

Track & field season commences

Time to brush the dust off the spikes, find your (current) AV numbers and look up Duncan McKinnon Reserve, Glenhuntly, in your street directory, because that's where you should be on Saturday, 14 October! There will be easy points to be earned as the new expanded Glenhuntly venue cranks up at the start of the 1995-96 summer season. T & F Vice Pres Andrew Jamieson is aiming for two wins in the first two rounds, but he'll need help, so get out there and join him.

Sprinters should note that the 4 x 100m relay is the FIRST event at 1.00 p.m. Distance runners can run the 800m Handicap at Scotch, then zip over to Glenhuntly for a 1500m at 3.00 p.m. PLEASE NOTE that event times are almost all different to last year at Box Hill, so READ YOUR HANDBOOK (the pink one that you recently received in the mail - if you missed out, ring Mark 9534-5105).



CAPTION COMPETITION - what is the Prez really saying to the Premier? And what is Jeff handing over? - a "Runners' World" gift voucher for the best entry (send to 75 York Street, St Kilda West 3182)

Old Scotch takes APS flag

After a topsy-turvy season, O.S.'s big guns all fired up for the deciding race, the Cooke-McClelland 8 km. Austin, Lyons and Lightfoot went 1,2,3 and it was all over - O.S. had won the APSOC Division 1 premiership for the first time since 1992. A full report and results appear inside.

That wasn't the end of the winter season, however, as the O.S. first team thumped its B grade opposition in the half marathon at Albert Park. Peter Simm confirmed his arrival as a distance star by winning the under 20 division. Promotion back to A grade next year is now assured.

UPCOMING EVENTS (READ THIS!!!)

- Sat 14 Oct Interclub Rd 1
Prog 1 (400,1500)
Glenhuntly
(Melway 69 A9)
- Sat 14 Oct 800m Hcp
Scotch College
1.30 p.m.
- Sat 21 Oct Interclub Rd 2
Prog 2 (800,5000)
Glenhuntly
- Thur 26 Oct State League Rd 1
Prog 1
Olympic Park

REMEMBER!

YOU CAN'T COMPETE FOR POINTS IF YOU'RE NOT REGISTERED ...

DEADLINE FOR ROUND 1 REGISTRATIONS IS WEDNESDAY 11 OCTOBER - DO IT NOW!!!

inside...

- Racing Round Up page 2
- Hot Gossip page 3
- 800m Hcp - the tradition continues page 4

Team spirit saves the day at Ballarat

Six runners are needed for a team in the AV competition. During the week, things looked bad until Bruce Bennett raised his hand and said: "Count me in!" Then, on Saturday morning, the call the team manager didn't want - Greg's out with a sore knee. Fifteen phone calls later (!), still only five available runners and the B grade premiership down the chute. But wait! What about E. McK. Wilson? Not seen for months, but what a clubman! What a guy! "I'll see you up there", he said.

And what else? Oh yes, we have to provide an official! "Ross, you're coming to Ballarat. I'll pick you up in 20". As things turned out, it was a beautiful day and a not-too-hard course. Dave starred again, Ewen showed he's still a force to be reckoned with and O.S. scored valuable 4th place points. With one AV event left, the premiership could still be ours.

RESULTS - 19 August 1995 (8 km)

Place		Time
7	D.Lightfoot	26.35
43	M.Purvis	28.36
100	E.Wilson	30.30
165	A.Aitken	32.32
228	R.Austin	34.50
273	B.Bennett	37.58

4th B grade

Dave grabs gold

As a fitting reward for a great season, David Lightfoot was a member of Victoria's gold medal-winning senior cross country team at Ravenswood on 2 September. Dave was 19th overall in a high quality field. At the APSOC dinner the following week, he added another "Athlete of the Year" award to his growing collection. Well done!

O.S. quinella at Cooke-McClelland

It was D-Day for the O.S. and St Kevin's teams, as the winner of the event would take the APSOC winter premiership. O.S. was at almost full strength, whereas the Skevvies lacked several key runners. From the gun, red singlets were prominent, and by the end of the race, the result was clear. The first three to finish and five in the top eleven gave O.S. a clear win. Oz Aitken capped a fine season by finishing in our first six.

Run of the day was undoubtedly Steve Austin's first placing. Steve, who turns 45 next February, has now won three Cooke-McClellands. He becomes the oldest ever winner of an APSOC event. The good weather allowed many runners to improve on last year's times, although Ross preferred to go against the trend.

RESULTS - 26 August 1995 (8 km)

Place		Time	+/-
1	S.Austin	26.02	
2	G.Lyons	26.09	
3	D.Lightfoot	26.19	
7	M.Purvis	27.16	-0.43
11	P.Simm	28.18	-1.27 PB
17	A.Aitken	29.44	+0.47
20	R.Becroft	30.08	+2.08
26	R.Suriano	30.42	Debut
27	T.Oehr	31.17	-0.00
29	T.O'Halloran	31.28	-0.43
32	R.Austin	31.59	-0.37 PB
53	A.Jamieson	34.40	+0.36
56	B.Bennett	35.15	
60	R.Piesse	36.35	-2.43
64	G.Voukelatos	37.22	Debut
65	C.Findlay	37.22	-2.08
66	G.Wise	37.26	-1.11
68	P.Dodgshun	37.57	-1.54
81	Janet Holmes	41.51	Debut
82	Jon Holmes	41.53	+9.06

Endurance boys strut their stuff

The longer they are, the better we go, or so it appears after four Old Scotchies finished in 72 minutes or better in this year's State Half Marathon Championships. Three 7 km laps isn't everyone's idea of fun, but a flat course and good conditions suited Greg, Dave and Pete in particular.

Peter was making his half marathon debut (after his Ferny Creek debut a week earlier). After starting with Mark, Peter worked his way up to almost take Dave by the finish. His outstanding time of 69.59 won him the under 20 division, a fine effort.

RESULTS - 10 Sept 1995 (21.1 km)

Place		Time
7	G.Lyons	67.22
20	D.Lightfoot	69.53
22	P.Simm	69.59
37	M.Purvis	72.18
163	R.Austin	83.19

COOKE-McCLELLAND ALL TIME TOP 10 (8 KM)

1	J.Cormack	25.03	1983
2	D.Lightfoot	25.04	1993
3	S.Austin	25.05	1991
4	G.Lyons	25.24	1992
5	G.Wise	25.35	1959
6	E.Wilson	25.36	1978
7	A.Cochrane	26.12	1987
8	P.Hepworth	26.15	1989
9	M.Purvis	26.20	1988
10	L.Vial	26.34	1992

And finally

Mark has snared the O.S. road and cross country awards again. Outstanding athlete for 1995 is David Lightfoot, best under 20 is Peter Simm and most improved Colin Findlay (aged 58!!!). Congrats to all.

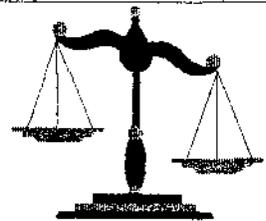
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IT'S FUN RUN SEASON, VOLUNTEERS WANTED!

As was the case last year, you may be asked to act as a course marshal at one of the "Spring Into Shape" fun runs during the next two months. O.S. earns money for this, which keeps your subs down! Next run is Sunday, 22 October, and Candice would love to receive any calls from willing volunteers on 9543-5105.

A big thank-you to Gregor and Michael Evans, Col Findlay, Peter Cornish, Andrew and Gavin Faichney, Rob Catherall (and James?), Anne Dodgshun, Ewen Wilson and Chris Stewart, who did the job at the first run in the series.

VETS FIRE UP AGAIN

Hot on the heels of the World Vets comes the Australian Masters' Games in Melbourne during October. Look out for many prominent O.S. members to star. Steve Austin looks unbeatable, while Chris Stewart will be a favourite in the M40 1500m. Other Scotchies competing include Glass, Wilson, Cochrane, Jamieson and Piesse.

800m HANDICAP TO CLOSE TO CALL

Following James Russell's runaway win last year, the handicappers have taken a long, hard look at themselves, and set new marks which should guarantee a close finish. The marks for this year's race, scheduled for 1.30 p.m. on 14 October, appear below.

Runners must check in to the O.S. table in front of the art block by 1.15 p.m. If you are not named and want to run, call Mark on 9534-5105 NOW.

0	Ischia
10	Macdonald
15	Lightfoot, T.Granger
25	Lyons
30	P.Simm
40	A.Russell, Swan
50	Stewart, Vial
55	Barr, Cornish
65	Becroft, Catherall, Carter
70	Aitken, Suriano, O'Halloran
75	S.Gilchrist, Elmes, Reid
80	Wilson, Cochrane, Smith
90	Hamilton, R.Austin, Hauser
130	Piesse, I.Handasyde
135	J.Russell, Thompson

Peter Simm looms as the early favourite, but don't discount the 80 metre men, a half-back line of incalculable experience, who won't easily let the young guys through.

THE TRADITION CONTINUES
BE THERE!!

CUP COMPETITION ON AGAIN

October 28
November 4
January 13
January 20

These are the dates to remember for the AV Cup Competition this season. 20 athletes are required to fill 37 events on each of the above days, including unusual events such as 60m, 300m, 600m, 1000m, mile, 200m hurdles, Parlouf relay, shuttle relay (8 x 100m up and down straight) and stick & miss relay (4 x 200m flat plus 4 x 200m hurdles).

