

ST STEPHENS HARRIERS

ATHLETIC CLUB INC



ANNUAL REPORT

2016 – 2017

ST STEPHENS HARRIERS ATHLETIC CLUB INC

Registered No. A0023951P

ANNUAL REPORT FOR THE YEAR 2016 / 2017

*PRESENTED AT THE ANNUAL GENERAL MEETING
Saturday 19th August 2017*

OFFICE BEARERS

2016/2017

President

Vice President

Honorary Secretary

Honorary Treasurer

Editor

Registrar

Cross Country Captain

Track and Field Captain

Honoury Auditor

Honoury Club Historian

Committee

Peter Westwood, Sally Naylor, Luke Frazzetto, Lachlan Aspinall, Whitney Sharpe and Michael Goerke

Greg Nolan

Greg Schofield

Helen Nolan

Jamie Wagstaff

Stuart Cooper

Pat Robinson

Jamie Wagstaff

Ben Simms

Michael Geraghty

Wal Robinson

Honorary Life Members

**G.E.Langford, *M.W.McMillan, *F.W.Page, *R.G.Riches, *E.G.Leete, *W.D.Brown, *M.V.Boyd, *R.W.Osborne,*T.N.Vines, *A.H. Lonnquist, *J. Biggins, *O.E.Davies, R.D.Young, *J.Draper, *R.W. Field, B.K. Tregenza,*N.R. Osborne, *R.A. Turner, D.W. McNair, *F.Coldrey, *H. Stanton, M.Goerke, A.Franzke, B.R. Mee, P.J. Robinson, L. Jachno, P Westwood, *S.Young, A.W. Robinson*

* Deceased

S.S.H. OLYMPIANS

1924 H.A.Austin, M.V.Boyd, D.V.Duigan, J.C.Lane, J.H.Newman

1928 T.H.Morris

1936 G.Backhouse

1948 R.Weinberg, C.Green

1952 R.Weinberg

1956 R.Blackney

1964 I.Tomlinsom

1968 D.J.Clayton, R.Weinberg (official)

1972 D.J.Clayton, B.W.Field, R. Finlay

1976 D.Hanly, R.Mitchell

1980 R.Mitchell

1984 M.Hillardt, R.Mitche

1988 M.Hillardt (selected, but withdrew due to injury)

PRESIDENT'S REPORT

St Stephen's Harriers Athletics Club Report 2016-17

The past year has been a year of significant change for the club, change that will put us on track to continue to be a successful and sustainable athletic club catering for the south eastern region of Melbourne.

To start the report I must offer my congratulations and thanks to two great stalwarts of the club who stepped down from their long standing roles and assisted in "passing the baton" after many years of dedicated selfless service.

Pat Robinson stepped down from her role as club secretary, but retains the role of registrar, in a gradual transition that will ease her workload but continue her involvement with the club. We all thank Pat for her efforts over the past 40 years understanding that the club well may not have weathered the challenges faced over recent years without her dedication.

The past year also saw Michael Goerke stand down from his role as Treasurer, a position held for the past 30 years. Without Michael's efforts, the finances of the club may not be in such good order, allowing us to focus on nonfinancial matters necessary to build and sustain the club's future. Again, the club extends its sincere thanks to Michael.

As previously mentioned, the past year has been a time of change – new coaches, new office bearers, new emphasis (XCR).

The appointment of Run Ready and Nick Bowden to the role of club coach continues to evolve and, in its first year of implementation, has played a key role in ensuring the club's ability to field a very competitive team in the Men's 2017 cross country season. Although early days, the success of this program exceeds all expectations.

The committee also has commenced a revamp of the club's website. Although this is still work in progress, initial indications are good and we hope that the outcome will be a more modern interactive site than currently in use.

But this is just the start. We need to build on these changes and revitalize the club to make it an attractive proposition with the goal of creating a club of destination for all local athletes. We have started to see the beginnings of this, but need to do all we can to encourage this success and make the club one where athletes feel they can reach their potential and be part of a leading athletics club. There is no easier way to do this than performing on the track each week and ensuring that people see a red, white and blue singlet where ever they look. Remember success breeds success.

But in an era when there are many distractions and competing influences, the sport as a collective faces similar challenges to those faced by each individual club. We are no exception, and collectively and individually face the challenge of remaining an attractive and relevant sport and club that lives the values of a competitive, yet welcoming and progressive organization.

AV is meeting these challenges in different ways by offering varying membership packages, engaging more with each club and turning their attention to the growth of recreational running within the community. SSH must tap into these initiatives as well as explore its own growth opportunities.

There is much we can do and many ways to meet these challenges. But to rise to the occasion we need to work together to create an environment where we can all be proud to call SSH "our" club and reflect the efforts of those in the past and present and enjoy the satisfaction that we have created a premier athletic club that is accessible to all.

We need to think about future alliances, the lack of a "home" training facility and the need to source funds to ensure the ongoing viability of the club. In today's world a club such as ours will not be able to exist unless we can tap into an ongoing revenue stream that supports future athletes and our facilities (coaching, uniforms, scholarships). These are some of the immediate challenges we face.

In an effort start this process and to build closer ties, and benefit from connections with, many retired club members, the committee is proposing a much more active social calendar for the coming year. Our first initiative is a dinner/presentation evening later in the year when the club champions and trophy winners will be announced. This will potentially also act as a fund raiser to allow us to build up financial reserves that can be used to help us achieve our goals.

Thanks to the Committee for another year. Without your efforts and commitment the club would not survive. Your regular contribution to discussion and the necessary work is appreciated. In particular Jamie Wagstaff who has taken on the role of Treasurer. Helen Nolan, Secretary and also Jake Pedley who worked with Swinburne Uni to redesign our website. Also I must thank Greg Schofield who has been a wonderful support to myself and Helen throughout the year.

Thanks to those who have no formal role with the club, but who pitch in to help when asked. Particularly I

speak of those parents, partners, siblings who act as officials when asked or assist in arranging a social event which raises much needed funds. These are often thankless tasks, but essential for the smooth running of each meeting and sometimes even ensures we keep premiership points. I encourage all who can to keep up their efforts in the coming years to ensure the continued success of the club.

Also my thanks go to Wal Robinson and Nick Bowden who have all been instrumental in their respective coaching roles and whose efforts are bearing fruit with the success the club is currently having in the Cross Country season.

Finally, I must thank the athletes who continue to represent the club admirably week after week in all sorts of weather and track conditions. Your enthusiasm and drive for success feeds the actions of all the official and office bearers and gives inspiration to all who want to see SSH thrive and experience the success of past years.

Greg Nolan



Tan Relays Bronze Podium September 2016 Sven Richter, Lachlan Connell, Ben Buckingham, Ben Sims and Sam Quirk

**** OBITUARIES ****

NORM OSBORNE (1936-2016)

SSH Life member



Norm (left) wears the OAM medal, presented to him by Governor John Landy.

A one-time hurdler who found his true calling as a coach, Norm Osborne touched the lives of hundreds of athletes over a six-decade period, helping them set and reach their goals. Star runners and club battlers alike benefited from his knowledge, guidance and vision, as well as his own eagerness to learn and be the best coach he could be.

St Stephens Harriers was blessed to have both Norm and his revered father, Bob, as coaches over a combined period spanning 40-odd years.

While Norm coached SSH athletes at all levels, it was his work in advancing elite athletes to the peaks of their careers that ranked him among the greats of Australian athletics coaching. Ian Blackwood, Rick Mitchell, Michael Hillardt, Gary

Bently, Don Hanly (all SSH), Rohan Robinson and Margaret Crowley represent just a few of those who reached the heights of international athletic under his care. In addition, Norm coached and lectured in places as diverse as Indonesia, Kenya, China, Canada, the UK and Pacific nations including Papua New Guinea, and he was appointed Head coach or Manager of a range of Australian teams at Commonwealth and World championship level. His services to athletes and athletics earned him many honours, culminating in the prestigious Order of Australia medal which was presented – fittingly – by the Victorian governor, champion miler John Landy!

Saddened as we are at Norm's passing, we are also thankful to have had a man of his calibre associated with our great club for so long. He was one of the reasons for its greatness. Again, we extend our condolences and best wishes to Jan and their family.

SHIRLEY YOUNG (1926-2016)

SSH Life member

Shirley Young – wife, mother of three, late convert to distance running – achieved wide recognition, not simply through her running exploits, but as a flag carrier for sportspeople of advanced age and bearers of disability. Through her exploits, her message to all those beset by pessimism and negativity was, 'Get out and do what you can do, while you can.' This outlook underpinned a running career that saw her set world records in age-group ultra-distance races, stockpile a treasury of medals, trophies and certificates and (perhaps most proudly) establish herself as a founder member of the Melbourne Spartans, a select group who completed the first 30 Melbourne Marathons!

