

ST STEPHENS HARRIERS

ATHLETIC CLUB INC



ANNUAL REPORT

2021 – 2022

ST STEPHENS HARRIERS ATHLETIC CLUB INC

Registered No. A0023951P

ANNUAL REPORT FOR THE YEAR 2021 / 2022

PRESENTED AT THE ANNUAL GENERAL MEETING

Sunday 1st May 2021

OFFICE BEARERS

2021/2022

President

Kevin Craigie

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

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. 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, D. Clayton, *R.Mitchell, M. Hillardt, G. Puopolo, G. Schofield, S. Cooper*

** 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)
2021	B.Buckingham, S.McSweyn

PRESIDENT'S REPORT

Again it's hard to write a yearly report without the mention of COVID. Unfortunately what was looking to be a promising year following the better part of a year without formal competition, again we were back in another lockdown and the winter season cancelled.

It had been a promising start to the season with a win at Jells for both the Mens and Womens teams, and strong results at the next couple of rounds putting both the Mens and Womens teams in contention to take out their respective division premierships. Hopefully we can re-ignite this momentum into the coming year and show that SSH remains one of the top clubs in AV winter series.

The Olympics were the shining light of the Winter, and much the antidote for a long lockdown. Not since 1984 have SSH had a member competing in the Olympics and we were fortunate enough to have both Stewart McSweyn (1500) and Ben Buckingham (3000 Steeple) compete in Tokyo. It was enthralling to see these two blokes who we train and race alongside go head to head against the best in the world at the highest competition, and hold their own. Stewy put it all on the line and came 7th in the fastest ever Men's 1500 Olympic Final, and Ben just missed progressing to the final but achieved a PB and a world championships qualifier for 2022.

As we watched one SSH athlete prance over the steeple we sadly said goodbye to one of SSH's great steeple athletes, and as I'm told by Wal, one of our great characters in Ian Blackwood. (Let's just say you wouldn't have wanted to leave your car on the street). Ian was a formidable runner of his day, running at two commonwealth games in 1962 and 1966 falling just short of the medals with a 4th and 5th respectively. His PB of 8.36 in 1966 would still place him amongst the countries best steeplers, and it took over 50 years and countless great SSH runners in between before future Olympian Ben Buckingham was able to topple this long held barrier. I'm sure though if Ian were running at his best today on modern day tracks, Ben would have his work cut out and what an addition he'd make to our cross country team.

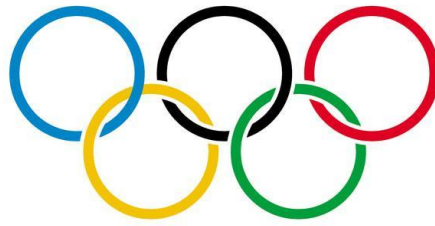


And then after what seemed like a lifetime, the sun started to poke out and we could once again do up our racing shoes and hit the track. Track was back and a more optimistic future was there for us. St. Stephen's colors have been ever present at Milers clubs, State Championships, and National Championships which have been fantastic to see. The track season brought our first field event National Open Championship in as long as I can think back, with Aiden Harvey clinching the win in the Men's Shot Put. If there was ever a lesson of just grinding and chipping away and with this consistency the results will come, this was it. Well done Aiden.

So after a long couple of years we start 2022 with some positivity and hope. Hope to see people back out running again and enjoying socialising with their team members, hope to see the SSH brand continue to be built as a destination club which values friendships and positive health over performance, and hope to see a full calendar of racing with SSH colors ever present.

Kevin Craigie, SSH President

OLYMPIANS- TOKYO 2020 (21)



It had been 33 years since a member of St Stephens toed the line at the Olympic Games, but Stewart McSweyn & Ben Buckingham broke the drought in incredible fashion.

Ben Buckingham - Men's 3000m Steeplechase

For Ben, it started with a series of fast times in the Australian domestic season, running 8:32 & 8:27 for the 3000m steeple. Next came a series of races in Europe, clocking 8:24 twice in Finland and France for the Steeple, leading to a decision to trust his World Athletics ranking, staying in the top 45 and securing his spot for Tokyo.

A good stint at St. Moritz with the Melbourne Track Club and clubmate Stewy followed, sharpening up the body & getting the final pieces of the puzzle right, before travelling across to Japan for holding camp, opening ceremony and then race day.

