Victorian U19 shot put champion in 1969 and 1970. He gave the club great service, competing in A grade for several years before moving to the Warrnambool area, where he passed away several weeks ago.

## Back markers blitz 800m field in heavy going

They paced the track like well oiled thoroughbreds, visualising glorious victory on the Main Oval before a rapturous Family Day crowd. The handicapper knew some of the form, but early in the season, who really knows?

Taylor, Paul Wilson and the Simm brothers were the back markers, while Schwerkolt had been dragged well back as the result of his win last year. Maddocks also suffered a late penalty, when someone tipped off the handicapper about a recent 800m PB. The track was rated very heavy.

Much pressure was placed on the handicapper before the race to vary the marks. Various runners claimed to have had the 'flu or left their spikes at home. Andrew Simm suggested his performance would be adversely affected because a certain horse lost the second race at Caulfield.

From the gun, front marker Russell led for several hundred metres, until a scorching first lap by Schwerkolt took him into the lead. Rob appeared to be going away from the field, but then back marker Taylor made a charge 200m out.

Mike could not sustain his surge and with 150m to go there were at least six runners with a chance of winning. The Simm boys and Paul Wilson had stayed close all the way and it was Wilson who jumped ahead past the chapel. Andrew Simm had other ideas, however, and passed Paul down the straight to win by a couple of metres. It was a terrific race and the crowd was generous in its applause.

It was pleasing that the P.A. system worked this year and the pipe band did not try to compete with the gripping call of the race.



*Winners are grinners - Andy Simm hits the line with delight (see more pix on the Old Scotch web page)*

### RESULTS - 10 Oct 1998

A Simm (20m)	2:01.76
P Wilson (15m)	2:02.16
P Simm (25m)	2:02.67
J Halliday (45m)	2:03.45
R Schwerkolt (30m)	2:04.51
M Taylor (scr)	2:06.11
E Toward, G Maddocks, D McLennan, A Slade, J Russell, P Hepworth, R Becroft	

## McLennan strikes it rich

Perhaps the biggest obstacle preventing Don McLennan from excelling as an athlete is his all round talents in other sports. Earlier this year he impressed onlookers at Bulleen with his golfing prowess, then recently he began his usual summer stint with the Old Scotch Cricket Club. During the recent club ten pin bowling night, Don proved that he can also bowl a bit.

174 in the second game gave Don the overall honours after Pete Simm and Mark Purvis had made the early running. Jon Holmes was also up there. Several other star athletes demon-

strated conclusively that, when it comes to bowling, they are very good track and field athletes.

Dinner followed at a local pizza restaurant. It appears that although he can bowl, Don cannot navigate, since he went missing from the dinner. It has also come to the committee's attention that Don has not yet registered with O.S. for this season. He is therefore requested to return his golfing and bowling "Kinder Surprises" immediately as an ineligible athlete under the club's little-known social rules.

## Star recruits boost club stocks

Membership levels are running critically low, so it is pleasing to report the signing of three new members. The biggest coup is the signing of Erin Bevans, who represented Canada at the Commonwealth Games in Kuala Lumpur. Erin is a javelin thrower with a PB of around 79 metres. Bob Grant's club record is finally under serious threat.

Rory Lane and Adam Nettleton both represented Scotch in the APS Sports in the mid '90's. Rory won the

open triple jump in around 1995, but has only recently returned to athletics. An all round athlete, he will be a valuable interclub contributor. Adam Nettleton ran in the 4 x 800m relay team at school and joins our powerful middle distance squad.

More good news was the re-signing of distance star Paul Patrick, who has had a bad run of injuries since competing at the 1994 Commonwealth Games, but is back and firing (8:07 for 3000m recently).

## Spring into action to help

OK, this is the last time you will be asked in 1998. We have one more "Spring Into Shape" fun run to do. Sunday 22 November is the day from 8.30 to 10.30 a.m.

Last time we could only manage four volunteers. Yet again it was Andrew and Pete Simm, assisted this time by Anne Edwards and Mark Purvis. It's not really good enough to leave the job of fund raising to the same willing workers every time. All it takes is a phone call to Andrew on 9818 0900 to say: "Yes, I'll be there". How about it?

*At the sharp end of things - Erin Bevans ready to make an impression*



## Trackside tales – interclub reports and results

### Sluggish start

The 800m handicap and Graham Wise's weekend away resulted in most athletes giving round 1 of interclub a miss. It was not an auspicious start, but we can only improve from here!

**RESULTS – 10 Oct 1998**

B Grade		
3k Walk	A Jamieson	13:46
D Grade		
1.5k Walk	J Holmes	8:00
Shot	A Jamieson	8.77m
3000m	A Demetriou	?



Form athlete Rob Schwerkolt with Glenn Maddocks in the 800m handicap – this and many other colour photos can be found on the club website at <http://www.geocities.com/Colosseum/Track/2423>

**Sponsors of O.S.C.A.C. since 1993**  
**HOLMES & HOLMES**  
 Solicitors  
 13 Station Street, Oakleigh 3166  
 Ph 9568 3822 Fax 9568 2357  
 Specialists in conveyancing, family  
 law and financial  
 advice

### 1500m runners lead recovery

We had nine 1500m runners, but only two sprinters in round 2. A few early PB's were posted, including Rob Schwerkolt's first 400m B grade qualifier. Tom Gray was everywhere, vaulting, jumping and running. It was good to welcome back Ewen Wilson and Stu Handasyde, the latter after a nineteen year break!

**RESULTS – 17 Oct 1998**

B Grade			
2k Walk	A Jamieson	8:53	
100m	R Allwright	11.1	
1500m	P Wilson	3:58.5	
	P Simm	4:08.1	
	J Halliday	4:09.0	
	A Simm INV PB	4:11	
110mH	R Allwright	16.5	
HJ	E Bostock INV	1.70m	
4x100m	Allwright Bostock Demetriou A Simm	49.1	
	400m	A Simm INV	52.8
		A Slade INV	53.7
	R Schwerkolt PB	55.0	
D Grade			
TJ	T Gray	10.59m	
100m	T Gray	13.1	
	A Jamieson	14.5	
Shot	A Jamieson PB	9.22m	
1500m	R Schwerkolt PB	4:21.2	
	E Wilson	4:28.1	
	A Demetriou	4:30.6	
	R Becroft INV	??	
	J Holmes INV	??	
4x100m	Gray, P Simm, Becroft, Schwerkolt	52.9	
HJ	T Gray PB	1.65m	
	400m	P Simm PB	55.7
	T Gray PB?	63.2	
	S Handasyde INV	63.64	
	R Becroft	65.4	
Javelin	T Gray PB	29.00m	

### Schwerkolt hat-trick

Three events this season for three PB's – Rob Schwerkolt is hot. This time it was the 6000m. Johnny Halliday's 800m PB was another highlight in adverse conditions. The B grade relay team came last by 80m, but were still smiling at the finish, despite recording a time that John Dawson would beat on his own.

**RESULTS – 24 Oct 1998**

B Grade		
3k Walk	A Jamieson	14:07
200m	R Allwright	23.2
	A Slade INV	25.1
	R Lane INV	??
800m	A Simm	1:58.8
	J Halliday PB	2:00.9
	P Simm	2:05.8
110mH	R Allwright	16.2
LJ	R Lane INV	5.48m
4x200m	Dall, Becroft, P Simm, Demetriou	1:53
	5000m	P Simm
	R Schwerkolt PB	16:08
D Grade		
1.5kW	J Holmes	8:03
LJ	T Gray PB	6.00m
200m	S Dall	26.2
	T Gray PB	27.2
	A Jamieson	30.2
Shot	A Jamieson PB	9.27m
Discus	R Lane INV	21.75m
110mH	R Hodges	19.0
800m	A Demetriou	2:14
	S Dall	2:23.9
	R Becroft	2:26
	S Handasyde INV	2:32
HJ	T Gray EQ PB	1.65m
3000m	A Demetriou	9:45
	R Becroft	11:36
Under 18		
Javelin	T Gray PB	28.09m
PV	T Gray PB	2.25m

**OLD SCOTCH COLLEGIANS A.C. INC. REGISTRATION FORM 1998-99**

Name: .....  
 (Full Christian Names) (Surname)  
 Address: .....  
 (No /Street) (Suburb/Town) (Postcode)  
 Term address (if different to above): .....  
 Telephone: ..... (Home) Facsimile: .....  
 ..... (Business) E-Mail: .....

**IF ATHLETE UNDER 18 YEARS OF AGE:**

Christian names of parent(s): .....  
 Business telephone nos. (if applicable): .....

Date of birth: ...../...../..... Age at 31/12/98: ..... Years ..... Months  
 Occupation: ..... School (if applicable): .....  
 Preferred events and PB's: .....

Are you transferring from another club? Yes/No  
 Are you applying for dual claim membership (Old Scotch summer/Athletics APS winter)? Yes/No

I enclose cash/cheque payable to "Old Scotch Collegians A.C. Inc." for my subscription for the period 1/4/98 to 31/3/99 (age group as at 31/12/98):

		<u>Open</u>	<u>Full time student</u>	<u>Under 20</u>
Category 1	Full AV/APSOC winter*	\$160.00	\$120.00	\$105.00
Category 2	Summer AV only*	\$120.00	\$ 90.00	\$ 85.00
Category 3	Winter APSOC only	\$ 45.00	\$ 35.00	\$ 30.00
Category 4	Registered AV official	\$ 40.00	\$ 35.00	\$ 30.00
Category 5	Social (non-competing)	\$ 25.00	\$ 25.00	\$ 25.00

\* NOTE: Club pays AV registration fee of \$80.00 plus Glenhuntly gate fee of \$17.00 per senior athlete from category 1 and 2 subscriptions, plus \$25.00 dual claim fee for category 1. AV registration includes annual subscription to Australian Runner magazine - if not required, you (NOT the club) can apply for a \$10.00 rebate from AV using the form accompanying the magazine.

**ELIGIBILITY DECLARATION:**

I hereby apply for membership of Athletics Victoria Inc. with the OLD SCOTCH COLLEGIANS ATHLETIC CLUB INC. and declare that I am eligible to participate in competition according to the eligibility laws set down in the By Laws of Athletics Australia. I agree to abide by the Rules and By Laws of Athletics Victoria Inc., the Articles and By Laws of Athletics Australia and the Constitution of the International Amateur Athletic Federation as amended from time to time.

Signed: ..... Date: .....

**SEND COMPLETED FORM AND CASH/CHEQUE PAYABLE TO "OLD SCOTCH COLLEGIANS A.C. INC." TO:  
 The Registrar, O.S.C.A.C. Inc., c/- Anne Edwards, 20 Nairn Street, Ashburton 3147**

## Pamela Handasyde

**From:** Mark Purvis[SMTP:mdpurvis@melbpc.org.au]  
**Sent:** Sunday, 15 November 1998 4:29 PM  
**To:** Wilson, Paul; Wilson, Ewen; Vial, Leigh; Taylor, Michael; Stewart, Chris; Smith, Mike; Slade, Roger; Slade, Andrew; Simm, Peter; Simm, Andrew; Schwerkolt, Rob; Russell, Aaron; McLennan, Don; Maddocks, Glenn; Lightfoot, David; Jamieson, Lyn; Jamieson, Andrew; Hooley, Alan; Holmes, Jon; Hodges, Rohan; Handasyde, Stewart; Halliday, Johnny; Gray, Tom; Findlay, Colin; Evans, Gregor; Edwards, David; Edwards, Anne; Dodgshun, Peter; Dali, Stuart; Cornish, Chris; Cochrane, Andrew; Catherall, Rob; Cade, Tom; Bevans, Erin; Atkinson, James; Allwright, Raph; Patrick, Paul  
**Subject:** Fw: Results 14/11 - round 5 interclub

-----Original Message-----

From: peter Simm <pjsimm@hotmail.com>  
To: mdpurvis@melbpc.org.au <mdpurvis@melbpc.org.au>  
Date: Saturday, 14 November 1998 19:09  
Subject: Results 14/11

>Mark,

> It was a great day for athletics, the sun was shining and the  
>breeze wasn't blowing, and we got 20 athletes trackside, I think our  
>best turnout for the year. At the close of counting I'm pretty sure we'd  
>>won our round of both B grade (vs Diamond Valley/bye) and D grade (vs  
>BOX HILL(!!!)and De La Salle). Most encouraging was the fact we had  
>athletes in 10 of the 13 D grade events, and filled the 200m, relays,  
>800m, and 3000m. So without further ado, the results.....

>

>B GRADE:

>3 km walk A. Jamieson 1st 13:45

>

>200m T. Cade 1st 22.5 (Club record under 17)

> R. Allwright 2nd 22.6

> A. Simm 5th 23.9

>

>800m P. Wilson 1:56.6 (fastest time in 11 yrs!)

> R. Schwerkolt 1:59.8 PB (6th so far this season)

> A. Nettleton 2:03.0

> D. McLennan (INV) 1:57.45 PB

>

>Long jump R. Lane 5.55m (DNQ)

>

>4 x 400m T. Cade 51.0

> R. Schwerkolt 53.4

> A. Nettleton 54.4

> A. Simm 55.3 3:31.4 (1st)

>

>5000m E. Wilson 1st 16:12

> R. Schwerkolt 2nd 16:26

>

>D GRADE

>

>1.5 km walk T. Gray 8:49 PB

>

>Long jump A. Simm 1st 5:51 PB

>

>200m A. Nettleton 2nd 23.7  
> S. Dall 5th 25.9  
> R. Lane (ht 2) 4th 26.0  
>  
>Shot put A. Jamieson 1st 8.94m  
>  
>110 hurdles R. Hodges 2nd 19.2  
>  
>800m R. Allwright 2:16.0  
> J. Hoimes 2:22  
> S. Handasyde 2:24.7  
> R. Catherall (INV)2:11.6  
>  
>High jump T. Gray 1.65m  
>  
>Javelin R. Lane 1st 36.95m PB  
>  
>4 x 400m R. Allwright  
> D. McLennan  
> P. Simm  
> S. Dall 1st 3:42.6 (and we lapped 4 teams!!)  
>  
>3000m A. Simm 1st 9:49  
> A. Demetriou 2nd 9:53  
> R. Becroft 7th 10:54.97  
>  
>UNDER 18  
>  
>Javelin T. Gray 33.20m  
>  
>Pole vault T. Gray 2.40m PB  
>  
>  

---

  
>Get Your Private, Free Email at <http://www.hotmail.com>  
>

## Pamela Handasyde

---

**From:** Mark Purvis[SMTP:mdpurvis@melbpc.org.au]  
**Sent:** Friday, 20 November 1998 5:48 PM  
**To:** Wilson, Paul; Wilson, Ewen; Vial, Leigh; Taylor, Michael; Stewart, Chris; Smith, Mike; Slade, Roger; Slade, Andrew; Simm, Peter; Simm, Andrew; Schwerkolt, Rob; Russell, Aaron; McLennan, Don; Maddocks, Glenn; Lightfoot, David; Jamieson, Lyn; Jamieson, Andrew; Hooley, Alan; Holmes, Jon; Hodges, Rohan; Handasyde, Stewart; Halliday, Johnny; Gray, Tom; Findlay, Colin; Evans, Gregor; Edwards, David; Edwards, Anne; Dodgshun, Peter; Dall, Stuart; Cornish, Chris; Cochrane, Andrew; Catherall, Rob; Cade, Tom; Bevans, Erin; Atkinson, James; Allwright, Raph; Patrick, Paul  
**Subject:** State League Rd 2

More bodies on the track meant a much better team result for APSU in round 2 last night. Another unbelievable performance from Jammo at age 52!

Old Scotch competitors as follows:

5k Walk	A Jamieson	23:04.40	PB CLUB RECORD
100m	N Rennie	11.07	
110mH	R Allwright	16.41	
1500m	P Simm	3:54.10	PB
	J Halliday	3:58.30	
	R Schwerkolt	4:03.30	PB (great effort, didn't know he was running until 5.00 p.m.)
400m	M Moresi	46.90	
	M Taylor	52.08	(didn't know he was running until 8.45 p.m., drove from Ashburton, raced at 9.35 p.m.)



ATT00001.htm

## ABSTRACT

**Objective:** To determine whether boys meeting diagnostic criteria for juvenile mania and Attention Deficit Hyperactivity Disorder (Mania-ADHD) may be distinguished from boys with ADHD alone on a range of clinical and family variables. **Methodology:** Boys aged 9-13 years with Mania-ADHD ( $n = 25$ ), ADHD alone ( $n = 99$ ), or no psychiatric diagnosis ( $n = 27$ ) were compared on parent and teacher report Child Behavior Checklists (CBCL) and Conners Questionnaires, self-report CBCLs, patterns of co-morbidity, intellectual functioning, and family variables. **Results:** Mania-ADHD subjects had significantly higher mean ratings than ADHD only subjects on the parent CBCL for the Withdrawn, Thought Problems, Delinquent Behavior and Aggressive Behavior scales and significantly higher rates of co-morbid depression, anxiety and psychotic symptoms. Other variables did not distinguish the Mania-ADHD and ADHD only groups. **Conclusions:** These data confirm previous research indicating that the CBCL may be used to assist in the clinical identification of manic children.

**Key Words:** mania; attention deficit; Child Behavior Checklist; co-morbidity.

## Pamela Handasyde

**From:** Mark Purvis[SMTP:mdpurvis@melbpc.org.au]  
**Sent:** Sunday, 22 November 1998 9:51 PM  
**To:** Wilson, Paul; Wilson, Ewen; Vial, Leigh; Taylor, Michael; Stewart, Chris; Smith, Mike; Slade, Roger; Slade, Andrew; Simm, Peter; Simm, Andrew; Schwerkolt, Rob; Russell, Aaron; McLennan, Don; Maddocks, Glenn; Lightfoot, David; Jamieson, Lyn; Jamieson, Andrew; Hooley, Alan; Holmes, Jon; Hodges, Rohan; Handasyde, Stewart; Halliday, Johnny; Gray, Tom; Findlay, Colin; Evans, Gregor; Edwards, David; Edwards, Anne; Dodgshun, Peter; Dall, Stuart; Cornish, Chris; Cochrane, Andrew; Catherall, Rob; Cade, Tom; Bevans, Erin; Atkinson, James; Allwright, Raph; Patrick, Paul  
**Subject:** Interclub round 6

Another excellent day at Box Hill, as O.S. defeated traditional rivals O.M. and St Kevin's in B grade and also won D grade outright. The B grade team is now fourth on the ladder and heading for a finals berth. D grade is in around 6th position.

Stars were Jammo in the walk, and Cade and Nettleton in the 400m. Team highlight was Ewen Wilson anchoring a very competitive D grade 4x100m relay.

### RESULTS - 21 Nov 1998

#### B Grade

2k W A Jamieson 8:46.3 PB  
100m T Cade 11.1 PB U18, U17 CLUB RECORD  
R Allwright 11.4  
1500m R Schwerkolt 4:04.5  
A Demetriou 4:25  
E Wilson 4:26.8  
110mH R Allwright 15.9  
4x100m Allwright, A Simm, Lane, Cade ??  
TJ R Lane 12.38m  
Jav R Lane ??  
400m T Cade 50.7 PB  
A Nettleton 52.0 PB  
A Simm 52.3

#### D Grade

2k W E Wilson 13:04  
TJ T Gray 10.56m  
100m T Gray 13.4  
A Jamieson 14.8  
Shot A Jamieson 9.23m  
1500m R Catherall ???  
R Becroft 4:56  
Discus T Gray 24.24m  
110mH R Hodges 19.7  
4x100m Dall, Gray, Catherall, E Wilson ??  
HJ T Gray 1.60m  
2kSt J Halliday 6:07  
400m P Simm 55.3 PB  
J Halliday 56.3 PB  
S Dall 58.1  
R Becroft 64.3 INV  
Under 18  
Pole T Gray 2.40m PB

**Preceding illness:** Preceding illness was defined as an illness of any kind that was present during the 4-10 days prior to initial presentation. This time interval was chosen, to exclude patients who had a prodrome of meningococcal disease prior to the disease becoming invasive and to include patients who had a viral illness that may have precipitated invasive disease.

**Outcome:** This was recorded as complete recovery, sequelae (which included hearing loss, skin defects leaving a permanent scar, limb loss), death or unknown.