SIMM AND SLADE TO LEAD SCHOOL T & F TEAM



Congratulations to the two Andrews, Simm and Slade, on their appointments as captain and vice-captain of the Scotch track & field team. They continue the tradition of Old Scotch Aths Club members being at the helm of the school team (e.g. Simon Gilchrist last year).

Steve Gaffney, Andrew Faichney and Mark Purvis are currently assisting with training at the school. Any O.S. member who wants to join a session can do so Monday to Wednesday at 4.00 p.m.

ALLWRIGHT SAYS ALL RIGHT TO O.S. CAPTAINCY

More congrats to sprinter Raph Allwright, who will captain the Old Scotch T & F team again this season.

ANSWER to our Hot Gossip trivia question last issue: **ROB DE CASTELLA**, who apparently doesn't know how to divide 5 minutes by 4 to work out the pace per lap for a 5 minute mile!

GOOD NEWS AND BAD NEWS

First, zee bad news ... Ewen Macdonald, national 800m silver medallist, is taking a year off. Now, zee good news ... rumour has it that John Dawson, club U18 800m record holder, is back in town.

**THE OLD SCOTCH 800m
HANDICAP -
THE TRADITION
CONTINUES
SCOTCH COLLEGE
1.30 P.M.
SATURDAY 14 OCT.**



1994 - Leigh Vial rues a lost chance after missing the start, Peter Hepworth shows sympathy



Circa 1988 - Dillon, Polkinghorne, ??, Edwards and Piesse contemplate their performances post-race



1990 - winners are grinners ... Scott Lawrence steals it from the Victorians



1994 - James Russell wins from an overly generous handicap



Circa 1991 - water wings required for Rob Catherall



Circa 1989 - Angus Macmillan demonstrates his shy and conservative side

**OLD SCOTCH COLLEGIANS ATHLETIC CLUB INC.
REGISTRATION FORM 1995/96**

NAME:
(Full Christian Names) (Surname)

ADDRESS:

POSTCODE: TELEPHONE (where applicable) Home: Business:

[Please provide business phone numbers of parents where the athlete is under 18 years of age]

TELEPHONE (where applicable) Business:(Mother) Business:(Father)

(Where term address is different to home address, please also provide home address below)

ADDRESS: POSTCODE:

DATE OF BIRTH: / / AGE AT 1/10/95 Years Months

I enclose \$ being my subscription for season 1995/96 for the following category (please tick): (Age groups are as at 1 October, 1995)

		Senior	Full-time Student	Under 20	
** Category 1	VAA Summer & Winter & APSOC Cross Country †	\$ 120.00	\$ 90.00	\$ 75.00	† The subscription includes registration fees payable to Athletics Victoria (AV) (eg. \$64 per senior athlete). This year, this registration fee includes an annual subscription (\$10) to Australian Runner & Athlete, which incorporates the AV newsletter. If you do NOT wish to subscribe to the magazine, you (not the club will be able to apply for a refund). A refund form will accompany the first issue of the magazine you receive. The subscription also includes a levy to Glenhuntly (\$20 senior; \$15 FTS; \$10 junior) so that no weekly gate fees will be necessary at the ground.
** Category 2	VAA Summer & Winter †	\$ 115.00	\$ 85.00	\$ 75.00	
** Category 3	VAA Registered Official †	\$ 40.00	\$ 40.00	\$ 40.00	
	APSOC Cross Country only	\$ 45.00	\$ 35.00	\$ 30.00	
	Social (non-competing)	\$ 25.00	\$ 25.00	\$ 25.00	

** If either category 1, 2 or 3 were ticked, please supply the following additional information and sign the eligibility declaration:

DATE OF JOINING OLD SCOTCH (as accurate as possible)

HAVE YOU TRANSFERRED FROM ANOTHER CLUB OR ARE YOU APPLYING FOR DUAL FIRST CLAIM MEMBERSHIP?
Yes / No (delete whichever is not applicable)

SCHOOL (even if currently not at school) YEARS AT SCHOOL 19..... to 19.....

OCCUPATION

PREFERRED EVENTS (also giving details of best performance times/heights/distances)

ELIGIBILITY DECLARATION

I hereby make application for membership of OLD SCOTCH COLLEGIANS ATHLETIC CLUB INC. and declare that I am eligible to participate in competition according to the eligibility laws set down by the Constitution of Athletics Australia. I agree to abide by all the rules of Athletics Victoria Inc.

Signed:

Please send this form and your remittance (payable to Old Scotch Collegians Athletic Club Inc) to
The Registrar, Old Scotch Collegians Athletic Club Inc, C/- Anne Edwards, 20 Nairn Street, Ashburton, 3147



Promising opening to summer season

Two wins in the opening two rounds of interclub is the good news from Glenhuntly. Ironically, O.S.'s successes have been against two of the other new tenants at the venue, Old Melburnians and St Kevin's.

Reports from the new venue suggest that the track itself is great, but the programming of events is poor. It came as no surprise this week, therefore, to receive new programs for Glenhuntly, which appear later in this issue. **READ THE NEW PROGRAMS** and familiarise yourself with the times of your preferred events.

The Cup Competition began on 28 October, but O.S. athletes showed little interest. This Saturday at Glenhuntly provides an opportunity to make up lost ground. This week's program of events is set out on page 2. It is essential to advise Chris Stewart (ph 529-4440) or Mark Purvis (ph 534-5105) if you intend competing this Saturday.

Meanwhile, the APS sports have come and gone, and exam season is upon us. Registrations are well down on last year, and members are urged to talk any unregistered (see below) and potential new members into signing up.

Unless our numbers improve, we will run into problems after the exams as the standard of competition improves at Glenhuntly. There may also be a financial burden, as AV levies are based on last year's numbers.

UNREGISTERED HIT LIST:

Arrowsmith, Barr, Brice, Dalton, Dawson, Driscoll, Eagle, Eimes, Glass, James, Kent, Leiti, McLennan, Morawsky, Romensky, Ross, Scarborough, Slade, Sutherland.

WHAT LIES AHEAD?		
Sat 11 Nov	Cup Comp Rd 2	Glenhuntly
Thur 16 Nov	State League Rd 3 Prog 1	Olympic Park
Sat 18 Nov	Interclub Rd 3 Prog 1	Glenhuntly (NOT O.P.)
Sun 19 Nov	Olympic Dream 10km & 1500m series	Olympic Park
Thur 23 Nov	State League Rd 4 Prog 2	Olympic Park
Sat 25 Nov	Interclub Rd 4 Prog 2	Glenhuntly



AND did you see this in the Herald Sun on 3/11/95? (Full report appears p.2)

Record finally broken



Old: Roger Tallent, Angus McKinnon, Steve Shirrejs and Peter Woodard



New: Don McLennan, Michael Taylor, Andrew Slade and Andrew Simm

It was 22 years ago at Olympic Park when four young men set a record that was going to stand the test of time.

Last Saturday the 4x800m open-age Australian schoolboy relay record of Peter Woodard, Angus McKinnon, Roger Tallent and Steve Shirrejs was finally

broken, appropriately by a quartet from the same school, Scotch College.

Michael Taylor, Don McLennan, Andrew Simm and Andrew Slade took four seconds off the record set by their predecessors, running 7.44.6 compared with the old record of 7.48.4.

In order the record

breakers ran 1.54.6, 1.56.4, 1.57.1 and 1.56.3, with Simm having earlier run 1.55.3 to win the individual 800m.

A week before the public schools sports, the original runners (top picture) went out to dinner with the new record holders.

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Scotch battles to 5th in APS sports

It was a fairly lack lustre performance by the Scotch school team at this year's APS sports held at Olympic Park on 28 October. This is an important day for both the school and Old Scotch Athletics Club, because it is from the school team that future O.S. stars will spring. Steve Gaffney, Andrew Faichney and Mark Purvis invested many hours in coaching the school squad and APS sports day was (for the keen team members) the culmination of much hard training.

Unfortunately, Scotch has struggled lately to produce top class sprinters and this was shown up on APS day. It was clear from the outset, however, that no school would get near the powerful Caulfield Grammar team. The Scotch athletes did their best, but had to be satisfied with 5th place overall.

The open distance squad reigned supreme nonetheless, with O.S. members Andrew Simm, Michael Taylor and Tom Sutherland making a clean sweep of the 800m, 1500m and 3000m. The 4 x 800m relay win is fully reported elsewhere on this page.

Other O.S. highlights were rare, but coach Faichney saw his school open triple jump record claimed by Ryan Eagle, who was unlucky to lose the event on the last jump of the competition.

RESULTS - 28 October 1995

Open

100m	T.Panagacos	9th	11.73
200m	T.Panagacos	?	?
400m	A.Slade	6th	51.?
800m	A.Simm	1st	1:55.39
1500m	M.Taylor	1st	4:10
3000m	T.Sutherland	1st	8:50.56
4x800m	Taylor,McLennan,Simm, Slade	1st	7:44.6
TJ	R.Eagle	2nd	13.66m

Under 16

800m	J.Ross	7th	2:07.90
1500m	J.Ross	4th	4:21

Welcome to APS immortality!

Take careful note of these names: Taylor, McLennan, Simm, Slade. Then throw in Sutherland and Halliday, and you have a group of young distance runners, any of whom could stand on a starting line in Sydney in 2000 if they set their minds to it.

1995 has been their golden year in school athletics. During the winter, parents from other schools dubbed the Scotch open team "the road train", given its capacity to run in formation (i.e. first five runners across the line) and to steamroll the opposition!

