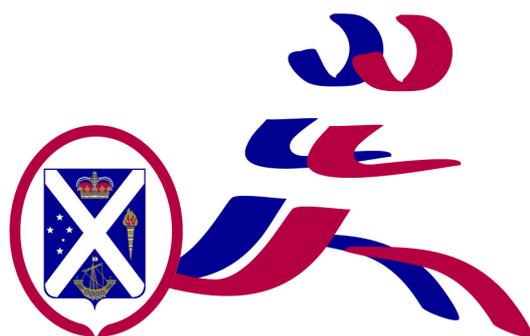


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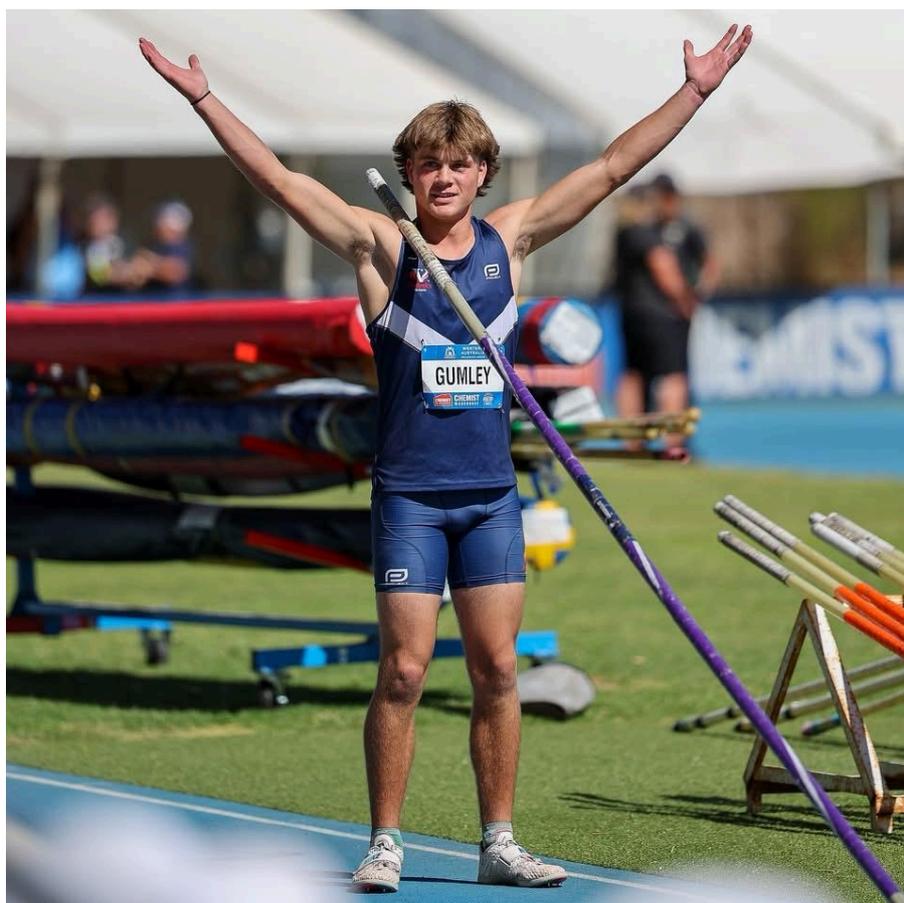
## OLD SCOTCH ATHLETIC CLUB

### In this Newsletter:

Time to book for the Annual Awards night and AGM Friday 23rd May 2025

and

Round 3 of the APSOC Cross Country with the McPhail 8k



### **Old Scotch Athletic Club Awards and AGM Dinner**

A fantastic opportunity to celebrate the achievements of all our athletes in Summer Track & Field and last year's Cross-Country seasons including those returning from the Nationals in Perth. All members, past members, friends & family welcome.

**Friday 23 May 2024** 6:00 PM - 10:00 PM

6:00 - Arrive

6.30 - AGM and Awards Presentation

7.30 Dinner

Dress - smart casual

At Royal South Yarra Lawn Tennis Club

Norman Brookes Room

310 Williams Road North

Toorak, 3142

Parking available in Williams Road North

Numbers are limited so please book early. RSVP 5pm Wed May 21st.

Dinner will be grilled fillet beef bourguignon potato puree, red wine sauce (gluten-free)

Special Dietary needs catered for.

Drinks at bar prices, complementary soft-drinks for students.

Students \$50.00

Adults \$70.00

Contact Rob Wilson with queries on 0413 533 071

**CLICK HERE: [Trybooking link for Annual Awards Night and AGM Friday 23rd May](https://www.trybooking.com/DFCUC)**

Old Scotch Athletic Club Committee  
are looking for a new TREASURER

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Could this be you? Are you ready to give a little  
back?

And good with a spreadsheet and a Bank Rec?

This is not an onerous role. The committee would be pleased to hear from you if you

have any questions and would be willing to consider helping out.

[oldscotchathleticclub@gmail.com](mailto:oldscotchathleticclub@gmail.com) or

[Heather\\_danks@hotmail.com](mailto:Heather_danks@hotmail.com)

Next APSOC X-Country event:

**Dyson Tan Relays 1:45pm Saturday 3rd May**

2025

## **Whats App** poll to let the team manager know you are coming!

Lets have a huge team turnout for Old Scotch

*follow on Instagram for up to date news and info*

*@oldscotchathleticclub*

### **DO YOU NEED NEW KIT?**

Fantastic uniform and merch by Nike is now available through the PTS Shop.