**Pamela Handasyde**

---

**From:** Mark Purvis[SMTP:mdpurvis@melbpc.org.au]  
**Sent:** Monday, 30 November 1998 10:28 PM  
**To:** Wilson, Paul; Wilson, Ewen; Vial, Leigh; Taylor, Michael; Stewart, Chris; Smith, Mike; Slade, Roger; Slade, Andrew; Simm, Peter; Simm, Andrew; Schwerkolt, Rob; Russell, Aaron; Patrick, Paul; Nettleton, Adam; McLennan, Don; Maddocks, Glenn; Lightfoot, David; Jamieson, Lyn; Jamieson, Andrew; Hooley, Alan; Holmes, Jon; Holmes Family; Hodges, Rohan; Handasyde, Stewart; Gray, Tom; Findlay, Colin; Evans, Gregor; Edwards, David; Edwards, Anne; Dodgshun, Peter; Dall, Stuart; Cornish, Chris; Cochrane, Andrew; Catherall, Rob; Cade, Tom; Bevans, Erin; Atkinson, James; Allwright, Raph; Wilson, Rob  
**Subject:** Interclub ladders

B GRADE PREMIERSHIP LADDER AFTER COMPETITION HELD ON 28 November 1998                      PTSBox  
Hill I   20Diamond Valley 19O.Scotch   16O.Paradians 15St.Kevins   15O.Xaverians 14O.Melburnians  
14Ivanhoe   13Doncaster   12.5Box Hill II   10.5Collingwood   10

D GRADE PREMIERSHIP LADDER AFTER COMPETITION HELD ON 28 November 1998  
PTSivanhoe   21O.Paradians   18Richmond   17Diamond Valley 16S.S.H.   15Collingwood  
15O.Scotch   14De La Salle   13Box Hill   10O.Melburnians   6Doncaster   4Kew-Camberwell   0



ATT00000.htm

# Invasive Meningococcal Infection in Western Australia

Running title: Invasive Meningococcal Infection

Authors: CA Olesch, M.B.,B.S. Registrar in Paediatrics  
GJ Knight, FRACP. Consultant Paediatrician

Affiliation: Department of Paediatrics  
Princess Margaret Hospital for Children  
Roberts Rd, Subiaco 6008, Western Australia

Corresponding Author: Dr. Geoff J Knight  
Consultant Paediatrician  
Princess Margaret Hospital for Children  
Roberts Rd, Subiaco 6008, Western Australia

Present Address of First Author: Dr. Christine A Olesch  
CDR Research Fellow  
Royal Children's Hospital  
Flemington Rd, Parkville 3052, Victoria

## Pamela Handasyde

---

**From:** Mark Purvis[SMTP:mdpurvis@melbpc.org.au]  
**Sent:** Friday, 4 December 1998 6:09 PM  
**To:** Wilson, Rob; Wilson, Paul; Wilson, Ewen; Vial, Leigh; Taylor, Michael; Stewart, Chris; Smith, Mike; Slade, Roger; Slade, Andrew; Simm, Peter; Simm, Andrew; Schwerkolt, Rob; Russell, Aaron; Patrick, Paul; Nettleton, Adam; McLennan, Don; Maddocks, Glenn; Lightfoot, David; Jamieson, Lyn; Jamieson, Andrew; Hooley, Alan; Holmes, Jon; Holmes Family; Hodges, Rohan; Handasyde, Stewart; Gray, Tom; Findlay, Colin; Evans, Gregor; Edwards, David; Edwards, Anne; Dodgshun, Peter; Dall, Stuart; Cornish, Chris; Cochrane, Andrew; Catherall, Rob; Cade, Tom; Bevans, Erin; Atkinson, James; Allwright, Raph; Becroft, Ross  
**Subject:** Moresi on fire

APS United finally cracked it for a win last night, with Mark Moresi showing the way with a superb 400m PB of 46.39 seconds. The other big stories of the night were Tom Sutherland qualifying in the steeple in his State League debut, only five days after resuming his athletics career following a two year break, and Tom Cade winning his heat of the 400m.

### O.S. results - 3 Dec 1998:

5k Walk	Jammo	23:29.9
100m	Rennie	10.88
	Cade	11.50 (debut)
1500m	P Simm	4:00.9
110m H	Allwright	16.28
3k St	Sutherland	9:57.8 (debut) PB
400m	Moresi	46.39 PB
	Cade	50.71 PB



ATT00000.htm

# Old Scotch Newsheet

Summer Edition 3.98.99

7 December 1998

## Inside this issue:

State League results	2
Interclub results and ladders, caption competition	3-4

## Diary dates:

Thurs 10 Dec 6.30 p.m.  
Round 5 State League  
Prog 2 (200,800,5000)  
Olympic Park

Sat 12 Dec 1.00 p.m.  
Round 9 Interclub  
Prog 2 (200,800,5000)  
Box Hill

Thurs 17 Dec 6.30 p.m.  
Round 1 Tattersall's Classic  
Olympic Park

Sat-Sun 19-20 Dec  
Vic Relay & Multi Event  
Championships  
Olympic Park

Sat 9 Jan 1.00 p.m.  
Round 10 Interclub  
Prog 1 (100, 400, 1500)  
Box Hill  
ALSO  
Round 6 State League 1.00 pm  
Prog 1 (100,400,1500)  
Geelong

Thurs 14 Dec 6.30 p.m.  
Round 2 Tattersall's Classic  
Olympic Park

Sat 16 Jan 1.00 p.m.  
Round 11 Interclub  
Prog 2 (200,800,5000)  
Box Hill

## Moresi to lead hot relay squad

Mark Moresi has been in scintillating form lately, running two 400m PB's in the space of three days. His recent times (46.37 and 46.39 seconds) have been faster than his 1994 club record of 46.51 seconds, which earned him a trip to the Commonwealth Games that year. Hopefully, Mark will carry his form through to a 1999 World Championships berth and beyond.

Our other 400m gun, Cam Mackenzie, will run in the Victorian Relay Championships with Mark next week, giving O.S. an excellent chance of winning back to back 4 x 400m titles. The 4 x 400m team is also likely to include 16 year old sensation, Tom Cade.

The medley relay team is sweating on the availabil-

ity or otherwise of John Dawson, who is making a steady comeback from winter surgery. John would also be handy in the 4 x 800m relay, but O.S.



Two members of our strong 800m squad - Don McLennan and Andy Simm - go head to head at Box Hill

has an outstanding squad of young middle distance runners available. Although Pete Simm will be overseas, there are still another six athletes who have already run under two minutes this season.

The relay championships are conducted over two days on 19 and 20 December at Olympic Park. Saturday sees our 4 x 200m, 4 x 800m and medley relay teams in action, while the 4 x 400m team runs on Sunday at around 4.15 pm. If you want some great free entertainment, come down to Olympic Park and give our guys some loud encouragement.

At the same time, Tom Gray will be making his decathlon debut in the under 18 event. Go Tom, only our second decathlete in the last decade!

## Talented juniors join O.S. ranks

Club stocks have been boosted recently with three junior stars becoming new club members. Fifteen year old Andrew Barker won the Victorian All Schools U16 800m a month ago in a snappy 2:02. Andrew has an excellent range, having run 23.8 and 51.67 secs for 200m and 400m respectively.

Nick Miller and Jonni Everett are both just fourteen years of age, but pos-

sess outstanding potential as distance runners. Nick is new to the sport, but impressed onlookers at the APS Sports with his third placing in the U15 1500m.

Jonni starred for Brighton Grammar during the APS cross country season. He was directed to O.S. by the happy circumstance that a certain A. Jamieson is his uncle! Jonni and Nick will find themselves competing as teammates in our under 16 team.

David Johnston and Charles Feddersen are the first of our school leaver recruits (and hopefully not the last). They will be extremely valuable assets in a club starved of sprinters. David also high jumps (PB 1.78m) and has an interest in trying other events.

A big O.S. welcome to these athletes - hopefully they will all be long term members of the club.

## Racing round up – APSU State League reports and results

### Who or what is APSU?

New members of Old Scotch may be a little confused by the frequent references in this newsheet to athletes whom they never see at Box Hill. The reason is the somewhat complicated club structure under which O.S. operates.

If you like athletics, you join the club and go to Box Hill for graded and underage competition, usually held on Saturday afternoons. This competition is known as "Interclub". If you are a very good athlete, you compete in the highest interclub grade, namely B grade.

The name "B grade" of course indicates that there is a higher grade somewhere. There is, and it used to be called (surprise, surprise) "A grade". Now it's called "State League". The State League competition, held on Thursday evenings at Olympic Park, therefore caters for the elite athletes of our club.

Back in the 1980's, an enterprising group of club members realised that O.S. was not large or strong enough to survive in A grade. They therefore got together with similarly minded people from Old Melburnians, Old Xaverians, Old Carey and St Kevin's athletic clubs to form APS United (APSU). This "combine" club has been a strong force in Victorian athletics ever since, winning two recent State League premierships.

O.S. members such as Colin Findlay, Gregor Evans and Mike Smith, among others, have played a prominent role in the development of APSU. Many O.S. athletes have competed with distinction for APSU over the years. Over the next few seasons, there will be numerous other opportunities for others to compete in the "big time" at Olympic Park. State League is where most athletes reach their true potential.

**Sponsors of O.S.C.A.C. since 1993**  
**HOLMES & HOLMES**  
**Solicitors**  
**13 Station Street, Oakleigh 3166**  
**Ph 9568 3822 Fax 9568 2357**  
**Specialists in conveyancing, family law and financial advice**

### Prez breaks through

Only five O.S. athletes selected in round 1 of State League and the team struggled, placing third in its four team match. Pete Simm wasn't struggling, however, looking oh so smooth as he smashed his 5000m PB by 17 seconds. Brother Andy ran a solid 800m, while Nick Rennie had his best 200m for some time.

#### RESULTS – 12 Nov 1998

400m H	R Allwright	59.81
3k Walk	A Jamieson	14:04.98
200m	N Rennie	21.76
800m	A Simm	1:56.90
110m H	R Allwright	16.63
5000m	P Simm PB	14:46.4

### Jammo the record breaker

The amazing Andrew Jamieson, 52 years young, claimed another club record in his favourite event, the 5000m walk, in round 2. The team improved to narrowly squeak into second place. Mark Moresi looked to be in great 400m shape. The O.S. trio of 1500m runners all ran very well, particularly Rob Schwerkolt who was only given two hours' notice that he was selected in the event.

#### RESULTS – 19 Nov 1998

5k Walk	A Jammo PB REC	23:04.4
100m	N Rennie	11.07
1500m	P Simm PB	3:54.1
	J Halliday	3:58.3
	R Schwerkolt PB	4:03.3
110m H	R Allwright	16.41
400m	M Moresi	46.90
	M Taylor	52.08

### Sprinters fire up

Jamieson made it two records in two weeks, this time in the 3000m walk. More good news in round 3 was the continued good form of Rennie and Moresi, who were the two fastest 200m sprinters on the night. Paul Wilson made a solid APSU debut. Unfortunately, the team's lack of depth in field events saw it again beaten into third place in its match.



*President Pete is following his outstanding winter with a string of summer PB's – here he leads Rob Schwerkolt in a 5000m race*

#### RESULTS – 26 Nov 1998

400m H	R Allwright	61.16
3k Walk	A Jammo PB REC	13:22.70
200m	M Moresi PB	21.26
	N Rennie	21.40
800m	A Simm	1:56.10
5000m	P Wilson	14:24.0

### Moresi on fire as APSU wins

Moresi's brilliant 400m PB of 46.39 secs was the highlight of APSU's first win for the season in round 4. He had good support from star junior Tom Cade in the latter's State League debut. Tom Sutherland also made his first APSU appearance a memorable one by running his first 3000m steeple S.L. qualifying time. The win moved APSU to sixth place, within one point of the top four teams.

#### RESULTS – 3 Dec 1998

5k Walk	A Jamieson	23:29.9
100m	N Rennie	10.88
	T Cade	11.50
1500m	P Simm	4:00.9
3k St	T Sutherland PB	9:57.8
110m H	R Allwright	16.28
400m	M Moresi PB	46.39
	T Cade PB	50.71

## Interclub reports and results from Box Hill

### 1500m runners lead the way

O.S. began to show some strength at its former venue in round 4 of interclub with a string of quality 1500m performances. Tom Gray competed in no less than seven events to boost D grade's chances, scoring three PB's and an under 18 record. Athlete of the week was Rob Schwerkolt, who slashed 16 seconds from his 1500m PB then ran another PB in the 400m. Johnny Halliday's sub 4:00 minute 1500m breakthrough was another significant run.

#### RESULTS - 7 Nov 1998

B Grade		
2k Walk	A Jamieson	9:00.6
100m	N Rennie	10.8
	R Allwright	11.1
1500m	J Halliday PB	3:58.2
	P Simm	4:00.8
	A Simm PB	4:09.5
110m H	R Allwright	16.1
HJ	E Bostock INV	1.70m
4 x 100m Relay	Allwright, Gray, Dall, P Simm	49.7
400m	M Taylor	51.2
	R Allwright	52.1
	R Schwerkolt PB	53.7
D Grade		
2k Walk	T Gray PB U18 REC	12:40.1
100m	T Gray PB	12.3
	A Jamieson	14.6
Shot	A Jamieson PB	9.31m
1500m	R Schwerkolt PB	4:05.4
	E Wilson	4:23.0
	A Demetriou PB	4:25.6
	R Catherall INV	4:34.6
	J Holmes INV	4:53.6
HJ	T Gray	1.60m
400m	T Gray PB?	62.?
	S Handasyde	65.8
Javelin	T Gray	26.05m
Under 18		
PV	T Gray	2.20m

### Big turnout brings two wins

It was a great day for athletics, the sun was shining, the breeze wasn't blowing and we had twenty athletes trackside, our best turnout for the year. At the close of counting, we'd won both B grade (vs Diamond Valley/bye) and D grade (vs BOX HILL!!! and De La Salle). Most encouraging was the fact we had athletes in ten of the thirteen D grade events and filled the 200m, relays, 800m and 3000m.

#### RESULTS - 14 Nov 1998

B Grade		
3k W	A Jamieson	13:45
200m	T Cade PB U17 REC	22.5
	R Allwright eq PB	22.6
	A Simm	23.9
800m	P Wilson	1:56.6
	R Schwerkolt PB	1:59.8
	A Nettleton	2:03.0
	D McLennan PB INV	1:57.45
LJ	R Lane (dnq)	5.55m
4 x 400m Relay	Cade, Schwerkolt, Nettleton, A Simm	3:31.4
5000m	E Wilson	16:12
	R Schwerkolt	16:26
D Grade		
1.5k W	T Gray PB	8:49
LJ	A Simm PB	5.51m
200m	A Nettleton	23.7
	S Dall	25.9
	R Lane	26.0
Shot	A Jamieson	8.94m
110m H	R Hodges	19.2
800m	R Allwright PB?????	2:16
	J Holmes	2:22
	S Handasyde	2:24.7
	R Catherall INV	2:11.6
HJ	T Gray EQ PB	1.65m
Javelin	R Lane PB	36.95m
4 x 400m	Raph, Pete, Don, Stu	3:42.6
3000m	A Simm	9:49
	A Demetriou	9:53
	R Becroft	10:54.9
Under 18		
Javelin	T Gray PB	33.20m

### Old Boy rivals vanquished

Another excellent day at Box Hill, as O.S. defeated traditional rivals Old Melburnians and St Kevin's in B grade and also won D grade. The B grade team moved to fourth on the ladder, on track for a finals berth. Stars included Jammo in the walk, and Cade and Nettleton in the 400m. Team highlight was Ewen Wilson anchoring a competitive D grade 4x100m relay.

#### RESULTS - 21 Nov 1998

B Grade		
2k Walk	A Jamieson PB	8:46.3
100m	T Cade PB	11.2
	R Allwright	11.4
1500m	R Schwerkolt	4:04.5
	A Demetriou	4:25
	E Wilson	4:26.8
110m H	R Allwright	15.9
TJ	R Lane	12.38m
4 x 100m Relay	Allwright, A Simm, Lane, Cade	??
400m	T Cade PB	50.7
	A Nettleton PB	52.0
	A Simm	52.3
Javelin	R Lane	??
D Grade		
2k Walk	E Wilson (dnq)	13:04
TJ	T Gray	10.56m
100m	T Gray	13.4
	A Jamieson	14.8
Shot	A Jamieson	9.23m
1500m	R Catherall	??
	R Becroft	4:56
Discus	T Gray	24.24m
110m H	R Hodges	19.7
4 x 100m Relay	Dall, Gray, Catherall, E Wilson	??
HJ	T Gray	1.60m
2k St	J Halliday PB	6:07
400m	P Simm PB	55.3
	J Halliday PB	56.3
	S Dall	58.1
	R Becroft INV	64.3

## More reports and results, plus other stuff

### B graders surge higher

Cade, Jamieson, Schwerkolt, Pete Simm and Nettleton continued to run hot in round 7 of interclub. It was amazing to watch Jammo, at age 52, running a 200m PB! Our B grade team has improved to be a genuine premierships contender. It was great to welcome back Tom Sutherland, who gave us six 800m runners aged 23 or under. Their 800m average time was 1:59 (four under 2:00). Rory Lane's five events boosted our score, while Schwerkolt shaved 27 seconds from his 5000m PB. Run of the day was perhaps Cade's anchor leg of the 4 x 200m, taking us past Ivanhoe to win the race in fine style.

**RESULTS - 28 Nov 1998**

B Grade		
3k W	A Jamieson	13:34.3
400m H	T Sutherland PB	61.7
Shot	T Sutherland (dnq)	6.7m
200m	T Cade eq PB	22.5
	D McLennan	24.7
	T Sutherland	24.9
HJ	R Lane	1.75m
800m	M Taylor	1:56.8
	A Simm	1:57.0
	D McLennan	2:01.1
LJ	R Lane	5.72m
4 x 200m Relay	Lane, P Simm, A Simm, Cade	1:39.5
	P Simm	15:18.5
	R Schwerkolt PB	15:41.8
D Grade		
1.5k W	T Gray PB	8:33
LJ	D McLennan PB?	5.51m
200m	R Lane	26.?
	A Jamieson PB	30.0
	R Hodges	31.4
Shot	A Jamieson	9.22m
Discus	T Gray	23.42m
110m H	T Cade	15.2
	R Hodges	19.2
	P Simm PB	1:58.3
	A Nettleton PB	1:58.4
	T Sutherland	2:04.?
HJ	T Gray	1.60m
Javelin	R Lane	31.00m
Under 18		
PV	T Gray PB	2.40m



*Tom Cade has confirmed his awesome potential with a series of fine runs - see this and other photos in colour at <http://www.geocities.com/Colosseum/Track/2423>*

### Caption competition re-visited

*A couple of years ago, we ran a caption competition around a slightly embarrassing pic of our esteemed President. Now it's his brother Andrew's turn! What is the man who thinks cows drink "Milk, M.I.L.K" (sorry, an in joke) saying or thinking in this photo? Was it: "Damn, I swore I had a moustache this morning!" or "I luv youse all" (then blowing a kiss)? Best entry wins a gift voucher - send entries to the Editor at 44 Burnett St, St Kilda 3188 or [mdpurvis@melbpc.org.au](mailto:mdpurvis@melbpc.org.au).*



### Latest interclub ladders

Despite a worrying fall in membership and the return to a much stronger venue, O.S. has confounded the critics by zooming up the B grade ladder to third place. The D grade team still has some work to do, but with a bit of luck, both teams will be there in September .... Err, sorry, make that February.

#### B GRADE PREMIERSHIP LADDER

	PTS
Box Hill I	20
Diamond Valley	19
<b>Old Scotch</b>	<b>16</b>
Old Paradians	15
St.Kevins	15
Old Xaverians	14
Old Melburnians	14
Ivanhoe	13
Doncaster	12.5
Box Hill II	10.5
Collingwood	10

#### D GRADE PREMIERSHIP LADDER

	PTS
Ivanhoe	21
Old Paradians	18
Richmond	17
Diamond Valley	16
S.S.H.	15
Collingwood	15
<b>Old Scotch</b>	<b>14</b>
De La Salle	13
Box Hill	10
O.Melburnians	6
Doncaster	4
Kew-Camberwell	0

**From:** Mark Purvis[SMTP:mdpurvis@melbpc.org.au]  
**Sent:** Wednesday, 9 December 1998 7:51 PM  
**To:** Wilson, Rob; Wilson, Paul; Wilson, Ewen; Vial, Leigh; Taylor, Michael; Stewart, Chris; Smith, Mike; Slade, Roger; Slade, Andrew; Simm, Peter; Simm, Andrew; Schwerkolt, Rob; Russell, Aaron; Patrick, Paul; Nettleton, Adam; Miller, Nick; McLennan, Don; Maddocks, Glenn; Lightfoot, David; Johnston, David; Jamieson, Lyn; Jamieson, Andrew; Hooley, Alan; Holmes, Jon; Holmes Family; Hodges, Rohan; Handasyde, Stewart; Gray, Tom; Findlay, Colin; Evans, Gregor; Edwards, David; Edwards, Anne; Dodgshun, Peter; Dall, Stuart; Cornish, Chris; Cochrane, Andrew; Catherall, Rob; Cade, Tom; Bevans, Erin; Becroft, Ross; Barker, Andrew; Atkinson, James; Allwright, Raph; Feddersen, Charles; Russell, James  
**Subject:** Interclub round 8

Some more good results at Box Hill last night, but numbers were down especially in the 1500m (forcing a certain ex-President to make a cameo appearance).

Highlights:

David Johnston marked his debut with the best high jump and javelin throw by any O.S. athlete this season.

Charles Feddersen raced his uncle over the hurdles and pipped him on the line.

Tom Cade broke through the 50 second barrier for 400m.

