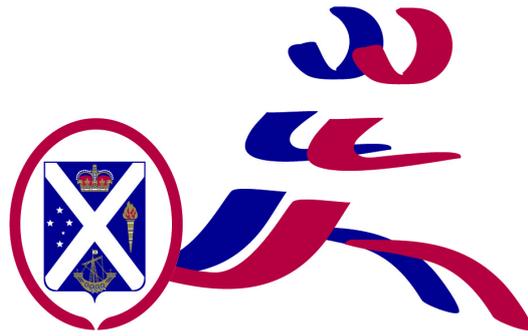


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OLD SCOTCH ATHLETIC CLUB

In this Newsletter:

The second instalment from the Australian Athletics Championships in Perth WA
and
Round 2 of the APSOC Cross Country at Churchill Park : Heat & Hills!

a TRYBOOKING LINK COMING SOON:

Friday 23rd May 2025 6pm

Annual Presentation of Awards Night and AGM

A fantastic opportunity to celebrate the achievements of all our athletes, including those returning
from the Nationals in Perth.

At Royal South Yarra Tennis Club..

Next APSOC X-Country event:

McPhail 8k at Yarra Bend

9:30am Saturday April 26th 2025

A great way to start your Saturday during the long weekend. There will be cake!

SAVE THE DATE for the Dyson Tan Relays

1:45pm Saturday 3rd May 2025

Lets have a huge team turnout for Old Scotch

Australian Athletics Championships

Perth, WA

April 4th - 13th 2025

Thanks again to Tony Stubbs for this second instalment from the track in Perth



Jayden Millie U14 400m PB and 5th in the final. U14 90m Hurdles PB and 6th place. A fantastic Championship

Day 4 Wrap Monday 7th April Australian National Championships

Perfect one day and even better the next. Perth weather has finally kicked in and high 20's the sun had a sting in its tail today with plenty of action around the track.

Our second youngest team member had a busy day today with 2 events on the track. Young Jayden Millie started off mid morning with a 400m heat and delivered coming in second and earning a Big Q to get himself into tomorrow's final and dropping 2.08sec off his PB - massive.

Finding shelter before his next race 4hrs later Jayden lined up in the heats of the 90m Hurdles ready to rid the legs of any lactic that may have stuck around in his legs after his 400m earlier. A slower start than what he was hoping for it was going to be hard to get an auto qualifier by finishing in the top 2. Steady with his form throughout the middle part of the race 2 competitors in front of him hit the hurdles and introduced themselves to the Mondo track creating an opening for Jayden to swoop who crossed the line in 2nd place w a 0.33sec PB and automatic qualifying into the final. What a day for the young man who deserves a well earned break tonight in preparation for his 2 finals tomorrow at

Our last race of interest today was the U18M 1500m with OSAC having 2 competitors in the field. Bart Leeton fresh off the Darwin football fields and Tom Lindeman well rested after opening the championship with an earlier run on Day 1 in the 800m. On paper this was a race for 2nd and 3rd as last years winner L Chis went into this race with a 8 sec margin over the 2nd fastest athlete which was our own Bart Leeton and a clear favourite after taking the 800m earlier in the meet. True to form Bart went out hard and was in the top 3 with Thomas racing his steady race tracking at the rear letting others do all the hard work. The eventual winner setting a championship record (L Chis) after 450m made his move and put a big margin in the field and was never headed. This left Bart racing hard fending off all comers for the final 3 laps and came down to him and a NSW runner over the last 400m battling it out as to who would take second. Tom who had a lot of confidence after his 800m stated to pick off runners one at a time where his strength is his back end of races and started making inroads into the field. After doing a mountain of work Bart was overtaken in the last 50m and took out a brilliant 3rd place just 0.6 outside his PB. A fantastic effort and race and Tom found himself crossing the line in 10th position. His first championships and a Top 10 finish, I'd say one would have to be pretty chuffed with that. Well done to both boys 🍌

Our athletes today had a large contingent of OSAC team members and families out at the track in support of Jayden, Bart and Tom. Big thanks to the Latief's, Gumley's, Hall's and Stubbs families along with Millies, Leeton's and Lindeman's in ensuring our athletes felt like it was our home track.

