



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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**** RAYMOND HENRY WEINBERG – 1926-2018 ****

MASTER HURDLER CLEARS THE FINAL FLIGHT



Ray Weinberg OAM - dual Olympian, SSH's finest-ever hurdler and one of the best Australia has produced - passed away in May at age 91, leaving behind an enviable legacy as an elite athlete, an outstanding coach and a respected team manager. Our condolences go to his wife, Shirley, and children Brett, Louise and Timothy.

A prodigious natural talent, Ray first attained prominence as a student at Trinity College, where he was Captain in athletics, swimming, shooting, lacrosse and football. But for his father's persuasion otherwise, Ray would have tried out with VFL club Carlton and this story might have ended there. Luckily, he chose athletics instead - a path

that would lead to international honours and a place of the highest distinction in our sport.

Having moved to Kerang to manage his parents' hotel after his marriage to sprinter Shirley Ogle, Ray trained largely alone and made the regular 400km round trip to Olympic Park to compete at weekends. They were tough back then!

Joining St Stephens in 1945, Ray would win eight Victorian hurdles titles over 120, 220 and 440 yards. He also won a decathlon title and a South Australian title. Added to this were seven Australian titles over 120 and 220 yards, plus a national 120 yard record (which stood for 20 years until Mal Baird broke it in 1972.) In those days, interclub competition was the foundation for the development of athletes at all levels, and kids saw their heroes in action every week. Ron Young, in an SSH Journal interview from 2008, described the excitement of being a lower-grade competitor on an outside oval at Olympic Park and hearing a cry: "Hey! Weinberg and Gardner are ready to run the hurdles!", or "Landy's about to run!", at which point there'd be a mass influx into the main stadium to watch.



Ray addresses the gathering at the SSH Centenary luncheon in 2008.

The pinnacles of Ray's career, of course, were his two Olympic selections, in 1948 (London) and 1952 (Helsinki). Running the 110m hurdles at both Games, he was a semi-finalist in London. He reached the final in Helsinki, running in a muddy lane, finishing 5th and staking his claim to world class. Sadly, an eye injury prevented his earning of

a third Olympic vest for Melbourne in 1956.

Ray also made the 1950 Empire Games team, taking silver in the 120yds hurdles behind compatriot Peter Gardner in Auckland.

There remain few indeed who would recall seeing Ray Weinberg hurdle at his peak. Fortunately, a movie clip survives and is available at: <https://www.youtube.com/watch?v=VR9DWpJKL3I> It features Ray's silver medal performance at the Auckland Empire Games, together with an impressive slow-mo section that illustrates his technique almost to perfection.

Post-retirement, Ray's passion, experience and knowledge of athletics saw him embrace coaching. He came to prominence once again, this time as Australia's athletics team coach and manager for the 1968 Mexico Olympics, in which role he won the respect of all athletes in the team. In his book, 'St Stephens Harriers - 100 Years', Wal Robinson states that Peter Norman credited Ray Weinberg with playing a part in his silver medal win between Tommy Smith and John Carlos in the 200m at Mexico. Like Norman, Weinberg was overlooked for the Munich Olympics four years later. It seems to be a matter of opinion as to whether Ray was the victim of interstate politics or whether his support for Norman's solidarity with Smith and Carlos on the Mexico podium led to his rejection from the Munich games. Either way - Raelene Boyle's silvers notwithstanding - the mediocre Australian performances in 1972 showed the team could have done with his expertise and guidance.

Ray became an authoritative TV sports commentator, covering the 1964 Tokyo Olympics for ATV-O (later the Ten Network) and the 1980 Moscow Games for Channel 7. Coverage of Moscow was badly affected financially by political pressure resulting from Russia's invasion of Afghanistan, so Ray and other commentators were required to cover, not just athletics, but unfamiliar sports such as wrestling! No doubt he'd have relished the challenge.

Athletics success ran (literally) in the family. Ray's wife, Shirley, was a Victorian 200m champion, while their son Brett ran for SSH, winning three Australian junior sprint titles. His Club junior records of 10.5 (100m) and 21.3 (200m) still stand.

