

ST STEPHENS HARRIERS

ATHLETIC CLUB INC



ANNUAL REPORT

2019 – 2020

ST STEPHENS HARRIERS ATHLETIC CLUB INC

Registered No. A0023951P

ANNUAL REPORT FOR THE YEAR 2019 / 2020

PRESENTED AT THE ANNUAL GENERAL MEETING

Saturday 5th September 2020

OFFICE BEARERS

2019/2020

President

Greg Nolan

Vice President/ Club Captains

Thomas Thorpe and Simone McInnes

Secretary/ Comms/ Zone Delegate

Whitney Sharpe

Treasurer

Luke Frazzetto

Registrar/ AV Delegate

Jamie Wagstaff

General Committee

Kevin Craigie and Ben Buckingham

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. Lonquist, *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

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

PRESIDENT'S REPORT

The past 12 months has seen an unprecedented event presenting insurmountable challenges to conducting a "normal" lifestyle, let alone participating in organized events such as athletic meetings where social distancing and wearing masks is not practical.

Hence, in April of 2020, the Victorian Athletics Cross Country season was deferred indefinitely without an event being held. We can only wait and hope that circumstances change quickly so that we can look forward to the summer track season in October.

Despite a challenging environment, your committee has been at work restructuring the club's administration to make it more "user friendly", efficient and introducing initiatives which will ensure the longevity of the club and maintain the high level of success experienced over the past couple of years on the track.

The development of club camaraderie and the willingness of many individuals to take on the stewardship of club development has been one of the most pleasing aspects of the year. The enthusiasm both on and off the track has been palpable and culminated in winning the Men's Premier Division in the Cross Country Competition of 2019. This win was the culmination of the efforts of many and thanks go to all who contributed from coaches, those who acted as "helpers" at each event as well as the athletes and their supporters who add that extra motivation when a competitor is grinding up a hill into the wind and the rain is about to set in!

To illustrate the excitement generated by this win I have included below a paragraph written by Jamie Wagstaff post the event. To me this expresses the attitude around the club and gives a hint of further success, which I am sure, will come to the club.

"It was a fitting way to end an unbelievable season for the club with our biggest contingent of SSH runners at the Tan that I can remember. We have had a long road to get to this position and it was fantastic to see the excitement of all involved on Saturday when the premiership for Men's Division 1 was awarded to SSH." Jamie Wagstaff, Cross Country Captain 26/9/2019

Do not be mistaken. This victory did not just happen. It took the best part of 10 years and much effort from Nick Bowden and Wal Robinson, as well as the never-ending support of people like Pat Robinson and Greg Schofield. The club owes each of these individuals an enormous debt of gratitude.

Although events have been cancelled (all competition, a "get together" to herald the start of the cross country season, a celebratory night to acknowledge winning the Cross Country season) the committee maintains its enthusiasm around ensuring ongoing success as well as reconnecting with the club's heritage that remains high in the annals of the athletic world at state and national level.

In recognition of the club entering a new phase of life, one of our club stalwarts, Pat Robinson, retired from the SSH committee at this meeting last year. Pat contributed to the club more than anyone else over the past 50 years filling most positions from Treasurer, Registrar and Secretary. In addition Pat worked most event days as a club official and only recently retired from that role. Indeed I think it is fair to say that if it was not for Pat, SSH may have disbanded many years ago.

We congratulate Pat on her service to the sport, and the club, and thank her for her contribution. Pat's initial connection with SSH was through St Stephens Women's Amateur

Athletic Club and was instrumental in managing the merger with SSH in 1991. Many owe their participation and lifelong memories of membership at SSH to Pat.

I have announced that I am stepping down from the role as President after 9 years.

I am delighted to say that this is possible because we have a young, vibrant “new breed” of committee members who really care about the club, its history and those who are its members. There is a real passion to provide a club setting which will bring likeminded people together to enjoy the sport in a safe, challenging and friendly manner that allows all to reach their potential in the sport as well as enjoy the friendship such environments create.

SSH has a wonderful legacy. I am reminded of this in reading a book written by Len Johnson, published in 2010 titled “The Landy Era” which follows the career of John Landy. The book has many wonderful references to SSH and individuals who ran for the club.

Gerald Backhouse (1936 Olympics, Berlin 800 meters) is one notable runner who, with William Whyte and Alex Hillhouse, was at the forefront of forging faster times in Australian athletics and who was profiled by a journalist in a 1975 news article under the heading “The Pathfinder for John Landy and Herb Elliot”. Gerald was killed in a wartime aircraft crash in England in 1945. At the Victorian Championship level, he had won the 880 yards and mile event in five years out of six from 1935 to 1940. Twice he was the Australian 880 yards and mile champion. He is part of Australian athletics history and is recognized for his contribution.

In another example, the same book describes an article in the Sporting Globe written in 1959 when Jim Blake describes SSH as “one of the strongest athletics clubs in Australia” (a photo of the 1938-39 SSH team –Vic Track Champions, is in the book). Prominent past members of the club include Sir Edgar Tanner, President of the Australian Olympic Federation, and Sir Charles Moses, Chairman of the ABC.

SSH was recognized as a major power in Australian distance running well into the 1960s when Derek Clayton forged his name into the memories of all those who had any interest in sport (not just athletics) in this era. Derek set two world records for the marathon.