Ben went in Heat 3, starting off in classic Bucks style: on the rail, tucked in & doing no work. The pace wasn't breakneck, but it was honest enough in the searing Tokyo heat. A steady first 4 laps, with little to no movement. Things started to heat up with 1200m to go, and Ben moved through, avoided carnage & set himself up for the biggest last 1km of his life.

The bell rang, and Ben stuck to the main pack, shifting gears 2, then 3, then 4 times to hold on as long as possible with the main pack. Out of the last water jump, a flurry of steeplechasers attacked the final straight, with Bucks giving it his all, getting tripped up, but finishing his first Olympic games in 7th Place of the 3rd heat. 8:20.95, a DQ, then a reinstatement, and an incredible performance for Ben.

The fastest 3000m steeplechase by an Australian in years, the highest placed Australian across all heats and the best run of his life, when it mattered most. We were all so incredibly proud, well done Ben.

Stewart McSweyn - Men's 1500m

Stewy blew the lid off 2021, with Australian, meet & club records galore. Things started for with two races domestically; the Box Hill Burn 5000m, then the National Championships 1500m. A strong outing at Box Hill of 13:05, and an automatic selection to the Olympic Games at Nationals. With good form & fitness in tow, Stewy set sail across the world, with some dominant performances in the European Season.

Things started with a pace job for Joshua Cheptegei, as he attempted to break the 3000m World Record, before heading to tackle the Diamond League Circuit. The following graphic encapsulates the incredible season he had:

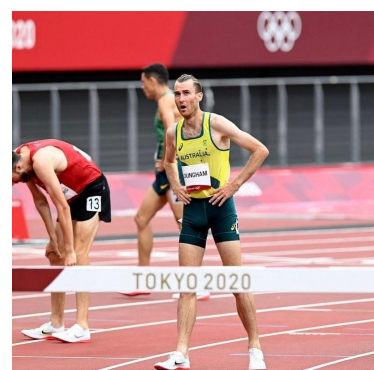
★★★★★ SSH Stewy Diamond League 2021		
Gateshead 1500m	- 3rd -	3:37.32
Doha 1500m	- 2nd -	3:31.57
Monaco 1500m	- 4th -	3:29.51
Brussels 1500m	- 1st -	3:33.20
Oslo Mile	- 1st -	3:48.37
Eugene Mile	- 2nd -	3:48.40
Gateshead 3000m	- 2nd -	7:28.94
Lausanne 3000m	- 3rd -	7:35.06
Florence 5000m	- 11th -	13:20.11
★★★		

A win & National Record at the historic Oslo Dream Mile (3:48.37), a National Record in the Monaco 1500m (3:29.51), and the second fastest Australian time ever run (behind his own National Record), of 7:28.94 at the Gateshead 3000m, were a few of the many highlights.

Then, the big show. Stewy went in Heat 1 of the 1500m, attacking the pace after 300m, and getting things moving. A bit of clear air early ensured that he finished a comfortable 3rd in 3:36.39, and an automatic advancement to the Semi Finals. Next, the Semis. A similar story of Stewy going early, ensuring that the Semi Final 2 pack was strung out and made to hold on to the pace. A few fast finishers & late kicks followed, but Stewy managed to tick the box, and advance in 5th in 3:32.54. PHEW! On to the final.

Next in this story, enters SSH Club President & Australian Olympic Team Physiotherapist; Kev Cragie. Kev & Stewy spent the next 48 hours working as hard as they could to clear a small niggle for Stewy, with Kev throwing all he could at getting Stewy ready for the final.

Kev had Stewy as ready as possible, and he took starters orders for the 2021 Olympic 1500m Final. A tactical first 300m played out, but then Kenyan Tim Cheruiyot was baited into making the pace fast by Norwegian Jakob Ingebrigtsen, who Stewy watched like a hawk and jumped right behind. A rapid first 800m of 1:50, meant the order was Cheruiyot, Ingebrigtsen & McSweyn, who had formed a pack of 3, and moved away from the rest of the race. Coming down the straight with 500m to go, they continued to clear out, with Stewy sitting right in 3rd at the bell and holding tight for dear life. With 300m to go, Stewy started to feel the pinch, and powered through as hard as he could all the way to the line, finishing in 7th, in 3:31.91, an all-time effort from Stewy. We were all so proud to see his grit, his bravery & his heart on the biggest stage of them all.