Wednesday Day 5 and last day of the Junior Championships with lots of finals to look forward to. U18M 3000m final, U17M Pole Vault final, U14M 400m & 90m Hurdles final and U13M 1500m final.



Thomas Lindeman U18 1500, showing fantastic form for 10th place



Luke Bodle at his first national champs and Bart Leeton both in the U18 3000m run in challenging hot conditions



Lachlan Gumley U17 Pole Vault National Champion 4.02m PB. Congratulations Lachie.

Day 5 Tuesday 8th April Wrap Australian National Championships

Well here we are, Tuesday 8th April and the last day of the Junior Championships and plenty in store for our boys to have a crack at.

Weather very still and a warm 26 degrees at 9am as Luke Bodle having his first run and making his debut at the Championships and Bart Leeton lined up together in the U18M 3000m.

A slowly run first 2-3 laps saw both our boys in the lead group of 10 before the pace quickened and field strung out in single file over the next few. Luke started to loose touch to the front group but kept his rhythm that he felt comfortable with in the warm & humid conditions while the pace quickened up the front where at this stage all eyes were on the front 4 with the 3 main favourites in this group. This group stayed together for the last km and with 400m to go Bart (not sure where he found the energy after Monday nights 1500m race) said come and get me and put in a surge and broke 5-10m clear. Catching the other 2 off guard Bart went again and put his head down over the last 300m to take a 20m lead. Approaching the line he knew the Gold medal was his and eased up and crossed the line in a not too shabby time of 8:31.42 sec letting out an almighty roar as well he should have in what was an amazing race to observe live. Luke found a second wind and made up ground over the last 800m and crossed the line in 15th place which was a great result in what were trying conditions as both boys were having a good sweat at the end. As Luke said post race it was pretty hot out there and glad I was running now and not in 3hrs time. Well done to both boys. What a way to start the day.

Then all OSAC supporters made the dash up into the grandstand as we got

at 2.80m before Lachy joined the competition at 3:55m and he cleared his first attempt which rocketed him up to head the leader board. At his next height of 3.70m things started to unravel as he missed his next 2 attempts. With family in the crowd and a number of Scotch boys/families in support, Lachy found something and cleared his last attempt, then cleared 3.82m first up, missed first attempt at 3.92m then cleared this. At this stage his main competitor from Qld had not missed a height after coming in at 3.70m and was the leader after clearing 3.92m and in my expert opinion was looking like the likely winner but what would I know (🤔). Bar was raised and it went to 4:02m not sure why we skipped to 0.20m increment in height but Lachy, first up and getting the crowd and commentator involved cleared 4.02m and a huge roar and double bicep flex from Gummers saw the crowd in the packed stand erupt. All eyes were on Mr Qld who found the pressure too much and missed all 3 attempts at the same height therefore Lachlan was crowned National Champion for the second year running and a PB in his kit bag as well. Lach then raised the bar to 4.12m and missed all 3 attempts with his last attempt just grazing the bar so that height will be in his sights soon. Two athletes and 2 Gold medals, not a bad way to start the day.

Lunchtime came around and by this stage your on the ground correspondent was making his way to Rottnest Island so the details of events is a little sketchy for the remainder of the day 😊. Jayden stepped out for his first final of the day the U14M 400m. Drawn out in lane 9 which makes it pretty hard he was headed early by the inside runner from lane 8 who went on to win the race. Jayden finished in 5th position and dropped another PB so both his 400m races he has lowered his seed time coming in and dropped it by 2.33sec, well done. A few hours break he then lined up in the U14M 90m Hurdles and again another PB and coming in 6th place so another 2 PB's in this event improving his time by 0.73 sec. A pretty satisfying end to his competition or so he thought? He was then on the back of his performances called upon to run the 3rd leg in the 4x100m relay later on in the day where Victoria finished 4th. A great meet and plenty of upside for Jayden in the years to come. Well done young man.