The history of the club, and its success, is something to recognise, hold on to and, for future generations, build on. When you understand this history you learn to recognize the heritage that Pat Robinson, Wal Robinson, Shirley and Ron Young all tried to maintain.

Only by understanding the past can we ever attempt to learn and progress.

So I thank all those who have gone before me, and ask all those who come after me to look after the “story” of the club. I feel somewhat honoured to feel part of the history of such a great institution.

It has given many great pleasure as well as an avenue to enjoy the sport, form friendships and even meet lifelong partners! The club will give to you as much as you give to the club.

Good luck. I wish you well.

Greg Nolan
(President)

SECRETARY'S REPORT

As this is my first year as secretary, I would like to start by thanking the committee, as well as past secretaries, Helen Nolan and Pat Robinson, for supporting me. I wasn't aware that writing a report was a requirement of the role, but here we are...

I have been a member of St Stephens Harriers for many years and am very excited about the future of the club. Looking back on past reports for some report writing inspiration, a consistent theme over the past few years has been about rebuilding and refocusing the club. This year's success really demonstrated all the hard work that has been done so far to make us one of the most competitive clubs in Victoria. These efforts have been largely driven by Greg Nolan and without Greg's leadership and commitment to bring about positive changes; the club would not be where it is today.

It was awesome to witness the Men's Premier division XCR win, but most importantly being able to enjoy it with a community of club members and friends. I would like to welcome all new members to the team and hope everyone feels like they are a part of a family when they join St Stephens. We will always happily welcome anyone wanting to join us running in the red, white and blue (especially any females)!

As we have learnt in current times, it is particularly important to stay connected to each other. As a committee, it is our aim to continue building this supportive community network. I encourage everyone to follow SSH on social media (Instagram and Facebook), get involved in the messenger chat and join the SSH Strava group. If you don't have access to any of these platforms and would like to get on board, please reach out to us.

Another key person I would like to thank is our club coach, Nick Bowden. I personally would not be where I am today without Nick's support, and I know that many other members feel the same. Whether you are in need of a motivational speech, a race plan or advice, Nick is always there to support his athletes. He has been a key player in helping shape the club's success and we are privileged to have his expertise and guidance as our club continues to grow and develop.

Finally to all the volunteers that helped out throughout the year, we cannot thank you enough! We really appreciate your help reading wind gauges, raking sandpits and putting hurdles on the track.

Big things to come!

Whitney Sharpe
(Secretary)



THANKING GREG NOLAN

Greg Nolan's contribution during his nine-year presidency of St Stephen's Harriers - outstanding as it was - can only be suitably acknowledged in conjunction with the role played by Helen, Alex and Matt, over two decades. This takes nothing away from Greg's significant impact. Rather, it reflects how well supported he was and how much the club has benefitted from the involvement of the Nolan family. Additionally, Greg has welcomed the friendship and counsel of Greg Schofield and Wal Robinson; the unwavering commitment to the club of Pat Robinson and the encouragement of the committees, past & present. His leadership has been collaborative, inclusive and above all, effective.

It is no accident that Greg's tenure coincided with the club's most successful competition period for more than four decades. For those close to the action there were glimpses of the re-emergence of St Stephen's as a competitive force, during the first decade of the 2000's. In reality, it has taken until the past five years for the club to re-establish itself as a force on the Victorian and National athletics scene.

'Premierships are won off the field' is widely acknowledged in the world of professional team sports. It also accurately reflects the club's success in recent years, culminating in the outstanding performances of 2018-19, that included multiple national champions, two members competing at the World Athletics Championships and a men's winter premier division championship. By his own admission, Greg is a runner of no great renown and with little previous experience of the 'athletics world' prior to his presidency. Rather than an impediment to his leadership of the club, it has allowed him a clear-eyed and dispassionate view of the sport, that helped create a strategic approach to relationships and a vision for sustained success.

Greg's patience, intelligence, wit, wisdom, and thoughtful leadership will not be easily replaced. It will take the kind of team effort that he has cultivated, to maintain his legacy.

If the measure of a contribution to an organisation is determined by whether it is in a better place, for you having been involved, then Greg Nolan's time at SSH has been an outstanding success. We thank him for it.



IN MEMORIAM

RON YOUNG (1931 – 2019)

With the passing of RON YOUNG in September 2019, St Stephens Harriers bid farewell, not simply to a long-standing veteran Saint, but one whose association demonstrated a lifelong love for the Club and athletics over a period of some 69 years. Few clubs in any sport could count such a committed and devoted member among their ranks, or in their history.

Joining in 1947 at age 16, Ron would go on to compete continuously for SSH and as a Masters athlete for the next sixty years. He ran all distances but specialized in cross-country and middle distance. Drawn to the 3000m steeplechase, Ron succeeded in making the 1956 Olympic training squad in this event, training under the legendary Franz Stampfl. Lacking the opportunities for international competition that exist today, Ron focused instead on achieving his best possible results as an SSH runner and enjoying the society of his team mates, alongside managing work and family life.



