



The Journal

ST. STEPHENS HARRIERS ATHLETIC CLUB Inc.

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St. Stephens Harriers



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In association with Wesley College Athletics

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SSH TO BE A 'DISTANCE ONLY' CLUB ... FOR NOW

At their last meeting, your Club committee made a decision that, at first sight, might be an alarming one, but one which just may provide an important new focus and direction - at least, in the short term.

Having reviewed SSH's involvement in Shield competition over the past two summers and concluding that the current level of member interest can no longer sustain either our meaningful competitive engagement in the Shield program or supply our share of the obligatory volunteers to help run it, the committee has elected to approach AV to exclude SSH from the Shield T&F program for the coming summer. The intention is to continue our full involvement in winter XCR programs and parallel summer track competitions (e.g. Milers Club) as before, as this is obviously our area of strength.

Greg Nolan has described the situation in more detail in this issue's President's report. Clearly, things cannot continue as they have been. For whatever reasons, the Shield competition holds insufficient appeal for our members and we cannot fulfill our obligations to provide helpers as required. It's become a case of 'jump or be bumped'.

We hope this situation will be temporary. A club with SSH's heritage and history of high achievement in all areas of athletics - sprints, hurdles, distance, throws, jumps, cross country, road running and race walking - does not take such a step lightly, and we have done so purely to remedy an immediate problem rather than to permanently reshape the Club's function and identity. For now, however, it is sensible to play to our strength - distance running - while laying the groundwork for a return to full involvement in the track & field program in, hopefully, the foreseeable future.

THANKS, PETER!

After many years of loyal service, PETER WESTWOOD is stepping down from the Committee and, therefore, as the Club's AV delegate. Peter will continue as an AV official at both Winter and Summer events. We thank him for all his work for SSH, and we look forward to his further involvement with SSH and with the sport.



THE PRESIDENT SPEAKS



This is a seminal year for SSH. In the April Journal in 2017 I wrote the following:

"SSH is at a critical point in its development! At our last meeting your committee reviewed the recently completed 2016-17 Track and Field season and discussed some worrying trends.

Aspects of the season discussed were:

- 1. The disappointing scheduling and location of meetings.*
- 2. The lack of numbers in attendance from SSH.*
- 3. The continual difficulty faced by SSH (and other clubs) to meet its obligations and provide "club helpers" at most meetings over the summer.*

None of these issues is new, but they came to a head last year, when, on a regular basis there were more club helpers from SSH than athletes. There are justifiable reasons for each of the above to be an issue, but they do cause us to stop and reflect on what we want to achieve as a club and as an individual. "

Unfortunately, nothing much has changed 12 months later.

The 2017/18 summer track season was highlighted by a lack of attendance at each meeting. While some stalwarts continued to participate, the fixture clearly does not meet the requirements of most of our members.

Consequently, the committee has taken the first steps in discussing with AV the ramifications of SSH not participating as a club in the track season of 2018/19. While very disappointing in the short term, we believe it will give us the best opportunity to regroup, focus on our strengths (middle distance events i.e. the cross country fixture) and re-energize the club with an expectation of re-joining the summer athletics competition in a couple of years.

So, the immediate plan is to focus on the cross country season commencing at Jells Park on 21/4/18. We are poised to enter strong teams in Men's and Women's across several divisions. We look forward to a strong start and hope we can fulfil our potential and go a step closer to winning a flag that has eluded us over the past years.

Of course, need I mention what is necessary off the track to make sure all on the track goes well?

To field teams we need club helpers and you have been furnished with the schedule and a request to volunteer for a position throughout the season. Please respond as requested. If we are unable to fulfil this obligation to AV our presence in the Cross Country competition will be also be questioned by AV.

It is simply not acceptable to rely on the two or three dedicated individuals to continually fill these roles.

Unfortunately, we have to face the fact that fielding a team is only half the battle in running a successful club. The other half is supporting the athletes on the day of competition as well as throughout the season off the track in an administrative or "club helper" capacity. These other tasks are managing registrations, representing SSH at AV meetings, fund raising, publishing this report, as well as the Annual Report, and supervising club helpers.

If we cannot adequately fulfil these responsibilities, unfortunately, the club will not have a bright future.

So as we once again commence what will hopefully be a rewarding cross country season, can I ask you to review your weekly scheduling and think about your ability to help a very old, community club that boasts a fantastic heritage, but whose future may be imperilled if we cannot change the current lethargy.

