



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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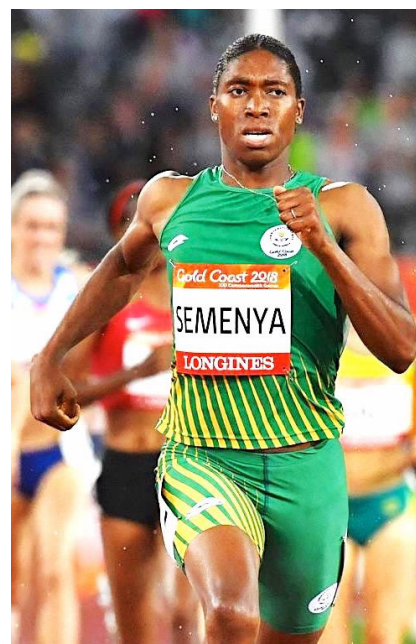
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TWO VICTORS - ONE VICTIM



Whitney holds off dual Olympian Genevieve Gregson to win the Australian Mile title at Bankstown.

One highlight of a summer track season in which St Stephens had no formal involvement as a club (apart from two entries in the State relay titles) had to be WHITNEY SHARPE'S win in the Albie Thomas Mile in Sydney. This earned her both the National mile title and a meet record - a wonderful result in which she had control of the race from the 800m mark. (See for yourself if you haven't already - go to YouTube and enter **2018 Albie Thomas Mile - Women's Australian Mile Championship**. Her last lap is a belter.)



Caster Semenya powers away at the Gold Coast for the Commonwealth 800m gold.

Had an IAAF invitational or Diamond League mile/1500m race been held in Australia soon afterwards, Whitney might well have been running in her first international. And it's not inconceivable that she'd have found herself toeing the line alongside the formidable Caster Semenya.

Few athletes in recent times have polarized opinions as deeply as has the South African Olympic champion, whose control over her own races usually provokes responses sadly different

from those shown to Whitney. Dealt a bizarre biochemical card at conception, Caster Semenya's complete dominance of women's 400 to 1500m racing is due, in large measure, to elevated levels of testosterone that give her an enormous (and, now officially, unfair) advantage in the closing stages of her races, where strength is the key factor and Semenya is simply untouchable in the home straight. (Ironically, this male hormonal turbocharger she has may actually work against her, in masking a true talent that may have been more evident had she been blessed with normal female chemistry.)

In May, the IAAF turned down Semenya's appeal against a decision forcing hyperandrogenous 400, 800 and 1500m runners to take testosterone suppressants or change their distances. Female runners worldwide rejoiced - now, it seemed, there was some point in aiming for the top. (To their credit, few if any blame Semenya in all this.) Yet the rejoicing was far from unanimous, as charges of racism, sexism, homophobia and opportunism riddled the press and social media. Underlying the anger and vituperation, however, are questions that, soberly put, bear considering. Such as:

How is it that, when Usain Bolt and Michael Phelps leave their opposition in their wake over a 12-year period, they are incredibly talented men, whereas when Caster Semenya does the same thing, she is branded 'a man', and therefore illegitimate as a woman athlete? (To those who answer, reasonably, that it isn't a question of superior talent but an insurmountable chemical advantage that rendered her rivals' best efforts meaningless, one could reply: "How much more testosterone is a man allowed to produce naturally before he, too, is barred from competing because his rivals allegedly stand no chance against him?")

What is sporting 'talent' anyway, other than a lucky confluence of genetic, structural and biochemical circumstances, and why are some lauded for their talent while others (drug cheats aside) are demonised?

Has competitive sport managed to keep up with monumental social change and medical advances

that appear to challenge the very definition of 'male' and 'female'? Does an entire new category of eligibility need creating, involving competitive 'classifications' similar to those in Paralympic sport and based on an individual's biochemistry, rather than disability?

Society has now evolved to the point where (at least, in the west) gender reassignment surgery is accepted as normal and a right, gay couples can marry and raise families with the blessing of the law in many countries, and discrimination on the basis of sex is progressively being outlawed. All this seems to have left elite sport in an invidious position. On the one hand it is striving, successfully, for total inclusion of participants at all levels, regardless of race, gender or creed. On the other, it remains organized along the traditional lines of separate men's and women's competition, promoting the goals of 'faster, higher, stronger' according to how these can be attained by the conventional means of better training, coaching, nutrition, medical care, recovery and competition - amongst athletes of *the same gender*. Yet how does one define 'same gender' nowadays? It used to be blindingly obvious. Now, it appears less so.