Amongst other achievements, Ron achieved Club captaincy in both track and cross-country, and was honoured with SSH Life membership in 1966 for his years of service on the committee and as social secretary. Later, he would become a foundation member of the Veterans Athletics Club, giving him another competitive avenue to enjoy in advancing years. The role of Deputy Competition director at the World Veterans Games in Melbourne in 1987 was an estimable string to his bow, as was the awarding of Life membership of the Victorian Veterans in 1999.

It's hard to consider Ron's athletics life in isolation from that of his wife, Shirley. As well as pursuing his own goals, Ron became an indispensable aide, support, coach and mentor to Shirley (for whom the Veterans movement provided a pathway into the sport after many years as a homemaker) as she attacked and sundered record after record at world and national levels. When daughter Lorraine began making her mark as a race walker in national and international competition, Ron was there with Shirley, proudly supporting their daughter as she carried the Young name on the world stage (even if her name was Jachno by then!)

Ron Young was among a diminishing cohort of athletes from a bygone era, one in which being a good club mate was esteemed as highly as (if not more than) being an elite performer. He ran at his peak during a period of enormous success for SSH, at cross-country and on the track, and his running efforts were huge contributors to those heady days. Through advancing age and health issues, during the Club's fall from the heights and in the face of its survival struggles, Ron ran on. Yet his love for the sport went beyond the next race, championship or season. Ron embraced the camaraderie and fellowship of club life, sharing lives, family occasions, yarns, jokes, disappointments and triumphs, both with his fellow Saints and with friendly rivals in other clubs. He gave freely of himself, as a team player, club administrator, fundraiser, trackside assistant and in any other way that was needed. Ron Young was the consummate amateur, at a time when that word (too often misinterpreted as 'mediocre') meant what it was meant to mean – a lover of what one does for its own sake, not for pecuniary gain.

Ron loved athletics and the social life it provided, taking as much pleasure in the achievements of family, friends and clubmates as he did in his own races. The wry, cheeky grin, the twinkle in the eye that we knew him for, will no longer be seen trackside. Yet many, many lives were enriched for having known him. He will be missed.

TROPHY WINNERS 2019-2020

Men

Best Performance Trophy
(Highest IAAF points)

Stewart McSweyn
(1500m: 3:31.81-1219 IAAF points)

Gerald Backhouse Memorial
(Fastest 1500/mile)

Stewart McSweyn
(3:31.81- 1500m)

J. W. Bannister Trophy
(Highest Aggregate in Cross Country)

Jack Davies and Thomas Thorpe

George Langford Memorial Trophy
(Club 8k Cross Country)

Thomas Thorpe

Women

Wal Robinson Perpetual
(Highest IAAF points)

Natalie Rule
(5000m: 15:39.33- 1088 IAAF points)

Fastest 1500/ mile

Whitney Sharpe
(4:15.52- 1500m)

Highest Aggregate in Cross Country

Whitney Sharpe

Pat Robinson Perpetual
(Club 8km Cross Country)

Simone McInnes



TRACK AND FIELD SUMMER REPORT

Well COVID-19 might have cut the season short but don't worry, we've dragged this report out long enough that you wouldn't have even noticed.

The season started off in October, at a small event in Doha, Qatar. The IAAF World Athletics Championships. Our two SSH representatives, Stewy McSweyen (1500m/5000m) and Ben Buckingham (3000m steeple) looked nearly as good in the green and gold as what they do in the blue, white and red, as they took on the best in the world on the biggest of stages. With Stewy making the final of the 5000m and semi final of the 1500m, and Bucks running a very solid debut in the Australian colours, we were all very proud to be watching the boys (from our air conditioned homes).

Closer to home (Box Hill, precisely), Whitney Sharpe was crowned the Victorian 5000m Champion, with a dominant display over the last 2km. Sean Guiney and Toby O'Brien both well and truly cracked the 15 minute barrier, with Sam Quirk not far behind in the men's event.

In one of the great initiatives to come out of the 2019/2020 season, we had six athletes (Whitney Sharpe, Toby O'Brien, Nat Rule, Tim Gibney, Kang Nyoak and Simone McInnes) and one coach (Nick Bowden) involved in the Steigen #1 event, and a couple of others (James Colman and Tom Crouch) in the men's 10,000m later in the night. An exciting, innovative concept that we were very proud to be a part of. A massive thanks to Dom Godfrey and his team – we will be back this year.

We fielded three teams for the Victorian Track Relays Championships. With plenty of new faces lead by some of the more experienced athletes, it was great to see everyone come together and show lots of team spirit on the day.

We'll sum up Zatopek in a few dot points, because it's easier.

- First, we will just casually mention that Stewy McSweyen ran the fastest time for 10,000m, by any Australia, ever. 27:23.80. That's going to be a pretty tough club record to beat.
- Whitney Sharpe snagged silver in a hard fought battle over the 1500m.
- Kang Nyoak showed just why he is one to watch over the next few seasons, running a 14 second PB of 8:26.81 in the u/20 3000m.
- Nat Rule debuted over 10,000m on the track, toughing it out and finishing in the top 10.
- Did we mention Stewy ran 27:23:80? For 10,000m!

Aiden Harvey was our sole representative at the Victorian Country Championships, walking away with an impressive bronze medal around his neck in the open shot put. A fantastic recruit for the SSH contingent.

