

HUNTER NEWSLETTER

Issue 25

Nov/Dec 2018



To all members, and their families, a very Merry Christmas and a Safe and Happy New Year.

Our Smiling Master's Victorian Relay Champions



L to R: Louise McLean, Sandra Howorth, Toni Matters, Helen Rainey.

What a magnificent result for these talented ladies in winning the 4*100m Victorian title.

Determined to compete and represent the Club, this team made up of a Distance runner, Walker and Field Games, Field Games, and Sprinter, defied uncertainty and just went for it.

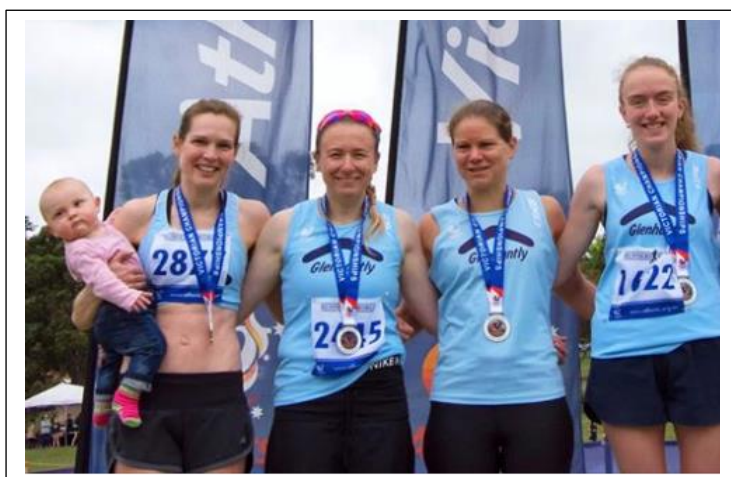
At this stage our only GOLD but with teams to run in both men's and women's Open and U18 4*400m and 4*400m mixed at the Zatopek:10 Meeting in December.

We were very well represented on the day by 24 teams and there were some very exciting performances from our athletes. It also gave a good insight into Club spirit and the enjoyment they have competing with their mates. Well done to all who participated.

2018 VICTORIAN TRACK RELAYS @ BOX HILL 2018

4*	Age	Athletes	Time	Place
1500m	M50+	Paul Wilson, Joe Campisi, Peter Rushen, Charles Sutherland	21:34.51	4 th
1500m	MOP	Rhydian Cowley, Sam Toll, Beau Lang, Ben Kelly	16:48.44	5 th
1500m	WOP	Anna Saw, Vanessa Wilson, Dana Dekkers, Cass Little	19:52.17	2 nd
Medley	U16W	Polly Deane-Johns, Taylor Alexander, Sophia Hanlon, Ava Cameron	4:27.59	5 th
Medley	U16M	Lucas Vaidie, Seb Hadaway, Jock Sutherland, Rubin Howard	4:00.36	11 th
Medley	U18W	Alana Porter, Jemma Stapleton, Sophie O'Sullivan, Juliet McBurney	4:13.52	2 nd
Medley	U18M	Lukas Ryan, Theo Soldati, Cooper Smith, Adam Spencer	3:34.30	2 nd
Medley	MOP	Chris Byron, Jordan Ziebell, Will Little, Sam Toll	4:22.04	7 th
Medley	WOP	Jessica Fitzpatrick, Claudia Carter, Nicola Davis, Vanessa Wilson	3:47.10	9 th
100m	MOPA	Attila Baranyay, JoJo Kwenin, Aidan Debernardi, Will Johns	41.42	4 th
100m	MOPB	Asare Asofo, Spencer Browne, Chris Byron, Nicholas Hum	43.10	9 th
100m	WOP	Alana Porter, Nicola Davis, Emily McLean, Jemma Stapleton	49.14	3 rd
100m	M40+	Angelo Portelli, Alex Newman, Stuart Mackie, Kurt Golonka	51.99	2 nd
100m	W40+	Helen Rainey, Toni Matters, Sandra Howorth, Louise McLean	67.28	1 st
100m	U18M	Lukas Ryan, Cooper Smith, Theo Soldati, Seb Hadaway	46.07	9 th
100m	U16W	Chloe Kaufman, Bella Mariu, Bella Newman, Ava Cameron	59.55	15 th
400m	U14M	William Wong, Noah Portelli, Zev Sanchez, Caeden Parkinson	4:31.70	11 th
400m	U16M	Jock Sutherland, Seb Hadaway,	3:57.44	6 th