Finally, I must take this opportunity to thank Peter Westwood, who recently resigned from the Committee at SSH. Peter has been our club delegate at AV for many years and has chosen to step down from that role and that of committee member. We would all like to thank Peter for his untiring support, friendship and wise counsel over many years. He will be missed. Thank you, Peter!

Carpe Diem !

Greg Nolan
President

REGISTRATIONS FOR 2018-19 (1st April 2018 – 31st March 2019)

Membership packages offered by AV for 2018-19 became available online on 1st April. To start the payment process members must first pay the AV Base Membership Fee and the Club Fee.

Fees are as follows:

AV Base M/ship fee - SSH M/ship fee + XCR Package or T&F Package or Max Pack (XCR + T&F)

Open	\$150	\$90	\$145	\$145	\$220
Junior	130	70	120	120	170
Dual	50	65	0	0	0
Coach	0	0			
Official	0	0			
Social	40	65			
Rec Runn	10	65			
Alternate 1st					
Claim	40	45			

The Max Pack offers XCR and T&F at a reduced rate.

The XCR Pack covers all XCR events, including Relays –

Members who do not wish to take out the XCR package are eligible for XCR Relays, at no extra cost, and can enter individual events at a cost of – **\$35 Open, \$30 Junior** – providing they have paid the AV Base Membership Fee and SSH Club Fee by the required time (midday on the Wednesday prior to competition day).

The Track and Field package gives access to 12 rounds of AV Shield competition –

Open/Junior Members who do not take out the package will be able to purchase individual entry to Shield competition at a cost of **\$20 per day** (for unlimited number of events) with payment to be made when completing the pre-entry process.

Once the AV Base fee and Club fee have been paid members can add a package at any time, and are eligible for Championships, Milers Club and any other AV events.

Categories for Registration are –

Open 20 years and older

Junior 13-19 years (as at 31 December 2018)

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

**** ROGER BANNISTER (23/3/29 – 3/3/18) ****

THE MAN WHO OUT-BELIEVED THEM ALL

Iconic, idolized, even god-like as they may be to us, the reality is that our sporting heroes are mortal. Eventually, like us, they pass on. In the last issue we farewelled our own beloved Betty Cuthbert. Now, the passing parade has been joined by **Roger Bannister** - a man who, like Betty, lit a torch and showed a new path for thousands of young runners to follow. And follow they did, and still do.

Roger has now joined his sub-4 pacemakers, Chris Brasher and Chris Chataway, on that celestial cinder track in eternity. The images of the three men, clad in white vests and shorts, mounting their assault on a barrier many thought impregnable, are burned into our consciousness as running fans and athletes. They still have the power to inspire us to push against the pain, to persevere until we overcome.



Bannister, a doctor and, later, an eminent neurologist at Oxford, whose feat in running the world's first sub-4 minute mile made him a legend for all time, was, in his way, not unlike Betty Cuthbert. Both runners ran for the love of it, not for advancement or (certainly not in those days when amateurism ruled) enrichment. Like Betty, Roger knew, appreciated and exploited his athletic gifts, but he also knew their proper place in the tapestry of his life. While he had many potential years at the top in running, the call of medicine was louder, and he retired from the track rather than trying to answer both calls. Sporting heights are fleeting, but you're a healer forever.

What would come to define Bannister as a runner, more than his prodigious talent, was his mental toughness. This overcame a training regime that,

Above: The iconic race, May 6, 1954 – Brasher (44) has led for 800m, while Chataway (42) waits to take over for the critical 3rd lap. Bannister, given the perfect springboard, bides his time.

Right: A 58.7sec last lap casts Bannister through hell and into heaven. The announcer said. "The time is 3 ..." "Nobody heard the rest – it was pandemonium.



Photos: Google images

today, wouldn't impress a serious school runner. "He was running on 28 training miles a week," Sebastian Coe once said. "He did it on limited scientific knowledge, with leather shoes in which the spikes alone probably weighed more than the tissue-thin shoes today, on tracks at which speedway riders would turn up their noses. So as far as I'm concerned, (Bannister's sub-4 minute mile at Oxford in 1954) was one of the great runs of all time." Bannister's later neurological research work, which would pave the way for the new science of sports psychology, reinforced his conviction that it was the brain, not skeletal-muscular development, that powered endurance.