Stewy won the 5000m at the Melbourne Track Classic, which is just the norm really. Bucks joined his Doha teammate on the start line, also running pretty quick. Toby ventured up to the ACT to run in the Canberra Track Classic, making the trip worthwhile with a 9:13 steeple.

The Vic Milers meets continued to be a favourite for the club, always resulting in some quick times and fun evenings. A big shout out to Aiden Du Buisson who competed in every one of the five meets across the season and was rewarded with huge improvement over the summer. Clare Beaton-Wells was another of the club's most consistent performers across the Milers season, continuously lining up in the 800/1500 and posting some very solid times.

It seemed we had a runner in every second event at the Box Hill Classic, another high quality meet, which is a testament to Steve Dinneen. We are so appreciative of these clubs and the people behind the scenes who work so hard to put these races on for our athletes.

We continued to punch above our weight as a club at the pointy end of the season, with five podiums across the two weekends of the Victorian Track and Field Championships. With medals across the 400m (Austin Fernando – u/14), 800m (Kang Nyoak – open and Austin Fernando – u/14), 3000m steeple (Toby O'Brien – open) and shot put (Aiden Harvey - open), we showed that our talents reach far beyond being just a middle/long distance club. We were particularly excited to see so many of our juniors fronting up to have a go – some very promising signs for the future.

We favoured the quality over quantity approach for the AVSL rounds throughout the season. Special mentions to Clare Beaton-Wells, Aiden Du Buisson and Toby O'Brien for flying the club flag and making sure our colours were well represented out on the track.

It wasn't all just about the track for the SSH crew either, with some blistering performances on the road.

James Coleman's Marugame International Half Marathon in Japan is hard to go past. Moving through 10km in 29:38, he held on strongly to record a massive PB of 63:54. Just huge Jimmy, just huge.

Nat Rule, Whitney Sharpe and Jack Davies battled the rough seas (in the air, in a plane) to make it across to the Burnie 10. No sea legs for our Sainters, with Nat and Davis recording PBS of 32:57 and 29:12 respectively, and Whit not far off hers in 33:44.

We had a huge representation at the Melbourne Marathon festival, from the 10km to the marathon to pacing duties. We were very proud to see so many of our runner's repping their club singlets. Most importantly, some good coverage on the big screen too.

A massive thanks to all of the club helpers throughout the season, and particularly to club coach Nick Bowden for the ongoing commitment and enthusiasm that he brings to the club. Thank you also to every single athlete who fronted up throughout the season, whether it was competing or supporting. You have all been part of creating a very special club culture and we are so proud to be part of SSH.

Thomas Thorpe and Simone

(Summer/Winter Club Captains)



CLUB RANKINGS 2019 - 2020 - WOMEN

800m		
Clare Beaton-Wells (U17)	2:29.73	18/02/2020
1500m		
Whitney Sharpe	4:15.52	21/08/2019
Natalie Rule	4:20.32	04/04/2019
Emily Ritter	5:01.27	12/03/2020
Clare Beaton-Wells (U17)	5:17.05	01/03/2020
3000m		
Natalie Rule	9:11.66	08/06/2019
5000m		
Natalie Rule	15:39.33	17/06/2019
Whitney Sharpe	15:54.96	09/06/2019
Simone McInnes	18:31.11	14/11/2019
10,000m		
Natalie Rule	34:15.41	14/12/2019
10,000m race walk		
Simone McInnes	46:11.63	05/04/2019
4X400m relay		
Chantel De Zylva, Clare Beaton-Wells, Stella Crawford-Rust, Whitney Sharpe	4:06.11	23/11/2019
4X1500m relay		
Valentine Amprat, Andrea DeJong, Emily MacKintosh, Emily Chambers	21:49.43	23/11/2019



CLUB RANKINGS 2019 - 2020 - MEN
--

100m		
Alexandar Argyropoulos (U18)	12.08	01/03/2020
200m		
Alexandar Argyropoulos (U18)	25.22	07/03/2020
400m		
Austin Fernando (U14)	55.81	29/02/2020
800m		
Kang Nyoak (U20)	1:51.75	30/01/2020
Aiden Du Buisson	1:58.59	30/01/2020
Daniel Chiba-Lynch (U15)	2:13.34	18/02/2020
Austin Fernando (U14)	2:17.90	30/01/2020
1500m		
Stewart McSweyn	3:31.81	12/07/2019
Ben Buckingham	3:45.40	12/03/2020
Kang Nyoak (U20)	3:49.70	08/03/2020
Toby O'Brien	4:01.95	12/03/2020
Aiden Du Buisson	4:05.53	10/12/2019
3000m		
Stewart McSweyn	7:38.22	13/06/2019
Kang Nyoak (U20)	8:26.81	14/12/2019
Toby O'Brien	8:30.57	30/01/2020
Tom Thorpe	8:38.37	30/01/2020
Sean Guiney	8:38.91	07/11/2019
Sam Quirk	8:59.50	30/01/2020
Jones Gorton (U15)	9:56.75	08/03/2020
3000m steeplechase		
Ben Buckingham	8:27.51	03/09/2019
Toby O'Brien	9:10.09	29/02/2020
2 miles		
Stewart McSweyn	8:16.28	30/06/2019
5000m		
Stewart McSweyn	13:05.63	20/07/2019
Ben Buckingham	13:58.62	08/06/2019
Sean Guiney	14:45.73	14/11/2019
Toby O'Brien	14:51.83	14/11/2019
Sam Quirk	15:10.31	14/11/2019
10,000m		
Stewart McSweyn	27:23.80	14/12/2019
James Coleman	30:20.05	21/12/2019
4X400m relay		
Alex Argyropoulos, Aiden Du Buisson, Tim Gibney, Seamus Graham	3:55.47	23/11/2019
Shot put		
Aiden Harvey	17.24m	06/02/2020