James Hall then made his way out onto the track for the U13M 1500m. Those who know James know he doesn't run anything other than fast no matter how long the race is. Gun went off and watching the live stream over here James shot off like a cannon and we thought he was running 100m he put such a gap into the field. Sorry but the race was over after 100m. James or as the commentators now call him "Jimmy" kept his form and momentum going without dropping any speed. Not much more we can add but he smashed the field crossing the line in a new CR and 10 sec PB time of 4:11.81 winning by just over 16secs - WOW that is one impressive athlete.

Last up in the U14M 1500m we had John Brevulis who was representing NSW after running for Knox up there last year and joining the school at the start of T1 this year along with his older brother. NSW had stacked the field with 10 runners out of the 19 and had 6 runners in the front pack of around 10. John was in the front pack and looked comfortable near the back of that pack. Pace quickened but John hung in there as his team mates went over and filled the first 8 positions. John crossed the line in 12th place and set a new PB and was pretty happy with his efforts his Mum said as he should be. Only 1 Victorian athlete was in front of him so things look positive to see John running around

Wow what a talented bunch of middle distance track runners we have across the club in the various age groups.

Well today is a rest day and think we all need it as I go searching for quokka's over here at Rotto and enjoy the sunshine before we kick off Day 1 of the senior competition on Thursday where we have 6 athletes kicking off their championships.



Bart Leeton U18 3000m National Champion 8:31.42. And Bronze in the U18 1500m. What a championship!



James Hall U13 1500m National Champion in a CR, age group world best and massive PB of 4:11.81. Wow!



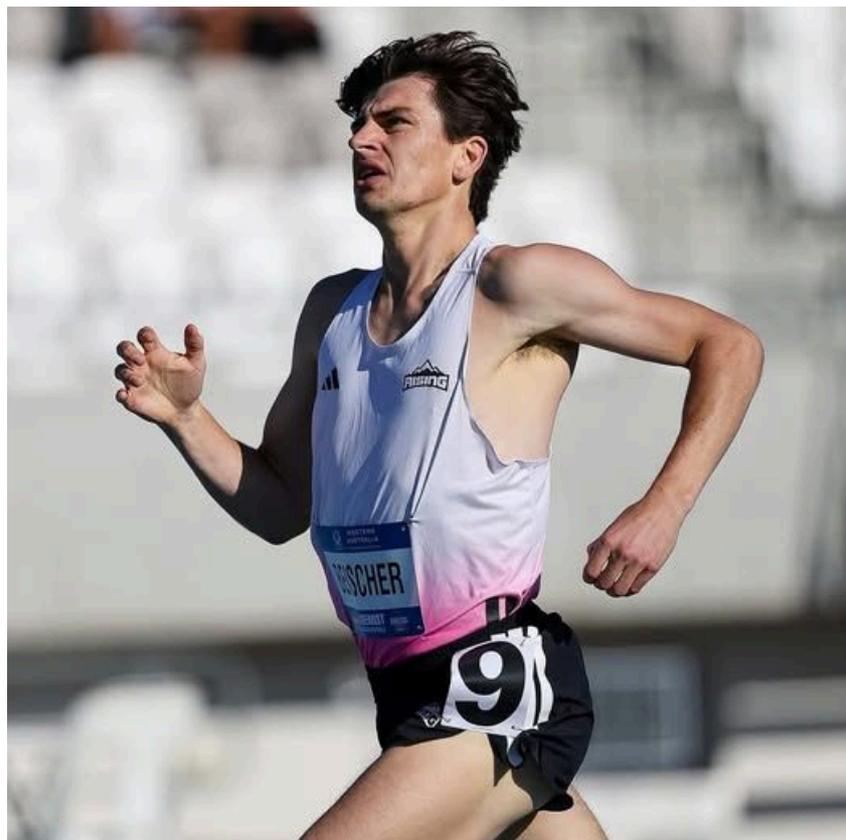
Lachlan Gumley Gold in the U17 Pole Vault with a leap of 4:02



Yesss!! Great race Bart



Come on!! Lachie getting fired up



Day 1 Thurs 10th April Recap Open, U20 & U20MC Australian National Athletic Championships

Well the weather just keeps on getting better here in Perth as we kick off Day 1 of the Senior Open, U20 & U20 MC Championships.