Perhaps nowhere is this better exemplified than in his approach to the 4-minute mile barrier, compared with that of his rivals. This excerpt, from the SSH Journal's October 2009 issue, illustrates the point:

"A mile in under four minutes ... the arithmetic was as compelling as the performance itself. One lap in under 60 seconds (not too hard for a serious runner); two in under two minutes (more challenging - harder training needed); three in under three minutes (years spent building solid condition), then four in less than four - a Conradian heart of darkness, awash with unknown levels of pain and fatigue no training regime or courageous assault had yet overcome. "It's like a wall," John Landy is said to have remarked after having run 4:02 three times. Nor could the great Swedes Haegg and Andersson, the US ace Wes Santee or a host of talented contemporaries, however dedicated to their physical preparation, bridge the psychological abyss that yawned like a chasm across two or three measly seconds of time.

It took a pale, slender doctor from London to prove - not with laboratory data but with his own feet - that the barrier was just that: psychological. If man could follow a path that led through, say, 4:10, 4:05, 4:03, to 4:01, reasoned Roger Bannister - what could reasonably stop him from going further? How many layers of brick were there in a mere number, after all? Bannister, of course, found a way through those mental bricks at Iffley Road track, Oxford, on May 6 1954, when he hit the tape in 3.59.4 - and emerged utterly spent but smiling (not crying out 'The horror, the horror!'). Sunlight had struck the heart of darkness at last, and if other milers didn't exactly pour through the breach, a steady stream of them - Australians, Swedes, Hungarians, Frenchmen, New Zealanders, Americans and Britons - proceeded to grind down the record ever further in the 1950s and 60s."

Research science is all about breaking barriers, forging new pathways, and Bannister was in the vanguard as an athlete and as a doctor. His work included research into neurological pathologies (including multiple sclerosis, Betty Cuthbert's illness) and pioneering steroid testing to aid anti-doping measures in sport. Unsurprisingly a passionate advocate of physical activity and wellbeing, Bannister also led a 'Sports For All' campaign that established 800 multi-sports centres across England, and he served for eight years as president of the International Council of Sports Science and Physical Recreation.

Roger Bannister was one of those figures one wishes would live forever, simply because the world needs more like him. He was a doer, a giver, a leader, an exemplar, a man who made the most of what he had for as long as he could, for the benefit of all, and who embraced the human impulse to push limits. In an interview for *The Independent*, asked about records he yearned to see broken, Bannister replied wryly, "Well, it is certainly becoming more difficult to find something that nobody else has ever done. Some verge on the absurd, such as getting a number of people into a telephone box or a Mini, or eating the most jellied eels in two minutes. Then I see Ranulph Fiennes walking over both poles backwards and forwards, losing a couple of toes, running seven marathons in seven days. I suppose Jules Verne started it all with *Around The World In Eighty Days*. It's amusing, and shows a basic aspect of human personality, the need to test ourselves."

"That's why, evolutionally, the chimpanzees never stood a chance."



Once rivals, ever friends: Roger with John Landy at Iffley Rd track for the 50-year commemoration of the first sub-4 minute mile in 2004.

St Stephen's Harriers AC

****TRIVIA NIGHT ****

Saturday 19 May

7.00PM for dinner (for 8.00 quiz start)

East Malvern RSL – Stanley Grose Drive, East Malvern 3145

\$20 per head, \$50 per family – BYO food and nibbles.
Dinner, drinks, nibbles, tea and coffee available for purchase (no BYO).

**** Come and support our Club in this vital fundraiser!**
Make up tables of 6-10 for an evening of entertainment including Trivia questions, music, raffles and prizes!

Spread the word! Book a table and bring along your family and friends.

NOTE: All tickets must be booked by **Saturday 12 May**.
Contact Helen Nolan by email at hnolan58@gmail.com



BIRTHDAYS



February – David Petersen, Gary Field, Gordon Onley, Ben Sims, Lachlan Connell, Michael Kipp, Bianca Mignot, Caellum Crowe, Daniel Ballan, Jacinta Oakley, Taylor Wilson-Quon,

March – Kevin Armstrong, Alice Carter, Jack Thompson, Alex Nolan, Greg Nolan, Wal Robinson, Shauna Donnelly, Callum Donnelly, Nicola Loyer, Neil Earle, Seamus Graham

