History of Athletics Essendon Inc

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A Very Brief History

(One page for those not wanting to tackle the next 53 pages)

Organised athletics began in Essendon in 1897. Immediately Essendon Harriers developed into one of the strong clubs, winning a Victorian championship event most years. Two of the greatest Australian champions of the first decade of last century were Essendon athletes. 'Dad' Wheatley was the country's top miler and half miler, becoming our first Olympian. Another Essendon athlete, Alex Stilwell was the champion cross country runner winning many 5 and 10 mile titles.

In 1910 the major newspaper of the day wrote "as expected, Essendon asserted its authority and is probably the best cross country club in the country." Also in 1910 the only two Victorians selected for the forerunner of the Commonwealth Games in London were from Essendon.

The club ceased activities during World War I and rebuilt slowly. From 1927 the club became a section of the Essendon Club, training at Windy Hill with cricketers and footballers for 41 years. During these years, and since, the club competes in track or cross-country competitions most weeks of the year. To the Essendon public, for those 41 years, the club was mainly known for the annual half time race at a home Essendon football match.

Aberfeldie track opened in 1972. Six years later Essendon merged with East Melbourne Harriers, a club established in 1895, bringing an outstanding coach, sprinting strength and a rebirth of enthusiasm. Immediately Essendon-EMH was winning A-grade premierships and was again among the strongest men's clubs in Victoria.

A later merger, with the predominantly women's Essendon-Aberfeldie in 1993, contributed to making Essendon the strongest and largest athletic club in Victoria as measured by championship results and membership.

When three Essendon athletes competed at the 2016 Rio Olympics, the club had been represented every two years in Olympics or Commonwealth Games for 28 consecutive major Games.

An interesting development this century has been the growth of coaching strength at Essendon. There is a squad of more than a dozen coaches at Essendon, many of whom have been selected to coach on National teams. This extraordinary coaching team ensures that Essendon should continue to develop outstanding athletes for the foreseeable future.

25th August 2017

Athletics in Essendon

This section of the history of Athletics Essendon is the story of the major athletic club located in Essendon from its beginning as Essendon Harriers in 1897, through its name change in 1927 to Essendon Amateur Athletic Club up to its merger with East Melbourne Harriers in 1978.

The Beginning 1897-1902

Essendon Harriers was affiliated with the V.A.A.A. on 14th April 1897, but may have been in existence for some time prior to that date. The Essendon Gazette report covering the run on 15th May 1897 refers to the combined run with the newly formed Flemington-Kensington Harriers, inferring that Essendon Harriers were already well established. Rules for an Essendon Athletic Club were adopted at the Junction Hotel in 1890. The link between running, hotels and gambling was strong at that time and it is probable that this was an earlier professional club. An 11 mile hounds and hare event was run from the corner of Glass and Ardoch Streets to Oaklands hunt club and back in 97 minutes in 1892.

The first Essendon Gazette report of the Essendon Harriers covers the run on 8th May 1897 when G. Gates and R. Matthews were the hares who led the pack towards Coburg over very rough country crossing several ploughed fields. Because of the difficult 9 mile run, a race-in was not held. The following week's run with Flemington-Kensington Harriers was another paperchase (hare and hounds) event. The hare in that May 1897 event was H. Kettle and pace for the pack was W. Olney. The pack was led from the Essendon Cricket Ground across Aberfeldie to the Saltwater (Maribyrnong) River - 30 took part, 17 from Essendon. A half mile race-in was held won by A. H. Wills. The next reported event was a combined run with Auburn Harriers in July 1897 when "as usual A. H. Wills proved too fast for all comers".

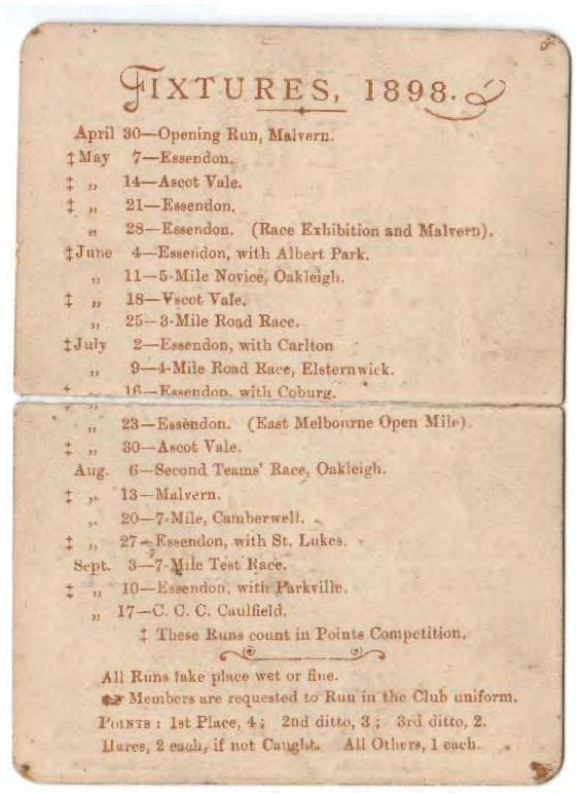
Paperchases were a type of cross country pack run which remained popular until the 1930s. The anti-litter attitudes of today would eliminate the possibility of reviving this type of event. The following is a contemporary description. "Two men - known as hares - are sent out to cover anything up to ten miles, laying as they go a paper trail every ten yards. The remaining men set out in pursuit of these hares five or ten minutes later. The bigger clubs break members into two packs - the fast men who are preparing for

the big cross-country championships, and the slower men, who follow the sport merely for an afternoon's pleasure without any special pretensions to racing standards. The slow pack set out a few minutes before the faster men. Each pack has a pace-maker, and a man who whips in, the latter's duty being to round up the slackers. A mile or so from home all the runners meet at a pre-arranged spot for a run home. By the means of a points system in the run home the best performer for the season is discovered."

The Harriers held a theatre night to see "The Sign of the Cross" at the Princess. On the afternoon of 24th July 1897, 21 runners competed in a paperchase. That evening 400 members and friends attended the theatre night and "there would have been more if further tickets were available".

A. H. Wills must have been absent at the next paperchase and the finishing order was W. Searle, D. S. McDonald, H. Orr, McTaggart, H. Kettle and J. Stewart. St. Luke's Harriers proved too strong for Essendon in a combined paperchase. The local club placings in the 1000 yard race-in were D. S. McDonald 2nd, G. Bond 6th and N. Mirams 7th.

The last recorded event for the 1897 cross country season was a 7 mile handicap from Lincolnshire Arms Hotel to Keilor Cemetery and return. "This tough course had a good proportion of hills, fences and water jumps". The winner was G. Bond in 49 min. 13 sec.



FIXTURES, 1898.

April 30—Opening Run, Malvern.
‡May 7—Essendon.
‡ „ 14—Ascot Vale.
‡ „ 21—Essendon.
„ 28—Essendon. (Race Exhibition and Malvern).
‡June 4—Essendon, with Albert Park.
„ 11—5-Mile Novice, Oakleigh.
‡ „ 18—Ascot Vale.
„ 25—3-Mile Road Race.
‡July 2—Essendon, with Carlton
„ 9—4-Mile Road Race, Elsternwick.
‡ „ 16—Essendon, with Coburg.
„ 23—Essendon. (East Melbourne Open Mile).
‡ „ 30—Ascot Vale.
Aug. 6—Second Teams' Race, Oakleigh.
‡ „ 13—Malvern.
„ 20—7-Mile, Camberwell.
‡ „ 27—Essendon, with St. Lukes.
Sept. 3—7-Mile Test Race.
‡ „ 10—Essendon, with Parkville.
„ 17—C. C. C. Caulfield.
‡ These Runs count in Points Competition.

All Runs take place wet or fine.
☞ Members are requested to Run in the Club uniform.
Points: 1st Place, 4; 2nd ditto, 3; 3rd ditto, 2.
Hares, 2 each, if not Caught. All Others, 1 each.

The lack of track reports in the Gazette during the first years suggests that the Harriers and the sport of athletics was mainly, but not exclusively cross country. Essendon won two Victorian track championships in its first year. William Shea won the 220 yards in the slow time of 26.0 seconds, but recorded a much faster time three years later when winning the title again with 22.6. In 1900 Shea was running for Carlton. The other 1897 Victorian champion for Essendon was A. H. Wills who won the 440 yards in 55.2. Wills won the 880 yard state title in 1898 with a time of 2.05.4 and 1899 in 2.06.6. He transferred to Geelong and won again with a time of 2.02.8 in 1901. Another track star was D. J. McRae who won the state pole vault title in 1901 and 1902 with leaps of 8'6" (2.59 metres) and 9'2½" (2.81 metres).

Cross country success came quickly. In 1898 Essendon won the Victorian junior 5 mile cross country teams race and soon developed into the top cross country club in the State winning the Victorian senior 5 mile championship in 1901 and 1902. F. Durham was a useful member of the cross country team having won the 1899 Victorian track 3 mile title in 15.36.0. In 1901 J. Alex Stilwell won the 5 mile title in 28.44, a time not beaten until 1910. H. Cannon filled 3rd place in the 1901 race.

The Golden Years 1903-1914

The sport of athletics was beginning to grow and Essendon was leading the way. Essendon again proved to be the top club in 1903. Although defeated by Ballarat in the 5 mile team race, Essendon's Alex Stilwell was the individual winner in the 5 and 10 mile championships and led his club to victory in the 10 mile team race. H. Cannon was 4th and G.A. (Dad) Wheatley 7th in the 10 mile. During the season Hugh Cannon broke the Victorian 7 mile record by 44 seconds and won the Victorian 3 mile championship in 16.01.0. An even greater champion was Alex Stilwell, "The first cross country runner Victoria has ever had, and the only runner in the Australasian colonies to win a cross country championship three times in succession". This reference was to Stilwell's 10 mile wins from 1901 to 1903. His best winning time was 60.37. Hugh Cannon won the Victorian and Australasian 3 mile titles in 1903 and Gregory Wheatley was 2nd in the Australasian half mile and one mile.

1904 was the year that Essendon and East Melbourne Harriers organised their first annual track competition which developed into a major contest until suspended by the war in 1914, but resumed in the 1920s. The result in the first year was an 18 point draw. During 1904 the club was training at Scotch College and the East Melbourne cricket ground. The club had two Victorian track champions in 1904. N. R. Barrett was declared Victorian 440 yard champion after finishing second behind an interstate runner who won in 53.0. Dad Wheatley won the 880 yard in 2.00.8.

