



The Journal

ST. STEPHENS HARRIERS ATHLETIC CLUB Inc.

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St. Stephens Harriers



Established 1908

In association with Wesley College Athletics

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Norman Robert Osborne OAM - iconic SSH, national and international coach, who last year gave a fascinating interview over two issues of the Journal - passed away on 25 June, after several years of failing health.

It was standing room only at the Tobin Bros chapel in East Burwood, where Norm's wife, Jan, son Mark, daughter Jacqui, their families and friends were joined by dozens of 'athletics people' whose association with the great man was as varied in closeness and duration as the range of ages present. All had been touched by him in their own ways, many to a life-altering extent. Among them was at least one - Rick Mitchell - whom the work of Norm Osborne had helped realize a most cherished dream. It was Rick and Mark who each gave entertaining and moving tributes that had

most of us nodding, knowingly and with a chuckle, at odd moments. Norm Osborne the coach had impressed everyone with his feats; Norm the man had warmed our hearts.

He belonged to a select breed of athletics mentors - a breed which included such luminaries as Henri Schubert (famed coach of Pam Kilborn-Ryan), Neville Sillitoe (Peter Norman's coach), Allan Barlow (Graeme Crouch, Tony Benson), Pat Clohessy (Ron Clarke, Tony Cook, Trevor Vincent), John Boas, Tom Kelly, Franz Stampfl, Craig Hilliard ... the list goes on. In the Journal interview, he spoke almost reverently of those coaches, local and international, whom he had met and had been fortunate enough to learn from. Unlike many coaches associated with 'big names', Norm never saw himself purely as a coach of the

elite. He devoted no less energy to the struggling club runner than he did to the Mitchells, Hanlys, Crowleys and Hillardts. He asked only self-belief, commitment to training, preparedness to compete regularly and faith in the programs he set for them. Those things mattered; whatever natural talent you brought to the track was not the arbiter of your worth as an athlete. Your potential was your potential, to be realized or not, according to your level of commitment. Norm meant business if you did.

Athletics has changed a great deal, as has society, since Norm Osborne first swapped his running spikes for stopwatch and clipboard in the 1950s. In his last years he came to believe that there was little to be communicated between himself and today's athletes - too much had changed. Yet he did not blame them for this - rather, he seemed to see it as a matter of social evolution, reflected in changing values and practices. Nor did it prevent him from being present, as often as his health would allow, at track meets and cross country races throughout the year. There, in his familiar camp chair, he would chat and reminisce with old friends and peers, while watching the same endeavours to which he had devoted so much time, resources and energy in helping so many athletes achieve more than they'd ever believed (and hardly dared dream) they could. His sharp and knowing eye could still spot a potential champion, and he never lost the knack for instant analysis of an athlete's assets, faults and needs. It's certain that, had any one of them approached him for advice, Norm would never have sent them away empty handed.



Norm cutting the cake at the SSH Centenary luncheon in 2008.

The camp chair will be seen no more. No athlete or coach will again seek his advice. That does not mean, however, that Norm Osborne's learning, wisdom and guidance have departed with him. They live on in print, and in the athletes and coaches he nurtured. This quote, from the Order of Service at the funeral (re-printed from Norm's foreword in 'St Stephen's Harriers - 100 Years') provides a perfect piece of counsel for us all.

"Learn well from the past and use the knowledge gained as a springboard for the future, and you will be surprised how successful you can become."



Shirley Grace Young

1929 - 2016

- *SSH Life member*
- *Ultra-marathon multi-world record holder*
- *Founder member, Melbourne Marathon Spartans*
- *Beloved wife, mother, grandmother, great-grandmother*

Our deepest condolences to Ron, Lorraine, Christine, Gregory and their families

**** IMPORTANT! ****

CHANGES TO REGISTRATION/ MEMBERSHIP FEE STRUCTURE

AV has introduced a new registration and membership fee structure, based on a packaging principle. Most members would have been notified of this by e-mail. If this is not so in your case, please read carefully Pat Robinson's page, headed **REGISTRATIONS FOR 2016-17 (1st April 2016 – 31st March 2017)**, below.