April – Luke Frazzetto, Sidonie Lowe, Andrew Nagle, Alice Craigie, Ron Young, Liam Dixon, Nik Petersen, Daniel Mitchell, Grace McConchie, Chris Williams, Lachlan Montague, Tasman Schofield, Carmel Moorhead, Ben Barry, Ash Cowen

May – Stephanie Armstrong, Adam Tennant, Michael Moorhead, Xavier Smith, Thomas Thorpe, Whitney Sharpe, Alex Davis, Peter Cram, Nick Tsiftelidis, Cameron Clayton, Scott Clayton, Sam Spicer, Nick McGuire, Fraser Rosman, Sean Guiney, William Mossop, Peter Gerner Ejersbo

Long-time SSH members will remember one of the Club's most venerated stalwarts, **RON YOUNG** (husband of the late Shirley Young). Ron is now living at 'Tarralla', a care centre in Croydon. If you'd like to give him a call, his mobile number is 0411 127 340. All the best, Ron!



**** NEW MEMBERS ****

We welcome **WILLIAM MOSSOP**, **JAMES COLEMAN**, **TOM CROUCH**, **JACK DAVIES**, **AIDEN DU BOISSON** and **STEWART MCSWEYN** to the SSH fold. **BRENDAN TOHILL**, **SARAH HALL** and **MICHAEL KIPP** have also re-joined after various absences.

***OBITUARY – John Waite**

Don McLean has notified us of the recent passing of SSH veteran **JOHN WAITE**. Don writes: "John Waite has passed on at 77. John was a teacher and then administrator at Mentone Grammar school and generously arranged the use of the facilities by SSH from time to time. John ran many distances and was active until his retirement took him back to his native New Zealand."

I also remember John as a regular Interclub runner in the mid-60s, one who would run any distance for team points. We are sad to hear of the passing of another fine clubman, and we offer our condolences to John's family and friends.



COMING EVENTS

Thu/Sun 26/29 Apr	Aust Masters T&F c'ships	Perth WA
Sat 21 Apr	XCR18 Rd1 – Jells Park relays	Jells Park North, Wheelers Hill
Sat 28 Apr	AV All Schools XC relays	Jells Park North, Wheelers Hill
Sat 5 May	XCR18 Rd2 – cross country	St Anne's Winery
Sat 12 May	AV All Schools Road relays	Princes Park, Parkville
Sat 19 May	SSH Trivia Night	Malvern East RSL
Sat 26 May	XCR18 Rd3 – cross country	Cruden Farm
Sat 16 Jun	AV All Schools XC c'ships	Bundoora Park
	XCR18 Rd4 – cross country	
Sat 7 Jul	XCR18 Rd5 – Sandown relays	Sandown racecourse
Sat 22 Jul	XCR18 Rd6 – Albert Park road relays	Albert Park
Sat 4 Aug	XCR18 Rd7 – Lake Wendouree road race	Lake Wendouree, Ballarat
Sat 18 Aug	XCR18 Rd8 – Ekiden relay	Anglesea
Sun 2 Sep	XCR18 Rd9 – Burnley Half-marathon	Burnley
Sat 15 Sep	XCR18 Rd10 – Tan relays	Tan track, King's Domain



TRACK & FIELD SEASON 2017-18



No competitors in Shield competition since Round 4



AV Track & Field Titles 2017-18

Great to see the SSH colours on the podium, courtesy of Ben (successfully defending his Steeple title), Thomas, Sean and new boy William. Whitney and Mitchell were also in the mix until the end of their 1500 finals. Well done to all!

**** AV 5000m C'ship - 23 November, Lakeside Stadium**

5000m	Tom Crouch (inv)	14.57.15
	Sam Quirk	15.25.24
	Luke Frazzetto	17.42.40

**** AV Junior & Para T&F C'ships - 23/25 February, Lakeside Stadium**

U15 800m	William Mossop	2.07.95	PB *3 rd	1500m U20	Seamus Graham	4.25.61	h
U17 800m	Fraser Rosman	1.58.00	PB 4 th				

**** AV Open T&F C'ships - 2/4 March, Lakeside Stadium**

WO1500m	Whitney Sharpe	4.32.89	h	3000mStple	Ben Buckingham	9.02.80	**1 st
	Whitney Sharpe	4.26.29	4 th	MO800m	Daniel Mitchell	2.04.85	h
MO1500m	Thomas Thorpe	3.56.62	h		Ben Sims	2.06.34	h
	Thomas Thorpe	3.54.01	*2 nd				
	Sean Guiney	3.57.61	h				
	Sean Guiney	3.54.59	*3 rd				
			PB				
	Mitchell Cashion	3.58.19	h				
	Mitchell Cashion	3.54.61	4 th				
	Lachlan Aspinall	4.03.07	h				



A second Steeplechase title for Ben!

