

The Lodge Handicap, Saturday 1st July, 2006

Summary

Warning, this report is going to be more disjointed than usual. I think I have the flu and I feel terrible.

It was a small turnout on Saturday for the Lodge Handicap at St Kevin's College. A new out and back course was christened and Old Scotch saw success in both 16km and 8km categories through Rob Schwerkolt and Pete Simm. The course proved to be very fast, and ideal conditions saw some brilliant times.

Scratch Race

Our sole runner in the 16km race was Rob Schwerkolt who completed two laps of the course in a lightning 55 minutes! It was great to see Rob mow down most of the other participants, and he finished 6th in the handicap section!

In the 8km race Pete Simm pulled off another win in 25:44.6. Dave Lightfoot cruised into the top ten and was looking very strong on the course. Duel of the day went to Ross Becroft and Stuart Facey. Stuart was determined to chase down Ross, but Ross just held out. Looks like Rosco is just starting to hit some form, and by his own admission, he just needs "a couple more gears".

Due to popular demand, I have included 2005 race times and positions. (Well, it was the demand of P. Dodgshun and S. Facey. That's too obvious, Peter D and Stuart F. This actually means though that two people read this newsletter!) . These will be of little use this week as it is a new course and can't really be used for comparison. We can however conclude that either the course was significantly easier, or most of the team has improved out of sight. For example, check out Jon Holmes!

Full Results

See Scotch results below, OR for full results: <http://www.geocities.com/apsoc/>

Next Race

The next race is one of the "Big Six". It is the Alan Hooley Relays at Gilwell Park, Gembrook (Melways 299 F1) on Saturday 15th July. This means we need all hands on deck!

Antony Rickards - Marathon PB!

Some of you may know that Old Scotch/APS/Old Wesley runner Antony Rickards was selected for the Victorian Marathon Team to compete at the Australian Marathon Championships at the Gold Coast. On Sunday the 2nd of July, probably when you were just waking up, Antony had already completed the course in a blistering 2.26:38, and placed 10th overall! Well done Ant.

Volunteers

Old Scotch is required to set up some tables in the hall and clean up afternoon tea for the Alan Hooley Relays. This will require only a few people, but if you are able to help out can you please contact me by email. It won't be a very difficult task, it just needs to be done! Thanks.

Recruiting NOW!

If you know of anyone who is a keen runner, or anyone who just wants to get fit - BRING THEM DOWN, or contact me.

Mobile: 0438 925591 Home: 9882 3828

Work: 9544 2122 (Monday and Tuesday)

Email: n.wallace-smith@pgrad.unimelb.edu.au

Cheers

Nick W-S, Cross Country VP

OSC Athletic Club 2006-07: Sponsored by **Buddha's Belly** - Licensed Cafe & Bar
75 Chapel St, Windsor (near Windsor Station, Dandenong Rd end of Chapel St)

Open 7.00 am - 3.30 pm
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APSOCAA Lodge Handicaps - 2 July 2005 - Scratch Results**8 km**

Plc	Name	Club	Time	Status	2005	Plc
1	Simm, Peter	OS	25:44.6			
10	Lightfoot, David	OS	29:33.4		30:15.8	11
16	Becroft, Ross	OS	32:34.9		34:29.7	24
17	Facey, Stuart	OS	32:50.7		33:44.8	23
29	Holmes, Jon	OS	35:29.7		45:20.5	60
32	Dodgshun, Peter	OS	35:56.5		38:07.2	40
33	Lightfoot, Lisa	OS	36:19.0	Female	38:32.5	44
38	Watson, Nigel	OS	37:25.7		37:38.2	37
39	Findlay, Colin	OS	37:36.4			
42	Galbraith, Georgina	OS	38:03.8	Female		
47	Wallace-Smith, Nick	OS	40:12.1			
52	Wilson, Rob	OS	42:49.1		45:53.7	61
DNF	Lawrence, Scott	OS				

16 km

Plc	Name	Club	Time	Status
1	Schwerkolt, Robert	OS	55:01.9	

APSOCAA Lodge Handicaps - 24 June 2006 - Handicap Results**8 km**

Pos	Name	Club	Time	Hcp	Adj Time	Status
4	Dodgshun, Peter	OS	28:46.5	52.5	35:56.5	
10	Lightfoot, David	OS	29:13.4	59.4	29:33.4	
12	Becroft, Ross	OS	29:14.9	56.4	32:34.9	
13	Watson, Nigel	OS	29:15.7	51.5	37:25.7	
19	Simm, Peter	OS	29:34.6	63.5	25:44.6	
21	Findlay, Colin	OS	29:46.4	52.1	37:36.4	
29	Facey, Stuart	OS	30:10.7	57.2	32:50.7	
31	Galbraith, Georgina	OS	30:13.8	52.1	38:03.8	Female
42	Lightfoot, Lisa	OS	30:59.0	54.4	36:19.0	Female
43	Holmes, Jon	OS	30:59.7	55.3	35:29.7	
51	Wilson, Rob	OS	31:49.1	49	42:49.1	
61	Wallace-Smith, Nick	OS	37:12.0	57	40:12.1	

16 km

Pos	Name	Club	Time	Hcp	Adj Time	Status
6	Schwerkolt, Robert	OS	30:41.9	35.4	55:01.9	