REGISTRATIONS FOR 2016-17 (1st April 2016 – 31st March 2017)

AV are offering new Membership packages which will be available online from **1st April 2016** with changes to the membership payment process. To start the process, members must first pay the AV Base Membership Fee and the SSH Club Fee.

Fees are as follows:

AV Base M/ship fee	SSH M/ship fee	XCR Pack OR	T&F Pack	Max Pack (XCR & T&F)
Open \$100	\$70	\$125	\$125	\$200
Junior 80	50	100	100	150
Dual 55	50	55	75	75
Coach 0	0			
Official 0	0			
Social 40	50			
Rec Runner 40	50			

NOTE: The remaining Cross Country events are the Half Marathon and the Ekiden and Tan Relays, which means it is not worth taking out the XCR Package but, if you wish to compete in any of these events, you can register and take out the XCR Relay Package at no extra cost and/or enter the Half Marathon for \$30.

The Track and Field package gives access to twelve rounds and a Final of AV Shield competition.

Entry to Championship events will be the same as last year.

Once the AV Base fee and Club fee have been paid, Packages can be added at any time.

Categories for Registration are –

- Open 20 years and older
- Junior 13-19 years (as at 31 December 2016)
- Dual 11-14 (must have current LAVic Registration)
- Social (Non competing member)
- Recreational Runner
- Official 16 years and older
- Coach 16 years and older (must be a financial member of Athletics Australia).

SSH Club Development Fund

This important financial resource assists athletes directly where necessary (trips, equipment, specialised coaching etc), and we need to keep building on it. Your donation (\$10-\$20+, or whatever you can afford) will be gratefully received, by cheque or direct debit transfer.

If you have any questions please do not hesitate to contact me on 98061659.

*Pat Robinson
Secretary/Registrar*

THE PRESIDENT SPEAKS



As you are aware, your Committee has been focussing on the need to gain access to accredited coaching services in order to further the club's ability to attract new members, retain existing and build on the solid foundation that we have all worked so hard to establish of the past years.

It is with great pleasure that I am able to announce that, at the June Committee meeting, it was decided to appoint Run Ready, headed by Nick Bowden, as the preferred provider of coaching services to SSH.

Nick is well known to all at SSH and indeed currently coaches many of our athletes. He has been asked to provide his services for a trial period of three months, 1 July 2016 to 30 September 2016. The provision of services agreed with Run Ready are:

- Supervised coaching for athletes at designated sessions appropriate to the level and goals of the individual,
- Attendance at key AV XCR competitions,
- Consult on coaching pathways and the future structure of SSH coaching,
- Agreement that new and potential members be allowed access to designated training, on a free trial basis. Following a trial period (typically 2-3 sessions and/ or 1 week), new members may then pay the relevant fee to access ongoing coaching services.

At the end of the initial trial period, an extension of the agreement for another 6 months is planned on the proviso that both parties are satisfied with its progress.

It has also been agreed, that to ensure the long term success of the coaching program, a comprehensive review and planning process will be conducted at the end of the summer track season and prior to April 2017 to ensure Run Ready continues to provide appropriate services consistent with the requirements and objectives of SSH.

After much discussion, the Committee concluded that Run Ready was the provider best suited to fulfil our coaching requirements for the following reasons:

1. Nick Bowden (Run Ready Principal) is a known quantity. He is an experienced, qualified coach who has extensive knowledge of the club and its athletes. Through his business, Nick offers a panel of similarly qualified coaches.
2. Run Ready fits the culture of SSH.
3. Run Ready is a local business and has established local training venues and times to suit athletes of all levels and goals.
4. Nick has an extremely good working relationship with the club's previous coach, Wal Robinson, who highly recommends Run Ready.
5. Nick has existing relationships with Wesley College (GW) and Camberwell Malvern Little Aths. Indeed Nick, was instrumental in working with Wal Robinson to bring about the SSH/Wesley alliance that continues to bear fruit for the club today. Both associations are seen as recruiting opportunities for SSH.
6. Appointing Run Ready complements the clubs strategy to build on the clubs current strength (middle distance) without excluding other disciplines such as sprints, hurdles etc as our members require.
7. Run Ready fees are competitive.