The harriers enjoyed themselves in a typical paperchase event at Hampton when "the hares were nearly caught by some members of the slow pack and only saved themselves by jumping into a boat". Generally during the 1904 season Essendon was second strongest club to East Melbourne Harriers.

The membership in 1905 reached a record of 62. Top cross country runner was R. Arkley and on the track Gregory Wheatley won the Australian half mile and one mile titles and represented Australia at the 1906 "unofficial" Olympics in Athens. F. P. Brown won the Australian 440 yards hurdle title. Brown won the Victorian 120 yard hurdles title in 1906 and 1907 with 16.8 and 16.3. He won the 440 yard hurdles state championship in 1905 with 60.4 and the flat 440 yard in 1907 with 55.4.

Essendon team in 1906

Alex Stilwell (photo) returned from two years retirement with champion performances in 1906 winning the Victorian 5 mile cross country title leading Essendon to the team's race victory. During the next two years Essendon gained in strength and clearly became established as Victoria's top cross country club winning the 5 mile team's race in 1907 and 1908. Alex McMicken was 2nd individual in the 1908 Victorian 5 mile. Essendon also won the 10 mile team race in those two years becoming the first club to win both 5 and 10 mile title in consecutive years.

In 1908 L. R. Morgan won the Victorian 100 yard title in a sensational 9.8 seconds. The club continued with its cross country successes paying £4 to send an eight man team to compete in the New South Wales 5 mile championship. Essendon was placed second. The eight man Victorian team selected in 1908 included four Essendon runners.

1909 was a year of consolidation before the club was to achieve its greatest heights. Essendon was second in the 5 and 10 mile state cross country teams championships with A. McMicken and Alex Stilwell being top performers. On the track, Dad Wheatley continued as Australia's top middle distance runner winning the national 880 yard and one mile titles and 2nd in the 440 yards. A Frankston to Melbourne marathon was held and Essendon filled 7 of the first 21 positions.

The Weekly Times of 14th July 1917 rated Alex Stilwell (photo) with George Blake as the two greatest cross-country runners that Victoria has known. "Stilwell's great advantage lay in his exceptional combination of stamina and pace. I suppose he was as fast a man on the track as ever excelled at cross-country, for he could do 100 yards in something like five yards worse

than evens" - this rates as about 11.5 for 100 metres. Stilwell emphasised the need for adequate preparation and said, "When I was indulging in championships I would never run more than two miles, which I would do on Tuesday and Thursday mornings, while I would top up each week with a cross country run on the Saturday". Today this seems quaint, but these training attitudes did not change dramatically until after Zatopek in the 1950s. Stilwell also believed that marathons "tax nature too much, and are injurious to the extent of cutting years off a man's life".

1910 was the beginning of the three greatest years. Essendon won its 6th Victorian 5 mile team championship in 9 years and when the club also won the 10 mile title, *The Herald* of 23rd September 1910 wrote, "As was generally anticipated Essendon asserted their superiority ... probably the best cross country club in Australia".

Essendon's halcyon days were celebrated with a poem which clearly shows cross country's derivation from hunting. Today's Oxford dictionary describes a *harrier* only as a hound used in hunting, not as a runner.

Then off we go
The hounds are in full cry
A ditch or a gate we always take
A fence we always try

Then off we go
Our hearts are filled with glee
What sport is there that can compare
With a Harrier bold and free

British Empire Festival Games were held in London in 1910 and the only two Victorians selected were Essendon runners Greg Wheatley (photo) who came 2nd in the half mile and Frank Brown who ran the hurdle events. Wheatley won the 1910 state half mile in 2.07.0, but did not run the mile that year which enabled Essendon team-mate Steve Hollow to dead heat with H. Marshall of Malvern in 4.39.0. Wheatley's best mile time was 4.23 but in 1911 his time of only 4.50 was good enough to win the Victorian title by 110 yards.

Greg "Dad" Wheatley was a fine all round sportsman. In addition to his undisputed track ability he regularly won the run-in at the opening V.A.A.A. cross country meeting. In a social cricket match between Essendon and Carlton Harriers the red and black's victory was attributed to Wheatley's batting and bowling. *The Weekly Times* on 21st July 1917 described Wheatley as "one of the most brilliant middle-distance runners of all time". The article debated in a parochial manner which seemed to ignore anyone other than a Victorian, whether the 1896 Olympic champion, Edwin Flack or Wheatley was the greatest. "There are many who believe that Flack

was the greatest middle-distance runner of all time, but as against that there is the fact that Dad Wheatley in his time stood out alone over half a mile, and he was also brilliant over a mile". It was noted that the Olympic champion ran when a two minute half mile "was a great performance", and Wheatley was "doing it under 1.57". The article was accompanied by a photograph of Wheatley with the caption, "Which, by the way, shows what a fine specimen of a man he is".

16th September 1911 was the day of an unofficial Australian club cross country championship. The top Sydney club, Botany Harriers and Hobart Harriers entered in the Victorian 10 mile championship. Essendon won by 17 points from Botany with East Melbourne 3rd. A Sydney paper repeated the *Herald's* words of the previous year, "Essendon is probably the best athletic club in Australia at the present time".

60 members attended the 1912 annual meeting which was closed with "a charming rendition of God Save the King". Essendon was on the crest of a wave and the enthusiasm could be read into an extract from the minutes, "The run at Williamstown on 8th June 1912 will long live in our memories. The hares covered some 15 miles of rough country and when the members finished they were all of one opinion - the hares went mad".

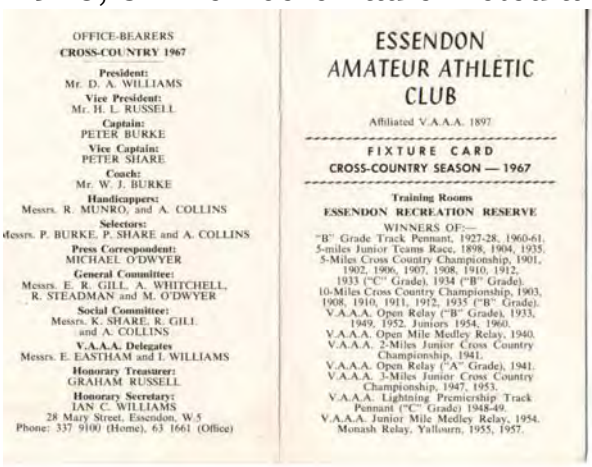
The 1912 Victorian 5 and 10 mile team's races were easy victories for Essendon. The six man team in the 10 mile scored 49 points for Essendon's third consecutive win while the 2nd placed club's score was 137. Harry Shovelton was 2nd in the race in 58.18 and Essendon's 9th runner filled 23rd place. A track 10 mile Victorian championship was held in October 1912 and the red and blacks won the four man team's race with ease. Essendon's E. Gore won in 55.19, Harry Shovelton was 3rd in 55.59 and other Essendon runners filled 5th and 6th positions.

Other interesting personalities in the club at this time included Les Williamson, Victorian long jump champion with leaps of 20' 8½" (6.31 metres) in 1912 and 20' 4½" (6.21 metres) in 1914. Williamson was killed in the war. H. Frederico, club president was regarded as "an exceptional man and a true inspirer of men". F. H. Wickam won the 1914 Victorian 440 yard hurdle title in 63.6. Other top runners at this time included Jack Stuart, A. Butler, and "popular captain", Harry Beeson.

The club singlet was changed in 1914 to black with two heavy red bands and the registration number between the bands. Already the shorts were changed from black to white in 1910.

A one mile event was held at half time of an Essendon Football match in 1914. This seems to be a forerunner of the 6 lap Fitzgerald Cup which was run annually at half time of one football match each season until 1969.

Essendon was pushed back to 2nd place by Carlton in the 1913 cross country championships and there was no chance to get back on top as recorded in the following extract from the minutes. "Up to 11th July 1914, when all fixtures were abandoned, there were record attendances averaging over 31, and all looked forward to a very successful year, but at this stage, the war clouds were gathering rapidly and when the Mother Country declared war against Germany, it cast a gloom over all outdoor sport and the attendance became less and less as the season advanced". By 1916, 37 members had enlisted and three were killed.


OFFICE-BEARERS
CROSS-COUNTRY 1967

President:
Mr. D. A. WILLIAMS
Vice President:
Mr. H. L. RUSSELL
Captain:
PETER BURKE
Vice Captain:
PETER SHARE
Coach:
Mr. W. J. BURKE
Handicappers:
Messrs. R. MUNRO, and A. COLLINS
Selectors:
Messrs. P. BURKE, P. SHARE and A. COLLINS
Press Correspondent:
MICHAEL O'DWYER
General Committee:
Messrs. E. R. GILL, A. WHITCHELL, R. STEADMAN and M. O'DWYER
Social Committee:
Messrs. K. SHARE, R. GILL and A. COLLINS
V.A.A.A. Delegates
Messrs. E. EASTHAM and J. WILLIAMS
Honorary Treasurer:
GRAHAM RUSSELL
Honorary Secretary:
IAN C. WILLIAMS
28 Mary Street, Essendon, W.5
Phone: 337 9100 (Home), 63 1661 (Office)

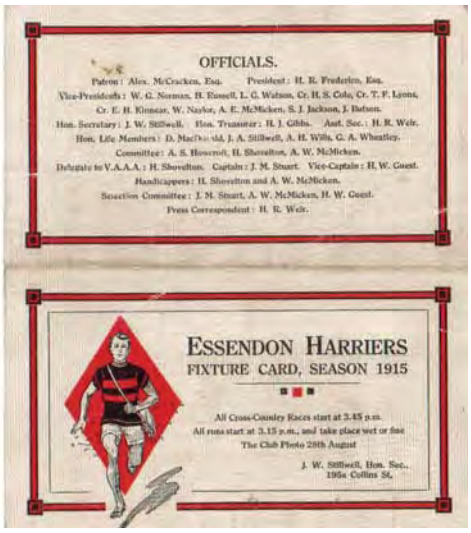
ESSENDON
AMATEUR ATHLETIC
CLUB

Affiliated V.A.A.A. 1897

FIXTURE CARD
CROSS-COUNTRY SEASON — 1967

Training Rooms
ESSENDON RECREATION RESERVE

WINNERS OF:—
"B" Grade Track Pennant, 1927-28, 1960-61.
5-miles Junior Teams Race, 1898, 1904, 1935.
5-Miles Cross Country Championship, 1901, 1902, 1906, 1907, 1908, 1910, 1912, 1933 ("C" Grade), 1934 ("B" Grade).
10-Miles Cross Country Championship, 1903, 1908, 1910, 1911, 1912, 1935 ("B" Grade).
V.A.A.A. Open Relay ("B" Grade), 1933, 1949, 1952, Juniors 1954, 1960.
V.A.A.A. Open Mile Medley Relay, 1940.
V.A.A.A. 2-Miles Junior Cross Country Championship, 1941.
V.A.A.A. Open Relay ("A" Grade), 1941.
V.A.A.A. 3-Miles Junior Cross Country Championship, 1947, 1953.
V.A.A.A. Lightning Premiership Track Pennant ("C" Grade) 1948-49.
V.A.A.A. Junior Mile Medley Relay, 1954.
Monash Relay, Yallourn, 1955, 1957.


