

# The Hare & Hounds – Saturday 2<sup>nd</sup> June, 2007

## Next Race

A big reminder!! The McPhail, is on Saturday 9<sup>th</sup> of June. It starts at 9:30am!! Don't miss the boat.

What: McPhail 8km

Where: Yarra Bend Park, Fairfield (Melway – 2D E5)

When: Saturday 9<sup>th</sup> June @ **9:30 am**

## Hare and Hounds Summary

15 Old Scotchies attended the Hare and Hounds at Berwick last Saturday. I enjoy the set interval race format, however the course is always tough. This year a total of 91 athletes completed the course, as opposed to 62 last year. The increase in numbers made the task more difficult for the back marker, **Rob Schwerkolt**, who was off a handicap of 21:40 (20:30 last year!). The increments this year were also 10 seconds, as opposed to 15 seconds last year. Our best performer in the handicap was **Peter Dodgshun**, who came 9<sup>th</sup>.

I have a feeling that most people will have been sore after that race. The many climbs and descents didn't really agree with many muscles in my body.

## Hare and Hounds Scratch

No real surprises that our best athlete was **Rob Schwerkolt**, who completed the course in 28:55. The big mover this year was the new President **Stuart Facey**, who had a big improvement of 1:18 on last year's performance. Stuart finished the course in an impressive 34:44.

## Hare and Hounds Handicap

The set interval handicap format always provides some entertainment. Everyone always loves having someone to chase down too! I would have to say though, that the start of the race was absolute mayhem. It wasn't very helpful having to stand in line while we could have been warming up. There were no problems at the Orchard with athletes missing their start time – why did we have to queue up here!!! Anyway, I've got that off my chest.

As stated before, our best performer in the handicap race was **Peter Dodgshun**, who came home in 9<sup>th</sup> place. The best "hound" on the day was **Dean Gasson** from Haileybury, who mercilessly mowed down 82 Hare's! The slowest hare was **Paul Meredith** from OB, who was passed by every runner. Our best hound was **Rob Schwerkolt** who passed 70 athletes. **Jon Holmes** passed 10 runners in total.

**Dave Lightfoot** has been given some terrible handicaps recently. After recovering from knee surgery late last year, Dave has soldiered on, but is faced with a handicap composed of some brilliant performances. Hopefully the handicap will adjust itself soon. Well done to David who has competed in all 5 APSOC races this season.

**Mark Cathie** raced for the second time this season, completing the course in 42:05. This is a great effort from Mark considering he was a "one-lap wonder" at school, and certainly not a long distance runner. Mark has also been battling commitments with Friday night after work drinks and a heavy social calendar to make it to cross-country on Saturday. So well done to Mark!

## This week's analysis...2006 comparison

Last report I did an analysis on **Tarquin Oehr**, and whether or not he was as consistent as everyone believed. I came to the conclusion that he was actually quite consistent, but my graph misrepresented that a little bit. I have never received so much feedback though about a report! Thank you to everyone who commented on it. Club great, **Leigh Vial** also gave me some ideas for future reports, so look forward to "who has handled fatherhood the best" and the most improved athlete this season so far. I'm tipping **Stu Facey**, **Lynn Kisler** and **Andrew Aitken** for that award. But you may have to wait a while as I'm on SWOT VAC at the moment and stretched for time. I'm also waiting for some more data (**Ross Becroft** to run more races).

This week's analysis is a comparison between this year's Hare and Hounds results, and last seasons.

Name	06 Time	07 Time	2006	2007	% Change
Dodgshun, Peter	40:03.6	40:22.0	44	60	0.79
Facey, Stuart	36:03.4	34:44.9	19	27	-3.65
Findlay, Colin	41:36.0	44:13.3	48	78	6.29
Holmes, Jon	38:50.3	38:23.8	37	52	-1.16
Schwerkolt, Robert	28:19.5	28:55.4	2	2	2.12
Voukelatos, Gerry	43:14.1	47:28.3	50	83	9.79
Wallace-Smith, Nick	35:58.4	36:38.5	18	37	1.85
Wilson, Rob	43:12.5	42:20.7	49	72	-2.01

Congratulations to all the athletes who improved their performance on last year's time. **Stuart Facey** must have done some training in between giving me lip for being an inconsistent and soft runner (which is all sadly true). **Gerry Voukelatos**, you have to stop eating lemon chicken and pizza's.

## 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.

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 Hare & Hounds 8 km - 2 June 2007 - Scratch Results**

Plc	Name	Club	Time	Status
2	Schwerkolt, Robert	OS	28:55.4	
27	Facey, Stuart	OS	34:44.9	
37	Wallace-Smith, Nick	OS	36:38.5	
50	Lightfoot, David	OS	38:22.4	
52	Holmes, Jon	OS	38:23.8	
54	Aitken, Andrew	OS	38:36.8	
58	Cathie, James	OS	39:38.2	
60	Dodgshun, Peter	OS	40:22.0	
67	Watson, Nigel	OS	41:26.7	
70	Cathie, Mark	OS	42:05.5	
72	Wilson, Rob	OS	42:20.7	
77	Lightfoot, Lisa	OS	43:48.0	Female
78	Findlay, Colin	OS	44:13.3	
79	Koike, Tamami	OS	44:40.1	Female
83	Voukelatos, Gerry	OS	47:28.3	

**APSOC AAA Hare & Hounds 8 km - 2 June 2007 - Handicap Results**

Plc	Name	Club	Fin Time	Hcp	Adj Time	Status	Net Change
10	Dodgshun, Peter	OS	49:52.0	9.3	40:22.0		-9
16	Wilson, Rob	OS	50:20.7	8	42:20.7		4
20	Schwerkolt, Robert	OS	50:25.4	21.3	28:55.4		-70
23	Holmes, Jon	OS	50:33.8	12.1	38:23.8		-10
36	Watson, Nigel	OS	51:06.7	9.4	41:26.7		18
42	Facey, Stuart	OS	51:14.9	16.3	34:44.9		-17
63	Wallace-Smith, Nick	OS	52:38.5	16	36:38.5		7
67*	Cathie, Mark	OS	53:05.5	11	42:05.5		41
69	Findlay, Colin	OS	53:13.3	9	44:13.3		55
73	Voukelatos, Gerry	OS	53:28.3	6	47:28.3		65
75*	Koike, Tamami	OS	53:50.1	9.1	44:40.1	Female	60
77	Aitken, Andrew	OS	54:06.8	15.3	38:36.8		24
80*	Cathie, James	OS	54:18.2	14.4	39:38.2		32
83	Lightfoot, Lisa	OS	54:58.1	11.1	43:48.0	Female	56
88	Lightfoot, David	OS	57:02.4	18.4	38:22.4		16