TROPHY WINNERS 2021-2022

Men

Best Performance Trophy (Highest IAAF points)	Stewart McSweyn (1500m: 3:29.51- 1252 IAAF points)
Gerald Backhouse Memorial (Fastest 1500/mile)	Stewart McSweyn (3:29.51- 1500m)
J. W. Bannister Trophy (Highest Aggregate in Cross Country)	N/A
George Langford Memorial Trophy (Club 8k Cross Country)	Thomas Thorpe

Women

Wal Robinson Perpetual (Highest IAAF points)	Natalie Rule (5000m: 15:10:24- 1143 IAAF points)
Fastest 1500/ mile	Natalie Rule (4:09.13- 1500m)
Highest Aggregate in Cross Country	N/A
Pat Robinson Perpetual (Club 8km Cross Country)	Whitney Sharpe



TRACK AND FIELD SUMMER REPORT

Unlike XCR21, the rona had nothing on T&F21/22 (we think that's what we call it). Wowee, big season, bit on.

For the Sainters, our season started in August, which is earlier than what it did for most – but you know, Olympics. Repping the green and gold (they weren't allowed to wear the SSH singlets, but God knows they tried...we think), Bucks and the Stewy took on Tokyo and LIT.IT.UP. There's a separate report on this because the Olympics are a big deal, so it's here that we draw your attention to page 3. Bucks and Stewy, we are so proud of you guys - after a tough 18 months, you really brought a lot of joy and excitement to the living rooms of all of us cheering back home.

After a bit of a nerve-wracking wait to see how the Aths season would pan out, the end of November saw many of our summer regulars take on the first Vic Milers of the 21/22 season. As per previous years, our club continued to be strong supporters of the Miler's program, with 37 performances across the five meets. Special mentions to Brigitte Humphrey, Saskia Lloyd, Ysmene Ostik-Smith, Olivia Da Costa-Alves, Aiden Du Buisson, Chris Dale and Austin Fernando, all of whom had numerous appearances and showed up no matter the weather, location or distances on offer.

We are also very thankful to all the clubs who have organised their own meets throughout the season. SSH was well represented at the Box Hill Classic, Bendigo 5km Frenzy, Box Hill Burn, Collingwood Track Classic and we know our members are really appreciative of all the hard work that goes on behind the scenes to give us an opportunity to run in fast, competitive races.

We managed to field four distance medley teams for the Victorian Relay Championships. We were excited to see some new faces out there repping the SSH colours and came away with two podiums and a lot of warm and fuzzy team vibes.

Lakeside Stadium became the home of a Sainter's Victorian title, with Captain Thorpe taking out the 5000m Vic Champs with a classy sub-14 performance. That's two in a row for the Thorpedo, and we're happy about it. Sam Quirk ran the 5000m race of his life, with a new pb of 14:47 a well-deserved reward for one of our most dependable and humble racers. Quirky went on to also run a 10,000m pb at the Zatopek Challenge, showing that running really does reward consistency and persistence.

New recruit Liss Duncan was a standout at the Victorian Mile Championships, taking the win in 4:45.73. The red, white and blue suits you, Liss.

Aiden Harvey continued to fly the flag for us at the AVT series, as well as a couple of AVSL meets here and there. To put (pun unintended, but still funny) a spotlight on Aiden's season, it has included a:

- 1st at Victorian Country Championships
- 2nd at Melbourne Track Classic
- 1st at Victorian Track and Field Championships
- 1st Australian National Championships
- 2nd Brisbane Track Classic
- SSH club record (19.05m)

A very, very impressive season resume for our thrower.

Whilst we're on the theme of Victorian titles, adding to the SSH tally, Chris Dale took out the Victorian 3000m steeplechase championship (with Dr Toby O'Brien not far behind in 2nd), whilst junior Austin Fernando was crowned Victorian u/16 800m champion. With the Victorian Championships being held

across two weekends, we had a number of athletes in both the open and junior ranks, with many running personal bests, featuring in finals, and qualifying for nationals.

We continued to punch above our weight on a national level. Highlights from the national circuit included Liss Duncan's 2nd in the 1500m at Zatopek, a personal best/club record and 2nd for Aiden Harvey in the shot put at Brisbane Track Classic and another 2nd at Melbourne Track Classic, Ben Buckingham's convincing 1st place in the steeple at the Adelaide Invitational, Nat Rule's 2nd place in the National 3000m Championships (incorporated with the Sydney Track Classic), and her 2nd in the 1500m at the Melbourne Track Classic.