Shirley's unbroken association with SSH began in 1947 as a



Shirley and Ron – inseparable Saints

supporter, through which she met and later married Ron Young. She worked on social committees, ran the SSH Little Athletics Club and served on both the SSH and SSWAAC committees. Her work over this period earned Shirley Life membership in 2006.

Diagnosed with Alzheimer's Disease (a condition which, to many of us, would mark the end of any meaningful life as we know it), Shirley made the most of each day, continuing to run, train and race, and be a wife and grandmother. Her exploits gained her the affection and respect of the wider Australian sporting community, as well as advocates of mature age participation and engagement in society. They also brought welcome media coverage, furthering her message to a still wider audience.

Farewell, Shirley. You're a legend! Our love and best wishes go with Ron and family.

SECRETARY'S REPORT

As this is my first report as secretary of St Stephens Athletic Club I want to commence by thanking club members for assisting me in a period of change for the club that continues to require a lot of work by many people who are also new and still learning about the procedures and protocols of SSH and AthsVic.

In particular I wish to thank Pat Robinson, who has been in this role for 30 year and continues to fulfil the critical role of Registrar, Wal Robinson, previously the club coach and custodian of the clubs historical archives, and Greg Schofield, a relatively “recent” club member, 15 years, all who have guided me through the vagaries of Aths Vic and the legal protocols of maintaining SSH as an ongoing entity.

As previously mentioned, the past year has been a year of change for the club. The transition period continues and to be successful, will require the support of all its members to ensure we stay at the top of the AV competition as well as continue to provide an avenue for any aspiring athlete to fulfil a dream of reaching the heights of the sport. I see my role as one part of the jigsaw required to provide a foundation upon which individuals can make this happen.

The club membership for 2015-2016 was 49 and for 2016-2017 is 34 competing members.

I can't let the efforts of our club helpers go unnoticed. This is a necessary duty requested by AV to ensure all competitions are run smoothly and safely and that our athletes compete in an environment that reflects the highest of standings in the world of athletics. Thanks to all those who responded to my plea for help. I really appreciate your efforts.

Also thanks to Stu Cooper, who continues to produce our newsletter, “The Journal” to such a high standard. It acts as a wonderful way to keep in touch with past members as well as recording the history of the club for years to come.

The club would also like to thank Michael Goerke for his dedication as Treasurer who stood down at the last AGM for Jamie Wagstaff. Michael was in this role for 25 years and throughout that time guided the club financially ensuring that we were able to focus on the world of athletics without worrying about finances.

In conclusion, I would like to thank our President Greg Nolan for his continued leadership over the last 12 months and the committee for their support. I would like to wish the upcoming committee members and supporters a successful 2017-2018.

Helen Nolan



Jells Park: Carmel Moorhead, Jake Pedley, Wal Robinson and Matt Herten April 2016

CROSS COUNTRY REPORT FOR 2016



Round 1 – Jells Park Victoria Cross Country Relays

Mens Premier Division team made a fantastic start to the season, finishing a close 3rd. It was great to see the team competing at the front of the race and looking at the final results we were only 20 seconds off the leaders which should give all involved a lot of confidence going forward. Fantastic team effort and a sign of things to come! Wal Robinson, claims this result is SSH's best A Grade CC relay placing (3rd) since 1982, with 5k legs at Ballarat. The last A grade CC team win was the 1974 for a 15k event.

Our women's open team were firstly able to field a team which is big positive as there were a couple of rounds last year where this was a struggle. Whitney and Sally both ran significantly faster than last year, building off their big track season, and should both be looking forward to good a good xc season with PBs and top 30 finishes! Carmel and Sid both opened up their XC season with solid runs to round out the team. Another great sign was that we were able to enter a girls under 20 team. It was great to see some new faces. Well done Francesca, Claire and Annika, we look forward to the three of you representing SSH in upcoming races this season.

Self-appointed team captain Ben Sims made it clear pre-race that SSH need to win div 6 this season and this was clearly demonstrated when Cam led the team off and cracked the elusive 20min barrier for the first time. Strong runs from Ben (1.15min PB), Luke and Matt ensured they were never in doubt and even lapped a number of teams.

MO D1 3rd/10

1.	Tom Thorpe	18.58
2.	Ben Buckingham	19.08
3.	Lachlan Connell	18.36
4.	Sam Quirk	19.32
5.	Jamie Wagstaff	18.59
6.	Lachlan Aspinall	18.55

MO D6 1st/11

1.	Cameron Clayton	19.58
2.	Ben Sims	21.56
3.	Matthew Herten	23.16
4.	Luke Frazzetto	23.09

WO D3 9th/13

1.	Whitney Sharpe	22.54
2.	Sally Naylor	23.50
3.	Carmel Moorhead	32.04
4.	Sid Lowe	35.44

W20 6th/10

1.	Francesca Cullity	11.48
2.	Claire Morgan	13.26
3.	Annika Read	12.19

Round 2 – Wandin Park Cross Country

Congratulations to SSH cross country champions for 2016 Whitney and Lachie who took home the Langford and Robinson trophies. Great runs by both and hopefully a sign of more things to come.

MO D1 team had all six runners finish before any other club (all inside the top 30), however as other clubs had runners inside the top 10 we were relegated to 3rd place. This is still a fantastic result and shows just how competitive we are at the moment. It was also great to see new members Nick Maguire and Caellum Crowe running, both performed very well and contributed significantly to the overall team results.

The women's team welcomed back Caroline MacCullum and were able to convincingly win division 3. Fantastic runs from Whitney and Sally who both finished inside the top 20 thanks to using their heads and starting out conservatively which enabled them to run past a number of other competitors over the last 2-3km.

Team results:

MO D1	3/10
MO D6	1/16
WO D3	1/15

Individual results:

Lachlan Connell	11 th	28.07
Jamie Wagstaff	16 th	28.23
Lachlan Aspinall	22 nd	28.38
Tom Thorpe	25 th	28.42
Ben Buckingham	28 th	28.53
Caellum Crowe	30 th	28.58
Sam Quirk	35 th	29.25
Luke Frazzetto	135 th	33.46
Ben Sims	140 th	33.58
Nick Maguire	149 th	34.15
Matt Herten	239 th	37.48
Greg Schofield	356 th	46.29

Whitney Sharpe	10 th	24.14
Sally Naylor	17 th	24.28
Caroline MacCullum	89 th	29.06
Carmel Moorhead	191 st	38.14
Sidonie Lowe	207 th	42.45

Round 3 – Cruden Farm Heritage Round

Fantastic performance by the MO Premier Division with Lachie and Ben leading the charge well inside the top 20. In particular I'd like to call out Cam Clayton. While 16K is probably not the most appealing for an 800m runner Cam not only put himself on the start line for the team, however well and truly cracked 60min which shows the shape he's in. Look out for the road races and the track season later in the year. While the official scores haven't been released by AV based on our add up the MO premier division team came 2nd and will most likely leapfrog APS on the ladder to sit 2nd overall with a 4 or 5 point buffer on 3rd. Great result.

The WO team also performed strongly. Whitney and Sally both finished inside the top 20, looking at the women's results this was potentially a stronger field compared with the last race at Wandin Park which demonstrates that both have now cemented themselves at top 20 runners (maybe a top 10 before the season is finished?). Carmel and Sid rounded out the team with some solid performances.

WO 8K	
Whitney Sharpe	13 th 29.50
Sally Naylor	18 th 30.36
Carmel Moorhead	171 st 45.52
Sidonie Lowe	182 nd 51.03

MO 16K		
Lachie Connell	16 th	53.05
Ben Buckingham	19 th	53.19
Jamie Wagstaff	25 th	53.41
Caellum Crowe	26 th	53.47
Lachy Aspinall	39 th	54.59
Sam Quirk	41 st	55.05
Cam Clayton	around	58mins
Matt Herten	179 th	1.06.57

Round 4 – Ballarat 15km Road Race

Men's division 1 proved that we are now genuine top 3 contenders with a 2nd place finish. Lachie closed out an inspiring start to the season finishing 8th. During my time at SSH I've never seen anyone finish within the top 10 in an individual race, Wal or Pat will be able to confirm the last time we had someone in the top 10, I suspect close to 20 years. Special mention to Sam who finished 26th and if it weren't for Lachie's performance Sam would probably be awarded run of the week.

Men's Division 6 also performed strongly easily winning their division and showing that a Division 6 premiership is on the cards if we can get a full team running each race. Cam demonstrated once again that he is putting in a big winter season leading the team home. Ben, Luke and Matt all had their own individual plans heading into the race and were able to stick to these throughout the race. Look out for Luke at the half marathon later in the year!

