

# OLD SCOTCH NEWSHEET

Old Scotch Collegians' Athletics Club Newsheet

**SUMMER EDITION NO. 1**

18 October 1993

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Editor: Mark Purvis Ph: 534-5105

T & F Vice President: Anthony Swan Ph: 348-1656

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## **IMMINENT OCCURRANCES**

Sat 23 Oct	Interclub Rd 3 - Prog 1 APS Combined Sports	Box Hill Olympic Park
Tues 26 Oct	State League Rd 1 - Prog 1	Olympic Park
Sat 30 Oct	PB Meeting	Box Hill
Thur 4 Nov	State League - Prog 2	Olympic Park
Sat 6 Nov	Interclub Rd 4 - Prog 2	Box Hill

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## **EDITORIAL**

A bad start with appalling weather and strong opposition, but a much better effort in round 2 - that's the story of O.S.'s track & field season so far. There are vacancies aplenty in our line-up, however. **WANTED URGENTLY:** hurdlers, throwers, high jumpers and steeplechasers. **THE INCENTIVE:** a finals berth in a team of huge potential and excellent club spirit. Full results for rounds 1 and 2 appear elsewhere in this publication.

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# HOT GOSSIP \* HOT GOSSIP \* HOT GOSSIP

## \* BOZ IS THE BOSS

Congratulations to Anthony Bosisto upon his appointment as club captain for the summer season. "Boz" or "Ant" to his friends, Anthony is one of the most enthusiastic of O.S.'s athletes and will hopefully be an inspiring leader as the B Grade team mounts a finals challenge. The captaincy has already lifted Boz to a PB 200m (see results pages).

## \* O.S. WELCOMES NEW RECRUITS

MICHAEL TAYLOR - a year 10 student at Scotch and another distance running protege of Andrew Lloyd's, Michael has already received some press in an earlier issue of this newsheet for his outstanding efforts during the cross-country season. Welcome aboard, Michael!

JIM VOUKELATOS - now here's a real find, referred to us by Athletics Victoria no less. Jim is 19, triple jumps 13 metres plus and is a useful sprinter. His ambition is to gain State League selection in his preferred event, which should occur sometime this season if his early form is any guide.

JOHNNY "TWO DOGS" HOFFMAN - into the vets age group but a novice on the track, John, an electrician by trade, was also picked up courtesy of an Athletics Victoria phone call. He is a distance runner, whose nickname arises from his faithful canine pals, Elvis and Grace.

CELINE McEVOY - the better looking half of the Hepworth/McEvoy combination, Celine has done the right thing by transferring from Doncaster A.C. Already she is the proud holder of the womens' club record in the 3000m.

## \* ... AND THE CHEQUES ARE IN THE MAIL, ANNE, FOR ...

JAMES AIKEN - James is another class sprinter from the Gaffney stable. He joins Chris Cornish as another of the club's bright young sprinting prospects.

CHRIS STEWART - Chris asked Harry Edwards, our ever-vigilant, all-seeing Venue Treasurer, at the gate last week where he could get a run in a 5000m. Harry quite rightly referred him to Mark and the result was a classy run and a new member. Mark then started to explain the joining procedure, which proved unnecessary, as Chris is the Registrar of South Melbourne A.C.! Because South Melbourne has no summer club, Chris will join O.S. second claim. It's a good move from all viewpoints - South Melbourne even wears red shorts, so Chris won't have to buy a new pair!

ADRIAN ELDRED - could this be Mal McFarlane reborn? Adrian turned up with Boz to have a look, high jumped 1.80m and lit up a cigarette! We shall watch this man's future performances with great interest.

**RESULTS # RESULTS # RESULTS # RESULTS # RESULTS**

**SWAN SCORES SENSATIONAL SUCCESS AT SCOTCH**

It was a bright and sunny morning at Scotch as 14 brave athletes lined up for the annual Old Scotch 800m handicap. The announcer provided the crowd with some snippets of information about each runner, including the fact that one S. Lawrence was getting married approximately 4 hours after the race. Andrew Lloyd was the celebrity starter and cameraman.

The race, as usual, was fast and furious. New skipper Anthony Bosisto led after a lap, but Swannie's giant strides took him through the field and past Boz with 150m to go. It looked all over, but just as Swannie relaxed, Boz surged one last time. Gaffney's torture sessions have paid off, however, and Swan raised one arm in triumph as he finished 5 metres clear in 1:55.5 to become the first runner to win back-to-back handicaps. Final placings were:

1 A.Swan 2 A.Bosisto 3 R.O'Nians  
Followed by: Perry, Becroft, Lawrence, Peters, Charles, Ramsey, Aitken, Adam, Bennett, Smith (Daphne), Hepworth.

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**MEDIOCRE OPENING AT BOX HILL**

Only 11 male athletes, including 4 walkers, turned up on an afternoon which had turned distinctly cold, wet and windy (unfortunately for Scott's wedding). With only 8 guys competing in B grade, O.S. was no match for Box Hill or Ivanhoe. Chris Cornish somehow ran a dazzling PB 400m in gale force winds and is a worthy winner of the season's first athlete of the week award.

The highlight of the afternoon was the opening of the womens' competition for the first time in the long history of the Box Hill track. O.S. was represented by Janet Holmes and Candice Charles, who set club records in their respective events and dazzled the crowd with their spectacular new uniforms. The search continues for new women members.

**RESULTS - 9 October 1993**

2K Walk	A.Jamieson	9:?	Shot	R.Glass	11.50m
	S.Facey	10.13	Discus	R.Glass	36.28m
1.5K Walk	J.Holmes	7:53	400m	C.Cornish	51:1 PB
	I.Handasyde	8:30		A.Swan	53:2
100m	A.Bosisto	11:45		R.Catherall	56:2
Hammer	R.Glass	49.52		G.Evans	62:4
1500m	A.Swan	4:24			
	R.Catherall	4:24	<u>WOMEN</u>		
	R.Becroft	4:26	1.5K Walk	J.Holmes	9:09
4x100m	Cornish, Bosisto, Becroft, Swan		1500m	C.Charles	5:11
				C.McEvoy	5:14INV

## XAVS CRUSHED IN ROUND 2

A much better turn-out in pleasant weather saw O.S. roll Old Xavs in B grade, although Old Melburnians still had our measure. Swan, Cornish, Becroft and Jamieson (4 secs off an A grade qualifier) starred, and they had good support from Glass and Bosisto. A lack of hurdlers was our glaring weakness. In D Grade, new recruit Jim Voukelatos turned a few heads with searing early speed in the 200m.

Celine McEvoy, in her first run as an O.S. member, knocked off Candice in the 3000m, which should provoke some friendly rivalry during the rest of the season!

### RESULTS - 16 October 1993

<u>B Grade</u>			<u>D Grade</u>		
Hammer	R.Glass	46.96			
3K Walk	A.Jamieson	14:34.3	2K Walk	I.Handasyde	11:17
	S.Facey	15:08.3		J.Holmes	12:07
Shot	R.Glass	12.03m	Shot	D.Edwards	9.82m
400H	-		400H	R.Hodges	72.3
200m	C.Cornish	22.5 PB	200m	J.Voukelatos	24.1 PB
	A.Bosisto	22.9 PB		G.Evans	30.2
	J.Aiken	23.? INV		A.Eldred	? INV
				J.Taylor	? INV
Discus	R.Glass	37.62m			
LJ	C.Cornish	6.07m	LJ	J.Voukelatos	6.03m
110H	-		110H	R.Hodges	18.5
800m	A.Swan	PB 1:54.4	800m	T.O'Halloran	2:07.6
	R.Catherall	2:03		R.O'Nians	2:09
	A.Aitken	2:08			
Pole	M.Smith	4.00m			
4x400m	Cornish, Bosisto, O'Nians, Swan		4x400m	Voukelatos, Catherall, Hepworth, O'Halloran	
Javelin	-		Javelin	D.Edwards	33.96m
HJ	-		HJ	A.Bosisto	1.60m
				A.Eldred	INV 1.80m
5000m	R.Becroft	PB 16:04.6	3000m	J.Holmes	10:59
	P.Hepworth	16:46.3		J.Hoffman	11:00
	M.Purvis	16:57.8			
	C.Stewart	INV 16:17.3			

### WOMEN

2K Walk	J.Holmes	12:07
3000m	C.McEvoy	10:57
	C.Charles	11:02

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\* **DON'T FORGET** you must wear your registration numbers back and front to score points.

\* **PLEASE** record each and every performance on the team sheets at the track. Let Swannie know if you're unavailable any week.

# **Old Scotch Collegians' Athletic Club**

wishes to recruit

## **FEMALE ATHLETES**

to compete at

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for the first time in 1993/94

*Assistance with coaching and training  
is available  
plus social events and lots of fun!*

**For further information please call Candice Charles  
534 5105 after hours  
384 1133 business**

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**OLD SCOTCH COLLEGIANS ATHLETIC CLUB INC.  
REGISTRATION FORM 1993/94**

NAME: .....  
(Full Christian Names) (Surname)

ADDRESS: .....

POSTCODE: .....  
(where term address is different to home address, please also provide home address below)

ADDRESS: ..... POSTCODE: .....

TELEPHONE (where applicable) Home: ..... Business: .....

DATE OF BIRTH: ..... / ..... / ..... AGE AT 1/10/93 ..... Years ..... Months

I enclose \$ ..... being my subscription for season 1993/94 for the following category (please tick): (Age groups are as at 1 October, 1993)

		Senior	Full-time Student	Under 20
** Category 1	VAA Summer & Winter & APSOC Cross Country	\$ 85.00	\$ 65.00	\$ 55.00
** Category 2	VAA Summer & Winter	\$ 80.00	\$ 60.00	\$ 55.00
** Category 3	VAA Registered Official	\$ 20.00	\$ 20.00	\$ 20.00
	APSOC Cross Country only	\$ 40.00	\$ 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 .....

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 rules of the Constitution of the Australia Athletics Union and 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.)

