

The McPhail 8km – Saturday 9nd June, 2007

Next Race

The Geelong Relay is this Saturday. It is a race that counts for points, so please try your best to be there.

What: Geelong Relay (5 x 5.7km)

Where: Queens Park, Geelong (Melway – 451 D4) Left hand side immediately after the one lane bridge. Additional parking on the right hand side of the road.

When: Saturday 16th June @ 2:30 pm

New Athletes

On behalf of Old Scotch, I would like to welcome three new athletes. The first athlete is **Ryan Jackson** who had his first APSOC race on Saturday at the McPhail. His debut performance was nothing short of sensational! Ryan came second behind David McNeil in a blistering time of 25:54! Ryan is also a current member of Knox Athletic Club.

Our next new athlete is **Lee Furst**, who is also from Knox. Similarly, Lee came second in the female division in an equally impressive time of 29:31. Ryan must complete 10 races to begin qualifying for points, however Lee is immediately eligible for points in our female team.

Our final new member is **Sharney Innes** who was our second placed female in a time of 36:36. Well done Sharney.

Welcome guys!

McPhail Summary

There was a large turnout for Old Scotch on Saturday at the McPhail. 24 athletes competed. It was great to see **Dave** 'red rocket' **Lightfoot** powering down the hill at the start of the race. He assured me that this sprint didn't last, but he ran sufficiently well for the remainder of the race to take out the handicap division. This is the first OS athlete to win a handicap since 2005, where 4 athletes including **Stuart Facey**, **Peter Dogshun**, **Lisa Lightfoot** and **David Lightfoot** all had victories in races.

McPhail Scratch

Some very promising results this week at the McPhail. New athlete, **Ryan Jackson** came second overall and **Peter Simm** powered home in third place after a recent sabbatical to Europe, narrowly losing out to **Dean Gasson**. **Rob Schwerkolt** came

home in 6th place, and **Darcy Long** is beginning to show signs of consistency and maturity, coming home in 7th place. **Andrew Cochrane** had his first race of the season, finishing in 33 mins.

McPhail Handicap

As I stated before, **David Lightfoot** won the handicap race! Well-done Dave. **Nigel Watson** also had a good day, coming home in 4th place. **Peter Dogshun**, who always performs well in the handicaps, came 9th.

This week's analysis...Focus on Dave Lightfoot

David Lightfoot is one of the greatest OS athletes. His 1992 Dyson performance of 11:08 remains the 9th fastest lap of the Tan in the history of the event. His PB of 11:04 around the Tan is... pretty brisk and is matched by his modesty about his ability. His focus this year has changed somewhat. He is now determined to compete in every APSOC race in 2007. He is also showing rapid signs of improvement. Last week I wrote:

"**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."

So lets have a look back over his journey over the last couple of seasons.

