



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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<http://ststephensharriers.com>

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THE ONE TRUE 'GOLDEN GIRL'

**** BETTY CUTHBERT 1938 - 2017 ****

It wasn't the wide open mouth. Not really. Nor the eyes, squinting with effort, the wavy blonde hair, or even the driving legs.

It was her arms. While those of her rivals often seemed not to know what to do in the heat of the race, Betty Cuthbert's arms were twin repeating lighting bolts of conviction, shooting out ahead and leading the way. When Betty crossed the finish line, her hands crossed first. And, usually, so did she.

Betty Cuthbert - Australia's 'Golden Girl' and the only athlete in history to win Olympic Gold over 100m, 200m and 400m - passed away in August at age 79, still capable of the radiant smile that won so many hearts in her teens, and with which she greeted every day of her illness-stricken later life.

Look at Melbourne Olympics footage of Betty Cuthbert in action - especially in the 100 and 200m finals - and it's clear what set her apart from her rivals. It wasn't just that she won; it was that there wasn't a shred of doubt that she would - certainly not in her own mind. Arms pistoning like bayonets, eyes locked in upon the tape, mouth gaping as if bellowing like a Highlander, Betty looked every inch a warrior, out to strike terror in the heart of anyone caught between herself and victory.

Yet there was nothing graceless about Betty's running. If there is beauty in pure speed, along with balance, economy, strength and a will that would



Betty Cuthbert's third gold in Melbourne, 1956 – the 4 X 100m relay.

sooner die than quit, then nobody was more beautiful to watch. If a model of sprinting perfection ever existed, it might not bear the name Betty Cuthbert, but one would be hard-pressed to find a better example of all of a



Her finest race: the 400m final in Tokyo, 1964. Betty's monumental self-belief helped her to hold off Ann Packer (55, GBR) to win her 4th Olympic gold. Judy Amoore (11, AUS) was third.

sprinter's attributes combining to produce such transfixing, even terrifying, speed and power ... at least, not in those days before drugs robbed the sport of its innocence.

At age 19, Betty Cuthbert evinced a win-or-bust ethos not always seen in sportswomen in those years following World War II, nor always welcomed. Women were meant to aspire to a more conventional ideal of beauty, one of prettiness, demureness, propriety and, of course, marriageability. In those conservative times before feminism gained a real foothold, it wasn't only men who resented a woman or girl who stepped outside this ideal, or even appeared to - other women, perhaps fearing an upheaval of their traditional roles, sometimes resented her too. Even a woman who simply achieved highly in the wider world, beyond the spheres of wife and mother, could know disapproval from some of her peers (as both Shirley Strickland and Dutch champion Fanny Blankers-Koen discovered.)

Betty Cuthbert? Resented? Not in a million years.

If nothing succeeds like success, nothing usually forgives like it, either. Betty, along with Dawn Fraser, earned a level of credit to be themselves that most other women could only dream of in socially staid 1950s Australia. Unlike Dawn, however, Betty never played with the matches of controversy. When not running, she simply got on with life, shunning fame and celebrity. Dubbed 'the Golden Girl' after her Melbourne

exploits, she did not trade on that sobriquet but set her sights on whatever was next, both inside and outside athletics. That usually meant: the next bunch of weeds to be pulled at her parents' nursery, or the next State championship to train for. It also meant embracing the call of her God. Betty's religious faith would become her rock, guiding her in her quest for that third and final Olympic gold medal (the 400m in Tokyo) and, later, uplifting her spiritually in her battle with the degenerative multiple sclerosis that took forty-eight years finally to claim her but never, ever, vanquished her grace and thankfulness for the life, family, friends and opportunities she had.

It's a great shame that no complete footage of that epic 400m final in Tokyo is readily to hand. (I could find only a poor-quality, 26sec amateur clip of the last hundred metres.) It would have been fascinating to compare Betty's running style in that tough, wind-blasted race with that of the free-spirited young warrior of Melbourne. In Tokyo, off a training regime of conditioning by Percy Cerutti at Portsea and technique work with her childhood sprint coach, June Ferguson, Betty outlasted the favourite, Ann Packer (GBR) and her own teammate Judy Amoore (later Pollock) as the headwind hurled itself against the tiring field in the home straight. Betty would always declare that win to be her finest achievement, far more satisfying than the three golds in 1956. It was, certainly, harder earned.