Rob Schwerkolt a promising, although damp, steeple debut.

Erin Bevans conducted a javelin clinic for our athletes.

RESULTS - 8 Dec 1998

B Grade

2k W A Jamieson 8:52.3  
100m T Cade 11.3  
C Feddersen 12.2  
B Betts INV FAST  
1500m R Griffin 4:23.0  
HJ D Johnston 1.80m PB  
4x100 Barker, Johnston, Feddersen, Cade 45.2  
2k St T Sutherland 6:28.0  
R Schwerkolt 6:40.9 Debut  
TJ R Lane 12.64m  
400m T Cade 49.9 PB  
A Simm 51.8  
A Barker 51.8

D Grade

100m D Johnston 12.0  
R Lane 13.1  
T Gray 13.6  
Shot A Jamieson 9.36m PB  
TJ D Johnston 10.91m  
1500m M Purvis 4:40.7  
R Becroft 4:57.1  
Discus D Johnston 23.51m  
110mH C Feddersen 19.3  
R Hodges 19.3  
HJ T Gray ?  
4x100m Dall, Gray, Lane, A Simm 50.1  
2k St T Gray dnf  
Javelin D Johnston 40.71m Debut  
400m C Feddersen 55.9  
D Johnston 56.2  
Under 18  
Pole V T Gray 2.40m EQ PB

**FIGURE LEGENDS**

Figure 1

Chest X-ray demonstrating cardiomegaly (cardiothoracic ratio 0.6)

Figure 2.

M-mode measurements showing an increased left ventricular *internal dimension*.

Figure 3

Right coronary artery ectasia (internal diameter 4 mm)

Under 16

1500m	N Miller	4:40.9
	J Everett	4:52.8

Good luck to Andrew Barker at the Australian All Schools Championships this weekend!  
S Dall 57.9



ATT00000.htm

significance as assessed by two-dimensional echocardiography in 600 patients. *J Am Coll Cardiol.* 1995;26:1699-1708.

17. Fagard RH. Impact of different sports and training on cardiac structure and function. *Cardiol Clin.* 1992;10:241-256.

18. Crawford MH. Physiologic consequences of systematic training. *Cardiol Clin.* 1992;10:209-218.

19. Maron BJ, Pelliccia A, Spirito A. Cardiac disease in young trained athletes; insights into methods for distinguishing athlete's heart from structural heart disease with particular emphasis on hypertrophic cardiomyopathy. *Circulation.* 1995;91:1596-1601.

20. Pelliccia A, Maron BJ. Preparticipation cardiovascular evaluation of the competitive athlete. *Am J Cardiol.* 1995;75:827-828.

21. Wright JN, Salem D. Sudden cardiac death and the 'athlete's heart'. *Arch Intern Med.* 1995;155:1473-1480.

# Old Scotch Newsheet

Summer Edition 4.98.99  
6 January 1999

## Inside this issue:

Results and news	2
------------------	---

## Diary dates:

Sat 9 Jan 1.00 p.m.  
Round 10 Interclub  
Prog 1 (100, 400, 1500)  
Box Hill

**ALSO**  
Round 6 State League 1.00 p.m.  
Prog 1 (100,400,1500)  
Geelong

Thurs 14 Jan 6.30 p.m.  
Round 2 Tattersall's Classic  
Olympic Park

Sat 16 Jan 6.00 p.m.  
Round 11 Interclub  
Prog 1 (100,400,1500)  
Box Hill  
**(NOTE: TWILIGHT MEET)**

Wed 20 Jan 6.00 p.m.  
Round 12 Interclub  
Prog 2 (200,800,5000)  
Box Hill  
**(NOTE: TWILIGHT MEET)**

Thurs 21 Jan 6.30 p.m.  
Round 7 State League  
Prog 2 (200,800,5000)  
Olympic Park

Thurs 28 Jan 6.30 p.m.  
Round 8 State League  
Prog 1 (100,400,1500)  
Olympic Park

Sat 30 Jan 1.00 p.m.  
Round 13 Interclub  
Prog 1 (100, 400, 1500)  
Box Hill

## Aiming for finals in second half of season

Happy New Year to all Old Scotch members! After a somewhat disappointing State Relays performance before Christmas, it's now time to look towards the State League and interclub finals. This Saturday sees the resumption of both competitions.

Our B grade team is currently the best placed team, but both the State League and D grade teams will make it, as long as all our athletes compete regularly during the remaining six rounds. Athletes are reminded that

they need to have competed in individual events (not relays) in four separate rounds during the season to be eligible for the finals.

The finals dates are Sat 27 Feb for Box Hill interclub and Thurs 11 March for State League. If you want to remain friends with the members of your club committee, please make yourself available for your team's finals. It seems somewhat pointless competing all season and then missing the finals, doesn't it?

The club's numbers are still down on previous seasons. We need only two more signings to reach our pre-season target of fifty A.V. members. There are still seven opportunities to compete, counting the finals, so it's not too late to join up. The club is now offering discounted membership for the second half of the season. Tell your friends that they can join for just \$50.00, then give them these phone numbers to ring - Mark Purvis 9534 5105 or Andrew Simm 9818 0900.

## Mackenzie smashes club 200m record

He picks his meets carefully these days to maximise his performance and minimise his injury risk. So when Cam runs, you know he is in good shape.

On Thursday, 16 December 1998, Cam made his first State League appearance for the season and clocked an extraordinary 20.83 seconds, breaking his own club record by 0.11 secs. This phenomenal run was a tantalising 0.03 secs shy of the 1999 World Championships qualifying time for 200m.

As all O.S. members will recall, Cam starred in last year's Victorian Champs, winning the 200m/400m double. Unfortunately, in-



*Big Cam looking towards the World Championships in Seville in August*

jury prevented him from pursuing a place in the

Australian Commonwealth Games team. It would be a superior achievement, however, to compete against the best athletes in a World Championships. Cam now has a real chance of a trip to Seville in August.

Cam's great run overshadowed two other top sprint performances by Mark Moresi and Nick Rennie on the same evening. Mark's 21.22 secs was a PB, narrowly pipping Nick's 21.26 secs. This trio of O.S. performances represents perhaps the highest quality night of sprinting in the club's history.

## Sprinters dominate

The O.S. sprinters were brilliant, but the APSU team continues to struggle, with a glaring weakness in field events. Paul Wilson improved on his last 5000m by a huge 0.1 secs. His inconsistency is a worry.

**RESULTS - 10 Dec 1998**

3k W	A Jamieson	13:45.8
200m	C Mackenzie PB CLUB REC	20.83
	M Moresi PB	21.22
	N Rennie	21.26
800m	A Simm	1:58.4
5000m	P Wilson	14:23.9

## Looking good at twilight

Old Scotch looked strong in the Tuesday twilight, as some new recruits injected some much-needed all-round skills into our teams. Surprisingly, we were short of 1500m runners, rather than sprinters, for a change. Highlights included:

- David Johnston marking his debut with the best high jump and javelin throw by any O.S. athlete this season.
- Charles Feddersen racing his uncle Rohan over the hurdles and pipping him on the line.
- Tom Cade breaking through the 50 second barrier for 400m for the first time.
- Rob Schwerkolt making a promising, although damp, steeple debut.
- Erin Bevans conducting a javelin clinic for our athletes.

**Sponsors of O.S.C.A.C. since 1993**  
**HOLMES & HOLMES**  
 Solicitors  
 13 Station Street, Oakleigh 3166  
 Ph 9568 3822 Fax 9568 2357  
 Specialists in conveyancing, family  
 law and financial  
 advice

RESULTS	8 Dec 1998	
<b>B Grade</b>		
2k Walk	A Jamieson	8:52.3
100m	T Cade	11.3
	C Feddersen	12.2
1500m	R Griffin	4:23.0
HJ	D Johnston PB	1.80m
4 x 100m Relay	Barker, Johnston, Feddersen, Cade	45.2
2k St	T Sutherland	6:28.0
	R Schwerkolt	6:40.9
TJ	R Lane	12.64m
400m	T Cade PB	49.9
	A Simm	51.8
	A Barker	51.8
Javelin	R Lane	??
<b>D Grade</b>		
TJ	D Johnston	10.91m
100m	D Johnston	12.0
	R Lane	13.1
	T Gray	13.6
Shot	A Jamieson PB	9.36m
1500m	M Purvis	4:40.7
	R Becroft	4:57.1
Discus	D Johnston	23.51m
110m H	C Feddersen	19.3
	R Hodges	19.3
4 x 100m Relay	Dall, Gray, Lane, A Simm	50.1
HJ	T Gray	??
2k St	T Gray	dnf
Javelin	D Johnston	40.71m
400m	C Feddersen	55.9
	D Johnston	56.2
	S Dall	57.9
<b>Under 18</b>		
Pole V	T Gray eq PB	2.40m
<b>Under 16</b>		
1500m	N Miller	4:40.9
	J Everitt	4:52.8

## Relay fizzler

After the huge hype in the last newsheet, the O.S. results at the Victorian Relay Championships were a big letdown. The selected athletes fell away like flies during the week before the meet, so much so that our much-vaunted 4 x 400m team did not even make it on to the track.

First up on the Saturday was the 4 x 800m. The team featured three of the record-breaking school team of 1995. Unfortunately, John Dawson was not yet ready to race after injury. The opposition was strong and the team tried valiantly, but had to be satisfied with fourth place. By a quirk of poor officiating, the winners were disqualified, our boys were awarded bronze medals, then the winners were reinstated (but we still have our medals!).

The 4 x 200m team fared better, winning bronze medals that they can keep. The medley team finished a creditable sixth. Tom Gray scored 3674 in his first decathlon.

**RESULTS - 19 & 20 Dec 1998**

4 x 800m (Taylor, McLennan, Schwerkolt, A Simm) 4th 7:55.11  
 4 x 200m (Cade, Taylor, Rennie, Allwright) 3rd 1:30.76  
 Medley (A Simm, Cade, Rennie, Allwright) 6th 3:33.24

## News snippets

Another recent school leaver has joined the club. All round sporting star **Josh Crane** will make the occasional cameo appearance between cricketing commitments. Josh is a strong 400m/800m type, who can also high jump 1.80m.

Marathon star **Greg Lyons** has accepted an invitation to run the Hong Kong Marathon on 28 February 1999.

E-mail is a great way to stay in touch with overseas athletes. **Aaron Russell** has written from Geneva, Switzerland, to congratulate Mark Moresi on his fine form. Prez **Pete Simm** is working in a hospital somewhere near Bangalore, India, until the end of January. **Paul Wilson** has just won a 10 km race in Duren, Sweden, in 29:32.

## Pamela Handasyde

---

**From:** Mark Purvis[SMTP:mdpurvis@melbpc.org.au]  
**Sent:** Sunday, 17 January 1999 9:09 PM  
**To:** Griffin, Richie; Allwright, Raph; Atkinson, James; Barker, Andrew; Becroft, Ross; Bevans, Erin; Boag, Paul; Cade, Tom; Catherall, Rob; Cochrane, Andrew; Cornish, Chris; Crane, Josh; Dall, Stuart; Dodgshun, Peter; Edwards, Anne; Edwards, David; Evans, Gregor; Feddersen, Charles; Findlay, Colin; Gray, Tom; Handasyde, Stewart; Hodges, Rohan; Holmes Family; Holmes, Jon; Hooley, Alan; Jamieson, Andrew; Jamieson, Lyn; Johnston, David; Lightfoot, David; Maddocks, Glenn; McLennan, Don; Miller, Nick; Nettleton, Adam; Patrick, Paul; Russell, Aaron; Russell, James; Schwerkolt, Rob; Simm, Andrew; Simm, Peter; Slade, Andrew; Slade, Roger; Smith, Mike; Stewart, Chris; Taylor, Michael; Vial, Leigh; Wilson, Ewen; Wilson, Paul; Wilson, Rob  
**Subject:** Last Saturday's interclub (round 10)

We were a little fortunate to have weak opposition in both grades yesterday. The team called "bye" just can't seem to get any athletes out on the track. Week after week it cops a hiding. Meanwhile, although OS was lacking some of its stars (in particular Dawson, Barker, Lane, Johnston and Sutherland), we still scored two percentage boosting wins. Our D grade team has moved into the top four for the first time this season.

Round 10 highlights included Rennie, Cade, Allwright going 1,2,3 in the 100m and Halliday's PB 1500m, but for sheer nostalgia, you couldn't go past the "fossil parade" (Candice's description) in the D grade 1500m. I prefer to describe the group of slightly older distance men as experienced, wily and skilful. In red, we had Purvis 41, Catherall 51 and Stewart 45, and running invitation were Cochrane 43 and Rod Austin 42 - total 222, average 44.4. It was Andy's first OS track run in seven years - "how long has Box Hill had a red track?" he innocently enquired.

As for the race, well, you wouldn't believe it, the oldest bloke killed them. Rob and I had swapped the lead, but Rob's last 300m was far too good, and Andy ran past me with 80m to go. Chris' first run of the season "wasn't too hard", so better things should follow.

Oh, if you're wondering why Tom Gray only did a paltry four events this week, his chauffeur, who shall remain nameless (but responds to Andrew or Andy or Simmie or Simm), was late, very late.

### RESULTS - 16 Jan 1999

#### B Grade (OS 90 d OX 27 d Bye 0)

100m Rennie 10.9  
Cade 11.3  
Allwright 11.5  
1500m Halliday 3:56.6 PB  
Taylor 4:00.1  
Schwerkolt 4:04.1  
110mH Allwright 16.0  
4x100m Allwright, Simm A, Feddersen, Cade 45.1  
400m Cade 50.5  
Simm A 51.4  
Slade 53.3

#### D Grade (OS 109 d OM 20 d Bye 0)

TJ Ross 10.75m  
100m Feddersen 12.4  
Ross 12.7  
Hodges 13.9  
1500m Catherall 4:30.9  
Cochrane 4:34.2 INV  
Purvis 4:36.2  
Stewart 4:40.0  
Austin R 4:55.7  
110mH Hodges 19.2  
4x100m Gray, Cochrane, Hodges, Ross ?

support. A trend towards reduction in the incidence of oxygen dependency at 28 days of age is also seen in the group extubated to NCPAP.

**CONCLUSIONS - Implications for practice:** nasal CPAP is effective in preventing failure of extubation in preterm infants following a period of endotracheal intubation and IPPV. **Implication for research:** further definition of the patient gestational age and weight groups to whom these results apply is required. Optimal levels of NCPAP as well as methods of administration remain to be determined.

**Keywords:** overview, pooled estimate, very low birthweight, nasal continuous positive airway pressure, extubation.

HJ Gray 1.65m  
400m Schwerkolt 54.6  
Feddersen 59.1  
Cochrane 60.1  
Javelin Gray N/T  
Under 18  
400m Gray 60.8 PB

The previous Saturday's official State League results were:

5k W Jamieson 23:55.7  
100m Cade 10.9 (windy)  
Allwright 11.2  
1500m Halliday 3:59.7  
110mH Allwright 15.8  
400m Cade 51.4



ATT00000.htm

Email: [p.davis@obgyn-rwh.unimelb.edu.au](mailto:p.davis@obgyn-rwh.unimelb.edu.au)

## Pamela Handasyde

---

**From:** Mark Purvis[SMTP:mdpurvis@melbpc.org.au]  
**Sent:** Monday, 18 January 1999 6:55 PM  
**To:** Griffin, Richie; Allwright, Raph; Atkinson, James; Barker, Andrew; Becroft, Ross; Bevans, Erin; Boag, Paul; Cade, Tom; Catherall, Rob; Cochrane, Andrew; Cornish, Chris; Crane, Josh; Dall, Stuart; Dodgshun, Peter; Edwards, Anne; Edwards, David; Evans, Gregor; Feddersen, Charles; Findlay, Colin; Gray, Tom; Handasyde, Stewart; Hodges, Rohan; Holmes Family; Holmes, Jon; Hooley, Alan; Jamieson, Andrew; Jamieson, Lyn; Johnston, David; Lightfoot, David; Maddocks, Glenn; McLennan, Don; Miller, Nick; Nettleton, Adam; Patrick, Paul; Russell, Aaron; Russell, James; Schwerkolt, Rob; Simm, Andrew; Simm, Peter; Stade, Andrew; Stade, Roger; Smith, Mike; Stewart, Chris; Taylor, Michael; Vial, Leigh; Wilson, Ewen; Wilson, Paul; Wilson, Rob  
**Subject:** Wednesday interclub

OK, last chance for some athletes to qualify for the finals this Wed 20 Jan from 6.00 p.m.

5.15	Hammer	All
6.00	3k Walk	B,U18
6.00	400m H	All
6.00	Shot	B
6.20	1.5k W	D
6.30	LJ	D
7.00	200m	B,D
7.00	Discus	B
7.00	Shot	D
7.00	PV	B
7.30	HJ	B
7.30	Discus	D
7.40	800m	U18,16
7.50	800m	B
8.00	Javelin	D
8.00	PV	U18
8.15	800m	D
8.30	HJ	D
8.45	LJ	B
8.50	4x200m	B
9.00	Javelin	B
9.05	4x200m	D
9.15	3000m	D,U18,U16
9.40	5000m	B

As usual, be early, as it's difficult to predict the timetable for night meets.



ATT00000.htm

With advances in perinatal care, including artificial surfactant and antenatal steroids, more very premature infants are surviving their initial period of assisted ventilation. The transition to spontaneous ventilation without an endotracheal tube is not always successfully achieved. Clinical indications of failure of extubation include: 1) apnoeic episodes, defined by the American Academy of Pediatrics as pauses greater than 20 seconds duration or shorter episodes associated with bradycardia, cyanosis or pallor<sup>1</sup> and 2) respiratory acidosis and 3) increasing oxygen requirements. These problems may require additional ventilatory support with its attendant morbidity and economic costs.

Nasal continuous positive airway pressure (NCPAP) appears to stabilise the upper airway, improve lung function and reduce apnoea.<sup>2</sup> However, when clinicians review individual published trials, the value of routine, prophylactic NCPAP following a period of endotracheal intubation is unclear. This has led to substantial variability in the provision of post-extubation care across neonatal intensive care units.<sup>3</sup> There is to date, no systematic review of the literature to resolve the uncertainty surrounding this important aspect of neonatal intensive care. We conducted a systematic review and meta-analysis of the evidence, examining the effectiveness of prophylactic NCPAP in facilitating extubation of premature infants. A previous version of this review has been published in the Cochrane Library.<sup>4</sup>

## **Methods**

This systematic review used the methods of the Cochrane Collaboration and its Neonatal Review Group.<sup>5</sup> A protocol detailing the criteria for acceptance of trials, the outcomes to be assessed and the subgroup analyses planned was published prior to an extensive literature search. Potential sources surveyed included the Oxford

## Pamela Handasyde

---

**From:** Mark Purvis[SMTP:mdpurvis@melbpc.org.au]  
**Sent:** Tuesday, 19 January 1999 4:27 PM  
**To:** Griffin, Richie; Allwright, Raph; Atkinson, James; Barker, Andrew; Becroft, Ross; Bevans, Erin; Boag, Paul; Cade, Tom; Catherall, Rob; Cochrane, Andrew; Cornish, Chris; Crane, Josh; Dall, Stuart; Dodgshun, Peter; Edwards, Anne; Edwards, David; Evans, Gregor; Feddersen, Charles; Findlay, Colin; Gray, Tom; Handasyde, Stewart; Hodges, Rohan; Holmes Family, Holmes, Jon; Hooley, Alan; Jamieson, Andrew; Jamieson, Lyn; Johnston, David; Lightfoot, David; Maddocks, Glenn; McLennan, Don; Miller, Nick; Nettleton, Adam; Patrick, Paul; Russell, Aaron; Russell, James; Schwerkolt, Rob; Simm, Andrew; Simm, Peter; Slade, Andrew; Slade, Roger; Smith, Mike; Stewart, Chris; Taylor, Michael; Vial, Leigh; Wilson, Ewen; Wilson, Paul; Wilson, Rob  
**Subject:** Fw: Decathlon

Here are Tom Gray's debut decathlon efforts on 19-20 Dec (hitherto unpublished).

I reckon congratulations are due for merely completing this very difficult event, but four PB's ain't bad either.