WOMEN'S CLUB RECORDS (as at 31 March 2020)

100m	G. Mackie	12.19 e	24/10/2009
200m	G. Mackie	25.46 e	07/11/2010
400m	B. Mignot	55.86 e	05/04/2009
800m	W. Sharpe	2.06.13 e	04/03/2017
1000m	W. Sharpe	3.06.5 h	19/11/2013
1500m	W. Sharpe	4.18.83 e	26/02/2017
Mile	W. Sharpe	4.46.6 h	06/02/2018
3000m	N.Rule	9.11.66	08/06/2019 NCR
5000m	N.Rule	15.39.33	17/07/2019 NCR
10000m	N.Rule	34.15.41	14/12/2019 NCR
Half Marathon	A. Craigie	1:26.03	04/09/2012
Marathon	J. Kutchins	2hr 49min 50sec	12/10/1980
50kms Track	S. Young	4hr 28min 45sec	07/07/1992
50 miles Track	S. Young	7hr 32min 44sec	21/06/1992
100kms Track	S. Young	11hr 30min 56sec	08/04/2000
100 miles Track	S. Young	20hr 39min 17sec	08/04/2000
6 Hour Run Track	S. Young	63.425kms	27/10/1991
12 Hour Run Track	S. Young	103.600kms	08/04/2000
24 Hour Run Track	S. Young	176.810kms	08/04/2000
80m Hurdles (U14)	K. Heppner	13.5 h	01/03/1980
90m Hurdles (U16)	J. Pecsovszky	14.3 h	13/11/1982
100m Hurdles	B. Mignot	15.12 e	20/02/2010
200m Hurdles (U16)	J. Stone	31.7 h	02/02/1975
200m Hurdles (U14)	A. Spence	34.0 h	20/01/1998
300m Hurdles (U16)	S. Llewellyn	52.0 h	08/11/1986
400m Hurdles	B. Mignot	61.30 e	17/04/2010
2000m Steeple (U18)	A. Schofield	7.32.8 h	09/02/2002
3000m Steeple	A. Schofield	12.15.8 h	01/02/2001
800m Walk	L. Young	5.59.5 h	02/02/1974
1500m Walk	L. Jachno	6.25.1 h	04/02/1984
2000m Walk	S. Brown	11.47.4 h	08/10/1994
3000m Walk	L. Jachno	12.48.76 e	15/02/1992
5000m Walk	L. Jachno	22.17.0 h	20/01/1990
10000m Walk	L. Jachno	45.26.0 h	15/05/1992
Pole Vault	J. Bull	3.40m	31/03/2012
High Jump	C. Soanes	1.62m	02/11/1983
Long Jump	J. Bull	5.93m	10/01/2009
Triple Jump	J. Geyer	11.43m	01/12/2007
Discus 1 kg	J. Kerr	37.78m	14/12/1974
Hammer 4 kg	A. Rose	32.36m	24/10/1998
Javelin 600 g	R. Fellowes	36.94m	13/02/1988
Shot Put 4 kg	R. Fellowes	12.54m	07/11/1987
Shot Put 2.724 kg (U15)	I. Saifoloi	10.57m	22/10/1988
Heptathlon	J. Bull	3375 points	27-28/01/2010
4 x 100m Relay	J. Geyer	51.00 e	23/02/2008

	B. Mignot A. Nolan E. Marriner		
4 x 200m Relay	J. Geyer G. Mackie E. Marriner B. Mignot	1.45.0 h	29/11/2008
4 x 400m Relay	J. Naylor J. Gole A. Nolan S. Hall	3.59.20 e	18/12/2005
4 x 800m Relay	W. Sharpe A. MacCallum S. Hall B. Mignot	9.27.80 e	28/01/2010
4 x 1500m Relay	A. Schofield C. Fritze S. Armstrong S. Hall	20.30.59 e	15/12/2002
Medley Relay	800m - S. Hall 400m - J. Gole 200m - A. Nolan 200m – J. Naylor	4.09.83 e	17/12/2005



MEN'S CLUB RECORDS (as at 31 March 2020)