The appointment of Run Ready is a milestone event for the club and completes one of the tasks the Committee undertook 12 months ago. It is very pleasing to reach this conclusion. We all believe that this appointment will help put SSH on a level playing field with other clubs in attracting new talent as well as retaining and developing our own, thereby underpinning our success on the track each week.

However, this is just a start. There is still much work to be done, and none of these decisions are of any use unless we all make it work and focus on utilizing what skills Run Ready and Nick Bowden will bring to the club. To do this we need everyone's input and assistance.

Please join me in congratulating Nick on this appointment, and thank your Committee on the work they have put into achieving this result.

We all look forward to the start of a new era for SSH and hope that this is the start of a very prosperous period for the club, on and off the track.

Carpe Diem!

Greg Nolan
President

COMING EVENTS

Sat 30 July	SSH Annual General Meeting & Presentation Night	52 Staughton Rd Glen Iris (Greg Nolan's place)
Sun 7 August	AV Road walks c'ships	Middle Park (Bowling club)
Sat 13 August	XCR16 R8 – Ekiden Relay	Anglesea Surf Coast
Sat 20 August	AA Cross country c'ships	Stromlo Park, Canberra ACT
Sun 4 September	XCR16 R9 – Half-marathon	Burnley
Sat 17 September	XCR16 R10 – TAN relays	King's Domain
Sat 8 October	AV Shield R1, Prog 1	Venues to be confirmed
Sat 15 October	AV Shield R2, Prog 2	
Sat 22 October	AV Shield R3, Prog 1	
Sat 29 October	AV Shield R4, Prog 2	
Sat 12 November	AV Shield R5, Prog 1	
Sun 20 November	AV Shield R6, Prog 2	
Sat 3 December	AV Shield R7, Prog 1	
Sat 10 December	AV Shield R8, Prog 2	
Thu 15 December	AV Shield R9, Prog 1	
Sat 7 January	AV Shield R10, Prog 2	
Sat 14 January	AV Shield R11, Prog 1	
Sat 21 January	AV Shield R12, Prog 2	
Sat 11 February	AV Shield Final, Prog 2	Lakeside Stadium

NOTICE OF ST STEPHENS HARRIERS AC ANNUAL GENERAL MEETING AND PRESENTATIONS

SSH Annual General Meeting will be
held on

Saturday 30th July 2016 at
52 Staughton Road, Glen Iris (Greg
Nolan's home)

The meeting will commence at
6.00pm, followed by presentation of
trophies for 2015-16, pizzas and
dessert.

Pat Robinson

NEW MEMBERS

*Welcome to our newest Saints: SVEN RICHTER
and MITCH CASHION, brought to SSH by
recruiter extraordinaire Cam Clayton. Also joining
us are CAELLUM CROWE, REBECCA BARRY
and NATHAN RODGERS, along with CAROLINE
MacCALLUM, rejoining after a 7-year absence.*



**** CONGRATULATIONS ****

to SALLY NAYLOR and JAMIE WAGSTAFF
on their recent engagement.

*** GORDON NOBLE ***

(1936-2015)

Many thanks to GRAEME THOMPSON for this tribute to one of SSH's elite middle distance performers of the 1960s.

Gordon Noble had a distinguished athletic career as a middle distance athlete with high level performances ranging from 880y/800m to the marathon.

Brought up in Sunshine, Gordon began his athletic career with St Marks Harriers. The club was linked to the local Anglican Church where Clifford, Gordon's older brother was already a middle distance runner. His initial interclub competition was on a grass track at Collingwood where it was five laps to the mile. St Marks became Sunshine Athletic Club in 1961 and by then Gordon had become the leader of the club - organising registrations/subscriptions and recruiting young athletes who he would transport to events.

It became evident soon after Gordon started running that he had potential as a middle distance runner. He made finals of state and national titles from 1961 to 1966 and won three state titles. In the '60's Gordon trained over summer months at Selwyn Park in Sunshine where both professional and amateur athletes trained together and there he encouraged young athletes and offered advice. John Pryor, a middle distance athlete of a similar standard to Gordon and who was successful as an 880/miler in the "pro" ranks was his regular training partner, doing interval work. Because of the divide between VAL and VAAA they never actually competed against each other - it would have been a great battle.