-----Original Message-----

From: Tom Gray <grayboy@mailcity.com>  
To: mdpurvis@melbpc.org.au <mdpurvis@melbpc.org.au>  
Date: Tuesday, 19 January 1999 2:29  
Subject: Decathlon

>Mark,  
>Here are my event by event results...  
>DAY 1  
>100m 13.50s. 387 points  
>LJ 5.01m eq PB 384  
>Shot 9.23m PB 440  
>HJ 1.66m PB 512  
>400m 60.01s PB 410  
>  
>DAY 2  
>110h 21.50s 240  
>DT 20.23m 276  
>PV 2.40m 220  
>JT 28.35m 276  
>1500m 5.05.35s 529  
>  
>DAY 1 2133 points  
>DAY 2 1514 points  
>  
>Total points 3674  
>  
>A very promising first day had me in 8th place. But poor performances in ALL disciplines of the second day left me in 9th place...at least I finished...3 entrants were unable to go the "Hard Yakka" by actually completeing it!! Miserable performances on the second day were a result of fatigue, thunderstorms, 'interesting' pole vault equipment, and a severe lack of Old Scotch support!! All in all I'm quite happy with the effort, although I could have produced a better 2nd day and 100m time.  
>  
>Gotta rum...i mean run  
>Tom "ironman" Gray

Several factors were prospectively identified as potential causes of heterogeneity in the results of the studies included in this review. These were examined using the technique of substratification of the meta-analysis to a particular subset of trials.<sup>7</sup> The use of aminophylline prior to extubation, the level of pressure delivered (< 5 cm H<sub>2</sub>O vs ≥ 5 cm H<sub>2</sub>O) and the postnatal age at time of extubation (< 14 days vs ≥ 14 days) defined the strata for these subanalyses. An analysis limited to trials of the highest quality, ie truly randomised, was performed on a post hoc basis. Additional information was obtained from authors where clarification was required.<sup>10,11,13</sup>

## Results

### *Characteristics of Included Studies*

Seven studies met the inclusion criteria for the review.<sup>8-14</sup> There was no disagreement between authors regarding quality assessment or data extraction. Important characteristics of the 7 trials identified are summarised in Table 1. Three trials (Higgins, 1991, Engelke, 1982 and Davis, 1998) allowed crossover from headbox to NCPAP if an infant was deemed to have failed. Infants successfully "rescued" using NCPAP having failed headbox were classified as failures in the primary analysis. Additional evaluation, with endotracheal intubation as a secondary outcome, was conducted on a post hoc basis.

Because of the nature of the interventions, masking of group assignment was not undertaken in any of the trials. Caregivers were therefore aware of the group to which each infant was allocated and the possibility of co-intervention bias exists. Likewise those assessing whether or not the baby met "failure" criteria were also aware of the assigned treatment method. Although the time period of the studies

Ross ??  
Under 18  
3000m Gray 11:37.1

Next round of interclub is on Saturday, 30 Jan, from 1.00 p.m. There is no interclub this weekend.

Also, please note my new mobile phone number is 0407 52 6622 (only the prefix has changed and the old number is being diverted to the new number). Mr Spock is taking my messages if I am unavailable when you call.



ATT00000.htm

varied from 1 to 7 days, the criteria for failure were objective and consistent across the studies. These included respiratory acidosis (defined in terms of pH and pCO<sub>2</sub>), increased oxygen requirements or recurrent minor or single major apnoeic episodes. The use of such prespecified criteria addresses but does not eliminate the potential for bias in these unblinded trials. Annibale (1994) and Engelke (1982) included the less objective "clinical deterioration" in their failure criteria.

#### *Treatment effect*

Infants extubated to NCPAP experience a reduction in frequency of adverse clinical events and have a decreased need for additional ventilatory support (Table 2). They also show a trend towards a decreased requirement for endotracheal reintubation and oxygen dependency at 28 days which does not reach statistical significance (Tables 3 and 4).

These effects are sustained even if the trial of Engelke (1982) is excluded on the basis that those infants were much larger and aminophylline was withheld (Table 5). Infants extubated in the first 14 days of life show a significantly lower failure rate when extubated whereas no such benefit is shown for infants extubated beyond this point (Table 5). Secondary analysis of the studies excluding that of Tapia (quasi-random) strengthens the conclusion that extubation to NCPAP leads to a lower failure rate (Table 5) and leads to a reduction in the heterogeneity apparent in the overall meta-analysis.

While no direct comparison has been made between different levels of CPAP, it is notable that in the two trials using levels less than 5 cm water pressure, no difference in failure rate was demonstrated whereas in trials permitting levels of 5 cm and above, there was a significant result favouring NCPAP (Table 5).

## Pamela Handasyde

**From:** Mark Purvis[SMTP:mdpurvis@meibpc.org.au]  
**Sent:** Thursday, 21 January 1999 1:33 PM  
**To:** Griffin, Richie; Allwright, Raph; Atkinson, James; Barker, Andrew; Becroft, Ross; Bevans, Erin; Boag, Paul; Cade, Tom; Catherall, Rob; Cochrane, Andrew; Cornish, Chris; Crane, Josh; Dall, Stuart; Dodgshun, Peter; Edwards, Anne; Edwards, David; Evans, Gregor; Feddersen, Charles; Findlay, Colin; Gray, Tom; Handasyde, Stewart; Hodges, Rohan; Holmes Family; Holmes, Jon; Hooley, Alan; Jamieson, Andrew; Jamieson, Lyn; Johnston, David; Lightfoot, David; Maddocks, Glenn; McLennan, Don; Miller, Nick; Nettleton, Adam, Patrick, Paul; Russell, Aaron; Russell, James; Schwerkolt, Rob; Simm, Andrew; Simm, Peter; Slade, Andrew; Slade, Roger; Smith, Mike; Stewart, Chris; Taylor, Michael; Vial, Leigh; Wilson, Ewen; Wilson, Paul; Wilson, Rob  
**Subject:** Round 12 Interclub

Not a great night for our finals hopes, as B grade went down to the top and second-placed teams, while D grade came second in its round.

Individually, however, there was plenty of entertainment, as we had the first full reunion of the 1995 4 x 800m relay team since their unforgettable record-breaking performance at the APS Sports. Messrs Taylor, Simm A, McLennan and Slade all ran an individual 800m races, then evoked nostalgic memories by combining to run the 4 x 200m in precisely the same order as they did in October 1995. Although Don and Sladey were a little underdone, they almost snatched victory in the relay from the sprinters.

Another highlight was Rob Schwerkolt's 18 sec PB in the 5000m, covering the last lap in 64 secs to clock 15:26.5. A sub 15:00 min 5000m is not out of the question for the in form Rob. Tom Sutherland, another 1995 alumni, narrowly missed a State League qualifying time in the 400m hurdles in only his second attempt at the event.

### RESULTS - 20 Jan 1999

#### B Grade

400m H	Sutherland	59.7	PB
200m	Johnston	23.9	
	Feddersen	25.2	
HJ	Johnston	1.70m	
800m	Simm A	1:56.5	
	Taylor	1:56.8	
	McLennan	2:00.7	
4x200m	Taylor, McLennan, Simm A, Slade	1:36	
Javelin	Johnston	dnq	
5000m	Schwerkolt	15:26.5	PB

#### D Grade

LJ	Gray	4.98m	
Shot	Gray	dnq	
200m	McLennan	24.7	
	Gray	27.9	
	Purvis	28.9	
110m H	Johnston	17.7	
	Hodges	19.1	
Javelin	Gray	25.94m	
	Austin R	18.91m	INV
800m	Slade	2:06.8	
	Cochrane	2:13.9	
	Austin R	2:35.3	
HJ	Gray	1.60m	
3000m	Purvis	9:44.5	INV
	Stewart	9:46.3	
	Cochrane	9:55.8	
	Austin R	10:4??	INV

## Discussion

Although results varied from trial to trial, there is a clinically important advantage for infants extubated to nasal CPAP. The heterogeneity apparent in the overall analysis can be partly explained by the post hoc exclusion of a trial that was not truly randomised and the prespecified subgroup analysis into trials that used higher or lower levels of NCPAP. However, in the absence of trials directly comparing level and method of delivery of NCPAP, caution should be exercised in the interpretation of this finding. A trend towards a reduction in incidence of prolonged oxygen dependency for babies extubated to NCPAP provides additional support for this method of post-extubation care. The age at which first extubation takes place could influence success or otherwise of NCPAP. Prolonged endotracheal intubation may result in additional problems for the infant following tube removal. No benefit of NCPAP was demonstrated for infants extubated after 14 days of age. However only the trials of Chan (1993) and Davis (1998) allowed evaluation of these patients and again caution should be exercised in interpreting results derived from a relatively small number of infants.

The inclusion in this review of trials allowing crossover of babies failing headbox raises several issues. It may be argued that the need for endotracheal reintubation is a more important outcome than "failure of extubation". When all trials are analysed, a trend towards decreased need for endotracheal intubation approaches but does not reach statistical significance. All 3 trials allowing crossover, considered extubation failure the primary outcome and used it to calculate their sample sizes. In addition, it would seem clinically important to avoid apnoea, respiratory acidosis and hypoxia in this vulnerable population. Allowing crossover

De La Salle 21.0

Box Hill 13.0

O.Melburnians 9.0

Kew-Camberwell 0.0



ATT00001.htm

## References

1. Nelson NM. Members of task force on prolonged apnea: Reports of the task force on prolonged apnea of the American Academy of Pediatrics. *Pediatrics* 1978;61:651-652.
2. Henderson-Smart DJ. Recurrent apnoea. In: Bailliere's Clinical Paediatrics. Vol 3, No. 1 Pulmonary Problems in the Perinatal Period and their Sequelae. VYH Yu (ed) Bailliere Tindall, London 1995, pp 203-222.
3. Avery ME, Tooley WH, Keller JB et al. Is chronic lung disease in low birth weight infants preventable? A survey of 8 centres. *Pediatrics* 1987;79:26-30.
4. Davis PG, Henderson-Smart DJ. Prophylactic post-extubation nasal CPAP in preterm infants. In: Sinclair J, Bracken M, Soll RF, Horbar JD (eds.) Neonatal Module of The Cochrane Database of Systematic Reviews , [updated 04 December 1996]. Available in The Cochrane Library [database on disk and CDROM]. The Cochrane Collaboration; Issue 1. Oxford: Update Software; 1997. Updated quarterly.
5. Sinclair J, Bracken M, Soll RF, Horbar JD (eds.) Neonatal Module of The Cochrane Database of Systematic Reviews , [updated 04 December 1996]. Available in The Cochrane Library [database on disk and CDROM]. The Cochrane Collaboration; Issue 1. Oxford: Update Software; 1997. Updated quarterly.
6. Sinclair JC. Assessing evidence concerning treatment and prevention of diseases of the newborn. In: Sinclair JC, Bracken MB, eds. *Effective care of the Newborn Infant*. New York, NY: Oxford University Press Inc;1992: 3-12.
7. Bracken MB. Statistical methods for analysis of effects of treatment in overviews of randomized trials. In: Sinclair JC, Bracken MB, eds. *Effective care of the Newborn Infant*. New York, NY: Oxford University Press Inc;1992: 13-18.

## Pamela Handasyde

---

**From:** Mark Purvis[SMTP:mdpurvis@melbpc.org.au]  
**Sent:** Friday, 22 January 1999 5:11 PM  
**To:** Griffin, Richie; Allwright, Raph; Atkinson, James; Barker, Andrew; Becroft, Ross; Bevans, Erin; Boag, Paul; Cade, Tom; Catherall, Rob; Cochrane, Andrew; Cornish, Chris; Crane, Josh; Dall, Stuart; Dodgshun, Peter; Edwards, Anne; Edwards, David; Evans, Gregor; Feddersen, Charles; Findlay, Colin; Gray, Tom; Handasyde, Stewart; Hodges, Rohan; Holmes Family; Holmes, Jon; Hooley, Alan; Jamieson, Andrew; Jamieson, Lyn; Johnston, David; Lightfoot, David; Maddocks, Glenn; McLennan, Don; Miller, Nick; Nettleton, Adam; Patrick, Paul; Russell, Aaron; Russell, James; Schwerkoit, Rob; Simm, Andrew; Simm, Peter; Slade, Andrew; Slade, Roger; Smith, Mike; Stewart, Chris; Taylor, Michael; Vial, Leigh; Wilson, Ewen; Wilson, Paul; Wilson, Rob  
**Subject:** Interclub ladders

Latest interclub ladders below. It's very tight in both grades for 3rd and 4th spots.

P.S. I do not recommend that you fall over on the Box Hill track. You might break a rib or two (as I appear to have done, damnit).

### B GRADE PREMIERSHIP LADDER AFTER COMPETITION HELD ON 20 January 1999

Diamond Valley 31.0  
Box Hill I 31.0  
O.Scotch 25.0  
St.Kevins 24.0  
O.Paradians 24.0  
O.Xaverians 22.0  
O.Melburnians 20.0  
Ivanhoe 20.0  
Doncaster 17.5  
Collingwood 17.0  
Box Hill II 13.5

### D GRADE PREMIERSHIP LADDER AFTER COMPETITION HELD ON 20 January 1999

Ivanhoe 31.0  
O.Paradians 30.0  
Richmond 27.0  
Collingwood 25.0  
O.Scotch 25.0  
Diamond Valley 24.0  
S.S.H. 21.0

8. Engelke SC, Roloff DW, Kuhns LR. Postextubation nasal continuous positive airway pressure. *Am J Dis Child.* 1982;136:359-361.
9. Annibale D, Hulsey T, Engstrom P, Wallin L, Ohning B. Randomised, controlled trial of nasopharyngeal continuous positive airways pressure in the extubation of very low birthweight infants. *J Pediatr.* 1994;124:455-60.
10. Chan V, Greenough A. Randomised trial of methods of extubation in acute and chronic respiratory distress. *Arch Dis Child.* 1993;68:570-572.
11. Higgins RD, Richter SE, Davis JM. Nasal continuous positive pressure facilitates extubation of very low birthweight neonates. *Pediatrics.* 1991;88:999-1003.
12. So B-H, Tamura M, Mishina J, Watanabe T, Kamoshita S. Application of nasal continuous positive pressure to early extubation in very low birthweight infants. *Arch Dis Child.* 1995;72:F191-193.
13. Tapia J, Bancalari A, Gonzalez A, Mercado M. Does continuous positive airways pressure (CPAP) during weaning from intermittent mandatory ventilation in very low birthweight infants have risks or benefits? A controlled trial. *Pediatr Pulmonol.* 1995;19:269-279.
14. Randomised controlled trial of nasal continuous positive airway pressure (NCPAP) in the extubation of infants 600 to 1250g. Davis PG, Jankov R, Doyle LW, Henschke P. *Archives of Disease in Childhood* 1998;79:F54-57.

## Pamela Handasyde

**From:** Mark Purvis[SMTP:mdpurvis@melbpc.org.au]  
**Sent:** Friday, 22 January 1999 5:29 PM  
**To:** Griffin, Richie; Allwright, Raph; Atkinson, James; Barker, Andrew; Becroft, Ross; Bevans, Erin; Boag, Paul; Cade, Tom; Catherall, Rob; Cochrane, Andrew; Cornish, Chris; Crane, Josh; Dall, Stuart; Dodgshun, Peter; Edwards, Anne; Edwards, David; Evans, Gregor; Feddersen, Charles; Findlay, Colin; Gray, Tom; Handasyde, Stewart; Hodges, Rohan; Holmes Family; Holmes, Jon; Hooley, Alan; Jamieson, Andrew; Jamieson, Lyn; Johnston, David; Lightfoot, David; Maddocks, Glenn; McLennan, Don; Miller, Nick; Nettleton, Adam; Patrick, Paul; Russell, Aaron; Russell, James; Schwerkolt, Rob; Simm, Andrew; Simm, Peter; Slade, Andrew; Slade, Roger; Smith, Mike; Stewart, Chris; Taylor, Michael; Vial, Leigh; Wilson, Ewen; Wilson, Paul; Wilson, Rob  
**Subject:** State League Rd 7

33 year old club record falls

Javelin thrower Erin Bevans has broken Olympian Bob Grant's long standing club javelin record with a throw of 68.96m in last night's State League competition. Erin broke Bob's 1956 mark by over three metres. As Erin's PB is around 79m, we should see the record fall again shortly.

Johnny Halliday ran a PB 5000m, while Moresi and Rennie starred again over 200m. Unfortunately, apart from Bevans, the APSU field event performances were pathetic and the club's finals hopes are now all but over for this season.

### RESULTS - 21 Jan 1999

Javelin	Bevans	68.96m	REC
200m	Moresi	21.32	
	Rennie	21.36	
110mH	Allwright	16.13	
800m	Dawson	1:54.3	
5000m	Lyons	14:18.5	
	Halliday	14:52.9	PB



ATT00002.htm

Table 1 Characteristics of trials included in the review

Author	Ref	Year	Allocation	CPAP level (cm H <sub>2</sub> O)	CPAP method	Aminophylline used	Birthweight	Study size
Engelke	8	1982	Random	6	uncertain	no	> 1000g	18
Higgins	11	1991	Random	4 to 6	binasal pharyngeal	yes	< 1000g	58
Chan	10	1993	Random	3	single nasal	yes	< 1800g	120
Annibale	9	1994	Random	6	single nasopharyngeal	yes	600 - 1500g	82
So	12	1995	Random	5	binasal	yes	< 1500g	50
Tapia	13	1995	Quasi- random	3 to 4	single nasopharyngeal	yes	< 1500g	59
Davis	14	1998	Random	7	single nasal	yes	600 - 1250g	92

## Pamela Handasyde

---

**From:** Mark Purvis[SMTP:mdpurvis@melbpc.org.au]  
**Sent:** Saturday, 30 January 1999 8:27 PM  
**To:** Griffin, Richie; Allwright, Raph; Atkinson, James; Barker, Andrew; Becroft, Ross; Bevans, Erin; Boag, Paul; Cade, Tom; Catherall, Rob; Cochrane, Andrew; Cornish, Chris; Crane, Josh; Dall, Stuart; Dodgshun, Peter; Edwards, Anne; Edwards, David; Evans, Gregor; Feddersen, Charles; Findlay, Colin; Gray, Tom; Handasyde, Stewart; Hodges, Rohan; Holmes Family; Holmes, Jon; Hooley, Alan; Jamieson, Andrew; Jamieson, Lyn; Johnston, David; Lightfoot, David; Maddocks, Glenn; McLennan, Don; Miller, Nick; Nettleton, Adam; Patrick, Paul; Russell, Aaron; Russell, James; Schwerkolt, Rob; Simm, Andrew; Simm, Peter; Slade, Andrew; Slade, Roger; Smith, Mike; Stewart, Chris; Taylor, Michael; Vial, Leigh; Wilson, Ewen; Wilson, Paul; Wilson, Rob  
**Subject:** Interclub round 13

Two important wins by our B and D grade teams today, but D grade remains in 5th place despite beating the 2nd placed team. The D grade team has clearly signalled that (if it makes the finals) it will be a genuine premiership chance. Today it scored a whopping 144 points, with athletes in all events bar the walk and hammer. Unfortunately, we have to get into the finals first!!!

### Highlights:

John Dawson's PB 1500m 4:04.8

Return of Eddie Bostock

James Ross PB triple jump 11.28m

An extraordinary 15 O.S. 1500m runners, with 10 of them running in the same D grade heat

Two slashing 4x100m relay wins

Twin 2 km steeple PB's by Schwerkolt and Austin

Fast 400m by 15 year old Andrew Barker 51.7 secs

### RESULTS - 30 Jan 1999

#### B Grade (OS 94 d OP 69 d Bye)

100m Rennie 11.2

Cade 11.3

1500m Halliday 4:00.6

Dawson 4:04.8 PB

Schwerkolt 4:05.6

110mH Allwright 16.8

HJ Bostock 1.75m

4x100m Allwright, Johnston, Feddersen, Cade 45.3

400m Cade 50.3

Dawson 50.8

Slade 54.5

#### D Grade (OS 144 d OP 118 d DV 48)

TJ Ross 11.28m PB

100m Allwright 12.4

Barker 12.4

Gray 14.0

Shot Ross 9.68m PB

1500m Simm A 4:12.?

McLennan 4:17.?

Barker 4:21.0 INV PB

Wilson E 4:25.6 INV

Stewart 4:25.9

Cochrane 4:26.8 INV

Catherall 4:29.0

Becroft 4:55.3 INV

Austin R 4:56.?

