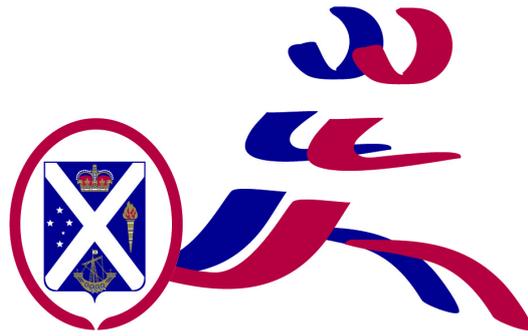


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OLD SCOTCH ATHLETIC CLUB

In this Newsletter:

Our Track and Field stars shine at the Australian Championships in Perth WA and Old Scotch kick off the APSOC Cross Country Season with a win in the Men's team trophy, and 2nd place in the Women's team trophy.

SAVE THE DATE

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.

A Trybooking link coming soon

at Royal South Yarra Tennis Club.

Next APSOC X-Country event:

Churchill Park Handicaps

2:30pm this Saturday April 12th 2025

Choose from 6k or 12k on this beautifully picturesque course through Churchill Park in Lysterfield.

For those yet to register, please go online to the APSOC Registration before

Thursday to be eligible for this event.

Australian Athletics Championships

Perth, WA

April 4th - 13th 2025

Big thanks for the daily updates on WhatsApp from our reporter on the ground in

Perth, Tony Stubbs.

.....more to come in our next newsletter



Thanks so much to our correspondent at the track in W.A. with the daily wraps on the WhatsApp page.

Day 1 Wrap Fri 4th April

Today the championships kicked off in overcast conditions with headwinds of -3.4 facing competitors making their way down the 100m straight. Followed by lightning, thunder and rain which cleared in readiness for the midday start of the U18M 800m heats. Did someone forget to let the sun out as we were expecting warmer conditions over here. Only 2 team members raced today and after some withdrawals and shuffling of the 4 heats into 3 we found our own Tom Lindeman and Hugo Stubbs drawn together in Heat 2. Both making their first appearance at the nationals excitement and some nervousness greeted them as they made their way out onto a super bouncy and fast deck. Hugo got a quick start and was in the front couple after 100m as they bunched together with Tom settling nicely at the back, falling asleep and letting others do all the work. Coming down the home straight Hugo found himself 4 wide as a big pack approached the first lap. Crossing the line in the top 6 Hugo unfortunately wasn't able to sustain his efforts after an interrupted lead in to

brought it home to finish top 6 and happy with his time just outside his PB. Great to see at the end of the race both boys embrace and acknowledge their respective efforts after what has been a long and successful season. For Hugo time to hang up the spikes, have a few weeks rest, see some quokka's while cheering the rest of the team over the coming 10days. Tom has got the first one out of the way ✓ and can have 2 days rest and look forward to his favourite event on Monday afternoon the 1500m before family time at Rotto then heading down south and exploring the sandy beaches of WA. Day 2 tomorrow - we look forward to seeing two of our U14M runners hit the track over the 200m/800m so check the timetable for times to view on 7Plus.



Tom Lindeman. U18 800m

Day 2 Wrap Sat 5th April

Well this was more like it waking up with temperatures slated for 30 degrees this afternoon it was a warm 28 degrees w windy conditions again that settled as the day progressed. Jayden Millie kicked off the day in heat 2 of the U14M 200m starting from lane 2. Got a good start and after the first 100m hit the straight in a line of 3 with one runner clearly out in front of them. Faced with a slight headwind Josh hit the line in 4th with a time of 0.30 outside his PB and 0.07 off making the final. Nice start to his championships with a PB as he works his way into the competition with the 90m H and 400m to come on Monday. Early this afternoon we had an athlete who was representing NSW as he got

warmed his way into the U14M 800m race making his move in the second lap coming home strong. He set a new PB by 0.39sec with a negative split to go with that so a great result and first opportunity at the Nationals. Hopefully we can see him wearing the OSAC and Victorian colours in 12 months time. Day 3 tomorrow we see our first field competitor hit the circle in the discus final, our 2 female athletes having their first start of the championships and the first finals appearance on the track of one of our team in the 800m.



Hugo Stubbs. U18 800m

Day 3 Wrap Sun 6th April

Perth weather finally arrived with the sun shining early and sunscreen needed from the first event.