The school selectors recognised the talents of the team leaders by appointing Andrew Simm and Andrew Slade captain and vice-captain of the athletics team. Simm (800m), Taylor

"... parents from other schools dubbed the Scotch open team "the road train", given its capacity to run in formation (i.e. first five runners across the line) ..."

(1500m) and Sutherland (3000m) were selected to run the individual open track events, and duly won them in grand style.

But without doubt, the highlight of the APS sports and, in this fan's opinion, of the entire glorious year, was the open 4 x 800m relay. Everyone knew the record was a chance, and so a dinner was organised a week or so before the sports, at which the then record holders met with the current team. The previous record had stood since 1973. More of that event later, but the night certainly added momentum to the record attempt.

APS sports day was fine. Simm's 800m win in 1:55.3 set the scene for

the relay. The boys were fired up, as was shown by Taylor's sizzling opening lap of 54.2! Could he hold his form? The record pace required was 1:57 per runner. Around once more, a good change, although Mike took out the electronic timer as he stepped off the track. But the time?! 1:54.6! A PB by over 3 secs!

Now it was Don McLennan's turn. Don sneaked into the team with a PB 800m the week before, but his form had been excellent all season. As is the case for all superior relay teams, Don had to run alone, the opposition teams already falling behind. 55.3 was a sensational first lap, but Don's overall time of 1:56.4 was huge, a PB by 3.5 seconds, running solo!

Already the team was 4 seconds ahead of record schedule, and skipper Simm wasn't about to let the race slip now. A terrific 1:57.1 (after running 1:55.3 less than two hours before) meant Slade had to run his leg in 2 minutes for the record. But if you're doing something, you might as well do it properly, so Andrew peeled off a brilliant 1:56.3 PB, giving the team a new race record of 7:44.6 and smashing the old record by almost 4 seconds.

The drama continued after the race, however, when an official suggested that Taylor had stepped on the line as he ran down the back straight. Hearts sank in the grandstand, but after several agonising minutes, Andrew Simm's broad smile indicated that things were OK.

The team's performance was a just reward for many months of training, overseen by Roger Slade and Mark Purvis. For those present, it was an electrifying performance which will never be forgotten. In Don Davenport's words: "This team has run into APS immortality!"

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Small numbers, big start

Only a small team in round 1 of interclub, but a talented group which filled most events and defeated Old Melburnians by the narrow margin of 2 points in B grade. Our D grade team, which was even smaller, had no opposition at all and won by walkover. Skipper Raph Allwright competed in five events with distinction to win the season's first "Athlete of the Week" award.

RESULTS - 14 Oct 1995

B Grade O.S. 72 d. O.M. 70

5k Walk	A.Jamieson	24.55
Shot	C.Bird	?
110mH	R.Allwright	16.3
Discus	C.Bird PB	33.55m
100m	R.Allwright	11.5
HJ	E.Bostock	1.80m
200m	C.Cornish	22.9
	R.Allwright	23.2
1500m	G.Lyons	4.00
	C.Stewart	4.08
	P.Simm	4.12
400m	C.Cornish	49.5
	A.Russell	52.2
	R.Allwright	?

D Grade O.S. 53 d. EMH 0

2k Walk	I.Handasyde	12.03
100m	C.Bird	12.3
1500m	R.Becroft	4.29
	A.Aitken	4.39
	J.Holmes	5.04
Javelin	R.Allwright	29.30m
400m	C.Stewart	56.6
	P.Simm	57.5

Bigger numbers, more big wins

Maybe we should have moved to Glenhantly years ago! After two rounds, O.S. is undefeated in both its grades. B grade looks strong with Allwright, Haugh and Bird doing multiple events. Jamieson's walk time was his best since 1973! The distance runners starred again, with Pete Simm running a State League qualifier in his first ever 5000m.

Meanwhile in D grade, look who's back! After several years' absence, former club secretary Stu Hamilton made a welcome return to interclub. Leigh Vial looked hot in the 3000m. Athlete of the week? Hmmm ... a tough one. Let's see what happens in State League.

RESULTS - 21 Oct 1995

B Grade O.S. d. S.K.

3k Walk	A.Jamieson	13.56
400mH	R.Allwright	61.0
HJ	E.Bostock	1.90m
100m	N.Rennie	11.4
	B.Haugh	11.8
	R.Allwright	11.8
LJ	B.Haugh	6.27m
5000m	P.Simm PB	15.29
200m	R.Allwright	23.0
	B.Haugh	23.9
Shot	C.Bird PB	10.83m
800m	G.Lyons	1.58.1
	A.Russell	1.59.3
	C.Stewart	2.03
Discus	C.Bird PB	34.66m
4x400m	Simm 57.7, Vial 58, Becroft 58, Stewart 57	3:50.2

D Grade O.S. d. O.H.

1.5k W	I.Handasyde	8.20
100m	C.Bird	12.2
	N.Cox	INV 13.1
3000m	L.Vial	PB? 9.09
	S.Dall	PB? 9.59
200m	S.Hamilton	26.5
	N.Cox	INV 27.0
800m	L.Vial	2.08.8
	P.Simm	INV 2.09
	T.Carter	2.10
	R.Becroft	2.11.8
	J.Holmes	INV 2.25
	R.Holmes	INV 2.46
110mH	S.Hamilton	19.3
	R.Hodges	19.3

Big guns, slow start

Very few Scotchies in APSU's line up for the first round of State League. Unfortunately, no official results are to hand (come back Col Findlay, the best team manager of all time!), but we believe that Mike Smith vaulted, Rennie and Corno sprinted, and Simm ran 1500m. The latter effort is worth recording. Peter volunteered to run, even though he was yet to qualify in the event. It shows what happens when you back yourself, because Pete ran a PB 4.05, comfortably under the qualifying time. And for this, he wins Athlete of the Week!

Cup Comp, big flop

It didn't work very well last season, and this year's Cup Competition began disastrously for O.S. at Aberfeldie in round 1. Only four athletes competed, pathetic really, even if the APS sports did clash with the round. We need to lift our game substantially in round 2.

RESULTS - 28 Oct 1995

60m	R.Allwright	7.2
	R.Hodges	8.55
1000m	C.Stewart	2.39.5
	T.Carter	2.45
200H	R.Allwright	26.0
	R.Hodges	31.1
300m	R.Allwright	36.9
	C.Stewart	40.3
	T.Carter	40.6



Two O.S. athletes showing early form this season - Chris Cornish (left) and Aaron Russell (right)

STOP PRESS * STOP PRESS * STOP PRESS

Round 2 State League, 2/11/95

Leigh Vial - huge 44 sec PB in 5000m after driving from NSW to compete. He was rewarded with a PB 15:07 (unofficial) after splitting 3k in a PB 6:58. Earlier, Aaron Russell ran a sensational 4 second PB 1:54 in the 800m. Full APSU results next issue.

Read this, it's important!

CUP COMPETITION PROGRAM B TIMETABLE

**This Saturday
10 Nov 1995
at Glenhuntly**

Time	Event	Competitors required
1.00	4k Walk	2
1.00	Shot Put	2
1.00	Pole Vault	2
1.00	110m	4
1.30	Triple Jump	2
1.45	Mile	4
2.00	110m Hurdles	2
2.30	Javelin	2
2.50	600m	4
3.30	High Jump	2
3.30	3k Steeple	3
4.10	Stick/Miss Relay 8 (4x200m flat & 4x200m H)	8

Anyone can compete this week, but we must know in advance that you are coming! There are no qualifying standards, we will win with weight of numbers! Ring Chris Stewart 529-4440 or Mark Purvis 534-5105 if you intend competing. DO IT NOW!

CHANGE OF DATES

Please note the following change of dates from those previously published in the pink handbook (this is not our fault, blame AV):
Vic Open, U20 Champs - was 9,10,11 Feb, now 16,17,18 Feb.
State League Rd 8 - was 15 Feb, now 8 Feb.
Interclub Rd 8 - was 17 Feb, now 10 Feb.

NEW INTERCLUB PROGRAM 1 TIMETABLE

**Operative from
17 Nov 1995
at Glenhuntly**

TRACK		
Time	Event	Grades
12.45	5k Walk	B
1.00	100m	Women
1.15	2k Walk	D
1.20	100m	U18,U16
1.45	1500m	All men
1.45	100m	B, D
2.15	200m	Women
2.15	200m	Women
2.30	200m	U18,U16
2.45	200m	B, D
3.00	3k Steeple	B
3.15	4x100m	All
3.30	110m H	All
3.45	2k Steeple	D,U18,16
4.10	400m	Women
4.20	400m	All men

FIELD		
Time	Event	Grades
1.00	Shot Put	B
	High Jump	D
	Discus	U18,U16
1.45	Triple J	B
	Shot	D
	Javelin	U18,U16
2.15	Discus	B
	High Jump	B
	Triple J	D
	Pole V	U18
3.15	High Jump	U18,U16
3.30	Javelin	B
	Pole V	B
	Discus	D
	Shot	U18,U16
4.15	Javelin	D
	Triple J	U18,U16
4.30	Hammer	All

PUT THESE TIMETABLES IN



NEW INTERCLUB PROGRAM 2 TIMETABLE

**Operative from
24 Nov 1995
at Glenhuntly**

TRACK		
Time	Event	Grades
1.00	400m H	All
1.00	1500m W	D,U16
1.20	300m H	U16
1.20	3k Walk	B,U18
1.40	200m	Women
1.40	800m	B,D
2.15	800m	U18,U16
2.15	200m	B,D
2.35	800m	Women
2.35	200m	U18,U16
3.15	4x100m	Women
3.15	5000m	B
3.30	100m	B,D
3.50	100m	U18,U16
4.00	3000m	D,U18,16
4.20	4x400/200	All

FIELD		
Time	Event	Grades
1.00	Discus	B
	High Jump	D
	Pole V	U18,U16
1.30	Shot Put	U18,U16
1.45	Discus	D
2.15	Shot Put	B
	Pole V	B
	Long Jump	D
	Javelin	U18,U16
3.00	Long Jump	B
	Shot Put	D
	Discus	U18,U16
3.30	High Jump	B
	Javelin	B
3.45	Long Jump	U18,U16
4.00	Javelin	D
4.15	High Jump	U18,U16
4.30	Hammer	All

YOUR PINK HANDBOOK!

