



The Journal

ST. STEPHENS HARRIERS ATHLETIC CLUB Inc.

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St. Stephens Harriers



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SARAH LESTER LOOKS BACK ON 2016

Since we last printed her reflections in 2015, Sarah's career as an international triathlete has blossomed. Thus, it's with pleasure that we reprint the SSH distance stalwart's most recent posting from her blog, in which she gives her own, insightful take on the life of an elite sports person.

I am an analyst: by nature, by training, and by profession. So, when my season is complete, the only way I find to adequately dissect my year and move on is by some clean and simple analysis with some quick and dirty facts and figures.



Given that my four year ends in this sport have not quite ended on my preferred terms (what I now call the curse of the final race), it is so important to remember the good that has come from each season and to be able to head off on break able to actually celebrate the good.

My "curse of the final race" theory started in my first year racing as a professional (then an ITU athlete) in 2013, when I was forced to withdraw from Noosa in the preceding week due to a chest infection I'd picked up in Hong Kong the previous week. 2014 saw me crash my bike while riding in a torrential downpour and flash flooding the day before the Cartagena ITU World Cup in Colombia. In 2015, I slipped two discs in my back ending any chance of a finish in Noosa or a start at Challenge Shepparton. Today, I had a slow leaking flat tyre. The circumstances have certainly been varied.

Considering the above, amidst the disappointment, it is so easy to forget anything good that has come before it. If the final race is a bust, then the whole year has been too. Right? Of course not! That's completely irrational. But I think I've mentioned in a previous post - possibly when trying to extrapolate the "good" from a previous year - that we athletes tend to be quite

irrational when it comes to our approval of our own performances. The reality is this: I started my season - and quoting my very words - wanting "consistency." I even ventured on to request that this be the "ultimate word that I hope to attribute to 2016 come its end." I didn't say anything about podiums, or places, or results at all.

So how did my year go from that - being happy just to be training again (post a potentially career ending injury), to being happy with a top 10 (9th female overall) in my first Professional (and first ever) attempt at a 70.3 distance race, to being thrilled with a 6th place in my second race - to only wanting more and more?

Once I stepped on my first Professional long course podium in July, I wanted every race to end with flowers and champagne. "Just" a top 10 suddenly looked so inferior. My perceptions had changed and a 7th place in Zurich was deemed somewhat of a disappointment (the race was won by Nicola Spirig!). God forbid, a 9th place in Slovakia at the end of August! And when another podium came in Korea, I could argue that it wasn't as good as my podium in July because I wasn't happy with my finishing time or my bike time and the field wasn't as deep. Gosh, we ARE a hard lot to please, we athletes!

And when I pulled over today, 40km of riding on a slow leaking tyre later, well that just apparently made my whole year a total disaster and left me feeling totally undeserving of a break because ONE out of my eleven races this year ended in disappointment (well actually three out of eleven had - still not bad odds though in reality), but this just happened to be the last race of the season and so deemed every race before it, good or bad, irrelevant.... to my irrational athlete's mind.

So, going back to my original words from April this year: "Consistency. The ultimate word I hope to attribute to 2016 come its end." Did I achieve that? Yes.

And the quick and dirty race figures for 2016, after which I hope to prove to myself that 2016 was, despite today, a pretty satisfying debut long course season:

- 11 international professional start lines toed (2x Olympic distance and 9x70.3 distance events), of which 3 were DNF's (2x punctures and 1x sickness all at 70.3 distance)
- Of the 8 races finished, 2 were podiums (2x seconds over the 70.3 distance), and 3 more top 6's (a 4th and 2x 6^{ths}), making 5 out of 8 top 6 results (overall and within the pro fields)
- In no race was I outside the top 10 overall female (pro and age group)

So why am I not happier right now? Even putting to bed today's disappointment, it's probably attributable in at least some part to these other "quick and dirty figures" for my 2016 race season (current BEFORE I venture home tomorrow):

- 60 flights
- 17 countries
- 242 hours spent on a plane (not including transit in airports)
- 167,398km travelled by plane



Sarah hits the first transition

To those people who smirk and say how lucky we professional athletes are to be "living the dream": ponder for one moment, please, the toll we choose to take on our minds and bodies in doing this - the above should shed some light. Don't get me wrong though; to me, I AM living MY dream. I'm pursuing something I love to do, and giving myself the chance to reveal my true potential. I'm representing my country at an Elite level - something I only ever dreamed of as a junior runner.