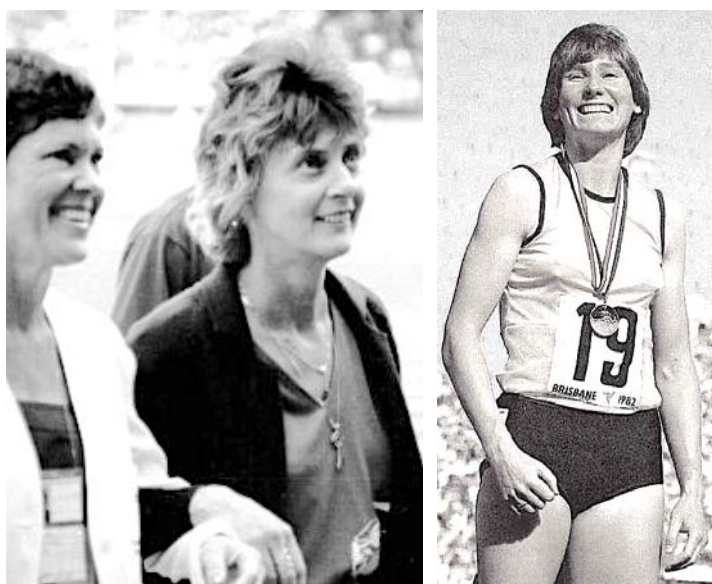
(In his 'Tokyo 1964' diary, Christopher Brasher included this irresistible anecdote. It has Percy Cerutti relating how he approached Betty and Judy before the 400m final, kissing each of them on the cheek and whispering to them: "Darlings, the Australian men have failed. Australia's prestige now rests upon your shoulders. For Christ's sake don't fail us!" They didn't.)

On retiring, Betty committed herself to work, her church and service projects. Chief among these were research campaigns into the MS with which she was diagnosed in 1969, about which she never complained or became despondent but instead saw as an opportunity to give more of herself. While the disease steadily reduced her physical capacity, her positivity and delight in the simple things continued to enrich those around her. When, in September 2000, Betty was wheeled into the Homebush Stadium at the Sydney Olympics by Raelene Boyle (her friend, who idolized her) for those unforgettable final stages of the Torch relay, the emotion in the arena washed over everybody who witnessed it on their screens at home. It wasn't idolatry, or mere hero worship. It was love - for a brave, selfless woman who had done her country proud in sport and continued to do so in service to humanity in the face of a ravaging disease with no cure. (Mahummad Ali's appearance at Atlanta's opening ceremony, four years earlier, had evoked a similar tide of feeling worldwide.)



No tickets on herself: Betty Cuthbert at work in her parents' nursery.

Finally, it was Raelene Boyle who, in 1982, again conferred upon Betty the famous sobriquet - just in case anybody had forgotten it, or being of a later generation, wasn't aware. Boyle had just won the 400m final at the Brisbane Commonwealth Games, and presenting the medals was none other than Betty Cuthbert, now barely able to walk without strenuous effort. As she hung the gold around Boyle's neck, the announcement "*Raelene ... our Golden Girl*" was heard. "Don't believe it," Raelene said to the illustrious presenter of her medal. "There is only one golden girl - and it's you, Betty Cuthbert!"



Betty - 'the only one golden girl' - was on hand to present Raelene Boyle with her 400m gold medal in Brisbane, 1982 ...



... while it was Raelene who, 18 years later, presented Betty Cuthbert to an adoring crowd at the Sydney Olympics.