The Australian National Championships were held at the pointy end of the season, with eight Sainters making the trip up to Sydney. We know we have already mentioned it, but it's absolutely worth another mention – Aiden Harvey took out the open men's national shot put title, a fitting reward for his commitment and dedication throughout the season. Nat Rule's 3rd place in the women's 5000m run was undoubtedly a break through run, with Nat storming home and missing the World Championships qualifier by just .24 of a second. A huge performance – big, big things to come from Nat.

We were so happy to see the SSH contingent back out in force off the back of a couple of challenging years. Whether you were vying for a national title or getting out there week after week in the hunt for a pb, we absolutely love to see it and thank you all for contributing to what was a hugely successful season for the Sainter's.



CLUB RANKINGS 2021 - 2022 - WOMEN

800m		
Melissa Duncan	2:10.05	20/01/2022
Brigitte Humphrey	2:15.43	10/03/2022
Andrea De Jong	2:28.11	08/02/2022
Ysmene Ostik-Smith	2:37.91	25/11/2021
1000m		
Brigitte Humphrey	3:02.27	8/03/2022
1500m		
Natalie Rule	4:09.13	19/03/2022
Melissa Duncan	4:18.18	26/01/2022
Brigitte Humphrey	4:44.41	24/03/2022
Saskia Lloyd	4:55.11	16/12/2021
Andrea De Jong	4:58.43	18/02/2022
Olivia Da Costa- Alves	5:03.78	19/02/2022
Emily Bartlett	5:04.18	18/02/2022
Ysmene Ostik-Smith	5:17.50	19/02/2022
Mile		
Melissa Duncan	4:45.73	08/02/2022
Saskia Lloyd	5:15.24	08/02/2022
Olivia Da Costa- Alves	5:35.05	08/02/2022
Ysmene Ostik-Smith	5:52.87	08/02/2022
3000m		
Natalie Rule	9:06.68	12/03/2022
Melissa Duncan	9:16.59	12/03/2022
Brigitte Humphrey	10:09.42	25/11/2021
Saskia Lloyd	10:23.72	25/11/2021
Olivia Da Costa-Alves	10:52.47	26/02/2022
Stella Crawford-Rust	11:06.59	25/11/2021
5000m		
Natalie Rule	15:10.24	02/04/2022
Simone McInnes	17:37.19	11/02/2022
Brigitte Humphrey	17:35.27	07/12/2021
Saskia Lloyd	18:06.99	08/03/2022
10,000m		
Whitney Sharpe	35:27.84	26/01/2022
Distance Medley		
Saskia Lloyd, Stella Crawford-Rust, Meg Oakley Kerr, Andrea De Jong	12:46.64	26/01/2022
Emily Bartlett, Emily Chambers, Maddy Williams, Olivia King	13:51.18	26/01/2022

CLUB RANKINGS 2021 - 2022 - MEN

400m		
Austin Fernando	51.83	12/02/2022
800m		
Aiden Du Buisson	1:58.40	08/02/2022
Daniel Chiba-Lynch	1:58.25	25/02/2022
Austin Fernando	2:00.46	26/02/2022
Jones Gorton	2:06.59	08/02/2022
1000m		
Toby O'Brien		02/03/2021
1500m		
Stewart McSweyn	3:29.51	09/07/2021
Chris Dale	3:51.56	16/12/2022
Aiden Du Buisson	3:58.39	20/01/2022
Sam Quirk	4:07.15	20/01/2022
Daniel Chiba-Lynch	4:07.85	24/03/2022
Jones Gorton	4:16.87	18/02/2022
Mile		
Stewart McSweyn	3:48.37	01/07/2021
Chris Dale	4:10.94	08/02/2022
3000m		
Stewart McSweyn	7:28.94	13/07/2021
Tom Thorpe	8:11.02	24/03/2022
Chris Dale	8:18.26	24/03/2022
Toby O'Brien	8:25.44	24/03/2022
Sam Quirk	8:33.99	25/11/2021
Aiden Du Buisson	8:38.52	25/11/2021
Jones Gorton	9:26.52	25/02/2022
Maxy Letten	10:01.35	24/03/2022
3000m steeplechase		
Ben Buckingham	8:45.33	12/02/2022
Toby O'Brien	9:03.47	31/03/2022
Chris Dale	9:03.47	19/03/2022
5000m		
Stewart McSweyn	13:20.11	10/06/2021
Tom Thorpe	13:58.59	07/12/2021
Harry Smithers	14:47.86	11/02/2022
Sam Quirk	14:47.93	07/12/2021
Toby O'Brien	14:57.55	08/03/2022
10,000m		
Sam Quirk	31:10.66	28/01/2022
Tom Thorpe	31:27.80	26/01/2022
Shot put		
Aiden Harvey	19.05m	09/04/2022
Distance Medley		