Photos: Athletics Victoria



Left: Whitney ran a strong if unlucky 4th in the 1500m final, but ran 2nd in the Mile championship.

Below: Tom, Sean and Mitchell pushed winner Reilly Shaw (Deakin) all the way to the line in the Men's 1500m.



AA Track & Field Titles 2015

***** AA T&F C'ships & CG Nomination trials - 16 February, Carrara Stadium, Gold Coast QLD***

3000mStpl	Ben Buckingham	8.56.73	6 th	1500m	Thomas Thorpe	4.03.44
	Sean Guiney	9.11.83	PB 14th			

***** AA Junior T&F C'ships - 14/18 March, Olympic Park Athletics Centre, Sydney***

U17 1500m	Fraser Rosman	1.58.60	<i>h</i>
	Fraser Rosman	2.01.32	<i>7th</i>



SCHOOL RESULTS



***** Schools Knockout Vic final - 14 September, Lakeside Stadium***

800m Intermediate	Fraser Rosman	Wesley C	2.02.12	**1st
1500m Senior	Seamus Graham	Wesley C	4.30.16	PB

OTHER MEETINGS

***** Milers Club***

These meets certainly agree with our runners, who consistently use the stiffer competition to improve. A special high-5 to Whitney on taking Silver in the AV Mile title with a new Club record!

19 December, Lakeside St Meet 2	1500m	Mitchell Cashion	3.54.16	PB
		Thomas Thorpe	3.57.31	PB
18 January, Lakeside Std Meet 3	1500m M	Thomas Thorpe	3.57.31	PB
		Mitchell Cashion	3.53.47	PB
		Lachlan Aspinall	3.54.03	
		Daniel Mitchell	4.13.29	
		Fraser Rosman	4.19.74	PB
		Seamus Graham	4.16.61	PB
		Ben Sims	4.20.16	
6 February, Melb Univ. Meet 4	1500m W	Whitney Sharpe	4.27.92	
	AV Mile Ch(M)	Mitchell Cashion	4.10.0	<i>8th</i> PB
		Lachlan Aspinall	4.11.1	<i>10th</i> PB
		Thomas Thorpe	4.11.6	<i>11th</i> PB
		Jamie Wagstaff	4.21.5	PB
8 March, Lakeside Std Meet 5	800m	Ben Sims	4.42.0	PB
		Whitney Sharpe	4.46.0	**2nd PB, CR
		Daniel Mitchell	2.01.8	
		Fraser Rosman	2.01.1	
		William Mossop	2.08.9	
8 March, Lakeside Std Meet 5	800m	Thomas Thorpe	1.57.22	PB
		Ben Sims	2.05.97	
		Fraser Rosman	2.07.31	
	1500m M	Ben Buckingham	3.48.19	
		Lachlan Aspinall	3.49.69	
		Mitchell Cashion	3.49.94	PB
		Sean Guiney	3.55.76	
		Jamie Wagstaff	3.57.82	PB
	1500m W	Whitney Sharpe	4.21.79	

**** Zatopek Graded 10km - 12 December, Aberfeldie**

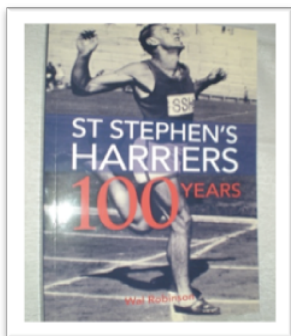
10,000m Tom Crouch (inv) 31.08.0 2nd

**** Zatopek Meeting - 14 December, Lakeside Stadium**

M1500m Ben Buckingham 3.50.80 8th

**** Steigen Spectacular - 23 December, Landy Field, Geelong**

10,000m	Tom Crouch	31.29.77	
3000m Steeple	Ben Buckingham	8.57.71	2 nd
	Sean Guiney	9.11.83	14 th PB



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

Cost: \$15 (*reduced*) plus \$6 postage.
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Cheques should be made payable to St. Stephen's Harriers.