There has been a few changes to our teams schedule so lets get that out of the way.

In case you were wondering Conor Sullivan after much deliberation with his coach decided to scratch himself out of the U20M 5000m to save his legs for the 3000m steeple tomorrow lunchtime.

Pat Kroschel who was competing in the U20M 200m, 400m and I'd say a pretty good chance to be called upon for a relay berth managed to pick up a hamstring injury at his last training session and is out. The character of the individual has seen Pat make his way across to Perth and was at dinner tonight in fine form sporting the Team Vic uniform and is getting around the OSAC group irrespective of how he might be feeling. Such a shame as Pat has been on fire the past month and would have been expecting good things to have come from this championship but this will add fire to the belly that we hope drives him for success in the upcoming APS season and sees him back in the Vic colours in 12 months time.

Opening proceedings for our club and no better ambassador this morning we had Tom Roach in the U20MC Shot Put. Now Tom is only 16 years of age competing in U20 so a tough gig against some bigger and older boys. Don't think that would put Tom off as he putted the shot 3 out of 4 times past his PB in this championship. A fantastic way to start his championships as competing in no less 6 events across the next few days. Great start Tom and plenty of confidence to take forward in your remaining events.

In one of the more competitive events on the program is the Open Men's 1500m which has plenty of world class athletes based here and overseas in the US College system so was going to be a tough one for Ed Beischer. Ed was coming off a great run at the recent Vic Champs to run 3rd so I am sure he had the confidence to put himself in the mix. Ed got a great start and was 4th after the first 300 sitting nicely on the inside rail. After 700m he was 5th and moved off the rail to ensure he didn't get boxed in as the pace started to quicken. With one lap to go Ed found himself in 7th and was now up to him as to how his legs were feeling. The race was taken out by Adam Spencer with Jack Ansty on his tail and Ed finishing a few seconds outside his PB crossing the line in 9th. Competition was tough but Ed didn't give in so we commend Ed on making the championships and giving his all. No mean feat with the calibre of athletes in this 1500m event.

Last up from the Old Scotchies we had Will Katic who ran here last year so was looking to go one better and see if he can make the final. Four heats so qualification is tough with winners of each heat and next fastest 4 qualify to the final. Will was drawn in heat 2 which looked a favourable heat. Gun went off and Will went to the lead after 100m and looked strong and knew he had to be aggressive. Will lead up until the 500m before 2 of his Victorian team mates passed him. Will dug in and kept his form and came across the line in 3rd place in a time of 1:51.59 which was a PB. Two heats left so it was going to be tough to qualify as now waiting on time. At the end of the 4 heats Will ended up in 9th place which would have meant he missed the final by 0.05sec but because the winner of heat 3 was from NZ the final was a field of 9 runners so Will got in 🇳🇿🏃. How bloody good is that. His old man gave me the good oil that Will's time

with a PB and a finals appearance.
Nice start to the part 2 of the championships.



Will Katic U20 800m. 7th place and a PB of 1:51.13. Sensational way to finish a great season!



Great support among the families of Old Scotch athletes in Perth with Team dinner #2

Day 2 Friday 11th April Recap Open, U20 & U20MC Australian National Athletic Championships

Today was a scorcher of a day with the sun having some kick and no wind, glad it wasn't me out there but kudos to all athletes across the country competing as it was like a furnace.