Toby O'Brien, Daniel Chiba-Lynch, Aiden Du Buisson, Harry Smithers	10:22.59	26/01/2022
Maxy Letten, Austin Fernando, Seamus Graham, Patrick Leong	11:54.99	26/01/2022



WOMEN'S CLUB RECORDS (as at 31 March 2022)

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	B. Humphrey	3.02.27	08/03/2022= NCR
1500m	N.Rule	4.09.13	19/03/2022= NCR
Mile	W. Sharpe	4.46.6 h	06/02/2018
3000m	N.Rule	9.06.68	12/03/2022= NCR
5000m	N.Rule	15.10.24	02/04/2022 = NCR
10000m	N.Rule	34.15.41	14/12/2019
Half Marathon	W. Sharpe	1:15.26	12/10/2021= NCR
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 B. Mignot A. Nolan	51.00 e	23/02/2008

	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 2022)

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	3.29.51	09/07/2021= NCR
Mile	S. McSweyn	3.48.37	01/07/2021= NCR
2 Mile	S. McSweyn	8.16.28	30/06/2019
3000m	S. McSweyn	7.28.02	17/09/2020
5000m	S. McSweyn	13.05.23	31/08/2018
10000m	S. McSweyn	27.23.80	14/12/2019
20k Track	I. Blackwood	60.00.0 h	27/10/1965
1 hour Track Run	I. Blackwood	20050.47m	27/10/1965
Half Marathon	S. McSweyn	62.52	12/09/2021
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	8:20.95	30/07/2021= 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	19.05m	09/04/2022 =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 P. Sutton G. Kipp A. Garnham	15.56.6 h	05/03/1982
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

A long overdue return to Winter racing occurred for the club in 2021. With such long race delays and breaks between cross country, we were bursting at the seams for the upcoming & hopeful season. Unfortunately, we were again left stuck in the mud by COVID despite a great start to the 2021 XCR season. The addition of new recruits across the men's & women's teams, as well as the junior ranks, meant that numbers were strengthened again for what would be a short, but sweet season.

Round 1 - Jells Park Relays:

Jells Park was a welcome return to classic Cross Country racing, with a new, twistier course and we were ready to outrun the rona that had derailed the previous winter season.

Starting off with our Women's teams, our best numbers at Jells in years meant we were able to compete in every race we entered. The U20s took 2nd, with Andrea, Soph & Em continuing their great form from track season. Andrea with the 2nd fastest leg of all U20 Women. Our U18 girls stepped up, with most being U16s up against the older girls, Ysmene, Emma & Maddy tackling the tough course.

In the Open ranks, we were fortunate enough to have Sas, Alice & Stella all step up into the Div 5 team, in their first run for SSH. Sas & Alice only separated by 9 seconds, and Stella with a strong anchor leg. Our Div 2 team dominated the course, with a quick look at the other times from Premier division, suggesting the team would've been in for the win there too. Sim with a classic McInnes clutch run to lead the team off, with Lissy then showing her class with the fastest female time of the day. less than 48 hours after running 8:55 for 3rd at National 3km. Tammy then donned the Red, White & Blue for the first time too, holding strong on a tough course in hot conditions, handing over to Whit to close for the comfortable win in Div 2.

On the Men's side, the Division 7 men set the tone for the rest of our Men's teams, comfortably winning their division. Hopper Fagan & Lachie Bonney had great first runs for the club, stepping up to a 6km leg, not bad for a couple of 800m boys. Maxy Letten & Matty Nolan then continued the lead, with Maxy working through well on his leg, in his first run for SSH too. Our OG Kev then smacked out a 21-minute leg, not bad for a man with 1% of his navicular left. The Division 3 men stood out again, starting the season in excellent form. Harry Smithers led off with a great first run, handing over to a returning Davies, who had a last minute inclusion into Div 3, but still gave it his all for the boys. Aiden & Seamus then cracked on, and pulled through some fantastic 20 minute legs around Jells, two guys who were stepping up into the senior ranks for the 2021 season.