But I'm no fool. The way this phrase is intended by those who say it is not the same as how I say it. It is intended as a dig, a negative remark that totally discounts the trials and tribulations that we as professional athletes subject ourselves to on a daily basis. Not to mention the fact that we totally put ourselves out there to have every single result judged. We spend the above number of hours on planes each season, navigating airports and battling airline staff (with bikes) for 11 months of the year while our friends and families

are carrying on with life without us.

Forget not, also, that many professionals are also studying and/or working in some capacity - myself, included. Because in order to live "the dream" as so many say, I had to temporarily give up living my other "dream" of being a mining analyst with a Wall Street Investment Bank that I worked so hard to achieve throughout my five year university degree. I am fortunate, but I'm not lucky. Like all other professional athletes, I work so hard and sacrifice so much to be in this position. Like other jobs, there are good days, and there are bad - only our bad days are fully observable by others. There are

sacrifices and there are also huge thrills. This may be MY dream, but not THE dream.

And with that, I will later this week embark upon my two weeks of "annual leave" a year, fully cleansed and reasonably satisfied with the season behind me. On the other side of those two weeks, season 2017 begins in earnest. There's a lot of work to be done. My body is exhausted for now, but my mind can't wait.

Thank you 2016; for the good, the bad and EVERYTHING in between!



Winners are grinners indeed – and nobody smiles like Sarah!

THE PRESIDENT SPEAKS



In the last SSH Journal I wrote that the club is at a critical point in its development.

That point was reached following a review of the 2016/17 summer track season.

We are now halfway through the cross country season and not a lot has changed but for one big exception. The cross country season is upon us!!

SSH is excelling with our Div 1 Men's team lying second by a mere 5 points behind one of the competitions stalwarts, Box Hill, with a premiership in sight. What a wonderful performance by a team that, at times, has battled to be at full strength due to injury and

work commitments. Our second team in Div 5 leads the table, but an inability to consistently field a team prevents the Div 7 team featuring in the lead. Unfortunately, the same is the case with the Women where injury and work commitments prevent the club fielding a regular team.

We must be conscious of the fact that the success on the track of the Div 1 team may be fleeting unless we can garner support to help with the club's off track performance. To support this contention I have taken the paragraph below from an email our coach, Nick Bowden, posted after the Div 1 win at the Sandown relays:

".....well done to all those who were involved on Saturday – runners, timekeepers, officials, helpers & supporters. While the focus, rightly, is on those racing, we always need to remind ourselves that these events cannot happen, and clubs & teams cannot be successful, without the requisite support & human resources in place. It is

most assuredly a team effort. It is also a reminder to ensure that we make every effort to do as much as we can to support the club & those who support us, to ensure that we continue to enjoy the competition experience. “

The club has limited resources and needs your help!! We all know that success “on the track” does not just happen, it is dependent to a large degree on a successful “off track” effort. One cannot exist without the other.

With this in mind I note we are coming up to the club’s AGM in mid August.

At that meeting we will be calling for volunteers to fill various positions on the club committee.

We need talent and commitment **OFF** the track to support the efforts of those **ON** the track and may even give birth to the next club champion and (maybe) Olympian. We all have dreams!

With the summer season fast approaching, we must put in place a strong “off field” team and the infrastructure to take the club to the next level of competition and fulfil our dream to make St Stephens a “club of destination” and consolidate its position in the AV competition and a foundation on which we can build the future .

We thrive as a cross country club.

The same enthusiasm and commitment needs to be translated across all aspects of the club including the summer season. But to do that we must build a strong administration.