On his first Olympic trip in 1948, aware that Olympic badges and pins were all the rage and

AUSTRALIA'S FIRST OLYMPIC PIN



Designed by Ray Weinberg 1952

highly collectable (and that Australia didn't have one), Ray set about designing and producing such a badge which, he hoped, he'd get the chance to wear if he made another team. He did, in 1952. His design was accepted, and it has been the model for many pins of subsequent Australian teams.

In his later years, Ray worked as a tour guide at the MCG, once more combining his vast knowledge and love of sport with a his talent as a storyteller, to good effect for the ground's many visitors.

St Stephens Harriers was blessed to have had Ray Weinberg amongst its ranks, and we can take pride in knowing that a man of such talent, dedication, high achievement and desire to share his knowledge for the benefit of others, ran with the red 'SSH' on his blue vest.



Clockwise from top: Ray Weinberg OAM – MCG tour guide; Before a rapt crowd at Olympic Park; With fellow Olympians Margaret Woodlock-McLean and Marjorie Jackson; Proud in his Olympic uniform, London 1948



THE PRESIDENT SPEAKS



At the recent SSH AGM many of the challenges that are facing our club were discussed. It was pleasing to note that those in attendance were prepared to commit to the club's future and ensure that SSH meets the challenges upon us and indeed thrives to the benefit of future generations.

The two outstanding issues discussed were the maintenance of our membership and the financial viability of the club.

We currently have about 40 full paying members. For the club to be viable in the AV competition we believe this to be at the bottom end of the range. So we need to ensure this number is maintained and preferably increased. In today's world where there are so many options for aspiring athletes, this is obviously not an easy task. In my view we should aim at having approximately 100 members in 5 years to ensure success on AND off the track and to make the club an attractive proposition for all potential members. This is the first challenge.

On our current membership base, we are currently running at a loss of about \$1000 per year. The major reason is a decision made a couple of years ago to employ a coach. While the coaching aspect of this decision is working very well, the financial side continues to challenge us. Combined with fees we must pay to AV, the finances require constant attention. On this basis it is estimated that the club needs to find approximately \$2000 per annum, assuming the current membership base. Hence the need for fundraisers, donations, government grants and continual attention to our finances. Challenge two!

These are ongoing and are addressed on a regular basis by your committee. There are no easy solutions and most other clubs in the AV competition face similar issues.

However, it has become apparent that at SSH we have the belief and resolution to accept these challenges, find solutions and build on the foundation that has been laid over the past 5 to 10 years.

As always, this will take time, but the new committee, elected at the AGM, will drive the necessary change and address the future with the courage and commitment required to succeed.

We are very fortunate in that we continue to be in a strong position financially and are able to attract new members as a result of our strong cross country performances over recent years. So time is on our side.

Indeed, the past season has been notable in that we have been able to attract some very strong, high profile athletes who have given us a real boost on the track.

Long may this trend continue!

In closing I cannot let this edition pass without making a mention of the herculean efforts of Pat Robinson. Pat enters her 50th year as a member of the club and is constantly credited with the reason the club still exists. She has done a wonderful job over the years and continues to take a passionate interest in all members, young and old, as well as officiate at summer track and field events. We are all indebted to her for this service.

Thank you Pat and we all wish you continued good health. We all recognize your importance to the club.

Carpe Diem !

Greg Nolan
President

NEW MEMBERS

We bid a warm welcome to EMIL BREIDAHN and AARON HOWLETT. Both have been running cross-country for us this season, and we wish them every success in their future racing with the Saints.



ALEX NOLAN and ROB EDWARDS will tie the knot on September 15th.

We wish Alex and Rob every happiness for the future.