While it was disappointing that we weren't able to field a Women's Open team on Saturday it was great to see Sally, Whitney and Sid represent SSH. The solid run over 15km will pay dividends later in the season and when track season rolls around.

Lachie Connell	8 th	49.53
Jamie Wagstaff	16 th	50.48
Ben Buckingham	19 th	51.10
Sam Quirk	26 th	51.40
Caellum Crowe	27 th	51.44
Lachlan Aspinall	30 th	52.06
Cam Clayton	54 th	54.48
Luke Frazzetto	128 th	59.26
Ben Sims	184 th	1.03.12
Matt Herten	193 rd	1.03.50

Sally Naylor	53 rd	1.06.24
Whitney Sharpe	54 th	1.06.24
Sidonie Lowe	183 rd	1.49.19

Round 5 – Bundoora Victoria Cross Country Championships

The Women's race was first up. Sally led the team home running over 2 minutes faster than her 10km road PB from last year so look out at Albert park. Carmel also ran commendably over a very tough course. On the men's side we had a big turn out with 12 runners toeing the line, a great sign for the club and particularly enjoyable to be a part of. Run of the day definitely goes to Ben Buckingham who finished 15th after getting in a great position early in the race and running on assertively. Strong runs from the rest of the men especially given the mixed preparation a few of the team members had in the week leading up. Great to see new member Nathan Rodgers in an SSH singlet, hopefully you enjoyed the Bundoora experience!

Men's Open

15 th Ben Buckingham	32.08
17 th Jamie Wagstaff	32.10
27 th Caellum Crowe	32.42
33 rd Tom Thorpe	33.13

36 th Sam Quirk	33.27
40 th Lachlan Apsinall	33.40
53 rd Nathan Rodgers	34.28
88 th Nick McGuire	36.20
117 th Ben Sims	38.00
129 th Luke Frazzetto	38.30
196 th Matt Hertern	41.06
325 th Greg Schofield	48.27

Women's Open

33 rd Sally Naylor	40.16
45 th Bec Barry	41.53
184 th Carmel Moorhead	1.00.48

Round 6 – Sandown Victorian Road Relay Championships

The Women's Div 3 team was led off by Sally who took nearly two and a half minutes off her previous best around the 6.2km course. Alex Nolan put her hand up to help out the team and tackle something slightly longer than the sprint distances on the track, Alex ran strongly and handed over to Whitney who was able to get the team into 2nd position and run well under 23 minutes.

WO Div 3	2 nd /10	
Sally Naylor		23.16
Bec Barry		23.59
Alex Nolan		31.39
Whitney Sharpe		22.41

Ben got the Men's Premier team off to a perfect start, breaking the 19 minute barrier and handing off to Lachy who ran a very smart leg keeping Knox and APS well in sight and running on strongly in the last km, fantastic run and a well-deserved PB. Nathan and Sam kept the team in contention up with Box Hill, Knox and Geelong. Cam gave it his all and despite finishing the last 50m with his legs starting to buckle under him was able to hand over with the team in 4th. We were then able to run over the top of a fading Knox and hold off Geelong to finish 3rd which was a fantastic result. Men's Div 6 showed they will be very hard to beat this year. Both Ben and Luke ran PBs. Ben in particular improved his PB by nearly 1 minute, great running. Expect to see all 4 run well at Albert park and hopefully the team will win another round.

MO Div 1	3 rd /10	
Ben Buckingham		18.54
Lachlan Aspinall		19.28
Nathan Rodgers		19.34
Sam Quirk		19.36
Cameron Clayton		21.15
Jamie Wagstaff		19.01

MO Div 6	1 st /10	
Ben Sims		21.16
Nick Maguire		22.05
Luke Fazzetto		22.09
Jake Pedley		24.55

Good to see Brian Carter back running. I'm sure Greg has missed his teammate! We can't seem to find either of your results on the AV website even though we all saw you both out there running!

We had teams in under 20, 18 and 16 divisions. All team members ran very well and hopefully will be assets to the club in the future. In particular the Under 20 team finished 3rd which is a fantastic effort. It would be great to have all of you run at the Tan Relays later in the year.

M20	3 rd /10	
	Michael Maguire	21.29
	Ben Barry	21.31
	Xavier Smith	20.30
M18	6 th /10	
	Tom Webster	10.10
	Daniel Ballan	10.33
	Kang Nyoak	9.37
M16	9 th /12	
	Connor Lo	12.17
	Hayden Morris	11.25
	Fraser Rosman	11.14

Round 7 – Albert Park Victorian 10km Championships

A total of 4 PBs were recorded in the Men's race. Huge run by Caellum Crowe who smashed his PB, finished inside the top 15 and showed once again what a great recruit he has been for SSH this season (many thanks to Ben Buckingham for signing him up!). Ben Sims also took a big chunk off his previous best over 10km. Welcome to Sven Richter who broke 35mins and rounded out the Div 1 team, great run and we look forward to seeing you out there in many more races for SSH.

Men's Premier – 3rd

Jamie Wagstaff	10 th	31.05 (PB)
Caellum Crowe	13 th	31.36 (PB)
Sam Quirk	19 th	31.47
Benjamin Buckingham	25 th	32.06
Lachlan Aspinall	31 st	32.20 (PB)
Sven Richter	65 th	34.26
Ben Sims	100 th	35.36 (PB)
Brian Carter	283 rd	41.57
Greg Schofield	353 rd	45.14

The women's race started one hour later at 9.30am which unluckily for Whitney, Sal, Bec and Caroline meant the wind had picked up a little more. Despite this 50% of the team ran a PB which is fantastic. Also based on high level review of the results the team will finish either 1st or second.

Women's Open 10km

Whitney Sharpe	19 th	37.32 (PB)
Bec Barry	41 st	39.27
Sally Naylor	43 rd	39.36 (PB)
Caroline MacCallum	127 th	45.03

Round 8 – Anglesea Ekiden Relay

The Women's Division 3 team were able to get the win after having a good battle with a strong Nunawading side. Whitney and Sally tackled the longer hillier legs both performed strongly and were able to put the team into the lead going into the final two legs. Bec consolidated the lead over and looked in control as she passed onto Caroline who was able to hold off a fast finishing Nunawading.

Women's Div 3 - 1st

Whitney Sharpe	9.8km	41.10
Sally Naylor	7.9km	35.56
Bec Barry	6.0km	25.38
Caroline McCallum	4.6km	21.48

On the Men's side the teams were back to nearly full strength which was great to see. We had 3 relay teams entered showing off our new found depth this season. The Div 6 team won by over 12 minutes set up by a strong run from Sven who started for the team and finished 6 minutes ahead of the next closest Div 6 runner. Brian, Ben and Cam were all able to further extend the lead over the final 3 legs with Brian confirming that no div 6 runner passed him during his leg, great running Brian!

Men's Div 6 – 1st		
Sven Richter	9.8km	37.28
Brian Carter	8.8km	41.32
Ben Sims	7.9km	33.20
Cam Clayton	5.2km	20.22

In Division 1 SSH improved on their results in previous relays and were able to finish 2nd roughly one and a half minutes behind Melbourne Uni.

Men's Div 1 – 2 nd		
Caellum Crowe	9.8km	34.01
Jamie Wagstaff	8.8km	31.02
Lachlan Aspinall	7.9km	28.28
Sam Quirk	6.0km	21.42
Ben Buckingham	5.2km	17.36
Lachie Connell	4.6km	16.07

Men's Div 7		
Matt Herten	9.8km	43.14
Greg Schofield	8.8km	46.17
Jake Pedley	7.9km	39.59

Round 9 – Burnley Half Marathon

It was great to see such a strong team running and this was probably the strongest team we have had for the half marathon, which is a testament to our current members. Fantastic running from Sam Quirk who broke the 70min barrier. Lachy Aspinall looked strong over the first 10km, leading a pack of quality runners, and despite suffering a stitch was able to get going again and sneak also sneak a PB. Luke had potentially his best run for the season, working hard through the second half of the race despite a number injury issues over the last few months.

Jamie Wagstaff	8 th	1.08.44 PB
Sam Quirk	10 th	1.09.28 PB
Lachy Aspinall	37 th	1.14.38 PB
Caellum Crowe	54 th	1.17.05
Luke Frazzetto	93 rd	1.20.18
Sven Richter	107 th	1.21.46
Matt Herten	198 th	1.29.11
Cam Clayton	219 th	1.30.40

Round 10 – Tan Relays

Firstly the Women's teams. Whitney ran a unbelievable first leg of 13.01 which put her as the 4th fastest for the day. As many will appreciate this is a fantastic run and rewards Whitney for a very consistent cross country season. While we currently don't have an official club record for fastest lap of the tan this is certainly now the unofficial club record. Maybe sub 13mins next season? We also had Sally under 14mins (2mins quicker than last year). In the women's Div 4 team we had Alex, Sid and Carmel which was great to see. We also had a number of women's invitation teams. The women's Div 5 team convincingly finished 1st lead by Sam Bennett who ran under 14.20 and also Annika and Sophie who both ran strongly. Shout out to Isobel, Stephanie, Ava, Claire and Georgia who ran in our other women's invite teams.