OFFICIALS.

Patron: Alex. McCracken, Esq. President: H. R. Frederico, Esq.
Vice-Presidents: W. G. Norman, H. Russell, L. G. Watson, Cr. H. S. Cole, Cr. T. F. Lyons, Cr. E. H. Kinnear, W. Naylor, A. E. McMicken, S. J. Jackson, J. Batson.
Hon. Secretary: J. W. Stillwell. Hon. Treasurer: H. J. Gibbs. Asst. Sec.: H. R. Weir.
Hon. Life Members: D. MacDonald, J. A. Stillwell, A. H. Wills, G. A. Wheatley.
Committee: A. S. Howcroft, H. Shovelton, A. W. McMicken.
Delegate to V.A.A.A.: H. Shovelton. Captain: J. M. Stuart. Vice-Captain: H. W. Guest.
Handicappers: H. Shovelton and A. W. McMicken.
Selection Committee: J. M. Stuart, A. W. McMicken, H. W. Guest.
Press Correspondent: H. R. Weir.

ESSENDON HARRIERS
FIXTURE CARD, SEASON 1915

All Cross-Country Races start at 3.45 p.m.
All runs start at 3.15 p.m., and take place wet or fine
The Club Photo 28th August

J. W. Stillwell, Hon. Sec.,
195a Collins St.

Photos: TOP Last dance before the war. LOWER Fixture Cards in 1915 & 1967

FIXTURES
1967 CROSS COUNTRY SEASON

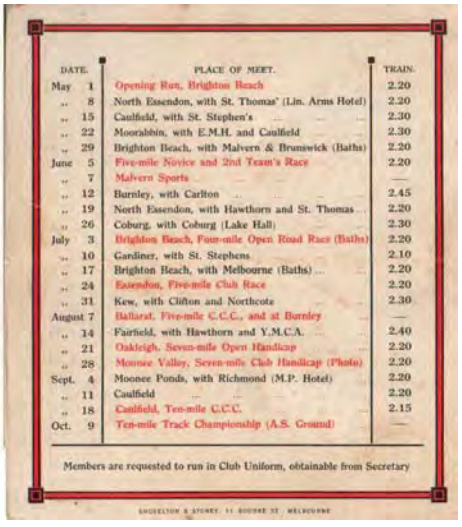
April 8 — Pack Run — Royal Park.
" 15 — Pack Run — Ferny Creek
" 22 — Senior 4 Mile Handicap, Junior 2 Mile Handicap — Flemington.
" 29 — Fitzgerald Cup.
May 6 — V.A.A.A. 5 Mile C.C.C., Under 16 5 Mile C.C.C. — Ballarat.
" 13 — Pack Run — Konagaderra.
" 20 — V.A.A.A. 10,000 m. Handicap, Under 19 5,000 m. C.C.C., Over 40 5,000 m. Handicap — Collingwood.
" 27 — Essendon, Melbourne Challenge — Collingwood.
June 3 — V.A.A.A. 10,000 m. C.C.C., Under 16 5,000 m. C.C.C. — Yarra Glen.
" 10 — 4 Mile Handicap — Ballarat.
" 17 — Pack Run — Konagaderra
" 24 — Belgrave Relay
July 1 — V.A.A.A. 10 Mile C.C.C., Under 19 5 Mile C.C.C. — Sunbury.
" 8 — Pack Run — Bulla.
" 15 — Woodend Relay.
" 22 — Club 5 Mile Championship, Under 19 3 Mile Championship — Oaklands.
" 29 — Pack Run — Inverness.

Aug. 5 — V.A.A.A. 10 Mile Road Championship.
" 12 — Captain v. Vice Captain Relay — Greenvale.
" 19 — Club 10 Mile Championship — Greenvale.
" 26 — Pack Run — Bulla.
Sept. 2 — Melbourne Geelong Relay.
" 9 — Pack Run — Greenvale.
" 16 — V.A.A.A. 15 Mile Road Championship — Sandown.

Junior Points Competition ends September 9th; Senior September 16th.

CLUB CHAMPIONS 1966
5 Mile: Ron Munro
10 Mile: Ian Williams
15 Mile: Ron Munro
Junior 3 Mile: Colin McCurry

CLUB NOTES
Training at 5.30 or 8.00 on Tuesdays and 5.30 Thursdays.
For all competition runs meet at Mr. Burke's home, 55 Brewster Street, Essendon.
Meeting times will be announced on Notice Board each week at training.
All Competitors must be financial but friends and prospective members are welcome on club runs.
Entries for all V.A.A.A. events close 12 days before event.



DATE.	PLACE OF MEET.	TRAIN.
May 1	Opening Run, Brighton Beach	2.20
" 8	North Essendon, with St. Thomas' (Lin. Arms Hotel)	2.20
" 15	Caulfield, with St. Stephen's	2.30
" 22	Moorabbin, with E.M.H. and Caulfield	2.30
" 29	Brighton Beach, with Malvern & Brunswick (Baths)	2.20
June 5	Five-mile Novice and 2nd Team's Race	2.20
" 7	Malvern Sports	—
" 12	Burnley, with Carlton	2.45
" 19	North Essendon, with Hawthorn and St. Thomas	2.20
" 26	Coburg, with Coburg (Lake Hall)	2.30
July 3	Brighton Beach, Four-mile Open Road Race (Baths)	2.20
" 10	Gardiner, with St. Stephens	2.10
" 17	Brighton Beach, with Melbourne (Baths)	2.20
" 24	Essendon, Five-mile Club Race	2.20
" 31	Kew, with Clifton and Northcote	2.30
August 7	Ballarat, Five-mile C.C.C., and at Burnley	—
" 14	Fairfield, with Hawthorn and Y.M.C.A.	2.40
" 21	Oakleigh, Seven-mile Open Handicap	2.20
" 28	Moonee Valley, Seven-mile Club Handicap (Photo)	2.20
Sept. 4	Moonee Ponds, with Richmond (M.P. Hotel)	2.20
" 11	Caulfield	2.20
" 18	Caulfield, Ten-mile C.C.C.	2.15
Oct. 9	Ten-mile Track Championship (A.S. Ground)	—

Members are requested to run in Club Uniform, obtainable from Secretary

Between the Wars 1919-1940

St. Thomas Harriers merged with Essendon when athletics resumed in 1919. On 24th June 1915 St Thomas held a one mile ladies nomination race at half time. The combined club, which continued with the name Essendon Harriers set their annual fee at four shillings (40 cents) and elected 13 vice presidents including H. Shovelton and G. Storey who founded a printing firm. A building in Spring Street Melbourne, two doors from Collins Street still carried their name in the parapet 90 years later.

Training during the 1920s took place at several venues including Essendon Football Ground, Christ Church hall and the Edwards and Yarra Yarra boat sheds. Club championships were named after members killed in the Great War. The 7 mile was called the H. L .Beeson after the pre-war captain and the 5 mile was named after H. L. Fynmore, a St. Thomas secretary. Both were killed at Gallipoli. A 100 yard handicap was introduced to the memory of L. Williamson.

The best performances at this time were by 1920 Victorian champions, Sidney Nicholls who won the 3 mile title in 16.11.0 and Thomas Fitzmaurice who tied with H. W. Harbison of Melbourne University with a high jump of 5' 9½" (1.77 metres). G. A. Storey was 2nd in the 1922 Victorian pole vault championship, A. B. Adams, 2nd in the 1922 high jump with 5'9½" and W. Cochrane won every club championship from 100 yards to 880 yards. The minutes recorded that E. W. Roberts won a marathon race and D.W. (Breezy) Gale set a record in a 300 yard race against South Africa.

ESSENDON v. E.M.H.

ELEVENTH

Combined Sports

At the Amateur Sports Ground, on
Sat., 21st Oct., 1922, at 2.45 p.m.

In addition to a full program of Challenge and Inter-Club events, the following Handicaps will also be contested:

120 yds. Open Handicap - £2, £1, & 10/-
880 „ „ „ „ „ „
75 „ Veterans Handicap - Trophies

Entrance fees for first two, 2/-, and for Veterans event, 1/6

Entries close Wed., 11th Oct., at Amateur Sports Club

T. Coman emerged as the top cross country runner winning the club 5 mile championship several times up to 1925. A. (Mick) Cravino was a consistent rival and won the club 5 mile title in 1926 and 1927.

Photos: Essendon and EMH: Rivals in 1922, merged 56 years later: An EMH officials badge in 1923.

Hugh Weir joined the club around 1913 and was a top hurdler, sprinter and long jumper until 1926. He was appointed as the club's V.A.A.A. delegate in 1920 and became club captain and V.A.A.A. treasurer in 1923. Hugh continued as an athletic administrator reaching the top position as

Australia's delegate to the International Olympic Committee until shortly before his death in 1975.

Eddy Crapp reached the final of the Victorian 100 and 220 yards in 1926. Another of the club's leading sprinters and administrator at that time was W.A. (Bill) Bunn.