The Registrar  
Old Scotch Collegians Athletic Club Inc  
C/- Anne Edwards  
20 Nairn Street  
Ashburton. 3147

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**OLD SCOTCH COLLEGIANS ATHLETIC CLUB NEWSHEET**

REGISTERED BY AUSTRALIA POST  
PUBLICATION NUMBER VBH 1629

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# OLD SCOTCH NEWSHEET

Old Scotch Collegians' Athletics Club Newsheet

**SUMMER EDITION NO. 2**

8 November 1993

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Editor: Mark Purvis Ph: 534-5105  
T & F Vice President: Anthony Swan Ph: 348-1656

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## UPCOMING EVENTS

Thurs 11 Nov	State League Rd 3 - Prog 1	Olympic Park
Sat 13 Nov	Interclub Rd 5 - Prog 1	Box Hill
Thurs 18 Nov	S.L. Rd 4 - Prog 2	Olympic Park
Sat 20 Nov	Interclub Rd 6 - Prog 2	Box Hill
Sun 21 Nov	Olympic Dream 1500m, 10km	Olympic Park
Thurs 25 Nov	S.L. Rd 5 - Prog 1	Olympic Park

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## PRESIDENT'S COMMENT

Old Scotch's B Grade team is on course for its first finals appearance for several years. An injection of youth, plus some consistent veterans, has helped O.S. to some good early performances. Unfortunately, exam time is upon us and student athletes may find it difficult to find time to train and compete. What ALL athletes must keep in mind is that in order to qualify for the finals, you must compete in at least FOUR rounds of interclub. There are only four more rounds before Christmas and many O.S. members have not yet even set foot on the Box Hill track. The following athletes MUST start competing THIS SATURDAY if at all possible:

ARROWSMITH	IRVING	If registered:
ADAM	JOHNSON	BARTLETT
ALLWRIGHT	LAWRENCE	PARRELL
BARR	LIGHTFOOT	HAUGH
BLACK	MORESI	C. JAMIESON
BOAG	RENNIE	MACDONALD
BROWNELL	SCARBOROUGH	MACKENZIE
GILCHRIST	SEWARD	WHITE
	SIMM P.	

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**OLD SCOTCH COLLEGIANS ATHLETIC CLUB NEWSHEET**

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**HOT GOSSIP # HOT GOSSIP # HOT GOSSIP # HOT****# STATE RELAY CHAMPIONSHIPS LOOM**

Steve Gaffney, Gregor Evans and Mark Purvis are currently putting together relay squads for the State titles to be held on 18/19 December at Geelong. Last year the club won a swag of medals and hopes are high for several more this year. If you wish to be considered for a team, make sure Gregor (sprints) or Mark (distance) knows of your availability.

**# OLD SCOTCH XMAS BARBIE AND VIDEO NIGHT**

Keep Saturday 11 December 1993 after interclub FREE for the club's whizz-bang-laugh-a-minute Christmas eating and drinking extravaganza, coming soon to a venue near you. There will be a video of the Old Boys 800m Handicap and the APS Sports, plus assorted other surprises.

**# RECRUITING DRIVE ROLLS ON**

SHANNON WHITE - first claim with Bendigo, but living and studying in Melbourne, ex-Scotch sprinting star Shannon has joined O.S. as a second claim member. Shannon has already strutted his stuff with a slippery 100m at Box Hill in recent weeks (see Results section).

RAPH ALLWRIGHT - Gaff has done it again, coaching yet another talented schoolboy sprinter, this time from Haileybury. Raph represented his school at the APS Sports in the hurdles and a relay, and has a 100m PB around 10.9 sec.

NICK SCARBOROUGH - at last, the club recruits a genuine Scotch hurdling specialist. Nick will be an valuable member in a club that has struggled in recent years to field a full complement of hurdlers. With Andrew Faichney likely to spend a fair amount of time at State League level, Nick's talents will be a boon to the club.

**# MEMBERSHIP NEARS TARGET**

T & F Vice Pres Swanee wanted 75 registered A.V. members this season - at last count, we had 67. We're getting there, but all current O.S members are urged to keep on seeking new blood. In particular, we need throwers, hurdlers and steeplechasers. Women recruits are sought in all events to offset the almost farcical Box Hill domination of the venue. As usual, a membership form is included with this newsheet.

**# ARE YOU UNFINANCIAL?**

If you are a past member who has not re-registered for season 1993-94 (subs due 1/4/93), sorry, but this may be the end of a beautiful friendship. PLEASE NOTE that unless your subscription is renewed by 30/11/93, this is your last newsheet!

## CLUB JUNIORS SHINE AT APS SPORTS

Beautiful day, a crowded stadium, that one day in October was here. Old Scotch members were prominent in the school team and the recruiting scouts were on the lookout for more talent. Andrew Simm opened proceedings with a well-judged (but not perfectly-judged) second lap surge for a great PB and second placing in the U17 800m. Simon Gilchrist and Andrew Faichney ran useful short sprints, warming the Scotch crowd up for a virtuoso performance by John Dawson in the open 800m. John controlled the race and his rhythm down the final straight and over the line in first place was simply superb. James Lee followed with a solid run in the U15 100m and another shortly afterwards in the 200m.

New member Nick Scarborough battled hard in the open hurdles in place of an injured Faichney, the latter still managing third in the open high jump. Peter Simm adopted Liam Magee-type tactics in the 3000m, leading from the start, but was out-kicked at the finish by the same runner who had beaten Liam the year before - a fine run nonetheless. Dawson and Elmes featured in the open 4x800m relay, then Michael Taylor impressed with a fast U17 1500m. Gilchrist improved to second in the U17 200m, before anchoring the U17 4x400m team, which also included Andrew Simm, to a thrilling last stride victory. Faichney persisted in the field events and was rewarded with a win in the triple jump. Dawson and Peter Simm returned to the track for the last time for a pair of third placings in the open 400m and 1500m respectively. Scotch finished fourth overall, a good result given the unfortunate injury to gun Faichney, but should feel optimistic about next year's prospects with Faichney, Gilchrist, Taylor and Andrew Simm all available.

### RESULTS - 23/10/93

#### Open

100m	A.Faichney	7th	11.36
100/200m	D.Arrowsmith	?	
400m	J.Dawson	3rd	50.00
800m	J.Dawson	1st	1:53.76
1500m	P.Simm	3rd	4:08.56
3000m	P.Simm	2nd	8:58.5
110m H	N.Scarborough	9th	16.24
HJ	A.Faichney	3rd	1.95m
TJ	A.Faichney	1st	13.63m
LJ	A.Faichney	6th	6.40m

#### Under 17

100m	S.Gilchrist	?	
200m	S.Gilchrist	2nd	23.06
800m	A.Simm	2nd	1:59.06 PB
1500m	M.Taylor	2nd	4:02.3 PB?
LJ	S.Gilchrist	9th	5.94m

#### Under 15

100m	J.Lee	6th	12.20
200m	J.Lee	6th	24.81

RESULTS \* RESULTS \* RESULTS \* RESULTS \* RESULTS \* RESULTS \* RE

**CATHOLICS VANQUISHED IN ROUND 3**

Well, the season sure looks promising with an easy victory for O.S. over St Kevin's and Old Xavs on 23/10/93. From the first event, which Roger Glass won with a huge 48.48m hammer throw, it looked like a cardinal day. Although some of our sprinters were still missing their numbers when they lined up at the start, they had them in time and posted some valuable results. Three new faces showed out - Shannon White, a top APS sprinter, ran invitation, but will shortly be an O.S. member, Jim Voukelatos was first in the triple jump with 13.20m and Adrian Eldred jumped 1.75m in sneakers (!) to win the high jump. Mike Smith won the pole vault and Stu Facey posted a PB 2K walk. (Editor's note: Stu's PB comes at the tender age of 43!) To finish the many track triumphs of the day, an in-form athlete, rumoured to be Flash Gordon in an O.S. uniform, ran a sizzling 49.8 sec 400m PB. Who was this man (for those of you who couldn't catch a glimpse of that flash)? None other than Mr P.B. Cornish!

The club only has a small number of registered women members so far, but our three competitors excelled, each recording PB's. Janet and Candice both set club records.

Swannie

RESULTS - 23/10/93B Grade

Hammer	R.Glass	48.48m
Shot	R.Glass	11.58m
2K Walk	S.Facey	9:32.5 PB
	A.Jamieson	9:56.6
100m	S.White INV	11.3
	A.Bosisto	11.5
	J.Aiken	?
Pole	M.Smith	4.20m
Discus	R.Glass	36.58m
Triple	J.Voukelatos	13.20m
1500m	A.Swan	4:14.72
	R.Becroft	4:17.40
	P.Hepworth	4:20.37
4x100m Relay	Cornish, Bosisto, Voukelatos, White	44.8
HJ	Eldred	1.75m
400m	C.Cornish	49.8 PB
	A.Swan	50.3
	A.Bosisto	52.7

D Grade

1.5K W	J.Holmes	?
Discus	D.Edwards	31.54m
1500m	R.Catherall	4:15.90
	A.Aitken	4:22.11
	T.O'Halloran	4:25.60
	J.Holmes INV	4:59
110m H	R.Hodges	18.1

WOMEN

1.5K W	J.Holmes	8.46 PB
		CLUB REC
1500m	C.Charles	4:59 PB
		CLUB REC
	C.McEvoy	5:07 PB

\*\*\*\*\*  
DON'T FORGET TO ENTER ALL YOUR PERFORMANCES ON THE TEAM SHEETS  
ON THE O.S. BOARD AT BOX HILL!

MORE RESULTS \* MORE RESULTS \* MORE RESULTS \* MORE RESULTS \* MO

## DISAPPOINTING LOSS IN TWO HORSE RACE

A very poor turnout in round 4 undid the good work of two weeks before and enabled St Kevin's to extract revenge for their previous defeat. Twelve B grade athletes turned up and scored well, but not well enough. With the APS sports out of the way, a few juniors made appearances, but more are needed if we are to threaten the other teams. Run of the day was clearly Swannie's magnificent 800m - problem is, the APS United selectors may now steal him from us.

Candice and Celine continued their friendly rivalry in the womens' 3000m. Celine made the early running, but Candice finished better, recording yet another PB/club record. Celine was not too disappointed - hers was a PB too!