COMING EVENTS

(SHIELD VENUES ... see chart below 2108-2019 Summer Calendar)

2018-2019 SUMMER CALENDAR as at 22.05.18



SEPTEMBER 2018

Sun 2	XCR Round 9: Burnley Half Marathon & Junior 6km Road Race	Burnley
Wed 5	*Victorian All Schools Track Relay Championships	Lakeside
Thur 13	*Victorian Schools NITRO Challenge	Lakeside
Sat 15	XCR Round 10: Tan Relays	Kings Domain

OCTOBER 2018

Fri 5	*AV Shield - Round 1 (Program 2 Red & Yellow)	TBC
Sat 6	*AV Shield - Round 1 (Program 1 Blue & White)	TBC
Sat 6 - Sun 7	*Magpie Multis	Collingwood
Sat 13	*AV Shield - Round 2	Various
Sun 14	Melbourne Marathon	Melbourne
Sat 20	*AV Shield - Round 3	Various
Sat 27	*AV Shield - Round 4	Various

NOVEMBER 2018

Fri 2 - Sun 4	*Victorian All Schools Track and Field Championships	Lakeside
Sat 10	AV Shield - Round 5	Various
Thur 15	*Victorian 5km Championships	Lakeside
Sat 17	AV Shield - Round 6	Various
Sat 17 - Sun 18	LAVic Regional Relay Championships	TBC
Sat 24	*Victorian Track Relay Championships	TBC

DECEMBER 2018

Sat 1	*AV Shield - Round 7	Various
Fri 7 - Sun 9	*Australian All Schools Track & Field Championships	Cairns, QLD
Mon 10	*Australian NITRO Schools Challenge	Cairns, QLD
Thur 13	*Zatopek10	Lakeside
Fri 14	*AV Shield - Round 8 (Program 1 Blue & White)	Lakeside
Sat 15	*AV Shield - Round 8 (Program 2 Red & Yellow)	Lakeside
Sat 15	LAVic Relay Championships	TBC
Sat 22	Steigen Spectacular	Geelong

JANUARY 2019

Sat 12	*AV Shield - Round 9	Various
Sat 12 - Sun 13	*Victorian Multi Event Championships	TBC
Sat 19	*AV Shield - Round 10	Various
Sat 26 - Mon 28	*Victorian Country Championships	Bendigo

FEBRUARY 2019

Sat 2	*AV Shield - Round 11	Various
Sat 2 - Sun 3	LAVic Multi Event Championships	TBC
Sat 9	*AV Shield - Round 12	Various
Sat 16 - Sun 17	LAVic Regional Championships	TBC
Sat 23	*AV Shield - Final (Program 1)	Lakeside

MARCH 2019

Fri 1 - Sun 3	*Victorian Track & Field Championships Weekend 1	Lakeside
Fri 8 - Sun 11	*Victorian Track & Field Championships Weekend 2	Lakeside

AV SHIELD VENUES 2018 – 2019

Round	Date	Blue/White Venue	Red/Yellow Venue
1	6 th Oct	Casey Fields	Aberfeldie
2	13 th Oct	Bill Sewart Athletic Track, East Burwood	Doncaster
3	20 th Oct	Casey Fields	Williamstown
4	27 th Oct	Proclamation Park , Ringwood	Doncaster
5	10 th Nov	Knox (TBC)	Williamstown
6	17 th Nov	Morrison Reserve, Mt Evelyn	Meadowglen
7	1 st Dec	Frankston	Keilor Park
8	Fri 14 th Dec	Lakeside (twilight)	Doncaster (Sat 15 th Dec)
9	12 th Jan 2019	Duncan McKinnon (TBC)	Werribee
10	19 th Jan	Hagenauer's Reserve, Box Hill (TBC)	Meadowglen
11	2 nd Feb	Knox	Aberfeldie
12	9 th Feb	Bill Sewart Athletic Track, East Burwood	Doncaster



AV Track & Field Titles 2018-19

- **Victorian 5km Championships:** Thursday
15th November 2018 (Lakeside Stadium)
- **Victorian State Relay Championships:**
Saturday 24th November 2018 (Venue TBC)
- **Zatopek10:** Thursday 13th December 2018
(Lakeside Stadium)
- **Victorian Multi Event Championships:**
Saturday 12th January – Sunday 13th January
2019 (Venue TBC)
- **Victorian Country Championships:** Saturday
26th January – Monday 28th January 2019
(Bendigo)
- **Victorian State Championships (Junior & Open):** Friday 1st March – Sunday 3rd March
2019 (Lakeside Stadium)
- **Victorian State Championships (Junior & Open):** Friday 8th March – Sunday 10th March
2019 (Lakeside Stadium)
- **Victorian Masters Championships:** Saturday
23rd March – Sunday 24th March 2019 (Venue
TBC)