This is not a new issue. Indeed the same theme was addressed in the Journal posted in January of 2017.

In that article, I said something has to change if we are to move forward as a club. That still holds true today.

If you have any thoughts or ideas on how we should go forward, please do not hesitate to speak to a committee member before the AGM to be held on 19/8/17.

Carpe Diem !

Greg Nolan
President

REGISTRATIONS FOR 2017-18

(1st April 2017 – 31st March 2018)

Membership packages offered by AV for 1017-18 are now available online. Go to www.athsvic.org.au

To register, click on **Members Portal** at top of Homepage, enter **Username** and **Password** and **Renew Membership**. New members will need to go to Members Portal and **Create a Profile**.

To start the payment process members must first pay the AV Base Membership Fee and the Club Fee.

A number of our members have taken out the Max Pack, which includes XCR and T&F. New members and those with XCR or Relay Packages only need to take out the T&F Package to be eligible to compete in Shield competition.

Fees are as follows:

AV Base M/ship fee - SSH M/ship fee T&F Package

Open	\$100	\$85	\$125
Junior	80	65	100
Dual	55	65	55
Coach	0	0	
Official	0	0	
Social	40	65	
Rec Runner	40	65	

NOTE: The remaining Cross Country events are the **Half Marathon and the Tan Relays**, which means it is not worth taking out the XCR Package but, if you wish to compete in either 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 12 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 2017)

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).

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

Pat Robinson
Registrar

**** 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.

Bank transfer details - BSB: 033 526 Acc: 106 222



BIRTHDAYS



August

**Astrid Rose, Allina Fawcett,
Murray Reid, Sarah Lester,
Francesca Cullity, Thomas
Webster**

September

**Lorraine Jachno, Brian Mee,
Erin McConchie, Brian Carter,
Michael Goerke, Camilla
Humphries, Chris Tsakiridis,
Liam Dixon, Matt Williams**

This is to give notice of the next
AGM for St Stephens Harriers AC,

to be held on the *19th August, 2017*

at Greg Schofields house at 7pm.

The address is 20 High Street, Glen Iris.

Pizzas will be provided following the meeting.

Please put this date in your diary!

We need as many people as possible to
ensure a forum to discuss
the coming year.

All Committee positions are open
for nomination.

**** TONY LETHBRIDGE 1928-2017 ****



The Club has lost another of its dwindling roster of old-time members. **Tony Lethbridge** was one SSH's most accomplished all-round athletes, cast from the same mould as Denis Duigan, George Bronder, Ray Weinberg, Barry Stanton and Bruce Field. An indefatigable talent, Tony won 12 individual Victorian titles over 5 events: long jump, triple jump, decathlon, 220y hurdles and 440y hurdles. He was also part of the 1956 Olympic squad (including Kevan Gosper) that set an Australian 4 X 440y record, and although not being selected for the Games himself, Tony joined with many of his SSH clubmen to serve as an official. He would later distinguish himself as a coach and administrator with Ringwood AC.

The Club offers its sincere condolences to Tony's family and friends.

For a detailed description of Tony's career, see Wal Robinson's book, 'St Stephen's Harriers - 100 Years' - pp 66-67.



COMING EVENTS

Sat 29 July	XCR R7 15km Road race	Lake Wendouree
Sun 6 Aug	AV 30km Road Walk C'ship	Middle Park
Sat 12 Aug	XCR R8 Ekiden Relays	Anglesea
Sat 19 Aug	SSH Annual General Meeting – 7.00pm	Greg Schofield's home, Glen Iris
Sun 20 Aug	Aust Half-Marathon C'ship	Sunshine Coast QLD
Sat 26 Aug	Aust CC C'ships	Wollongong NSW
Tue 6 Sep	AV Schools Track relay	Lakeside Std
Sun 10 Sep	XCR R9 Half-Marathon	Burnley
Thu 14 Sep	AV Schools Knockout	Lakeside Std
Sat 16 Sep	XCR R10 Relays, Princes Park	Carlton North
Sat 14 Oct	AV Shield R1 – to be confirmed	
Fri-Sun 3-5 Nov	AV All Schools T&F C'ships	Lakeside Std