### RESULTS - 6/11/93

<u>B Grade</u>			<u>D Grade</u>		
3K Walk	S.Facey	15:09.2	2K Walk	J.Holmes	?
Pole	M.Smith	?	400m H	R.Hodges	72.7
200m	C.Cornish	22.6	200m	A.Eldred	?
	J.Dawson	23.3		G.Evans	DNF
	A.Bosisto	23.4			
LJ	C.Cornish	5.83m	110m H	R.Hodges	18.2
800m	A.Swan	1:53.15	800m	T.O'Halloran	2:05.61
	P.Hepworth	1:59.8		R.O'Nians	2:09.44
	R.Catherall	2:00.83		A.Aitken	2:10
HJ	A.Eldred	?	HJ	A.Bosisto	1.65m
4x200m	Cornish, O'Nians,		4x200m	Lee, Eldred,	
	Bosisto, Dawson	1:33.7		O'Halloran, A.Simm	
5000m	C.Stewart	15:55.8 PB	3000m	J.Holmes	?
	P.Hepworth	16:04.96			
	M.Purvis	16:36.4			
<u>Under 18</u>			<u>Under 16</u>		
Shot	A.Faichney	13.20m	HJ	I.Faichney	1.65m
800m	A.Simm	2:06.22	LJ	I.Faichney	4.98m
	M.Elmes	2:06.71	200m	J.Lee	25.2
3000m	M.Taylor	9:24			
<u>WOMEN</u>					
2K W	Janet Holmes	12:10			
3000m	C.Charles	10:37.3 PB CLUB REC			
	C.McEvoy	10:46.8 PB			

\*\*\*\*\*

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## **OLD HANDS FLY THE O.S. FLAG IN STATE LEAGUE**

Round 1 of State League on a cold Tuesday evening and only two O.S. athletes in the APS United team - Mike Smith, who doubles as the APS United President (as opposed to the President of the United States), and wily veteran Roger Glass. Dr Glass performed a remarkable feat by hurling the hammer a mighty 50.20 metres, which at the tender age of 43, qualifies him for the Australian Championships. Astute students of our sport will note that Roger set a club record in this event of 55.80m in 1977, before current members James Lee and Ian Faichney were born! Mike isn't quite as old as Roger, but like good wine ....

**RESULTS** - 26/10/93

Hammer	R.Glass	50.20m
Pole	M.Smith	4.00m

#####

## **WHAT EVER HAPPENED TO?**

.... the second of a regular feature ....

### **GRAHAM BRISCOE**

Now a strong family man with four children living in the suburban heartland of Glen Waverley, Graham is a former club President, occupying that position in the early 80's. Graham's running career was mostly in middle distance events, and he captained an O.S. premiership team in the summer interclub competition. As Manager of Community Services at Monash Uni, Graham still takes a keen interest in the club.

#####

## **SWANEE'S FAST FOOD EXPOSE**

Recent U.S. studies have sought to rank popular take-away foods by awarding points for positive ingredients such as vitamins, iron, calcium, protein, etc. and deducting points for fat, cholesterol, sodium, added sugar and caffeine. So before you buy next time, consider these numbers:

Baked potato, plain	86	Wendy's Big Classic	-48
McDonald's Vanilla Shake	32	McDonald's Chicken McNuggets	-50
Domino's 16" cheese pizza	29	McDonald's Big Mac	-51
Pizza Hut supreme panfried	7	McDonald's Apple Pie	-56
Domino's 16" peperoni pizza	-2	KFC breast, original recipe	-59
McDonald's French Fries	-13	KFC extra crispy thigh	-121
McDonald's Fillet-O-Fish	-33	Hungry Jack's Double Whopper	
McDonald's Egg McMuffin	-34	with cheese	-194

It seems that the Whopper lives up to its name!

## RANKINGS 1992/93

Vice-pres Anthony Swan is keeping tabs on your best performance this season. Please advise him of any errors or omissions. The rankings below are up to 6/11/93.

<u>100m</u>			<u>200m</u>		
S.White	11.3	23/10/93	C.Cornish	22.5	16/10/93
A.Bosisto	11.45	9/10/93	A.Bosisto	22.9	16/10/93
			J.Dawson	23.3	6/11/93
			J.Voukelatos	24.1	16/10/93
			J.Lee	25.2	6/11/93
<u>400m</u>			<u>800m</u>		
C.Cornish	49.8	23/10/93	A.Swan	1:53.15	6/11/93
A.Swan	50.3	23/10/93	P.Hepworth	1:59.8	6/11/93
A.Bosisto	52.7	23/10/93	R.Catherall	2:00.83	6/11/93
R.Catherall	56.2	9/10/93	T.O'Halloran	2:05.61	6/11/93
G.Evans	64.2	9/10/93	A.Simm	2:06.22	6/11/93
			M.Elmes	2:06.71	6/11/93
			A.Aitken	2:08	16/10/93
			R.O'Nians	2:09.44	6/11/93
<u>1500m</u>			<u>3000m</u>		
A.Swan	4:14.72	23/10/93	M.Taylor	9:24	6/11/93
R.Catherall	4:15.90	23/10/93	C.Charles	10:37.3	6/11/93
R.Becroft	4:17.40	23/10/93	C.McEvoy	10:46.8	6/11/93
P.Hepworth	4:20.37	23/10/93	J.Holmes	10:59	16/10/93
A.Aitken	4:22.11	23/10/93	J.Hoffman	11:00	16/10/93
T.O'Halloran	4:25.60	23/10/93			
<u>5000m</u>			<u>2000m/3000m Steeple</u>		
C.Stewart	15:55.8	6/11/93	Not claimed		
R.Becroft	16:04.6	16/10/93			
P.Hepworth	16:04.96	6/11/93			
M.Purvis	16:36.4	6/11/93			
<u>110m Hurdles (D Grade)</u>			<u>400m Hurdles (D Grade)</u>		
R.Hodges	18.1	23/10/93	R.Hodges	72.3	16/10/93
<u>1500m Walk</u>			<u>2000m Walk</u>		
Jon Holmes	7:53	9/10/93	S.Facey	9:32.5	23/10/93
I.Handasyde	8:30	9/10/93	A.Jamieson	9:56.6	23/10/93
Janet Holmes	8:46	23/10/93	I.Handasyde	11:17	16/10/93
			Jon Holmes	12:07	16/10/93
			Janet Holmes	12:07	16/10/93
<u>High Jump</u>			<u>Long Jump</u>		
A.Eldred	1.80	16/10/93	C.Cornish	6.07	16/10/93
A.Bosisto	1.65	6/11/93	J.Voukelatos	6.03	16/10/93
<u>Triple Jump</u>			<u>Pole Vault</u>		
J.Voukelatos	13.20	23/10/93	M.Smith	4.20	23/10/93
<u>Hammer</u>			<u>Shot Put (7.2 kg)</u>		
R.Glass	50.20	26/10/93	R.Glass	12.03	16/10/93
<u>Discus (2.0 kg)</u>			<u>Shot Put (4.5 kg)</u>		
R.Glass	37.62	16/10/92	A.Faichney	13.20	6/11/93
<u>Discus (1.5 kg)</u>			<u>Javelin (800g)</u>		
D.Edwards	31.54	23/10/93	Not claimed		
			<u>Javelin (700g)</u>		
			D.Edwards	33.96	16/10/93

**OLD SCOTCH COLLEGIANS ATHLETIC CLUB INC.  
REGISTRATION FORM 1993/94**

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(Full Christian Names) (Surname)

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

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TELEPHONE (where applicable) Home: ..... Business: .....

DATE OF BIRTH: ..... / ..... / ..... AGE AT 1/10/93 ..... Years ..... Months

I enclose \$ ..... being my subscription for season 1993/94 for the following category (please tick): (Age groups are as at 1 October, 1993)

		Senior	Full-time Student	Under 20
** Category 1	VAA Summer & Winter & APSOC Cross Country	\$ 85.00	\$ 65.00	\$ 55.00
** Category 2	VAA Summer & Winter	\$ 80.00	\$ 60.00	\$ 55.00
** Category 3	VAA Registered Official	\$ 20.00	\$ 20.00	\$ 20.00
	APSOC Cross Country only	\$ 40.00	\$ 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:

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

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 rules of the Constitution of the Australia Athletics Union and 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.)

The Registrar  
Old Scotch Collegians Athletic Club Inc  
C/- Anne Edwards  
20 Nairn Street  
Ashburton, 3147

# OLD SCOTCH NEWSHEET

SUMMER EDITION NO. 4

27 December 1993

\*\*\*\*\*  
Editor: Mark Purvis Ph: 534-5105  
T & F Vice-Pres: Anthony Swan Ph: 348-1656  
\*\*\*\*\*

## FORTHCOMING EVENTS

Thur 6 Jan	PB Meet	Olympic Park
Sat-Sun 8-9 Jan	Vic Multi Event Champs	Olympic Park
Thur 13 Jan	State League Rd 8 - Prog 2	Olympic Park
Fri 14 Jan	<b>Entries close - all Vic T &amp; F Champs</b>	
Sat 15 Jan	Interclub Rd 9 - Prog 2	OLYMPIC PARK
Thur 20 Jan	S.L. Rd 9 - Prog 1	Olympic Park
Sat 22 Jan	Interclub Rd 10 - Prog 1	Box Hill
WED 26 JAN	Interclub Rd 11 - Prog 2	Box Hill

## EDITORIAL

\*\*\*\*\*  
A happy, healthy and prosperous New Year to all our avid readers, fans and athletes. It's now time to resume training if you've slacked off over the Xmas period, because there's only four rounds to the finals in which Old Scotch will be playing a prominent part. Here's the latest ladder positions:

State League (APSU) 1st	
B Grade	3rd
D Grade	4th?
Under 18	6th
Under 16	5th

We're not there yet, however, and B Grade in particular faces a testing draw during the last four rounds. If all athletes make the effort to compete in as many of these rounds as possible, O.S. will make the finals as genuine premierships contenders. On the other hand, if we all leave it to someone else, we may miss out. See you at O.P. on 15/1/93.

\*\*\*\*\*

**HOT GOSSIP + HOT GOSSIP + HOT GOSSIP + HOT GOSSIP +**

**# .... FIRST THE GOOD NEWS**

Gun distance runner David Lightfoot has proudly announced his engagement to Lisa O'Connell, herself a distance runner of considerable talent. They join the club's other long-distance partnerships, namely Holmes-Holmes, Hepworth-McEvoy, Charles-Purvis and Jamieson-Jamieson, which only goes to prove that the "loneliness of the long-distance runner" is a myth. Or perhaps it has something to do with the famed stamina of distance runners in all of their activities. Lisa, currently a member of Waverley and St Kevin's, now has to be convinced that she would look and run even better in an O.S. womens' uniform. Besides, we believe that there may be something in the club's Constitution that prevents "mixed" marriages!