LEFTOVERS

WELCOME NEW RECRUITS

Registrations so far this season are well down on last year, and so the club is very pleased to welcome some new faces:

LACHLAN ANDREWS

Lachie is a promising year 12 sprinter, who will add depth to our under 18 team. Currently boarding at Scotch, Lachie intends studying and living in Melbourne next year, allowing him to pursue his athletic interests.

ANDREW HORNE

Andrew joins our under 16 squad as a sprinter. After missing the APS sports because of illness, Andrew will be keen to perform at Glenhuntly over summer.

JONATHAN WEBSTER

Although only 13 years of age, Jonathan did the ~~0.15 high jump at the APS sports~~. With ~~some more coaching from Andrew Faichney~~, this guy will be one to watch.

ROBERT HOLMES

Our youngest ever athlete? Son of Jon and Janet, Robert debuted a few weeks ago at Glenhuntly at the ripe old age of 9!!!

REBECCA STOCKDALE

Unfortunately, the attempt to start a combined womens' APS team is struggling because of a lack of numbers. In the meantime, our female athletes will compete as O.S. members. A new face is Rebecca, who is a distance runner with ambitions to complete a half marathon.

NEVILLE COX

Last but by no means least is sprinter Neville Cox, who has transferred from Croydon. Nev is almost ready to join vets competition and is honing his speed and technique towards this end.

LAWRENCE FAMILY EXPANDS

Good news a few weeks back for former middle distance runner and present social member Scott Lawrence and wife Cathy, with the arrival of 7 lb 12 oz daughter Charlotte. Congrats and best wishes from your friends at Old Scotch, guys!

B GRADE PREMIERSHIP CONFIRMED

It's official! O.S. took off the AV B grade winter flag by one point by winning the final event, the half marathon.

Tragically, Old Xaverians were runners-up

CAPTION COMPETITION

There was only one entry in last issue's caption competition from Richie Glass: (Prez to Premier)

"And the best thing is that the freeway will go through Grammar's main oval"

Not a bad effort, but a little known by-law says Richie cannot claim his prize until he signs up! C'mon, Rich, do it!

Athletic nonsense

SIR — This has been a remarkable season for athletic track events. Already the 100-metre world record has been broken by 0.01 s while the 10,000-metre world record is now 26 min 52.23 s. Presumably a runner who completes the 10,000 metres in 26 min 52.22 s will be judged to be the new world record holder. I suggest that the measurement of track events to 0.01 seconds is a nonsense and that there is a need for the time measurement to be commensurate with the errors associated with the several variables and assumptions involved in such measurements which should be familiar to any scientist.

A 10-second 100-metres runner covers 10 cm in 0.01 seconds while a 10,000-metres runner covers just over 6 cm in the same time. The winner is determined by detection of the intersection of a part the body from the torso to neck with the finish line. A wind assistance of less than 2 metres per second is permitted. It is highly unlikely that the length of the 10,000-metre track can be measured with an accuracy to anything like 6 cm. Even thermal expansion of the track will produce comparable errors. For a 25-lap 10,000-metre race, an error of 6 cm corresponds to a systematic error of 2.4 mm in the distance for one lap.

It is assumed that the athletes respond instantaneously to the starter's signal. But within the margin of 0.01 seconds some of the athletes may have anticipated the starter's signal and already covered several centimetres. It is unrealistic to attach any significance to differences in timings of 0.01 seconds. And it is probably unrealistic to quote 100-metre results to better than 0.1 s and for the 10,000-metre race to better than 1 s. In the latter case the uncertainty may even reach a few seconds.

I do not believe that any scientific significance can be attached to the claim that the new 100-metre world record holder ran faster than his predecessor, indeed he may even have been slower.

B. W. Wybourne

*Instytut Fizyki, Uniwersytet Mikolaja
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Old Scotch Newsheet

Summer Edition No. 3

6 December 1995

B grade team on top

After five rounds of interclub, Old Scotch is the only undefeated team in B grade, making a finals berth almost certain and a premiership a big chance. Attendances at interclub have not been great, as is reflected in recent mediocre D grade performances, but O.S. has filled most B grade events and thereby won each round.

Unfortunately, our junior athletes have been noticeably absent and, unless things change dramatically, neither the U18 nor the U16 team will make the finals.

Meanwhile in State League, O.S. athletes have starred, helping APSU to top place in the competition. In particular, our 400m stable of Mackenzie, Moresi, Cornish, Gilchrist and Russell is the envy of every other club, and must be an odds-on favourite to win in the upcoming Victorian Relay Championships.

Full results from State League and interclub appear later in this issue.



Man of the moment Chris Stewart - a dad for the first time plus 1500m and 400m PB's, all at age 41 - wow! When you're hot, you're hot! Congratulations to Chris and partner Kate, who on 16/11/95 introduced Alexander Ross Stewart to the world. Last week at O.P., Chris ran 4:03 for 1500m and 400m in 55.4. Look out for him in the Masters 1500m at the Zatopek on 14 December, where he will start as hot favourite.

Athletics APS gets green light

Three O.S. members have been appointed as office bearers in the fledgling Athletics APS club. If you haven't already heard, Athletics APS is the new combine club for APS women, which recently received provisional approval from Athletics Victoria to compete in the summer interclub competition at Glenhuntly.

Candice Charles is the new club's secretary, Lyn Jamieson is the registrar and Ian Handasyde is the AV delegate. O.S. members who will automatically transfer to Athletics APS are Candice, Lyn, Julia and Janet Holmes, Marina Panagacos, Carolyn Schuwalow and Rebecca Stockdale. They join several former Old Melburnians women and various new recruits at Athletics APS, which now boasts almost 20 members.

Social memberships of Athletics APS are available - see p.7.

IMMINENT EVENTS

Sat 9 Dec	Interclub Rd 6 Prog 2 Athletics APS BBQ	Glenhuntly
Thurs 14 Dec	Zatopek 10,000m	Olympic Park
Sat/Sun 16/17 Dec	Vic Relay Champs	Olympic Park

inside...

New members plus bits and pieces
Results and reports
Bennett Airways flies again
Freebie Athletics APS newsheet



page 2
page 3-4
page 5
page 6-7

More new faces at O.S.

A few more recruits have trickled in, but unfortunately we're still about 10% down on last year's numbers. Anyone know what Arrowsmith, Barr, Bosisto, Brice, Dalton, De Visser, Elmes, Farrell, Fincher, James, Kent, Leitt, O'Nians, Paskins, Reid or Scarborough are doing this summer? It would be nice to re-sign some of these names.

Meanwhile, we heartily welcome some likely lads:

OLIVER BIGGART - is the surname a contraction of "big heart"? We'll soon find out as Olle goes around in the U18 distance events.

RICHIE GRIFFIN - finished 4th in the U17 1500m at the APS sports after a fine cross country season and will do well for the U18 team over the summer.

BRENDAN HERRON - another U18, a bit of a mystery man, but we think he sprints a bit.

NICK WILSON - Nick came down to Glenhuntly with sister Elissa, one of the original members of Athletics APS, and decided to have a go himself. Still U16, Nick has genuine sprinting speed.

MARCUS WOODHOUSE - a quality recruit via Ed Bostock, Marcus came 2nd in the APS open 800m in 1994 in the smart time of 1.55. Look out for Marcus in a red T-shirt, he "doesn't like singlets".

Relay Champs roll around again

Old Scotch has had outstanding success in the Victorian Relay Championships in recent years, with numerous gold medals being won by Steve Gaffney's mighty squad.

This year we are perhaps not as strong, but the open 4x400m team will be very hard to beat. Hopefully, the record breaking Scotch 4x800m team will re-unite to contest the U20 event.

All potential relay team members will be contacted by either Steve, Gregor Evans or Mark Purvis in the next few days. For runners and any interested spectators, here are all the relevant details:

Venue: Olympic Park

Saturday 16 Dec

11.40 am Open 4x100 Heat
12.10 pm Open 4x1500 Final
1.45 pm Open 4x100 Final
4.00 pm Open 4x400 Final

Sunday 17 Dec

11.15 am Open 4x200 Heat
1.45 pm U20 4x800 Final
2.58 pm U20 4x200 Final
3.10 pm Open 4x200 Final

All athletes must report to Gregor (sprints) or Mark Purvis (distance) at least ONE HOUR before their race. Correct uniform, i.e. ALL RED with numbers back and front must be worn. If you've lost one or both numbers, ring Mark NOW.

Who really won the 800m Hcp?

Omitted from last issue was the story of this year's thrilling Old Boys' 800m Handicap at Scotch College on 14 October. It was an amazing collection of present and former athletes who faced the starter. Back from oblivion were Macmillan, Dawson (complete with plaster on his wrist!), Swan, Granger and Dillon. The only big name missing was Andrew Faichney.