Photos: Google images

THE PRESIDENT SPEAKS



At the time of the last edition of the Journal (July) it was anticipated that SSH would feature strongly in the battle for first place in the Premier Division of the Men's Cross Country competition. Alas, this was not to be as injury, unavailability and ultimately a lack of depth took its toll. As a consequence the red, blue and white finished a creditable third. Although a little disappointing given our potential at the start of the season, the club was by no means disgraced and all who ran through the season should be proud of the result and their efforts which have laid a solid foundation from which to attack the competition next year. With a bit of luck our strong performances through the season will be enough to attract one or two additional athletes to build our ranks with.

Unfortunately, the women's team had a disappointing season with injuries and a lack of athletes who could compete consistently. We were only able to field a woman's team at two meetings.

Thanks must go to all who competed as well as all club helpers and supporters who attended some far-flung venues in all kinds of sometimes unpredictable weather. In particular, thanks to Jamie Wagstaff whose organization prior to, and on the day of each event, was second to none and made for a really well managed, enjoyable season.

Unfortunately, the presence of SSH at the summer meets has been disappointing to date, but the season is still young and hopefully as school and university exams are completed, more members will put on their spikes, enjoy the new format introduced this year and proudly represent the club.

Aths Vic is trialling a new format this year which is, amongst other things, aimed at truncating each meeting and giving athletes a better experience when they attend. The downside is that meetings are held concurrently at two different venues requiring (potentially) additional travel for some and, from the club's perspective, increased difficulty in garnering a true club spirit at meetings. While hesitant to fully endorse this new format, your committee agreed to lend its support and monitor progress with feedback to AV at the completion of the season. Any feedback from participating athletes would be greatly appreciated.

One benefit of the new format is that the requirement for club helpers is considerably reduced. But we still need volunteers. If you, a parent, family member or friend can offer services to assist in this regard please get in touch with Helen Nolan (Secretary) or Pat Robinson (Registrar). Even though we have a reduced commitment, the tasks continue to fall to the same few who put their hands up every year. Thanks to those who continue to support the club in this very unfashionable but necessary task. Indeed, your efforts meant that the club received just over \$200 last season from AV who now offers a financial benefit to those clubs that contribute in this regard. However, it is not a sustainable option to be relying on the same few each year. People get old, ill, develop other interests and drift off to pursue others activities. This is an issue the club faces and needs urgent attention. Your input would be greatly appreciated.

On more general matters, the recent AGM was well attended with the following passed on to the Committee to consider; in no particular order:

- Build on our relationship with Wesley College Glen Waverley,
- Explore ways we can broaden the membership base of the club by developing relationships with "fun run" clubs to offer their members a "track experience",
- Explore the potential for relationships with local schools along similar lines to Wesley College.

All require some work and commitment from existing members. If you believe you can help in any of these initiatives your input would be most valuable.

Carpe Diem !

Greg Nolan
President



***SARAH HALL and
LACHLAN ASPINALL will
marry in December.***

***May their big day be bright,
sunny and happy!***



***Congratulations to ALEX
NOLAN and ROB
EDWARDS, who have
announced their
engagement and plan to
wed next September.***

REGISTRATIONS FOR 2017-18

(1st April 2017 – 31st March 2018)

There are 8 rounds of Shield competition to come and the following are the options for members who wish to compete in Shield but have not yet purchased a Track & Field Package –

- Members who have purchased the XCR Package only can purchase a T & F Pack with the same \$50 discount as the Max Pack members – cost \$75 instead of \$125 (Open), \$50 instead of \$100 (Juniors). This discount does not apply to members with the Relay Package only.
- New members would need to pay Registration fees, AV \$100 Open, \$80 Juniors and SSH \$85 Open, \$65 Juniors, and purchase the T & F Package for \$125 Open, \$100 Juniors.
- After Round 6 of Shield AV will be releasing a Special Summer Package for \$65 Open, \$55 Juniors, entitling members entry to the last 6 rounds of Shield, the first being Round 7 on 2nd December at Ringwood. (New or renewing members are required to first take out AV and SSH membership).
- If a competitor is not an AV registered member or has not purchased Track & Field or Max Packages the athlete is classified as a Trialling Member and is restricted to two trial days throughout the Shield season. A Trialling Member form is to be completed on the day and there is a charge of \$10 per round.
- To be eligible to compete in events other than Shield, such as Championships, Milers Club, etc., you are required to be a member and pay the base AV and SSH Registration fees.