For Aussies like Whitney, Linden Hall, Genevieve Gregson, Jessica Hull and a host of overseas rivals, it must be as if the sun has emerged at last and banished a shadow. They can compete and focus on their goals with greater, if not total, assurance that they will at least be racing only against other women.

To Caster Semenya, who has borne herself with dignity and decency, without bitterness, throughout this whole humiliating saga, the future is ordained by her Creator. "God has decided my career," she said this week, "God will end my career. God has decided my life, God will end my life." She will not submit to suppressant drugs, as directed by the IAAF, though she may now set her sights on the non-affected 3000m and 5000m. We can only wish her well. Like her running rivals, she deserves a break.

Welcome to Planet Earth,
PARKER ASPINALL

... and congratulations on your choice of SARAH and LACHIE
as your new Mum and Dad.



THE PRESIDENT SPEAKS



After a summer when SSH elected not to nominate a team for the summer track and field season, all are looking forward to a strong showing at the upcoming cross country season, a discipline in which SSH is recognized as being a leading competitor over many years. This is the event all our athletes strive to excel at, and indeed, the event that has attracted some notable newcomers to the club over the summer season. Welcome to all and congratulations to our enthusiastic “recruiting department”, which seems to have surpassed all previous efforts!!

In opening this address, I must pass on the club’s congratulations to Stew McSweyn (Zatopek), Whitney Sharpe (Australian National Mile champion) and Ben Buckingham (Nationals and Stawell) on performances over the summer season. All are running

regularly at national level in the sport and must be admired for their commitment and determination to reach their goals.

It is a tribute to all that SSH has the ability to produce, and attract such great athletes. We have been, and continue to be, at the forefront of middle distance running. This is our brand and we are known throughout the sport as one of the best middle distance clubs throughout the state, if not the country.

However, performances on the track are not the only thing that defines us, or any club. If we are a club in the true sense of the word we must be able to provide fellowship, a community spirit as well as a contribution to the sport.

It is this last aspect where we are at risk of failing.

Most would know that we were not involved in the 2018-19 summer track and field competition – a decision which I think had universal support. One of the impediments to us competing over summer was the need to provide track “helpers” at each meeting. With a minimum of athletes competing, it became incredibly difficult to meet the requirements of AV in this regard. In the end, and much to the chagrin of AV, we elected not to field a team and notified AV of this decision and that we could not support their meetings by providing helpers.

AV seemed to accept this decision.

However, that has not abrogated us from our responsibilities over the cross country season.

It stands to reason that a competition cannot exist if there is no support from clubs officiating and managing the events. Tasks such as marshalling, time-keeping, guiding athletes and providing water are all necessary tasks AV asks club members to fulfil.

For the 2019 season SSH has been allocated roles at: Jells Park (3), St Annes Winery (2), Anglesea (2), Cruden Farm (2) and Tan relays (2). This means we have been asked to provide 11 “helpers” for the whole season.

When a club enters a competition it is really entering into a contract. Each club is saying that it will enter a team to receive the benefits of competition, and in return assist with the running of each event i.e. to gain the benefit of the event it must pay the price and fulfil the obligation that is inferred. If not, that club is really not keeping its end of the bargain – it is taking the benefit, but at the expense of others - hardly a fair deal from AV’s perspective!

Accordingly I urge all to do the right thing by the club, and AV, and make yourself, or a representative, available for one day to assist with the running of the season. We naturally do not want to sacrifice performance and are keen for as many athletes as possible to run when fit. But when not running for whatever reason, please make yourself, or a friend, parent or sibling available to assist the club when we need help.

And we need help at the above meetings!

A successful season depends on it!

Carpe Diem !

Greg Nolan
President

REGISTRATIONS FOR 2019-20 (1st April 2019 – 31st March 2020)

Membership packages offered by AV for 2019-20 are available online from 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	160	130*	135	135	220
Junior	130	110*	120	120	170
Coach	0	0			
Official	0	0			
Social	40	70			
Rec Runner	10	70			
Alternate 1st					
Claim	40	50			

*** An extra \$30 is included in the SSH fees. This amount will be refunded to members who supply helpers, as required by Athletics Victoria, during the year.**

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 **\$25** (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 to enter Championships and other AV sanctioned events.