OTHER ATHLETIC OPPORTUNITIES

- **Magpie Multis:** Saturday 6th October – Sunday
7th October 2018 (Collingwood)
- **LA Regional Relay Championships:** Saturday
17th – Sunday 18th November 2018
- **LA Relay Championships:** Saturday
15th December 2018
- **LA Multi Event Championships:** Saturday
2nd February – Sunday 3rd February 2019
- **LA Regional Championships:** Saturday
16th February – Sunday 17th February 2019
- **LA Victorian State Track and Field Championships:** Saturday 16th March – Sunday
17th March 2019
- **National Masters Championships:** Friday
26th April – Sunday 28th April 2019 (Lakeside
Stadium)

**Athletics Australia will be launching 2018-19 fixtures in the coming weeks. For information on National dates, please contact the Athletics Australia office.*

AA fixture now posted at rear of Journal.



BIRTHDAYS



June – Georgia Kovats, Sarah Hall, Charlotte Anderson, David Kipp, Polly Schofield, Michael McGuire, Nathan Rodgers, Stewart Mcsweyn, James Coleman, Jack Davies,

July – Ben Kim, Geoff Warner, Paul Dunn, Sven Richter, Brendan Tohill

August – Astrid Rose, Allina Fawcett, Murray Reid, Sarah Lester, Francesca Cullity, Thomas Webster, Aiden duBuisson, Helen Nolan

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

October – Graeme Rose, Alex MacCallum, Graeme & Kevin Craigie, Lachlan Aspinall, Caroline MacCallum, Cameron Gatt, Stephen Rennick, Nolene Schofield, Peter Westwood, Anne Spence, Tom Crouch, Alex Berry, Jasmine Kwon, Rebecca Cato, Fergus Orr



CROSS COUNTRY SEASON 2018



**** XCR18 R1: Cross country relays - 21 April, Jells Park, Wheeler's Hill**

The Premier lads opened with a bang and a win. Div4 also made their presence felt. Great start to season 2018!

MPremD 6 X 6km	James Coleman	18.19
	Mitchell Cashion	19.23
	Jamie Wagstaff	18.24
	Lachlan O'Connell	18.30
	Ben Buckingham	18.04
	Stewart Mcsweyn	<u>17.25</u>
Team **1st		1.50.05

MD4 5 X 6km	Sean Guiney	19.11
	Daniel Ballan	25.33
	Jack Davies	18.57
	Lachlan Aspinall	19.19
	Sam Quirk	<u>19.30</u>
Team **3rd		1.42.30

MD7 4 X 6km	Brendan Tohill	DNF
	Matthew Herten	26.25
	Tim Gibney	24.10
	Michael Kipp	26.58
	<i>Team DNF</i>	

WD4 3 X 6km	Whitney Sharpe	21.44
	Jacinta Oakley	28.11
	Sarah Hall	<u>29.25</u>
	<i>Team 5th</i>	1.19.20

WD5 (inv) 3 x 6km	Sophie Carne	25.22
	Emily Chambers	27.29
	Andrea D'Jong	<u>26.41</u>
		1.19.32



Above: Ben takes over from Lachie at Jells Park.
Right: The happy winners – plus one loyal fan!



**** XCR18 R2: Cross country - 5 May, St Anne's Winery, Myrniong**

*Congratulations to Ben and Whitney ... Club 8km champions! Well done also to our women for bringing home a team win. Both men's squads made the podium also.

MPremD 8km	Ben Buckingham	25.33.2*
	James Coleman	26.09.6
	Sam Quirk	26.28.1
	Jamie Wagstaff	26.31.4
	Tom Thorpe	26.35.9
	Sean Guiney	26.48.2
	<i>Team **2nd</i>	
MD4 8km	Jack Davies	27.02.1
	Lachlan Aspinall	27.17.4
	Emil Breidahl	30.43.5
	Matthew Herten	35.47.5
	Michael Kipp	37.30.3
	<i>Team **2nd</i>	
WD4 8km	Whitney Sharpe	30.27.3*
	Sarah Lester	33.14.1
	Sarah Hall	40.47.8
	Alex Nolan	45.51.8
	<i>Team **1st</i>	



Myrniong – spot the Saints!