The Premier boys made it 3 victories on the trot at Jells Park, winning by 4 minutes ahead of the next Premier team. Toby starting things off with a well controlled first leg, myself & Bucks then played our roles, with Quirky then pushing the lead out over the chasing Western & APS, handing over to Stew who continued in that vein, giving Chris Dale the chance to enjoy a leisurely stroll around Jells Park in under 19 minutes!

Round 2 - Lardner Park:

In a year of 'returns', we made another one down to Lardner, bringing back the historic Lardner Park cross country course in May. With challenging hills, small hurdles & ditches to navigate, it was true cross country. The club had another strong day of racing across the board. Winners in the Women's Division 2 & Women's U20, and 3rd in the Men's Premier.

We began the day in the Women's U20 division with Alice, Sas & Stella knocked out a convincing team win. Alice just missed out on the podium with a strong 4th place, Saskia pushing into the top 10 for 7th, and Stella backing up from Jells with some strong running for 11th on a brutal course.

On to the Women's Open 8km, where Whit led out the charge for the team, playing an enormous role and coming down to tempo around, despite being sick all week and missing two engagement parties that afternoon. Tammy followed with another great run for the club, coming down to Lardner and punching out the tough course for 21st. We then had Andrea & Soph stepping up for the team, with some massive runs in the top 40. A big shock to the system I'm sure, but they both handled the 8k course, and propelled the team to a big win in Div 2, with 27th & 35th respectively.

Another great result for the Men's Premier team, taking out 3rd in the points, despite a number of injuries & outs. Thorpe claiming overall third place and bringing home some bronze bling! Toby and Harry cracked into the top 20 working together like peanut butter & jelly for 18th & 19th. Lachie Connell made his long-awaited return, with a big run for 35th, despite in his own words, "blowing up like 10 different times" in a pair of North Face joggers and Quirky sped along at his old home deck from SSV XC days, with a big run for 47th. Lachie Aspinall was an absolute trooper for the team again, despite being incredibly sick all week, he came down and held down for the 6th runner spot, coming in 56th. We then had the young pups Aiden & Maxy stepping up in their first Open XCR race, Aiden with a tough grinded out 70th, and Maxy in his first XCR individual race, with 135th. Great to see these guys getting stuck in. Literally. So much mud.

Round 4 - Cruden Farm

A hopeful return from lockdown left us all raring to go for this race, receiving the all clear from AV on the Wednesday beforehand, it was lights out and away we go. Our teams were thinner on numbers at Cruden due to lockdowns, injuries and unavailability's, but the bodies that made it down to Cruden Farm did the team exceptionally proud.

Captain Thorpe grabbed the opportunity with both hands, taking out an individual silver medal. Impressive runs by Tammy Quinn (12th) and Dr Toby O'Brien (16th) who also cracked the top 20. Another special mention here must go to Aspi who spent his afternoon sitting alone in a freezing cold paddock for the afternoon to fulfil our club duties. We appreciate you Aspi. A 6th place overall for the Men's Premier and a 9th place overall for the Women's Division 2, kept us in the hunt for what we expected to be the rest of the season.

... And then.

The rona re-railed itself and hit Victoria (again) with a vengeance.

And as far as the 2021 XCR season went, well, that was all they wrote.

The silver lining in all of this is that for the third season in a row, we will again be the defending Men's Premier division champions. This game is easy.

A big thank you to all who made it to one (or more) of the races to fill teams or help out with duties. Given the uncertain circumstances, we know it wasn't easy and we appreciate every single one of you who made the effort to turn up and run.

See you all for XCR '22. We've got a good feeling about this one.