100m	B. Smith	10.3 h	19/01/1985
100 yards	G. Richards	9.5 h	06/01/1968
200m	R. Mitchell	20.8 h	29/02/1976
220 yards	G. Richards	21.7 h	06/01/1968
400m	R. Mitchell	44.84 e	30/07/1980
800m	M. Hillardt	1.45.74 e	19/03/1983
1000m	M. Hillardt	2.17.49 e	18/08/1984
1500m	S. McSweyn	3.31.81	12/07/2019 NCR
Mile	M. Hillardt	3.51.82 e	28/08/1985
2 Mile	S. McSweyn	8.16.28	30/06/2019 NCR
3000m	S. McSweyn	7.34.79 e	13/07/2018
5000m	S. McSweyn	13.20.21 e	21/07/2018
10000m	S. McSweyn	27.23.80	14/12/2019 NCR
20k Track	I. Blackwood	60.00.0 h	27/10/1965
1 hour Track Run	I. Blackwood	20050.47m	27/10/1965
Half Marathon	J. Coleman	63.54	02/02/2020 NCR
Marathon	D. Clayton	2h.08.33.6	30/05/1969
2000m Steeple	A. Garnham	6.14.5 h	20/01/1979
3000m Steeple (91.4cm)	B. Buckingham	8:27.51	03/09/2019 NCR
110m Hurdles (3'6"/106.7cm)	M. Wilson	13.9 h	07/02/1984
200m Hurdles	R. Weinberg	23.3 h	
400m Hurdles (91.4cm)	B. Field	49.32 e	29/01/1974
1500m Walk	C. Clayton	7.34.52 e	11/10/2005
2000m Walk	S. Hunter	9.01.7 h	14/10/1989
3000m Walk	P. Bethune	13.12.0 h	04/03/1978
5000m Walk	S. Cooper	29.45.0 h	04/03/2006
10k Walk	R. Field	49.40.0 h	08/08/1953
20k Walk	S. Cooper	1h.44.31.0 h	02/07/1978
30k Walk	S. Cooper	2h.38.28.0 h	14/05/1978
50k Walk	S. Cooper	4h.48.52.0 h	26/07/1981
High Jump	M. Hawkey	2.15m	23/02/1991
Long Jump	B. Field	7.79m	17/03/1970

Triple Jump	I. Tomlinson	16.23m	17/03/1970
Pole Vault	B. Randall	4.40m	11/11/1986
Discus (2.0kg)	B. Tucker	48.51m	13/02/1965
Discus (1.5kg) 50-59 yrs	G. Rose	44.80m	16/07/1995
Discus (1.0kg) 60-69 yrs	G. Rose	41.96m	13/08/2006
Hammer (7.260kg)	G. Puopolo	65.16m	06/03/1982
Hammer (6.0kg) 50-59 yrs	G. Rose	50.48m	22/07/1995
Hammer (5.0kg) 60-69 yrs	G. Rose	50.43m	13/03/2004
Javelin (800g)	S. Ellis	62.02m	20/02/1977
Javelin (700g) 50-59 yrs	G. Rose	50.38m	13/04/2001
Javelin (600g) 60-69 yrs	G. Rose	48.98m	14/03/2004
Shot Put (7.260kg)	A. Harvey	17.51m	06/02/2020 NCR
Shot Put (6.0kg) 50-59 yrs	G. Rose	13.91m	06/10/1997
Shot Put (5.0kg) 60-69 yrs	G. Rose	13.27m	25/03/2005
Decathlon	B. Field	7195 points	31/01/1972
4 x 100m Relay	B. Weinberg R. Mitchell B. More B. Aelo	41.0 h	08/03/1975
4 x 100m Relay	P. Blackaby R. Mitchell B. More D. Hanley	41.0 h	03/02/1980
4 x 200m Relay	P. Blackaby D. Hanley B. More R. Mitchell	1.24.4 h	07/02/1978
4 x 400m Relay	P. Blackaby D. Hanley B. More R. Mitchell	3.06.5 h	07/02/1978
4 x 800m Relay	R. Brown D. Hanley D Robertson M. Hillardt	7.32.0 h	07/12/1983
4 x 1500m Relay	M. McColl	15.56.6 h	05/03/1982

	P. Sutton G. Kipp A. Garnham		
Mile Medley Relay	880yd – B. K. Tregenza 440yd – B. J. Stanton 220yd – S. W. Scurr 220yd – G. H. Kelly	3.30.7 h	29/01/1962
Medley Relay	800m – L. Aspinall 400m – S. Dewan 200m – C. Pathirana 200m – J. Barr	3.29.73 e	28/02/2009



CROSS COUNTRY REPORT



Well where do we start on the 2019 cross-country season. A season I was very proud to be part of. The last time SSH won a men's premiership was 1973 with a team that included Olympians Ron Blackney and Derek Clayton as well as world XC rep Max Little and our former treasurer Michael Goerke. We have had a long road to get to this position and it was fantastic to see the excitement of all involved when the premiership for Men's Division 1 was awarded to SSH at the final race of the season. The premiership aside 2019 was a success on a number of fronts. We had great depth at all races and often won multiple divisions at the relay races, junior entries were up and

we saw strong performances from our junior athletes and club dinners increased. What made this season and will keep attracting more runners is the atmosphere and culture the whole group has created and further built on in 2019, this is something everyone has contributed to in their own way and is what will keep driving our success as a club.

Without recapping each individual race there were a few key individual and team highlights.