Please order online.....

<https://pacificteamsports.com/collections/old-scotch-athletic-club>

A reminder our uniform is the red singlet with either red or navy shorts. Nike are currently out of stock of navy shorts, so please feel free to source your own. The club still holds a limited stock of red shorts - please ask Heather Danks or Ian Handasyde if you are interested.

**McPhail 8k Saturday 26th April 2025**  
**Yarra Bend Park, Fairfield**  
***A win for Old Scotch's Amelia Watson***



### Long weekend Cross Country at Yarra Bend

Only 12 Old Scotch runners attended the McPhail 8k at Yarra Bend this year. Numbers were down generally because of the holiday weekend and the competing Ballarat Marathon Festival. Among the men, our eternally young 60+ squad led the way, with Lynton Williams, John Cormack, Mark Purvis and Gary Zuccala placing in the top 30, but ROTD (Run Of The Day) came from Amelia Watson, who was the fastest female in the field and 18th overall.

Hopefully we will see the return of more of our younger (and faster) runners at the Tan this weekend.

### 👉 Dyson Tan Relays – May 3 @ 1:45pm

More info here: <https://apsoc.net.au/events/dyson-relay-3-8k/>

### McPhail 8k Results:

Lynton Williams	33:28.17	1st M60
John Cormack	34:28.89	2nd M60
Amelia Watson	34: 39.90	Fastest Female 1st
Mark Purvis	35:30.86	3rd M60
Gary Zuccala	36:38.11	5th M60
Caroline Beischer	38:29.46	4th W50
Andrew Cochrane	39:39.12	
Paris Powell	41:02.48	
Rosie Hyett	41:52.94	
Isobel Hyett	41:53.16	
Peter Dodgshun	51:30.19	
Rob Wilson	54:01.18	

## Ballarat Road Running Festival 26th - 27th April 2025

Half Marathon:

Congratulations to Tom Bowers in 3rd place with a PB 1:05.31, and Ben Beischer close behind, also with a PB 1:05.50

Marathon:

Summer Merrie 3:22.22

10k

Connor Merigan 17th 32:21



PBs for Ben Beischer and Tom Bowers in the Ballarat Half Marathon Sunday 27th April

## M65 4 x 1500m World Relay Record! Saturday 12th April 2025

Springvale Athletic track

Two OS members Mark Purvis and John Braszell, along with Mark Hipworth and Simon Lloyd, paced by a team of OX runners (all coached by Mark Hipworth) claimed a newly minted world record event (as of 1 January). Their time was 15:11, an average of 5:18 per runner.

Congratulations team!



Impressive run to take the M65 4 x 1500m Relay World Record. John Braszell (rear left) and Mark Purvis (rear, 3rd from left) with Mark Hipworth, Simon Lloyd and pacers from Old Xavs.

## Australian Masters Track & Field Championships Adelaide, April 2025

**3 silvers for Mark Purvis**

M65 1500m, 5000m and 8k cross country

Fantastic Championships Mark!



Mark Purvis at the Australian Masters Athletics Championships in Adelaide over Easter. Three Silver Medals! M65 1500m, 5000m and 8k Cross Country.

# XCR SERIES CALENDAR

DATE	EVENT	VENUE
Sat 3rd May	All Schools Road Relays	Princes Park
Sat 10th May	Round 1: 8km Cross Country	Hanging Rock
Sat 17th May	All Schools Cross Country Relay	Jells Park
Sat 24th May	Round 2: 12km Cross Country	St Annes Mryrniong
Sat 7th June	Round 3: Cross Country Relays	Jells Park
Sun 15th June	Round 4: 5km Road Race	Albert Park
Sat 21st June	All Schools Individual Championships	Bundoora
Sat 28th June	Round 5: Road Relays	Sandown
Sat 12th July	Round 6: 10km Victorian Cross Country Championships (Open/U20)	Ballarat
Sun 27th July	Round 7: Lakeside:10	Albert Park
Sun 10th August	Round 8: 15km Road Race	Ballarat
Sun 7th September	Round 9: Burnley Half Marathon	Burnley
Sat 20th September	Round 10: Tan Relays	The Tan



XCR 2025 is locked in and ready to go. The first event is on Saturday May 10th, a fantastic 8k around Hanging Rock.

Time to register! Entries close Noon Wednesday 7th May.

You can now register to run with APSU via the AV website:

<https://athsvic.org.au/clubs/old-scotch-athletic-club/>

## Your Old Scotch Athletic Club Committee

please contact us at [oldscotchathleticclub@gmail.com](mailto:oldscotchathleticclub@gmail.com)

President - Doug Campbell  
 Secretary - Nathan Munro  
 Treasurer - Heather Danks  
 VP Cross Country - Pete Simm  
 VP - Track & Field - vacant  
 Registrar - Rob Wilson  
 General Member - Ian Kluckow  
 General Member - Rory Vial

## Whats App is a great way to stay on top of club communications.

Keep up to date with news and the latest notifications

[Join Now](#)



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You can [update your preferences](#) or [unsubscribe from this list](#).