**** XCR18 R3: Cross country - 26 May, Cruden Farm, Langwarrin**

Two more team wins and a runner-up, in what's shaping as SSH's most successful XC season for many years. Well done to Stewart Mcsweyn, first across the line and Gold medallist!

Our new members have injected welcome depth into our distance ranks with Stewart in particular adding a touch of class to an already strong unit.

MPremD 12km	Stewart Mcsweyn	36.05.0	1st	MD7 12km	Emil Breidahl	44.53.0
	Ben Buckingham	37.52.1			Tim Gibney	49.12.2
	Jamie Wagstaff	38.27.7			Aaron Howlett	51.07.6
	Tom Thorpe	38.42.7			Michael Kipp	55.45.6
	James Coleman	39.05.9			Greg Schofield	64.37.49
	Tom Crouch	39.40.6			<i>Team **1st</i>	
	<i>Team **2nd</i>					
MD4 12km	Lachlan Connell	39.45.0		MU20 6km	Aiden duBuisson	21.35.01
	Lachlan Aspinall	40.21.2			<i>No women's team</i>	
	Sean Guiney	40.23.2				
	Alan Craigie	41.09.2				
	Kevin Craigie	42.21.3				
	<i>Team **1st</i>					



Below left: Winner Stewart interviewed at Cruden Park.
Below: Tom, James and Lachie on the climb.

**** XCR18 R4: Cross country - 16 June, Bundoora Park, Bundoora**

Three male teams, three first places on the tough Bundoora Park circuit. Can't do better than that. Congratulations, lads!

MPremD 10km	Ben Buckingham	30.32.2	MD7 10km	Tim Gibney	37.17.0
	Tom Thorpe	31.18.5		Aaron Howlett	42.09.6
	Jamie Wagstaff	31.29.4		Matthew Herten	42.32.0
	Tom Crouch	31.43.4		Greg Schofield	48.01.2
	Sam Quirk	31.45.0		Team **1st	
	Lachlan Connell	32.00.1			
	Team **1st		WD4 10km	Sarah Lester	39.22.7
MD4 10km	Lachlan Aspinall	32.11.9		Sarah Hall	51.23.8
	James Coleman	32.23.8		Jacinta Oakley	56.03.7
	Sean Guiney	32.46.5		Sidonie Lowe	66.11.7
	Alan Craigie	34.01.6		Team 4th	
	Emil Breidahl	36.52.5			
	Team **1st				

**** XCR18 R5: Road relays - 7 July, Sandown**

Owing to adverse weather conditions (high wind, squalls), distances were shortened to 3.1km from 6.2km.

MPremD 6 X 3.1km	Ben Buckingham	8.45	MD7 4 X 3.1km	Greg Schofield	13.38
	Tom Thorpe	9.05		Aaron Howlett	12.01
	Lachlan Aspinall	9.20		Team DNF	
	Sam Quirk	9.18	WD4 3.1km	Whitney Sharpe	10.07*
	James Coleman	9.00		Alex Nolan	14.04
	Jamie Wagstaff	9.11		Sidonie Lowe	15.45
	Team **2nd	54.39		Team 5th	
MD4 5 X 3.1km	Tim Gibney	10.46			
	Sean Guiney	9.30			
	Jack Davies	9.45			
	Luke Frazzetto	10.36			
	Aiden duBoisson	11.06			
	Team *3rd	51.43			

**Fastest female time of the day. Well done, Whitney!*



Shorter distance or no, still a tough day at the office! James gives off to Jamie at Sandown.

**** XCR18 R6: Road race - 22 July, Albert Park**

Three teams entered, three podiums and a silver medallist. (Well done again, Whitney!) Our impressive season continues ...