Despite being busy organising the club, working full-time and attending night school studying accountancy, Gordon was selected in the Australian team to compete in the mile at the 1962 Perth Commonwealth Games. He failed to make the final and was disappointed with his performance. However, he enjoyed the experience and formed enduring friendships with all of the middle and long distance runners, particularly St Stephens Harriers Ian Blackwood and Ron Blackney. They advised that a transfer from the "C" grade Sunshine club to "A" grade SSH would further his athletic career, and so it did. Gordon encouraged Graeme Thompson, Warren Harris and John McIntyre, also to make the move and they all commenced with SSH at the beginning of the 1963 Cross Country season.

In the new environment Gordon was free of all the administrative responsibility at Sunshine and his successes continued. In early 1963 he toured NZ with Trevor Vincent and others and there ran his best



mile of 4:02.1. He and Trevor had some great battles in Victorian titles with Gordon second in the 1500 in '61 and '62 and the mile '63 but won the 1500 in '63 and '64. The 1963 Victorian Mile championship was a titanic struggle over the last 300 metres with Trevor edging out Gordon who ran 4:03.9. They became great friends and in the latter years of his life Gordon assisted Trevor coaching athletes at Monash University.

At the Nationals in 1964 the trials for the Tokyo Olympics, Gordon finished third, behind the great Albie Thomas (NSW) and John Davies (NZ) both of whom broke 4 minutes and Thomas was selected for the 1500. Gordon recounted that on the victory dais Davies told Thomas "it will be a different story in Tokyo", and so it was. Thomas did not make the final and Davies gained the bronze behind fellow Kiwi Peter Snell.

Gordon had by now moved up to 3miles/5K on the track and eventually tackled the marathon. In '64 he finished third in the Victorian 3 miles and was second in '65 and third in '66 over 5K. During the winter of 1966 Gordon was an important part of the SSH team that won every Victorian cross country and road event and was the individual winner of the marathon in 2:24.59.

The arrival of Derek Clayton at SSH in 1963 was significant for the club but had a bigger impact on Gordon's personal life. Gordon and Derek became close friends and trained together regularly and became brothers-in-law when Gordon married Derek's sister Pam in 1968. Their daughters Karen and Fiona both became runners, but, alas, for Box Hill! Gordon provided great encouragement to the girls in their sporting endeavours and especially when Fiona represented Australia at the world Modern Pentathlon championships.

Gordon began his working career in Sunshine initially as an office assistant at HV McKay. Whilst studying at night school he worked at ANI National Forge. Then as an accountant he progressed to senior financial positions at Elders-IXL and Barrett Burston Malting Co. in Richmond.

In recent years Gordon suffered a number of health issues and passed away in July 2015. Understandably there was a large contingent of ex-athletes present at his funeral where his life was celebrated. An indication of the respect in which he was held by all his friends was highlighted by former SSH member Barry Tregenza flying from Perth for the service.

Gordon was a fine athlete, great clubman, successful in his professional life, a great friend to many and a wonderful family man. He is greatly missed.



Gordon Noble (6) at his peak, shadowing Ron Clarke (4) and fellow Saint Ron Blackney.



CROSS COUNTRY SEASON 2016



by Jamie Wagstaff

**** XCR16 R1 ... Cross country relays - 16 April, Jells Park**

SSH made a great start to the XCR-16 season. In particular the Men's Premier Division team finished 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.

Strong runs and a number of PBs were recorded in the Division 6 men's team and also the Division 3 women's team. It was also great to see a women's under 20 team in the race with Francesca, Claire and Annika all running strongly over the 3km course.

Fantastic start to the season and a sign of things to come.

MD1 – 6X6km	Tom Thorpe	18.57
	Ben Buckingham	19.07
	Lachlan Connell	18.35
	Sam Quirk	19.32
	Jamie Wagstaff	18.58
	Lachlan Aspinall	18.55
	Team 3rd/10	1.54.04

WD3 – 4X6km	Whitney Sharpe	22.54
	Sally Naylor	23.05
	Carmen Moorhead	32.04
	Sidonie Lowe	35.44
	Team 9th/13	1.53.45