		Max Nichols, Logan Janetski		
400m	WOP	Emily McLean, Jessica Fitzpatrick, Sophie O'Sullivan, Ashleigh Palmer Final to be run at Zatopek 13/12	3:53.36Q	3rd Ht
400m	MOP	Luke Major, Michael Tsotsos, Asare Amofo, Will Johns Final to be run at Zatopek 13/12	3:15.05Q	2nd Ht
800m	U18W	Abi Newman, Ava Cameron, Sophie Hanlon, Juliet McBurney	10:09.28	6th
800m	U18M	Jason Clayton, Louis Manuel, Alistair Strutt, Adam Spencer	8:08.65	2nd
400m Mixed	U18	To be run at Zatopek Meet. 13/12	No heat required	
400m Mixed	Open	To be run at Zatopek Meet 13/12	No heat required	



Silver medallists

Open women



Silver Medallists

U18 boys Medley



Silver Medallists

U18 Girls Medley



Silver Medallists

Masters 40+ 4*100m

Opportunities for Competition Dec/Jan.

Use the AV website to effect your entries. NB entry fee.

Milers Club

Thurs	20 Dec	800m	1500m	Box Hill
Thurs	17 Jan	800m	1500m	Box Hill

High Velocity Club

Fri	18/1			Box Hill
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Throwers

Sun	16/12			Geelong
Sat	5/1			Ringwood
Sun	13/1			Ringwood

Rare Air

Sat	22/12			Geelong/Casey
Sat	5/1			Box Hill/Casey

Zatopek 10

Tues	11/12			Box Hill
Thurs	13/12			Lakeside

Summer Shield

Sat	1/12	Round 7		Frankston
Fri (Twil)	15/12	Round 8		Lakeside
Sat	16/12	" "		Doncaster

SHIELD LADDERS FOR BLUE ZONE @ROUND 7

At the midway point in the Summer Shield(interclub) season our teams are well placed to surge towards the Shield Final in February. With many of our athletes having completed their studies for the year, it is good to see the increase in numbers competing.

The ladders below represent our places based on a points scoring system of 11, 9, 8,.....1 Our masters teams (Male and Female) as well as our Open Women remain undefeated.

To give our juniors a chance to contest the finals, we have combined our U18/U16 boys and U18/U16 girls teams and both have moved into finals contention.

The top two teams in each division progress to the Shield Final in February.

Male		Female	
Division 1		Division 1	
Glenhuntly 1	68	Glenhuntly 1	77
Mentone	66	Mentone	59
Sandringham	62	Sandringham	59
Knox	35	Knox	43
Masters 40+		Masters 40+	
Glenhuntly 1	77	Glenhuntly 1	77
Mornington Pen	58	Glenhuntly 2	17
Knox	58	Knox	9
Glenhuntly 2	50	-	
U18		U18	
Casey Cardinia	67	Sandringham	66
Frankston	64	Glenhuntly 1	63
Glenhuntly 1	61	Frankston	62
Knox	50	South Coast	43
U14		U14	
Mornington Pen	75	Sandringham	77
Frankston	61	Glenhuntly 1	58
Knox	55	Mornington Pen	57
Glenhuntly 1	52	Frankston	50

To be eligible to represent the Club at the Association Shield Final in February an athlete must have competed in FOUR rounds (there are 12) of shield competition and have done at least ONE competition in the event they wish to compete in.

PLEASE, don't leave to the last minute to qualify. We especially need our distance runners to begin to qualify.

HELP NEEDED

Round9 of Shield will be held at Duncan Mackinnon Reserve on Saturday 12th January.

As HOST Club we will require quite a bit of assistance, so please make yourself available to help if possible.

The Club needs the assistance from members and their families to assist to fulfill our obligations to AV in February/March at the Victorian Championships.

Please sign up on the following LINK:

<https://docs.google.com/spreadsheets/d/1E-g9IIRQJ2uqGBMIMNWXBVHg-EeQSI0uVlwpkceCXIo/edit?usp=sharing>

GOOD LUCK

To our SEVEN junior members who are making the trip to Cairns in Northern Queensland to compete in the Australian All Schools Championships in December .