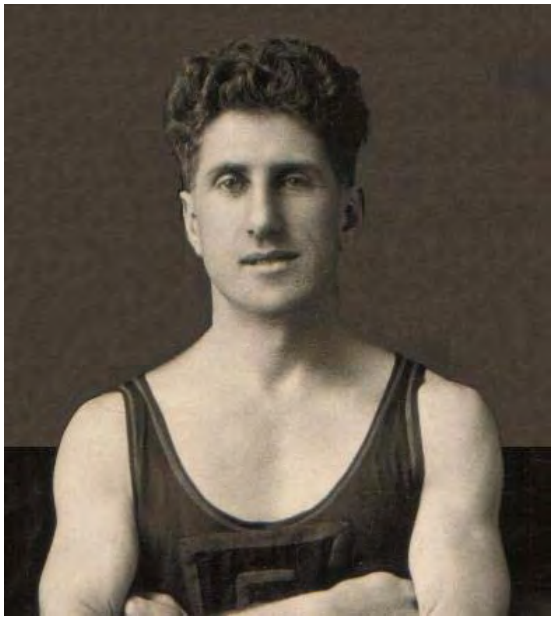
The practice of giving life memberships abated after H. L. Kettle was given the honour in 1925. At that time the other life members were D. S. McDonald, J. A. Stilwell, A. H. Wills, G. A. Wheatley and H. Shovelton.

The club deteriorated from 85 active members in 1922 to 45 members in 1926. "The club has experienced what must be the worst period in its history" was a note in 1925 when only 7 runners were competing in cross country events and Essendon failed to field a team in the Victorian 5 mile championship for the first time. At this poor time in the club's history the Harriers' 440 yard championship was won in 58 seconds and the mile in 5.07.4. The weakened club decided by a vote of 10 to 3 to join the Essendon Club, a merger which lasted 41 years. On 8th April 1927 a meeting voted 10 to 9 to change the name from Essendon Harriers to Essendon Amateur Athletic Club.

The club was regaining strength by 1927 and among the 65 members was George Easton who was possibly Essendon's most versatile track and field man. He was club champion in 120 yard hurdles, discus, long jump, shot put, and second in 440 yards, 880 yards, high jump and triple jump. The following year he won the Victorian javelin title with a throw of 145'2½" (44.26 metres) and was placed in the Victorian and Australian triple jump. He went on to exceed the Victorian hop step and jump (triple jump) record in 1929 with a leap of 45'3" (13.79) and won the Victorian title with 44'4¾" (13.53 metres). George Easton was a major force behind Essendon's B grade track premiership in 1928.

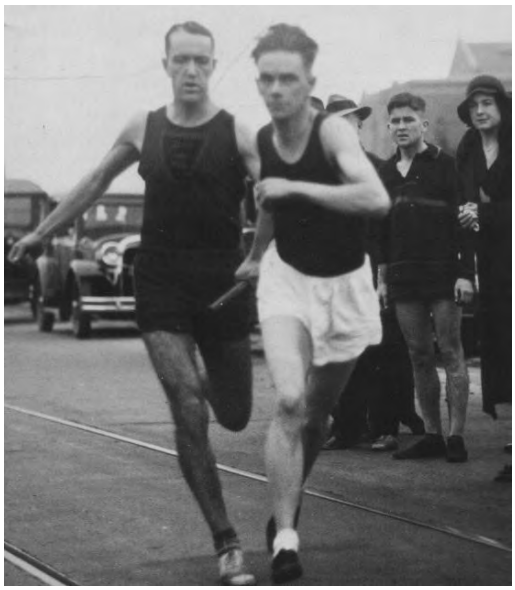
A competition was held in the early 1930s to write a club song. The song remained popular until cross-country trips by bus were replaced by increasing private car ownership around 1960. The chorus of this three verse song was:

Good old Dons we shout in chorus
As we cheer our club-mates on
We are happy
for we know
Our foes will have to go
To beat the local lads who come from Essendon.



The man who was to become the club's legend in his own lifetime, Bill Burke (photo) received prominent mentions for his distance running from the late 1920s winning the club 5 mile title in 1928, 1931 and 1933. Bill was an essential member of the teams when Essendon was once again a champion cross country club winning its 8th and 9th Victorian 5 mile team's races in 1933 and 1934 and its 6th 10 mile team's race in 1935. All other wins were prior to 1913.

Thorold Irwin was the star of the 1930s. Irwin ran an Australian record 880 yards of 1.55.4 in 1932 and 440 yards in 49.1 and Victorian titles in both events in 1933. The national titles in 1936 were held in metric distances being an Olympic year and Irwin's 1.55.6 win in the 800 metres was an Australian record, although a few yards slower than his own 880 yard time. During the years 1933 to 1937 Irwin won the state half mile and quarter mile titles three times for each event.



Bob Morgan was an outstanding all rounder in 1934 winning eight club titles in events as diverse as shot put, pole vault, sprints and hurdles. Another star performer, A.H. (Fred) Bassed emerged in the 1930s. In 1935 he was 3rd in the Victorian mile championship behind Australia's top miler of the era, Gerald Backhouse with Essendon team-mate Earle Izzard in 2nd place. Izzard was 3rd in the Victorian half mile in the same year. Bassed went on to represent Australia at the 1938 Empire Games finishing 8th in the 6 mile, won the Victorian 10 mile cross country title in 1939 and was 2nd in the Australian 10 mile championship.

Thorold Irwin hands baton in Belgrave Relay to Earle Izzard.

The between wars period concluded on a high note with the performances of Thorold Irwin and Fred Bassed and a win for Essendon in the 1940 Victorian mile medley relay championship.

1935 Vic 5 mile Junior Cross Country champions. Standing: Bill Burke (Capt/Coach), Bob Morgan, Harry Russell, Matt Kennedy, Bill Davis, Monty Bond, Norm Boulton (Masseur) Seated: Alan Horton, Norm Prunty, Alby McRea (winner), Stan Green, Bob Stammers, Alf Skinner, Cross legged: Hec Stearman.

An average club" 1940 -1978

The club dropped to a low point after World War II. It was noted in September 1944 that every effort must be made for a post war build up. In 1954 the secretary asked members "to believe him when he said that Essendon was a small unknown club and not as other members tried to make out, a great success".

Some success came in 1954 when a six man under 19 team spearheaded by Rex Doran, Bill Dearness and Peter Morriss easily won the junior Chelsea Brighton relay by 6 minutes in a record time that stood until increasing traffic forced the race to be abolished. Despite that junior win it would be a further 15 years before Essendon could regain a place as an A grade cross country team.

Track strength was developing in 1953 when visiting Jamaican Olympic champion, Herb McKinley trained with the club at the Essendon football ground. McKinley commented on the "terrific run" by 16 year old scratch man, Les Pickett in the Christmas gift. Les went on to become Victorian 220 yard champion in 1958 with a time of 22.0 seconds. His team mate, Ron Pyke in 1956 equalled Les's 1954 Victorian under 17, 100 yards record of 10.4.

The only other Victorian champion after 1940 was Norman Griffiths with a long jump of 21'4" (6.50 metres) in 1947. Griffiths' jump placed him 2nd in the event, a long way behind the interstate winner Theo Bruce who jumped 24'1¼" (7.26 metres). The club did not have one Victorian senior champion during the 20 years from Pickett's win until after the merger in 1978. The 31 champions in the club's first 40 years is a sad comparison with only two in the next 40 years.

RIGHT: Bellview Café, Belgrave 22/6/1940. Standing: Pat Tyre, Stan Guilfoyle, Alf Wynne, Clem Etter, Matt Kennedy, Bob Griffiths, Kelvin Day, Len Munro, Bill Stearman. Front: Colin Wooltorton, John Lyle, Doug Ikin, Des Cronin.

The highlight of the winter season was the Belgrave Relay held between Essendon, YMCA and South Melbourne. Except for four war years the race was held annually from 1933 until traffic forced a change to a Gisborne route in 1969. The three teams commenced at the YMCA building in South Melbourne and ran sixteen legs finishing at Belgrave. A dinner and dance was held at Belgrave with teams returning by bus except for the final few years when more members had their own cars.

PHOTO: Beginning of 1947 Belgrave Relay. Note empty roads.

The B grade track team defeated Box Hill in 1957, the team that went on to win 17 consecutive A grade premierships through to 1981. A well balanced track team defeated Glenhuntly for the B grade premiership in 1961 giving Essendon a place in A grade for the first time in several decades. Two athletes with individual successes in the 1960s were Peter Miskov who was placed in the 1963 Australian shot put and discus titles and Graham Russell who set eight Victorian junior walking records.

The club was particularly strong in middle distance. Robert (Bob) Crombie, Ron Munro and Ian Williams all represented Victoria at 880 yards. The latter two with Lyndon Langan and Mike O'Dwyer ran a 4 x 440 yard relay in 3.19.7. In 1967 a junior team consisting of Colin McCurry, Don Esmore, Max Warlow and Russell Wade twice broke the Australian under 19, 4 x 440 yard relay record with times of 3.25.6 then 3.25.1. In 1969 Essendon

was unbeaten in all grades in middle distance and distance in their first year at the University track. Track competition for the higher grades for many prior years was always at Olympic Park.