MPremD 10km	James Coleman	30.27.7
	Jamie Wagstaff	30.34.0
	Sam Quirk	31.02.1
	Tom Thorpe	31.05.0
	Sean Guiney	31.46.9
	Mitchell Cashion	32.02.0
<i>Team *3rd</i>		

MD4 10km	Lachlan Aspinall	32.09.1
	Tom Crouch	32.23.9
	Luke Frazzetto	34.49.9
	Emil Breidahl	37.00.6
	Tim Gibney	37.27.7
<i>Team **2nd</i>		

MD7 10km	Alan Craigie	39.40.7
	Aaron Howlett	41.32.8

WD4 10km	Whitney Sharpe*	33.58.4
	Caroline MacCallum	43.51.1
	Jacinta Oakley	50.24.3
	<i>Team **2nd</i>	

* 2nd woman home – silver medallist!



Whitney closes in on a silver medal.

**** XCR18 R7: Road race - 4 August, Lake Wendouree, Ballarat**

MPremD 15km	James Coleman	47.51.7	MD4 15km	Aaron Howlett	64.16.8
	Sam Quirk	48.42.9			
	Tom Thorpe	49.02.5	WD4 15km	Sidonie Lowe	94.28.8
	Sean Guiney	49.31.0			
	Lachlan Aspinall	50.30.7			
	Emil Breidahl	57.53.5			
<i>Team 4th</i>					

XCR18 LADDERS as at 4 August

MEN'S PREMIER DIVISION		WOMEN'S DIVISION 4		MEN'S DIVISION 4		MEN'S DIVISION 7
BOX HILL	73	BENDIGO	124	VCC LEAGUE	102	6TH
SSH	64	MENTONE	123	SSH	86	
MELB UNI	53	ESSENDON	113	COLLINGWOOD	69	
WESTERN ATHS	52	SSH	89	WAVERTLEY	56	
		CAREY	82			



SCHOOL RESULTS



**** AV All Schools Road relays - 11 May, Princes Park, Carlton**

BU18 4 X 3.2km	Gabe Taylor-Sands	Wesley C	10.38
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**** AV All Schools XC c'ships - 16 June, Bundoora Park, Bundoora**

BU16 4km	Taylor Wilson-Quon	Wesley C	16.18.3
BU18 6km	Gabriel Taylor-Sands	Wesley C	20.50.8

**** State Schools Victoria Eastern Metro Region XC - 18 June, Yarra Glen**

BU17-20 5000m

Aiden duBuisson

Mt Waverley SC

18.04.7

***OTHER MEETINGS ***

Jamie Wagstaff reports that Stewart's 7.34.79 for 3000m in Rabat was the second fastest ever by an Australian. Stewart has now surpassed Michael Hillardt's Club records over both 3000m and 5000m, as well as Andrew Garnham's 10,000m record. He is shaping as one of Australia's most exciting distance prospects for many years, and we wish him every success.

5 May – IAAF Diamond League, Shanghai CHN	5000m	Stewart Mcsweyn	13.31.97	CR
7 June – IAAF Diamond League, Oslo NOR	10,000m	Stewart Mcsweyn	28.05.37 2 nd	PB, CR*
* Stewart's 10,000m time in Oslo broke Andrew Garnham's long-standing SSH club record.				
17 June – Tubingen GER	1500m	Stewart Mcsweyn	3.34.82	PB,
13 July – IAAF Diamond League, Rabat MOR	3000m	Stewart Mcsweyn	7.34.79 3 rd	PB, CR
21 July – Muller Anniversary Games, London UK	5000m	Stewart Mcsweyn	13.20.21 12 th	CR
3 June – Leonora Golden Gift	Women's Elite Mile - final	Whitney Sharpe	4.45.73 4 th	
3 June – Tasmanian Running Festival	10km	Jamie Wagstaff	30.29.1 14 th	
30 June – Gold Coast Marathon	10km	Sam Quirk Tom Crouch	30.56 30.58	

***** AND, JUST IN . . .**

19 August, – IAAF Diamond League, Birmingham GBR	Emsley Carr Mile	Stewart Mcsweyn	3.54.60 **1st	PB
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NOTE: Stewart's win in the Emsley Carr Mile is the first-ever win by an Australian in the iconic event, and only the third by an Oceania athlete (Kiwis Murray Halberg and John Walker winning previously.) Aussies figured well in this year's race, with Ryan Gregson taking 2nd in 3.55.10 and Jordan Williamsz 6th in 3.56.92.



Left: Stewart streaks away from Ryan to win the Emsley Carr Mile.