To:	Lochlan Curry	U16	High Jump
	Adam Spencer	U18.	1500m and 3000m
	Jemma Stapleton.	U18	110m Hurdles
	Caeden Parlinson	U14	Hammer Throw
	Polly Dean-Johns	U16	High Jump
	Juliet McBurney	U18	3000m
	Jessica Stefanovic	U16	Shot Put

CLUB NEWS

- Longer term members will be saddened to hear of the passing of the popular **Monica Baker** (Oakleigh AAC) after a long illness. Monica was the mother of Olympian Simon Baker. She will be remembered for her dedication and helpfulness in her role as scorer for the interclub competition at Duncan Mackinnon Reserve. She was a recipient of the Gus Theobald Appreciation Award.
- A number of members are suffering injuries which have prevented them competing during the summer season to date. We wish them all a speedy recovery and a return to competition soon. To **Gwen Steed, Heather Carr, Kara**

Gilbert, Tony Doran, Peter Battrick, and others; we look forward to seeing you on the track soon.

- The Club received a great letter recently from the son of our Women's Athletic Club founder back in 1929; **William Ryan**. It is always great to hear of past Club identities and his son, Michael, has a Club photo of the men's club's 1928/29 premiership which was presented to his father which he is planning to donate to the Club; fantastic.
- While on past members, current committee member **Angelo Portelli** has gained access to a former member's scrap books from the 1950s. They belong to Ray Davis, a javelin thrower, who has many exciting shots of members from that era. We hope to be able to get copies of these photos.
- Club Life Member, **Daisy Drew**, has recently been in hospital for 6 weeks for a spinal operation and just recently been moved into rehabilitation. We wish Daisy a speedy recovery.
- Congratulations to 17yo **Sophie O'Sullivan**, who has been selected to represent Ireland at the European Cross Country Championships to be held in the Dutch city of Tilburg on Sunday 9th December. Good luck Sophie from all at the "Hunters".
- CONGRATULATIONS to our loving couple, Olympian **Rhydian Cowley**, and **Amelia Aslanides** (our Cross Country Champion), on the announcement of their engagement recently. Terrific news for you both and best wishes for a bright future from all your friends at the Hunters.
- CARMENS Women's Fun Run, Sunday December 2nd, in aid of Breast Cancer. Congrats to everyone who competed in the 2018 Carmen Women's Fun Run on Sun 2/12/18 from Albert Park to Elwood. Money is raised for the Breast Cancer Network Australia. The roads were full of pink alongside the beaches of Albert Park, Middle Park, St Kilda and Elwood. In the Women 5 km, **Beata Janetski** ran 19:08.5 to come 5th. In the Women 10

km, **Tarli Bird** had a solid 36:07.1 to claim the Silver medal and show she's getting back into good form. In the Women half marathon (21.1 km), **Bec Kirkham** ran well with 1:32:34.5 PB to come 9th. Well done girls!! 🏃‍♀️🏃‍♀️🏃‍♀️🏃‍♀️

- Also on Sunday December 2nd, Athletics Australia held the Australian 50km Walk title at Fawkner Park in Melbourne. In the Men's Invitation 20km Walk held in conjunction with the championship, **Rhydian Cowley**, won quite easily with an impressive time of 1:24.24. Well done Rhydian.
- While on walking, it was good to see our women veterans, **Gwen steed and Heather Carr**, return to the track after an extended period of injury. Heather missed the World Masters in Spain while Gwen managed one event in Spain before succumbing to injury. Welcome Back.
- At the Victorian Walkers club recently we had good representation with Ralph Bennett in the 5kms (31:55, 30:30, and 31:35.1), Sandra Howorth 3km (22:34.9, 23:20) and Tony Doran (21:56.7). Well done all.

WELCOME GUYS.

In the past month, Olympian and former Club Member, Peter Fitzgerald, has brought his stable of top class 400m runners to train at the Club, and it has been quite a while since we have seen such class running from our 400m runners.