In Men's Premier Division we were able to capture 3rd and the bronze medal. It's hard to call out any one individual in the team as run of the week given there were a number of personal bests (Ben B, Sven, Mitchell, Ben S and Lachie) and also while Sam didn't run a PB it was his fastest time for a few years. Ben B lead the team off with the fastest leg of the day (11.24) this was very close to Kevin Craigie's unofficial club record of 11.23, maybe next year Ben! We also welcomed Mitchell Cashion for his first run of the season and after running sub 11.40 I think we are all hoping we can get him out for a few races on the track over summer. Finally, a big thankyou to Ben Sims who anchored the team and under a lot of pressure was able to hold off a fast finishing APS team, great way to finish your season and well deserved after a very solid cross country season.

Sub 13 min runs from Dan and Nathan ensured the Div 6 team had a convincing win. We also welcomed a new member Daniel Ballan who has just joined SSH from Nunawading, great to have Dan on board, I'm sure running 13.02 will keep you coming back next year to break the 13min barrier!

We also had a number of junior invitation teams. The under 20 team finished 4th and all members (Ben, Michael and Seamus) ran under 13mins, great running. Both the under 18 and under 16 boys teams finished 9th in their division with the fastest time coming from Fraser who ran 13.39.



Jells Park MO Div 1 Team Bronze Podium Sam Quirk, Thomas Thorpe, Ben Buckingham, Lachlan Aspinall, Jamie Wagstaff and Lachlan Connell



Jells Park Sidonie Lowe

Men

Best Performance Trophy	Ben Buckingham
Gerald Backhouse Memorial Trophy (Best 1500m)	Ben Buckingham
J. W. Bannister Trophy (Highest Aggregate in Cross Country)	Jamie Wagstaff
George Langford Memorial Trophy (Club 8k Cross Country)	Lachlan Connell
Richard Turner Trophy (Most consistent junior)	Not awarded
Salter-Smith Throwers Trophy (Best performance in Throwing events)	Not Awarded
Most Improved Performance	Seamus Graham
H. J. Stanton Memorial Trophy (Best Sprint Performance-donated by Ronald Morgan)	Not awarded

Women

Middle Distance Champion	Whitney Sharpe
Throwing Champion	Sidonie Lowe
Wal Robinson Perpetual (Club Champion)	Whitney Sharpe
SSH Old Boys perpetual (Senior Aggregate)	Not awarded
Le Rossignol Perpetual (Junior Aggregate)	Not awarded
Pat Robinson Perpetual Trophy (Women's Club Cross Country Championship)	Whitney Sharpe
Pecsovszky Perpetual (Determination and Effort)	Not awarded



Burnley Half Marathon Cam Clayton, Luke Frazzetto, Jamie Wagstaff, Matt Herten, Lachlan Aspinall, Caellum Crowe and Sven Richter



Tan Relays Whitney Sharpe

ST STEPHENS HARRIERS ATHLETIC CLUB INC

WOMEN'S CLUB RECORDS

100m	Grace Mackie		12.19 e	24/10/09
200m	Grace Mackie		25.46 e	07/11/10
400m	Bianca Mignot		55.86 e	05/04/09
800m	Whitney Sharpe		2.06.13 e	04/03/17
1000m	Whitney Sharpe		3.06.5 h	19/11/13
1500m	Whitney Sharpe		4.18.83 e	26/02/17
Mile	Whitney Sharpe		5.01.5 h	17/02/15
3000m	Whitney Sharpe		9.58.0 h	22/11/15
5000m	Whitney Sharpe		17.14.07 e	17/11/17
10000m	Stephanie Armstrong		41.53.8 h	15/12/97
Marathon	Alice Craigie		3hr 05min 25sec	05/07/15
50kms Track	Shirley Young	East Burwood	4hr 28min 45sec	07/07/92
50 miles Track	Shirley Young	East Burwood	7hr 32min 44sec	21/06/92
100kms Track	Shirley Young	Coburg	11hr 30min 56sec	08/04/00
100 miles Track	Shirley Young	Coburg	20hr 39min 17sec	08/04/00
6 Hour Run Track	Shirley Young	East Burwood	63.425kms	27/10/91
12 Hour Run Track	Shirley Young	Coburg	103.600kms	08/04/00
24 Hour Run Track	Shirley Young	Coburg	176.810kms	08/04/00
80m Hurdles (U14)	Louisa White		14.31 e	15/10/16
90m Hurdles (U16)	Anita Robi		14.9 h	07/02/98
100m Hurdles	Bianca Mignot		15.12 e	20/02/10
200m Hurdles (U14)	Alison Spence		34.0 h	20/01/98
400m Hurdles	Bianca Mignot		61.30 e	17/04/10
2000m Steeple	Alice Schofield		7.32.8 h	09/02/02
3000m Steeple	Alice Schofield		12.15.8 h	01/02/01
1500m Walk	Nolene Schofield		9.07.5 h	30/11/02
2000m Walk	Sue Brown		11.47.4 h	08/10/94
3000m Walk	Lorraine Jachno		12.48.76 e	15/02/92
5000m Walk	Lorraine Jachno		22.29.0 h	07/03/92
10000m Walk	Lorraine Jachno	Bergen, Norway	45.26.0 h	15/05/92
Pole Vault	Jacqui Bull		3.40m	31/03/12
High Jump	Jacqui Bull		1.60m	02/02/08
Long Jump	Jacqui Bull		5.93m	10/01/09
Triple Jump	Jessica Geyer		11.43m	01/12/07
Discus 1 kg	Astrid Rose		26.54m	09/03/96
Hammer 4 kg	Astrid Rose		32.36m	24/10/98
Javelin 600 g	Claudia Strugnell		27.95m	20/11/99
Shot Put 4 kg	Jessica Geyer		9.33m	14/02/09
Shot Put 2.724 kg (U15)	Anita Robi		8.88m	15/11/97
Heptathlon	Jacqui Bull		3375 points	27-28/01/10
4 x 100m Relay	Jessica Geyer, Bianca Mignot Alex Nolan, Elicia Marriner		51.00 e	23/02/08
4 x 200m Relay	Jessica Geyer, Grace Mackie Elicia Marriner, Bianca Mignot		1.45.0 h	29/11/08
4 x 400m Relay	Jenny Naylor, Jacqui Gole Alex Nolan, Sarah Hall		3.59.20 e	18/12/05
4 x 800m Relay	Whitney Sharpe, Alex MacCallum, Sarah Hall, Bianca Mignot		9.27.80 e	28/01/10
4 x 1500m Relay	Alice Schofield, Claire Fritze Stephanie Armstrong, Sarah Hall		20.30.59 e	15/12/02
Medley Relay	Sarah Hall 800m Jacqui Gole 400m Alex Nolan 200m Jenny Naylor 200m		4.09.83 e	17/12/05

CLUB RANKINGS 2016 - 2017 - WOMEN

100m Club Record : Grace Mackie 12.19 24/10/09

Alexandra Nolan	13.27	15/10/2016
Sidonie Lowe	16.15	21/01/2017

200m Club Record : Grace Mackie 25.46 7/11/10

Louisa White	30.05 pb	05/11/2016
Alexandra Nolan	30.21	03/12/2016
Sidonie Lowe	32.43	08/10/2016

400m Club Record : Bianca Mignot 55.86 5/04/09

Whitney Sharpe	61.69 pb	10/12/2016
----------------	----------	------------

NCR = New Club Record

800m Club Record : Whitney Sharpe 2:08.85 1/04/16

Whitney Sharpe	2:06.13 pb	04/03/2017 NCR
Sally Naylor	2:15.31	19/01/2017
Sidonie Lowe	3:27.56	14/01/2017

NCR = New Club Record

1500m Club Record : Whitney Sharpe 4.23.75 02/04/16

Whitney Sharpe	4:18.83 pb	26/02/2017 NCR
Sally Naylor	4:36.13	16/03/2017
Caroline MacCallum	5:37.3 pb	10/12/2016

1 Mile Club Record : Whitney Sharpe 5.01.5 17/02/15

3000m Club Record : Whitney Sharpe 9:58.0 22/11/2015		
Sally Naylor	10:33.59 pb	17/11/2016
Sidonie Lowe	17:28.01 pb	14/01/2017