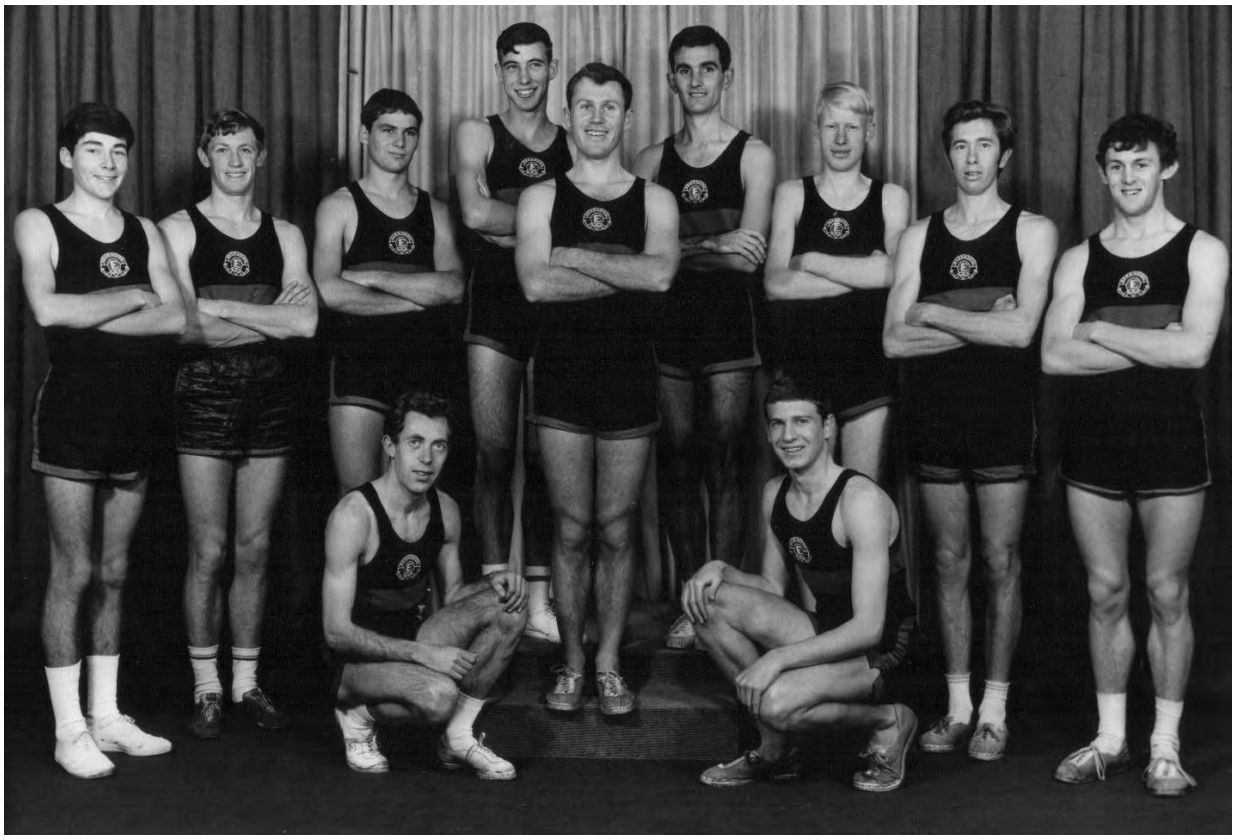
Essendon AAC - B Grade Premiership 1961
Back row: Bob Crombie, Ashley Fitzgerald, Milton Ballantyne, Peter Morris, Lyndon Langon.
Middle row: Arthur Whitchell (Official), Lionel Bailey (Secretary), Noel Witney, Frank Bottcher, John Aughey, Graham Russell, Bill Burke (Coach), Howard Delbridge, Laurie Vanstan, Bill Dearness, Ted Eastham (Official), Harry Russell (Official).
Front row: Ken Evans, Essendon Club President, Don Williams (VC), Ian Williams (Captain), Matt Kennedy (President) , Bill Cook.

A group of relaxed athletes about 1967: Ron Munro, Trevor Beecham, Alan Lewis, Ross Gill (front) and Russell Hande.

Essendon had a few good cross country years around 1970. 35 athletes attended the V.A.A.A. opening run at Flemington Racecourse in 1969 and for the first time in 52 years a club other than St. Stephens had the most athletes. Essendon went on to win the B grade cross country and road premierships in 1971 and performed creditably as an A grade club for a couple of seasons. The leading cross country point scorer for Essendon in this period was Peter Share supported by Ron Munro, Ian Williams and John Phair. 12 club runners competed in the 1975 Victorian marathon championship, possibly a record for any club to that time.

Essendon marching at Flemington Racecourse, c.1965 for the beginning of the cross country season. This was a tradition for about 60 years

BELOW: Cross Country team of the 1960s. Norm Wills, Colin McCurry, Alan Collins, Lindsay Forsythe, Peter Burke, Ian Williams, Graeme Forsythe, John Phair, Trevor Hawksworth, Ron Munro & Peter Share.



Prior to the merger with East Melbourne Harriers, promising track performances came from junior athletes - Michael James in shot put and discus, Duncan Knox in walks and Geoff Wilks who won Victorian under 19 titles in three different track events. Geoff won the 1972, 800 metres in 1.56.2; the 1973, 1500 metres in 3.54.4 and the 1973, 1500 metres steeplechase in 4.18.4.

In 1967 members were not happy with a proposed steep increase in fees by the Essendon Club to combat the loss of bar revenue caused by 10:00 pm hotel closing. Ian Williams, supported by Peter Burke, the son of club legend, led this action, which by a vote of 30 to 2 decide that athletes should form a new separate club, ending a 41 year association. The athletes

moved from Essendon Football Ground to Montgomery Park. Don Williams, brother of Ian, commenced negotiations with the Essendon Council which culminated in the construction of the bitumen rubber track at Aberfeldie Park – an outstanding suburban sporting asset at that time.

.Aberfeldie Track under construction 1971

Some long term members from the decades before EMH merger

Bill Burke joined in 1926 and was mentioned in the April 1927 minutes for his 2nd place in the club mile championship behind E. Benson who ran 4.53. Bill was exactly 20 years old, and the club was 30 years old that same month. By 1928 Bill had won the club 5 mile championship. He commenced conducting gymnasium classes in 1931 and became coach in 1933. In 1939 he resigned and a tribute was paid to his "wonderful services". Bill was reappointed as coach in 1942 and resigned again in 1948 due to a work move away from Melbourne. In January 1953 the minutes recorded that, "a past coach, Mr. Bill Burke is once more residing in Essendon and it was resolved that he be contacted immediately and obtain his services". Bill has guided thousands of junior Essendon athletes with his love of physical fitness throughout the 64 years since he commenced his gymnasium classes. Bill was a truly remarkable man who remained an official coach of the club into the 21st century. Bill duly deserved the honour of being appointed the club's first life member for over 40 years in 1963.

Harry Russell joined in 1935. His first of many mentions in the minutes was in 1937 for his fast time in a relay against Geelong Guild. Harry was a regular cross country competitor through to the 1980s and continues as an official in 1997. His son, Graham won a Victorian junior one mile walk title and held Victorian junior walk records. His grandson Dion was an even more successful champion walker winning the Australian 20km junior title in 1993 competing for Doncaster. Dion

transferred to Essendon in 1995 to become the 3rd generation Russell (photo) to compete for the club. Dion represented Australia at the 1996 Atlanta Olympics in the 20,000 metres walk finishing 47th in 1.30.11 and The 2000 Sydney Olympics.

Another long term competitor and official was Ted Eastham who originally joined Carlton in 1912 and then Essendon in 1948. Ted became a life member of the club in 1973 and gained the rare honour of a V.A.A.A. life membership. He was an active track official into his 90s. At the V.A.A.A. centenary dinner in 1992, 99 year old Ted cut the cake. He died aged 101.

Arthur Whitchell joined the club in 1946 and was elected to the committee from the early 1950s. Arthur was a sprinter and has served the club in an extraordinary way as a dedicated official. He became a life member in 1973 and continued working energetically for the club into the 21st century. Arthur was honoured as club person of the century at the centenary dinner of 'Athletics in Essendon' in 1997. In 2004, an Arthur Whitchell Award was introduced for the "club person of the year." Arthur was selected as the inaugural winner.

The Williams brothers were active as competitors and committee members for a couple of decades. Don Williams joined in 1955. As club president in the late 1960s Don led the negotiations which resulted in the construction of the track and home for athletics at Aberfeldie. Don continued to compete into the 1990s having won many Victorian veteran 400 (sometimes 300) metres hurdles titles. Ian joined in 1953 and was a consistent track and cross country competitor for 28 years. He was the inaugural president of the merged club in 1978 and was made a life member in 1979. Ian returned as club president for one year in the 1980s when the Bill Burke room at the clubrooms was built, and again from 2002.

Other longer term members who were active in the 1980s after the merger with East Melbourne Harriers were sprinter Ken Evans and middle distance runner John Aughey, both joining in the late 1950s. Quarter miler, Max Warlow joined January 1966, transferred to East Melbourne and returned a year before the merger. Max competed until 2003 and continued involvement as club secretary and as a coach. Graham Forsythe joined May 1965 and Gary Cozens September 1969. Both were valued for their distance running and club administration. Others with over 30 years of competition through to 2004 are Trevor Hawksworth and David Jones.

A New Beginning – Essendon-EMH

August 1978 was the beginning of a momentous change when Essendon, founded in 1897 and East Melbourne, founded in 1895 merged. Essendon provided a home at the Aberfeldie track, administrative and distance running strength. East Melbourne provided coaching, sprinting and field events.

EMH members in first decade of the 20th century

East Melbourne Harriers through the coaching of Neville Sillitoe had a string of sprinting and jumps champions commencing with Olympian and multi-Australian 100 yards/metres champion Gary Holdsworth, followed by 1968 Olympic silver medallist, Peter Norman and Australian champion, Richard James. The initial strength of the newly formed Essendon-EMH was increased by recruiting the Australian 800 metres champion, John Higham and South Australian stars, javelin thrower Gary Calvert and shot and discus specialist Phil Nettle.

Neville Sillitoe, Arthur Whitchell and Gary Cozens at the moment of winning the A Grade premiership in 1982

The intelligent and energetic work of coach and recruiter Neville Sillitoe, team manager and recruiter Gary Cozens, and all round club official Arthur Whitchell with others built up an A grade club of champions which in 1982 ended Box Hill's seventeen year reign as top track club in Australia. Through to the merger with Essendon-Aberfeldie in 1993, Essendon-EMH competed in thirteen out of the fifteen A grade men's finals with premierships in 1981-82 and 1982-83.

Prior to the 1978 merger only three club athletes, Wheatley in 1906 and 1910, Brown in 1910 and Bassed in 1938 had represented Australia. Since the merger, many club members have won Victorian and Australian championships as well as competing for their country. The following is a summary of seven club members who represented Australia during the fifteen years as Essendon-EMH. Also, five EMH athletes competed in the Olympics prior to the merger, during the extraordinary era of Neville Sillitoe's coaching. Their achievements are summarised in Appendix 2.

Ken Hall had his only Australian representation after EMH and Essendon merged. This was in the 1500 metres at the 1981 Pacific Conference Games in Christchurch. Ken was Australian 1500 metres champion when running for EMH in 1975 and 1977 and was an outstanding miler and 1500 metres runner of international standard for many years. Ken was second in history's first sub 4.50 mile with a time of 3.55.2. Ken was also an active committee man including terms as club president and cross country organiser for more than twenty years after the merger.

John Higham was already established as the top two-lapper in Australia when he joined Essendon-EMH. He was Australian champion at 800 metres in 1977, 1978 and 1979 and also at 400 metres in 1978. John represented Australia in the 800 at the 1978 Commonwealth Games in Edmonton, Canada, the World Cup in Dusseldorf 1977 and Montreal 1979 and in the 1978 Pacific Conference Games. His strength as a middle distance runner was his speed, with best times of 100 metres 10.6, 200 21.2, 400 45.7 and 800 1.45.6. After joining Essendon-EMH, John was selected for the 800 metres at the 1980 Moscow Olympics but with many others withdrew because of the international political protest connected with those Games. John was club president for several years and also was president of Athletics Victoria for five years, following other Essendon athletes, Gary Cozens and Stan Guilfoyle, and EMH's Greg Lewis, who served in that position in the 1980s and 1990s.