Kicking the team off today we were taken outside the main stadium to McGillivray Oval to watch Lachlan Gumley hoof the 1.5kg discus. With some big boys in the field and season bests hitting over the 50m mark we were waiting to see if Lach had his weetbix and what he could produce. Well he did deliver and channelling "The Hulk" let his first throw rip out to 42.54m and deliver him a marker in the field and a 3.35m PB 🍌🍌 with two more to come. Goal 1 achieved now he wanted to make his first discus final and tick off goal #2. Foul throw on #2 and sitting precariously close to the edge in 7th position (top 8 go to the final) with one throw left in the kit bag. This was his biggest

throw to come. Pressure all round as a number of boys were fouling and not throwing to their lead up form and Gummers put his last one into the net and finished 7th overall. A great result ,making the final and achieving a PB with his preferred event the PV to come.

Next up our dual athlete, top Vic swimmer and gun 400m runner Gabby King lined up for her 2nd national championships in the U18W 400m. Lining up in lane 9 it was always going to be hard to keep the inside runners at bay. A slower start out of the blocks saw her Vic team mate pull up alongside her but Gabby got going and kept her at bay and with 150m to go was in a good position. The hard effort put in earlier in the race saw it hard to keep the momentum going and Gabby finished with a time just outside her PB. Another championships under her belt and back to Melb in the morning before she jets off to Qld to represent Vic in swimming next week. Great season Gabby and wishing you all the best next week in the pool, go well 🍀

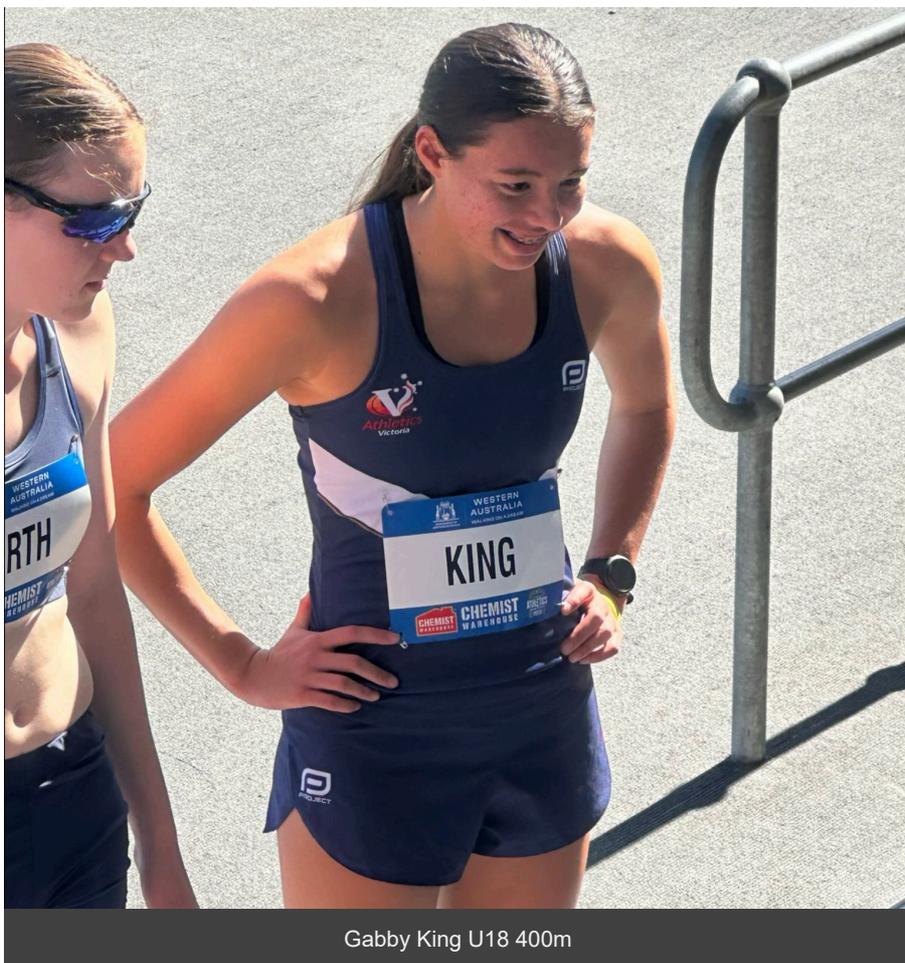
New to the club this season Alexandra Latief lined up in the heats of the U17W 100m hurdles. Not a lot of room for error in races such as these but making her way across all flights saw Alex come in 5th and set a new PB - woohoo. The 4 girls in front of her all set PB's as well so the track was producing fast times today with the sun shining. Finishing Top 10 at nationals and one place outside the final is something to be proud of. Well done Alex, a great season and hope you have enjoyed your first year with the club.