**# .... THEN THE BAD NEWS**

The Olympic Park Management Committee, in consultation with Athletics Victoria and others, has decided to charge athletes for training at Olympic Park from 1/1/94. Fair enough, you say, we've always expected a \$1.00 admission charge on week nights when the track is heavily used. Unfortunately, the O.P. management seems determined to deter athletes, and particularly student and unemployed athletes, from using the track at all. This determination is reflected in the imposition of the following charges for 1994:

Annual pass	\$125.00 (with parking pass \$350.00)
Season pass	\$ 70.00
Casual entry	\$ 4.00 per session

Make no mistake, this is an unfair, outrageous and repressive levy upon O.P. users, unless you are an employed athlete who trains at O.P. three times per week. The proposed charges:

- (a) provide no discount for students or the unemployed;
- (b) discriminate against infrequent but regular users such as distance runners who train at O.P. once a week;
- (c) will prevent the use of the changerooms as a convenient starting point for runs on the Tan;
- (d) will deter spectators including parents from entering;
- (e) exceed the cost of a full year's membership of your club!

Athletes are urged to petition Athletics Victoria and the O.P. management, both orally and in writing, for re-consideration of the proposed levy. We believe that such charges are another example of mindless penny-pinching which can only damage our sport by deterring or preventing athletes from using its best facility.

**# BIRTHDAY BASHES ABOUND**

Significant recent milestones for Tim Adam (21st), Chris Stewart (master's status) and Graham Gray (senior master) - a happy belated birthday from all at Old Scotch!

\*\*\*\*\*

**PROUD SPONSORS OF O.S.C.A.C. 1993/94:**

**HOLMES & HOLMES SOLICITORS**

13 Station Street, Oakleigh 3166

Ph: 568-3822 Fax: 568-2357

WINNERS \* WINNERS \* WINNERS \* WINNERS \* WINNERS \* WINNERS \* WINNER

## RUGGED RED-HOT RACING ROCKETS RUN RIOTOUSLY RAMPANT AT RELAYS (REALLY!)

(or Gaffney's Guns Grab Glorious Geelong Gold)

LANDY FIELD, GEELONG - 18 & 19 December 1993

Old Scotch's under 20 sprint relay teams cleaned up their opposition by claiming three titles - 4x100m, 4x200m and 4x400m (as predicted in this newsheet 29/11/93 - Ed.). Our number 2 teams also did very well, placing third in the 4x200m and an unlucky fourth in the 4x100m. Club U20 records were set and equalled in the 4x400m and 4x100m respectively. Many flattering remarks were passed during the weekend about the squad's depth and professional approach.

Some obstacles were overcome in order to get the teams to the starting line in the first place. There was uncertainty surrounding Mark Moresi (hamstring injury) and John Dawson (shoulder and tendonitis behind the knee), and an officiating fiasco when the entry for our 4x400m team was lost after being lodged, which tested management and coping skills to the fullest.

Certain individuals returned down the Geelong Road with so much metal that the services of Armaguard were required! These miners of metal were:

Chris Cornish	3 gold	Andrew Faichney	1 gold, 1 br
Nick Rennie	2 gold	Simon Gilchrist	1 gold
Mark Moresi	2 gold	Raph Allwright	1 bronze
Dustin Arrowsmith	2 gold	Adam Saunders	1 bronze
John Dawson	1 gold, 1 bronze		

For the record, the teams in running order were:

4x100m	Arrowsmith-Cornish-Faichney-Rennie	41.8	1st
			(EQ CLUB U20 REC)
	Allwright-Gilchrist-Brice-Saunders	42.3	4th
4x200m	Arrowsmith-Cornish-Moresi-Rennie	1:28.1	1st
	Allwright-Saunders-Faichney-Dawson	1:30.7	3rd
4x400m	Cornish-Dawson-Gilchrist-Moresi	3:17.2	1st
			(CLUB U20 REC)

(Editor's note:

Steve Gaffney is proving to be the outstanding coach of junior sprinters in Victoria and deserves the plaudits of all club members for his efforts, just as do his magnificent athletes for their performances on the track.)

\*\*\*\*\*  
**FOUR ROUNDS TO GO! MAKE SURE THAT YOU'RE PART OF THE FINALS  
ACTION ON 12-13 FEBRUARY BY COMPETING IN ALL ROUNDS: 15, 22 and 26  
(WED. NIGHT) JANUARY AND 5 FEBRUARY.**

MORE WINNERS + MORE WINNERS + MORE WINNERS + MORE WINNERS + MO

## SCHUWALOW SHOWS SUPERIOR STYLE IN O.S. COLOURS

Three elite O.S. athletes strutted their stuff in the annual Zatopek track meeting before a somewhat disappointing crowd on 16 December. First up was Dave Lightfoot in the testing 3000m steeplechase. In his first serious attempt at the event for several years, Dave ran and jumped to fifth place in a strong field in a time around 8:55, not too far away from John Cormack's long standing club record.

Andrew Lloyd, fresh (?) from altitude training at Perisher in N.S.W., battled hard in the mens' 10,000m to finish fifth in around 28:30. Some of Lloyd's many fans may have seen this as an inferior result, but this was an outstanding Zatopek field, and Andrew's time, which would have placed him second in last year's race, smashed Ewen Wilson's club record by almost half a minute.

Between the above two races was the womens' 10,000m, featuring Carolyn Schuwalow's debut in Old Scotch colours. Carolyn, who is currently preparing for the Houston Marathon on 16 January 1994 and has been seen leading a certain club president a merry dance during recent very, very tough interval training sessions at O.P., shared the lead with Michelle Dillon for 22 laps before breaking away to win comfortably in 32:28. This was Carolyn's third Zatopek win, but contrary to the information conveyed by one of the race commentators, she has never run or won the event barefoot! For those of us looking for tips on how to be a good 10km track racer, perhaps Carolyn's 5km splits of 16:14/16:14 give some clue.

The best news out of the race for Carolyn, particularly given her treatment by the Australian selectors in 1992, is that she can book her seat to Canada for next year's Commonwealth Games to run either the 10,000m or marathon or both. Let's hope that some other O.S. members will accompany her as teammates.

\*\*\*\*\*

### WHATEVER HAPPENED TO . . . . PETER THOMPSON?

Thommo joined O.S. as a promising teenager (2:06 800m, 55.0 400m) in the late 70's and progressively declined on the track and rose off the track to the club presidency in the late 80's. His challenges (verbal) with Richard Piesse were a highlight of many D grade competitions. Thommo is now father of Rebecca (4) and Olivia (10 weeks) and is completing an M.B.A. while still practising as a dentist. Wife and current member Jacqui is far fitter than Thommo, but with more swimming, cycling and persuasion, could he be seen at the Dyson in April if not interclub?

RESULTS \* RESULTS \* RESULTS \* RESULTS \* RESULTS \* RES

INTER VENUE MATCH - Olympic Park 27/11/93

<u>D Grade</u>		<u>Under 18</u>			
110m H	R.Hodges	18.1	400m	S.Gilchrist	50.1
			100m	S.Gilchrist	11.6

STATE LEAGUE - Olympic Park 2/12/93

Pole	M.Smith	4.20m	5000m	D.Lightfoot PB	14:05.7
Hammer	R.Glass	47.70m		C.Stewart PB	15:33.8
200m	C.Mackenzie	21.5		M.Purvis	15:39.2
	N.Rennie	21.6	4x400m	E.Macdonald	
	E.Macdonald	23.3		C.Mackenzie	
800m	A.Swan	1:53.9		A.Swan	

INTERCLUB - Box Hill 4/12/93

<u>B Grade</u>		<u>D Grade</u>			
3K Walk	A.Jamieson	14:59		2K Walk	J.Handasyde 10:56
200m	R.Allwright	23.5			J.Holmes 11:24
	A.Swan	24.0			
Discus	A.Faichney	INV 31.32m			
800m	R.Catherall	? 400m H			R.Hodges 71.6
	M.Farrell	PB 2:02.4			
	A.Aitken	? 800m			R.O'Nians 2:10.1
	A.Swan	INV 1:55.38			
	A.Russell	INV 2:00.00			
110m H	R.Allwright	16.2		<u>Under 18</u>	
4x200m	D.Arrowsmith			Discus	A.Faichney PB 39.72m
Relay	S.Gilchrist				C.Bird PB 36.10m
	C.Cornish			200m	S.Gilchrist 23.4
	N.Rennie	1:29.3		800m	J.Dawson 1:59
5000m	L.Vial	15:56.5		Shot	A.Faichney 12.78m
	P.Hepworth	16:27.0		Javelin	A.Faichney 37.82m
				110m H	R.Allwright INV 16.1
<u>Women</u>					
2K Walk	J.Holmes	11:40	PB CLUB REC		
800m	C.McEvoy	2:37.64	PB CLUB REC		

\* **ATHLETE OF THE WEEK:** Anthony Swan for an excellent State League 800m and sub 50 sec leg of APSU's winning 4x400 team.

\* **LEGAL FUN RUN** - the Tan 6/12/93

OK, OK, this is not an interclub event, but there's a few spare lines at the bottom of this page to fill, so just to let you know that Janet Holmes won the 3.8km walk, Mark Purvis was second in the 7.6km run in 25:26, Jon Holmes was a little further back and Tarquin Oehr acted as race doctor.

**MORE RESULTS \* MORE RESULTS \* MORE RESULTS \***

**STATE LEAGUE - Olympic Park 9/12/93**

Results not yet to hand (lost in the mail?), but it's possible that Glass, Rennie, Lightfoot, Mackenzie and Macdonald all competed with distinction. Full results next issue.

**INTERCLUB - Box Hill 11/12/93**

B Grade

2K Walk	S.Facey	9:51.5
	A.Jamieson	9:52.3
100m	M.Smith	11.3
	L.Fincher	11.3 PB
	J.Taylor	11.9 PB
1500m	A.Swan	4:12.8
	M.Purvis	4:18.5
	C.Stewart	?
Triple	J.Taylor	12.18m
110m H	R.Allwright	16.7
4x100m	R.Allwright	
	S.Gilchrist	
	C.Cornish	
	N.Rennie	43.5
3K St	C.Stewart	10:59.9
400m	A.Swan	51.6
	C.Cornish	?