Colin McQueen was Australian 200 metres champion for three consecutive years from 1977. He was also Australian 400 metres champion in 1979. Colin's Australian representation was at the World Cup, Dusseldorf 1977 and Australia v New Zealand 1977 and 1979.

Richard James competed for Australia in the 100m and relay at the World Cup in Montreal 1979. He was Australian 100 metres champion in 1980 fulfilling his promise shown when he won consecutive Australian junior100 metres titles in 1972 and 1973. His PBs are 10.1 and 20.6. Richard was a valued committee member serving as secretary then treasurer for several years after the merger between Essendon and EMH.

Petra Rivers threw the javelin at Olympic Games in Moscow 1980 and Los Angeles 1984. Petra also competed for Australia in the Commonwealth Games of 1970, 1974, 1982 and 1986, Pacific Conference Games 1969 and 1973 and World Cup in 1981. Petra was Australian javelin champion in 1970, 1971, 1974 and every year from 1981 to 1984.

Bruce Frayne first represented Australia as a 200 and 400 metres runner at the Pacific Conference Games in 1981. He was Australian champion at 200 metres in 1980, 1981 and 1983 then at 400 metres in 1984. He represented Australia at two World Championships, being Rome 1981 and Canberra 1985 and at two Commonwealth Games, Brisbane 1982 and Edinburgh 1986. He became an Olympian at Los Angeles in 1984, running the 400 metres semi-final in his best time of 45.21, and a sensational leg in the 4x400 relay.

Andrew Jachno (photo) is the club's most prolific Olympian ever, competing in the 50 kilometres walk at Los Angeles 1984 and Seoul 1988. At Seoul, he also competed in the 20 kilometres walk, and again in that event in 1992 at Barcelona. Andrew also competed in Commonwealth Games in the 30 kilometres walk at Edinburgh 1986 and earned the silver medal at Auckland in 1990. Andrew represented Australia in all five World Cups from 1983 to 1991 making him easily the club's all-time outstanding international competitor. In 2005 he still holds Victorian walking records.

Athletics Essendon Inc

A further merger took place in 1993 with the joining of Essendon Aberfeldie Inc. which was established as a women's club in 1959 in the days when men and women competed in separate associations. The club was renamed Athletics Essendon Inc.

The top state team competition was renamed State League. Essendon men and women's teams regularly made the final four. The men's team were State League champions in 1995-96, 1997-98 and 1998-99.

Team championships were accompanied by individual performances. In the eight year span from 1996 to 2004 seven Essendon athletes competed in the Olympic Games. The following is a list of all Athletics Essendon internationals including these seven Olympians.

Russell Devine threw the hammer at the 1994 Commonwealth Games in Victoria, Canada.

Mark Ladbrook competed in the 1996 Olympic Games in Atlanta in the 400 metres and 4x400m relay.

Paul Pearce competed in the 100 and 200 metres at the World junior Track & Field Championships in Sydney 1996. Paul was a member of the 4 x 400 relay team at the 2002 World Cup in Madrid which missed a medal but ran 3.03.65 in the final.

Adam Basil came to the club with the Essendon-Aberfeldie merger in 1993 then represented Australia at the World junior Track & Field Championships in Lisbon 1994 in the 100m, 200m and 4x100m relay. In 2001, Adam was a member of the Australian 4x100 metres relay team which finished fourth in the World Athletic Championships at Edmonton. After competing for Athletics Essendon for eleven years, Adam competed in the Olympic Games at Athens 2004 in the 4x100m relay finishing sixth in the final.

Dion Russell transferred from Doncaster to join the club of his father and grandfather before representing Australia in two Olympics and a Commonwealth Games at Kuala Lumpur in 1998. At the 1996 Atlanta Olympics Dion competed in the 20 kilometre walk then both the 20K and 50K walks in Sydney 2000.

Margaret Crowley (photo) firstly represented Australia in the 1500 metres at the Commonwealth Games at Victoria, Canada in 1994 where she placed 5th in 4.11.48. Later in 1994 she was 4th in the World Cup 1500 metres in London. Her international success in the 1500 continued with her 5th place

at the Olympic Games in Atlanta 1996. Margaret won many junior championships from under 13 to under 20 then several Australian senior titles. Her best 800 metres is 1.59.73. Margaret's 4.01.34 for 1500 metres in Oslo in 1996 remained as the Australian record until beaten by another Essendon athlete in 2006. Perhaps her greatest thrill came from Sydney 2000 when this local athlete was able to compete in the same Olympics as her sister, Anne Cross. Under their maiden name, Leaney, the sisters, Anne and Margaret started running with Glenroy then with Essendon-EMH from 1983.

Anne Cross commenced as a Little Athlete at age 6 in 1971. In 1980 she was setting Victorian sub junior records at 800 and 1500 metres. Anne won her first Victorian senior title at 1500 metres in 1992. She represented Australia in 1992 at the Road Relays Team Championships in Korea. After giving birth to a son in 1993 she returned to international competition in 1994 at the World Cup in London and in the Road Relays Team Championships again in Korea. Anne continued her international career twice in 1995 competing in the World Cross Country Championships in Durham, England and at 5000 metres at the World Track & Field Championships at Gothenburg. Five years later Anne became an Olympian in the 5000 metres at Sydney 2000.

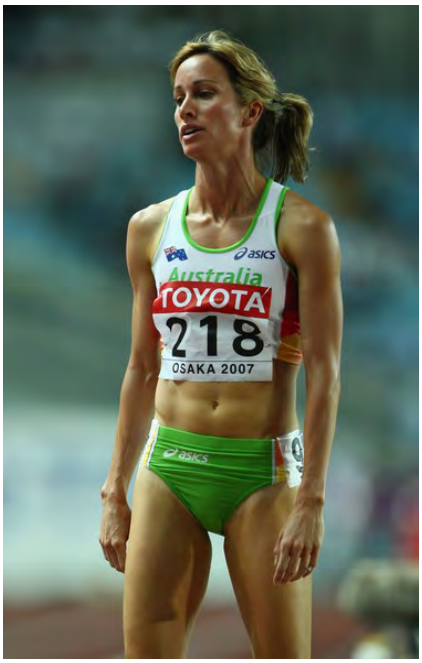
Sandra Porter represented Australia in the 200 metres in the World Junior Track & Field Championships at Santiago in 2000.

Casey Vincent had shown outstanding promise as a junior 400 metres runner. In 1996 he was selected for the world junior Track and Field Championships in Sydney and again in France in 1998 when he ran 45.55. This remains the Victorian under-20 record in 2005. Casey was an Olympic 400 metres runner at the Sydney 2000 Olympics where he reached the semi finals with a best time for the year of 45.36.

Amazing Success in 21st Century

Casey Vincent continued as a top 400m runner. At the Athens 2004 Games he ran the 400, but an injury prevented him from joining the 4 x 400 relay team in Athens costing Casey an almost certain silver medal. Sarah Jamieson competed in the 1,500m and Adam Basil in the 4 x 100m relay.

2006 was a Commonwealth Games year in Melbourne. Sarah Jamieson (photo) gained silver in the 1,500 metres and Chris Erickson bronze in the 50 kilometres walk. This year Sarah, who had already represented Australia in the Olympic 1,500m in 2000 & 2004, broke Margaret Crowley's Australian record in Stockholm with 4.00.93.



During the Melbourne Games week, Bill Burke died aged 98 having given eighty years of service to the club, and the City of Moonee Valley announced major refurbishment of the Aberfeldie track to commence in December 2006. The year 2006 also gave Essendon its first Stawell gift winner with Adrian Mott. Later in the year our only Olympic medallist, Peter Norman died at the too young age of 64. His memorial service in Melbourne was attended by the two American medallists from the 1968 Olympic 200 metres.

At the World Cup in Athens in 2006, Sarah Jamieson won the 1500m bronze medal. Sarah competed at the World Cup again at Osaka in 2007 when Jarrod Bannister competed in the javelin. Sarah's Australian selection in 2007 gave her 16 years of international representation since the World Junior Championships in 1994. Alwyn Jones competed at the World Cup again in Berlin 2009 having competed in 2006 before joining Essendon. Alwyn has a great record in the Australian Championships winning a triple jump treble from 2007 to 2009 then repeating this result from 2012 to 2014.

Sarah Jamieson competed in the 1,500m at the 2008 London Olympics for her third Olympics. Chris Erickson competed in the 20 KM walk at the 2008 London and 50 KM at the 2012 Beijing Olympics. At the 2010 Commonwealth Games in India, Chris again competed in the walk event finishing 8th after his bronze medal in Melbourne in 2006. Aaron Rouge-Serrett was 5th in the 100m and 4th as a member of the 4x100 relay. This increased our club's record of representation at consecutive Olympics and Commonwealth Games to thirteen.

It is interesting that these outstanding years before and after 2010 match a similar period of Essendon's excellence exactly 100 years earlier. However, the century old performances related only to cross-country but this time it was overall track & field. Although cross country did not contribute to recent team victories, Essendon athletes were also excelling in that area. Liam Adams was one of the club's two most consistent individual champions in recent years. There is more about the other, Chris Erickson later. Liam represented Australia at all six World Cross Country Championships from 2007 to 2013. He was second placed in the World University CCC in 2008 and 2010. Liam twice won the City to Surf road race in Sydney with 80,000 competitors and was rewarded with the Australian CCC victory in 2011.

Essendon team mate, Mitch Brown also won an Australian CCC – in 2013. These two Essendon athletes represented Australia in the 2013 World CCC. In addition to these national and international performances, Liam and Mitch won many Victorian cross country events and state track titles. Liam tried his first marathon in 2013 running 2.14.09, the fastest time by an Australian at home for a decade. *Photo: Mitch Brown & Liam Adams*

During this entire eight year period Chris Erickson (photo) was representing Australia every year in walking events from 20K to 50K winning the 20K national title in 2011. Chris's regular selection at international events ran parallel with Liam Adams' cross-country success.