- Two SSH athletes breaking 30 minutes at the 10km road race and competing with the leaders throughout the Albert Park race
- The blossoming of the now winter specialist Tom Thorpe who produced a number of dominant performances both on the roads and cross country. Capped off by selection in the Victorian cross country team and also Australian cross country team for the University World Champs
- Whitney Sharpe going from strength to strength. Winning the Victorian 10km Road Championships.
- Multiple SSH pre-race dinners, a great tradition which will continue when we return to competition
- Ability to enter multiple teams at all the relay events, showcasing our depth and the great atmosphere we have all collectively created
- Standout international performances by Stewy McSweyn (too many to list). Safe to say we have Australia's best distance runner at SSH
- Ben Buckingham shining bright over in Doha. Looking very at home in an Aussie singlet
- Road specialist James Coleman flying over the half marathon distance, culminating with selection in the Australia half marathon team
- Promising performances from our junior contingent, giving great hope for the next batch of runners moving through the ranks

For the men's teams 2019 was the culmination of a decade long journey up from Division 5 or 6, through each Division, into Division 1 and finally a premiership. Along the way we have had important contributions from a number of runners and supporters many who are still with the club today and some who stopped in for a short period of time and helped us through different stages of our growth. In particular I would personally like to thank Greg Nolan, Wal Robinson, Nick Bowden and Pat Robinson. All have provided significant support to the club and the individual runners over a number of years and without your passion and contribution we would not be in the position we are.

Although the 2020 season appears to be a write off I look forward to 2021 with a lot of excitement. SSH has had a number of new members sign up over the last few months, which is a testament to the cross-country atmosphere we have all built over the last few years. Excitingly most of the new members are women! So expect to see the SSH women's cross country teams strong and visible next year.

Until then keep running and lets continue to make SSH the place to be for distance running!

Jamie

(Cross Country Captain)



SSH Annual Financial Report

St Stephens Harriers Athletics Club Inc (Registered No.
A0023951P)

Contents

3	Treasurer's Report
5	Statement of Financial Performance
6	Statement of Financial Position
7	Notes to the Financial Statements
10	Statement by the Committee

Treasurer's Report

St Stephens Harriers Athletics Club Inc (Registered No. A0023951P) For the year ended 31 March 2020

Financial Report

The Treasurer, with support of your committee members, submit the financial report of St Stephens Harriers Athletics Club for the financial year ended 31 March 2020.

Operating Result

The operating result for the period was a deficit of \$568, up from a deficit of \$2,778 in 2019. The operating result comprises two elements:

General Fund

The General Fund ran at a surplus of \$698 in 2020, up from a deficit of \$3,009 in 2019. The improvement during the current year primarily relates to the coaching arrangement SSH had previously entered into with Run Ready during the 2017-18 season. The terms of the arrangement were renegotiated at the commencement of the 2019-20 season, with an agreed cap of \$2,000 for any fees payable by SSH to Run Ready.

Uniform Fund

The Uniform Fund ran at a deficit of \$1,267 in 2020, down from a surplus of \$231 in 2019. The deficit is primarily as a result of uniforms provided to new members in an effort to grow and support the club along with the write-down of the value of a portion of old uniform stocks deemed no longer in a saleable condition.

Member Numbers

Member numbers decreased slightly to 35 competing members for season 2019-20, down from 37 for season 2018-19. Despite the slight reduction in numbers, membership fee income for the 2019-20 season amounted to \$4,400, up from \$3,405 for the previous year.

The increase in membership fee income came as a result of the committee making the strategic decision at the start of the 2019-20 season to increase their annual club fee for Open athletes from \$90 to \$130. These additional club fees have in turn been reinvested into initiatives to help grow and develop the club.

A summary of our member profile is included below:

Category	2019-20	2018-19
Open Athletes	27	31
Under 20	3	4
Under 18	1	1
Under 16	1	1
Under 14	3	-
Total	35	37
Male	28	29
Female	7	8

Accumulated Funds

The accompanying Statement of Financial Position shows that the Club has total accumulated funds of \$23,998 as at 31 March 2020 compared with total accumulated funds \$24,567 as at 31 March 2019.

Total accumulated funds also include a Sponsorship Fund of \$8,000 (Note 6). Interest earned on the term deposit 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.

Luke Frazzetto

TREASURER

Sign date: 31 July 2020

Statement of Financial Performance

St Stephens Harriers Athletics Club Inc (Registered No. A0023951P)

For the year ended 31 March 2020

	2020	2019
Income		
Member's Fee Income		
Membership Fee Income	4,400	3,405
Other Fee Income	1,025	3,945
Total Member's Fee Income	5,425	7,350
Other Income		
Net Social Function Income	-	1,015
Donations Received	220	320
Interest Income	462	4
Total Other Income	682	1,339
Total Income	6,107	8,689
Expenditure		
Athletics Victoria Fees		
AV Affiliation Fee	510	-
Cross Country Relay Entries	1,657	653
Track Relay Entries	160	-
Total Athletics Victoria Fees	2,327	653
Club Development Expenses		
Athlete Subsidies - Memberships	1,082	45
Coaching Fees - Run Ready	2,000	11,000
Total Club Development Expenses	3,082	11,045
Administrative Expenses		
Interest Expense	-	-
Total Administrative Expenses	-	-
Total Expenditure	5,409	11,698
General Fund Surplus/ (Deficit)	698	(3,009)
Uniform Fund		
Sales	1,555	140
Less Purchases & Write-offs	(2,822)	91
Total Uniform Fund	(1,267)	231
Uniform Fund Surplus / (Deficit)	(1,267)	231
Total Operating Surplus / (Deficit)	(568)	(2,778)

The accompanying notes form part of these financial statements. These statements should be read in conjunction with the attached compilation report.