CROSS COUNTRY RESULTS

XCR Round 1 – XC Relays, Saturday 1st May 2021, Jells Park

Age Group	Event	Team members	Performance	Place
Women's Open, Div 2	4x6km	Simone McInnes Liss Duncan Tammy Quinn Whitney Sharpe	22:03 21:05 23:40 22:16 = 1:29:05	1 st
Women's Open, Div 5	3x6km	Saskia Lloyd Alice Oakley Kerr Stella Crawford-Rust	25:26 25:44 26:29 = 1:17:39	2 nd
Women's u/20	3x3km	Andrea de Jong Sophie Carne Emily Bartlett	11:05 11:44 12:01 = 34:50	2 nd
Women's u/18	3x3km	Ysmene Ostik-Smith Emma Ochoa Maddy Williams	13:13 13:19 13:04 = 39:53	12 th
Men's Open Div 1	6x6km	Toby O'Brien Tom Thorpe Ben Buckingham Sam Quirk Stewart McSweyn Christopher Dale	18:56 17:55 18:13 19:39 17:41 18:39 = 1:51:04	1 st
Men's Open Div 3	5x6km	Harry Smithers Jack Davies Aiden du Buisson Seamus Graham Lachlan Aspinall	19:11 22:18 20:40 20:43 20:32 = 1:43:24	1 st
Men's Open Div 7	4x6km	Lachlan Bonney Maxy Letten Matt Nolan Kevin Craigie	22:05 23:11 25:15 21:43 = 1:32:14	1 st

XCR Round #2 – Saturday 22nd May 2022, Lardner Park

Name	Age Group	Event	Performance	Place
Whitney Sharpe	Open	8km	31:44	18th
Tammy Quinn	Open	8km	31:59	22nd
Andrea De Jong	Open	8km	33:09	28th
Sophie Carne	Open	8km	33:47	36th
Alice Oakley Kerr	u/20	4km	15:46	4th
Saskia Lloyd	u/20	4km	16:29	7th
Stella Crawford-Rust	u/20	4km	19:05	11th
Tom Thorpe	Open	8km	24:49	3rd
Toby O'Brien	Open	8km	26:02	18th
Harry Smithers	Open	8km	26:03	19th
Lachy Connell	Open	8km	27:08	37th
Sam Quirk	Open	8km	27:43	50th
Lach Aspinall	Open	8km	28:05	60th
Aiden du Buisson	Open	8km	28:44	73rd
Maxy Letten	Open	8km	31:21	142nd

Team scores	Place
Women's Div 2	1 st
Men's Div 1	3 rd
Women's u/20	1st
Men's Div 3	13th

XCR Round #3 – Saturday 10th July 2022, Cruden Farm

Name	Age Group	Event	Performance	Place
Tammy Quinn	Open	12km	47:54	12th
Tom Thorpe	Open	12km	36:28	2nd
Toby O'Brien	Open	12km	38:50	16th
Sam Quirk	Open	12km	41:06	41st
Aiden du Buisson	Open	12km	42:52	68th
Maxy Letten	Open	12km	44:08	83rd
Jack Davies	Open	12km	44:39	90th
Luke Frazzetto	Open	12km	45:04	99th
Matt Nolan	Open	12km	49:18	161st

Team Scores	Place
Women's Div 2	9 th
Men's Div 1	6 th
Men's Div 3	12 th

SSH Annual Financial Report

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

For the year ended 31 March 2022

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Treasurer's Report

St Stephens Harriers Athletics Club Inc (Registered No. A0023951P) For the year ended 31 March 2022

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 2022.

Operating Result

The operating result for the period was a surplus of \$98, up from a deficit of \$1,093 in 2021. The operating result comprises two elements:

General Fund

The General Fund ran at a surplus of \$58 in 2022, up from a deficit of \$995 in 2021. The modest surplus was provided by a small increase in membership fee income during the 2021-22 season, with the COVID-19 pandemic continuing to provide ongoing disruptions to both the winter XCR and Summer Track & Field seasons. Spend on coaching fees was reduced in recognition of this disruption, which helped to preserve club funds.

Uniform Fund

The Uniform Fund ran at a surplus of \$40 in 2022, up from a deficit of \$98 in 2021. As noted above, the COVID-19 pandemic significantly disrupted the 2021-22 season, which resulted in lower race attendance levels and thus fewer movements in uniform stocks throughout the year.

Member Numbers

Member numbers increased to 42 registered members for season 2021-22, up from 34 for season 2020-21.

Early optimism regarding a return to XCR following the cancellation of the prior year's season led to strong early club registrations, however membership growth unfortunately slowed during the prolonged Melbourne lockdowns that punctuated the second half of 2021.

The club opted to retain the reduced club fee rates offered during the 2020-21 season to both support existing members as well as to reduce the financial barriers to entry for new members. As such, despite the modest improvement in member numbers, membership fee income remains well down on pre-pandemic levels.