During these successful years, Essendon athletes won large numbers of individual Victorian Championship medals in juniors and seniors as well as relay successes. At the 2009 Australian Open gold was won by Sarah Jamieson in the 1500, Alwyn Jones in the triple jump, Josh Ross in the 100m and Aaron Rouge-Serret in the 200m. In 2011 Aaron Rouge-Serret (photo) won the 100m, 200m double. Johnny Rayner was 3rd in the 800m having won the Victorian title, but returned to the

nationals in 2012 to win gold in the 800m. Ellen Pettitt won the triple jump in 2012 to give Essendon the male and female champion.

Ellen Pettit (photo on right) was placed in the women's title again in 2013 & 2014. In 2014, the second place-getter was Essendon's Nneka Okpala, but as she is a New Zealand national the silver medal went to Ellen. Credit for this extraordinary success for our club in triple jump, with these two women a few juniors and Alwyn Jones winning six men's national titles, goes to coach, Vasily Grishchenkov.

Johnny Rayner was selected for the 4x400 relay at the World Junior Games in Canada in 2010 but was unable to compete because of injury. Joel Hogarth competed in the 800m in the 2012 World junior Games in Barcelona.

In May 2009 an Essendon athlete achieved the club's only world record. Michelle Errichiello (photo) lost a leg in a tragic accident but bounced back into athletics. Her 200m of 37.79 at the Oceania Paralympic Games in Darwin on 19th May 2009 was a world record for her disability class. Michelle (photo below) performed well also at 100m and long jump for a few years, representing Australia at the Paralympics in London in 2012.

Into the 21st century, interclub (Shield) competition, with the dropping of State League, was no longer regarded as the measure of the top club as this competition tended to exclude the better athletes who concentrated their participation to elite events. Athletics Victoria recognised this change and upgraded the historic H. H. Hunter Shield to reflect the outstanding Victorian club based on performances at Victorian Championships. As this shield was a legacy of the VAAA it related to men's championships only. Essendon had won this Shield in 1980, 1996 & 1997. With its crop of elite athletes, Essendon became a regular winner or placegetter, winning in 2007, 2008 & 2009. The rules were then updated to include greater depth of Victorian Championship performances and of course, women. Essendon continued to dominate, winning in 2010 and 2012. In 2013 Essendon was announced as the winner but on a recount placed 2nd to Glenhuntly. Essendon was runner up again for this prestigious shield in 2014.

In the years immediately preceding the inclusion of women's results for the measurement of the H H Hunter Shield winner, Essendon was also the top women's club. At in the interclub competition, Essendon was the women's A grade winner in 2008, 2009 & 2010 matching the treble won by Essendon's men in the H. H. Hunter Shield. Brad Carter (photo) was team manager for all three years and coach of most of the competitors.

Junior records were tumbling during these years. Records for the very young age of under-13 were being established. Within a few months of recording mediocre times the under-13 records were of a high quality. As 12 year olds, Ilana Grandine ran 12.65 for 100m and 26.88 for 200m. Erin Rayner and Linden Hall were running under 5 minutes for 1,500m. At age 13 Linden had ran 4.39.32.

In 2005, at age 14, Johnny Rayner had run an 800m in 2.00.78. Daniel Martin ran remarkable times as a 16-year older in 2007. His 13.75 100m hurdles and 21.12 200m smashed earlier under 17 records.

Linden Hall continued improving her times every year setting new club records for 800m and 1,500m in all junior age groups. Although Linden has developed into one of Australia's best ever 1,500 runners, the development of youngsters at Essendon has extinguished all of those junior records. Letetia Presser, Madddison Caulfield, Lauren Ryan and Amelia Mazza-Downie replaced all of Linden's club junior records. Linden's U13 1,500 record was firstly 5.14.13 in 2003 which she improved to 5.06.05. Erin Rayner improved the under-13 record to 4.43.31.

And further successes from 2014

Essendon moved into 2014 as possibly the largest and most successful club in Victorian athletics history. The question was how to improve from this position. Or even whether this level of results could be maintained?

The success was due to the large number of successful coaches, their teams of athletes and an administrative structure which maximize the use of a track, gymnasium and athletic equipment. The future was largely dependent on holding the coaching team at Essendon. For a few decades athletics had been developing from a club-controlled sport to a coach-controlled sport. Accepting this change, the club decided that coaches should elect a head coach who would arrange regular meetings to ensure that an excellent club-coach relationship continued.

The future of the club was developing well. Essendon juniors won seven national titles in 2013 and three gold medals in 2012 and again in 2014. During this era, Essendon athletes were winning dozens of Victorian junior medals every year. There were 45 individual medals won by Essendon athletes at the Victorian Junior Championships in 2014, including 15 gold.

Jesse Osborne was selected to compete in the 10K walk at World Juniors in Eugene, USA in July 2014 having already competed in the World Walking Cup with Chris Erickson in China earlier in 2014.

Liam & Ellen

Just prior to the 2014 Commonwealth Games, Chris Erickson finished 11th in the 50km at the World Walking Cup in China, breaking his own club record with a time of 3.49.33. Jesse Osborne finished 10th in the 10 km walk at this World Cup meeting.

Liam Adams was selected for the marathon and Ellen Pettitt for the triple jump in the 2014 Glasgow Commonwealth Games. Liam had represented Australia on many occasions in cross-country events but this was his first Commonwealth Games. Liam's time of 2.13.49 broke his own club record, giving him 7th place.

This was the third Commonwealth Games for Ellen having competed twice in the high jump while resident in Western Australia. Ellen did her best ever jump of 13.54 which gave her sixth place. Essendon competitors who were near misses for Commonwealth Games selection included Ellen's training partners, Alwyn Jones (photo) who had been Australia's top male triple jumper for a decade and Nneka Okpala (photo) who broke the New Zealand national record in 2014 when beating all Australians in the national championship. Nneka jumped 13.55 in 2014 and later improved her distance to 13.91. Alwyn won bronze at the 2006 Commonwealth Games when competing for a South Australian club.

In October 2014 Elaine McLeod was awarded the prestigious Spirit of Moonee Valley award for contribution to sport following wins in the past decade by Bill Burke and Arthur Whitchell. Club president, John Higham had just received his even more prestigious OAM.

Athletics Essendon commenced the 2014-15 season with some of the country's best coaches and open aged athletes. Essendon continued as the top performing club in open championships while the juniors were winning extraordinary numbers of state and national medals. Appendices at the end of this history record all the medalists in these years. The photo above is taken at the 2015 presentation night and shows a small section of medal winners.

The club's greatest successes were in championship events but also team victories were being achieved. In the 2015 cross country/road season Essendon were premiers in the girl's under-16, under-18 and under-20. Amelia Mazza-Downie won the state award for top junior cross country performances. Essendon won four team victories in the 2015-16 track season – men's under-18, women's open, under-20 and under-16.

The CEO of Athletics Victoria attended the club presentation night, awarding the H. H. Hunter shield for top performing club at Victorian Championship with a comment indicating that Essendon was unbeatable – a challenging position to maintain.

2016 commenced with a buzz of excitement with many Essendon prospects for the Olympic Games in Rio de J and the World Junior Championships for under-20 year olds being held in Poland. Lauren Ryan aged 18 and Amelia Mazza-Downie aged only 16 were selected for the 3,000m. Another 16 year old, Cameron Searle was running excellent times for 100m and 200m. He was selected for the Australian Men's 4x100m relay team.

Photo: Lauren Ryan leading Amelia Mazza-Downie

Essendon finished with three athletes being selected for the Rio Olympics and many other contenders. Prior to final selection, Mitch Brown was a prospect for the 5000m and triple jump coach, Vasily Grishchenkov had four athletes with a possibility of qualifying. Alwyn Jones, Nneka Okpala, Ellen Pettitt and Meggan O'Riley were the top triple jumpers competing in Australia, with Nneka actually a New Zealander. Neither country selected any competitors for Rio in this event.

The first Essendon athlete to be selected was Chris Erickson, as the winner of the 50KM walk in the Australian Championship which was used as the selection trial. Liam Adams had established himself as a member of the marathon team since competing in the Commonwealth Games and was selected again. Linden Hall was selected for the 1,500m.

At the conclusion of the Australian track season, Linden had not reached a fast enough time for selection. She travelled to USA and ran two very fast races. In late May, just inside the final opportunity for selection Linden improved her best time by more than three seconds with a run of 4.01.78. Remarkably, that gives Athletics Essendon the three top positions on the all-time Australian rankings.

Essendon was represented in the 1500m by Margaret Crowley at the 1996 & 2000 Olympics and Sarah Jamieson at the 2004 & 2008 Olympics. Margaret set an Australian record of 4.01.34 in 1995, broken by Sarah with the current record of 4.00.93 in 2006.

Even though the Australian team performed below expectations at the Rio Olympics, all Essendon athletes did well. Linden Hall was a semi-finalist in the 1,500m. She was fastest of the three Australians and was just one place outside qualifying for the final. Liam Adams was first home of the three Australians in the marathon. Liam didn't get a PB but considering the heat and humidity it was possibly his best, finishing 31st out of 155. Chris Erickson was highest placed of the three Essendon athletes with 10th in the 50 km walk with a PB and club record of 3.48.40.

At the Victorian Championships, Linden Hall and Mitchel Brown secured a "double double" for the club by claiming back-to-back titles at the Victorian 5000m Championships. Athletics Essendon claimed its third straight H. H. Hunter Shield title to round out the final weekend of the Victorian Track and Field Championships at Albert Park, its 8th win in 11 years. Essendon won this champion club award with a total of 163 points, well ahead of Melbourne University on 124 points.

The club's history from 2017 is being kept as a separate record.

