

The Dyson – Saturday 19th May, 2007

Training

Training this Sunday at Leonda @ 9pm – spread the word. I will be there and **Purvo** has promised to be there as well.

Dyson Summary

Another huge APSOC field on Saturday around the Tan. 222 athletes attended the race, which apparently is another APSOC record. OS had some great individual performances but unfortunately the team slipped one place on last year. The Div 1 team came fourth behind Old Haileybury, Old Xavier and Old Wesley. Old Haileybury had a very narrow win over Old Xavier who had **Dave McNeil** anchoring. Dave finished in a time of 10:59, the first APSOC runner to break 11 minutes since 2001. OX only lost by 6 seconds to OH and OX look to assert themselves as a powerhouse over the next couple of years.

Dyson Scratch

There were some brilliant performances by OS runners on Saturday. **James Atkinson**, in his first OS race this season, ran 11:51, the eight fastest time overall. Similarly, **Adrian Wallis** in his first race for the season ran 12:03 despite carrying a back injury. It was great to see these guys out there on the day giving it their all. **Rob Schwerkolt** ran 12:12 and **Darcy Long** had a PB in a time of 12:24. **Scott Lawrence**, suffering a cold ran a valiant 14:25, and **Andrew Pirie** out for his first race of the season, came home in a time of 14:27. Purvis, also crook, had a run in the 4th team. Mark's time was faster than the entire division 2 team!

Dyson Relay

Firstly, I apologise for the team organisation. There were some late withdrawals due to illness, which meant that teams had to be shuffled. **Suzy Wilson** said the “only thing running fast was her nose”. For the Geelong Relay, the teams will be roughly set before Saturday. I am bringing out the secret team management weapon of a magnetic board so names can be shuffled around painlessly and I won't get a stressed as I was on Saturday (I'm blaming that for my appalling performance).

Our Div 1 team came 4th overall. The time of 77:24 was just 30 seconds slower than last year. With no runners placed between 15th and 75th in the scratch race, our depth suffered considerable, and accordingly our division 2 slipped from a win at the Jamieson to a disappointing 6th at the Dyson. Our ladies team finished 10th overall, with **Lisa Lightfoot** and **Lynn Kisler** posting times of 16:46 and 16:52 respectively.

Focus on Tarquin Oehr

This week I am going to focus on **Tarquin Oehr** performances. For years, Tarquin has been the benchmark for consistency within the team. Comments often heard before a race may include “follow Tarquin, you will get a good time” or “I'm running with Tarqs today so I find some consistency”. So, lets have a look at

Tarquin's last dozen runs and establish whether or not he is that consistent. I removed one outlier at the Cooke-Mc as he hadn't raced for months. But otherwise we can see that his average speed varies little between distances.

Ant Rickards – GOR Marathon

While you were sleeping in on Sunday morning (or going for a light jog), **Antony Rickards** was competing in the Great ocean Road marathon. The highly scenic course is held over an unusual distance of 45km from Lorne to Apollo Bay. Ant completed the marathon component (42.198km) in 2.33.40 and the entire race in 2.43.52. He came fourth overall and was the 2nd Australian home.



Ant Rickards behind David Wynn.

Uniforms

APSOC is cracking down on incorrect uniforms. The uniform for Old Scotch is:

Red Singlet @ \$16 each, red shorts @ \$35 each

Please ensure that you have correct uniform to avoid being disqualified and losing valuable points.