Gray 4:59.2 INV

Table 5 Sensitivity analyses of trials providing outcome data on extubation failure

Criterion	ERR (95%CI)	ERD (95%CI)	NNT
Random allocation	0.57 (0.44,0.73)	-0.225 (-0.313,-0.136)	4
NCPAP $\geq$ 5cm H2O	0.49 (0.37,0.66)	-0.294 (-0.398,-0.190)	3
NCPAP < 5cm H2O	1.09 (0.69,1.73)	0.024 (-0.104,0.152)	not significant
Aminophylline given	0.65 (0.51,0.84)	-0.156 (-0.239,-0.073)	6
Extubation < 14 days	0.57 (0.42,0.77)	-0.217 (-0.324,-0.110)	5
Extubation $\geq$ 14 days	1.12 (0.58,2.15)	0.041 (-0.188,0.269)	not significant

Discus Johnston 26.20m  
110mH Johnston 17.0  
Feddersen 19.1  
4x100m McLennan,Bostock,Gray,Stewart 51.7  
HJ Johnston 1.70m  
2kSt Schwerkolt 6:39.6 PB  
Austin R 7:50.7  
400m Barker 51.7  
McLennan 53.2  
Johnston 55.4 INV  
Feddersen 56.0  
Javelin Gray 28.14m

Under 18

PV Gray 2.25m

Under 16

1500m Miller 4:41.0  
4:47.5



ATT00000.htm

**Table 4 Results and meta-analysis of trials providing outcome data on endotracheal reintubation**

Author	Reference	Year	NCPAP	Headbox	ERR (95%CI)	ERD (95%CI)
Engelke	8	1982	0/9	2/9	0.20 (0.01,3.66)	-0.222 (-0.523,0.078)
Higgins	11	1991	7/29	11/29	0.64 (0.29,1.41)	-0.138 (-0.373,0.098)
Chan	10	1993	19/60	22/60	0.86 (0.52,1.42)	-0.050 (-0.219,0.119)
Annibale	9	1994	15/40	17/42	0.93 (0.54,1.59)	-0.030 (-0.241,0.181)
So	12	1995	4/25	13/25	0.31 (0.12,0.81)	-0.360 (-0.603,-0.117)
Tapia	13	1995	7/29	2/30	3.62 (0.82,16.01)	0.175 (-0.005,0.354)
Davis	14	1998	16/47	14/45	1.09 (0.61,1.97)	0.029 (-0.162,0.221)
Pooled estimate			68/239	81/240	0.84 (0.65,1.10)	-0.053 (-0.134,0.028)

## Pamela Handasyde

---

**From:** Mark Purvis[SMTP:mdpurvis@melbpc.org.au]  
**Sent:** Sunday, 7 February 1999 7:03 PM  
**To:** Griffin, Richie; Allwright, Raph; Atkinson, James; Barker, Andrew; Becroft, Ross; Bevans, Erin; Boag, Paul; Cade, Tom; Catherall, Rob; Cochrane, Andrew; Cornish, Chris; Crane, Josh; Dall, Stuart; Dodgshun, Peter; Edwards, Anne; Edwards, David; Evans, Gregor; Feddersen, Charles; Findlay, Colin; Gray, Tom; Handasyde, Stewart; Hodges, Rohan; Holmes Family; Holmes, Jon; Hooley, Alan; Jamieson, Andrew; Jamieson, Lyn; Johnston, David; Lightfoot, David; Maddocks, Glenn; McLennan, Don; Miller, Nick; Nettleton, Adam; Patrick, Paul; Russell, Aaron; Russell, James; Schwerkolt, Rob; Simm, Andrew; Simm, Peter; Slade, Andrew; Slade, Roger; Smith, Mike; Stewart, Chris; Taylor, Michael; Vial, Leigh; Wilson, Ewen; Wilson, Paul; Wilson, Rob  
**Subject:** State League etc

Meanwhile, at Olympic Park and elsewhere:

Official results of round 8 of State League are not yet to hand, but Erin Bevans improved his week old club javelin record to 72.62m and Johnny Halliday ran a PB 1500m of 3:55.

In round 9, we had eight OS athletes representing APS United, the highest number in one round this season. Mike Taylor ran a season's best in the 800m.

APSU will not make the finals and will finish around mid-field, the first time it has missed the finals in about four years (including two premierships).

At yesterday's Grand Prix in Canberra, Mark Moresi ran another 400m PB of 46.32 secs to finish 4th, just behind some bloke who used to take chemical enhancements. Cam Mackenzie has unfortunately been sidelined by a stress fracture. And, although she doesn't run for Old Scotch, how about 2:03.77 for 800m by 14 year old Georgie Clarke at the same meet? That should get a few of our guys motivated to run a bit faster.

### RESULTS

SL Rd 8 - 28 Jan 1999

Javelin	Bevans	72.62m	CLUB REC
100m	Allwright	?	
1500m	Halliday	3:55.?	PB
110m H	Allwright	?	
3k St	Sutherland	9:50.?	

SL Rd 9 - 4 Feb 1999

3k W	Jamieson	13:50.6	
200m	Moresi	21.45	
	Rennie	21.67	
	Cade	? INV	
Javelin	Bevans	65.36m	
110m H	Allwright	17.05	
800m	Taylor	1:54.7	
	Simm A	1:56.4	



ATT00001.htm

## Pamela Handasyde

---

**From:** Mark Purvis[SMTP:mdpurvis@melbpc.org.au]  
**Sent:** Sunday, 7 February 1999 6:46 PM  
**To:** Griffin, Richie; Allwright, Raph; Atkinson, James; Barker, Andrew; Becroft, Ross; Bevans, Erin; Boag, Paul; Cade, Tom; Catherall, Rob; Cochrane, Andrew; Cornish, Chris; Crane, Josh; Dall, Stuart; Dodgshun, Peter; Edwards, Anne; Edwards, David; Evans, Gregor; Feddersen, Charles; Findlay, Colin; Gray, Tom; Handasyde, Stewart; Hodges, Rohan; Holmes Family; Holmes, Jon; Hooley, Alan; Jamieson, Andrew; Jamieson, Lyn; Johnston, David; Lightfoot, David; Maddocks, Glenn; McLennan, Don; Miller, Nick; Nettleton, Adam; Patrick, Paul; Russell, Aaron; Russell, James; Schwerkolt, Rob; Simm, Andrew; Simm, Peter; Slade, Andrew; Slade, Roger; Smith, Mike; Stewart, Chris; Taylor, Michael; Vial, Leigh; Wilson, Ewen; Wilson, Paul; Wilson, Rob  
**Subject:** Colliwobbles and controversy

It was D-day for our D grade team at Box Hill yesterday, as the draw pitted us against fourth placed Collingwood, the only team able to be tipped out of the top four. The equation was simple - beat Collingwood, and we moved into the four at its expense.

B grade become somewhat incidental, although we still needed to finish no worse than second in our round to make a certainty of a finals berth there. Furthermore, the rules say you have to fill your higher team first, so it was important that as many B grade athletes as possible were on deck. This is the most basic rule of interclub to prevent "stacking" of teams near the finals. It means that if your higher team is near the bottom of its ladder, you can't drop athletes down to strengthen a lower team which is trying to make the finals. More about this rule later!

Early on, things looked a bit dodgy, with only five or six OS athletes there early. Fortunately, they included our all round stars Johnston, Feddersen, Gray and Ross. David Johnston was to prove the star of the day, competing in six events and winning five of them, including a most impressive 400m hurdles debut. After five events, OS and Collingwood were level on 40 points and it looked like it would be a tight tussle. The turning point, however, came in the 200m, where Johnston, Nettleton and Barker went a spectacular 1,2,3. After this, it was all downhill for the rattled 'Pies, as we blitzed them on the track with clean sweeps of the 800m, 110m hurdles and 4 x 400m relay.

It was during the 800m that I became somewhat suspicious of Collingwood's healthy points score in D grade and lack of points in C grade. It seemed that Collingwood were not quite playing by the rules, as several, if not all, of its C grade team were competing in D grade! In the 800m, it had no runners in C grade, but three in D grade. It was even more obvious in the 3000m, where C and D grades were run together, yet Collingwood's first finisher nominated himself as a D grade athlete!

It was time to make a point, so I lodged an official protest. Collingwood decided to counter-protest that Johnston should have competed in the B grade 110m and 400m hurdles. Unfortunately for the poor 'Pies, they forgot that there are different hurdles heights in the two grades for the shorter race and were unaware that David had never before competed in a 400m hurdles. This was somewhat different to their running three athletes who had previously competed and qualified in C grade in the D grade 800m. The fact is, one team was following the rules and the other was not. As I left Box Hill, I heard that the OS protest had been upheld and the Collingwood protest dismissed. Nyah, nyah, nyah.

This meant that what was already a comprehensive win became a thrashing. We fielded athletes in all D grade events bar a second walker. The maximum possible score if you win every single event is 181. We scored around 155. We only lost the walk, hammer, shot and discus. We went 1,2,3 in the 200m, 800m and possibly the 3000m. If our D grade team stays healthy and available through to 27 Feb, the premiership's a cakewalk (but not for good old Collingwood!).

Meanwhile, our B grade team shrugged aside its opposition to win easily. Particularly impressive were Sutherland, Dawson and the zoot-suited 4 x 400m team.

NOTE: Next (and last) interclub round is Sat 20 Feb. Venue final is Sat 27 Feb.

**B GRADE PREMIERSHIP LADDER AFTER COMPETITION HELD ON 6 February 1999**

CLUB	SCORES LAST ROUND			TL.F	TL.A	%	PTS.
Box Hill I	102.0	80.0	64.0	1318.0	1565.3	84.2	37.0
Diamond Valley	73.0	57.5	89.5	1251.3	1509.0	82.9	36.0
<b>O.Scotch</b>	<b>102.0</b>	<b>0.0</b>	<b>46.0</b>	<b>1027.3</b>	<b>1463.4</b>	<b>70.2</b>	<b>31.0</b>
O.Paradians	89.5	57.5	73.0	976.5	1577.8	61.9	29.0
St.Kevins	64.0	102.0	80.0	946.0	1440.0	65.7	28.0
O.Xaverians	61.0	33.0	-1.0	752.4	1414.3	53.2	27.0
O.Melburnians	46.0	0.0	102.0	751.3	1609.0	46.7	24.0
Ivanhoe	33.0	61.0	-1.0	635.0	1600.3	39.7	23.0
Doncaster	80.0	102.0	64.0	742.0	1829.0	40.6	20.5
Collingwood	57.5	73.0	89.5	741.5	1677.5	44.2	20.0
Box Hill II	0.0	46.0	102.0	450.0	1688.3	26.7	14.5

**D GRADE PREMIERSHIP LADDER AFTER COMPETITION HELD ON 6 February 1999**

CLUB	SCORES LAST ROUND			TL.F	TL.A	%	PTS.
Ivanhoe	134.0	37.0	111.0	1549.0	1348.5	114.9	37.0
O.Paradians	115.0	91.0	-1.0	1469.0	1606.5	91.4	35.0
Richmond	91.0	50.0	35.0	1331.0	1639.0	81.2	33.0
<b>O.Scotch</b>	<b>169.0</b>	<b>85.0</b>	<b>0.0</b>	<b>1321.3</b>	<b>1751.8</b>	<b>75.4</b>	<b>31.0</b>
Collingwood	85.0	0.0	169.0	1151.0	1619.0	71.1	30.0
Diamond Valley	111.0	37.0	134.0	1101.0	1852.5	59.4	27.0
De La Salle	37.0	111.0	134.0	887.0	1882.0	47.1	24.0
S.S.H.	35.0	50.0	91.0	764.0	1648.0	46.4	23.0
Box Hill	91.0	115.0	-1.0	683.0	1959.0	34.9	17.0
O.Melburnians	50.0	91.0	35.0	295.3	1907.8	15.5	12.0
Kew-Camberwell	0.0	85.0	169.0	0.0	1975.0	0.0	0.0

# Old Scotch Newsheet

Summer Edition 5.98.99

10 February 1999

## Inside this issue:

Weddings, parties, anything	2
Reports, results	3-8

## Diary dates:

**Fri-Sun 12-14 Feb**  
Victorian Open & U20 Champs  
Olympic Park

**Thurs 18 Feb 6.30 p.m.**  
Round 10 State League  
Prog 1 (100, 400, 1500)  
Olympic Park

**Sat 20 Feb 1.00 p.m.**  
Round 15 Interclub  
Prog 1 (100, 400, 1500)  
PLUS End of Venue Party  
Box Hill

**Thurs 25 Feb 6.30 p.m.**  
Melbourne Track Classic  
Olympic Park

**Sat 27 Feb 12.15 p.m.**  
Venue Final  
Box Hill  
PLUS Premiership Party

**Thurs 4 March 6.30 p.m.**  
Round 11 State League  
Prog 1 (100, 400, 1500)  
Olympic Park

**Fri-Sun 5-7 March**  
Vic Underage Champs  
Olympic Park

**Sat 13 March**  
Association Final  
Olympic Park

**Sun 14 March 2.00 p.m.**  
8 Pots In 8 Pubs Fun Run  
Venue T.B.A.

## D Graders march towards interclub flag

An influx of talented newcomers and a group of brilliant young distance runners has given O.S. its best chance of a senior premiership for many years. Unfortunately, our B grade team still lacks good throwers, but there is no such deficiency in D grade, where we can now fill every event.

The Venue Final is only two weeks away and O.S. is clearly the form team of the D grade competition. If all our stars remain injury-free, prospects for a flag are very good.

Our progress has not gone unnoticed, however, and the officials are now cracking down on our uniform and numbers. You must wear an **ALL RED SINGLET WITH BADGE AND BOTH NUMBERS** (not a school singlet) and **RED SHORTS**, or you will be disqualified.

Red singlets are available at Dobsons, Glenferrie Road, Hawthorn, and Mark Purvis has badges. If you do not own an all red singlet, now is the time to buy one, OK? Disqualification will only let your team mates down.



*Charlie Feddersen gets the uniform right*

## Bevans destroys 43 year old record

It was only a matter of time before Canadian visitor Erin Bevans produced the goods in his favoured event, the javelin. On 21 January, in State League competition, Erin threw 68.96m. A week later, he launched the projectile a huge 72.62m, which was both an O.S. and APSU record.

The previous O.S. record in the javelin was Bob Grant's 65.76m, set in 1956, 43 years ago. Throws like that were good enough to earn Bob selection in the Olympic Games and a special place on O.S. history. It took another 40 years for the club to produce a second Olympian (sprinter Cam Mackenzie in 1996).



*Bevans makes a point*

## Latest Aussie rankings

Seven O.S. athletes, including Erin, feature in the latest Australian rankings. They are:

C Mackenzie	200m	4th
M Moresi	200m	20th
N Rennie	200m	24th
M Moresi	400m	5th
G Lyons	5000m	27th
G Lyons	Mar	4th
P Wilson	Mar	10th
E Bevans	Jav	6th
A Jamieson	20kW	17th

## Sponsorship wanted

All of the seven athletes named to the left of course compete with distinction for APS United in State League. APSU is the elite flagship of the Old Collegians' athletic clubs.

An opportunity now exists for a corporate or private sponsor of APSU. For a moderate investment, a suitable sponsor could obtain logo, uniform and/or naming rights with APSU. If you are interested, or know someone who might be, please contact Raph Allwright on 9707 1000 (home) or 9829 5586 (work).

## Party, party, party

Plenty of party action ahead for those with the urge to socialise. Box Hill Athletic Club is holding an "End of Venue Competition Party" at the track from 8.30 p.m. on 20 February 1999. There will be a spit roast meal and DJ entertainment for a measly \$10.00 per ticket. You'll even be able to get a beer (if you're over 18) at bar facilities. All this under a marquee tent erected in the centre of the track!

Following the venue final on 27 February, all O.S. athletes and friends are cordially invited to a housewarming party at Mark's place at 44 Burnett Street, St Kilda, from 7.00 p.m. No entry fee for this one, of course, and it will hopefully double as a premiership celebration party with appropriate champagne refreshments. If you need a lift to St Kilda, talk to Andrew Simm.

Now, how many athletic clubs do you know that offer weekly parties to their members?



## Going potty

Speaking of social events, it's only a month or so to the annual 8 pots in 8 pubs fun run! Several athletes are in secret training for this day, doing multiple short sprint repeats with a one pot recovery between each surge. Last year, we ran around the Richmond pubs in frazzling heat, working up a very healthy thirst. This year's venue will be announced shortly. Keep Sunday afternoon, 14 March, free for this one.



Mike "8 pot screamer" Taylor

## Getting married

Former member and distance runner Leigh Vial has announced his engagement to Sue Pretty. Congratulations to Leigh from all his running buddies at O.S.

## Debut decathlon

Just before Christmas, Tom Gray did his first full decathlon as an under 18 athlete. Although he did not challenge for a medal, Tom did record four PB's in ten events, a grand effort. His score becomes a new club record (previously unclaimed). Here's Tom's results in full:

DAY 1  
 100m 13.50 387 points  
 LJ 5.01m eq PB 384  
 Shot 9.23m PB 440  
 HJ 1.66m PB 512  
 400m 60.01 PB 410  
 DAY 2  
 110H 21.50 240  
 Discus 20.23m 276  
 PV 2.40m 220  
 Javelin 28.35m 276  
 1500m 5:06.35 529  
 Day 1 2133 points  
 Day 2 1514 points  
 Total points 3674



Multi event performer Tom Gray in action at Box Hill

## Latest interclub ladders

B GRADE	FOR	AGST	%	PTS
Box Hill I	1318.0	1565.3	84.2	37.0
Dia Valley	1251.3	1509.0	82.9	36.0
O.Scotch	1027.3	1463.4	70.2	31.0
O.Parad	976.5	1577.8	61.9	29.0
St.Kevins	946.0	1440.0	65.7	28.0
O.Xavs	752.4	1414.3	53.2	27.0
O.Melb	751.3	1609.0	46.7	24.0
Ivanhoe	635.0	1600.3	39.7	23.0
Doncaster	742.0	1829.0	40.6	20.5
Coll'wood	741.5	1677.5	44.2	20.0
Box Hill II	450.0	1688.3	26.7	14.5

D GRADE	FOR	AGST	%	PTS
Ivanhoe	1549.0	1348.5	114.9	37.0
O.Parad	1469.0	1606.5	91.4	35.0
Richmond	1331.0	1639.0	81.2	33.0
O.Scotch	1321.3	1751.8	75.4	31.0
Coll'wood	1151.0	1619.0	71.1	30.0
Dia Valley	1101.0	1852.5	69.4	27.0
De La Salle	887.0	1882.0	47.1	24.0
S.S.H.	764.0	1648.0	46.4	23.0
Box Hill	683.0	1959.0	34.9	17.0
O.Melb	295.3	1907.8	15.5	12.0
Kew-Camb	0.0	1975.0	0.0	0.0

Sponsors of O.S.C.A.C. since 1993  
**HOLMES & HOLMES**  
 Solicitors  
 13 Station Street, Oakleigh 3166  
 Ph 9568 3822 Fax 9568 2357  
 Specialists in conveyancing, family law and financial advice

## Reports and results — State League

### Struggle at Geelong

Only four O.S. athletes made it down the Geelong Road for round 6 of State League. Again the team struggled, placing third in its four team match and probably losing its chance to make the finals. Tom Cade took advantage of a big tailwind to go under 11 seconds for 100m, but everyone else found the day a bit of a chore.

#### RESULTS — 9 Jan 1999

5k Walk	A Jamieson	23:55.7
100m	T Cade	10.9 w
	R Allwright	11.2 w
1500m	J Halliday	3:59.7
110m H	R Allwright	15.8
400m	T Cade	51.4

### Bevans' impressive debut

As mentioned on page 1, javelin thrower Erin Bevans set a new club record in round 7 of State League — not bad for his club debut! Track performances by APSU athletes were very good, but a lack of field game competitors hurt the team. Johnny Halliday ran a hard fought 5000m PB.

#### RESULTS — 21 Jan 1999

Javelin	E Bevans REC	68.96m
200m	M Moresi	21.32
	N Rennie	21.36
	T Cade PB INV	22.62
800m	J Dawson	1:54.3
110m H	R Allwright	16.13
5000m	G Lyons	14:18.5
	J Halliday PB	14:52.9

### Another big chuck

All of Erin's throws were over 70 metres in round 8, the longest of 72.62m breaking the APSU club record. Johnny again improved, this time in the 1500m, running a most impressive race. Tom Sutherland continues to improve with each run.

RESULTS next column ...

#### RESULTS — 28 Jan 1999

Javelin	E Bevans REC	72.62m
100m	R Allwright	11.77
1500m	J Halliday PB	3:55.17
110m H	R Allwright	16.53
3k St	T Sutherland PB	9:50.1
400m	A Simm	52.4



*Raph Allwright continues to put in, week after week, for his club*

### Full team brings results

At last APSU had almost a full team out on the track, bringing it second place in its round. This halted its downward movement on the ladder and ensured a mid field finish to the season. It will be the first time APSU has missed the finals since 1992-93. Mike Taylor ran a season's best and Moresi and Rennie continued their fine sprinting form.

#### RESULTS — 4 Feb 1999

3k Walk	A Jamieson	13:50.6
Javelin	E Bevans	65.56m
200m	M Moresi	21.45
	N Rennie	21.67
	T Cade INV	?
110m H	R Allwright	17.05
800m	M Taylor	1:54.7
	A Simm	1:56.4
5000m	G Lyons	14:26.9
	R Schwerkolt	15:44.6

## Gray leads interclub charge

Back for the first interclub round after Christmas, O.S. proved far too strong in the B Grade and U18 competitions, and had a hard fought five point win over Richmond in D Grade. Although our ranks were somewhat depleted due to summer holidays/the heat/State League, we showed that the Christmas season has not effected our fitness levels too much. The tremendous team spirit shown by every athlete, as well as our much appreciated officials Gregor and Anne, was inspirational for all those competing.

Some of the more memorable performances of the day included Rob Schwerkolt's 1500m PB (only 1.9 sec from the magic four minute barrier), followed by a victory in the 2 km steeple, Nick Miller's lightning 1500m finish and Andrew Barker's near PB in the 400m behind an impressive 49.8 from John Dawson.