For any of these options, with the exception of a Trialling Athlete, go to www.athsvic.org.au, click on **Members Portal** at top of homepage and enter **Username and Password**. New members need to go to Members Portal and **Create a Profile**.

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



October - Graeme Rose, Graeme & Kevin Craigie, Caroline MacCallum, Stephen Rennick, Peter Westwood, Chirath Pathirana, Rebecca Cato, Jasmine Kwon, Alex MacCallum, Lachlan Aspinall, Cameron Gatt, Nolene Schofield, Anne Spence, Alex Berry, Shaun Geraghty, Fergus Orr

November - Ben Buckingham, James Christensen, Jacqui Bull, Hasalanka Fernando, Mitchell Cashion, Matthew Nolan, Stuart Cooper, Martin Hall, Louisa White,

December - David McNair, Alan Craigie,

January - Sam Quirk, William Wright, Emily Carpenter, Sally Wagstaff, Jake Pedley, Alison O'Shaughnessy, Nick Monotti, Nick Bowden, Gabriel Taylor-Sands, Jamie Wagstaff, Greg Schofield, Matthew Herten



COMING EVENTS

Fri-Sun 3-5 Nov	AV All Schools T&F C'ships	Lakeside Std
Sat 11 Nov	AV Track relay c'ships	Lakeside Std
Sun 12 Nov	AV Throwers Meet 3 Vic Race Walkers Club meet & AGM	Venue TBC Middle Park
Sat 18 Nov	AV Shield Rd 5	Doncaster (P1), Yarra Ranges (P2)
Thu 23 Nov	AV 5000m c'ships AV Shield Rd 6 (Blue, White Zones P.Vault ONLY)	Lakeside Std Box Hill
Sat 25 Nov	LAVic Regional Relay c'ships AV Throwers Meet 4	Various Venue TBC
Sun 26 Nov	AV Shield Rd 6	Frankston (P1), Aberfeldie (P2)
Thu 30 Nov	Rare Air Meet 3	Melb Uni
Sat 2 Dec	AV Shield Rd 7 AA Race walking judging seminar	Ringwood (P1), Doncaster (P2) MSAC Boardroom, Albert Park
Sun 3 Dec	AA 50km Road Walking c'ship	Fawkner Park
Thu 7 Dec	AV Shield Rd 8 (Yellow, Red Zone P.Vault ONLY)	Melb Uni
Fri/Sun 8/10 Dec	AA All Schools T&F c'ships	Adelaide SA
Mon 11 Dec	AA All Schools Knock Out c'ships	Adelaide SA
Sun 10 Dec	AV Shield Rd 8	Williamstown (P1), Casey Fields (R2)
Thu 14 Dec	Zatopek 10	Lakeside Std
Fri 15 Dec	AV Shield Rd 9 (P1 – Twilight)	Lakeside Std
Sat 16 Dec	AV Shield Rd 9 (P2)	Meadowglen
Sun 17 Dec	AV Throwers Meet 5	Venue TBC
Thu 19 Dec	Vic Milers Meet 2	Box Hill
Sat 23 Dec	Steigen 10	Geelong
Thu 4 Jan 2018	Rare Air Meet 4	Melb Uni
Sat 6 Jan	AV Shield Rd10 (except Walks)	Aberfeldie (P1), Knox (P2)
Sat/Sun 6/7 Jan	AV Multi-event c'ships (all ages)	Geelong
Sun 7 Jan	AV Throwers Meet 6	Venue TBC
Wed 10 Jan	AV Shield R10 (3000m/5000m walks ONLY)	Mentone
Fri 12 Jan	AV Shield R11 (P2 – twilight meeting)	Lakeside Std (P2)
Sat 13 Jan	AV Shield R11 (P1)	Nunawading (P1)
Thu 18 Jan	Vic Milers Meet 3	Box Hill
Sat 13 Jan	AV Shield R12	Aberfeldie (P1), Casey Fields (P2)
Sun 21 Jan	AV Throwers Meet 7	Venue TBC
Fri/Sun 26/28 Jan	AV Country c'ships	Ballarat
Sat/Sun 27/28 Jan	LAVic Vic Multi-event c'ships	Casey Fields
Sat 3 Feb	AV Throwers Meet 8 Rare Air Meet 5	Venue TBC Melb Uni
Tue 6 Feb	AV Milers Meet 4 Rare Air Meet 6	Melb Uni Melb Uni
Sat 10 Feb	AV Shield – Final (Program 1)	Lakeside Std
Mon 12 Feb	Rare Air Meet 7	Melb Uni
Thu/Sun 15/18 Feb	Aust Open T&F c'ships & selection trials	Gold Coast QLD
Sat/Sun 17/18 Feb	LAVic State Regional T&F c'ships	Various
Fri/Sun 23/25 Feb	AV Junior & Para T&F c'ships	Lakeside
Tue 27 Feb	Rare Air Meet 8	Melb Uni
Fri/Sun 2/4 Mar	AV Open & Para T&F c'ships	Lakeside Std
Sat/Sun 3/4 Mar	Aust Junior Combined event c'ships	Lakeside Std
Thu 8 Mar	Vic Milers Meet 5	Lakeside Std
Sat/Sun 10/11 Mar	LAVic State T&F c'ships	Lakeside Std
Sat 10 Mar	Rare Air Meet 9	Melb Uni
Sun 11 Mar	AV Throwers Meet 9	Venue TBC
Wed/Sun 14/18 Mar	Aust Junior & (Open Para) T&F c'ships	Sydney NSW
Sat 24/25 Mar	Vic Masters T&F c'ships Summer of Aths Grand Prix	Doncaster Gold Coast QLD
Sat 24 Mar	Rare Air Meet 10 (Wally Chisholm Classic)	Mentone
Wed/Sun 4/15 Apr	2018 Commonwealth Games	Gold Coast Qld
Thu/Sun 26/29 Apr	Aust Masters T&F c'ships	Perth WA