CROSS COUNTRY SEASON 2017



**** XCR17 R2: Cross country - 13 May, Wandin Park**

MPr1 – 8km	Sean Guiney	27.06.1	... Winner Club 8km CC C'ship		
	Ben Buckingham	27.10.9			
	Thomas Thorpe	27.17.2	MD7 – 8km	Luke Frazzetto	33.57.7
	Lachlan Aspinall	28.19.4		Greg Schofield	44.33.5
	Sam Quirk	28.33.4			
	Jamie Wagstaff	28.46.6			
Team 3rd					
WD3 – 6km	Whitney Sharpe	24.08.6	... Winner Womens Club CC C'ship		
	Georgia Kovats	28.57.1			
	Carmel Moorhead	36.10.8	MU20 – 4km	Michael McGuire	14.47.8
				Ben Kim	20.20.1
MD5 – 8km	Caellum Crowe	29.13.4	MU18 – 4km	Daniel Ballan	16.57.3
	Nick McGuire	31.00.7			
	Tim Gibney	31.11.9			
	Ben Sims	32.40.1			
Team 2nd					

**** XCR17 R3: Cross country - 27 May, Cruden Farm**

MPr1 - 16km	Ben Buckingham	50.27.5	WD3 – 8km	Whitney Sharpe	31.02.2
	Sean Guiney	52.37.1		Sidonie Lowe	55.05.4
	Jamie Wagstaff	52.54.6	MU20 – 8km	Michael McGuire	30.05.1
	Sam Quirk	53.12.2			
	Lachlan Connell	53.47.7			
	Lachlan Aspinall	<u>55.53.2</u>	MU18 – 8km	Daniel Ballan	30.56.7
Team 3rd					
MD5 – 16km	Nick McGuire	56.46.2			
	Timothy Gibney	59.46.2			
	Luke Frazzetto	62.31.1			
	Alex Davis	63.49.3			
Team 2nd					

**** XCR17 R4: Cross country - 17 June, Bundoora Park**

MPr1 - 10km	Lachlan Connell	33.02.0
	Jamie Wagstaff	33.09.8
	Thomas Thorpe	33.18.5
	Sam Quirk	33.23.1
	Lachlan Aspinall	33.46.8
	Sean Guiney	35.08.8
	Team 2nd	
MD5 – 10km	Sven Richter	35.39.1
	Daniel Mitchell	36.29.8
	Ben Sims	38.10.3
	Greg Schofield	54.16.2
	Team 2nd	
MU20 – 8km	Michael McGuire	29.16.0



Lachlan C was the fastest Saint at Bundoora Park

**** XCR17 R5: Cross country - Road relays, Sandown**

MPr1	Thomas Thorpe	19.00
6 X 6.2km	Lachlan Aspinall	19.20
	Mitchell Cashion	18.46
	Sam Quirk	19.19
	Sean Guiney	19.24
	Lachlan Connell	19.00
	**Team 1st	1.54.49

MD7	Whitney Sharpe	21.45
4 X 6.2km	Ben Kim	31.20
	Greg Schofield	29.19
	Team DNF	

MD5	Sven Richter	20.15
4 X 6.2km	Luke Frazzetto	23.06
	Nick McGuire	21.34
	Daniel Mitchell	19.49
	Team 2nd	1.24.44

MU20 inv.	Tom Webster	22.24
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MU18 inv.	Fraser Rosman	10.16
	Seamus Graham	10.24
	Kang Nyoak	9.18



Dan's fast leg helped the Div5's to 2nd place at Sandown ... while Lachlan C's saw the Div1's go one better!



The Div1 boys celebrate a good win!