However, without a doubt the honours lie with one man - a true warrior of the blood red singlet, a monolith of the athletics track - the backbone, legs and nether regions of the O.S. team - no, not Sladey for actually turning up, but Tom "nine event" Gray. In nine gruelling events in a muggy 27 degrees, Tom single handedly scored more points than Kew-Camberwell, Ivanhoe and Old Paradians combined (well, almost), and led the U18, D Grade and B Grade teams to their respective victories.

Overall, a great day was had by all, and the true winner was athletics.

Over and out, Andrew Simm.

RESULTS next page ...

### O.S. ATHLETES AT BOX HILL MUST HAVE:

- ALL RED SINGLET
- BOTH NUMBERS
- OLD SCOTCH BADGE
- RED SHORTS

GET YOURS NOW!!! DON'T BE CAUGHT OUT!

## Interclub reports and results

### RESULTS 9 Jan 1999

#### B Grade

100m	Barker	12.4
1500m	Schwerkolt PB	4:01.9
	Dawson	4:10
	Simm A	4:12
HJ	Lane	1.70m
4x100m	Lane, Sch'kolt, Gray, Simm A	50.3
TJ	Lane	12.29m
400m	Dawson	49.8
	Barker	51.5
	Slade	55.9

#### D Grade

TJ	Gray	10.46m
100m	Gray	13.4
SP	Gray	8.45m
HJ	Gray	1.55m
DT	Gray	22.29m
1500m	Austin R INV	4:51
2km St	Schwerkolt	6:42
	Simm A	7:06
400m	Simm A	53.4
	Schwerkolt	55.2
	Dall	59.9

#### Under 18

1500m	Barker	4:24
PV	Gray PB	2.60m
Javelin	Gray	29.50m
400m	Gray	61.5

#### Under 16

1500m	Miller	4:44
-------	--------	------

B Grade OS 77 d OP 47 d lv 0  
D Grade OS 86 d Rich d KC 0  
Under 18 OS 20 d SK 10 d DV 0



*Andrew Barker, running 51.5 secs for 400m at the ripe old age of 15*

### Sniff of the finals

We were a little fortunate to have weak opposition in round 11. The team called "bye" just can't seem to get any athletes out on the track. Week after week it cops a hiding. Meanwhile, although O.S. was lacking some of its stars, we still scored two percentage boosting wins. Our D grade team moved into the top four for the first time this season.

Highlights included Rennie, Cade and Allwright going 1,2,3 in the 100m and Halliday's PB 1500m, but for sheer nostalgia, you couldn't go past the "fossil parade" (Candice's description) in the D grade 1500m. (I prefer to describe the group of slightly older distance men as experienced, wily and skilful -Ed.) In red, we had Purvis 41, Catherall 51 and Stewart 45, and running invitation were Cochrane 43 and Rod Austin 42 - total 222, average 44.4. It was Andy's first OS track run in seven years - "How long has Box Hill had a red track?" he innocently enquired. As for the race, well, you wouldn't believe it, the oldest bloke killed them. Rob's last 300m was far too good.

Oh, if you're wondering why Tom Gray only did a paltry five events this week, his chauffeur, who shall remain nameless (but responds to Andrew or Andy or Simmie or Simm), was late, very late.

**RESULTS** next column ...

### RESULTS 16 Jan 1999

#### B Grade

100m	Rennie	10.9
	Cade	11.3
	Allwright	11.5
1500m	Halliday PB	3:56.6
	Taylor	4:00.1
	Schwerkolt	4:04.1
110m H	Allwright	16.0
4x100m	Allwright, Simm A	
400m	Feddersen, Cade	45.1
	Cade	50.5
	Simm A	51.4
	Slade	53.3

#### D Grade

TJ	Ross	10.75m
100m	Feddersen	12.4
	Ross	12.7
	Hodges	13.9
1500m	Catherall	4:30.9
	Cochrane INV	4:34.2
	Purvis	4:36.2
	Stewart	4:40.0
	Austin R	4:55.7
110m H	Hodges	19.2
4x100m	Gray, Cochrane, Hodges, Ross	?
HJ	Gray	1.65m
400m	Schwerkolt	54.6
	Feddersen	59.1
	Cochrane	60.1
Javelin	Gray	N/T
<b>Under 18</b>		
400m	Gray	60.8
PV	Gray EQ PB	2.60m

B Grade OS 90 d OX 32 d Bye 0  
D Grade OS 109 d OM 27 d Bye 0

## More Box Hill thrills and spills

### Temporary setback

Not a great night for our finals hopes at the twilight meet in round 12, as B grade went down to the top and second-placed teams, while D grade came second in its round. Individually, however, there was plenty of entertainment, as we had the first full reunion of the 1995 4x800m relay team since their unforgettable record-breaking performance at the APS Sports. Messrs Taylor, Simm A, McLennan and Slade all ran individual 800m races, then evoked nostalgic memories by combining to run the 4x200m in precisely the same order as they ran the 4x800m in October 1995. Although Don and Sladey were a little underdone, they almost snatched victory.

Another highlight was Rob Schwerkolt's 18 sec PB in the 5000m, covering the last lap in 64 secs to clock 15:26.5. A sub 15:00 min 5000m is not out of the question for the in form Rob. Tom Sutherland, another 1995 alumni, narrowly missed a State League qualifying time in the 400m hurdles in only his second attempt at the event.

### RESULTS 20 Jan 1999

#### B Grade

400m H	Sutherland PB	59.7
200m	Johnston	23.9
	Feddersen	25.2
Hj	Johnston	1.70m
800m	Simm A	1:56.5
	Taylor	1:56.8
	McLennan	2:00.7
4x200m	Taylor, McLennan, Simm A, Slade	1:36
Javelin	Johnston	dnq
5000m	Schwerkolt PB	15:26.5

#### D Grade

Lj	Gray	4.98m
Shot	Gray	dnq
200m	McLennan	24.7
	Gray	27.9
	Purvis	28.9
110m H	Johnston	17.7
	Hodges	19.1
Javelin	Gray	25.94m
	Austin R INV	18.91m

Results continued next column ....

800m	Slade	2:06.8
	Cochrane	2:13.9
	Austin R	2:35.3
Hj	Gray	1.60m
3000m	Purvis	9:44.5
	Stewart	9:46.3
	Cochrane INV	9:55.8
	Austin R INV	10:4?
	Ross	?
<b>Under 18</b>		
3000m	Gray	11:37.1

B Grade DV 103 d BH1 100 d OS 59  
D Grade OP 116 d OS 90 d OM 29



*Another of our young all round talents, James Ross, shows off his shades*

### Back on track

Two important wins by our B and D grade teams in round 13, but D grade remained in fifth place despite beating the second placed team. The D grade team clearly signalled that, if it makes the finals, it will be a genuine premiership chance. It scored a whopping 144 points, with athletes in all events bar the walk and hammer.

#### Highlights:

- John Dawson's PB 1500m
- Return of Eddie Bostock
- James Ross PB triple jump
- An extraordinary fifteen OS 1500m runners, with ten of them running in the same D grade heat
- Two slashing 4x100m relay wins
- 2 km steeple PB's by Schwerkolt and Austin
- Another fast 400m by 15 year old Andrew Barker

RESULTS next column ....

### RESULTS 30 Jan 1999

#### B Grade

100m	Rennie	11.2
	Cade	11.3
1500m	Halliday	4:00.6
	Dawson PB	4:04.8
	Schwerkolt	4:05.6
110m H	Allwright	16.8
Hj	Bostock	1.75m
4x100m	Allwright, Johnston, Feddersen, Cade	45.3
400m	Cade	50.3
	Dawson	50.8
	Slade	54.5

#### D Grade

Tj	Ross PB	11.28m
100m	Allwright	12.4
	Barker	12.4
	Gray	14.0
Shot	Ross PB	9.68m
1500m	Simm A	4:12.?
	McLennan INV	4:17.?
	Barker INV	4:21.0
	Wilson E INV	4:25.6
	Stewart	4:25.9
	Cochrane INV	4:26.8
	Catherall	4:29.0
	Becroft INV	4:55.3
	Austin R INV	4:56.?
	Gray INV	4:59.2
Discus	Johnston	26.20m
110m H	Johnston	17.0
	Feddersen	19.1
4x100m	McLennan, Bostock, Gray, Stewart	51.7
Hj	Johnston	1.70m
2k St	Schwerkolt PB	6:39.6
	Austin R	7:50.7
400m	Barker	51.7
	McLennan	53.2
	Johnston INV	55.4
	Feddersen	56.0
Javelin	Gray	28.14m
<b>Under 18</b>		
PV	Gray	2.25m
<b>Under 16</b>		
1500m	Miller	4:41.0
	Everitt	4:47.5

B Grade OS 94 d OP 79 d Bye  
D Grade OS 141 d OP 119 d DV 53

## But wait ... there's more!

### Colliwobbles and controversy

It was D-day for our D grade team at Box Hill in round 14, as the draw pitted us against fourth placed Collingwood, the only team able to be tipped out of the top four. The equation was simple - beat Collingwood and we took over fourth spot.

B grade become somewhat incidental, although we still needed to finish no worse than second in our round to make a certainty of a finals berth there. Furthermore, the rules say you have to fill your higher team first, so it was important that as many B grade athletes as possible were on deck. This is the most basic rule of interclub to prevent "stacking" of teams near the finals. It means that if your higher team is near the bottom of its ladder, you can't drop athletes down to strengthen a lower team which is trying to make the finals. More about this rule later!

Early on, things looked a bit dodgy, with only five or six O.S. athletes there early. Fortunately, they included our all rounders Johnston, Feddersen, Gray and Ross. David Johnston was to prove the star of the day, competing in six events and winning five of them, including a most impressive 400m hurdles debut. After five events, OS and Collingwood were level on 40 points and it looked like it would be a tight tussle. The turning point, however, came in the 200m, where Johnston, Nettleton and Barker went a spectacular 1,2,3. After this, it was all downhill for the rattled 'Pies, as we blitzed them on the track with clean sweeps of the 800m, 110m hurdles and 4x400m relay.

It was during the 800m that it became apparent that Collingwood was not quite playing by the rules, as several, if not all, of its C grade team were competing in D grade! In the 800m, it had no runners at all in C grade, but three in D grade. It was even more obvious in the 3000m, where C and D grades were run together, yet Collingwood's first finisher nominated himself as a D grade athlete!

It was time to make a point, so O.S. lodged an official protest. Collingwood decided to counter-protest that Johnston should have competed in the B grade 110m and 400m hurdles. Unfortunately for the poor 'Pies, they forgot that there are different hurdles heights in the two grades for the shorter race and were unaware that David had never before competed in a 400m hurdles. This was somewhat different to their running three athletes in the D grade 800m who had previously competed and qualified in C grade. The fact is that one team was following the rules and the other was not. As I left Box Hill, I heard that the O.S. protest had been upheld and the Collingwood protest dismissed. Nyah, nyah, nyah.

This meant that what was already a comprehensive win became a thrashing. We fielded athletes in all D grade events bar a second walker. The maximum possible score if you win every single event is 196. We scored 169. We only lost the walk, hammer, shot and discus. We went 1,2,3 in the 200m, 800m and possibly the 3000m. If our D grade team stays healthy and available through to 27 February, the premierships a cakewalk (but not for good old Collingwood!).

Meanwhile, our B grade team shrugged aside its opposition to win easily. Particularly impressive were Sutherland, Dawson and the zoot-suited 4 x 400m team.

RESULTS next column ....

#### REMINDER TO ALL CLUB ATHLETES TO WEAR:

- ALL RED SINGLET
- BOTH NUMBERS
- OLD SCOTCH BADGE
- RED SHORTS

**THE BOX HILL GESTAPO WILL DISQUALIFY YOU IF YOU DO NOT COMPLY!**

#### RESULTS 6 Feb 1999

##### B Grade

400m H	Sutherland	60.2
200m	Allwright	23.7
	Sutherland	24.1
	Feddersen	24.7
HJ	Bostock	1.66m
800m	Dawson	1:53.1
	Schwerkolt PB	1:59.3
	Sutherland	1:59.6
110m H	Allwright	16.0
4x400m	Allwright, Simm A,	3:28
	Feddersen, Cade	
5000m	Wilson E	16:20.7
	Austin R dnq	18:29.3

##### D Grade

Hammer	McLennan	dnq
400m H	Johnston PB	62.5
	Feddersen PB	73.6
1.5k W	Gray PB	8:00.5
LJ	Ross	5.38m
200m	Johnston	?
	Nettleton	24.7
	Barker	?
Shot	Ross	9.35m
Discus	Johnston	27.7m
110m H	Johnston	17.4
	Feddersen	20.4
Javelin	Johnston	36.7m
800m	Slade	2:11.?
	Nettleton	?
	Catherall	2:12.8
HJ	Johnston	1.75m
4x400m	Slade, Catherall, Schwerkolt, Ross ?	
3000m	Halliday PB INV	8:41.?
	Stewart	9:41.8
	Purvis	9:54.8
	Becroft INV	10:45.?
	Holmes R REC	11:15.8
	Holmes J	11:24.1

B Grade OS 102 d OM 46 d BH2 14  
D Grade OS 169 d Coll 85 d KC 0

Old Scotch Collegians' A.C. Inc. Newsheet



If undeliverable, please return to:  
44 Burnett Street, St Kilda 3182

**STEWART HANDASYDE**  
20 Collings Street  
Camberwell VIC 3124



## Pamela Handasyde

---

**From:** Mark Purvis[SMTP:mdpurvis@melbpc.org.au]  
**Sent:** Tuesday, 16 February 1999 11:29 PM  
**To:** Griffin, Richie; Allwright, Raph; Atkinson, James; Barker, Andrew; Becroft, Ross; Bevans, Erin; Boag, Paul; Cade, Tom; Catherall, Rob; Cochrane, Andrew; Cornish, Chris; Crane, Josh; Dall, Stuart; Dodgshun, Peter; Edwards, Anne; Edwards, David; Evans, Gregor; Feddersen, Charles; Findlay, Colin; Gray, Tom; Handasyde, Stewart; Hodges, Rohan; Holmes Family; Holmes, Jon; Hooley, Alan; Jamieson, Andrew; Jamieson, Lyn; Johnston, David; Lightfoot, David; Maddocks, Glenn; McLennan, Don; Miller, Nick; Nettleton, Adam; Patrick, Paul; Russell, Aaron; Russell, James; Schwerkolt, Rob; Simm, Andrew; Simm, Peter; Slade, Andrew; Slade, Roger; Smith, Mike; Stewart, Chris; Taylor, Michael; Vial, Leigh; Wilson, Ewen; Wilson, Paul; Wilson, Rob  
**Subject:** Vic Champs

Congrats to Erin Bevans and Mark Moresi on winning gold and silver medals respectively at last weekend's State titles.

### RESULTS - 12-14 Feb 1999

200m	N Rennie	21.79 heat	21.81 (-1.2) final 7th
400m	M Moresi	47.08 heat	46.33 final 2nd
5000m	J Atkinson	14:42.51 heat	14:39.85 final 13th
110m	R Allwright	16.54 heat	
Javelin	E Bevans	72.71m final	1st CLUB & APSU REC



ATT00000.htm

**MEDICATIONS NOT SUITABLE TO BE FILTERED  
VIA THE ELD96® 0.2µm FILTER**

**TABLE 6**

**1. Medications with a concentration of less than 5 micrograms per mL**

**2. Suspensions or Emulsions**

Suspension*	Amphotericin B (Fungizone®)
Emulsion	Liposomal Amphotericin (Ambisome®)
Emulsion*	Diazepam (Diazemuls®)
Emulsion*	Lipid (Intralipid®)
Emulsion*	Propofol (Diprivan®)
Oily injection	Vitamin K (Konakion®)

\* recommended to be administered via TNAT1E

## Pamela Handasyde

---

**From:** Mark Purvis[SMTP:mdpurvis@melbpc.org.au]  
**Sent:** Monday, 22 February 1999 7:31 PM  
**To:** Griffin, Richie; Allwright, Raph; Atkinson, James; Barker, Andrew; Becroft, Ross; Bevans, Erin; Boag, Paul; Cade, Tom; Catherall, Rob; Cochrane, Andrew; Cornish, Chris; Crane, Josh; Dall, Stuart; Dodgshun, Peter; Edwards, Anne; Edwards, David; Evans, Gregor; Feddersen, Charles; Findlay, Colin; Gray, Tom; Handasyde, Stewart; Hodges, Rohan; Holmes Family; Holmes, Jon; Hooley, Alan; Jamieson, Andrew; Jamieson, Lyn; Johnston, David; Lightfoot, David; Maddocks, Glenn; McLennan, Don; Miller, Nick; Nettleton, Adam; Patrick, Paul; Russell, Aaron; Russell, James; Schwerkolt, Rob; Simm, Andrew; Simm, Peter; Slade, Andrew; Slade, Roger; Smith, Mike; Stewart, Chris; Taylor, Michael; Vial, Leigh; Wilson, Ewen; Wilson, Paul; Wilson, Rob  
**Subject:** Results last round

Another great turnout at Box Hill, two more big wins and we're into the venue final next week.

**Highlights:**

Tom Gray, Tom Cade and Robert Holmes under age club records  
Two D grade sprinters go sub 12 secs for 100m  
Yet another 1500m PB to Rob Schwerkolt  
Two crushing relay wins  
Rory Lane's cutting cricket shot (you had to be there)

Results attached. If you can't open the attachment, let me know.



ATT00001.htm



RESULTS 20.2.99.doc

(grades 3-5) independently predicted for recurrent urine infection, with an odds ratio 3.6 (CI 1.54,8.25, figure 1).

**Renal parenchymal defects.** Many parents of children who were well and had no recurrence declined repeat DMSA scanning. Repeat DMSA scanning was performed in 173 children at 1 year. The median timing of the DMSA scans at 1 year follow up was 12.6 months (range 5.3 - 26.7 months) from the index infection. Recurrent urine infection was significantly associated with renal parenchymal defects on DMSA scanning at the time of the first urine infection ( $\chi^2 = 4.6$ ,  $p < 0.05$ , table 2). DMSA scan abnormalities were present on entry in 19/34 (56%) children in the group with recurrent urine infection and in 94/256 (37%) of the group without recurrence. There was a significant linear trend in the proportion of children with recurrent urine infection with increasing grade of DMSA abnormality ( $p < 0.01$ , table 3).

Renal parenchymal damage at 1 year was significantly associated with recurrent urine infection. At 1 year parents of 8 children with recurrence declined rescanning; 11/26 (42%) of the children with recurrent urine infection and 21/147 (14%) of the group without recurrent urine infection who were rescanned at 1 year had DMSA abnormalities. DMSA abnormality was significantly associated with recurrent urine infection ( $\chi^2 = 11.5$ ,  $p < 0.001$ , table 2). Of the group with recurrent urine infection, dilating reflux was significantly associated with DMSA abnormality: 7/11 children with abnormal DMSA scans had VUR ( all grade 3-5), 4/15 children with normal DMSA scans had VUR ( 1/4 grade 3-5) ( $p < 0.01$ , see table 6) .

In the group with recurrent urine infection febrile recurrence was significantly associated with renal parenchymal defects on DMSA at 1 year ( $\chi^2 = 10.1$ ,  $p < .001$ , figure 3). There were no renal parenchymal defects in the 9 children with non febrile

## Pamela Handasyde

---

**From:** Ewen Wilson[SMTP:ewen@werple.net.au]  
**Sent:** Tuesday, 23 February 1999 6:42 AM  
**To:** 'Andrew Jamieson'; 'Alan Hooley'; 'Paul Wilson'; 'Bruce & James Unthank'; 'Tom Cade'; 'Craig Fuber'; 'Andrew Cochrane'; 'David Walker'; 'David Lightfoot'; 'Andrew Cole'; 'Erin Bevans'; 'Colin Findlay'; 'Gregor Evans'; 'Jon Holmes'; 'James Goodwin'; 'Jon Holmes'; 'Julian Marsh'; 'Simon Lewin'; 'Mark Purvis'; 'Michael Bourke'; 'Mike Smith'; 'Nick Wall'; 'Pamela & Stewart Handasyde'; 'Paul Patrick'; 'Peter Simm'; 'Raph Allwright'; 'Rohan Hodges'; 'Rob Catherall'; 'Rob Schwerkolt'; 'Andrew Simm'; 'Adrian Wallis'; 'Sandor Kazi'; 'Scott Lawrence'; 'Tony Barrett'  
**Subject:** Virus warning and apology

I apologise for apparently passing on a virus called "Happy New Year 1999" via the newsletter. My current version of VET virus checker did not pick it up.

Unfortunately I was sent this virus recently. It does not affect the computer drives, only attaches to emails. If you receive it, don't open the exe file. If you have, I have included advice on how to delete it.

It is a relatively new virus and this is the comment from VET virus software company.

-----  
FROM the VET virus site <http://www.vet.com.au/>

### Happy99.exe

Happy99.exe was first reported in January after it was sent to several newsgroups. It attaches itself to outgoing email messages. If the recipient runs this attachment, it will display the message "Happy New Year 1999!!" and a fireworks graphic will be displayed.