TRACK & FIELD SEASON 2017-18



Shield Competition results - Round 1 - October 7 2017 - Nunawading

WOMEN

Division 2

No competitors

Under 18

No competitors

MEN

Division 2

1500m	Cameron Clayton	4.20.8
Discus	Cameron Clayton	25.15
Long jump	Cameron Clayton	4.40

Under 18

No competitors

Shield Competition results - Round 2 - October 14 2017 - Sandringham

No competitors

Shield Competition results - Round 3 - October 21 2017 - Nunawading

WOMEN

Division 2

100m	Alex Nolan	15.10
400m	Jacinta Oakley	70.48
1500m	Jacinta Oakley	5.35.9
	Caroline MacCallum	5.47.2
	Alex MacCallum	6.10.01

Under 18

No competitors

MEN

Division 2

400m	Cameron Clayton	54.21
	Alex Davis	55.03
1500m	Cameron Clayton	4.20.3
	Daniel Mitchell	4.21.6
	Alex Davis	4.51.3

Under 18

No competitors

Shield Competition results - Round 4 - October 28 2017 - Knox

WOMEN

Division 2

200m	Jacinta Oakley	31.79
800m	Jacinta Oakley	2.34.8
Shot Put	Sidonie Lowe	8.66

Under 18

No competitors

MEN

Division 2

Under 18

200m	Alex Davis	25.53	
800m	Cameron Clayton	1.59.8	
	Alex Davis	2.13.3	PB

No competitors



CROSS COUNTRY SEASON 2017



XCR-17 was, overall, a successful season for SSH. We had a number of highs, particularly over the first half of the season; however, we trailed off towards the end as a result of injuries and non-availability.

On the Women's side Whitney was the standout performer. Continuing from her strong track season, she proved she can compete with the best in the state over road and cross country races. Although the team did at times struggle for numbers it was good to see a few more faces running this year (Georgia, Alex). I encourage anyone at the club who may know any potential women looking to run for a club to sign them up for next season!