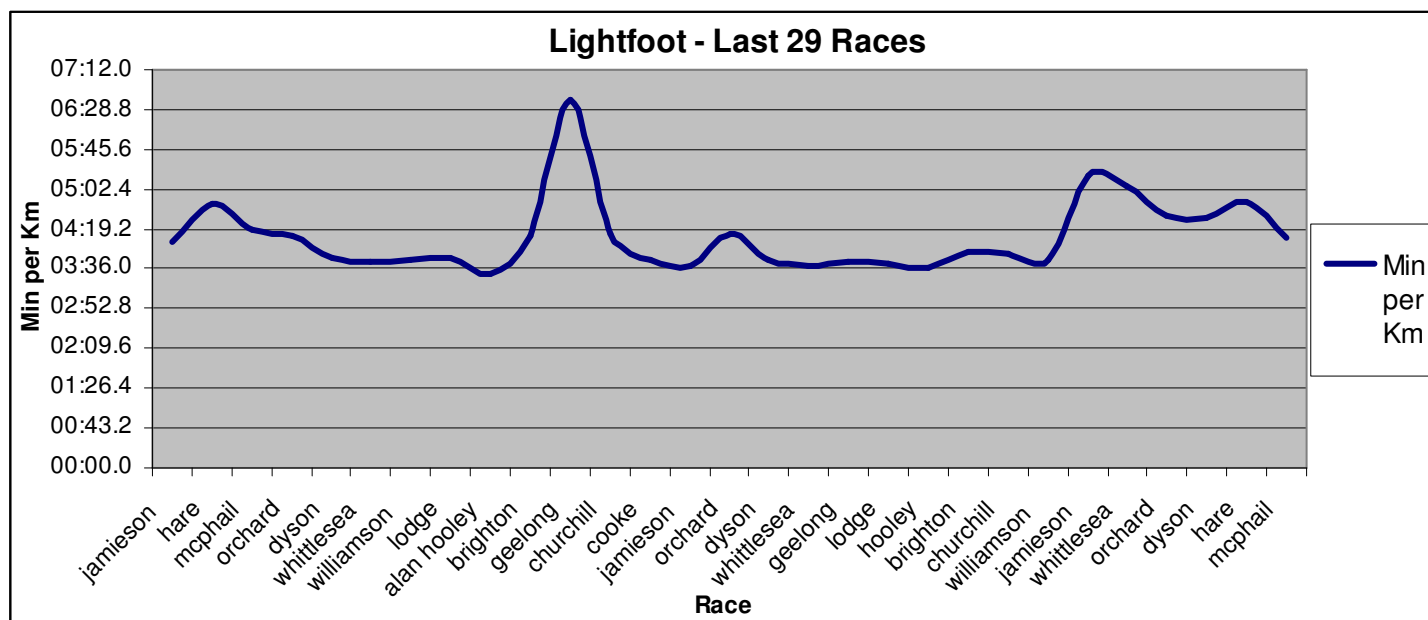
Uniforms

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



APSOCAAA Ken McPhail 8 km Sealed Hcp - Scratch Results - 9 June 2007

Pos	Name	Club	Time	Status
	Jackson, Ryan	IS	25:54.6	
3	Simm, Peter	OS	26:57.7	
6	Schwerkolt, Robert	OS	27:42.3	
7	Long, Darcy	OS	27:52.7	
16	Furst, Lee	OS	29:31.9	Female
26	Lawrence, Scott	OS	30:49.6	
33	Pirie, Andrew	OS	31:38.1	
44	Purvis, Mark	OS	32:25.1	
50	Facey, Stuart	OS	32:47.0	
51	Cochrane, Andrew	OS	33:02.4	
54	Lightfoot, David	OS	33:08.8	
73	Aitken, Andrew	OS	35:15.8	
74	Oehr, Tarquin	OS	35:17.2	
75	Wallace-Smith, Nick	OS	35:35.3	
78	Holmes, Jon	OS	36:05.4	
80	Innes, Sharney	OS	36:36.0	Female
86	Kisler, Lynn	OS	37:12.8	Female
90	Watson, Nigel	OS	37:37.0	
91	Dodgshun, Peter	OS	37:37.5	
93	Lightfoot, Lisa	OS	38:21.2	Female
98	Koike, Tamami	OS	40:18.9	Female
99	Wilson, Rob	OS	40:36.7	
110	Voukelatos, Gerry	OS	42:55.3	
117	Findlay, Colin	OS	49:18.5	

APSOCAAA Ken McPhail 8 km Sealed Hcp - Handicap Results - 9 June 2007

Pos	Name	Club	Fin Time	Hcp	Adj Time	Status
1	Lightfoot, David	OS	33:08.8	11.41	21:28.3	
4	Watson, Nigel	OS	37:37.0	15.15	22:22.3	
9	Dodgshun, Peter	OS	37:37.5	14.57	22:40.6	
12	Purvis, Mark	OS	32:25.1	9.39	22:46.3	
17	Pirie, Andrew	OS	31:38.1	8.37	23:01.5	
25	Koike, Tamami	OS	40:18.9	16.57	23:21.9	Female
35	Voukelatos, Gerry	OS	42:55.3	19.18	23:37.2	
45	Kisler, Lynn	OS	37:12.8	13.22	23:50.5	Female
47	Holmes, Jon	OS	36:05.4	12.14	23:51.8	
49	Facey, Stuart	OS	32:47.0	8.54	23:53.5	
52	Wilson, Rob	OS	40:36.7	16.38	23:58.9	
59	Schwerkolt, Robert	OS	27:42.3	3.37	24:04.9	
64	Simm, Peter	OS	26:57.7	2.41	24:17.1	
72*	Long, Darcy	OS	27:52.7	3.19	24:33.8	
73	Lawrence, Scott	OS	30:49.6	6.11	24:38.6	
74	Lightfoot, Lisa	OS	38:21.2	13.4	24:41.1	Female
	Jackson, Ryan	OS	25:54.6	0	25:54.6	
95	Aitken, Andrew	OS	35:15.8	9.15	26:00.8	
96	Cochrane, Andrew	OS	33:02.4	6.56	26:06.0	
98	Wallace-Smith, Nick	OS	35:35.3	9.03	26:31.9	
100	Oehr, Tarquin	OS	35:17.2	8.44	26:33.5	
108*	Furst, Lee	OS	29:31.9	0	29:31.9	Female
115	Findlay, Colin	OS	49:18.5	15.5	33:28.4	
118*	Innes, Sharney	OS	36:36.0	0	36:36.0	Female