Categories for Registration are –

Open 20 years and older

Junior 13-19 years (as at 31 December 2019)

Social (Non competing member)

Recreational Runner

Official 16 years and older

Coach 16 years and older (must be a financial member of Athletics Australia).

Pat Robinson

Registrar

NEW MEMBERS

Welcome to SIMONE McINNES, NATALIE RULE, BELINDA GEARD, KANG NYOAK and TOBY O'BRIEN. Simone, a top walker and runner, has joined us from Glenhuntly AC. It's good, also, once more to see STELLA ANYAOGU, who has rejoined after an eight-year absence.

* IN MEMORIAM*

Two more former Saints have passed on. We farewell **DON JOHNSTONE** (pictured) and **BRUCE CONNOR** (90), and we offer our condolences to their families.



COMING EVENTS

Sat 4 May	XCR19 R1 Cross country relays	Jells Park, Wheelers Hill
Sat 11 May	AV School XC relays AV 15km road walk c'ships	Jells Park, Wheelers Hill Middle Park
Sat 25 May	AV School road relays	Princes Park, Carlton
Sun 26 May	AV & VMA 10km road walk c'ships	Middle Park
Sat 1 Jun	XCR19 R2 Cross country	St Anne's Vineyards
Sat 15 Jun	XCR R3 Cross country & AV Schools XC c'ships	Bundoora Park, Bundoora
Sat 22 Jun	XCR R4 Cross country	Anglesea
Sun 23 Jun	AV & VMA 20km & All Schools road walk c'ships	Middle Park
Sat 6 Jul	XCR19 R5 Sandown relays	Sandown
Sun 14 Jul	XCR19 R6 Lakeside 10	Lakeside Stadium
Sat 27 Jul	XCR19 R7 Ballarat 15km & 6km	Ballarat
Sun 28 Jul	AV 30km & Mabel Robinson 10km walk c'ships	Middle Park
Sat 10 Aug	XCR19 R8 Cross country	Cruden Farm, Langwarrin
Sun 8 Sep	XCR19 R9 Half-Marathon AV 50km road walk c'ship (Jared Tallent trophy)	Burnley Middle Park
Sat 21 Sep	XCR19 R10 Tan Relays	Kings Domain



BIRTHDAYS



November – Ben Buckingham, Stu Cooper, Martin Hall, Louisa White, Aaron Howlett, Matthew Nolan, Jacqui Bull, Hasalanka Fernando, Mitchell Cashion, Belinda Geard

December – David McNair, Alan Craigie

January – Sam Quirk, Nick Bowden, Gabriel Taylor-Sands, Jamie Wagstaff, Greg Schofield, Matthew Herton, Will Wright, Emily Carpenter, Sally Wagstaff, Jake Pedley, Alison O'Shaughnessy, Timothy Gibney

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

March – Kevin Armstrong, Jack Thompson, Greg Nolan, Shauna Donnelly, Nicola Loyer, Seamus Graham, Alice Carter, Alex Edwards, Wal Robinson (80th), Callum Donnelly, Neil Earle, Kang Nyoak

April – Luke Frazetto, Andrew Nagle, Ron Young, Nick Petersen, Grace McConchie, Carmel Moorhead, Sidonie Lowe, Alice Craigie, Liam Dixon, Daniel Mitchell, Tasman Schofield, Ben Barry

May – Stephanie Armstrong, Michael Moorhead, Sean Guiney, Emil Breidahl, Whitney Sharpe, Nick Tsiftelidis, Scott Clayton, Fraser Rosman, Adam Tennant, Xavier Smith, William Mossop, Thomas Thorpe, Alex Davis, Cameron Clayton, Nick McGuire

Cont'd ...

June - Georgia Kovats, Charlotte Anderson, Polly Schofield, Stewart McSweyn, Jack Davies, Sarah Aspinall, David Kipp, Michael McGuire, James Coleman, Peter Gerner Ejersbo



TRACK & FIELD SEASON 2018-19



Shield Competition results - October 20 2018 - Ballarat

3000m Whitney Sharpe 9.44.12

Shield Competition results - January 18 2019 - Doncaster

1500m Tim Gibney 4.20.3

Shield Competition results - February 2 2019 - Nunawading

3000mSteeple Ben Buckingham 9.08.2



SCHOOL RESULTS



**** APS - 27 October, Lakeside Stadium**

U15 800m	William Mossop	Wesley C	2.03.63	** 1 st	PB
U17 800m	Fraser Rosman	Wesley C	1.58.18	3 rd	
U17 1500m	Fraser Rosman	Wesley C	4.26.49	5 th	
U20 3000m	Seamus Graham	Wesley C	9.55.42	4 th	