The Men's Premier and Division 5 teams were a force to be reckoned with during the earlier races after welcoming a couple of new members (welcome Shaun, Tim and Sam). The Division 5 team, when full, were consistently able to win their division and would have been competitive in the higher divisions. It was fantastic to see a core group - Ben Sims, Luke Frazzetto, Dan Mitchell, Nick McGuire - running consistently. The Premier Division team had a significant milestone, winning the Victorian Road Relays at Sandown. This was the first cross country win for the club in over 30 years. A great sign for next season! Overall, finishing 3rd in Premier Division is a great achievement and something to build on for next year.

We also had a number of PBs throughout the season. In particular, at the 10km road race more than 50% of SSH runners achieved a PB (Sam Quirk, Ben Sims, Sven Richter, Lachie Connell to name just a few) and Lachie Connell cracked the 31min barrier. Sam Quirk also had a great breakthrough over the half marathon, breaking 69mins and now holding the unofficial club record over the distance.

We also were able to field a number of Junior relay teams and had individual runners at a number of the races. In particular Dan Ballan, Michael McGuire and Lakdinu D'silva competed regularly. This is a great sign for SSH and we look forward to the watching each of you progress through the ranks.

Looking forward to a great summer and more success over XCR-18!

Jamie Wagstaff

**** XCR17 R8: Ekiden relays - 12 August, Anglesea Surfcoast**

MPrDiv	9.8km	Tomas Thorpe	36.04	MDiv5	9.8km	Niklaus Petersen	51.45
	8.8km	Sean Guiney	31.11		8.8km	Greg Schofield	49.13
	7.9km	Lachlan Connell	28.18			Team DNF	
	6.0km	Lachlan Aspinall	20.52				
	5.2km	Ben Buckingham	18.20				
	4.6km	Daniel Ballan	18.21				
		Team 6 th /9	2.33.06				

**** XCR17 R9: Half-Marathon - 10 September, Burnley**

MPrDiv	Sam Quirk	1.08.38.0	9 th
	Alan Craigie	1.11.24.9	
	Sven Richter	1.17.05.7	
	Nick McGuire	1.19.38.0	
	Luke Frazzetto	1.21.23.3	
	Team 6 th /10		
	Tom Crouch (inv)	1.09.22.6	
MU20	Michael McGuire	1.32.42.8	



Lachlan C in the 'zone' at Anglesea



Ben, Alex and Daniel B tackle their respective Princes park legs.



** XCR17 R10: Princes Park Relays - 16 September, Carlton North

MPrDiv	Sean Guiney	9.14	WD3	Whitney Sharpe	10.39
6 X 3.2km	Sven Richter	9.36	4 X 3.2km	Jacinta Oakley	13.25
	Tom Thorpe	9.18		Alex Nolan	14.30
	Ben Buckingham	9.25		Caroline MacCallum	<u>13.08</u>
	Daniel Mitchell	10.11		Team 4 th /12	51.42
	Nick McGuire	<u>10.21</u>			
	Team 6 th /10	58.05			
MD5	Ben Sims	10.09	WD4	Carmel Moorhead	17.03
4 X 3.2km	Daniel Ballan	10.41	3 X 3.2km	Alex MacCallum	14.22
	Cameron Clayton	10.25		Sidonie Lowe	<u>17.17</u>
	Greg Schofield	<u>13.57</u>		Team 13 th /14	48.42
	**Team 2 nd /12	45.12			
MD7	Jacob Arnheim (inv)	12.22	WD5 (inv)	Annika Read (inv)	14.42
4 X 3.2km	Emil Breidahl (inv)	11.32	3 X 3.2km	Claire Morgan (inv)	12.59
	Nik Petersen	11.16		Emily McIntosh (inv)	<u>14.30</u>
	Alex Davis	<u>11.20</u>			42.11
		46.30			
		(fastest time in Div7)			

FINAL XCR LADDERS

MEN'S PREMIER DIV 1		MEN'S DIV 5		WOMEN'S DIV 3
BOX HILL	100	BENDIGO	133	SSH – 14 TH /14 (fielded teams in only 2 rounds)
MELB UNI	82	OLD XAVERIANS	98	
SSH	73	SSH	95 *	
DONCASTER	62	GLENHUNTLY	77	