Statement of Financial Position

St Stephens Harriers Athletics Club Inc (Registered No. A0023951P)

As at 31 March 2020

	NOTES	31 MAR 2020	31 MAR 2019
Assets			
Current Assets			
Cash and Cash Equivalents	2	10,786	3,931
Financial Assets	3	11,333	17,045
Uniform Stocks	4	3,880	3,591
Total Current Assets		25,998	24,567
Total Assets		25,998	24,567
Liabilities			
Current liabilities			
Trade and Other Payables	5	2,000	-
Total Current liabilities		2,000	-
Total Liabilities		2,000	-
Net Assets		23,998	24,567
Member's Funds			
Sponsorship Fund	6	8,000	8,000
Accumulated Funds			
Opening Balance		16,567	19,345
Operating Surplus / (Deficit)		(568)	(2,778)
Total Accumulated Funds		15,998	16,567
Total Member's Funds		23,998	24,567

The accompanying notes form part of these financial statements. These statements should be read in conjunction with the attached compilation report.

Notes to the Financial Statements

St Stephens Harriers Athletics Club Inc (Registered No. A0023951P)

For the year ended 31 March 2020

1. Summary 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 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.

Stevens Harriers Athletic Club Inc. is an incorporated entity under the Associations Reform Act of 2012 and as revenue is below \$250,000 per annum is regarded as a Tier 1 association. In accordance with the legislation the accounts are not required to be audited or reviewed.

Revenue and Other Income

Revenue from ordinary operations encompasses subscription fees received from athletes and other affiliated members of the organisation. These fees are net of the amounts payable by the athletes for their Athletics Victoria membership/s.

Proceeds from the sale of uniforms are recognised as part of the Uniform Fund on the Statement of Financial Performance.

Revenue from other sources include, but are not limited to:

(a) Proceeds from club fundraising functions and events.

(b) Donations to the club.

(c) Interest earned on cash savings accounts and other financial investments.

(d) Sales of club merchandise, including the SSH Centenary Book.

Cash and cash equivalents

Cash and cash equivalents includes cash on hand, deposits held at call with banks, and other short-term highly liquid investments with original maturities of three months or less.

Term deposits invested for fixed terms have been classified separately as Financial Assets to reflect their reduced liquidity.

	2020	2019
2. Cash and Cash Equivalents		
Bank Accounts At Call		
Operating Account - Westpac	6,703	(156)

These notes should be read in conjunction with the attached compilation report.

	2020	2019
Savings Account - Westpac	4,083	4,087
Total Bank Accounts At Call	10,786	3,931
Total Cash and Cash Equivalents	10,786	3,931

Financial Assets

Investments in financial assets are initially recognised at cost, which includes transaction costs, and are subsequently measured at fair value, which is equivalent to their market bid price at the end of the reporting period. Movements in fair value are recognised through an equity reserve.

	2020	2019
3. Financial Assets		
Term Deposit - AMP	-	5,900
Term Deposit - Westpac		
Sponsorship Fund Investment	8,000	8,000
Accumulated Interest	3,333	3,145
Total Term Deposit - Westpac	11,333	11,145
Total Financial Assets	11,333	17,045

Uniform Stocks

Uniform stocks are initially recognised at cost and are subsequently measured at the lower of cost and net realisable value. The accompanying Statement of Financial Performance shows a deficit of \$1,267 in the Uniform Fund for 2020 compared with a surplus of \$231 for 2019. The deficit is primarily as a result of uniforms provided to new members in an effort to grow and support the club along with the write-down of the value of a portion of old uniform stocks which are no longer in a saleable condition.

	2020	2019
4. Uniform stocks		
Uniform stocks at lower of cost and net realisable value	3,880	3,591
Total Uniform stocks	3,880	3,591

Trade and Other Payables

Trade payable and other payables represent the liability outstanding at the end of the reporting period for goods and services received by the association during the reporting period that remain unpaid. The balance is recognised as a current liability with the amounts normally paid within 30 days of recognition of the liability, or in line with the relevant credit terms.

As at 31 March 2020, the fee of \$2,000 payable to Run Ready in respect of coaching and athlete support throughout the 2019-20 season has been recognised as a current liability.

	2020	2019
5. Trade and Other Payables		
Run Ready Fees Payable - Season 2019-20	2,000	-
Total Trade and Other Payables	2,000	-

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.

These notes should be read in conjunction with the attached compilation report.

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 \$3,333 which has been recognised as interest income.

	2020	2019
6. Sponsorship Fund		
Funds Contributed	8,000	8,000
Total Sponsorship Fund	8,000	8,000

Statement by the Committee

St Stephens Harriers Athletics Club Inc (Registered No. A0023951P)

For the year ended 31 March 2020

Stephens Harriers Athletic Club Inc. is an incorporated entity under the Associations Reform Act of 2012 and as revenue is below \$250,000 per annum is regarded as a Tier 1 association. In accordance with the legislation the accounts are not required to be audited or reviewed.

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 2020 and its performance for the year ended on that date.
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

Luke Frazzetto

TREASURER

Sign date: 31 July 2020