Last out on the track this afternoon we had James Hall lining up in the U13M 800m final. With the fastest time amongst the other finalists we knew they would be coming for James and seeing if they could take the title out here in the west. Well James was having none of that and even the commentator decided it was James no more and was calling him Jimmy 😜. After 100m James wanted to send a clear message "come and get me" and put the accelerator down putting 20m on his rivals. First lap in the 62's James didn't stop and applied further pressure and a gap in the field flying down the final 100m to set a new PB and CR of 2:05.18 and become the National Champion and the first medallist from OSAC. You little ripper James what a great race and season you have had with the 400m/1500m to come.

With 3 days under our belt tonight is an opportunity for athletes and their families to come together for a quick informal dinner before getting a good night's sleep and starting the week ready to go with only 2 days left in the junior championships. Think we have all deserved it.



Lachlan Gumley - Discus and Pole Vault



Gabby King U18 400m



Alex Latief U17 100m Hurdles.



Great to see the camaraderie of the Old Scotch/Team Vic families as they get together after 3 days of competition in Perth.

Old Scotch Athletic Club is super proud of all our 16 athletes who have qualified

to compete at the Australian Athletics Championships this year. The club has received generous support this year via a grant from the Old Scotch Collegians Association (OSCA). Their generosity has enabled us to continue the extremely important tradition of supporting our athletes with a small contribution of \$200 each towards their expenses on tour. We are immensely grateful and wish to thank OSCA for their support.

Qualifying athletes in 2025:

James Hall
Jayden Millie
Lachie Gumley
Hugo Stubbs
Tom Lindeman
Bart Leeton
Luke Bodle
Conor Sullivan
Pat Kroschel
Tom Roach
Phoebe Grant
Alex Latief
Will Katic
Gabby King
Aj Merry
Ed Beischer

Good luck to you all!

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.

Jamieson 5k Saturday 5th April 2025
Scotch College



A wonderful start to the 2025 winter season at the Jamieson

On the Monday before the Jamieson, the forecast was a dismal 16 degrees and showers. By Thursday it had changed to 18 degrees and chance of clearing showers.... and then on the day we had sunshine and around 20 degrees!! Absolutely perfect conditions for hosting the highlight of the APSOC cross country season, the 5km Jamieson race around the beautifully manicured grounds of Scotch College. After paying our respects to the founder of our club, Alex Jamieson, and one of the club's quiet achievers, David Purvis, who passed away in December after decades of dedicated service as timekeeper and official, the pack headed over to the soccer oval for the start.

Even before the gun, there was a cardinal buzz - for the first time in a very long time we equalled the number of competitors as Old Xavs (37 each, out of the 150 competitors). After starting at precisely 2:30pm, very quickly there were red singlets swarming to the front of the field... and while James Whelan from Old Xavs won the race in a course record time of 14:44, Rory Vial (2nd), Conor Sullivan (3rd), Connor Merrigan (5th), Luke Bodle (7th), Harry Shao (8th) and Peter Holland (10th) were all close behind, leading to a comfortable Scotch win in the open teams event - and demonstrating our extraordinary depth, given who was not available! Hopefully the first step in a Grand Slam at APSOC level this season. Our seconds team was third overall which is another marker of depth, with 3 under 14s, an under 16, an early 20s and a nearly 50 yr old - s nice spread of ages with an emphasis on the future!

Our achievements in the womens' teams event was surely our best ever - Amelia Watson, Isabella Bisko, Olive Armstrong and Belinda Guthrie came 2nd overall, with Old Scotch teams also in 4th and 6th places, quite a dominating outcome! Huge thanks to Karen Moir for encouraging many of her athletes to run for us.

The overage events were no less dominated by Old Scotch, with Mark Purvis snagging an 86% age grading in winning the M60s, while Lynton Williams and returning club legend John Cormack rounding out the trifecta in that category.

And for a brief moment we even added the handicap result to the list of achievements - but unfortunately Elliot Becroft was one race shy of eligibility... however his effort of smashing last year's time is very much noteworthy - he

As if that wasn't enough, we then undoubtedly sealed the "Best afternoon tea" award for 2025 - in dappled late afternoon autumn sunshine, on the deck of the cardinal pavilion with the river behind us, we enjoyed a sumptuous feast - huge thanks to all who contributed goodies, but especially to the hard workers Heather Danks, Candice Charles, Amanda Moudling, Caroline Beischer, Kate Unsworth and Abi Unsworth - we are so grateful for your efforts!