NCR = New Club Record

5000m Club Record : Sarah Lester 17:40.9h 2/02/13		
Whitney Sharpe	17:14.07 pb	17/11/2017 NCR
Rebecca Barry	19:56.09	17/11/2016

NCR = New Club Record

80m Hurdles 76.2cm (U14) Club Record : Milla McLean 15.5 29/11/08		
Louisa White	14.31 pb	15/10/2016 NCR

100m Hurdles 84.0cm Club Record : Bianca Mignot 15.12e 20/02/10		
--	--	--

400m Hurdles Club Record : Bianca Mignot 61.30 17/04/10		
--	--	--

Heptathlon Club Record : Jacqui Bull 3375 Points 27-28/01/10		
---	--	--

Pole Vault Club Record : Jacqui Bull 3.40m 31/03/12		
--	--	--

Long Jump Club Record : Grace Mackie 5.45m 11/12/08		
Louisa White	4.34 pb	15/10/2016
Sidonie Lowe	3.23	21/01/2017

Triple Jump Club Record : Jessica Geyer 11.43m 1/12/07		
Sidonie Lowe	7.16	12/11/2016

High Jump Club Record : Jacqui Bull 1.60m 2/02/08		
--	--	--

Shot (4.0kg) Club Record : Jessica Geyer 9.33 14/02/09		
Sidonie Lowe	8.35	12/11/2016

Discus (1.0kg) Club Record : Astrid Rose 26.54 9/03/96		
Sidonie Lowe	22.64	20/11/2016
Whitney Sharpe	16.51	20/11/2016

Hammer (4.0kg) Club Record : Astrid Rose 32.36 24/10/98		
--	--	--

Javelin (600gm) Club Record : Claudia Strugnell 27.95 20/11/99		
Whitney Sharpe	19.67 pb	20/11/2016
Sidonie Lowe	18.82	20/11/2016

4 x 100m Relay Club Record : 51.00e 23/02/08		
---	--	--

4 x 400m Relay Club Record : 3.59.20e 18/12/05		
---	--	--

4 x 800m Relay Club Record : 9.27.80 28/01/10		
--	--	--

Medley Relay Club Record : 4.09.83e 17/12/05		
---	--	--



Jells Park Relays Sally Naylor

ST STEPHENS HARRIERS ATHLETIC CLUB INC

MEN'S CLUB RECORDS

100m	Chirath Pathirana	11.19 e	24/01/09
100 yards	Chirath Pathirana	10.24 e	07/03/09
200m	Chirath Pathirana	22.40 e	07/03/09
400m	Cameron Clayton	49.57 e	03/11/07
800m	Lachlan Aspinall	1.50.4 h	27/03/14
1000m	Lachlan Aspinall	2.27.49 e	20/12/12
1500m	Ben Buckingham	3.47.06 e	20/12/16
1500m U20	Xavier Smith	3.49.75 e	07/03/15
Mile	Ben Buckingham	4.09.75 e	17/12/16
3000m	Ben Buckingham	8.11.05 e	17/11/16
5000m	Ben Buckingham	14.39.77 e	09/11/15
10000m	Brian Mee	38.45.52 e	06/07/01
Marathon	Ron Young	3hr 20min 12sec	04/06/95
2000m Steeple	Ian Franzke	6.57.0 h	25/10/94
2000m Steeple (76.2cm) U16	Gabriel Taylor-Sands	6.43.10 e	16/01/16
2000m Steeple (91.4cm) U18	Ben Buckingham	6.21.21 e	08/11/08
3000m Steeple (91.4cm)	Ben Buckingham	8.54.14 e	25/02/17
90m Hurdles (76.2cm) U14	Charles Craig	13.32 e	21/03/09
100m Hurdles (84cm) U16	Lewis Vitsenzatos	15.04 e	10/09/08
110m Hurdles (106.7cm)	Matt Anderson	16.67 e	08/12/11
110m Hurdles (99.1cm)	Matt Anderson	16.59 e	16/02/08
110m Hurdles (91.4cm)	Peter Cram	17.9 h	27/11/97
110m Hurdles (91.4cm) U18	Daniel Mitchell	18.13 e	23/10/10
200m Hurdles (76.2) U16	Lewis Vitsenzatos	28.7 h	18/10/08
400m Hurdles (91.4cm)	Matt Williams	59.15 e	07/11/09
400m Hurdles (84cm) (U118)	Lewis Vitsenzatos	60.39 e	29/01/11
1500m Walk	Cameron Clayton	7.34.52 e	11/10/05
2000m Walk	Cameron Clayton	11.00.3 h	25/10/08
3000m Walk	Stuart Cooper	17.21.5 h	14/01/06
5000m Walk	Stuart Cooper	29.45.0 h	04/03/06
Pole Vault	Matt Williams	3.36m	9/12/09
High Jump	Scott Clayton	1.80m	16/02/08
	Lachlan Murdoch	1.80m	29/11/08
Long Jump	Murray Bartlett	6.28m	06/11/93
Triple Jump	Lachlan Aspinall	12.61m	16/02/08
Discus (2.0kg)	Graeme Rose	38.64m	21/10/95
Discus (1.5kg)	Graeme Rose	43.78m	06/12/97
Discus (1.5kg) U18	Jake Pedley	25.68m	24/11/07
Discus (1.0kg) U16	Jack Thompson	18.68m	24/11/07
Hammer (7.2kg)	Graeme Rose	38.24m	16/02/08
Hammer (6.0kg)	Graeme Rose	47.63m	20/10/01
Hammer (5.0kg)	Graeme Rose	Box Hill 53.07m	24/10/98
Hammer (5kg) U18	Jake Pedley	20.97m	15/12/07
Hammer (4kg) U16	Chris Williams	23.96m	06/12/08
Javelin (800g)	Graeme Rose	QE11 54.82m	16/10/91
Shot Put (7.26kg)	Graeme Rose	10.66m	18/10/08
Shot Put (6.0kg)	Graeme Rose	Gateshead 13.23m	09/08/99
Shot Put (5.0kg)	Graeme Rose	Box Hill 14.37m	06/02/99
Shot Put (6kg) U20	Simon Dewan	9.49m	27/10/07
Shot Put (4kg) U16	Matt Williams	8.62m	22/01/08
4 x 100m Relay	Chirath Pathirana, Scott Clayton		
	Peter Baird, Jack Thompson	44.69 e	24/02/08
4 x 200m Relay	Chirath Pathirana, Simon Dewan,		
	Lloyd Knight, Cameron Clayton	1.33.12 e	02/02/08
4 x 400m Relay	Lloyd Knight, Malcolm Neiwand,		
	Matt Barton, Lachlan Aspinall	3.23.96 e	09/12/10
4 x 800m Relay	Shaun Geraghty, Cameron Clayton,		
	Ben Buckingham, Lachlan Aspinall	7.44.64 e	29/11/14
4 x 1500m Relay	Jamie Wagstaff, Lachlan Aspinall,		
	Kevin Craigie, Alistair McLean	16.42.82 e	23/02/08
Medley Relay	200m Chirath Pathirana		
	200m James Barr		
	400m Simon Dewan		
	800m Lachlan Aspinall	3.29.73 e	28/02/09

CLUB RANKINGS 2016 - 2017 - MEN

100m Club Record : Chirath Pathirana 11.19 24/01/09		
Cameron Clayton	11.97	15/10/2016
Niklaus Petersen	13.72 pb	10/12/2016

200m Club Record: Chirath Pathirana 22.40 7/03/09		
Cameron Clayton	25.81	08/10/2016

400m Club Record : Cameron Clayton 49.57 03/11/07		
Niklaus Petersen	64.63 pb	10/12/2016

800m Club Record : Lachlan Aspinall 1.50.4h 27/03/14		
Xavier Smith	1:55.73	15/10/2016
Mitchell Cashion	1:55.96 pb	04/03/2017
Cameron Clayton	1:58.70	08/10/2016
Daniel Mitchell	1:59.8	03/12/2016
Daniel Ballan	2:00.4 pb	18/03/2017
Fraser Rosman	2:01.23 pb	05/03/2017
Thomas Webster	2:02.6	15/12/2016
Ben Sims	2:04.7 pb	03/12/2016
Sven Richter	2:07.54 pb	20/12/2016
Jake Pedley	2:10.40	20/12/2016

NCR = New Club Record

1500m Club Record : Kevin Craigie 3.47.99e 13/04/13		
Ben Buckingham	3:47.06 pb	20/12/2016 NCR
Lachlan Aspinall	3:54.07	31/03/2017
Thomas Thorpe	3:54.4 pb	20/12/2016
Mitchell Cashion	3:55.22 pb	19/01/2017
Xavier Smith	4:03.64	15/10/2016
Samuel Quirk	4:05.5	29/10/2016
Daniel Mitchell	4:10.5	10/12/2016
Cameron Clayton	4:12.4	15/10/2016
Thomas Webster	4:15.2 pb	19/01/2017