* no team in last 3 rounds



SCHOOL RESULTS



** APS Athletics - 21 October, Lakeside

WU14 Long jump	Louisa White	Wesley C	4.63 PB	** 1st
MU16 800m	Fraser Rosman	Wesley C	2.02.80	5 th

** AV All Schools T&F c'ships - 3/5 November, Lakeside

MU18 1500m	Seamus Graham	Wesley C	4.25.18
MU18 3000m	Seamus Graham	Wesley C	9.20.30

*OTHER MEETINGS *

**** Milers Club**

9 November, Lakeside	M3000m	Ben Buckingham	8.03.00 PB, 1st
Meet 1			CR
		Sean Guiney	8.12.74 PB
		Tom Crouch	8.52.90
		Daniel Mitchell	9.10.99
		Seamus Graham	9.17.62
		Ben Sims	9.31.49 PB
	W3000m	Whitney Sharpe	9.43.51 PB, CR



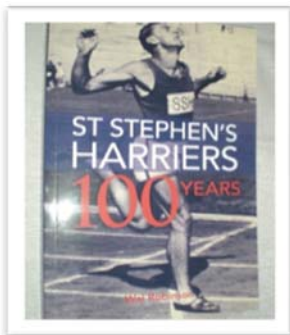
SSH 'OLD BOYS' LUNCHEON

Michael Goerke reports that, sadly, the last of the Club's Old Boys Luncheons has been held. A steadily diminishing roster of older and former members have made this long-standing tradition unfeasible to continue. We thank Don McLean, Michael and others who have striven to keep this valuable social activity going for the Club over so many years.

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 !

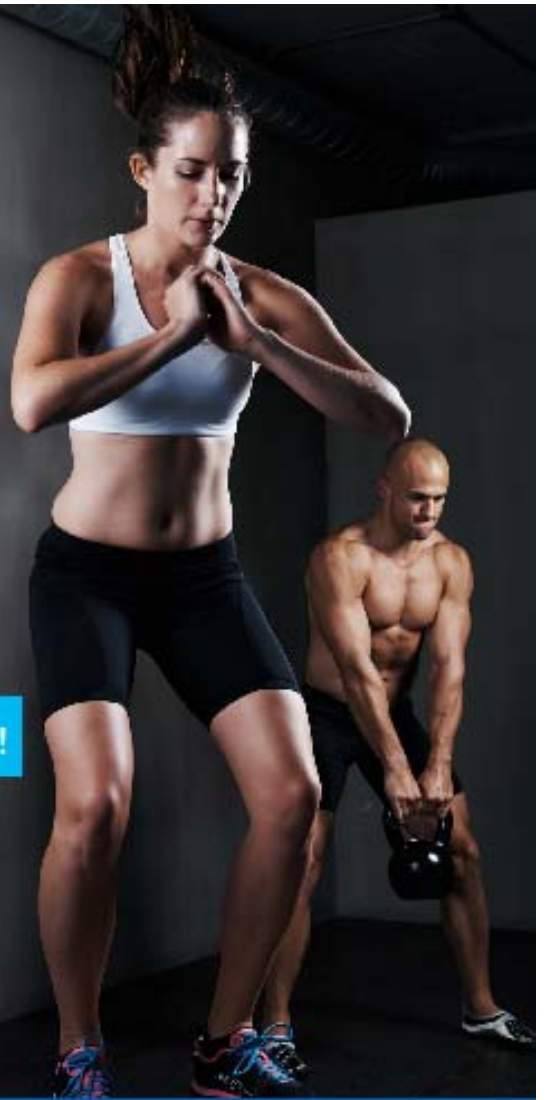
**** NEW MEMBER ****

We welcome TAYLOR WILSON-QUON to the SSH fold, and we wish Taylor plenty of enjoyment and success in the red, white and blue.

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
- Reformer Pilates
- 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

msa

Melbourne Sports
& Aquatics Centre
ALBERT PARK