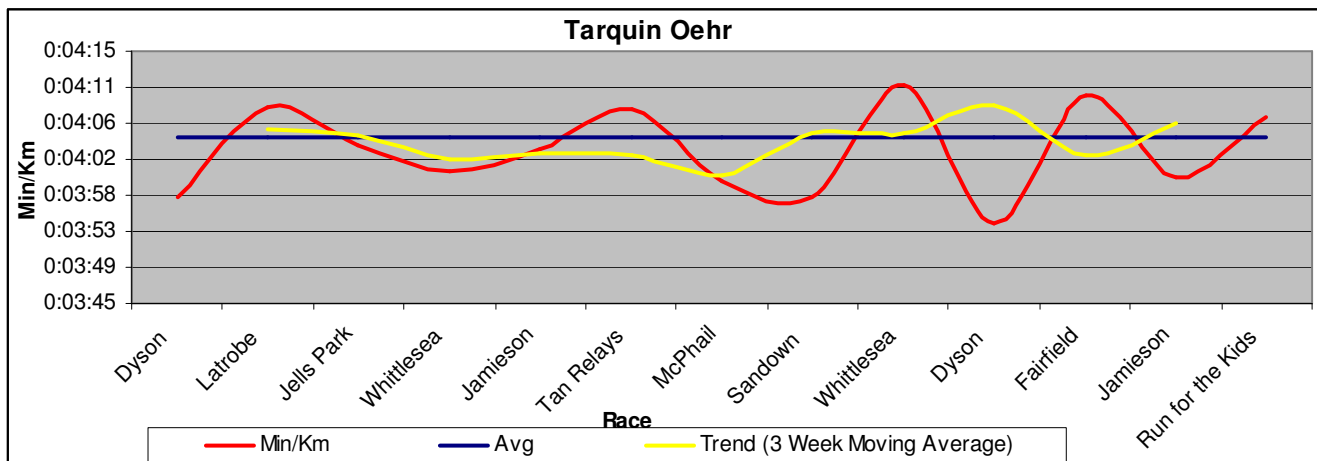
Next Race – Hare and Hounds

The next race is the Hare and Hounds. It is a set interval handicap race through the Berwick countryside. It involves some early paved running, followed by a grassy knoll (giant, muddy, quagmire hill), some unsealed road, farmland and a finish along another sealed road. Last year **Rob Schwerkolt** came fourth after starting third last. So come and enjoy a day in the countryside (though it is being developed at an alarming rate) and have a crack at the Hare and Hounds.

Where: Arch Brown Reserve, Berwick – 111 F6

When: Saturday 2 June @ 2:30pm.

OSC Athletic Club 2007-08: Sponsored by **Buddha's Belly - Licensed Cafe & Bar**
75 Chapel St, Windsor
Open 7.00 am - 3.30 pm - phone 9510 3696



APSOC AAA Frank Dyson Relay 3.82 km - 19 May 2007 - Scratch Results
Open

Pos	Name	Club	Time	Status
8	Atkinson, James	OS	11:51.0	
10	Wallis, Adrian	OS	12:03.6	
11	Schwerkolt, Robert	OS	12:12.0	
14	Long, Darcy	OS	12:24.0	
76	Lawrence, Scott	OS	14:25.8	
79	Pirie, Andrew	OS	14:27.6	
86	Purvis, Mark	OS	14:48.0	
97	Oehr, Tarquin	OS	15:01.6	
106	Feutrill, William	OS	15:15.0	
110	Aitken, Andrew	OS	15:26.4	
111	Wallace-Smith, Nick	OS	15:27.6	
118	Facey, Stuart	OS	15:39.0	
131	Cathie, James	OS	15:59.4	
134	Becroft, Ross	OS	16:03.4	
154	Lightfoot, Lisa	OS	16:45.6	Female
155	Holmes, Jon	OS	16:46.2	
157	Kisler, Lynn	OS	16:51.6	Female
164	Dodgshun, Peter	OS	17:03.0	
165	Lightfoot, David	OS	17:09.0	
168	Watson, Nigel	OS	17:12.0	
172	Oehr, Lucy	OS	17:33.6	Female
177	Wilson, Rob	OS	17:49.8	
187	Findlay, Colin	OS	18:37.8	
189	Galbraith, Georgina	OS	18:54.6	Female
191	Koike, Tamami	OS	19:03.6	Female
197	Holmes, Julia	OS	19:18.1	Female
198	Voukelatos, Gerry	OS	19:19.2	

APSOC AAA Frank Dyson Relay 3.82 km - 19 May 2007 - Team Results
Division 1

Plc	Team	Name	Time	Total
4	OS1	Wallis, Adrian	12.04	
		Atkinson, James	11.51	
		Pirie, Andrew	14.28	
		Long, Darcy	12.24	
		Schwerkolt, Robert	12.12	
		Lawrence, Scott	14.26	77.24
6	OS2	Oehr, Tarquin	15.02	
		Aitken, Andrew	15.26	
		Facey, Stuart	15.39	
		Wallace-Smith, Nick	15.28	
		Cathie, James	15.59	
		Feutrill, William	15.15	92.49
11	OS3	Becroft, Ross	16.03	
		Dodgshun, Peter	17.03	
		Lightfoot, David	17.09	
		Watson, Nigel	17.12	
		Holmes, Jon	16.46	
		Wilson, Rob	17.5	102.03
x	OS4	Holmes, Julia	19.18	
		Findlay, Colin	18.38	
		Koike, Tamami	19.04	
		Voukelatos, Gerry	19.19	
		Purvis, Mark	14.48	DNF

10OS1	Lightfoot, Lisa	16.46	
	Galbraith, Georgina	18.55	
	Kisler, Lynn	16.52	
	Oehr, Lucy	17.34	70.05