D Grade

1.5K Walk	I.Handasyde	?
Shot	E.Brice	9.15m
1500m	M.Farrell	4:38
	J.Holmes	5:07
	G.Evans	5:34
4x100m	L.Fincher	
	A.Swan	
	E.Brice	
	A.Saunders	?
2K St	D.Lightfoot	PB 5:56.1
400m	R.O'Nians	55.6
	T.Adam	56.4
	M.Farrell	57.1

Women

1.5K W	J.Holmes	8:38
		EQ PB CLUB REC
1500m	C.Charles	4:56.68
		PB CLUB REC

Under 18

100m	R.Allwright	11.0
	S.Gilchrist	11.4
1500m	J.Dawson	4:36
	D.McLennan	4:47
HJ	A.Saunders	1.40m

\* **ATHLETE OF THE WEEK** - Candice Charles for a brilliant 1500m PB and club record in high winds, conditions totally unsuitable for distance running.

\* **A BIG WELCOME** to new members:

**LACHLAN FINCHER** - out of the blue comes another very fast sprinter who, with the assistance of a slight tailwind, scored a 100m PB in his first run on the track for a couple of years - will be very handy in the finals.

**AARON RUSSELL** - recruited by Terry O'H, Aaron is a footballer working on his fitness by running middle distance noticeably quicker than the aforementioned Terry O'H.

**OLD SCOTCH COLLEGIANS ATHLETIC CLUB INC.  
REGISTRATION FORM 1993/94**

NAME: .....  
(Full Christian Names) (Surname)

ADDRESS: .....

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

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TELEPHONE (where applicable) Home: ..... Business: .....

DATE OF BIRTH: ..... / ..... / ..... AGE AT 1/10/93 ..... Years ..... Months

I enclose \$ ..... being my subscription for season 1993/94 for the following category (please tick): (Age groups are as at 1 October, 1993)

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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 rules of the Constitution of the Australia Athletics Union and 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.)

**The Registrar  
Old Scotch Collegians Athletic Club Inc  
C/- Anne Edwards  
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**OLD SCOTCH COLLEGIANS ATHLETIC CLUB NEWSHEET**

REGISTERED BY AUSTRALIA POST

PUBLICATION NUMBER VBH 1629

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# OLD SCOTCH NEWSHEET

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**SUMMER EDITION NO. 6**

20 January 1994

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Editor/President: Mark Purvis Ph: 534-5105  
T & F Vice-Pres: Anthony Swan Ph: 348-1656

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## **TWILIGHT MEET TO DECIDE B GRADE FINALISTS**

Wednesday 26 January is a holiday for most of us and, if the weather is fine, the beach may beckon. It is also the date of round 11 of interclub at Box Hill, to be conducted as a twilight competition commencing late afternoon. B Grade is hanging in there at present and **MUST WIN** the last two rounds to guarantee a finals berth. The D Grade team is outside the four but could sneak in with some luck. Your team mates are relying on you to be there this Wednesday!

### **TIMETABLE OF EVENTS 26/1/94 (approx times only - BE EARLY!!)**

4.15 p.m. Hammer (all grades)  
5.00 400m Hurdles (B,D,U18), 3K Walk (B,U18)  
Discus (U18), Shot (B)  
5.20 2K Walk (D,Women)  
5.30 Pole (B)  
100m (Women)  
5.45 200m (B,D)  
6.00 Discus (B), LJ (B), HJ (D), Shot (U18)  
6.10 200m (U18)  
6.30 200m (Women)  
6.40 800m (B,D)  
6.50 110m Hurdles (B,D,U18)  
7.00 Javelin (D,U18), LJ (U18), Pole (U18)  
7.05 800m (U18)  
7.25 800m (Women)  
7.30 HJ (B), Shot (D)  
7.35 4x400m Relay (B,D)  
8.00 Javelin (B), LJ (D), HJ (U18)  
8.05 3000m (D,U18,Women)  
8.25 5000m (B)

**NOTE:** This program will be accelerated later in the evening and events will run ahead of schedule. Athletes should get to Box Hill at least an hour early if possible.

**AND FINALLY:** The twilight meet will be followed by an Old Scotch feeding frenzy at the Pizza Hut on Whitehorse Road, commencing at 8.00 p.m. B.Y.O. drinks and settle in for some serious carbo replenishment!

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**OLD SCOTCH COLLEGIANS ATHLETIC CLUB NEWSHEET**

REGISTERED BY AUSTRALIA POST  
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**\* HOT HOT HOT SUMMER GOSSIP \* HOT GOSSIP \* HOT**

**\* ADMISSION FEES EXPLAINED**

For those financially constrained athletes who dislike paying to get into Box Hill, please be advised that your gate fees go to pay a compulsory levy to Athletics Victoria. The gatekeepers, including our own Harry Edwards, are voluntary, and but for this system of collecting the levy, you would either pay higher subs or be charged per event. State League athletes, for example, pay \$5.00 per round to compete.

**\* WELCOME NEW WOMEN MEMBERS**

**MARINA PANACAGOS** - oh joy, the club's first EVER female sprinter! O.S. takes its first step towards breaking the Box Hill monopoly on women sprinters with the signing of Marina, who is a student at Ruyton and a very bright prospect for the future indeed.

**EMMA HILL** - recruited from the wilds of Berwick by Ian Handasyde, 19 year old Emma will give Candice and Celine some serious middle distance competition. Great to have both Emma and Marina to join our steadily growing female ranks!

**\* BERWICK CITY HIGHLAND GATHERING**

Life member Neil Lucas has invited O.S. to join the fun at the Max Pawsey Reserve, Narre Warren, on Sunday, 20 February for the above event. The club will stage a 100 yards, open mile and vets mile for some modest cash prizes. The events will be handicapped (marks next issue) and will be followed by some drinking, highland dancing, tug-of-war, drinking and various other silly Scottish pastimes.

\*\*\*\*\*

**RESULTS \* RESULTS \* RESULTS \* RESULTS \* RESULTS \* RESULTS \* RE**

STATE LEAGUE ROUND 7 - 9/12/93

Another convincing win by APSU, with Rennie the outstanding O.S. contributor in the 100m.

Hammer	R.Glass	49.68m	400m	C.Mackenzie	48.0
100m	N.Rennie	10.8		E.Macdonald	49.6
1500m	D.Lightfoot	3:50.1			

STATE LEAGUE ROUND 8 - 13/1/94

A great win over Doncaster to cement top spot, PB's by Moresi, Swan and Stewart, and a superb 800m by Macdonald made this round a memorable one for O.S. athletes.

Hammer	R.Glass	48.06m	200m	M.Moresi	PB 21.7
800m	E.Macdonald	1:49.49		N.Rennie	21.7
	A.Swan	PB 1:52.47		C.Mackenzie	21.9
5000m	C.Stewart	PB 15:29.9	4x400m	Moresi, Macdonald	

# OLD SCOTCH NEWSHEET

SUMMER EDITION NO. 7

6 February 1994

---

Editor/President: Mark Purvis Ph: (H) 534-5105  
T & F Vice-Pres: Anthony Swan Ph: (W) 270-3708

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## UPCOMING EVENTS

Sat 12 Feb (arvo)	Interclub Finals Prog 2	Box Hill
(evening)	Premiership BYO BBQ	Cornish residence 23 Orrong Cres. Camberwell 3124
Fri-Sun 18-20 Feb	Vic Open & U20 Champs	Olympic Park
Sun 20 Feb	Highland Games	M. Pawsey Reserve Narre Warren
Thurs 24 Feb	NEC Meet	Olympic Park
Sat-Sun 26-27 Feb	Vic U14 - U18 Champs	Olympic Park

---

## OLD SCOTCH MARCHES INTO FINALS

The news this issue is all good - all of O.S.'s senior teams (State League, B, D and Women) are in the finals! For most of us, that means this Saturday, 12 February, is a VERY BIG day. The opposition will be tough, so we need ALL eligible athletes on deck at Box Hill, together with friends, relatives, ineligible athletes, etc. to make some real noise. Selection will not be finalised until the day, but the timetable and eligible athletes are listed over the page. This is O.S.'s first shot at a B grade flag for some years, so come along to Box Hill this week and be part of the action.

## END OF INTERCLUB/PREMIERSHIP BBQ

The Cornish family have kindly made their house available at short notice for a BYO BBQ after interclub on Saturday. Hopefully, we will be celebrating at least one premiership, so grab some chops, snags or burgers, and some liquid refreshment and get to 23 Orrong Crescent, Camberwell, from 5.30 pm. Friends and families of athletes are most welcome too.

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**OLD SCOTCH COLLEGIANS ATHLETIC CLUB NEWSHEET**

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## FINALS TIMETABLE/TEAMS 12/2/94

\* If you are named below and can't make it on Saturday, ring Mark Purvis 534-5105 or Gregor Evans 817-5212 NOW. Likewise, if you think you're eligible (i.e. four rounds of competition) and you're not named, give Mark or Gregor a call.

<u>B Grade</u>			<u>D Grade</u>	
12.15	Hammer	-	Hammer	Thompson
1.00	Shot	Glass		
1.00	400 H	Allwright	400 H	Hodges Evans
1.00	3K Walk	Jamieson Facey		
1.20			2K Walk	Holmes Handasyde
1.30	Pole	Smith		
1.45	200m	Cornish Arrowsmith Allwright	200m	Fincher Bosisto Swan Voukelatos
2.00	Discus	Glass	HJ	Bosisto
2.00	LJ	Cornish		
2.40	800m	Swan Hepworth Russell	800m	Catherall Farrell O'Halloran Stewart, O'Nians
2.50	110m H	Allwright	110m H	Hodges
3.00			Javelin	Edwards Thompson
3.30	HJ	Russell	Shot	Edwards
3.35	4x400 Relay	Cornish Swan Arrowsmith Allwright	4x400m Relay	O'Nians Voukelatos Catherall Bosisto Farrell, Fincher
4.00	Javelin	Smith	LJ	Voukelatos Fincher
4.05			3000m	Becroft Aitken Farrell
4.25	5000m	Stewart Hepworth Purvis		

\* The womens' finals will be held between Box Hill, Richmond, Old Melburnians and O.S. as the normal programme 2. Any athlete may compete.