MD6 – 4X6km	Cameron Clayton	19.58	WU20 – 3X3km	Francesca Cullity	11.48
	Ben Sims	21.56		Annika Read (inv)	13.26
	Matt Herten	23.16		Claire Morgan (inv)	<u>12.19</u>
	Luke Frazzetto	<u>23.09</u>		Team 6 th /10	37.33
	Team ** 1 st /11	1.28.19			

**** XCR16 R2 ... Cross country – 7 May, Wandin Park**

A change of course from Lardner Park to Wandin Park made for a particularly challenging race with a number of hills and also warmer weather

We celebrated our club traditions at this meet by incorporating the SSH cross country championships for 2016 the **Langford and Robinson** trophies. Congratulations to Lachie Connell (8k 28.07) who took out the SSH Langford Trophy for 2016 and to Whitney Sharpe (6k 24.14) who won SSH Robinson Trophy for 2016.

From a team's perspective our Men's Premier Division team finished 3rd, while Men's Division 6 and Women's Division 3 were able to score wins.

SSH showed their resurgence with the first 6 men's runners finishing inside the top 30. We also welcomed Nick Maguire and Caellum Crowe for their first run of the season.

MD1 – 8km	Lachlan Connell	28.07.1	MD7 – 8km	Matt Herten	37.48.2
	Jamie Wagstaff	28.23.8		Greg Schofield	46.29.8
	Lachlan Aspinall	28.38.8		Jake Pedley	46.43.3
	Tom Thorpe	28.42.7	WD3 – 6km	Whitney Sharpe	24.14.3
	Ben Buckingham	28.53.9		Sally Naylor	24.28.8
	Caellum Crowe	29.07.1		Caroline MacCallum	29.06.4
	Team 3 rd /8			Carmel Moorhead	38.14.1
				Team ** 1 st /10	
MD6 – 8km	Sam Quirk	29.25.6			
	Luke Frazzetto	33.46.1	WD4 – 6km	Sidonie Lowe	42.45.6
	Ben Sims	33.58.0			
	Nick McGuire	34.15.1			
	Team ** 1 st /7				

**** Congratulations to our Club CC champions ****

Geo. Langford Trophy – Lachlan Connell

Pat Robinson Trophy – Whitney Sharpe

**** XCR16 R3 ... Cross country relays – 21 May, Cruden Farm**

Following a number of years at Brimbank the 16k race was moved to Cruden Farm. I think all agreed it was a welcome change and a great course with something for everyone (hills, flat sections, mud, water!)

Whitney and Sally led home the Women's Open Div 3 team both finishing inside the top 20 and showing that they can compete with the front end of the race. Carmel and Sid rounded out the team with some solid performances.

Another second place finish for our Men's Open Premier Division team demonstrated the depth we have this year. Individually we had Lachie Connell and Ben Buckingham well inside the top 20 and strong run's from the rest of the team. Great running by Cam Clayton who showed the work he is putting over the winter and ran well under 60mins for the 16km.

Unfortunately we weren't able to fill a full Men's Div 6 team, however it was important to rest a number of runners to ensure that we are able to get through the season. The aim is to win Div 6 and be promoted up the divisions for next season.

MD1 16km	Lachlan Connell	53.05.4	MD6 – 16km	Cameron Clayton	57.15.3
	Ben Buckingham	53.19.2		Matt Herten	66.57.8
	Jamie Wagstaff	53.41.1	WD3 – 8km	Whitney Sharpe	29.50.6
	Caellum Crowe	53.47.9		Sally Naylor	30.36.5
	Lachlan Aspinall	54.59.2		Carmel Moorhead	45.52.9
	Sam Quirk	55.05.0		Sidonie Lowe	51.03.3
	Team 2 nd /10			Team 7/13	

**** XCR16 R4 ... Road race - 4 June, Lake Wendouree**

Conditions on Saturday were nearly perfect for distance running, although it was a little cold we were lucky to have a very still day and no rain during the race. The only challenge we all had to contend with was a slightly long course!

The Men's Division 6 team continued their winning streak. Comfortably taking the win and led home by Cam Clayton (54.48), Luke Frazzetto (59.26), Ben Sims (1.03.12) and Matt Herten (1.03.50). The Men's Premier Division team had their first 2nd place finish and also Lachie Connell finished inside the top 10 which was a fantastic result.