A summary of our member profile is included below:

Category	2021-22	2020-21
Open Athletes	29	23
Under 20	6	6
Under 18	2	1
Under 16	5	4
Total	42	34
Male	25	18
Female	17	16

Accumulated Funds

The accompanying Statement of Financial Position shows that the Club has total accumulated funds of \$24,004 as at 31 March 2022 compared with total accumulated funds \$22,906 as at 31 March 2021 .

Total accumulated funds also include a Sponsorship Fund of \$9,000 (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.

The club thanks the anonymous donor who generously contributed \$1,000 to the Sponsorship Funding during the 2021-22 season to support our emerging athletes.

Luke Frazzetto

TREASURER

Sign date: 10 April 2022

Statement of Financial Performance

St Stephens Harriers Athletics Club Inc (Registered No. A0023951P)
For the year ended 31 March 2022

	2022	2021
Income		
Member's Fee Income		
Membership Fee Income	2,455	1,940
Total Member's Fee Income	2,455	1,940
Other Income		
Net Social Fee Income / (Expense)	-	(305)
Donations Received	-	250
Interest Income	23	85
Total Other Income	23	30
Total Income	2,478	1,970
Expenditure		
Athletics Victoria Fees		
AV Affiliation Fee	550	550
Cross Country Relay Entries	630	-
Track Relay Entries	320	240
Total Athletics Victoria Fees	1,500	790
Club Development Expenses		
Athlete Subsidies - Memberships	610	648
Coaching Fees - Run Ready	-	1,000
Marketing Costs	-	60
Trophies & Penants	-	408
Total Club Development Expenses	610	2,116
Administrative Expenses		
Filing Fees	60	59
Other Expenses	250	-
Total Administrative Expenses	310	59
Total Expenditure	2,420	2,965
General Fund Surplus/ (Deficit)	58	(995)
Uniform Fund		
Sales	345	62
Less Purchases & Write-offs	(305)	(160)
Total Uniform Fund	40	(98)
Uniform Fund Surplus / (Deficit)	40	(98)
Total Operating Surplus / (Deficit)	98	(1,093)

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 2022

	NOTES	31 MAR 2022	31 MAR 2021
Assets			
Current Assets			
Cash and Cash Equivalents	2	7,888	7,773
Financial Assets	3	11,436	11,413
Uniform Stocks	4	4,680	3,720
Total Current Assets		24,004	22,906
Total Assets		24,004	22,906
Net Assets			
		24,004	22,906
Member's Funds			
Sponsorship Fund	6	9,000	8,000
Accumulated Funds			
Opening Balance		14,906	15,998
Operating Surplus / (Deficit)		98	(1,093)
Total Accumulated Funds		15,004	14,906
Total Member's Funds		24,004	22,906

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 2022

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.

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.

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.

	2022	2021
2. Cash and Cash Equivalents		
Bank Accounts At Call		
Operating Account - Westpac	3,803	3,688

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

	2022	2021
Savings Account - Westpac	4,085	4,085
Total Bank Accounts At Call	7,888	7,773
Total Cash and Cash Equivalents	7,888	7,773

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.

	2022	2021
3. Financial Assets		
Term Deposit - Westpac		
Sponsorship Fund Investment	8,000	8,000
Accumulated Interest	3,436	3,413
Total Term Deposit - Westpac	11,436	11,413
Total Financial Assets	11,436	11,413

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 Uniform Fund surplus of \$40 in 2022, up from a deficit of \$98 in 2021. As noted in the Treasurer's Report, the COVID-19 pandemic significantly disrupted the 2021-22 season, which resulted in lower race attendance levels and thus fewer movements in uniform stocks throughout the year.

	2022	2021
4. Uniform stocks		
Uniform stocks at lower of cost and net realisable value	4,680	3,720
Total Uniform stocks	4,680	3,720

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.

There were no unpaid liabilities owing as at 31 March 2022.

	2022	2021
5. Trade and Other Payables		

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. A further donation of \$1,000 was received during 2021.

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 \$3,436 which has been recognised as interest income.

	2022	2021
6. Sponsorship Fund		
Funds Contributed	9,000	8,000
Total Sponsorship Fund	9,000	8,000

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

Statement by the Committee

St Stephens Harriers Athletics Club Inc (Registered No. A0023951P) For the year ended 31 March 2022

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 2022 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:

Kevin Craigie

PRESIDENT

Luke Frazzetto

TREASURER

Sign date: 10 April 2022