1.20	2K Walk	J.Holmes
1.30	100m	M.Panagacos
2.30	200m	M.Panagacos
3.25	800m	E.Hill
4.00	4x400m Relay	Hill, Charles, McEvoy, Panagacos
4.05	3000m	Charles, McEvoy

**HOT GOSSIP # HOT GOSSIP # HOT GOSSIP # HOT****# TEAM PHOTO OPPORTUNITY AT FINALS**

It is intended to capture the best-looking team at Box Hill on film this Saturday. All those athletes, senior and junior, male and female, who have competed during the summer season should be near the O.S. banner at 3.15 pm sharp for a team photo. Be there to be photographed with a team of winners!

**# CASH TO BE WON AT HIGHLAND GAMES**

Don't forget the Berwick City Highland Gathering at the Max Pawsey Reserve, Narre Warren, on Sunday, 20 February. The club is hosting a 100 yards, open mile and vets mile for some modest cash rewards. For its trouble, O.S. will receive a donation from the organisers of the Gathering. Contact MP for more details.

**# SCHUWALOW PASSES ON MARATHON DEBUT**

She travelled all the way to Houston, Texas, but a sore knee prevented her from even starting the race - that's the story of Carolyn Schuwalow's marathon debut that wasn't. Carolyn has now decided to focus on the 10,000m, with a view to competing in both that event and the marathon at the Commonwealth Games as Steve Moneghetti did successfully in Edinburgh in 1986.

**# JAMES RUSSELL'S ABSENCE EXPLAINED**

Last year's track & field vice-president, James Russell, has been conspicuous by his absence from the track this year. He has recently informed Anne Edwards that his wife, Sam, is expecting their first child. Are the two events related, we ask? As for a late season track appearance, "Anne, let me just say that if you added Thommo's weight to mine, we'd outweigh the rest of the club!"

**# MORE ATHLETES OF THE WEEK**

Week ending 15/1/94	Ewen Macdonald (very fast 800m)
22/1/94	Brad Haugh (fast 100m, PB triple)
29/1/94	Andrew Faichney (big point scorer)
5/2/94	Dustin Arrowsmith (fast 100m, gutsy last relay leg)

**# MEMBERSHIP TOPS THE TON**

For the first time in many years, the club's total membership has exceeded 100. This represents a 20% increase on 1992/93. There's still room for more members, though, especially in our womens' team, which presently numbers nine. Existing members are urged to keep an eye (or better still both eyes) open for potential recruits to join a club that is really firing.

**WHATEVER HAPPENED TO . . . .****ROSS HOOLEY**

After running 51.0 (400m), 1:55 (800m) and 3:56 (1500m) in the early '80's with the club, Ross became secretary and general organiser in the mid '80's. He even organised a job for himself in the U.S.A. in 1987 and now won't come back. Ross works in Human Services in Mattapoisetts south of Boston and supports the Boston Red Socks (baseball), whose supporters are worse than Collingwood's! (Ed's note - where does that place Ross, who IS a Collingwood supporter?) Ross is training for pre-vets competition (35-39), and reckons he could run around 2:08 for 800m or just ahead of Oz Aitken (whichever is faster) and for 1500m would run just behind Terry O'H.

Gregor Evans

#####

**LETTER TO THE EDITOR**

4 January 1994

I am a troubled man. I recently came across a copy of the November newsheet while cleaning out the cocky's cage. I was delighted to see the article that described a method of allocating points to food - at last I had a measure which could turn eating into a competitive sport. With the Olympics in "Sydenee" in 2000, I was well on the way to having the host country's demonstration sport being one at which I knew I could excel: smorgasbord.

Why am I troubled, you ask? In all the excitement of the on-going negotiations, my weight dropped below three figures (Ed's note - and he means kilos, not pounds!). And that is threatening my place in Australia's Winter Olympics team, where I will be competing in the sport God created for me: the Luge - the only sport in the world where the entire contest is conducted lying on one's back, and where weight is an advantage.

So I've decided that I need some exercise to help build up an appetite. I've registered for the last four rounds of interclub and hope that a couple of circuits of the discus ring in D grade might snag a few points and allow me to "put on a bit of condition" as we say in the stable. I look forward to seeing you soon, with half a dozen donuts, I hope.

Bon appetit,  
Thommo

**ED'S NOTE:**

JOIN THOMMO AND HIS FOOD AT THE O.S. BYO BBQ THIS SATURDAY EVENING FROM 5.30 PM AT 23 ORRONG CRESCENT, CAMBERWELL.

\* RESULTS \* RESULTS \* RESULTS \*

**THOMMO'S COMEBACK CONFOUNDS CRITICS**

The subject of "Whatever Happened To ..." only a few weeks ago, Peter "Thommo" Thompson, returned to Box Hill for round 9 of interclub. His reasons for a comeback are explained elsewhere in this issue (see Letters to the Editor). Thommo has gained a teensy bit of weight, prompting Terry O'Halloran to advise: "Anne, if you're photographing Thommo, some advice, stand back, and pan!" Terry was in rare verbal form on this day, stating of his stunning, aspirin-assisted D grade 200m: "I haven't done one of these before the war - don't ask me which one."

The usual vacation absences meant O.S. had a poor day, but it was pleasing to welcome our first female sprinter, Marina, and to note the attendance of a small parent spectator group comprising Neil McLennan, Peter Cornish, Yvonne Panagacos and Mrs Bird.

RESULTS - 15/1/94B Grade

Shot	R.Glass	11.63m
Discus	R.Glass	36.36m
200m	C.Cornish	22.7
	R.Allwright	22.8
	C.Mackenzie	INV ?
800m	A.Russell	2:04.5
	T.O'Halloran	2:05.8
	A.Aitken	2:07.0
4x200m	Cornish, Allwright,	
Relay	Faichney, ?	1:31.8

D Grade

Hammer	P.Thompson	24.72m
Shot	P.Thompson	8.25m
Javelin	D.Edwards	32.62m
LJ	L.Fincher	5.60m
	INV	D.Edwards 4.75m
200m	A.Russell	24.8
	T.O'Halloran	26.6
800m	C.Stewart	2:05.5
	R.O'Nians	2:13.7
4x200m	O'Nians, McLennan,	
Relay	O'Halloran, Russell	1:41.5

Under 18

Discus	C.Bird	34.33m
Shot	C.Bird	11.38m
LJ	A.Faichney	6.75m
	B.Haugh	INV 6.30m
800m	D.McLennan	2:11.4

Women

200m	M.Panagacos	29.8
	INV	

\*\*\*\*\*

**MORESI BRILLIANT FOR APSU**

Mark Moresi's PB 400m was the highlight of round 9 of State League. APSU won its round yet again to consolidate top spot.

RESULTS - 20/1/94

Hammer	R.Glass	46.88m	3K St	D.Lightfoot	9:03.0
100m	N.Rennie	10.6	400m	M.Moresi	PB 46.9
	C.Mackenzie	10.7		E.Macdonald	48.6
1500m	P.Hepworth	INV 3:52.9	4x100m	Rennie, Mackenzie,	
			Relay	Moresi	

\* MORE RESULTS \* MORE RESULTS \* MORE RESULTS \*

**B GRADE STRUGGLES TO STAY IN FOUR**

O.S. (third) met Ivanhoe (fourth) in a very important round 10 clash, but a spate of DNQ's in field events cost the team dearly as it went down by a solitary point. Best performances were Swannie's PB 1500m, Boz's PB high jump, Brad Haugh's PB triple and the President's equal PB 1500m, his fastest run over the distance since 1989. Janet Holmes continued her record-setting spree in the 1500m walk.

RESULTS - 22/1/94B Grade

Shot	A.Russell	DNQ
100m	D.Arrowsmith	11.3
	C.Cornish	11.4
	A.Faichney	?
Pole	M.Smith	DNQ
Discus	A.Faichney	DNQ
TJ	A.Faichney	DNQ
1500m	P.Hepworth	3:54.45
	A.Swan PB	4:02.73
	M.Purvis EQ PB	4:06.73
4x100m	Haugh, Cornish,	
Relay	Faichney, Arrowsmith	
3K St	M.Purvis	10:22
Javelin	M.Smith	44.20m
400m	C.Cornish	50.2
	A.Swan	50.5
	D.Lightfoot	53.6

Women

1.5K Walk	J.Holmes	8:33
		PB CLUB REC

D Grade

Discus	P.Thompson	24.14m
100m	D.Edwards	31.96m
	L.Fincher	11.6
	A.Bosisto	12.23
	J.Voukelatos	12.3
1.5K Walk	I.Handasyde	?
HJ	A.Bosisto PB	1.70
1500m	C.Stewart	4:13
	T.O'Halloran	4:23
	A.Aitken	4:29
4x100m	Fincher, Bosisto,	
Relay	Voukelatos, Swan	
Shot	D.Lightfoot	DNQ
TJ	J.Voukelatos	13.07
400m	J.Voukelatos	55.9
		<u>Under 18</u>
Discus	C.Bird	33.90m
100m	B.Haugh	11.3
Shot	C.Bird	11.68m
TJ	B.Haugh PB	13.22m

\*\*\*\*\*

**AUSTRALIA DAY TRIUMPH**

The club's athletes responded brilliantly to the call put out in the last news-sheet and sounded a strong warning that O.S. will challenge strongly for the venue premiership in both B and D grades. The B grade team was pitted against Box Hill 1 (first) and Old Melburnians (second) and beat them both. Andrew Faichney, although still under 18, was a major scorer of points, and another junior, John Dawson, had a very good evening. Emma Hill made her O.S. debut in the womens' 800m and broke Celine McEvoy's club record, while Marina Panagacos, the club's youngest member, set new 100m and 200m marks.

At the completion of competition, a dozen or so hungry athletes and friends headed for the nearest Pizza Hut, which, if you can believe it, had run out of dough! The group adjourned to the Doncaster Pizza Hut, where Swan, Cornish and Adam set PB's for pizza consumption.