**** SSV - 22 October, Lakeside Stadium**

18-20y 800m	Aiden duBuisson	Mt Waverley SC	2.04.66	**1 st	
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**** AV All Schools T&F c'ships - 2/4 November, Lakeside Stadium**

U15 800m	William Mossop	Wesley C	2.12.71	h	
			2.02.55	F	PB
U17 1500m	Fraser Rosman	Wesley C	4.26.74	F	

**** Aust All Schools c'ships - 7/9 December, Cairns QLD**

U16 800m	William Mossop	Wesley C	2.05.61	h	
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**** Nitro Schools Challenge National Final - 10 December, Cairns QLD**

800m	William Mossop	Wesley C	2.03.87	3 rd	
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AV Track & Field Titles 2018-19

**** AV 5000m c'ship - 15 November, Lakeside Stadium**

5000m	Tom Crouch	14.55.17	
	Sam Quirk	15.38.74	
	Luke Frazzetto	16.46.00	PB

**** AV Relay c'ships - 24 November, Box Hill**

MO	Tim Gibney			MO	Tim Gibney		
4X1500m	Tom Thorpe			4 X 800m	Aiden duBuisson		
	Lachlan Aspinall				Lachlan Aspinall		
	Ben Buckingham	16.23.76	<i>*2nd</i>		Daniel Ballan	8.35.44	<i>5th</i>

**** AV T&F c'ships - 1/3, 8/10 March, Lakeside Stadium**

MO 1500m	Ben Buckingham	3.50.37	<i>h</i>	MO 3000mSt	James Coleman	8.58.58	<i>*2nd</i>
		3.47.75	<i>* 2nd F</i>		Toby O'Brien	9.03.93	<i>*3rd</i>
	Tom Thorpe	3.51.69	<i>h</i>				
	James Coleman	3.56.68	<i>h</i>	MU20 5000m	Seamus Graham	17.07.7	<i>F</i>
	Toby O'Brien	3.58.63	<i>h</i>				
	Tim Gibney	4.18.36	<i>h</i>	MO 800m	Tim Gibney	2.03.46	<i>h</i>
MU20 1500m	Aiden duBuisson	4.21.76	<i>h</i>	MU20 800m	Aiden duBuisson	2.02.94	<i>h</i>
MU16 1500m	William Mossop	4.26.20	<i>h</i>	MU16 800m	William Mossop	2.06.32	<i>h</i>
		4.24.11	<i>9th F</i>			2.06.10	<i>5th F</i>



AA Track & Field Titles 2019

**** Aust 10,000m c'ship (Zatopek meeting) - 13 December, Lakeside Stadium**

MO 10000m	Stewart McSweyn	27.50.89	**1st PB, CR
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Capping off another fine year, Stewart takes the national 10,000m title at the Zatopek meeting.

**** Aust Mile c'ship (Albie Thomas Mile) - 22 December, Bankstown NSW**

WO Mile Whitney Sharpe 4.37.35 ****1st** **PB, CR, Meet rec.**



Whitney's December double: (Left) Winning the Zatopek 1500m, and (above) flanked by Rose Davis and Genevieve Gregson after taking the national Mile title in record time.

**** Aust T&F c'ships - 1/7 April, Sydney OP Athletics Centre**

MO 3000mSt	Ben Buckingham	8.47.14	**3rd	WO 1500m	Whitney Sharpe	4.24.66	<i>h</i>
	James Coleman	9.00.58	<i>9th</i>			4.18.64	<i>7th F</i>
	Toby O'Brien	9.05.87	<i>10th</i>				
MO 1500m	Tom Thorpe	3.54.33	<i>h</i>	WO 10000m Track walk	Simone McInnes	46.11.63*	<i>4th</i>
						<i>* Oceania qualifying time</i>	



CROSS COUNTRY SEASON 2019



**** XCR R1 Cross country relays - 4 May, Jells Park**

We had a great turn out on Saturday covering Men's, Women's under 20 and under 18 which was fantastic. It's been a few years since I've had the problem of wondering on Saturday morning whether we actually had enough teams entered to cater for the runners! Big start to the season with Men's Division 1, 3 & 7 along with Women's Division 4 all completing convincing wins. We also had a very strong run by the girls under 18 teams who were within 1 minute of the medals which is pretty impressive.