It copies itself to the Window/System folder as SKA.EXE and SKA.DLL. It also copies the file WSOCK32.DLL to WSOCK32.SKA. and then modifies WSOCK32.DLL. As a consequence of this, the file will attach Happy99.exe to all outgoing email messages. (Happy99.exe is considered a worm due to this component.) The file LISTE.SKA is created and stored in the Windows Systems folder and this collates a list of all email recipients of the Happy99.exe.

If you receive the Happy99.exe via email, do not run it delete it immediately.

Once again, we remind you of one of the golden rules when using the Internet: Never run any files that are sent to you by someone who you do not know and trust.

-----  
To remove the virus

### REMOVING happy99.exe virus

Do you remember getting a file, it would have been some fireworks with a message Happy New Year 99, well that's the virus (it's called a worm).

It won't do any harm to your computer or hard drive, all it does is attach itself to all your outgoing emails, without your knowledge.

It's fairly easy to get rid of, especially if you have one of the latest virus scanners, such as McAfee, or Vet, or Nortons, but you can manually do the job just as well.

You need to locate and delete 4 files (you can do a find, files or folders, and delete any Happy99.exe you come across.

Next you will need to delete 3 files that should be found in your windows/system directory, in this order  
ska.exe

1. Baehner RL, Johnston RB Jr, Nathan DG. Reduced pyridine nucleotide (RPN) content in G-6-PD deficient granulocytes (PMN) and explanation for their defective bactericidal function (Abstract). *J Clin Invest.* 1971;50:4a.
2. Cooper MR, DeChatelet LR, McCall CE, LaVIA MF, Spurr CL, Baehner RL. Complete deficiency of leukocyte glucose-6-phosphate dehydrogenase with defective bactericidal activity. *J Clin Invest.* 1972;51:769-778.
3. Lau YL, Samuda GM, Yeung CY, Lawton JWM. Recurrent infections associated with glucose-6-phosphate dehydrogenase deficiency. *J Hong Kong Med Assoc.* 1990;42:231-233.
4. Wan TSK. *Neutrophils Function Tests in Chinese Newborn Infants.* M.Phil's thesis. Hong Kong: University of Hong Kong. 1991.
5. Yeung CY, Lee FT. Erythrocyte glucose-6-phosphate dehydrogenase assay on Chinese newborn infants with an automated method. *Hong Kong J Paediatr.* 1985;2:46-55.
6. Rodney CE, Jacob HS, Holmes B, McArthur JR, Good RA. Leukocyte glucose-6-phosphate dehydrogenase level and bactericidal activity. *Lancet.* 1970;1:355-356.
7. Stjernholm R, Manak RC. Carbohydrate metabolism in leukocytes. XIV. Regulation of pentose activity and glycogen metabolism during phagocytosis. *J Reticuloendothel Soc.* 1970;8:550-560.
8. Spitznagel JK, Chi HY. Cationic proteins and antibacterial properties of infected tissues and leukocytes. *Am J Pathol.* 1963;43:697-711.
9. Klebanoff SJ. Intraleukocyte microbicidal defects. *Ann Rev Med.* 1971;22:39-62.

## References

ska.dll  
wsock32.dll

You then need to rename wsock32.ska to wsock32.dll

There is one more file, that is not infected, but it is written by the virus. It is named liste.ska, you can safely open this file in notepad, it will show you a list of all the email addresses you have sent the Happy99.exe to.

Most of the above info is also posted at  
:-<http://www.alphalink.com.au/happy99.html>

Appologies again

regards

Ewen

Individuals could obtain information about the fat content of products from simplified food composition tables, food packaging and labeling and specifically targeted CF educational materials (39) and those developed by the Australian CF dietitians special interest group. Appropriate PERT guidelines also provide families with a better understanding of treatment by providing a rational approach to therapy. Specifically targeted educational strategies, such as 'Go and Grow with CF' (39) provide a practical basis for the implementation of these guidelines for families.

### **Assessment of Efficacy of PERT**

Each individual requires an objective, quantitative assessment of %FFE at baseline and after any major adjustments in PERT dosage; trial of a different PERT product; or trial of adjuvant therapy in order to assess efficacy of the change in therapy. Unless fat absorption is determined quantitatively there is no way of knowing if the adjustments made have resulted in improved absorption and are therefore of benefit to the patient. Encouraging patients to increase their own dose of PERT on the basis of 'abdominal pain' may lead to spiraling enzyme usage without proving efficacy and thereby increase the risk of fibrosing colonopathy if a dose in excess of 10 000 units of lipase per kg body weight ensues. Increasing consumption of PERT over time has been demonstrated in one Australian CF clinic (40) and has been referred to as enzyme 'creep' where the number of enzymes capsules rises over time as patients self-adjust dose, without efficacy being demonstrated.

There are many causes of abdominal signs in people with CF. Park and Grand (19) reported that 85 - 90% of patients with CF have gastrointestinal symptoms that account for a variety of complications. These can include, distal intestinal obstruction syndrome (DIOS), which may present as attacks of partial or complete bowel obstruction with pain, distension, constipation and vomiting and where stool consistency and frequency is usually normal (41). Constipation, with an acquired megacolon and chronic faecal retention occurs frequently in CF and is associated with decreased stool frequency, difficulty evacuating and generalised abdominal cramping. It has been associated both with a sudden increased dose of pancreatic enzymes to control malabsorption (2,19) or inadequate treatment with PERT as a result of poor compliance or under use (42). Gastrointestinal complications such as appendicitis, intussusception, pancreatitis, peptic ulcer disease, gall stones, rectal prolapse, bacterial overgrowth, giardiasis, coeliac disease,

10. Kirkman NN, McCurdy PR, Naiman JL. Functionally abnormal glucose-6-phosphate dehydrogenases. *Cold Spring Harbor Symp. Quant. Biol.* 1964;**29**: 391.
11. Phillips J, Herring RM, Goodman HO, King JS Jr. Leukocyte alkaline phosphatase and erythrocyte glucose-6-phosphate dehydrogenase in Down's syndrome. *J. Med. Genet.* 1967;**4**: 268-273.
12. Johnson BC, Moser K, Sassoon HF. Dietary induction of liver glucose-6-phosphate dehydrogenase in the rat. *Proc. Soc. Exp. Biol. Med.* 1966;**121**: 30-31.

em, Slade	1	Johnston	2.00	Shot Put
em, Ross, Jamieson	1	Johnston	2.30	Discus
em, Gray	1	Johnston	2.50	110m H
em, Gray	1	Johnston	3.00	Javelin
em, Gray	1	McLennan	3.15	800m
em, Cathrall	1	Johnston	3.30	High Jump
em, Gray	4	McLennan	4.05	4 x 200m Relay
em, Ross	1	Ross	4.15	3000m
em, McLennan, Stewart	2	Wilson E	.....	.....

Don't forget - red singlet, red shorts, both numbers.

Be early please.

## Pamela Handasyde

---

**From:** Mark Purvis[SMTP:mdpurvis@melbpc.org.au]  
**Sent:** Wednesday, 24 February 1999 10:26 AM  
**To:** Griffin, Richie; Allwright, Raph; Atkinson, James; Barker, Andrew; Becroft, Ross; Bevans, Erin; Boag, Paul; Cade, Tom; Catherall, Rob; Cochrane, Andrew; Cornish, Chris; Crane, Josh; Dall, Stuart; Dodgshun, Peter; Edwards, Anne; Edwards, David; Evans, Gregor; Feddersen, Charles; Findlay, Colin; Gray, Tom; Handasyde, Stewart; Hodges, Rohan; Holmes Family; Holmes, Jon; Hooley, Alan; Jamieson, Andrew; Jamieson, Lyn; Johnston, David; Lightfoot, David; Maddocks, Glenn; McLennan, Don; Miller, Nick; Nettleton, Adam; Patrick, Paul; Russell, Aaron; Russell, James; Schwerkolt, Rob; Simm, Andrew; Simm, Peter; Slade, Andrew; Slade, Roger; Smith, Mike; Stewart, Chris; Taylor, Michael; Vial, Leigh; Wilson, Ewen; Wilson, Paul; Wilson, Rob  
**Subject:** Teams again

Andrew Barker has pulled a hammy, so there's a couple of changes to the teams.

### OLD SCOTCH TEAM SHEET - Venue Final

B GRADE vs Box Hill 1 vs Dia Valley vs Old Paradians   DATE: 27/2/99

Time   Event   Name

12.15 p.m. Hammer 1.....  
1.00   3K Walk   1 Jamieson ..... 2.....  
1.00   400m H    1 Sutherland ..... 2 Johnston .....  
1.00   Shot Put   1.....  
2.00   200m      1 Cade ..... 2 Allwright ..... 3 Dawson  
.....  
                  em. Simm A, Sutherland  
2.00   Discus    1.....  
2.00   Pole V    1.....  
2.30   High Jump 1 Lane .....  
2.50   800m      1 Dawson ..... 2 Taylor ..... 3 Simm A  
.....  
                  em. Sutherland  
2.50   110m H   1 Allwright ..... 2.....  
3.45   Long Jump 1 Cade .....  
                  em. Lane  
3.50   4 x 200m Relay 1 Allwright 2 Dawson 3 Cade 4 Rennie .....  
                  em. Sutherland  
4.00   Javelin   1 Lane .....  
4.40   5000m    1 Wilson P ..... 2 Halliday ..... 3  
Schwerkolt .....  
                  em. Simm P

D GRADE vs Ivanhoe vs Old Paradians vs Richmond   DATE: 27/2/99

Time Event Qual Name Dist/Time Pts

12.15 Hammer   1 Johnston .....  
1.00   400m H    1 Feddersen ..... 2 Ross .....  
                  em. Gray  
1.20   1.5K Walk 1 Gray ..... 2 Holmes .....  
1.30   Long Jump 1 Nettleton .....  
                  em. Ross  
2.00   200m      1 Nettleton ..... 2 Feddersen ..... 3  
McLennan .....

NS\* = p < 0.05

Test items	Normal male infants		G-6-PD deficient infants		p-value
	No	mean $\pm$ s.d.	No	mean $\pm$ s.d.	
Candidacidal activity (%)	141	16.87 $\pm$ 6.91	12	19.08 $\pm$ 6.22	NS*
Phagocytic activity (%)	141	63.01 $\pm$ 13.13	12	55.28 $\pm$ 8.41	<0.01
Chemotaxis	104		5		
Chemotaxis migration (mm)		0.93 $\pm$ 0.33		0.77 $\pm$ 0.36	NS*
Spontaneous migration (mm)		0.42 $\pm$ 0.15		0.38 $\pm$ 0.18	NS*
Chemotactic index		2.54 $\pm$ 0.66		2.13 $\pm$ 0.42	<0.05
Chemotactic differential (mm)		0.63 $\pm$ 0.25		0.39 $\pm$ 0.21	<0.05

## Pamela Handasyde

**From:** Mark Purvis[SMTP:mdpurvis@melbpc.org.au]  
**Sent:** Monday, 1 March 1999 6:44 PM  
**To:** Griffin, Richie; Allwright, Raph; Atkinson, James; Barker, Andrew; Becroft, Ross; Bevans, Erin; Boag, Paul; Cade, Tom; Catherall, Rob; Cochrane, Andrew; Cornish, Chris; Crane, Josh; Dall, Stuart; Dodgshun, Peter; Edwards, Anne; Edwards, David; Evans, Gregor; Feddersen, Charles; Findlay, Colin; Gray, Tom; Handasyde, Stewart; Hodges, Rohan; Holmes Family; Holmes, Jon; Hooley, Alan; Jamieson, Andrew; Jamieson, Lyn; Johnston, David; Lightfoot, David; Maddocks, Glenn; McLennan, Don; Miller, Nick; Nettleton, Adam; Patrick, Paul; Russell, Aaron; Russell, James; Schwerkolt, Rob; Simm, Andrew; Simm, Peter; Slade, Andrew; Slade, Roger; Smith, Mike; Stewart, Chris; Taylor, Michael; Vial, Leigh; Wilson, Ewen; Wilson, Paul; Wilson, Rob; Hooley, Ross; Boag, Andrew; Lawrence, Scott; Macmillan, Gus; Thompson, Peter; Toward, Evan  
**Subject:** Premiership is ours

### DRAMATIC D GRADE PREMIERSHIP WIN AT BOX HILL

David Johnston - certified club legend (7 events including 4 PB's)  
Don McLennan - certified club legend (4 events, winner of the run off)  
Adam Nettleton - certified club legend (5 events, 2nd in the run off)  
Charlie Feddersen - certified club legend (4 events, 5th in run off)  
Tom Gray - previously certified club legend (for season's performances which got D grade into the finals in the first place!)

What an unbelievable day at Box Hill in the Venue Final last Saturday! Our B grade team nearly scored a major upset by stealing the flag in the last three events, but fell just short. It began with Jammo walking a club record and Sutherland running a State League qualifying time in the 400m hurdles. Dawson (800m), Cade (long jump), Paul Wilson (5000m) and the 4x200m relay team all scored exciting outright wins. Unfortunately, the relay team was scrubbed on a technicality and the absence of O.S. competitors in the hammer, shot put, discus and pole vault put paid to our bold run. Nonetheless, we missed out by a mere 15 points and scared the hell out of the ultimate winner, Diamond Valley.

In D grade, David Johnston was a revelation, showing that in future years he could be a huge star for the club. David competed in this order - hammer, 400m hurdles (PB), shot (PB), discus, 110m hurdles, javelin (PB) and high jump (equal PB). It seemed that David was getting better with each event, despite the 30 degree heat. Ironically, he supplanted iron man Tom Gray in most of the above events, but Tom showed his great versatility by winning the walk outright in a big PB time.

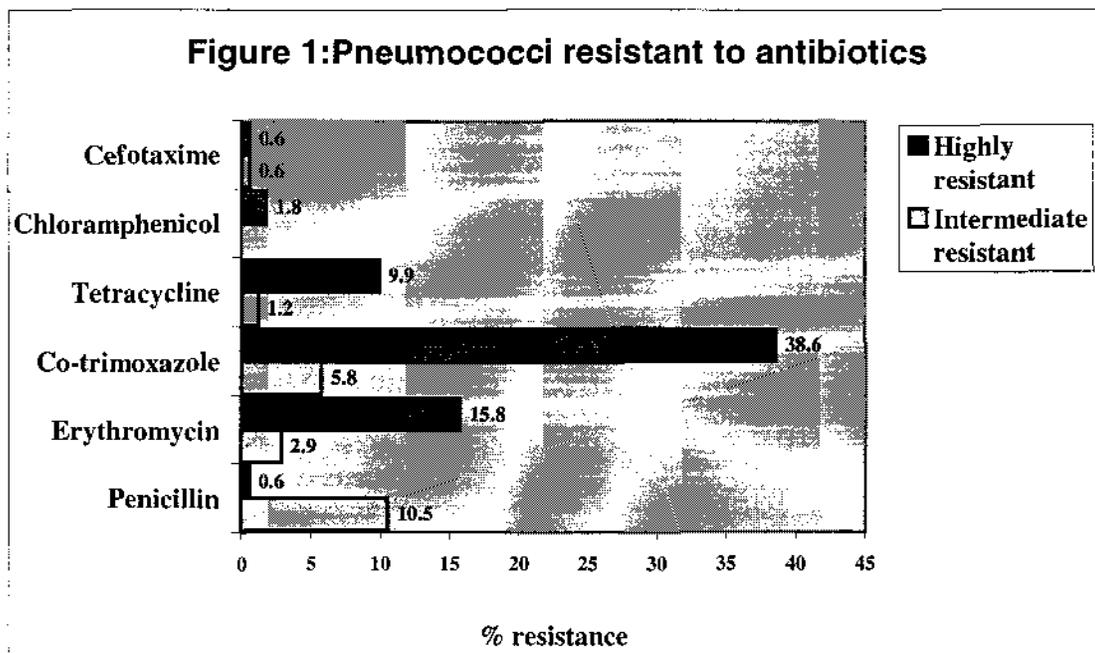
From the start, O.S. had a nail-biting tussle with Old Paradians. Unfortunately, the latter elected to ignore the rules to some extent, blatantly stacking their D grade team and giving up on B grade. Our protest was first dismissed, then left unresolved on appeal. Consequently, it was necessary to ignore the infractions and beat them outright. After Johnno in the high jump and our slick relay team put us nine points ahead, with just the 3000m to go, we looked home. Old Paradians refused to yield, however, and in an amazing outcome, managed to tie the points at 204 apiece at the close of counting.

And that's where the certified legends came in - the rules provide for a "run off" in the event of a tie. Three runners from each club must race over 600m, with points allocated 7,5,4,3,2,1. Clearly the winning athlete would give his club a head start to a premiership. McLennan, Nettleton and Feddersen had been at the heart of the D grade push for glory all day. Don had been a major star, winning his 200m and 800m races outright. Adam had sprinted and long jumped with distinction. Charlie had hurdled well, despite his noticeable dislike of the event, and sprinted very well. But it was very, very hot, and they had to be tired.

The O.S. cheer squad was spread around the track. From the gun, Charlie surged ahead, apparently fired up from some shoving from one of his opponents before the race. At 400m, we held positions one, two and four and were looking good. With 150m to go, an Old Paradians runner zoomed to the front and Charlie began to fade dramatically. Suddenly we were in trouble. But with 100m to go, Don ranged alongside the O.P. runner, then crushed him down the straight. Adam was poised behind and struck perfectly to surge home second.

**Table 1:** Sensitivity of pneumococcal isolates to antibiotics in children

Sensitivity result	Penicillin	Erythromycin	Co-trimoxazole	Tetracycline	Chloramphenicol	Cefotaxime
Sensitive	152 (88.9%)	139 (81.3%)	95 (55.6%)	152 (88.9%)	168 (98.2%)	169 (98.8%)
Intermediate resistant	18 (10.5%)	5 (2.9%)	10 (5.8%)	2 (1.2%)		1 (0.6%)
Highly resistant	1 (0.6%)	27 (15.8%)	66 (38.6%)	17 (9.9%)	3 (1.8%)	1 (0.6%)



Charlie hung on for 5th, so O.S. won the run off 14 points to 8.

Much celebrating and high fives later, and after the team manager had left for home, Old Paradians squealed to the referee that we had run with ineligible athletes. This was not true, but the venue computer records were incomplete, and it was not until Sunday that we were finally awarded the D grade premiership. So now it's on to the Association Final on 13 March, probably at Knox athletic track. Program is 100m, 400m, 1500m plus a 3000m.

Congratulations to all the O.S. guys, B and D grade alike, for a magnificent finals effort, and thanks to Pete Simm and Gregor Evans for doing the officiating gig.

RESULTS - 27 Feb 1999

B Grade (Dia Vall 153 d. Box Hill 140 d. O.S. 138 d. Old Paradians 86)

3k Walk Jamieson 13:13.7 PB CLUB, APSU, VIC and AUST M50 RECORD

400m H Sutherland 59.0 PB

Johnston 60.7 PB

200m Cade 22.8

Allwright 23.7

Sutherland 23.9 PB

HJ Lane 1.80m

800m Dawson 1:53.3

Taylor 1:54.6

Simm A 1:59.?

110m H Allwright 16.2

LJ Cade 6.26m

4x200m Allwright, Dawson, Cade, Rennie 1:30.3

Javelin Lane ?

5000m Wilson P 14:49.4

Halliday 15:06.6

Schwerkolt 15:44.?

D Grade

Hammer Johnston 28.56m PB

400m H Ross 63.9 PB

Feddersen 70.8 PB

1.5k W Gray 7:41.6 PB

Holmes J 8:10.0

LJ Nettleton 5.86m

200m Nettleton 23.8 PB?

McLennan 23.9 PB

Feddersen 24.9

Shot Johnston 12.05m PB

Discus Johnston 28.88m

110m H Johnston ?

Gray 20.8

Javelin Johnston 40.10m PB

800m McLennan 2:00.8

Nettleton 2:06.0

Catherall 2:07 INV

Slade 2:09.0

HJ Johnston 1.80m eq PB

4x200m Slade, McLennan, Nettleton, Feddersen 1:35.8

3000m Wilson E 9:13.8

Ross 9:40??

Purvis 9:46.?

600m McLennan 1:24???

Nettleton 1:26???

Feddersen 1:32.?

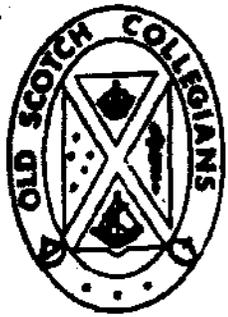
Under 14

800m Hoimes R 2:24.1 CLUB U13 REC (subject to official results confirmation)

0.05, figure 2). 50% of pathogens were resistant to trimethoprim and 65% were resistant to sulphamethoxazole (13% and 43% respectively with the entry pathogens). These increases in resistance were significantly associated with positive antibacterial activity in the urine. Pyuria (WCC > 10<sup>8</sup>/l) was present in only 27/46 (60%) of the recurrent infections.