Below from L to R: Will Johns, Luke Major and Michael Tsotsos
47.91 48.04 48.17



Have a Laugh

- **Bob goes to a hardware store and asks the shopkeeper for some nails.
How long would you like them?
I would like to keep them please.**
- **Waiter, what's this?
It's Bean soup.
I don't care what it's been, what is it now?**
- **Waiter, will my burger be long?
No sir, it will be round.**
- **Have you heard the joke about the letter lost in the post?
To be honest, I didn't get it.**
- **A man tells his friend that last night he went to a speech given by the local MP which lasted over an hour.
What was he talking about?
I don't know, says the man.
He didn't say.**
- **What kind of pizza does Good King Wenceslas like?
A deep pan, crisp, and even.**
- **Did you hear about the man who lost his left arm and left leg in a car accident?
He's all right now.**

**CLUB REUNION LUNCHEON
RIVERSDALE GOLF CLUB
Monday November 12th**



- Back Row:** Bruce Simmons, Angelo Portelli, Lynne Williams, Steven Stern, Geoff Nicholson (Sandringham), Kevin Esmore, Michael Doyle (hidden), Tony Cook, Matt Szylit, Hugh Wilson, Bryce Dunkley.
- Second Row:** Doug Adeney, Peter Bruce (Old Xaverians), Tony Doran, Peter Buller, Chris Wardlaw, Alan Irwin, Vince Mollica, Lorraine Morgan AM, Margot Ryan (Allan).
- Third Row:** Phil Hutton, Bob Fidone, Ian Sivell, Bruce Shaw, Peter Donlan, Alan Darcy, Wendy Black (Lewin), Maureen Austin, Eric Sigmont.
- Front Row:** Joe Logan, Tony Bowditch, Don Taylor, John Kneen (Sandringham), Margaret Dunbar, Trevor Vincent, Max Binnington.

Our annual reunion of past members was enjoyed by over 40, with lunch at the Riversdale Golf Club. A show of past club memorabilia and a brief presentation by Phil Hutton relating to the Clubs past was given.

Thank you Eric Sigmont and TV for organizing another successful event

Victorian All Schools Championships

NINE Gold

SIX Silver

SIX Bronze

TWO Club Records & 1 equal record

Our juniors were out in large numbers to represent their schools and as the following results show, there were some truly fantastic results. Well done to all of you. I hope you are all now really keen to represent the Club at Shield events over the coming weeks.

Enter SHIELD online with Athletics Victoria.

If you have a Summer T&F or Maxi Package then all you need to do is pre-enter your events by Wednesday 11.59am.

You can enter a shield round on a Pay As You Go deal of \$20 per round. BUT you must do this before the Wednesday deadline (11.59am).

If you are a Dual Little Athlete(11-14) then there is no charge for you to pre-enter shield rounds but you still need to pre-enter.

CR = Club Record

U20

Samantha Miller	Javelin	30.50m	2 nd
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U18

Sophie O'Sullivan	400m	59.33Q	57.21	1 st
	1500m		4:33.29	3 rd
	High Jump		1.65m	1 st

Juliet McBurney	2km Steeple	7:16.92	1 st CR
	3000m	10:03.91	2 nd

Jemma Stapleton	100m	12.61Q	12.97	6 th
	100mH		15.46	2 nd

Adam Spencer	1500m	4:03.74	1 st
	3000m	8:40.19	1 st

Louis Manuel	3000m	9:37.0	9 th
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	1500m	4:35.28	8 th
Jason Clayton	1500m	4:11.95	4 th
Alistair Strutt	1500m	4:24.03	7 th
U17			
Isabella Harper	Triple jump	11.17m	3 rd
	Long Jump	4.89m	5 th
Aisling O'Connor-Buckley	100m 12.86Q	12.97	7 th
	100mH	15.12	3 rd
	Long Jump	4.86m	6 th
Hayley Rees	High Jump	1.45m	9 th
Cooper Smith	400m 52.75Q	50.40	1 st
	200m 23.22Q	22.86	2 nd
Theo Soldati	100m	12.43	23 rd
U16			
Taylor Alexander	200m	27.02	9 th
	Shot Put	10.88m	6 th
Lucas Vaidie	100m 6 th Heat 3	12.55	
	Discus	30.13m	11 th
	Shot Put	10.28m	8 th
Jock Sutherland	400m 56.24Q	53.84	7 th
Lochlan Curry	High Jump	1.90m	1 st
U15			
Polly Dean-Johns	High Jump	1.65m	1 st CR
Sophie Hanlon	800m	2:20.96	4 th
Gemma Craddock	Javelin	35.28m	1 st
	Shot Put	9.70m	5 th
Florence Mceniry	100m 7 th in Heat	14.63	
Jessica Stefanovic	Hammer	36.06m	3 rd
Logan Janetski	1500m	4:49.43	
	3000m	9:51.05	9 th
Rubin Howard	1500m 4:38.79Q	4:43.42	11 th
	3000m	9:50.70	8 th
Josh Francou	3000m	9:49.76	7 th
Sam Lindsay	3000m	10:08.76	
James Harper	Javelin	34.37m	3 rd