Ben Sims	4:16.01 pb	16/03/2017
Seamus Graham	4:19.25 pb	24/02/2017
Fraser Rosman	4:22.45 pb	24/02/2017
Daniel Ballan	4:26.1	15/10/2016
Jake Pedley	4:38.9	10/12/2016
Adam Tennant	5:14.3	15/10/2016

NCR = New Club Record

1 Mile Club Record : Kevin Craigie 4.11.8h 19/02/13		
Ben Buckingham	4.09.75 pb	17/12/2016 NCR

NCR = New Club Record

3000m Club Record : Ben Buckingham 8.22.2h 19/12/13		
Ben Buckingham	8:11.05 pb	17/11/2016 NCR
Thomas Thorpe	8:18.7 pb	07/02/2017
Lachlan Connell	8:26.02 pb	17/11/2016
Mitchell Cashion	8:30.85 pb	17/11/2016
Jamie Wagstaff	8:38.2 pb	07/02/2017
Samuel Quirk	8:40.1 pb	07/02/2017
Seamus Graham	9:15.1 pb	07/02/2017
Michael McGuire	9:17.75 pb	17/11/2016
Ben Sims	9:34.09 pb	17/11/2016

5000m Club Record : Ben Buckingham 14:39.77 19/11/15		
Ben Buckingham	14:43.37	17/11/2016
Samuel Quirk	15:18.5	08/10/2016
Nathan Rodgers	15:44.18	17/11/2016
Daniel Mitchell	18:13.7 pb	03/12/2016
Ben Sims	19:27.7 pb	03/12/2016

NCR = New Club Record

3000m Steeple 91.4 cm Club Record : Ben Buckingham 9.17.62 01/04/16		
Ben Buckingham	8:54.14 pb	25/02/2017 NCR

2000m Steeple (76.2 cm) U16 Club Record : Gabriel Taylor-Sands 6.43.10 16/01/16		
--	--	--

110m Hurdles 106.7cm Club Record : Matt Anderson 16.67 8/12/11		
400m Hurdles 91.4 cm Club Record : Matt Williams 59.15e 7/11/09		
Long Jump Club Record : Murray Bartlett 6.28 06/11/93		
Cameron Clayton	4.96	15/10/2016

Triple Jump Club Record : Lachlan Aspinall 12.61 16/02/08		
Cameron Clayton	9.68	08/10/2016
High Jump Club Record : Scott Clayton 1.80 16/02/08		
Lachlan Murdoch 1.80 29/11/08 & 14/11/09		
Cameron Clayton	1.25	08/10/2016



Anglesea Ekiden Relays August 2016 Silver Podium: MO Div 1 Lachlan Connell Jamie Wagstaff, Lachlan Aspinall, Ben Buckingham, Caellum Crowe, Sam Quirk.

Shot (7.26kg) Club Record: Graeme Rose 10.66 18/10/08 Shot (6.0kg) Club Record: Graeme Rose 13.23 9/08/99 Shot (5.0kg) Club Record: Graeme Rose 14.37 6/02/00		
Cameron Clayton (7.26kg)	9.97 pb	08/10/2016

Discus (2.0kg) Club Record : Graeme Rose 38.64 21/10/95 Discus (1.5kg) Club Record: Graeme Rose 43.78 06/12/97		
Cameron Clayton	26.82	15/10/2016

Javelin (800g) Club Record: Graeme Rose 54.82 16/10/91		
Cameron Clayton	14.89	15/10/2016

Hammer (7.26kg) Club Record: Graeme Rose 38.24 16/02/08 Hammer (4.0kg) U16 Club Record: Chris Williams 23.96 6/12/08		
---	--	--

4 x 100m Relay Club Record : 44.69e 24/02/08		
---	--	--

4 x 400m Relay Club Record : 3:24.87e 27/01/10		
---	--	--

4 x 800m Relay Club Record : 7.44.64e 29/11/14		
T. Thorpe, C. Clayton	08:12.38	24/11/2016
B. Barry, D. Mitchell		

4 x 1500m Relay Club Record : 16.42.82e 23/02/08		
---	--	--

Medley Relay Club Record : 3.29.73 28/02/09		
--	--	--

TRACK & FIELD BEST PERFORMANCES

2016/17

WOMEN

100m	Alex Nolan	13.27
200m	Louisa White	30.05
400m	Whitney Sharpe	61.69
800m	Whitney Sharpe	2.06.13 CR
1500m	Whitney Sharpe	4.18.83 CR
3000m	Sally Naylor	10.33.59
5000m	Whitney Sharpe	17.14.07 CR
80m Hurdles U14	Louisa White	14.31 CR
Long Jump	Louisa White	4.34m
Triple Jump	Sidonie Lowe	7.16m
Discus 1.0kg	Sidonie Lowe	22.64m
Shot Put 4kg	Sidonie Lowe	8.35m
Javelin 600g	Whitney Sharpe	19.67m

TRACK & FIELD BEST PERFORMANCES

2016/17

MEN

100m	Cameron Clayton	11.97
200m	Cameron Clayton	25.81
400m	Niklaus Petersen	64.63
800m	Xavier Smith	1.55.73
1500m	Ben Buckingham	3.47.06 CR
Mile	Ben Buckingham	4.09.75 CR
3000m	Ben Buckingham	8.11.05 CR
5000m	Ben Buckingham	14.43.37
3000m Steeple 91.4cm	Ben Buckingham	8.54.14 CR
High Jump	Cameron Clayton	1.25m
Long Jump	Cameron Clayton	4.96m
Triple Jump	Cameron Clayton	9.68m
Shot Put 7.26kg	Cameron Clayton	9.97m
Discus 2kg	Cameron Clayton	26.82m
Javelin 800gm	Cameron Clayton	14.89m

ST STEPHENS HARRIERS

CLUB RECORDS

100m	B. Smith	10.3 h	19/01/85	
100 yards	G. Richards	9.5 h	06/01/68	
200m	R. Mitchell	20.8 h	29/02/76	
220 yards	G. Richards	21.7 h	06/01/68	
400m	R. Mitchell	44.84 e	30/07/80	Moscow
800m	M. Hillardt	1.45.74 e	19/03/83	
1000m	M. Hillardt	2.17.49 e	18/08/84	London
1500m	M. Hillardt	3.33.39 e	23/08/85	Berlin
Mile	M. Hillardt	3.51.82 e	28/08/85	Koblenz
3000m	M. Hillardt	7.52.97 e	28/08/84	Budapest
5000m	M. Hillardt	13.38.42 e	02/12/86	
10000m	A. Garnham	28.29.0 h	18/12/86	
20k Track	I. Blackwood	60.00.0	27/10/65	
1 hour Track Run	I. Blackwood	20050.47m	27/10/65	
Marathon	D. Clayton	2h.08.33.6	30/05/69	Antwerp
2000m Steeple	A. Garnham	6.14.5 h	20/01/79	
3000m Steeple	I. Blackwood	8.36.2 h	03/03/66	
110m Hurdles (3'6")	M. Wilson	13.9 h	07/02/84	
200m Hurdles	R. Weinberg	23.3 h	?	
400m Hurdles	B. Field	49.32 e	29/01/74	Christchurch
1500m Walk	D. McNair	8.28.0 h	06/12/86	
2000m Walk	S. Hunter	9.01.7 h	14/10/89	
3000m Walk	P. Bethune	13.12.0 h	04/03/78	
10k Walk	R. Field	49.40.0	08/08/53	
20k Walk	S. Cooper	1h.44.31.0	02/07/78	Albert Park
30k Walk	S. Cooper	2h.38.28.0	14/05/78	
50k Walk	S. Cooper	4h.48.52.0	26/07/81	
High Jump	M. Hawkey	2.15m	23/02/91	
Long Jump	B. Field	7.79m	17/03/70	
Triple Jump	I. Tomlinson	16.23m	17/03/70	
Pole Vault	B. Randall	4.40m	11/11/86	
Discus (2.0kg)	B. Tucker	48.51m	13/02/65	
Hammer (7.260kg)	G. Puopolo	65.16m	06/03/82	
Javelin (800g)	S. Ellis	62.02m	20/02/77	
Shot Put (7.260kg)	D. Green	15.78m	10/12/83	
Decathlon	B. Field	7195 points	31/01/72	
4 x 100m Relay	B. Weinberg, R. Mitchell, B. More, B. Aelo	41.0	08/03/75	
4 x 100m Relay	P. Blackaby, R. Mitchell, B. More, D. Hanly	41.0	03/02/80	
4 x 200m Relay	P. Blackaby, D. Hanly, B. More, R. Mitchell	1.24.4	07/02/78	
4 x 400m Relay	P. Blackaby, D. Hanly, B. More, R. Mitchell	3.06.5	07/02/78	
4 x 800m Relay	R. Brown, D. Hanly, D. Robertson, M. Hillardt	7.32.0	07/12/83	
4 x 1500m Relay	M. McColl, P. Sutton, G. Kipp, A. Garnham	15.56.6	05/03/82	
Mile Medley Relay	B. K. Tregenza 880yd B. J. Stanton 440yd S. W. Scurr 220yd G. H. Kelly 220yd	3.30.7	29/01/62	