Kicking off the show for the Old Scotchies today we had Tom Roach first up

low 10m mark. With one last throw left Tom opened up the shoulders and let it fly, soaring out to 12.06m (another PB!) nearly 2m further than he had thrown today and I think 60cm further than his previous best. That's what it is all about and the smile on the dial at the end says it all. 🍌

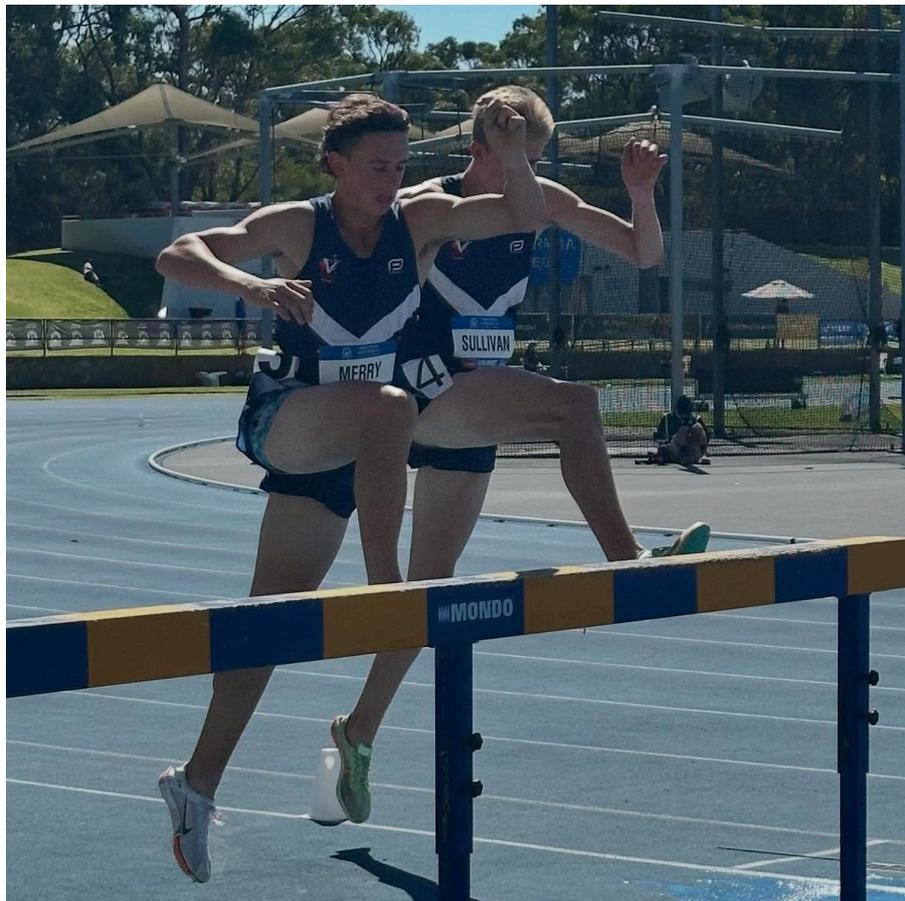
Next up they decided to change the time and schedule a few weeks back for the U20M 3000m Steeplechase to 12:15pm right in the middle of the day where it was at its hottest from what was supposed to be an early morning kick off for Conor Sullivan and AJ Merry. The disappointing aspect of the change was Conor's Dad and sister who flew over to watch and support Conor had their flights booked to go back to Melb first thing today so didn't get to see him compete at all with Conor scratching himself from Friday's 5000m. I hope the support from the Old Scotch family made up for it Conor and family with Pat K, the Roach & Stubbs family in attendance and the local residents the Merry's who could draw a crowd after having resided in Perth for over 11 years cheering their hearts out as you navigated the water jump.