Our new members all made an impact. Kang went very close to breaking 19mins, Sam Spicer ran a big course PB, Stella anchored the women's team and ran her first XC race for a long time and Nat was fastest women for the day!

Results can be viewed at the following link >> <http://athsvic.org.au/wp-content/uploads/2019-XCR-Results-Jells-Combined-2.pdf>

This year we will be running two competitions and at the end of the season the overall winner of each receiving a bottle of wine and also a hand written card from Ben Buckingham congratulating them on their win. The two competitions are **Run of the week** and also **Fastest Runner** which will rank the 10 fastest runners in the men's and 3 fastest runners in the women's for the day

SSH Run of the week

Very tough decision this week with a number of runners running their quickest time over the Jells Park course, special mentions to Luke, Sam S and Kang. After a few discussions there were two athletes who we couldn't go past. **Tim Gibney** who improved by over 4 minutes on his time last year and claims to have run the fastest last kilometer of any SSH athlete. **Nat Rule** who despite taking a wrong turn on the course and costing herself an even quicker time ended up with the fastest female time for the day!

Jamie Wagstaff

MPrem Div 6 X 6km	Jack Davies	18.10	WDiv4 3 X 6km	Whitney Sharpe	20.26
	James Coleman	18.23		Natalie Rule	20.13
	Thomas Thorpe	18.10		Stella Anyaogu	<u>27.31</u>
	Tom Crouch	18.54		Team **1st	1.08.10
	Jamie Wagstaff	18.29			
	Stewart McSweyn	<u>17.25</u>			
MDiv 3 5 X 6km	Team **1st	1.49.31	WU18 (1) inv 3 X 3km	Andrea DeJong	11.35
	Kevin Craigie	19.08		Emily Chambers	12.18
	Lachlan Aspinall	19.27		Emily Bartlett	<u>11.56</u>
	Sam Spicer	19.35		Team 5th	35.09
	Samuel Quirk	19.50			
	Timothy Gibney	<u>20.03</u>			
MD7 inv 4 X 6km	Team **1st	1.38.03	WU18 (2) inv	Emily McIntosh	13.24
	Luke Frazzetto	20.21			
	Aiden duBuisson	21.26			
	Kang Nyoak	19.01			
	Seamus Graham	<u>20.38</u>			
	Team **1st	1.21.26			



Four Saints, four winners: Luke, Whitney, Jack and Kevin power their teams to success at Jells Park.

... and now, the late news (from 2018!)

**** XCR R8 Ekiden Relays - 18 August '18, Anglesea**

Cancelled due to weather conditions

**** XCR R9 Half marathon - 2 September '18, Burnley**

MPremD	Sean Guiney	1.09.04.9	MD4	Aaron Howlett	1.29.28.0	
	Sam Quirk	1.10.46.4				
	Luke Frazzetto	1.15.57.7		WD4	Caroline McCallum	1.36.38.0
	Emil Breidahl	1.20.54.0				
	Mitchell Cashion	1.23.13.0				
	Team 7th					

**** XCR R10 TAN Relays - 15 September '18, King's Domain**

MPremDiv 6 X 3.8km	James Coleman	11.20	MD7 (1) 4 X 3.8km	Luke Frazzetto	12.47
	Ben Buckingham	11.21		Emil Breidahl	13.37
	Sean Guiney	11.34		Aiden duBuisson	13.19
	Jack Davies	11.33		Michael Kipp	16.47
	Mitchell Cashion	11.28			56.30
	Stewart McSweyn	10.29			
	<i>Team **1st</i>	1.07.45	MD7 (2) 4 X 3.8km	Greg Schofield	16.41
				<i>Team DNF</i>	
MD4 5 X 3.8km	Tom Crouch	11.42	WD4 inv. 3 X 3.8km	Sophie Carne	15.13
	Sam Quirk	11.49		Emily Chambers	15.55
	Lachlan Aspinall	12.21		Andrea DeJong	15.24
	Timothy Gibney	13.05			46.34
	Kevin Craigie	12.25	WD5 inv. 3 X 3.8km	Emily McIntosh	17.02
	<i>Team **1st</i>	1.01.22		<i>Team DNF</i>	

***** 2018 XCR SEASON** - In Premier Division, SSH were placed 2nd behind Box Hill. Men's Division 4 (also 2nd), were elevated to Division 3 for 2019. Well done, lads!