Gregor McLennan (brother of Don) took advantage of a generous handicap to lead by a long way after one lap. Lurking behind were form runners Aaron Russell and Pete Simm, plus national champion Joe Ischia. At 200m out, with McLennan tiring, Faichney suddenly appeared from behind the high jump bags to take the lead!

Almost as soon as he appeared however, Faichs (or should that be Fakes) strained something and jogged home as first Russell, then Dawson screamed past. Dawson gained on Russell with each stride down the straight. The commentator called Russell as the winner, but judges on the line couldn't separate them. A dead heat, or was it Dawson by the width of his plaster?!

Last place, however, was never in doubt for the defending champion, Mr James Russell, as the handicappers took their revenge.

ATHLETES OF THE WEEK

Once again Neil Ryan at "Runners World" has provided us with gift vouchers and other goodies for our Athletes of the Week, who earn their award through PB's, doing a stack of events or whatever catches the team manager's eye. The lucky winners over the last month are:

- 11 Nov Leigh Vial - State League debut, magnificent 44 second PB over 5000m (15.07.4).
- 18 Nov Simon Gilchrist - another S.L. debut, another PB, this time 49.3 sec in the 400m.
- 25 Nov Aaron Russell - into the elite class with 1.52.4 for 800m, making it a 6 second improvement this season.
- 2 Dec Chris Stewart - double PB at 1500m (4.03.3), 400m (55.4).

Andy J. is stiff to miss out, having set two walk PB's in the last two rounds, but it wouldn't be right for the team manager to reward himself!



The real reason dinosaurs became extinct

Interclub results and reports

Cup Comp revival

A much improved effort in round 2 of the Cup Competition, but still not near enough bodies on the track to threaten the stronger clubs. Strong efforts came from Gilchrist and Russell, but on the whole performances were a little disappointing. Best post-race entertainment was Simm/O'Halloran v the opposition runner who was silly enough to push Pete off the track in the 600m.

RESULTS - 11 Nov 1995

110m	S.Gilchrist	12.5
	R.Allwright	12.9
	A.Faichney	13.0
	L.Andrews	13.1
	N.Cox	14.1
Shot	A.Faichney	11.20m
TJ	A.Faichney	12.83m
	S.Gilchrist	11.03m
Mile	D.Lightfoot	4.16.1
	P.Simm	4.30.2
	C.Stewart	4.31.8
	R.Becroft	4.41.2
	E.Wilson	4.52.5
Javelin	R.Allwright	30.80m
600m	A.Russell	82.6
	T.O'Halloran	89.7
	L.Andrews	92.5
	R.Becroft	92.9
	P.Simm	93.7
HJ	E.Bostock	?
8x200m	Everybody!	?

Sprints win the day

Not enough athletes on deck, but because we filled the sprint events and our opponents didn't, B grade won its third round in a row. Skipper Allwright continued his great form, while Cam Mackenzie made a cameo appearance, blitzing the 400m. Stuart Dall ran a pair of PB's. 9 year old Robert Holmes became possibly our youngest ever runner in the U14 1500m.

RESULTS - 18 Nov 1995

<u>B Grade</u> O.S 85 d. Sandringham 23		
5k Walk	A.Jamieson	24.38.2
Shot	C.Bird	?
100m	R.Allwright	11.5
	B.Haugh	12.1
	C.Bird	12.7
1500m	C.Stewart	4.09.7
	J.Halliday	4.13.0
	R.Becroft	?
TJ	B.Haugh	12.17m
Discus	C.Bird	32.96m
HJ	E.Bostock	1.90m
200m	R.Allwright	23.5
	B.Haugh	24.5
4x100m	Allwright, Farrell, Haugh, Mackenzie	44.4
400m	C.Mackenzie	47.9
	T.O'Halloran	DNQ 57.3
<u>D Grade</u> O.S 46 d. Bye		
100m	N.Cox	13.7
1500m	M.Purvis	4.28.9
	S.Dall	4.29.1 PB
	A.Aitken	4.51.7
	J.Holmes	INV 5.09
110m H	R.Hodges	18.6
400m	C.Stewart	56.1
	S.Dall	57.5 PB
	R.Becroft	60.0
<u>Under 14</u>		
1500m	R.Holmes	5.27.9
	Julia Holmes	5.28.9

REMINDER THAT IN 1996
Cup Comp resumes 13 Jan at Knox
Interclub resumes 3 Feb at Glenhuntly

Four out of four

Another strong B grade win against weak opposition - how bad was this venue before the APS clubs arrived? PB's all over the place from Bird, Simm, Dall, Jamieson and Panagacos. D grade suffered its first loss because of a worrying lack of sprinters.

RESULTS - 25 Nov 1995

<u>B Grade</u> O.S. 90 d. Mentone 11		
Discus	C.Bird	34.50m
3k Walk	A.Jamieson	13.51 PB
800m	D.Lightfoot	1.55.8
	P.Simm	1.59.3 PB
	C.Stewart	2.03.3
	R.Becroft	INV 2.06.6
200m	S.Gilchrist	22.9
	R.Allwright	23.8
	B.Haugh	24.1
Shot	C.Bird	11.29 PB
5000m	T.Carter	DNQ 17.20 PB
100m	R.Allwright	11.3
	S.Romensky	12.0
	C.Bird	12.3
HJ	E.Bostock	1.80m
4x200m	Allwright, Romensky, Haugh, Gilchrist	1.34
<u>D Grade</u> O.M. 87 d. O.S. 48		
400m H	R.Hodges	72.8
800m	T.Carter	2.04.4
	T.O'Halloran	2.05.6
	S.Dall	INV 2.06.4 PB
	A.Balchin	INV 2.07.9
	M.Woodhouse	2.12.4
	J.Holmes	INV 2.22
200m	P.Simm	26.1
	C.Stewart	26.3
Shot	A.Jamieson	8.34m PB
3000m	D.Lightfoot	INV 8.27
	M.Purvis	9.20
	E.Wilson	9.21
	S.Dall	9.34 PB
	R.Becroft	INV 10.04
<u>Under 18</u> O.S. 21 d. Sandringham II 0		
Pole	T.Panagacos	2.75m PB
100m	T.Panagacos	11.4
200m	T.Panagacos	23.7
800m	R.Holmes	2.36



Club legend Ewen Wilson has made a successful comeback this season, running faster each week (pictured here with Bruce Bennett)

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More results and reports

On top at Olympic Park

O.S. went into round 5 in second spot on the B grade ladder, but came out on top after O.M.'s knocked over Glenhantly. The old guys showed the way against Malvern, as Glass stepped back into the ring and Jamieson and Stewart clocked more PB's. New face Marcus Woodhouse showed promise. The D grade team went down again, but a highlight was a 4x100m relay team, which took longer to run 400m than Marcus, but that was because "the changes slowed us down!" Carter and Dall (again!) scored double PB's. It was pleasing finally to see some juniors in action.

RESULTS - 2 Dec 1995

B Grade

2k Walk	A. Jamieson	8.58 PB	CLUB REC
Hammer	R. Glass	42.38m	
100m	R. Allwright	11.7	
	B. Haugh	11.7	
1500m	C. Stewart	4.03.3 PB	
	M. Purvis	4.14.8	
	R. Becroft	4.15.5	
HJ	E. Bostock	1.95m	
4x100m	Allwright, Panagacos, Haugh, Gilchrist	43.0	
400m	M. Woodhouse	53.5	
	C. Stewart	DNQ	55.4 PB

D Grade

100m	S. Gilchrist	11.5	
	N. Cox	14.2	
Discus	A. Faichney	?	
1500m	T. Carter	4.16.2 PB	
	S. Dall	4.16.9 PB	
	E. Wilson	4.25.9	
4x100m	N. Wilson, Becroft, Jamieson, Purvis	54.0	
110m H	R. Hodges	18.6	
Shot	A. Jamieson	8.72m PB	
400m	T. Carter	55.5 PB	
	D. Lightfoot	56.3	
	S. Dall	56.6 PB	

Under 18

1500m	D. McLennan	4.14.6	
	R. Griffin	4.26.5	
	O. Biggart	4.41.6	
100m	T. Panagacos	11.7	
	B. Herron	12.9	
Pole	T. Panagacos	2.55m	

Under 16

100m	N. Wilson	12.6	
------	-----------	------	--



Raph Allwright has been an inspiring captain so far this season - his S.L. 400m hurdles on 23 Nov was the quickest by an O.S. athlete for years

LADDERS AFTER ROUND 4

B Grade		%
Glenhantly	8	440
OLD SCOTCH	8	220
Old Melburnians	7	
Ajax	7	
Malvern	5	
St Kevin's	5	
Old Haileybury	5	
Mentone	4	
Sandringham	4	
Frankston	3	

D Grade		%
Old Melburnians	8	
GH 1	8	
Vets	8	
OLD SCOTCH	7	230
Oakleigh	7	177
Sandringham	7	125
Mentone	7	110
Ajax	5	
Malvern	5	
GH 2	4	
EMH	2	
Old Haileybury	2	
Frankston	2	

Under 18	
Mentone	8
GH 1	7
Sand 1	6
Old Melburnians	4
OLD SCOTCH	2

APSU tops as well

APS United Athletic Club (not to be confused with Athletics APS) is the vehicle for our stars to compete in State League, or A Grade as it used to be called. One of our own, Mike Smith, is President of APSU. State League is conducted on Thursday nights, admission is free and you get to see little things like world records (a la Emma George in the pole vault).