Great to see Sal, Whitney and Sid competing in the women's race, unfortunately we fell 1 short of filling a full Women's Div 3 team.

MD1 – 15km	Lachlan Connell	49.53.4	MD6 – 15km	Cameron Clayton	54.48.6
	Jamie Wagstaff	50.48.8		Luke Frazzetto	59.26.4
	Ben Buckingham	51.10.2		Ben Sims	63.12.9
	Sam Quirk	51.40.2		Matt Herten	63.50.4
	Caellum Crowe	51.44.9		Team ** 1st/16	
	Lachlan Aspinall	52.06.7			
	Team 2nd/10				
WD3 – 15km	Sally Naylor	66.24.6			
	Whitney Sharpe	66.24.6			
	Sidonie Lowe	109.19.7			

**** XCR16 R5 ... Cross country - 18 June, Bundoora Park**

Anyone who attended the race on Saturday will be able to confirm that the conditions made for a true cross country race. Lots of mud out on the course, especially coming into the finish line! This year both the men's and women's Victorian championship races were run over 10km with a 2km loop followed by 2x4km loops.

In the men's race 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!

In the Women's Open race Sally, Bec, and Carmel all performed admirably and will be looking forward to hitting the roads at Sandown and Albert Park.

We also had a number of SSH members running in the underage schools races. Great to see and we look forward to seeing them in their SSH singlets in the future.

Thanks again to all those who were out on the course to support and a big thank you to our AV helpers Michael Goerke, Greg Nolan and Michael Moorhead who stood out on watch in the cold for 3.5 hours! Great to see Kevin (also dragging Alice along) out there as well, we are all looking forward to having you back in the team!

MD1 – 10km	Ben Buckingham	32.08.9	MD7 – 10km	Matthew Herten	41.06.4
	Jamie Wagstaff	32.10.9		Greg Schofield	48.27.5
	Caellum Crowe	32.42.9			
	Tom Thorpe	33.13.6	WD3 – 10km	Sally Naylor	40.16.5
	Sam Quirk	33.27.5		Rebecca Barry	41.53.3
	Lachlan Aspinall	33.40.0		Carmel Moorhead	60.48.2
	Team 3rd/10				
MD6 – 10km	Nathan Rodgers	34.28.5			
	Nick McGuire	36.02.5			
	Ben Sims	38.00.7			
	Luke Frazzetto	38.30.9			
	Team ** 1st/8				



Jamie, Luke, Sam and Tom slug it out at Bundoora

**** LADDERS – after Round 5 ****

<u>Men Div 1</u>		<u>Men Div 6</u>		<u>Women Div 3</u>	
Box Hill	55	W'town	72	SSH	9 th of 13
SSH	42	SSH	68	(No team fielded in last 2 rounds.)	
MUAC	38	Collingw'd	57		
APS	31	Richmond	57		

- MD1 has not finished outside the top 3 so far this season.
- MD6 has won every round except Round 3, in which it did not field a team.

**** XCR16 R6 ... Sandown relays - 9 July, Sandown Park**

Great conditions at Sandown on the weekend. As many of you will remember, this was one of the few times we haven't had to contend with torrential rain or high winds! We had a number of teams entered, including a full women's team and also multiple junior teams which was good to see. Exciting to capture 3rd place and a bronze medal for the Men's Premier Team.

Ben got the 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 - a fantastic run and a well-deserved PB. Nathan and Sam kept the team in contention up with Box Hill, Knox and Geelong. It was only Nathan's second race for SSH and it was great to see him battling it out with Box Hill and working hard to keep the team in touch with the front end of the race. With a couple of team members missing this week I think we were all of the view a good result would be 4th or 5th. This started to change a little when Cam took off as our 5th runner and it was still very close between 3rd, 4th and 5th. 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. The team should be looking towards the Anglesea Relay as an opportunity.

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. Bec ran well off the back of a fast 10k on the gold coast only a week earlier and ensured that the team was in contention for a top 3 finish. 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. Fantastic running by all and shows how competitive they can be when fielding a full team. Only 33 seconds behind the winners Yarra Ranges.

