

The Lodge 8km – Saturday 30th June, 2007

Next Race

The next race is the Alan Hooley Relay. This race is an APSOC Championship race, so we need all hands on deck. Already we have many big guns confirmed, so it should prove to be an entertaining afternoon or running.

The race is a fantastic concept involving teams of four; each runner has to run twice. The track is demanding and weaves through bush tracks with some moderate ascents and descents.

What: The Alan Hooley Relay - 4 x (2 x 3.3km)

Where: Gilwell Park, Gembrook, 299 F1 – It's a bit of a drive so prepare!

When: Saturday 14th July @ 2:30 pm

If you would like to race, could you please email me. Though not essential, this will assist in team organisation.

Lodge Summary

Good conditions on Saturday allowed for some great racing at the Lodge. It began raining, but stopped before the bulk of the field had started. 21 OS athletes competed, including **Caleb Griffiths** and **Daniel Li**, two schoolboy athletes racing their first APSOC race. Caleb came 4th in the handicap, but of course is ineligible to receive it, as he has not competed in the minimum number of events. **Lynn Kisler** was the only OS brave enough to compete in the 16km event. Well-done Lynn. **Rob Schwerkolt** and **Darcy Long** were the best-placed scratch athletes, coming 2nd and 3rd respectively.

Lodge Scratch Race

Good performances again from **Darcy Long** and **Rob Schwerkolt**. **Scott Lawrence** seems to be improving rapidly and **Sam Curry** had a solid run on his home turf. Schoolboys **Caleb Griffiths** and **Daniel Li** came 28th and 31st respectively. **Oz, Holmesy** and **Dodgy** came 44th, 46th and 48th respectively.

Lodge Handicap Scratch

Our best performer in the handicap race was debutant **Caleb Griffiths** who came 4th. **Peter Dodgshun**, always a strong consistent performer in this division came 6th. President **Stu Facey** came 9th.

Bob Grant

You may have heard that last week, former Old Scotch Athlete and Champion **Bob Grant** passed away. **Colin Findlay** provided the following notes.

Former Old Scotch champion athlete R.J.(Bob) Grant died last week. Bob had an outstanding record in athletics both as an athlete and as master in charge of athletics at Scotch in the 1960's.

Bob joined the Club in 1951 and was a key to a great decade of success for Old Scotch in Victorian track and field competition. As an individual he had a record which would be rivalled by few athletes in Australia.

During his most active years Bob won the Australian Javelin title three years consecutively and was placed on other occasions. Similarly he won the Victorian Javelin title on five occasions (four consecutively) and was placed in four other years. He reset the Victorian record four times. But most notably Bob achieved the pinnacle for an athlete, representing Australia in the Olympic Games. In 1956 at the Melbourne Olympics he threw the javelin and set a new Victorian residential record.

Bob was also a great all-round athlete. He held the Victorian Decathlon Championship for three consecutive years and again he was placed at other attempts. He was also placed in State Pole Vault Championships. Bob was regularly chosen to represent the State at Australian Championships or interstate and international meetings.

Bob was in everything in Interclub competition and was at times the key Old Scotch athlete in the javelin, pole vault, discus and hammer throws, the long and triple jumps, sprints, 400m, 800m, hurdles, and relays. There was nothing that he did not take on (maybe the steeple ?) and not surprisingly he was the Club's leading point scorer for several seasons in the 1950's.

The Club elected Bob to Life Membership in 1974, (only the second in the Club at that time after our founder Alex Jamieson), in recognition of his outstanding achievements as an athlete, and in appreciation of his contribution to the Club and its young athletes.

Jon Holmes

I felt it was time to check out **Jon Holmes** performances. I have it stuck in my mind that Jon is ALMOST as consistent a runner as **Tarquin Oehr**. I've heard rumours that he has run every day for the last 10 years. He competes in summer competition, where has done the walk too, and he is also a fanatical marathon runner. It is also rumoured that his best marathon time is 2.59 and that occurred on a day where there was a 50 knot tail wind. Jon is also a very generous sponsor of the club.

Let's have a look at Jon's results for this season.

	Time	Distance	Min per Km
Jamieson	22:22.6	5	04:28.5
Whittlesea	52:44.3	10.55	04:59.9
Orchard	46:08.1	10	04:36.8
Dyson	16:46.0	3.8	04:24.7
Hare and Hounds	38:23.8	8	04:48.0
McPhail	36:05.4	8	04:30.7
Geelong	24:31.0	5.7	04:18.1
Lodge	35:18.0	8	04:24.7

Wow! They are all over the place! Though his results exhibit significant improvement over the last 3 races. Hare and Hounds as we know is a tough race and this will be an outlier. I think the figures may be lying a little bit.

His graph on the following page shows some classic peaks and troughs. They are starting to flatten though. I'm predicting 4:20 min per km for the Hooley.