Conditions are generally excellent and the competition fierce. It is therefore common for rising young athletes to notch up big PB's. In round 4 for example, Peter Simm missed the club U20 5000m record by a tiny 2 seconds and PB'd by 25 secs! Here are the results from the first four rounds, after which APSU lead the competition.

Round 1 - 26 Oct 1995

Pole	M. Smith	4.40m
100m	N. Rennie	11.12
1500m	P. Simm	4.05.98 PB
TJ	A. Faichney	13.30m
400m	C. Cornish	48.9

Round 2 - 2 Nov 1995

Pole	M. Smith	EQ PB REC	4.60m
LJ	A. Faichney	6.20m	
200m	C. Mackenzie	21.6	
	C. Cornish	22.5	
800m	A. Russell	1.54.7 PB	
5000m	L. Vial	15.07.4 PB	

Round 3 - 16 Nov 1995

100m	N. Rennie	10.9
1500m	P. Simm	4.02.4 PB
HJ	A. Faichney	1.90m
TJ	A. Faichney	13.55m
110m H	R. Allwright	16.3
400m	C. Cornish	48.6
	S. Gilchrist	49.3 PB
	A. Russell	50.9 PB

Round 4 - 23 Nov 1995

400m H	R. Allwright	DNQ	59.1 PB
Pole	M. Smith	4.60m	
		EQ PB, REC etc	
200m	C. Mackenzie	21.7	
	C. Cornish	22.4	
110m H	R. Allwright	16.7	
800m	A. Russell	1.52.4 PB	
5000m	P. Simm	INV	15.03 PB

Bennett Airways flies again

by Ross "Biggles" Becroft

Becroft, Bennett, Purvis and Charles: the Bennett Airways team. Race ready all around the globe. Their mission: to win fun runs where no man dares to go. Low on fitness, but big on adventure, they set off from Moorabbin. Target this day: Swan Hill's famous Beat the Boat Race in late October.

Becroft yanks the propellor down. It splutters. Charles kicks the plane. Purvis gets out his egg timer and compass. Bennett produces his blindfold. We are ready.

Arrival at Swan Hill. Met by the fifth team member Vial. We jump on to the hay bales stacked on the back of his tractor and set off down the main street.

The race. Only four to a team in the 5k, so Purvis goes solo in the 10k. Bus to respective starting points. No water of any kind to be seen anywhere. Dry wheat fields in all directions. Since we're out to "beat the boat", some smart a... yells out: "Where's the bloody boat?"

And they're racing. Vial wins the 5k, Becroft gets lost, Charles and Bennett wonder where the boat is as they approach the finish. Purvis collapses across the line due to "false finish syndrome", which is where a pack of yobbos, beers in hand around a barbecue, call out "70 metres to go, mate", when in fact there is 700m to go. Kick ... kick ...

The spoils to a winning team. Trophies that Albert Speer, Hitler's famous architect, designed. Great big, tall, plastic, kitsch monstrosities that could be melted down to build housing estates.

Finally, the mystery of the boat. A small row boat with a built in stove was seen chugging around in circles after the race. It was the equivalent of next year's Great Train Race offering runners the chance to compete against a Thomas the Tank Engine toy set.

Bennett Airways: the only way to fly (to unknown fun run destinations). Apologies to Bruce Bennett, who was in fact a wonderful host pilot. Really.



Biggles (exhausted after 5 km plus 5 beers), Candice, Mark and Bruce ready for take off from Swan Hill International Airport with Bennett Airways

Heart Foundation says get the good eating habit

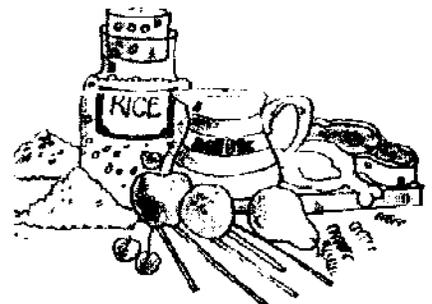
The National Heart Foundation has published a guide to healthy eating, so here are some tips from the guide for those who'd like to improve their diet and run faster as a result. The guide is to help you choose foods that will give you all the energy and nutrients you need for good health. It is also to help you avoid eating too much of the sorts of food which can push up your blood cholesterol, weight and your risk of heart disease.

Enjoy a wide variety of foods. Choose many different foods. Your meal will be tastier and you can take advantage of "in season" specials. You'll get what your body needs if you choose from each of the following groups every day:

Eat plenty of: Cereal and grain products (bread, breakfast cereal, rice, pasta), vegetables, fruits and legumes (dried peas and beans).

Eat moderately: Fish, lean meat, skinless chicken, low fat dairy products, eggs and nuts.

Eat small amounts of: Monounsaturated or polyunsaturated oils and spreads, and fat-reduced spreads.



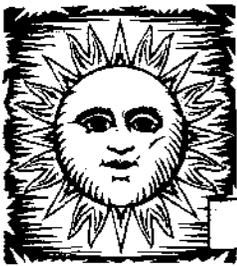
NEXT ISSUE: Keep to a healthy weight

Hearthealth



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Triple premiership chance in 1996

Happy New Year to all Old Scotch members and their families! By now, the serious competitors will have worked off the Christmas cheer, while most of us are making plans to do so.

'Tis time, however, to start thinking about the second half of the track & field season. The O.S. senior and APSU State League teams are well placed at the halfway mark of the season to go on and win premierships. This means that all QUALIFIED club athletes will have a rare opportunity to participate in a premiership-winning team, a rare event indeed.

Have you competed in four rounds of State League or interclub yet? PROBABLY NOT! Interclub resumes on 3 February 1996. After that, there are four more rounds on 10 Feb, 2 March, 9 March and 16 March. Cup Competition appearances do not count. See page 2 for your current eligibility status, then do something about it if necessary!

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WHAT THE FUTURE HOLDS



Thurs 11 Jan	Vic Grand Prix Rd 2	Olympic Pk
Sat 13 Jan	Cup Comp Rd 3	Knox (Melway map 73 D7)
Thurs 18 Jan	State League Rd 6 Prog 2	Olympic Pk
Sat 20 Jan	Cup Comp Rd 4	Glenhuntly
Thurs 25 Jan	Cup Final	Olympic Pk
Mon 29 Jan	PB Meeting	Glenhuntly

LOTS OF ACTION for keen athletes in January! Programmes for Cup Comp and PB meetings appear on page 2.

IMPORTANT NOTICE! If you are intending to compete in either or both Cup Comp rounds, you **MUST** advise Andrew Jamieson (9859 7629) or Chris Stewart (9529 4440) IMMEDIATELY.

One gold, two silvers at State Relays

Yet another brilliant performance from Steve Gaffney's sprinters at the Victorian Relay Championships held at Olympic Park on 16 and 17 December 1995, highlighted by an APSU and club open 4x400m time of 3:12.55 for first place. Chris Cornish, Simon Gilchrist, Cameron Mackenzie and Mark Moresi were the record breakers, with the team having an average split time of 48 secs and an average age of 21!!

Theo Panagacos showed up in the right place at the right time - twice. Although still under 18, Theo collected two open bronze medals in the 4x100m and 4x200m, the latter after Simon Gilchrist did his hammy warming up. Cornish, Allwright and Ren-

nie were the other medal winners in the 4x100m team, while Cornish (again), Rennie and Moresi also ran in the 4x200m. The under 20 4x200m team (Haugh, McLennan, Glass and Pana) battled hard for 5th place.

The distance teams were not as successful, but Marcus Woodhouse, Don McLennan, Johnny Halliday and Andrew Slade set a new U20 4x800m club record of 8:13, with Johnny running a PB split of 2:01. Two O.S. teams contested the 4x1500m, with the young guns Simm, Halliday, McLennan and Sutherland narrowly defeating the old hands Stewart, Purvis, Becroft and Dall.

inside...

Eligibility list, Cup Comp and PB meet programmes
Results, reports and stuff

page 2
page 3

Senior finals eligibility list

Unless you compete on at least FOUR Saturdays of interclub during the season, you cannot participate in the finals. Find out where you stand by consulting the list below. The list sets out only senior appearances, as it appears that our junior teams cannot make the finals.

Name	Interclub appearances (S.L. rounds in brackets)	
Aitken	2	Allwright 6(2?)
Austin S	1	Becroft 5
Bird	4	Bostock 6
Carter	3	Cornish 1(5)
Cox	2	Dall 5
Faichney A	2(3?)	Gilchrist S 2(1)
Glass Jnr	1	Glass Snr 2
Halliday	1	Hamilton 1
Handasyde	2	Haugh 5
Hodges	4	Holmes 1
Jamieson	6	Lightfoot 3(1)
Lyons	2	Mackenzie 1(3)
O'Halloran	3	Panagacos 1
Purvis	4	Rennie 2(3?)
Romensky	1	Russell 3(3)
Simm	4(2)	Stewart 6
Vial	1(1)	Wilson E 2
Wilson N	1	Woodhouse 3

The above list indicates that only 13 of 36 athletes are currently eligible for the B and/or D grade finals. Another 4 (Cornish, Faichney, Mackenzie and Rennie) have qualified for State League, but not B or D grade. It is possible to qualify for both!

Non-starters to date include Catherall, Cochrane, Dawson, Facey, Simm A, Sutherland and Taylor, plus numerous juniors.