AA Cross Country Titles 2018

**** Aust. Cross country c'ships - 25 August '18, Maleny Golf Club, Sunshine Coast Q**

WO 10km	Whitney Sharpe	39.37	4 th
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Great result for Whitney, and oh-so-close to a national podium finish!

**OTHER MEETINGS **

**** IAAF Diamond League**

Final - 31 August, Brussels BEL	5000m	Stewart McSweyn	13.05.23	PB, CR
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**** Continental Cup**

9 September, Ostrava CZR	3000m	Stewart McSweyn	8.02.1	
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**** Mitchell Street Mile**

16 September, Darwin NT	Mile	Whitney Sharpe	4.40.0	5 th
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**** Milers Club**

Mt 1 - 8 November, Lakeside Std	3000mW	Whitney Sharpe	9.21.63	1 st	PB, CR
	3000mM	Ben Buckingham	8.04.35	3 rd	
		Tom Thorpe	8.18.00		
		Tom Crouch	8.39.28		
		Tim Gibney	9.40.37		

Mt 2 - 12 December, Box Hill	1500m	Tom Thorpe	3.49.25	1 st	PB
		Ben Buckingham	3.49.75	2 nd	
		Lachlan Aspinall	3.51.27	4 th	
		Aiden duBuisson	4.08.5	1 st DRace	

Mt 3 - 17 January Box Hill	800m	Tom Thorpe	1.59.01		PB
		Tim Gibney	2.00.5		
	1500m	Ben Buckingham	3.46.02		
		Lachlan Aspinall	3.51.41		
		Seamus Graham	4.09.8		
		Aiden duBuisson	4.22.0		

Mt 4 - 19 February Melbourne Uni	AV Mile c'ship	Ben Buckingham	4.13.4	**3 rd	
		Lachlan Aspinall	4.17.3		
	Mile	Tim Gibney	4.29.0		
	800m	William Mossop	2.06.9		

Mt 5 - 21 March Lakeside Stadium	800m	Aiden duBuisson	2.02.58		PB
		Seamus Graham	2.07.16		
	1500m	Thomas Thorpe	4.04.32		
		Seamus Graham	4.24.43		

**** Whitehorse Twilight Meet**

29 November, Box Hill	1500m	Ben Buckingham	3.49.65	2 nd	
		Lachlan Aspinall	3.54.80	5 th	
		Seamus Graham	4.18.56		

**** Box Hill Classic**

7 February, Box Hill	800m	Lachlan Aspinall	1.53.45	
		Tom Thorpe	1.59.44	
		Tim Gibney	2.00.88	
		Aiden duBuisson	2.02.30	PB
		Gabriel Taylor-Sands	2.02.96	PB
	3000m	Ben Buckingham	7.54.00	PB
		James Coleman	8.19.90	
		Jack Davies	8.31.04	
		Tom Thorpe	8.40.85	
		Seamus Graham	9.10.2	PB

**** Zatopek**

13 December, Lakeside S	10,000m	Stewart McSweyn	27.50.89	**1st	PB, CR
	AA c'ship				
	1500m Invit.	Whitney Sharpe	4.16.48	**1st	PB, CR
	Womens Open				
	1500m Men	Ben Buckingham	3.54.77	5 th	

**** Steigen Spectacular**

22 December, Geelong Landy Field	10,000m	Tom Crouch	31.26.22	
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**** Folksam Grand Prix (Indoor)**

4 February, Stockholm, SWE	3000m	Stewart McSweyn	7.47.99	**1st	PB, CR (indoor)
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**** Muller Indoor Grand Prix**

16 February, Birmingham, UK	1500m	Stewart McSweyn	3.35.10	*3 rd	PB indoor, Aust & SSH indoor rec
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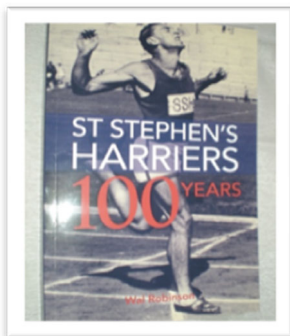
**** Sydney Track Classic**

23 February, Sydney OP	3000m Steeple	Ben Buckingham	8.40.01	*3 rd	PB
		James Coleman	8.59.42	5 th	
		Toby O'Brien	9.04.75	7 th	
	5000m				
		Stewart McSweyn	13.32.37	*2 nd	

**** 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



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.

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.