MO1 6.2km		Ben Buckingham	18.54	WO3 6.2km		Sally Naylor	23.16
		Lachlan Aspinall	19.28			Bec Barry	23.59
		Nathan Rodgers	19.34			Alex Nolan	31.39
		Sam Quirk	19.38			Whitney Sharpe	<u>22.42</u>
		Cameron Clayton	21.15			Team 2nd/10	1.41.36
		Jamie Wagstaff	<u>19.01</u>				
		Team 3rd/10	1.57.50				

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.

Good to see Brian Carter back running. I'm sure Greg has missed his teammate!

MO6 6.2km	Ben Sims	21.16	MO7 6.2km	Brian Carter	25.42
	Nick Maguire	22.05		Greg Schofield	27.17
	Luke Frazzetto	22.09		Team DNF	
	Jake Pedley	<u>24.55</u>			
	Team **1 st /10	1.30.25			

It was great to see multiple junior teams entered this week. 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.

MU20 6.2km	Michael Maguire	21.29	MU18 3.1km	Tom Webster	10.10
	Ben Barry	21.31	(inv)	Daniel Ballan	10.33
	Xavier Smith	<u>20.30</u>		Kang Nyoak	9.37
	Team 3 rd /10	1.03.30		Team 6 th /10	30.20
			MU18 (2)	Seamus Graham	Time unav
			3.1km (inv)	Aiden DuBuisson	11.28
MU16 3.1km	Connor Lo	12.17		Lockie McLeod	DNF
	Hayden Morris	11.25			
	Fraser Rosman	<u>11.14</u>			
	Team 9 th /12	34.56			



Sandown action: Ben B, Sally, Bec and Ben S put it all out there.



Sandown bronze for D1 team Jamie, Ben, Cameron, Nathan, Lachie and Sam

**** XCR16 R7 ... Road race - 17 July, Albert Park**

Clear blue skies greeted the runners on Sunday morning. As most will attest, the wind as the runners hit the turn around point and headed back towards the track was brutal! Despite this there were a number of PBs and fast times across both the Men's and Women's teams, which should provide everyone with some confidence and also reward for their training so far over winter.

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, it was great to see him running over the top of probably a dozen runners in the last 300m around the Albert Park athletics track. 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.

While we weren't able to fill a Div 6 team in the end, the Men's Div 1 team appears to have finished 4th. This will put Div 1 3rd on the ladder and make for a very interesting last few rounds.

MD1 10km	Jamie Wagstaff	31.05.6	MD6 10km	Ben Sims	35.36.1
	Caellum Crowe	31.36.2		Brian Carter	41.57.3
	Sam Quirk	31.37.4		Greg Schofield	45.14.2
	Ben Buckingham	32.06.5			
	Lachlan Aspinall	32.20.0			
	Sven Richter	34.26.9			
	<i>Team 4th/10</i>				

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. The team also finished 1st. Very good result considering the high standard of the field.

Great running by Whitney who cracked the top 20 and also ran inside 38 minutes which is a great achievement. Bec and Sally ran together for most of the race and came down the finishing straight within sight of one another. Sally was rewarded with a PB and also her first victory over Brian Carter at Albert Park! Caroline looked strong throughout, running fairly evenly and looking as though she could run even faster if we can get her along for a few more races. Well done to Bec who ran smartly over the 10km and given the conditions her run is possibly an even better run than her quick time up at the Gold Coast a couple of weeks ago.

WD3 10km	Whitney Sharpe	37.32.0
	Rebecca Barry	39.27.6
	Sally Naylor	39.36.8
	Caroline MacCallum	45.03.3
	<i>Team **1st/12</i>	

Whitney gained a top 20 finish at Albert Park



The Anglesea relay is on Saturday 6th of August. It will be great to welcome back a few familiar faces for race with team members returning from injuring, holidays and also work commitments. This will be a particularly important round for the men's Div 1 and Div 6 as we try to hold onto/improve our positions on the ladder. It is key that we are able to field our best teams for the race.

We also need 2 AV helpers for Anglesea on the 6th of August. This is key as there is always the potential to lose points if we are not able to supply the required helpers.

Hope to see you all down at Anglesea in a few weeks time.