Shot Put 9.70m 5th

U14

Ava Cameron	1500m 5:02.11Q	5:04.86	11 th
Chloe Kaufman	Javelin	25.44m	8 th
	Discus	22.09m	12 th
Amy Liu	Triple jump	9.86m	16 th
	Long Jump	4.54m	10 th

Caiden Parkinson	Hammer	35.13m	2 nd
	Discus	32.32m	5 th
	90m H 14.61Q	14.80	7 th
	200m H 31.40Q	30.18	2 nd
William Wong	100m	12.82	12 th
	90m H. 13.49Q	13.41	3 rd =CR
Zev Sanchez	Long Jump	4.30m	
Sam Lindsay	1500m. 4:51.27Q	4:45.52	11 th

VICTORIAN 5000m CHAMPIONSHIP LAKESIDE STADIUM 15/11/2018

	MALE		
A	Rhydian Cowley	14:27.20	9
	Ben Kelly	14:57.85	20
B	Sam Toll	15:10.15	16
C	Jack Bullock	15:52.89	11
	Tom McFarlane	15:54.16	12
	Mark Thompson	16:38.15	20
D	Chris Winter	16:36.16	10
	Logan Janetzki U15	17:26.37	19
E	Paul Wilson 50+	17:15.82	9
F	Rubin Howard U15	17:30.31	2
	Peter Rushen 55+	18:09.49	5
	Charles Sutherland 50+	18:42.59	11

	FEMALE		
A	Anna Saw	17:30.41	15
	Second Claim Winter		
also	Brooke Williams	16:41.49	8
	Cass Mesta	17:42.30	16

VICTORIAN MILERS CLUB RESULTS

Round 1 November 8th

800m

B Ben Kelly 2:00.49

3000m

A Sophie O'Sullivan U18 CR 9:45.36
Anna Saw 9:57.86

B Dana Dekkers 10:26.03
Vanessa Wilson 10:37.38

A Rhydian Cowley 8:19.58

B Sam Toll 8:34.58

D Tom McFarlane 8:53.97
Jack Bullock 8:59.76
Jack Highnam 9:10.49

E Mark Thompson 9:25.42

F Beau Lang 10:07.77

G Paul Wilson 50-54 CR 9:58.38
Sam Lindsay 9:59.35

HIGH VELOCITY CLUB RESULTS. Nov 22nd

Long Jump	Alana Porter	7th	5.21m
	Nick Hum	1st	6.72m
100m	Nick Hum	5th	11.34
	Seb Hadway	2nd	11.79
200m	Cooper Smith U17	1st	22.81
	Josh Steyne-Ross		23.21
	Jordan Ziebell		23.34
	Chris Byron		23.86
	Seb Hadaway		23.65

WHITEHORSE TWILIGHT @ Box Hill Track 29th Nov.

1500m	A	Sophie O'Sullivan U17	1st	4:27.84
		Anna Saw	11th	4:42.05
	B	Juliet McBurney U18	2nd	4:38.81
		Ava Cameron U14	13th	5:05.35
	B	Ben Kelly	5th	3:59.89
	E	Sam Lindsay		4:42.56
400m	A	Will Johns	1st	47.91
		Luke Major	2nd	48.04
		Michael Tsotsos	3rd	48.17
		Cooper Smith U17	4th	49.56
	C	Kurt Golonka M45+	3rd	55.89
	A	Claudia Carter	4th	61.31
	B	Sophie Hanlon U15	3rd	58.56

Our record-breaking Masters (50+) thrower; Toni Matters.

Well done Toni