THERE ARE THEREFORE 19 ATHLETES NAMED ABOVE, PLUS THOSE YET TO APPEAR AT ALL, WHO MUST COMPETE DURING FEBRUARY AND MARCH IN ORDER TO QUALIFY FOR THE FINALS. Don't let yourself and your teammates down by missing the remaining rounds. It's up to you!

Cup Comp program A

**This Saturday
13 Jan 1996
at Knox**

Time		Competitors required
1.00	60m	4
1.00	3k Walk	2
1.00	Hammer	2
1.30	1000m	4
1.30	Long Jump	2
2.00	200m Hurdles	2
2.00	Shot Put	2
2.40	300m	4
3.00	Discus	2
3.10	5000m	3
3.30	High Jump	2
4.10	8x100m Relay	8

Cup Comp program B

**Saturday week
20 Jan 1996
at Glenhuntly**

Time		Competitors required
1.00	4k Walk	2
1.00	Shot Put	2
1.00	Pole Vault	2
1.00	110m	4
1.30	Triple Jump	2
1.45	Mile	4
2.00	110m Hurdles	2
2.30	Javelin	2
2.50	600m	4
3.30	High Jump	2
3.30	3k Steeple	3
4.10	Parlour Relay	8

NOTE:

The Cup squad so far is Aitken, Allwright, Becroft, Bird, Bostock, Carter, Cornish, Faichney, Gilchrist, Haugh, Hodges, Jamieson, Lightfoot, Lyons, O'Halloran, Russell, Simm and Wilson, E.

If you are not named above and wish to compete, ring Andrew Jamieson on 9859 7629 or Chris Stewart on 9529 4440 NOW.

Likewise, if you are named and are unavailable for both Cup rounds, let Andrew or Chris know immediately so that substitutions can be made.

Glenhuntly PB meets

There are two special evening PB meetings scheduled at Glenhuntly on Monday, 29 January 1996 and Wednesday, 27 March 1996. Both meets commence at 6.15 pm, with events to be conducted in the following order:

TRACK	FIELD
1500m Walk	Shot Put
110m Hurdles	Long Jump
60m	Discus
800m	
300m	
3000m	

Cost is \$2.00 for any number of events. There will be separate womens' races in all but the walk and 3000m.

Dall on a roll

A quiet achiever around the track this summer has been Stuart Dall. In his first summer of track and field, Stuart has improved out of sight. In round 6 of interclub, he ran a PB in the 800m by 3 secs and another in the 3000m by 4 secs. The week before, it had been a pair of PB's in the 1500m and 400m.

For his efforts, Salvador (Dali - get it?) earns our Athlete of the Week award. He and other recipients of the award to date can claim their "Runners World" gift vouchers from Mark Purvis.

Athlete of the Week awards will continue on 3 February 1996 in round 7 of interclub at Glenhuntly.

Glenhuntly walloped

Top spot was at stake in the last round of interclub before Christmas. Thanks to an excellent team effort, O.S. was too strong for the Hunters and remained the only unbeaten B grade team.

Faichney was the star (see p.2), but having a full complement of sprinters and distance runners was telling, particularly in the 5000m, which the Glenhuntly boys didn't bother to contest. The 800m strength was awesome, with 7 runners bettering 2:05, including Stewart with another PB.

D grade and the juniors continue to disappoint. The D grade team has slipped out of the four and will need to win its remaining rounds. The under 18 and under 16 teams cannot make the finals, but all juniors still have time to qualify for the senior finals.

RESULTS - 9 December 1995

B Grade O.S. d. Glenhuntly

400mH	R.Allwright	60.0
Discus	A.Faichney	34.34m
3k Walk	A.Jamieson	14.03
800m	C.Stewart	2:01.3 PB
	M.Woodhouse	2:05.7
	R.Becroft	2:07.5
	A.Russell INV	1:54.9
	D.Lightfoot INV	1:59
200m	N.Rennie	21.6
	R.Allwright	22.6
	A.Russell	25.0
Shot	A.Faichney	11.29m
5000m	S.Austin	15.21
	P.Simm	16.01
	M.Purvis	16.39
100m	R.Allwright	11.2
	T.Panagacos	11.5
	A.Faichney	11.7
HJ	E.Bostock	1.85m
Javelin	A.Faichney	39.10m
LJ	A.Faichney	6.05m
Hammer	R.Glass	?
D Grade S'ham d. O.S.		
1.5k W	I.Handasyde	8.30
LJ	R.Allwright	5.80m PB
800m	D.Lightfoot	2:02
	S.Dall	2:03.8 PB
	T.O'Halloran	2:04.6
Discus	B.Haugh	28.18m
200m	T.Panagacos	23.4
	N.Wilson	25.3 PB
	C.Stewart	25.6
100m	N.Wilson	12.4
3000m	S.Dall	9:30.8 PB

Hot Gossip

Johnny Halliday has proved that, as a distance runner, he has a promising future. Apparently, he also has some brainpower to assist him. Johnny scored 99.5 in the 1995 VCE results, making him equal dux of Scotch College and in the top 20 students in Victoria.

Close friend Andrew Simm also excelled in his studies and has accepted the position of captain of Scotch College in 1996, giving him another crack at the APS 800m. Congratulations, Johnny and Andrew, from all at O.S.

On the move is another distance runner, Leigh Vial, who has accepted a three month posting to Zimbabwe to assist local farmers to improve their farming techniques. After doing this good work, Leigh aims to backpack around Africa and other exotic locales for an indeterminate period.

Ross and Mark have challenged Leigh to enter the Kenyan cross country championships while he is in the area! We await a race report with high anticipation.

Heart Foundation advice # 2: keep to a healthy weight

Continuing our series extracted from the National Heart Foundation's guide to healthy eating:

Keep an eye on your waistline. If you need to lose weight or keep it down:

- * keep physically active
- * eat less fat, oils, margarine and fatty dried foods
- * eat less sugar, confectionery, soft drinks and other sugar-containing foods and drinks
- * keep to two drinks or less of alcohol a day
- * fill up on plenty of cooked and salad vegetables
- * avoid fad or "crash" diets
- * obtain and follow the advice in the Heart Foundation booklet, *The Weight Loss Guide*

Next issue: How to eat fewer fatty foods.



THIS NEWSHEET WAS PRODUCED BY

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Old Scotch Newsheet



Winter Edition No. 1

5 April 1996

Injuries cripple O.S. finals campaign

The relatively small size of the Old Scotch membership meant that a full attendance of athletes was required if we were to threaten the larger clubs in the inter-club finals. Unfortunately, the club's injury list seemed to get longer and longer as the finals progressed. These were the missing faces:

- Dall (stress fracture)
- Gilchrist (hamstring)
- Richie Glass (ill)
- Handasyde (toe)
- Haugh (hamstring)
- Hodges (ill)
- Lightfoot (overseas)
- Moresi (hamstring?)
- Purvis (sciatica)
- Russell (knee?)
- Simm (back)
- Smith (achilles?)

Add to this list Woodhouse (thigh) and Faichney and Panagacos (work commitments), who were unavailable for part of the finals, the performance by the remaining athletes was remarkable. Team manager Purvis had to shuffle his athletes around to fill gaps, resulting in some athletes doing up to six events during the weekend. Despite this, there were few complaints and several PB's.

The eventual placings in the Association Final were as follows:

State League - APSU	3rd
B Grade - O.S.	6th
D Grade - O.S.	3rd

This was an excellent end to a great summer for the club. Next year, with good recruiting to ensure that more athletes are available, we should give the premiership a real shake.

Upcoming events

- | | | | |
|---|--------------------------|---|-----------|
| Sat 13 Apr | APSOC Jamieson 5 km | Scotch College | 2.00 p.m. |
| NOTE: 2.00 p.m. SHARP start, check in by 1.30 p.m. | | | |
| ALL ATHLETES TO BRING TWO FOOD PLATES | | | |
| Sat 20 Apr | AV X-Country Relays 6 km | Brimbank Park, Keilor
(Melway , ref) | 1.30 p.m. |
| Sat 27 Apr | APSOC Orchard 10 km | Fawkner Park
(Melway 2L D8) | 2.30 p.m. |
| Sun 28 Apr | "Run to the 'G'" 8 km | Swan Street | 9.00 a.m. |
| MARSHALS REQUIRED - ring Simon Gilchrist 9882 3577 | | | |
| Sat 4 May | APSOC Hare & Hounds | Brown Reserve, Berwick
(Melway 111 F6) | 2.30 p.m. |

Please note Old Scotch A.G.M. deferred to Wed 22 May at 8.00 p.m.

Old Scotch hosts opening event of cross country season this weekend

Ready or not, here it comes - another joyous season of road and cross country running. O.S. kicks things off by hosting the Alex Jamieson 5 km at Scotch this Saturday 13 April. The race starts at 2.00 p.m. sharp, and because a chapel wedding will prevent access after 2.30 p.m., it must start on time. Accordingly, if you're late to check in, you won't be allowed to run. Check in by 1.30 p.m. to be safe.

Afternoon tea is back in the teachers' common room. To ensure sufficient food, please bring TWO plates of

goodies for our guests.

Mark will be away, so Candice is organising course marshals etc. Please contact her on 9534 5105 if you or your partner, parent or friend can assist in this easy task.

Ross Becroft is in charge of the team for the Jamieson and the first two AV events. To run these, you must be registered with both AV (form attached as p.5) and Athletics APS. Also, Ross must know that you're running, so call him on 9397 6023 at home or 9606 0588 at work.

inside...