The race started off slowly as you'd expect with the hot conditions and a group of 4 broke away earlier on and our boys settled in nicely around 5-10th place. Both boys took turns in leading each other around the track and dragging each other along as a 3rd Victorian who had put a 10-15m gap on our boys started to feel the effects of his efforts and could hear the footsteps of our boys getting closer and closer. With 600m to go our boys dug deep and started to make up some ground where Conor started to break away from AJ with 250m to go. Conor drew level on the last steeple with a QLD competitor and went for home drawing upon all energy reserves crossing the line in 5th finishing with a fast last 100m to make up a place and AJ 7th holding on to his spot with both athletes setting PB's, the first 2 Victorian's to cross the line and both Top 7 finishes. Both athletes were spent after that race in what were very difficult conditions to run in and should be proud of their efforts. AJ wasn't worried about any cool down as was rushing to make the ferry with his family for 5-6 days of RnR at Rottnest Island. The last I saw of Conor was he had forgotten about the cool down as was tucking into 3 spring rolls and what looked like a slow cooked beef and rice dish looking to pass the time before getting on a flight back as he and his family are heading south to Tassie Saturday taking part in the Overland Track in Cradle Mountain for those seeking a challenging six-day, 65-kilometer adventure. OMG 🍌 Well run both lads and a cracking way to close the season off.

Time to regroup and cool down as Tom was back on track for his U20MC 200m. All seats in the shaded area of the grandstand were taken as it was pretty hot. Starting in lane 4 Tom didn't burst off the line but I don't think any of us would have in that heat. Running against some older athletes as well Tom gave his all and powered down the home straight crossing the line with both arms raised a few seconds shy of his PB. I think he was happy just to get that one out of the way as most of us would have preferred to be down the beach and in the water with the heat that we were experiencing. Tom made his way over to Mum and said "I'm done for the day" so he was going to pull out of the LJ later in the afternoon and head back to the hotel for a well earned rest ready to regroup for Saturday's event. Smart decision by Tom as he has had a big 24hrs with competing in 3 events so he can have a well deserved rest and lie in before fronting up for his Discus at 1pm AWST Saturday.

Final. Making our way out to Herb Elliot Drive we were greeted with droplets of rain?? Certainly more favourable night time running conditions that the Steeplechasers would have liked. Starting from lane 1 and all the pressure on the other runners Will could just go out there and have a crack. Fast first 150m saw Will get a cracking start to be in the top 3 and put himself in a great position then the pack bunched up and after the first lap crossed the line in 5-6. Then the pace quickened and field started to be strung out. 250m to go Will put the foot down and holding form crossed the line strong in 7th place w a new PB 1:51.13. A great race to watch and Will was pumped post race. Said best race he's been part of with the stand rocking and "Bruce" commentating what more could you ask. Huge season Will you should be super happy and as Dad said "all the chocolate from Coles is now yours to eat". Fully deserved 💎

That's it for Day 2 and we are now down to only one athlete remaining for the last 2 days of the Championships so let's get behind Tom R with his last 2 events remaining. I'm sure he'd love to receive messages of support, liking and commenting on the social media posts we are putting up and hopefully seeing him live on the stream from 7PLUS.



AJ Merry and Conor Sullivan in the U20 3000m steeplechase. Run in extremely tough hot conditions.



Tom Roach. Multi event superstar and PB's galore!



Tom Roach in his U20MC Shot Put on Day 1 and a PB.

Day 3 Saturday 12th April Recap Open, U20 & U20MC Australian National Championships

Well the media are referring to today's action as "SUPER SATURDAY" and why

last throw a huge 18.48m. What a national championship this young man is having coming up against older and bigger competitors. Great work Tom today and we hope everything comes together on Sunday for your last event and keep smiling as it looks like you are having so much fun out there.



Great results for AJ Merry (7th) and Conor Sullivan (5th) both PB's and 1st and 2nd Victorians! Impressive in such extreme heat conditions.

Day 4 Sunday 13th April Recap Open, U20 & U20MC Australian National Athletic Championships

Last day of the championships and this is where all the "MAGIC" has happened the past 10 days.