Jamie



SCHOOL RESULTS



**** AV All Schools Cross country relay c'ships - 30 April, Jells Park**

MU14 4 X 3km	Oliver Allwell	Wesley C	13.53	
MU16 4 X 3km	Fraser Rosman	Wesley C	11.02	
MU18 4 X 4km	Tom Webster	Wesley C	14.56	
MU20 4 X 4km	Ben Barry	Wesley C	14.17	
	Michael McGuire	Wesley C	14.17	
	Xavier Smith	Wesley C	13.24	
	Fergus Orr	Wesley C	14.14	Team 2nd

**** AV All Schools Road relay c'ships - 14 May, Albert Park**

MU14 4 X 2km	Oliver Allwell	Wesley C	9.57	
MU16 4 X 2km	Fraser Rosman	Wesley C	7.43	
MU18 4 X 3km	Tom Webster	Wesley C	10.24	
MU20 4 X 3km	Ben Barry	Wesley C	9.17	
	Michael McGuire	Wesley C	9.17	
	Xavier Smith	Wesley C	9.04	
	Fergus Orr	Wesley C	9.39	Team ** 1st
WU20 4 X 3km	Francesca Cullity	Sacre Coeur	10.47	

**** AV All Schools Cross country c'ships - 18 June, Bundoora Park**

MU15 4km	Connor Lo	Wesley C	17.18.9	
MU17 6km	Niklaus Petersen	Carey GS	24.30.9	48 th /94
MU20 8km	Xavier Smith	Wesley C	28.11.9	14 th /59
	Ben Barry	Wesley C	28.36.7	18 th /59
	Michael McGuire	Wesley C	28.59.7	23 rd /59
	Fergus Orr	Wesley C	29.44.5	28 th /59
WU20 6km	Francesca Cullity	Sacre Coeur	25.57.7	9 th /41

***OTHER MEETINGS ***

**** Gold Coast Marathon - Saturday 2 July, Gold Coast QLD**

Southern Cross	Sam Quirk	31.37	22 nd /1761;	7 th /107 (21-24yr)
University 10km	Cameron Gatt	33.44	47 th /1761;	13 th /107 (21-24yr)
	Rebecca Barry	38.50	25 th /2813;	9 th /93 (18-20yr)



BIRTHDAYS



MAY - Stephanie Armstrong, Adam Tennant, Michael Moorhead, Dean Nicolaides, Xavier Smith, Thomas Thorpe, Whitney Sharpe, Alex Davis, Peter Cram, Nick Tsiftelidis, Cameron Clayton, Scott Clayton, Sam Spicer, Nick McGuire, Lachlan McLeod, Fraser Rosman, Rebecca Barry

JUNE - Georgia Kovats, Sarah Hall, Charlotte Anderson, David Kipp, Polly Schofield, Michael McGuire, Nathan Rodgers

JULY - Ben Kim, Geoff Warner, Paul Dunn, Malcolm Niewand

AUGUST - Astrid Rose, Allina Fawcett, Murray Reid, Sarah Lester, Nick Amos, Alistair McLean, Francesca Cullity, Thomas Webster

**** NEW SSH T-SHIRTS ****

Have **you** ordered one? If so, have you **PAID** for it?
If not, please make payment (\$60) to the following account:

BSB – 033-526

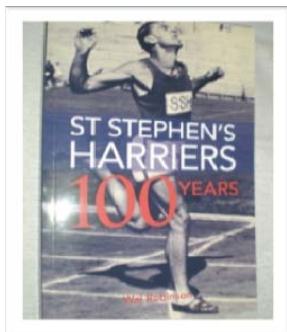
Account No. – 106222

Please make sure that you put your name in the description!

CORRECT UNIFORM !!

Members are reminded that all competitors are expected by AV to wear their correct Club uniforms – no exceptions!

Note that royal blue or black shorts are now permissible for our club.



If anyone you know would like the book,
St. Stephen's Harriers – 100 Years
I will be happy to post them a copy.

Cost: \$30 (*reduced*) plus \$6 postage.

Contact: Wal Robinson

wal.robinson@bigpond.com

Mobile: 0417 338 035

Tel: (03) 9585 5545

Cheques should be made payable to St. Stephen's Harriers.



Muddy and proud: Matt, Jamie, Sam, Cameron, Ben, Caellum, Lachie C and Lachie A at Cruden Farm