## \* EVEN MORE RESULTS \* EVEN MORE RESULTS \*

RESULTS - 26/1/94

<u>B Grade</u>			<u>D Grade</u>		
Hammer	R.Glass	49.24m	Hammer	P.Thompson	23.54m
Shot	R.Glass	11.83m	400m H	R.Hodges	79.6
200m	C.Cornish	22.58	2K Walk	J.Holmes	10:43
	S.Gilchrist	22.9		I.Handasyde	12:21
	C.Jamieson	22.9	110m H	R.Hodges	19.39
Discus	R.Glass	35.62m	200m	J.Dawson	PB 22.9
LJ	A.Faichney	6.75m		E.Brice	23.3
800m	D.Lightfoot	1:53.87		J.Taylor	?
	J.Dawson	1:55.85	800m	M.Elmes	2:07.6
	A.Russell	2:00.04		D.McLennan	2:12
110m H	A.Faichney PB?	16.8		T.Adam	?
HJ	A.Faichney	1.85m	Javelin	D.Edwards	33.47m
4x400	Cornish, Gilchrist,		Shot	D.Edwards	10.26m
Relay	Brice, Dawson	3:23.9	4x400m	Elmes, McLennan,	
5000m	M.Purvis	15:37.9	Relay	Jamieson, Adam	
	C.Stewart	15:44.5	3000m	R.Becroft	?
<u>Under 18</u>			<u>Women</u>		
200m	B.Haugh	23.3	2K Walk	J.Holmes	12:24
LJ	B.Haugh	6.37m	100m	M.Panagacos	14.0
				CLUB REC	
			200m	M.Panagacos	30.0
				CLUB REC	
			800m	E.Hill	2:26.2
				CLUB REC	

\*\*\*\*\*

**SPRINTERS STROT THEIR STUFF IN FINAL ROUND**

The talented O.S. sprinting stable performed strongly, but Old Melburnians were too strong in the field events for O.S.'s B graders. D grade had a crushing win to secure fourth place. Now bring on the finals! Individual highlight was Mike Smith's outstanding pole vault of 4.60m, breaking his own club record set way back in 1987.

RESULTS - 5/2/94

<u>B Grade</u>			<u>D Grade</u>		
Hammer	R.Glass	INV 48.22m	Discus	P.Thompson	28.88m
Shot	R.Glass	11.50m	100m	L.Fincher	11.6
100m	D.Arrowsmith	10.8		E.Brice	11.6
	C.Cornish	11.4		J.Voukelatos	12.3
	R.Allwright	11.4	1.5K Walk	J.Holmes	8:21
Discus	R.Glass	36.12m	HJ	A.Russell	1.65m
1500m	C.Stewart	4:13.1	1500m	A.Aitken	4:24.40
	M.Purvis	4:13.5		M.Farrell	4:25.56
	R.Becroft	DNQ		O'Halloran	4:27.57
TJ	J.Voukelatos	?	110m H	R.Hodges	18.11
Pole	M.Smith	INV 4.60m			

## RESULTS! WHEN WILL THEY END?

5/2/94 (cont.)

<u>B Grade</u>			<u>D Grade</u>		
4x100m	Allwright, Brice,		4x100m	Haugh, Farrell,	
Relay	Fincher, Arrowsmith		Relay	Voukelatos, Swan	
400m	A.Swan	50.3	Shot	E.Brice	9.95m
	S.Gilchrist	50.8	TJ	C.Cornish	12.04m
	R.Allwright	53.8	400m	J.Voukelatos	55.9
				M.Farrell	57.5
				R.Becroft	60.6
				G.Evans	INV 63.2

Under 18

100m	B.Haugh		11.6
1500m	M.Elmes	PB	4:20.5
TJ	B.Haugh		12.91m

Women

1.5K Walk	J.Holmes		8:21
		PB CLUB REC	
1500m	E.Hill		5:05

\*\*\*\*\*

**MEANWHILE IN ATHLETICS' STRATOSPHERE . . . .****\* MORESI, RENNIE, LIGHTFOOT CONTEST GRAND PRIX**

Although official results are not yet to hand, we hear that Mark Moresi clocked a PB and club record 400m of 46.85 against Capobianco and Clark in Sydney a week or two ago. We believe that Nick Rennie may be sprinting in Grand Prix events as well. Dave Lightfoot is honing his steeplechasing skills and ran an excellent 8:57.8 in Sydney. Look for these guys and hopefully a few other O.S. athletes at the N.E.C. Meet at Olympic Park on 24/2/94.

**\* LLOYD RUNS STRONG HALF MARATHON**

Andrew Lloyd competed in a half marathon in Tokyo two weeks ago and ran a pleasing 62:54. In Lloyd's own words: "We went through 5 km in 13:50 and 10 km in 28:30 - after that, I just hung on for the rest." Lloyd is running the Tokyo Marathon on 13/2/94 and is looking for 2:10, which would easily qualify him for this year's Commonwealth Games.

**\* FAICHNEY WINS STATE U18 DECATHLON CHAMPIONSHIP**

Early in January, while many of us relaxed on holidays, Andrew Faichney contested and won the Victorian under 18 decathlon title with a total score of 6231 points. These are his performances in the ten events spread over two days of competition:

100m	11.46	LJ	6.52m
Shot	12.45m	HJ	1.89m
400m	52.18	110m Hurdles	16.14
Discus	34.92m	Pole	3.50m
Javelin	38.46m	1500m	5:04.99

Congratulations to Andrew on his gold medal!

## MENS' RANKINGS 1993/94

With the finals and state championships imminent, it's an appropriate time to review individual performances during the current season. Please advise Mark or Swannie of any errors or omissions. The rankings below are up to 26/1/94.

### SPRINTS

<u>100m</u>	<u>Time</u>	<u>Date</u>	<u>200m</u>	<u>Time</u>	<u>Date</u>
C.Mackenzie	10.6	11/11	C.Mackenzie	21.4	18/11
N.Rennie	10.6	13/11,20/1	N.Rennie	21.6	2/12
D.Arrowsmith*	10.8	13/11	M.Moresi	21.7	13/1
R.Allwright*	11.0	11/12	C.Cornish	22.5	16/10
A.Faichney*	11.3	13/11	R.Allwright*	22.8	15/1
L.Fincher	11.3	11/12	D.Arrowsmith*	22.8	20/11
B.Haugh*	11.3	22/1	A.Bosisto	22.9	16/10
M.Smith	11.3	11/12	J.Dawson*	22.9	26/1
S.White	11.3	23/10	S.Gilchrist*	22.9	26/1
C.Cornish	11.4	22/1	C.Jamieson	22.9	26/1
S.Gilchrist*	11.4	11/12	E.Brice	23.3	26/1
C.Jamieson	11.4	13/11	B.Haugh*	23.3	26/1
A.Bosisto	11.45	9/10	E.Macdonald	23.3	2/12
J.Taylor	11.9	11/12	A.Swan	24.0	4/12
J.Voukelatos	12.3	22/1	J.Voukelatos	24.1	16/10
A.Eldred	12.7	13/11	A.Russell	24.8	15/1
			J.Lee#	25.2	6/11
			T.O'Halloran	26.6	15/1

### 400m

M.Moresi	46.9	20/1	A.Bosisto	52.7	23/10
C.Mackenzie	48.0	9/12	D.Lightfoot	53.6	22/1
E.Macdonald	48.6	20/1	R.O'Nians	54.9	13/11
C.Cornish	49.8	23/10	R.Catherall	55.0	13/11
S.Gilchrist*	50.1	27/11	J.Voukelatos	55.9	22/1
A.Swan	50.3	23/10	A.Seward#	56.1	13/11
D.Arrowsmith*	51.4	13/11	T.Adam	56.4	11/12
A.Faichney*	52.18	8/1	M.Farrell	57.1	11/12
			G.Evans	64.2	9/10

### MIDDLE DISTANCE

#### 800m

E.Macdonald	1:49.49	13/1
A.Swan	1:52.47	13/1
D.Lightfoot	1:53.87	26/1
J.Dawson*	1:55.4	18/11
M.Moresi	1:59.77	20/11
P.Hepworth	1:59.8	6/11
A.Russell	2:00.04	26/1
R.Catherall	2:00.83	6/11
M.Farrell	2:02.4	4/12
T.O'Halloran	2:04.6	20/11
C.Stewart	2:05.5	15/1
A.Simm*	2:06.22	6/11
M.Elmes*	2:06.71	6/11
A.Aitken	2:07.0	15/1
R.O'Nians	2:09.44	6/11
D.McLennan#	2:11.4	15/1

#### 1500m

D.Lightfoot	3:50.1	9/12
P.Hepworth	3:52.9	20/1
A.Swan	4:02.73	22/1
M.Purvis	4:06.73	22/1
P.Simm*	4:09.4	13/11
C.Stewart	4:13	22/1
R.Catherall	4:15.9	23/10
R.Becroft	4:17.4	23/10
A.Aitken	4:22.1	23/10
T.O'Halloran	4:23	22/1
J.Dawson*	4:36	11/12
M.Farrell	4:38	11/12
A.Bosisto	4:47	13/11
D.McLennan#	4:47	11/12
A.Boag	4:49	13/11
J.Holmes	4:54	22/1
G.Evans	5:34	11/12

**MORE MENS' RANKINGS \* MORE MENS' RANKINGS****DISTANCE**3000m

M.Taylor*	9:19.6	20/11
J.Holmes	10:59	16/10
J.Hoffman	11:00	16/10

5000m

D.Lightfoot	14:05.7	2/12
C.Stewart	15:29.9	13/1
P.Hepworth	15:37.4	20/11
M.Purvis	15:37.9	26/1
L.Vial	15:56.5	4/12
R.Becroft	16:04.6	16/10

2000m Steeple

D.Lightfoot	5:56.1	11/12
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3000m Steeple

D.Lightfoot	9:03.0	20/1
M.Purvis	10:22	22/1
C.Stewart	10:59.9	11/12

**HURDLES**110m B Grade

R.Allwright*	16.0	20/11
A.Faichney*	16.8	26/1

110m Under 18

R.Allwright	15.9	13/11
A.Faichney	16.14	9/1
N.Scarborough	16.2	13/11

110m D Grade

R.Hodges	18.1	23/10
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400m All Grades

R.Hodges	71.6	4/12
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**WALKS**1500m