ST STEPHENS WOMEN'S ATHLETIC CLUB INC

CLUB RECORDS

100m	Lisa Ingersoll	12.4 h	12/03/87
200m	Lisa Ingersoll	25.9) h	21/11/87
	Kay Robinson	25.9) h	02/10/76
400m	Christina Puopolo	57.3 h	28/12/80
800m	Christina Puopolo	2.21.0 h	06/12/80
1500m	Cate Macmillan	4.54.3 h	12/11/83
3000m	Jane Kutchins	10.16.0 h	22/11/80
5000m	Pat Cooper	20.25.0 h	26/03/78
10000m	Jane Anderson	41.16.0 h	13/12/83
Marathon	Jane Kutchins	2hr.49.50 e	12/10/80
80m Hurdles (U14)	Kylie Heppner	13.5 h	01/03/80
90m Hurdles (U16)	Julie Pecsovszky	14.3 h	13/11/82
100m Hurdles	Lisa Ingersoll	16.4 h	27/10/87
200m Hurdles	Julie Stone	31.7 h	02/02/75
300m Hurdles (U16)	Sam Llewellyn	52.0 h	08/11/86
400m Hurdles	Julie Stone	67.2 h	22/02/81
800m Walk	Lorraine Young	5.59.5 h	02/02/74
1500m Walk	Lorraine Jachno	6.25.1 h	04/02/84
3000m Walk	Lorraine Jachno	13.01.0 h	19/02/91
5000m Walk	Lorraine Jachno	22.17.0 h	20/01/90
10000m Walk	Lorraine Jachno	47.00.59 e	26/01/89
High Jump	Cathy Soanes	1.62m	02/11/83
Long Jump	Julie Pecsocszky	5.20m	05/02/83
Triple Jump	Lisa Ingersoll	10.58m	19/12/88
Discus 1 kg	June Kerr	37.78m	14/12/74
Hammer 4 kg	Astrid Rose	20.90m	30/03/90
Javelin 600 g	Robyn Fellowes	36.94m	13/02/88
Shot Put 4 kg	Robyn Fellowes	10.57m	22/10/88
4 x 100m Relay Jan	Clancy, Kylie Heppner, Christina Puopolo, Julie Stone	51.1 h	19/12/81
4 x 200m Relay	Kylie Heppner, Ondine Heppner Cathy Soanes, Sue Brown	1.50.4 h	19/11/83
4 x 400m Relay	Christina Puopolo, Jan Clancy Julie Stone, Ella Blake	4.11.5 h	28/02/81
4 x 800m Relay	Sue Brown, Elizabeth Cox, Ondine Heppner, Jenny Drake	10.16.0 h	18/12/83
4 x 1500m Relay	Ondine Heppner, Sue Brown Jenny Drake, Jane Anderson	21.33.6 h	17/12/83
Medley Relay	Karen Le Rossignol 800m Kay Robinson 400m Wendy Kosbab 200m Julie Stone 200m	4.30.7 h	14/03/76

ST STEPHENS HARRIERS

CLUB RECORDS **JUNIOR (under 20)**

100m	B. Weinberg	10.5	18/03/71
200m	B. Weinberg	21.3	18/03/71
400m	M. Beasley	48.20	21/03/71
800m	G. Thompson	1.52.5	20/02/65
1500m	S. Roach	3.50.4	?
1500m Steeple	W. Harris	4.17.6	19/02/64
2000m Steeple	A. Garnham	6.36.9	11/02/78
110m Hurdles (3'3")	J. Lane	14.6	30/10/65
High Jump	I. Beltz	1.93m	16/01/65
Long Jump	B. Field	7.31m	13/11/65
Triple Jump	B. Field	14.34m	26/12/63
Pole Vault	M. Hall	3.65m	30/11/68
Discus (1.5kg)	V. Slavnic	51.34m	15/12/77
Hammer (5.443kg)	V. Muccetelli	60.96m	30/03/84
Javelin (700g)	S. Ellis	61.64m	11/12/73
Shot Put (5.449kg)	V. Slavnic	16.34m	02/11/77
Pentathlon	B. Field	2198 points	27/01/64
4 x 100m Relay	B. Hurst, G. J. Thompson, M. Beasley, C. Lind	45.7	17/03/73
4 x 100m Relay	C. Lind, G. J. Thompson, M. Beasley, I. Pearl	45.7	09/03/74
4 x 100m Relay	B. Hoppeh, G. J. Thompson, B. Hirst, M. Beasley	45.7	08/03/75
4 x 200m Relay	C. Lind, G. J. Thompson, I. Pearl, M. Beasley	1.33.5	16/03/74
4 x 400m Relay	B. Hirst, G. J. Thompson, K. Erickson, M. Beasley	3.29.8	08/03/75
4 x 800m Record	S. Roach, M. McColl, P. Dunn, B. McLean	8.01.1	06/02/79

ST STEPHENS HARRIERS ATHLETIC CLUB INC**TREASURER'S REPORT ON THE FINANCIAL REPORT
31 MARCH 2017**

The accompanying Statement of Financial Position shows that the Club has total accumulated funds of \$29,731 as at 31 March 2017 compared with total accumulated funds \$31,982 as at 31 March 2016, that is to say net assets have decreased by \$2,251 over the previous year.

The following three funds are the only funds of the Club and the first two funds explain the reasons for the decrease in net assets of \$2,251.

General Fund

The accompanying Statement of Financial Performance shows a net deficit in the General Fund of \$1,545 for 2017 compared with a net surplus of \$1,741 for 2016. The deficit in the current year is primarily driven by the ongoing investment in the coaching arrangement SSH entered into with Run Ready during the financial year. Whilst the deficit is unsustainable in the long term the committee recognises that the first year of the arrangement requires an investment by the club. Additionally the surplus in the prior year was mainly driven by one function, the trivia night, which delivered \$1,925 of income.

Uniform Fund

The accompanying Statement of Financial Performance shows a deficit of \$706 in the Uniform Fund for 2017 compared with a deficit of \$9 for 2016. The deficit is primarily as a result of uniforms provided to new members in an effort to grow and support the club.

Sponsorship Fund (Note 5)

Interest earned on the term deposit of \$8,000 supporting this fund is transferred to the General and Uniform Funds to cover the cost of subscriptions and uniforms for eligible athletes selected by the Committee.

Provision for Costs of Club Development (Note 4)

The entries in this account are receipts from contributions and donations less any payments for costs incurred for such items as uniform/equipment purchases, venue hire, athlete sponsorship to national titles, coaching courses and reimbursement of coach's expenses.

Note 4 shows the movement in this account to 31 March 2017 with the balance of \$266 (2016: \$756) to be used for costs still to be incurred.

Thanks to Pat Robinson for managing the St. Stephens uniform stocks and also providing the details of Athletics Victoria membership subscriptions.

Jamie Wagstaff
Honorary Treasurer
Date: 10 August 2017

F2
FINANCIAL REPORT OF
ST STEPHENS HARRIERS ATHLETIC CLUB INC

STATEMENT OF FINANCIAL POSITION
As at 31 March 2017

	2017	2016
	\$	\$
MEMBERSHIP FUNDS		
Accumulated Funds		
Balance 31 March 2017	23,982	22,250
Net Surplus/(Deficits) of the Operating Funds as set out in the accompanying Statement of Financial Performance:		
General Fund	(1,545)	1,741
Uniform Fund	(706)	(9)
Combined net (deficit)/surplus of above Funds	(2,251)	1,732
	21,731	23,982
Sponsorship Fund (Note 5)	8,000	8,000
Total Accumulated Funds at 31 March 2017	<u>29,731</u>	<u>31,982</u>
These Funds are represented by:		
Current Assets		
Cash on hand	5,494	7,555
Investment – savings deposit	4,064	4,040
Investment - term deposits	5,749	5,606
Uniform stocks at lower of cost and net realisable value	3,480	4,212
Sundry debtors (Note 5)	3,360	3,640
	22,147	25,053
Sponsorship Fund Investment – term deposit (Note 5)	8,000	8,000
	30,147	33,053
Less Current Liabilities:		
Sundry creditors	150	315
Provision for Costs of Club Development (Note 4)	266	756
	416	1,071
Net Assets	<u>29,731</u>	<u>31,982</u>

The attached notes form part of this report.