Above: The Stewarts rule! Winner Stew receives the coveted trophy from Scottish running legend Ian Stewart.

Photos: RunnersTribe, RunBlogRun

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 1 st					
Claim	40	45			

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).

NOTE: The Club has agreed not to enter teams in Shield competition for 2018/19. However this does not exclude members who have paid AV base membership fee and SSH Club fee from taking out the T & F Package or purchasing individual entries at a cost of **\$20 per day** (for unlimited events) with payment 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.

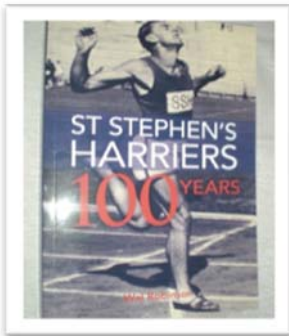
Bank transfer details - BSB: 033 526 Acc: 106 222

2018/19 AUSTRALIAN SUMMER ATHLETICS

SEASON CALENDAR OF EVENTS



DATE	EVENT	LOCATION
2 DEC 2018	AUSTRALIAN 50KM RACE WALKING CHAMPIONSHIPS	MELBOURNE, VIC
7-9 DEC 2018	AUSTRALIAN ALL SCHOOLS CHAMPIONSHIPS	CAIRNS, QLD
10 DEC 2018	NITRO SCHOOLS CHALLENGE	CAIRNS, QLD
13 DEC 2018	ZATOPEK:10 (10000M CHAMPIONSHIPS)	MELBOURNE, VIC
25 JAN	HUNTER TRACK CLASSIC	NEWCASTLE NSW
27-28 JAN	CANBERRA FESTIVAL OF ATHLETICS	CANBERRA, ACT
27 JAN	WORLD CROSS COUNTRY TRIAL	CANBERRA, ACT
28 JAN	CANBERRA HP MEET	CANBERRA, ACT
3 FEB	20KM RACE WALKING CHAMPIONSHIPS	ADELAIDE, SA
8-10 FEB	AUSTRALIAN CAPITAL TERRITORY ATHLETICS CHAMPIONSHIPS	CANBERRA, ACT
8-10 FEB	SOUTH AUSTRALIA ATHLETICS CHAMPIONSHIPS	ADELAIDE, SA
8-10 FEB	TASMANIAN JUNIOR ATHLETICS CHAMPIONSHIPS	HOBART, TAS
15-17 FEB	WESTERN AUSTRALIA ATHLETICS CHAMPIONSHIPS	PERTH, WA
22-24 FEB	NEW SOUTH WALES JUNIOR ATHLETICS CHAMPIONSHIPS	SYDNEY, NSW
23 FEB	SYDNEY TRACK CLASSIC	SYDNEY, NSW
1-3 MAR	VICTORIAN ATHLETICS CHAMPIONSHIPS #1	MELBOURNE, VIC
1-3 MAR	NEW SOUTH WALES ATHLETICS CHAMPIONSHIPS	SYDNEY, NSW
7-10 MAR	QUEENSLAND ATHLETICS CHAMPIONSHIPS	BRISBANE, QLD
8-10 MAR	VICTORIAN ATHLETICS CHAMPIONSHIPS #2	MELBOURNE, VIC
15-17 MAR	TASMANIAN ATHLETICS CHAMPIONSHIPS	PENGUIN, TAS
15-17 MAR	AUSTRALIAN JUNIOR COMBINED EVENT CHAMPIONSHIPS (U15-U18)	HOBART, TAS
16 MAR	PERTH TRACK CLASSIC	PERTH, WA
23 MAR	QUEENSLAND INTERNATIONAL TRACK CLASSIC	BRISBANE, QLD
30 MAR - 7 APR	AUSTRALIAN TRACK & FIELD CHAMPIONSHIPS	SYDNEY, NSW
22-28 APR	AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS	HOBART, TAS
26-29 APR	AUSTRALIAN MASTERS TRACK & FIELD CHAMPIONSHIPS	MELBOURNE, VIC
25-28 JUN	OCEANIA AREA CHAMPIONSHIPS	TOWNSVILLE, QLD



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