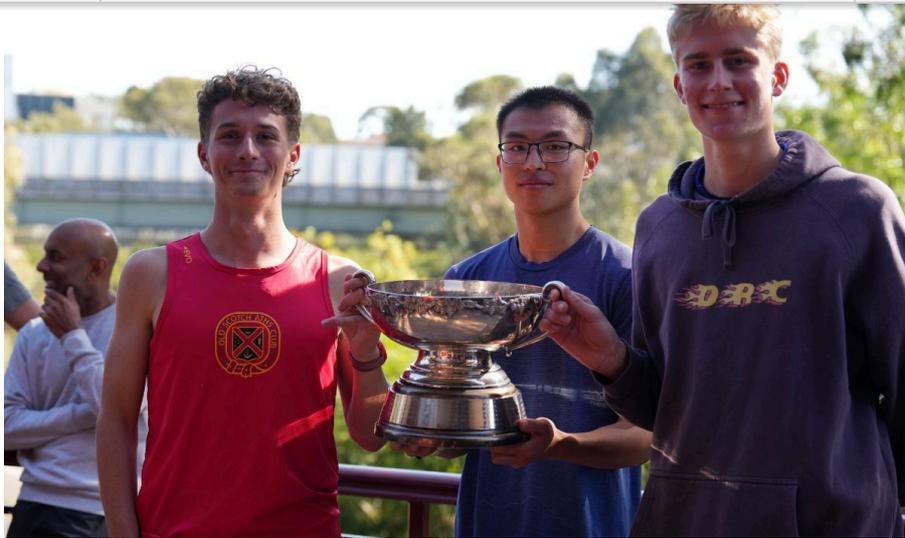
I would also like to say a huge thanks to those who answered the call to marshal - Gregor Evans (who took on the most challenging spot at the track junction!), Ian Handasyde, Stewart Handasyde, Henry Dawborn, Elizabeth Dawborn, Megan Sullivan (with assistant Ruby!), with APSOC legends Peter Le Get, Pete Bantrick and John McMillan lending a hand as always. Big thanks to our president Doug Campbell and his daughter Mari who also helped out with opening up/cleaning up and general support, to Gary Zuccala and Mark Purvis for the photos, and to all those who helped out collecting cones, encouraging junior athletes, and overall providing the sense of camaraderie and bonhomie which is what makes this such a great club.

So onwards and upwards for the rest of the 2025 Winter season - the Churchill 6/12km next week (April 12), the McPhail 8km on Sat 23rd April and then the next big one, the Dyson Tan Relay, on Saturday May 3rd.... hoping Old Scotch can have the fastest and second fastest men's teams and the fastest women's team!! Hopefully see many of you at these events.

Go Old Scotch!



The perfect day - verdant green turf awaits the field as it makes its way across the school grounds to the startline.



Rory, Harry and Conor with the spoils of victory.



Pete Simm did a fantastic job laying out the course on Saturday morning and coordinating the efficient running of the event. Thank you Pete.



Club stalwart Lachy Stewart, focused as ever.



Zach Unsworth in good form with Isabella Bisko in pursuit



Rory shows the zen balance required to be an elite cross country athlete



Philippa Danks takes the corner well



Peter Holland strides ahead



Peter Dodgshun keeps the streak alive!



Hey careful! Paris Powell has a Caulfield runner shadowing her closely



This one already blown up and put on the fridge by Mikey Simm, as for the first 1.5km he refused to let his father past. It's only a matter of time before that extends to the full 5km!



Olive Armstrong running strongly



The indestructible Mark Purvis with Lynton Williams behind.



Mari Campbell contributed well on and off the track



Kate Unsworth ran well to be 3rd in the W40 event.



John Cormack returns - a very impressive effort.



James Crilly followed on from a great track season with a terrific effort over 5km.



Henry Curlewis and Harry Zhao both had impressive runs.



Gerry Voukelatos - ran 1 1/2 minutes quicker than last year's event, well done!



Our chief photographer Gary Zuccala still doing v well at the running stuff too!



Elliot Becroft ran over 4 minutes faster this year than in 2024, a staggering achievement!



Our president, Doug Campbell, with club legend Tarquin Oehr in the background.



Connor Merrigan up near the front.



Caroline Beischer flew the flag for the Beischer clan.



Bobby Simm at age 11 the youngest of the Old Scotch crew



Amelia Watson, our fastest female and 5th fastest overall.



Oz Aitken acknowledges the fans.



Luke Bodle -what an effort, ran a fantastic race to come 7th overall and now off to Perth for nationals 48 hrs later!



The afternoon tea gurus with content patrons behind!

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. 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

communications. 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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