Today we had our last event and last OSAC competitor Tom Roach make his way out to Herb Elliot Drive for the U20MC 100M. Refreshed after having the afternoon off yesterday Tom approached the start line ready to bring it all. Getting off the start line cleanly Tom found his groove and stride to bound down the track and record a time of 19:05 and record another PB 🤩 That's 11 in total he has set across his 5 events. No podiums this championships but the club and family couldn't be more prouder Tom of your efforts over the championships as you go from strength 2 strength.

Well 10 days of competition made up of 3 National Champions, a bronze medal, plenty of PB's, fantastic individual efforts and injuries we have had it all. As a club I'd say we have punched well above our average. It has been a great team effort made up of athletes, parents, brothers & sisters over here and the support and camaraderie has been unbelievable amongst the T&F community

Time to say farewell, adios and goodbye to Perth and look forward to seeing everyone come together to celebrate an excellent T&F season at the annual awards night next month. 🍷

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.

Churchill 6k and 12k Handicaps Saturday 12th
April 2025

Churchill Park, Lysterfield

***Hot Cross Country: Churchill Served Heat,
Hills & Gourmet Sausages***



Hot Cross Country: Churchill Served Heat, Hills & Gourmet Sausages

Winter cross country? Technically, yes. But with temps climbing into the high 20s, it felt more like we'd signed up for *Survivor: Lysterfield Edition*.

The **Churchill Park Handicaps**, held in the stunning Churchill National Park since 1987, delivered its usual mix of drama and dirt. Gravel trails, gutsy climbs, and one beast of a hill-topping out at 163m elevation. Sure, there was a *magnificent view* over the suburbs to the city from the top... not that anyone

Whether you ran the 6km or the entire 12km, give yourself a pat on the back. Just *showing up* in that heat was an achievement. Bonus points if you spotted a wallaby mid-struggle.

Afternoon tea? As always, well received. Shoutout to Old Carey and Old Geelong Grammarians for hosting - and for the gourmet sausages, lovingly sourced from the paddocks of Geelong. That's right, we run hard and eat bougie.

Well done to everyone who ran, cheered, or conquered the hill. Now's the time to rally your crew - let them know how great our Old Scotch group is (just don't mention the hills, okay?), and bring them along for the next FUN run:

👉 **McPhail 8k – April 26 @ 9:30am**

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

Churchill Park Handicap Results:

12km

Caroline Beischer 71:11.28 1st W50
Kate Unsworth 82:54.89 2nd W40

6km

Lachlan Stewart 24:18.52 1st overall
Zachary Unsworth 29:41.58 4th M23
Mark Purvis 30:43.09 2nd M60
Belinda Guthrie 31:56.74 2nd W40
Archie Alsbury 33:15.24 5th M23
Hannah Danks 33:37.82
Isobel Hyett 34:40.32
Peter Dodgshun 42:12.87
Gerry Voukelatos 48:58.60
Rob Wilson 65:36.74





Lachie Stewart. Fastest time in the 6k. Reward for sensational consistency.



Kate Unsworth off into the beautiful bushlands and to spot a few wallabies.



Gerry Voukelatos keeping up a steady pace in the heat



Caroline Beischer, one of the brave taking on 12k



Belinda Guthrie happy up the hill



Hannah Danks with Archie Alsbury hot on her heels



Welcome to Issy Hyett on debut



Mark Purvis and Anna Kasapis concentrating hard



Rob Wilson, when not behind the camera



APSOC President (and Old Scotch member) Nigel Watson with Handicap winner Dean Whiteley from Old Xaverians



Gourmet sausages by Old Carey and Old Geelong Grammarians were well appreciated post race!

XCR²⁰²⁵ 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





fantastic BK around Hanging Rock. If you haven't run in the AV competition before, and would be interested, please speak to Mark Purvis or Heather Danks. You can contact us via the club website listed below.

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

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

Are you good at book keeping and Excel ? The committee is searching for a new Treasurer. Please get in touch.

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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