**** XCR17 R6: Road Race - 16 July, Albert Park**

MPr1 - 10km	Lachlan Connell	30.53.3
	Jamie Wagstaff	31.14.4
	Mitchell Cashion	31.22.5
	Sam Quirk	31.22.8
	Sean Guiney	31.24.9
	Sven Richter	32.37.8
	Team 3rd/10 - 2nd on ladder	

MD5 - 10km	Lachlan Aspinall	33.04.6
	Daniel Mitchell	33.28.8
	Ash Cowan	34.05.6
	Ben Sims	35.08.9
	** Team 1st/10 - 1st on ladder	

WD3 – 10km Sidonie Lowe 61.59.3

MD7 – 10km Luke Frazzetto 37.20.3
Greg Schofield 46.43.3

**** XCR17 R7: Road Race - 29 July, Lake Wendouree, Ballarat**

MP1-15km Sam Quirk 48.32.3
Lachlan Aspinall 48.45.3
Lachlan Connell 48.57.1
Sven Richter 50.38.8
Nick McGuire 54.58.8
Ben Sims 57.15.4
Team 6th/10

MD5-15km Luke Frazzetto 59.11.0
Greg Schofield 76.44.9

MU20-6km Michael McGuire 26.51.0

WD3-15km Sidonie Lowe 102.00.2

Sven takes on the pack at Lake Wendouree



LADDERS AFTER XCR17 ROUND 7

MEN'S PREMIER DIV 1		MEN'S DIV 5	
BOX HILL	72	BENDIGO	88
MELB UNI AC	59	SSH	82
SSH	58	GLENHUNTLY	71
DONCASTER	48		



SCHOOL RESULTS



**** AV All Schools Cross Country C'ships - 17 June, Bundoora Park**

MU18 – 6km Kang Nyoak Wesley C 19.04.4 3rd
Seamus Graham Wesley C 20.21.6 8th
Daniel Ballan Mt Waverley SC 24.28.8

MU16 – 4km Fraser Rosman Wesley C 13.39.2
Connor Lo Wesley C 14.47.9

**** NEW MEMBERS ****

Welcome to our newest Saints -
**Jacinta Oakley, Alan Craigie and
Ash Cowan.** We wish you all success and
enjoyment in the red, white and blue!



**SALLY NAYLOR and
JAMIE WAGSTAFF** will be
tying the knot on Saturday
26 August.

*We wish them every
happiness (and good
weather) on their big day.*

**** 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

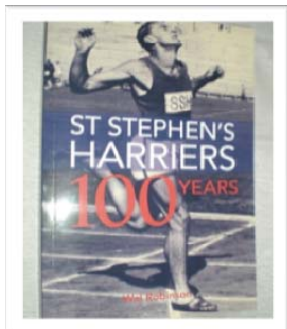
Account No. – 106222

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.

**** Special MSAC offer for AV member clubs ****

Cameron Clayton informs us that AV members may now avail themselves of a generously discounted performance membership with the **Melbourne Sports and Aquatic Centre**. See the attached flyer if you are interested.

Thanks, Cam !

AS A MEMBER
OF ATHLETICS
VICTORIA
YOU ARE ELIGIBLE
TO RECEIVE...

50% OFF*

an MSAC Performance membership!



MEMBERSHIP INCLUDES:

- Gym & Wellness Zone access
- Performance Zone access
- 100+ Group Training classes per week
- Hot Yoga
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- Aquatic Pools and Hydrotherapy Pool
- Sauna, Steam Room and Spa

PLUS:

- **NO LOCK-IN CONTRACTS!**
- **NO JOINING FEE!**

FOR MORE INFORMATION:

Karli Foster
Membership Services Supervisor

p 03 9926 1572

e karlif@ssct.com.au

w melbournesportshub.com.au

OPENING HOURS:

Monday – Friday: 5.30am – 10pm

Weekends / Public Holidays: 7am – 8pm

*To be eligible you must hold a current membership card from a Victorian State Sporting Association.

Terms & conditions apply – see State Sporting Organisation membership form for details.

#TrainWithUs



16 Aughtie Drive
Albert Park VIC 3206, Australia

msac

Melbourne Sports
& Aquatics Centre
ALBERT PARK