J.Holmes	7:53	9/10
I.Handasyde	8:30	9/10

2000m

S.Facey	9:32.5	23/10
A.Jamieson	9:52.3	11/12
J.Holmes	10:43	26/1
I.Handasyde	10:56	4/12

3000m

A.Jamieson	14:59	4/12
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**JUMPS**High Jump

A.Faichney*	1.89m	8/1
A.Eldred	1.80m	16/10
N.Scarborough*	1.80m	13/11
A.Bosisto	1.70m	22/1
I.Faichney#	1.65m	13/11
R.Glass	1.45m	26/1
A.Saunders*	1.40m	11/12

Long Jump

A.Faichney*	6.75m	15/1, 26/1
B.Haugh*	6.37m	26/1
C.Cornish	6.07m	16/10
J.Voukelatos	6.03m	16/10
L.Fincher	5.60m	15/1
D.Edwards	4.75m	15/1

Triple Jump

A.Faichney*	13.23m	11/11
B.Haugh*	13.22m	22/1
J.Voukelatos	13.20m	23/10
N.Scarborough*	12.64m	13/11
J.Taylor	12.18m	11/12
I.Faichney#	11.09m	13/11

Pole Vault Open

M.Smith	4.40m	18/11
A.Faichney*	3.50m	9/1

NOTE: \* indicates under 18 athlete

# indicates under 16 athlete

\* REMAINING RANKINGS INCLUDING WOMENS' EVENTS IN NEXT ISSUE \*

# OLD SCOTCH NEWSHEET

SUMMER EDITION NO. 8

3 March 1994

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EDITOR: Mark Purvis Ph: 534-5105  
T & F VICE-PRES: Ant Swan Ph: 489-6810

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## FORTHCOMING EVENTS

Sat-Sun 5-6 Mar	State League Finals	Olympic Park
Fri-Sun 11-13 Mar	National Open/U20 Champs	Sydney
Sat 19 Mar	"Hamstrung" Live	See p.5
Fri-Sun 25-27 Mar	National Junior Champs	Canberra
Sat 9 Apr	Dyson Relay 6 x 3.8km	The Tan

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## EDITOR'S COMMENT

It's nearly over for another track & field season, but the big guns continue to slug it out at State League and National level. The interclub finals at Box Hill produced somewhat disappointing results, but APSU is a real chance to win its first State League flag at the Park this weekend - full results next issue. Meanwhile, it's only five weeks until the first event of the winter season!

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## VALIANT INTERCLUB EFFORT FAILS

### B and D Grade Finals - 12 February 1994

Rob Catherall suggested that this was Old Scotch's first B grade finals appearance since he joined the club more than a decade ago. The names of Glass, Holmes, Facey, Jamieson and Hodges probably appeared in the last finals line-up, but this year they provided the much-needed dose of experience to add to the club's terrific young talent.

Unfortunately, there were three important names missing from the finals line-up. John Dawson headed overseas a week before the finals, Andrew Faichney was one run/jump short of qualifying and Dustin Arrowsmith fell ill on the big day. There is no doubt that O.S. would have won B grade if these three athletes had been able to compete, but ce l'est vie!

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**OLD SCOTCH COLLEGIANS ATHLETIC CLUB NEWSHEET**

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Both the B and D grade teams ultimately finished fourth, but not before some excellent fighting efforts from O.S. athletes. Sprinters Allwright, Fincher and Cornish showed out, while Swan and Hepworth did well in the longer events. Individual highlights included Jamieson's walk, Smith's pole vault and Box Hill's failure to win any mens' flags. Lowlight but most dramatic moment was Bosisto's hamstring tear.

RESULTS

<u>B Grade</u>			<u>D Grade</u>		
Shot	R.Glass	11.55m	Hammer	P.Thompson	DNQ
400 H	R.Allwright PB	59.4	400 H	R.Hodges	70.0
	R.O'Nians	DNQ 67.8			
3K Walk	A.Jamieson	15:01.4	2K Walk	J.Holmes	10:39
	S.Facey	DNQ 16:13.5		I.Handasyde	10:55
Pole	M.Smith	4.40m			
200m	R.Allwright	23.0	200m	A.Bosisto	24.1
	C.Cornish	23.5		A.Swan	24.4
	L.Fincher	23.5		J.Voukelatos	25.1
Discus	R.Glass	37.02m	HJ	A.Bosisto	1.60m
LJ	J.Voukelatos	5.91m	LJ	PB L.Fincher	6.00m
800m	P.Hepworth	1:55.5	800m	PB C.Cornish	2:04.3
	A.Swan	1:55.7		M.Farrell	2:08.4
	A.Russell	2:01.5		R.Becroft	2:15.2
110m H	R.Allwright	17.7	110m H	R.Hodges	18.0
HJ	A.Russell	1.70m	Javelin	D.Edwards	35.44m
4x400m	Cornish, Fincher,		4x400m	O'Nians, Farrell,	
Relay	Allwright, Swan		Relay	Russell, Bosisto	
		3:28.9			DNF
Javelin	M.Smith	46.90m	Shot	D.Edwards	10.14m
5000m	M.Purvis	15:26.5	3000m	PB A.Swan	9:23.4
	P.Hepworth	15:35.2		R.Becroft	10:07.5
	C.Stewart	15:55.6		M.Farrell	DNF
<u>Women</u>			<u>Invitation</u>		
2K Walk	J.Holmes	11:49.6	200m	C.Mackenzie	21.6
100m	M.Panagacos	15.02		S.Gilchrist	23.4
200m	M.Panagacos	30.09	LJ	PB A.Faichney	6.98m
800m	E.Hill	?	800m	E.Macdonald	1:50.8
			3000m	E.Wilson	9:40.9

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## **APSU FINISHES ON TOP**

O.S. athletes were again prominent as APS United ended the season's eleven rounds on top of the ladder. It was indeed tragic to note that neither Gienhantly nor Box Hill made this year's finals after years of unhealthy domination of the competition. The sportsmanship of these clubs was perhaps demonstrated by the comments of Box Hill's Fred Kron upon missing the finals along these lines: "Box Hill isn't interested in the Mickey Mouse State League competition anyway!" We look forward to Fred's new World Series Athletics under lights at AFL Park next year.

STATE LEAGUE RESULTSRound 10 - 27 January 1994

Pole	M. Smith	4.40m
200m	C. Mackenzie	21.3
800m	E. Macdonald	1:51.3
	A. Swan	PB 1:52.3
4x400m	Cornish, Swan	

Round 11 - 3 February 1994

Pole	M. Smith	4.20m
Hammer	R. Glass	48.76m
1500m	D. Lightfoot	3:48.41
	A. Swan	4:07.0
TJ	A. Faichney	13.95m
4x100m	Moresi, Cornish	
400m	E. Macdonald	48.7
	C. Cornish	PB 49.2

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**MEDALS GALORE IN STATE TITLES**

Mark Moresi, although still under 20, has proved himself to be the best 400m runner in Victoria with a brilliant come-from-behind win in the Victorian Championships held at Olympic Park over the weekend of 18-20 February. Mark's PB and club record time of 46.51 sec was only just short of a Commonwealth Games qualifying time.

Congratulations also to our other medallists Nick Rennie (open 200m silver), David Lightfoot (open 3000m steeple bronze), Andrew Faichney (under 20 triple jump silver and long jump bronze), Chris Cornish (under 20 400m silver) and Simon Gilchrist (under 18 400m bronze).

Several other club members competed with distinction, including Emma Hill, who became our first ever women finalist in the open 1500m. Results below are those known to the Editor, who would be pleased to hear from the athletes whose performances are not listed so that their results may be published next issue.

RESULTS

<u>Open</u>			<u>Under 20</u>		
200m	N. Rennie	2nd 21.06	100m	R. Allwright	11.5
	C. Mackenzie	?	400m	C. Cornish	49.08
400m	M. Moresi	1st 46.51			PB 2nd
		PB CLUB REC	LJ	A. Faichney	?
800m	E. Macdonald	?	TJ	A. Faichney	?
	A. Swan	1:53.60			
3000m St	D. Lightfoot	8:50.97			
		PB 3rd			
<u>Under 18</u>			<u>Women</u>		
400m	S. Gilchrist	49.5	1500m	E. Hill	4:56.5
		PB 3rd			PB CLUB REC
TJ	B. Haugh	?			
LJ	B. Haugh	?			

**HOT GOSSIP # HOT GOSSIP # HOT GOSSIP # HOT GOSS****# MORESI SHINES IN GRAND PRIX MEETS**

Mark Moresi has shown remarkable consistency during January and February's Grand Prix track & field meetings, culminating in a great win at Melbourne's NEC Meet on 24/2/94, as follows:

28/1/94	Canberra	45.7	(hand-timed relay split)
30/1/94	Sydney	46.85	
5/2/94	Brisbane	46.55	PB CLUB REC
11/2/94	Adelaide	47.59	
20/2/94	Melbourne	46.51	PB CLUB REC (Vic Champs)
24/2/94	Melbourne	46.68	

Nick Rennie and David Lightfoot have also competed. Nick's best 100m was 10.68 sec in Canberra and his best 200m 21.41 in Sydney, while Dave ran 8:57 for the steeple in Sydney.

**# MORE MEDALS AT VETS TITLES**

Not to be outdone by the young guys and girls, Chris Stewart, Mark Purvis and Richard Piesse fronted up at Aberfeldie on February 26 for the Victorian Vets 10,000m track championships. Chris took bronze in the 40-44 age group in around 34 minutes, while Mark, who's not really a vet, won silver in the 35-39 category in 32:16. Mark's run followed an encouraging performance in the Cubitt Classic 10 Miler on 20/2/94, where he clocked a PB 51:31 for the distance.

**# WINTER PROSPECTS LOOK GOOD**

'Tis the time of pre-season machinations for the forthcoming winter road and cross-country season. The club is pleased to welcome 1992 state half-marathon champion Greg Lyons back from an extended European trip. Transfers are pending for two other athletes of international standard, so watch this space!

**# BIRTHDAYS WORTH MENTIONING**

Paul Boag is about to join Graham Gray as a senior master (that means, gulp, 50 years young - Ed.). Graham Wise is fast approaching most esteemed senior master status (i.e. 60, and 42 years as an O.S. member!). Happy birthday to these two club stalwarts and also to Roger Glass, Jon Holmes, Celine McEvoy and Tarquin Cehr.

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