Finals reports and results

More results

Registration forms (NOTE: 1996-97 subs are now due) pages 4-5

page 2

page 3

B and D grade teams surge into finals

Old Scotch's B and D grade teams had to finish first or second in the Venue Final at Glenhuntly to get through to the Association Finals. The B grade team looked a good bet, having finished on top of the ladder, but the D grade prospects were uncertain.

Injuries to Gilchrist, Haugh and Purvis were a nuisance, but the willingness of all our team to have a go in numerous events allowed O.S. to cover these losses. Andrew Slade, Don McLennan and Richie Glass, all 1995 school leavers, were fantastic in their perseverance in their many events. Veterans Roger Glass and Chris Stewart were equally generous with their time and talent.

Unfortunately, we missed out on venue premierships to Glenhuntly in both grades. The good news, however, was two second placings and two spots in the Association Finals.

RESULTS

Venue Final at Glenhuntly - 16 March 1996

B Grade

100m	R.Allwright	11.2
	T.Panagacos	11.4
	Richie Glass	11.7
200m	R.Allwright	22.9
	A.Slade PB?	23.9
	T.Panagacos	?
400m	M.Woodhouse	53.9
	D.McLennan	53.9
	A.Slade	55.6
1500m	C.Stewart	4.08.9
	G.Lyons	4.09.3
	J.Halliday	4.12.3
3k St	G.Lyons	9.55.9
	J.Halliday	10.13.3
110H	R.Allwright PB?	15.9
	Richie Glass	20.6
5k W	A.Jamieson	23.59.5
HJ	E.Bostock	1.80m
TJ	S.Romensky	?
Shot	C.Bird	11.20m
Disc	C.Bird	32.18m
Jav	C.Bird	34.2m
Hamm	Rog Glass	40.78m

A

fter his team led the competition for much of the season, APSU President Mike Smith had high hopes of a premiership in the State League competition. Alas, as with Old Scotch, injuries and unavailability took their toll on the team. In particular, the loss of distance runners Justin Rinaldi, Julian Marsh and David Lightfoot left huge gaps, which gave opportunities to upcoming stars such as Halliday and Slade, but cost APSU a significant number of points.

Athletics Essendon dominated the Association Final. The APSU athletes battled hard, but the team ultimately finished third. There were some terrific efforts from O.S. athletes, including Jamieson in the walks and Lyons and Halliday in the steeplechase. Johnny's run would have qualified him for the national under 20 championships in only his second ever attempt at the event.



McLennan dips to the line

D Grade

100m	A.Slade	11.9
	S.Romensky	12.0
	C.Bird	12.3
200m	Richie Glass	23.8
	D.McLennan PB	24.4
	S.Romensky	25.1
400m	Richie Glass	55.6
	C.Stewart	56.7
	T.Carter	57.2
1500m	D.McLennan	4.27.5
	T.Carter	4.28.7
	R.Becroft	4.33.6
2k St	C.Stewart	7.21.6
	R.Becroft	7.47.4
2k W	J.Holmes	11.30.1
HJ	S.Romensky	1.65m
TJ	Richie Glass	12.37m
Shot	Rog Glass	11.41m
Disc	Rog Glass	33.18m
Jav	Rog Glass	27.40m

RESULTS

Round 8 - 8 Feb 1996

200m	C.Mackenzie	21.5
	N.Rennie	22.2
	C.Cornish	22.9
110mH	R.Allwright	16.2
800m	D.Lightfoot	1.54.0
	A.Russell	1.55.1
5000m	M.Purvis	15.13.69

Round 9 - 22 Feb 1996

5k Walk	A.Jamieson	PB	24.03	REC
1500m	D.Lightfoot		3.51.42	
110mH	R.Allwright		16.2	
400m	M.Moresi		47.3	

Round 10 - 21 March 1996

800m	J.Dawson	1.57	
	A.Slade	1.59	
	D.McLennan	1.59	
5000m	J.Halliday	15.38	PB
Rest of round 10 results next issue.			

Association Final - 30 March 1996

100m	C.Mackenzie	10.7	
	N.Rennie	11.1	
400m	C.Mackenzie	48.6	
	C.Cornish	48.7	
1500m	G.Lyons	4.06.92	
	C.Stewart	4.09.86	
3k St	G.Lyons	9.43.02	
	J.Halliday	9.55.61	PB

5k Walk	A.Jamieson	24.16
TJ	A.Faichney	13.77m

Association Final - 31 March 1996

200m	C.Mackenzie	?
800m	A.Slade	2.01.1
5000m	G.Lyons	14.59.6
	J.Halliday	15.43.7
3k Walk	A.Jamieson	13.36.51

O.S. goes down fighting

With an injury list longer than Melbourne Football Club, Old Scotch limped down to Olympic Park for the season's last weekend of athletics. Weather conditions were ideal on both days, which contributed to some excellent PB's being posted, even though most athletes had to compete in multiple events to cover gaps in our ranks.

One of the positive features of finals is the generation of team spirit. It was pleasing to see and hear O.S. athletes supporting their team mates throughout the weekend. A good example was the D grade 4 x 400m relay team in the very last event on day 2, at a time long after most people had given up and gone home, which thumped its opposition, even though three of its members (McLennan, Lyons, Carter) had already contested 11 events between them over the weekend. Another pleasing feature for the club was the relative youthfulness of the teams. A large number of the O.S. athletes were aged under 20 and three were aged less than 18. With one senior finals campaign completed, these athletes will be much harder to beat next year.

Highlights on day 1 included Halliday's 3000m steeple (see p.2) and PB's from McLennan, Carter and Slade. The B grade team struggled from the outset, but D grade hung in there to be placed 4th out of eight teams and in touch with the leaders at the end of the day.

Day 2 did not start well, but things improved steadily. The D grade team moved up to 3rd, as the distance runners racked up the points. Best on the day were probably Jamieson's walk (see p.2), Cornish's 200m, Carter's 800m PB and Bird's shot put. Most entertaining was Bostock's almost too late high jump and the D grade relay team with its "glorious and emphatic win" (Andy J.'s words).

RESULTS

Association Final - 30 March 1996

B Grade

100m	R. Allwright	11.3
	A. Faichney	11.9
	S. Romensky	12.0
400m	A. Slade PB	51.4
	D. McLennan	52.7
	M. Woodhouse	?
1500m	J. Halliday	4.07.59
	D. McLennan PB	4.09.73
	T. Carter PB	4.12.48
110H	R. Allwright	15.9
Hamm	Roger Glass	40.78m
TJ	S. Romensky	11.44m
Discus	C. Bird	34.26m

Association Final - 31 March 1996

200m	C. Cornish PB?	22.1
	R. Allwright	22.8
	S. Romensky	25.2
800m	D. McLennan	2.01.7
	C. Stewart	2.03.8
	T. O'Halloran	2.04.5
HJ	E. Bostock	1.85m
LJ	S. Romensky	5.41m
Shot	C. Bird	11.69m

D Grade

100m	M. Woodhouse	12.0
	C. Bird	12.4
	E. Bostock	12.5
400m	T. Carter	56.?
	C. Stewart	59.?
1500m	T. O'Halloran	4.19.6
	R. Becroft	4.20.3
	E. Wilson	4.30.4
2k St	M. Purvis	6.41.67
	R. Becroft	7.37.2
110H	E. Bostock	18.5
2k W	J. Holmes	10.53.75
TJ	R. Allwright	11.21m
Disc	R. Glass	35.64m
200m	A. Slade	24.0
	D. McLennan	24.6
	T. O'Halloran	28.?
800m	T. Carter PB	2.02.22
	J. Halliday	2.04.3
	R. Becroft	?
3000m	T. Carter	9.37.9
	R. Becroft	9.38.1
	E. Wilson	9.41.1
1.5kW	J. Holmes	7.54.8
HJ	S. Romensky	1.65m
LJ	R. Allwright	5.49m
Shot	Roger Glass	11.24m
Jav	C. Bird	26.30m

New winter costs and charges

All winter athletes should already be aware of the establishment of the new Athletics APS club. Enclosed with this newsheet is an Athletics APS registration form. Also enclosed is an Old Scotch registration form for 1996-97. Winter athletes intending to run in AV winter events must complete BOTH forms.

Those with sharp eyes will note the hefty increase in the cost of senior membership this year. It's not our fault! O.S. pays \$93.00 per athlete to Athletics Victoria and \$16.00 per winter athlete to the APSOC competition. Add to those fixed costs the variable expenses of trophies, newsheet, postage, telephone etc etc etc, and you will understand why an increase was necessary.

Unfortunately, winter athletes will bear a double whammy in costs because of the need to purchase a new Athletics APS uniform and a season's ticket. The total cost will exceed \$250.00! It should be noted, however, that the new uniform is a one-off expense. The price of a season's ticket is set by Athletics Victoria, not Athletics APS.

Ross Becroft is our club's Athletics APS delegate. He can answer any queries and, if you ask him nicely, will enter you for individual AV events at \$10.00 a pop or \$7.00 for relays (less if you are under 20), rather than insist on a season's ticket. It is easier for him and probably you, however, if you just buy a season's ticket.

Ross can be contacted on 9397 6023 (home) or 9606 0588 (work).

DON'T FORGET!!!

Jamieson 5 km next Saturday starts at 2.00 p.m. SHARP, no late entries accepted!

All O.S. athletes to bring TWO plates of goodies PLEASE!