FINANCIAL REPORT OF ST STEPHENS HARRIERS ATHLETIC CLUB INC

STATEMENT OF FINANCIAL PERFORMANCE Of the Operating Funds For year ended 31 March 2017

	2017	2016
	\$	\$
General Fund		
Income		
Subscriptions from club members (Note 1 (d))	3,630	2,630
Interest	176	297
Donations	150	415
SSH Centenary books – further sales (Note 3)	210	96
SSH Coaching Fees Received	6,515	0
Net surpluses from functions	0	1,925
	10,681	5,363
Expenses		
Athletics Victoria Inc:		
Affiliation fee	450	400
Cross Country and Track relay entries	1,900	1,610
Coaching RunReady	7,925	0
Annual report	229	295
Club teardrop banner	0	272
Consumer Affairs fee	56	54
Printing and stationery	0	120
Subsidies – member registration/subscriptions and entry fees	785	450
Sundries	650	80
The Journal newsletter	23	141
Trophies and engraving and Pennants	208	200
	12,226	3,622
Surplus/(Deficit) for year (Note 2)	<u>(1,545)</u>	<u>1,741</u>
Uniform Fund		
Income - Sales	840	1,205
Expenses		
Opening stock	4,212	3,475
Purchases	814	1,951
Less: Closing stock	(3,480)	(4,212)
	1,546	1,214
(Deficit) for year	<u>(706)</u>	<u>(9)</u>

The attached notes form part of this report.

F4
FINANCIAL REPORT OF
ST STEPHENS HARRIERS ATHLETIC CLUB INC

NOTES TO THE FINANCIAL STATEMENTS

For year ended 31 March 2017

Note 1: Statement of Significant Accounting Policies

The financial report is a general purpose financial report that has been prepared in accordance with Accounting Standards and other authoritative pronouncements of the Australian Accounting Standards Board and the requirements of the Association Incorporation Act (Victoria).

The financial report covers St. Stephens Harriers Athletic Club Inc. as an individual entity. St. Stephens Harriers Athletic Club Inc. is an association incorporated in Victoria under the Associations Incorporation Act 1981.

The financial statements have been prepared under the Australian Accounting Standards on an accrual basis, are based on historical costs and do not take into account changing money values except where specifically stated.

The following is a summary of the material accounting policies adopted by St. Stephens Harriers Athletic Club Inc. in the preparation of its financial statements. The accounting policies have been consistently applied, unless otherwise stated.

- (a) The assets have been recorded at cost and the policy of the Committee is to annually reassess the market value of the uniform stock and record it at the lower of cost or net realisable value.
- (b) Revenue has been recorded when it is due and recoverable.
- (c) The Club is exempt from Income Tax by virtue of Section 50 of the Income Tax Assessment Act 1997.
- (d) If appropriate, comparative amounts have been amended to reflect any current changes in the presentation of the figures. Due to subscriptions from 1/4/14 being paid direct by the member to Athletics Victoria, the cost of registering with Athletics Victoria is no longer shown separately in the General Fund Operating Statement.

Note 2:	General Fund	2017	2016
		\$	\$
(a) Club subscription rates for the year, excluding Athletics Victoria registration rates (Note 1 (d) above, were:			
	Open	70	60
	Under 20	50	40
	Under 16/14	50	40
	Coach or Official	-	-
	Associate/Social	50	40

Cont'd F5

F5
FINANCIAL REPORT OF
ST. STEPHENS HARRIERS ATHLETIC CLUB INC.

NOTES TO THE FINANCIAL STATEMENTS

For year ended 31 March 2017

Note 2:	General Fund cont'd	2017	2016
(b) Athletics Victoria registration rates for the year were:		\$	\$
	Open	100	170
	Under 20	80	150
	Coach or Official	-	-
	Associate/Social	40	40
	Cross country entry fees:		
	Open	30	30
	Under age – Under 20 & 18	25	25
	Under age – Under 16 & 14	20	20

**Please note Athletics Victoria moved to a "Series Package" model in which athletes must purchase a cross country package, track and field package or the max package

(c) Club Member Numbers are:		Numbers	
	Open (includes 1 official and 3 coaches)	27	33
	Juniors	7	16
	Non-competitors, officials and coaches	8	10
		42	59
(d) A uniform due from a registered member which		\$	\$
has not been included in income since recovery			
is doubtful		40	40

Cont'd F6

F6
FINANCIAL REPORT OF
ST. STEPHENS HARRIERS ATHLETIC CLUB INC.

NOTES TO THE FINANCIAL STATEMENTS

For year ended 31 March 2017

Note 4: Provision for Costs of Club Development

During the 2007 year the Committee agreed to a voluntary Club development contribution of \$20 being included on the Club's registration form. The development contribution primarily would be used for expenses such as uniform/equipment purchases, venue hire, athlete sponsorship to national titles, coaching courses and reimbursement of coach's expenses.

Set out below are the movements in the Provision for Costs of Club Development for the year:

	2017	2016
Movements in Provision	\$	\$
Balance at 1 April	756	136
Contributions received	50	120
Donation	150	1,000
	956	1,256
Less: Expenses:		
Assisting Club members in National Championships	500	300
Coaching costs	0	200
	500	500
Balance 31 March	<u>456</u>	<u>756</u>

Note 5: Sponsorship Fund

Each year the Club determines if a promising under 20 Wesley College male and or female athlete, or Club athlete is to be awarded a sponsorship from interest earned on the \$8,000 donated to the Club in 2009 from an old boy of the Club and invested by the Club in a short term deposit.

Sponsorship covers the costs of the athlete's Club subscriptions and uniforms.

Because the Club has sufficient funds to pay for sponsorships the interest received is reinvested back into the sponsorship short term deposit. The accumulated interest received to date totals \$2,680 of which \$2,680 has been credited to income to cover sponsorship costs from 2009 to 31/3/2017. The offsetting entry of \$2,680 has been reclassified to Debtors.

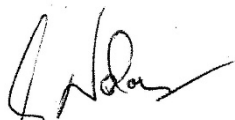
**ST STEPHENS HARRIERS ATHLETIC CLUB INC
31 MARCH 2017**

STATEMENT BY THE COMMITTEE

In the opinion of the Committee the attached financial report:

1. Presents a true and fair view of the financial position of St. Stephens Harriers Athletic Club Inc. for the year ended 31 March 2017 and its performance for the year ended on that date in accordance with Accounting Standards and other authoritative pronouncements of the Australian Accounting Standards Board and the requirements of the Association Incorporation Act (Victoria).
2. At the date of this statement, there are reasonable grounds to believe that St. Stephens Harriers Athletic Club Inc. will be able to pay its debts as and when they fall due.

This statement is made in accordance with a resolution of the Committee and is signed for and on behalf of the Committee by:



Greg Nolan
PRESIDENT



Jamie Wagstaff
HONORARY TREASURER

Date: 10 August 2017

**INDEPENDENT AUDIT REPORT TO THE MEMBERS OF
ST. STEPHENS HARRIERS ATHLETIC CLUB INC.
31 MARCH 2017**

Scope

I have audited the financial report of St. Stephens Harriers Athletic Club Inc. for the year ended 31 March 2017 as set out on pages F2 to F6. The Committee is responsible for the financial report. I have conducted an independent audit of this financial report in order to express an opinion on it to the members of St. Stephens Harriers Athletic Club Inc.

My audit has been conducted in accordance with Australian Auditing Standards to provide reasonable assurance whether the financial report is free of material misstatement. My procedures included examination, on a test basis, of evidence supporting the amounts and other disclosures in the financial report and the evaluation of accounting policies and significant accounting estimates. These procedures have been undertaken to form an opinion whether, in all material respects, the financial report is presented fairly in accordance with the Accounting Standards and other mandatory professional reporting requirements in Australia so as to present a view which is consistent with my understanding of St. Stephens Harriers Athletic Club Inc. financial position and performance as represented by the results of its operations.

The audit opinion expressed in this report has been formed on the above basis.

Audit Qualification

As an audit procedure, it is not practicable to extend an examination of proceeds from functions held beyond my examination of the amounts received as shown by the books and records of St. Stephens Harriers Athletic Club Inc.

Qualified Audit Opinion

In my opinion, except for the effects of the matter referred to in the above qualification paragraph, the financial report of St. Stephens Harriers Athletic Club Inc. presents a true and fair view, in accordance with applicable Accounting Standards and other mandatory professional reporting requirements in Australia, of the financial position of St. Stephens Harriers Athletic Club Inc. as at 31 March 2017 and the results of its operations for the year then ended.

Michael Geraghty
Chartered Accountant

Date: 10 August 2017