**Compliance.** Children with VUR were prescribed prophylactic antibiotics. In the group without recurrent urine infection parents reported 58/69 (84%) of children with VUR were taking antibiotics at six months with 16/57 (28%) having positive ABA in screening urine samples; at 1 year 40/69 (57%) reported their children were taking antibiotics with 9/54 (17%) having positive ABA. In the group with recurrence 10/14 (71%) with VUR had positive ABA microurine analysis at least once in the 12 months of follow up. However at 1 year only 9/14 (64%) of these children were reported to be taking antibiotics and 3/14 (21%) had positive ABA. In children with VUR in the group with recurrent urine infection, 14/25 (56%) urine samples demonstrating recurrent urine infection showed positive ABA on the microbiological report. This represented a breakthrough infection rate of 20% for children with VUR in the cohort as a whole.

**Vesicoureteric reflux.** VUR was present in 14 /34 (41%) of the group with recurrent urine infection and 69/256 (27%) without recurrent urine infection. Presence of VUR itself was not associated with recurrence; however grade of VUR ( $\chi^2 = 12.1$ ,  $p < 0.01$ , table 3), bilateral reflux ( $\chi^2 = 6.1$ ,  $p < 0.05$ ) and intrarenal reflux ( $\chi^2 = 5.2$ ,  $p < 0.05$ ) were significantly associated with recurrence. While there was a significant linear trend in the proportion of children with recurrent urine infection in relation to grade of VUR, there was a significant deviation for grade 1-2 VUR. High grade reflux



# Old Scotch Newsheet

## Inside this issue:

- Talking athletics 2
- Interclub glory 3-4
- Elite results 5

## Diary dates

Sun 11 April  
2.30 pm  
Jamieson 5 km  
Scotch College  
**\*\* ALL ATHLETES TO  
BRING TWO PLATES  
OF ARVO TEA**

Sat 17 April  
2.30 pm  
Brighton 9 km Hcp  
Green Pt, Brighton  
(Melway 76 C3)

Sat 24 April  
2.30 pm  
Orchard 10 km Hcp  
Fawkner Pk, S Yarra  
(Melway 2L D8)

Wed 28 April  
8.00 pm  
Ann Gen Meeting  
9 Wellesley Road  
Hawthorn  
**\* PLEASE BRING A  
PLATE OF SUPPER**

Sat 1 May  
1.30 pm  
AV X-Country Relay  
Brimbank Pk, Keilor  
(Melway 14 J9)

Sat 8 May  
2.30 p.m  
Dyson Relay  
The Tan

## D grade top of the heap

The 1998-99 track and field season had a highly successful outcome for Old Scotch, with its D grade team winning the Association Final against the other metropolitan venues. This followed a thrilling win in the Box Hill venue final. Full reports and results of the finals appear later in this issue.

The Venue and Association flags capped a season which saw something of a resurgence of the club. Although membership levels have remained constant, it seemed that athletes were competing more often and in more events. This was the key to our success and hopefully will set a trend for future years.

Now it's on with the winter season, but the memories of the summer's interclub competition will probably become the



The all-conquering D grade superstars –  
Back row: James Ross, Adam Nettleton, Don McLennan, Chris Stewart, Jon Holmes, Rob Catherall, David Johnston  
Front row: Andrew Barker, Charles Feddersen, Andrew Slade, Mark Purvis, Tom Gray, Rohan Hodges  
Absent: Ross Becroft  
( Colour photo on O.S. website)

basis of tall tales and reminiscing over many a soothing ale in years to come. Full finals reports appear inside this issue.

## Winter distance squad aims for hat trick

It may be a tough task, but our winter team this season is shooting for its third APSOC "grand slam" in a row. We have not lost an APSOC teams' race since April 1996, having won seventeen consecutive victories since then. No club in the history of the competition has remained unbeaten for three successive seasons.

Again the team has its outstanding mix of youth and experience. Lyons and Paul Wilson should be our trump cards, but look out for big improve-

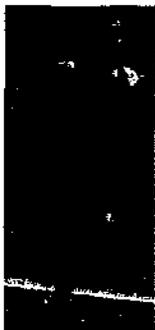
ments from Atkinson, Schwerkolt and Halliday. Throw in Athlete of the Year Pete Simm, the reborn Ewen Wilson and Steve Austin, and we have a lineup to beat any team in the country.

Beginning this month, there will be a regular Sunday morning run and breakfast for all interested O.S. members. We will rotate the venues from various houses and offer short, medium and long runs, depending on demand and fitness levels! The first of these will leave from Mark's place, 44

Burnett Street, St Kilda, on Sunday, 18 April, at 9.00 a.m.

A reminder to all athletes that the opening event of the season, the 50th running of the Jamieson 5 km, is on **SUNDAY, 11 APRIL at 2.30 p.m.** Please be early and bring **TWO** plates of afternoon tea. In recent times, our post-race afternoon tea has been insufficient to feed our guests, which is a bit embarrassing for the leading club in the competition. We also need course marshals, so please ring Mark on 9534 5105 if you can help.

## Moresi heads for Seville, as Lyons stakes claim



Mark Moresi leads another Old Scotch baton charge

Great news recently for Mark Moresi, who has been selected in the Australian team for the World Championships to be held in Seville, Spain, next August. Mark is in the 4 x 400m relay squad.

This is a fine reward for a deserving athlete and all his club-mates at Old Scotch wish him the very best of luck. Mark needs to produce his best form, as competition for a spot in the final relay team will be hot.

Meanwhile, Greg Lyons remains an outside chance for one of the five possible places for marathon runners in the World Champs team. Greg is currently ranked fifth in the country, but needs a time under 2:16 to boost his selection prospects.

Greg Lyons recently placed sixth in the Hong Kong Marathon on 28 February in 2:21.01. He was happy with his run in humid conditions

(78% humidity, 16 deg C at race start and climbing). The course was somewhat hilly and included 8 km inside road tunnels!

Ignoring the conventional need for rest and trusting his body, Greg is travelling to Canberra this weekend to have another go in the Canberra Marathon. Hopefully, conditions will be right and Greg will achieve his goal to join Mark in the Aussie team. Go, Greg!

## Scenic pub tour tests sprinters

"... so we sent out a search party and finally located him, running in the wrong direction."

There was a good turn out for the 1999 O.S. Annual Pub Run, which saw the runners consume 8 pots in 8 pubs over 8 km. It was a most enjoyable afternoon, with one or two incidents better forgotten (but you'll tell us anyway - Ed.)

When we arrived at the fifth pub, a quick head count told us that President Pete was absent, so we sent out a search party and finally located him, running in the wrong direction. This incident may not seem too bad, but it was actually quite catastrophic, as by the time we returned to the pub, our beers were warm. Then there was

Charlie Feddersen's famous quote at pub no. 6 while eating Twisties: "How do you think they make Cheezels?"

Although Taylor and Johnston may have set the pace in running between the pubs, Bruce Bennett was definitely the slickest when it came to knocking back the amber fluid. Not only was his sculling speed impressive, but so was the fact that it had no effect on him whatsoever, or so it seemed until he hopped on his bike to head home, and crashed before travelling two metres.

So now that we've recovered from that bit of end of season

fun, it's time to focus on the cross country season, and we all know what that means: officiating at fun runs! It is hoped (and expected) that every club member will help out at no less than two fun runs over the next eight months. They are a great source of club revenue (\$15 per volunteer, per race), and they're actually a bit of fun once you're there. The first two fun runs, for which we need four volunteers each, are on 9 May and 30 May (Run to the 'G), so please give me a call (9818 0900) and let me know if you're able to help out. See you at the Jamieson.

Andrew Simm

## Rohan bridges the generation gap



Hurdler Rohan Hodges has proved that you don't have to be a distance runner to enjoy a long athletic career

Here is a truly remarkable feat, proved by this photograph from the club archives. Taken in 1967-68, it features the O.S. junior team. And who is that standing last on the right in the back row? Yes, it's Rohan Hodges, who competed in this year's premiership-winning D grade team, 31 years later.

Two other current competing athletes, Ewen Wilson and Stu Handasyde, are also there, but neither made it into the D

grade team (Ewen only because of injury). Here is the full line-up:

Back row - Charlie Aitken, Andrew Williams, David Wilson (no relation to Ewen), Ian Handasyde, Robert Graham (boarder and distance runner now in Sydney), Ewen Wilson, Rohan Hodges  
Seated - Stewart Handasyde, Mike Purnell, Alan Morris, Chris

Don, Phil Barton  
Front - Chris Edquist

Rohan now has his nephew, Charlie Feddersen, competing alongside him for O.S. Just think, Charlie, only thirty or so seasons to go to catch up with Rohan's feat!

Full sized versions of the 1967-68 and 1998-99 team photos can be found at the O.S. website (address on page 1).

## Venue Final berths secured

Another great turnout at Box Hill, two more big wins and our B and D grade teams both cruised into the Venue Final.

Highlights were:

- Tom Gray, Tom Cade and Robert Holmes setting under age club records
- Two D grade sprinters going sub 12 secs for 100m
- Yet another 1500m PB to Rob Schwerkolt
- Two crushing relay wins
- Rory Lane's cutting cricket shot (you had to be there)

**RESULTS - 20 Feb 1999**  
 B - OS 130 d Coll 47 d Iv 37  
 D - OS 176 d DLS 38 d StS 17  
 (see columns to right ...)

B Grade		
2k Walk	Jamieson	8:46.5
100m	Rennie	11.0
	Cade PB REC	11.1
	Allwright	11.3
1500m	Wilson P	3:57.?
	Schwerkolt PB	4:00.9
	Simm P	4:14.?
110m H	Allwright	16.5
HJ	Bostock	1.75m
4x100m	Allwright, Dawson, Nettleton, Cade	44.7
2k St	Sutherland	6:21.9
TJ	Lane	12.19m
400m	Dawson	49.8
	Cade	50.2
	Allwright	55.0
	Barker INV	51.6
	Simm A INV	51.6

D Grade		
Hammer	Johnston	27.68m
2k Walk	Gray	
	PB U18 REC	10:52.2
	Holmes J	10:58.?
TJ	Nettleton	11.78m
100m	Nettleton PB	11.7
	Barker	11.9
	Feddersen	12.2
Shot	Johnston INV	11.24m
	Ross	?
	Jamieson INV	9.12m
1500m	Wilson E	4:18.1
	McLennan	4:20.?
	Catherall	4:21.?
	Stewart INV	4:23.7
	Holmes R	
	PB U13 REC	5:03
	Jamieson L	
	PB INV	5:26.4

Discus	Johnston PB	30.22m
	Barker INV	24.?
	Gray INV	?
110m H	Johnston	17.4
	Hodges	19.7
	Feddersen	?
4x100m	Barker, Feddersen, Johnston, Ross	48.?
HJ	Lane INV	1.80m
	Johnston	1.70m
	Gray INV	1.60m
2k St	Schwerkolt	6:41.7
	Purvis	7:20.0
400m	Nettleton	52.3
	Slade	53.5
	Stewart	58.6
	Catherall INV	57.4
	Gray (U18)	62.2

## D grade wins dramatic run off

What an unbelievable day at Box Hill in the Venue Final! Our B grade team nearly scored a major upset by stealing the flag in the last three events, but fell just short. It began with Jammo walking a club record and Sutherland running a State League qualifying time in the 400m hurdles. Dawson (800m), Cade (long jump), Paul Wilson (5000m) and the 4x200m relay team all scored exciting outright wins. Unfortunately, the relay team was scrubbed on a technicality and the absence of O.S. competitors in the hammer, shot put, discus and pole vault put paid to our bold run. Nonetheless, we missed out by a mere 15 points and scared the hell out of the other clubs.

In D grade, David Johnston was a revelation, showing that in future years he could be a huge star for the club. David competed in this order - hammer, 400m hurdles (PB), shot (PB), discus, 110m hurdles, javelin (PB) and high jump (equal PB). It seemed that David was getting better with

each event, despite the 30 degree heat. Ironically, he supplanted iron man Tom Gray in most of the above events, but Tom showed his great versatility by winning the walk in a big PB time.

From the start, O.S. had a nail-biting tussle with Old Paradians. Unfortunately, the latter elected to ignore the rules to some extent, blatantly stacking their D grade team and giving up on B grade. Our protest was first dismissed, then left unresolved on appeal. Consequently, it was necessary to ignore the infractions and beat them outright. After Johnno in the high jump and our slick relay team put us nine points ahead, with just the 3000m to go, we looked home. Old Paradians refused to yield, however, and in an amazing outcome, managed to tie the points at 204 apiece at the close of counting.

And that's where the going really got tough - the rules provided for a "run off" in the event of a tie. Three runners from each club had to race

over 600m, with points allocated 7,5,4,3,2,1. Clearly the winning athlete would give his club a head start to a premiership. McLennan, Nettleton and Feddersen had been at the heart of the D grade push for glory all day. Don had been a major star, winning his 200m and 800m races outright.

Adam had sprinted and long jumped with distinction. Charlie had hurdled well, despite his noticeable dislike of the event, and sprinted very well. But it was very, very hot, and they had to be tired.

The O.S. cheer squad was spread around the track. From the gun, Charlie surged ahead, apparently fired up from some shoving from one of his opponents before the race. After 400 metres, we held positions one, two and four and were looking good. With 150m to go, an Old Paradians runner zoomed to the front and Charlie began to fade dramatically. Suddenly we were in trouble. But with 100m to go, Don ranged alongside the O.P. runner, then crushed him down

**"From the gun, Charlie surged ahead, apparently fired up from some shoving from one of his opponents before the race."**

the straight. Adam was poised behind and struck perfectly to surge home second. Charlie hung on for 5th, so O.S. won the run off 14 points to 8.

Much celebrating and high fives later, and after the team manager had left for home, Old Paradians squealed to the referee that we had run with ineligible athletes. This was not true, but the venue computer records were incomplete, and it was not until Sunday that we were finally awarded the D grade premiership.

Congratulations to all the O.S. guys, B and D grade alike, for a magnificent finals effort, and thanks to Pete and Gregor for doing the officiating gig.

(Results next page ...)

## Venue Final results

B Grade		
3k Walk	Jamieson PB	
	Aust M50 rec	13:13.7
400m H	Sutherland PB	59.0
	Johnston PB	60.7
200m	Cade	22.8
	Allwright	23.7
	Sutherland PB	23.9
HJ	Lane	1.80m
800m	Dawson	1:53.3
	Taylor	1:54.6
	Simm A	1:59.?
110m H	Allwright	16.2
LJ	Cade	6.26m
4x200m	Allwright,	
	Dawson,	
	Cade,	
	Rennie	1:30.3
Javelin	Lane	?
5000m	Wilson P	14:49.4
	Halliday	15:06.6
	Schwerkolt	15:44.?



Run off heroes McLennan, Nettleton and Feddersen surge for glory

D Grade		
Hammer	Johnston PB	28.56m
400m H	Ross PB	63.9
	Feddersen PB	70.8
1.5k W	Gray PB	7:41.6
	Holmes J	8:10.0
LJ	Nettleton	5.86m
200m	Nettleton PB?	23.8
	McLennan PB	23.9
	Feddersen	24.9
Shot	Johnston PB	12.05m
Discus	Johnston	28.88m
110m H	Johnston	?
	Gray	20.8
Javelin	Johnston PB	40.10m
800m	McLennan	2:00.8
	Nettleton	2:06.0
	Catherall INV	2:07
	Slade	2:09.0
HJ	Johnston eqPB	1.80m

4x200m	Slade,	
	McLennan,	
	Nettleton,	
	Feddersen	1:35.8
3000m	Wilson E	9:13.8
	Ross	9:40??
	Purvis	9:46
600m	McLennan	1:24
	Nettleton	1:26
	Feddersen	1:32
<b>Under 14</b>		
800m	Holmes R	
	PB U13 rec	2:24.1

**B Grade** Diamond Valley 153  
 Box Hill 140  
 O.S. 138  
 Old Paradians 86

**D Grade** O.S. 218  
 Old Paradians 212  
 Ivanhoe 147  
 Richmond 82

## D graders reign supreme

In something of an anti-climax after the thrills and spills of the Venue Final, Old Scotch's D grade team easily won the Association Final on 13 March, crushing its opposition from the other venues. Final scores were:

O.S.	244
East Brunswick	173
Glenhuntly	140
Nunawading	72

David Johnston starred again with two PB's in seven events, scoring more points (73) than Nunawading. Adam Nettleton's efforts after a morning footy match were another highlight, but really it was a concerted team effort, as O.S. won race after race. Our domination was so complete on the track that we scored 193 of a maximum possible total of 208 points in the track events. In one golden period of about five minutes, we scored 64 points by winning all three 100m heats and placing 1,2,3 in the 1500m.

Congratulations to all the team on a great season. Results appear to the right ...

400m H	Johnston	65.0	1st
	Ross	67.1	1st
Discus	Johnston	27.2m	3rd
LJ	Nettleton	5.51m	1st
Hammer	Johnston	27.20m	2nd
100m	Nettleton	11.8	1st
	Barker	12.2	1st
	Feddersen	12.2	1st
1.5k W	Gray	7:58.0	1st
	Holmes	8:09.2	2nd
1500m	McLennan	4:19.1	1st
	Ross	4:22.2	2nd
	Catherall	4:24.2	3rd
Shot	Johnston	12.27m PB	2nd
HJ	Johnston	1.75m	2nd
4x100m	Slade		
	Barker		
	Nettleton		
	Feddersen	?	1st
110m H	Johnston	16.3 PB	1st
	Hodges	18.9	2nd
3000m	Purvis	9:37.9	3rd
	Stewart	9:40.3	4th
	Becroft	10:34.6	8th
Javelin	Johnston	36.2m	2nd
400m	Barker	52.4	1st
	McLennan	55.1	1st
	Feddersen	64.3	2nd

"Our domination was so complete on the track that we scored 193 of a maximum possible total of 208 points ..."

## Bevans and Cade grab gold

Congratulations to Erin Bevans and Tom Cade, who each won Victorian titles in their favourite events during February and March. Erin tossed the javelin a winning 72.71m, which was another club and APSU record.

Tom won the under 18 400m title in 50.37 secs. He also ran 22.90 into a -1.6m/s headwind to grab a bronze in the 200m. Tom is yet to turn 17, so he will be under 18 again next year! He has also recently added Vice Captain of Scotch College for 1999 to his already impressive list of achievements.

Mark Moresi was our only other medallist, winning the silver medal in the open 400m. Unfortunately, illness prevented Mark from carrying his good form on to the Nationals, where he was forced to withdraw from the championships after his

VIC CHAMPS		Open	12-14 Feb 1999	
200m	N Rennie	21.79		Heat
		21.81	7th	Final
400m	M Moresi	47.08		Heat
		46.33	2nd	Final
110m H	R Allwright	16.54		Heat
Javelin	E Bevans	72.71	1st CLUB REC	Final
		Under 18	5-7 March 1999	
200m	T Cade	22.82		Heat
		22.90	3rd	Final
400m	T Cade	50.37	1st	
AUST CHAMPS		Open	18-20 March 1999	
400m	M Moresi	47.18		Heat

heat. Mark would have been a strong medal chance following his Grand Prix performances,

which included a 400m PB of 46.32 secs in Hobart on 6 February.



Tom Cade – State Champion and school Vice Captain 1999

## Jammo ends on a high

APSU could not make the finals and most of our athletes had their minds on other things, as the last round of State League came and went. Andy Jamieson, however, nailed another club, APSU and Victorian M50 record. Rob Schwerkolt was another to make the most of the good conditions to score yet another 1500m PB.

APSU finished in around 6th place on the ladder, its first time out of the finals since 1992.

Andy wasn't quite finished, however, returning to walk by invitation in the final. His persistence paid off with another record time of 22:36.4. That's a 34 second improvement this season!

RESULTS		18 Feb 1999	
5k Walk	A Jamieson		
	PB REC	22:39.3	
100m	N Rennie	11.19	
	T Cade	11.75	
110m H	R Allwright	17.58	
1500m	J Halliday	3:58.7	
	R Schwerkolt		
	PB	4:01.0	
		11 Mar 1999	
5k Walk	A Jamieson		
	PB REC	22:36.4	



Still sponsoring your club:

**HOLMES & HOLMES**

**SOLICITORS**

13 Station Street

Oakleigh 3166

Ph 9568 3822

Fax 9568 2357

Specialists in  
conveyancing, family  
law and financial advice

### READ THIS PLEASE!

**THIS BIT'S IN CAPITAL LETTERS TO ATTRACT SOME ATTENTION.**

The O.S. Annual General Meeting will be held at the Simm residence on **WEDNESDAY, 28 APRIL, at 8.00 p.m. SHARP.**

As usual, we will be handing

## Trophies galore

out heaps of awards and praising lots of people. We hope to have an eminent and interesting guest speaker (currently negotiating with Australian Head Coach Chris Wardlaw).

There will be a feast of food and drink afterwards, as long as you all remember to bring a plate of supper each.

The Simms' living room has a pool table, so we may even squeeze in an unofficial club pool tournament.

Run along for all the action to 9 Wellesley Road, Hawthorn (just opposite Scotch, off Glenferrie Road). See you on 28 April.