Uniforms

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

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

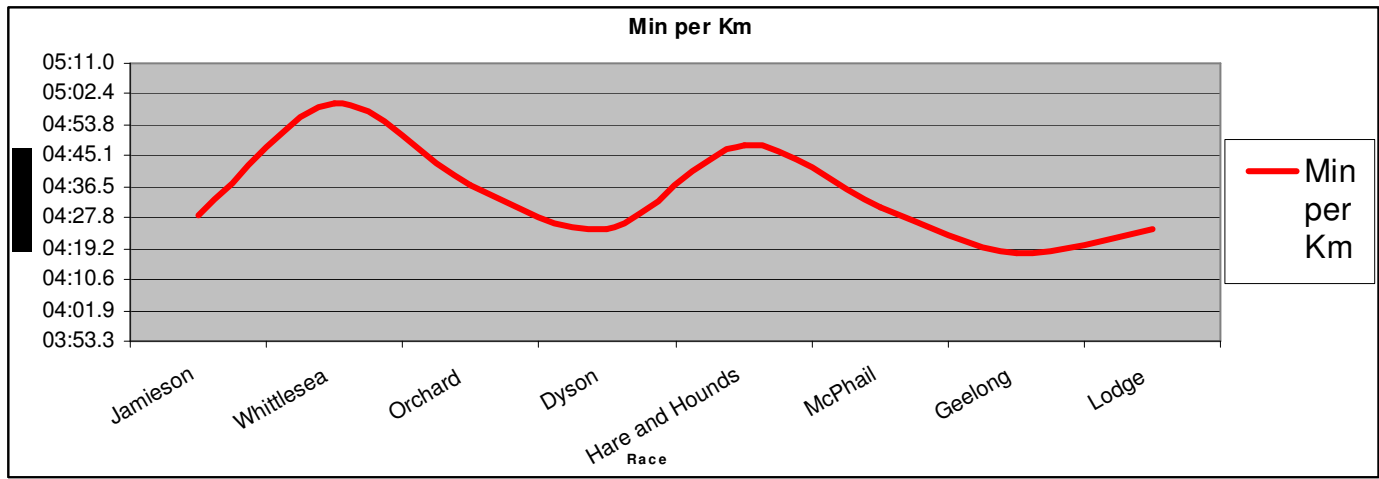
Please ensure that you have correct uniform to avoid being disqualified and losing valuable points.

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Scratch Results

Lodge 8km Handicap - 8000 metres

Pos	Name	Club	Scratch Time	Status
2	Schwerkolt, Robert	OS	26:16.7	
3	Long, Darcy	OS	27:22.3	
13	Lawrence, Scott	OS	29:30.6	
16	Curry, Sam	OS	29:48.3	
22	Griffiths, Caleb	OS	30:48.0	
28	Facey, Stuart	OS	31:58.1	
31	Li, Daniel	OS	32:52.0	
32	Wallace-Smith, Nick	OS	33:13.6	
35	Cathie, James	OS	33:29.4	
36	Lightfoot, David	OS	33:41.6	
44	Aitken, Andrew	OS	35:03.0	
46	Holmes, Jon	OS	35:18.0	
48	Dodgshun, Peter	OS	36:16.5	
49	Lightfoot, Lisa	OS	36:25.5	Female
54	Watson, Nigel	OS	37:25.5	
59	Koike, Tamami	OS	40:16.0	Female
61	Voukelatos, Gerry	OS	41:10.2	
62	Findlay, Colin	OS	42:24.5	

Lodge 16km Handicap - 16000 metres

Pos	Name	Club	Time	Status
19	Kisler, Lynn	OS	26:54.0	Female

APSOCAAA Lodge Handicaps – 30 June 2007 – Handicap Results

Lodge 16km Handicap - 16000 metres

Pos	Name	Club	Time	Handicap	Adj Time	Status
20	Kisler, Lynn	OS	41:14.0	14.2	26:54.0	Female

Lodge 8km Handicap - 8000 metres

Pos	Name	Time	Club	Handicap	Adj Time
4*	Griffiths, Caleb	28:48.0	OS	58	30:48.0
6	Dodgshun, Peter	28:56.5	OS	52.4	36:16.5
9	Facey, Stuart	29:18.1	OS	57.2	31:58.1
20	Holmes, Jon	29:38.0	OS	54.2	35:18.0
23*	Li, Daniel	29:52.0	OS	57	32:52.0
25	Lightfoot, Lisa	29:55.5	OS	53.3	36:25.5
26	Koike, Tamami	29:56.0	OS	49.4	40:16.0
27	Schwerkolt, Robert	29:56.7	OS	63.4	26:16.7
33	Lawrence, Scott	30:20.6	OS	60.5	29:30.6
36	Watson, Nigel	30:25.5	OS	53	37:25.5
39	Curry, Sam	30:38.3	OS	60.5	29:48.3
47	Lightfoot, David	31:11.6	OS	57.3	33:41.6
48*	Long, Darcy	31:12.3	OS	63.5	27:22.3
49	Wallace-Smith, Nick	31:13.6	OS	58	33:13.6
54	Voukelatos, Gerry	31:40.2	OS	50.3	41:10.2
55	Findlay, Colin	31:44.5	OS	49.2	42:24.5

57*	Cathie, James	31:49.4	OS	58.2	33:29.4
68	Aitken, Andrew	32:53.0	OS	57.5	35:03.0