Ian Williams PO Box 950 Moonee Ponds 3039, Tel. 0419 555 987
ian.williams@bigpond.com (written from 1981 to 2017)

APPENDIX 1

Olympians

1906	Gregory Wheatley	800 & 1,500
1964	Gary Holdsworth	100, 200 & 4x100
1968	Peter Norman	200 metres (silver medal)
1968	Greg Lewis	200 metres
1972	Lawrie D'Arcy	100 metres (representing New Zealand)
1976	Don Hanly	400m hurdles
1980	John Higham	800 m (withdrew due to political protest)
1980	Petra Rivers	Javelin
1984	Petra Rivers	Javelin
1984	Bruce Frayne	400m & 4x400
1984	Andrew Jachno	50 km walk
1988	Andrew Jachno	20 km walk & 50 km walk
1992	Andrew Jachno	20 km walk
1996	Mark Ladbrook	400m & 4x400
1996	Margaret Crowley	1,500 metres
1996	Dion Russell	20 km walk
2000	Margaret Crowley	1,500 metres
2000	Dion Russell	20 km walk & 50 km walk
2000	Anne Cross	5,000 metres
2000	Casey Vincent	400 metres
2004	Casey Vincent	400 metres
2004	Sarah Jamieson	1,500 metres
2004	Adam Basil	4x100m relay
2004	Sarah Jamieson	1,500 metres
2008	Chris Erickson	20 km walk
2012	Chris Erickson	50 km walk
2016	Chris Erickson	50 km walk
2016	Liam Adams	Marathon
2016	Linden Hall	1,500 metres

APPENDIX 2

Outstanding Performances 2014-15

VIC RELAYS
7 Gold, 3 Silver & 1 Bronze
Gold:
Women U16 medley (Catherine Medes, Alex Madison, Caroline Higham, Amelia Mazza-Downie)
Women U14 4×400 (Montana Djatschenko, Molly Gallagher, Isabel Young, Leteitia Presser)
Men U18 4×400 (James Martin, Adam Franco, Liam Patrick, Kwame Porter)
Men U16 4×400 (James Hogg, Patrick Martin, Brody Searle, Jara Konteh)
Women U16 4×400 (Stephanie Yeung, Allison Rogers, Maddison Caulfield, Caroline Higham)
Men A team U16 4×100 (Cameron Searle, Jara Konteh, Patrick Martin, James Hogg)
Women U18 4×800 (Emilie Guy, Leteitia Presser, Olivia Gallagher, Maddison Caulfield)
Silver:
Women U18 medley (Rachel D'Andrea, Yvette Koso, Jesse Bonnici, Jennifer Mendes)
Women U18 4×400 (Emily Lapolla, Emilie Guy, Yvette Koso, Jesse Bonnici)
Men B team 4×100 (Dunsin Akino Ojelabi, Brody Searle, Jackson Connor, Jack McKernan)
Bronze:
Women U16 4×100 (Catherine Mendes, Madison Alexander, Isabelle McEwan-Marion, Caroline Higham)

AV SHIELD

Winners	U18 Women
	U16 Women
	U16 Men
Runners up	U20 Women

VIC JUNIORS
21 Gold, 13 Silver & 11 Bronze

1st	Amelia Mazza-Downie	U18	3000m	9.57.07
1st	Caitlin Hawks	U20	400mH	63.46
1st	Caitlin Hawks	U20	400m	56.94
1st	Cameron Searle	U17	100m	11.09
1st	Cameron Searle	U17	200m	22.00
1st	Caroline Higham	U17	400m	56.42
1st	Catherine Mendes	U16	Long jump	5.38
1st	Declan Gilbert	U20	High jump	1.88
1st	Dylan Johnson	U20	Triple	14.47

1st	Emilie Guy	U20	1500m	4.35.72
1st	Jara Konteh	U17	400m	49.87
1st	Jennifer Mendes	U16	2000mSt	6.59.95
1st	Jennifer Mendes	U17	3000m	10.20.48
1st	Lachlan Menara	U16	Triple	12.59
1st	Lauren Ryan	U18	1500m	4.37.21
1st	Leteitia Presser	U15	800m	2.14.79
1st	Louise Mendes	U17	Hammer	48.42
1st	Maddison Caulfield	U17	800m	2.13.26
1st	Pemi Akin Ojelabi	U18	Triple	13.56
1st	Yvette Koso	U20	100mH	15.10
1st	Zara Keca	U18	Triple	11.83
2nd	Allison Rogers	U16	1500m	4.39.16
2nd	Allison Rogers	U16	2000mSt	7.06.94
2nd	Catherine Mendes	U16	Triple	11.35
2nd	Dunsin Akin Ojelabi	U16	100m	11.62
2nd	Harvey Connor	U20	Triple	14.27
2nd	Jara Konteh	U17	200m	22.42
2nd	Katie Webb	U17	2000mSt	7.06.13
2nd	Kwame Porter	U20	400mH	55.36
2nd	Lauren Ryan	U18	3000m	10.08.02
2nd	Louise Mendes	U17	Shot put	12.59
2nd	Louise Mendes	U17	Discus	40.26
2nd	Tamara Mancuso	U20	Pole vault	2.90
2nd	Zara Keca	U18	100mH	14.83
3rd	Annalise Rogers	U16	Triple	11.26
3rd	Ayo Ore	U20	Triple	13.95
3rd	Caitlin Hawks	U20	200m	25.79
3rd	Chloe Robertson	U20	Hammer	38.50
3rd	Gabriella Hill	U16	Javelin	32.64
3rd	Hayley Phillips	U16	High jump	1.60
3rd	Jessie Andrew	U16	200m	25.62
3rd	Madison Alexander	U17	High jump	1.60
3rd	Muse Tesema	U18	800m	2.04.14
3rd	Stefan Mancuso	U20	Pole vault	3.60
3rd	Teos Papafotiou	U16	200mH	29.05

VIC OPEN
4 Gold, 5 Silver & 7 Bronze

1st	Caitlin Hawks	400mH	60.79
1st	Chris Erickson	5000m Walk	19.23.72
1st	Alwyn Jones	Triple Jump	16.22
1st	Nneka Okpala	Triple Jump	13.62
2nd	Liam Adams	5000m	14.15.57
2nd	Ellen Pettitt	Triple Jump	13.31
2nd	Max Mishchenko	Pole Vault	4.80
2nd	Yvette Koso	100mH	15.02

2nd	Maddison Caulfield	Mile	4.27.33
3rd	Mitch Brown	5000m	14.16.28
3rd	Liam Adams	10000m	29.01.28
3rd	Mitch Brown	Mile	4.11.0
3rd	Denis Finnegan	Triple Jump	15.24
3rd	Erin Rayner	1500m	4.28.77
3rd	David Ancrum	110mH	16.85
3rd	Stella McNamara	100mH	15.46

AUST JUNIORS

7 Gold, 4 Silver &1 Bronze

1st Katie Webb	U17 2000m steeple	7.06.61
1st Cameron Searle	U17 200m	22.17
1st Caitlin Hawks	U20 400mh	59.86
1st Catherine Mendes	U16 long jump	5.56
1st Madison Alexander	U17 high jump	1.73
1st Maddison Caulfield	U18 800m	2.10.47
1st Letetia Presser	U15 800m	2.16.06
2nd Molly Gallagher	U15 2000m steeple	7.13.67
2nd Jennifer Mendes	U16 2000m steeple	7.10.77
2nd Caroline Higham	U17 400m	56.15
2nd Cameron Searle	U17 100m	10.80
3rd Amelia Mazza-Downie	U18 3000m	9.50.03

AUST JUNIOR RELAY members

3 Gold & 1 Silver

1st Jara Konteh	U20 4x400m relay
1st Caroline Higham	U17 4x400m relay
1st Cameron Searle Gold	U18 4×100 relay
2nd Jara Konteh	U20 4x100m relay

AUST CHAMPIONSHIPS

3 winners, one 2nd who got gold & one silver

1st	Chris Erickson	50km walk	3.56.38	
1st	Alwyn Jones	Triple jump	15.98	4th in row, 7 in total
1st	Nneka Okpala	Triple jump	13.48	Invitation as NZ
2nd	Ellen Pettitt	Triple jump	13.46	Australian gold
2nd	Chris Erickson	20km walk	1:25:42	

INTERNATIONAL REPRESENTATIVES

Liam Adams	Commonwealth Games, July 2014	Marathon
Ellen Pettitt	Commonwealth Games, July 2014	Triple jump
Liam Adams	World Cross Country, March 2015	
Chris Erickson	Several international road walking events	
Mitchel Brown	World Cross Country, March 2015	
Amelia Mazza-Downie	World Junior Games (U18), July 2015	3000m
Nneka Okpala	World University Games July 2015	Triple jump
Caroline Higham	Oceana Games 2015	400m

APPENDIX 3

Outstanding Performances 2015-16

AV Shield Premiers
Open Women
U 20 Women
U16 Women
U18 Men

International selection at 3rd April
World juniors (U20) Amelia Mazza-Downie, Lauren Ryan & Cameron Searle
Rio Olympic Games Chris Erickson, Liam Adams & Linden Hall

Australian Championships
5 winners including Nneka & Meggan, 2 silver, 1 bronze [last year 4 winners & 1 silver]

1st Liam Adams	Cross country (12km)	35.29
1st Chris Erickson	50km walk,	3.54.10
1st Alwyn Jones	Triple Jump 1	6.38 (8th time champion)
1st Nneka Okpala	Triple Jump	13.91 (club & NZ record)
1st Meggan O'Riley	Triple Jump	13.42 (Australian gold)
2nd Linden Hall	1500m	4.14.41
2nd Maxim Mishchenko	Pole Vault	5.23 (Club record)
3rd Ellen Pettitt	Triple Jump	13.23

Australian Junior Championships
5 Gold, 5 Silver & 4 Bronze [last year 7 Gold, 4 Silver & 1 Bronze]

1st Louise Mendes	U18 Hammer	58.80 (club record)
1st Maddison Caulfield	U18 800m	2.11.59
1st Maddison Caulfield	U18 1500m	4.31.64
1st Catherine Mendes	U17 Long Jump	5.83
1st Amelia Mazza-Downie	U18 Cross country (4km)	15.29
2nd Jessie Andrew	U17 200m	24.15
2nd Lauren Ryan	U2 1500m	4.27.66
2nd Lachlan Jorgensen	U15 400m	52.70
2nd Cameron Searle	U20 200	21.53
2nd Hayley Phillips	U17 High Jump	1.70m
3rd Harrison Williams	U18 Long Jump	6.93m
3rd Lachlan Jorgensen	U15 200m hurdles	28.67
3rd Amelia Mazza-Downie	U20 5000m	16:40
3rd Allison Rogers	U17 2000m steeple	6:52.31(club record)

Victorian Open Championships
4 gold, 8 silver, 4 bronze (16) [Last year 4, 5 & 7 = 16]

1st Mitchel Brown	5000m	14.05.63
1st Linden Hall	5000m	16.02.51
1st Alwyn Jones	Triple Jump	16.53
1st Nneka Okpala	Triple Jump	13.48
2nd Amelia Mazza-Downie	5000m	16.27.80 (club record)
2nd Anna Kasapis	One Mile	4.54.2
2nd Makda Harun Haji	1500m	4.18.76
2nd Ellen Pettitt	Triple Jump	13.20
2nd Max Mishchenko	Pole Vault	4.90
2nd Denis Finnegan	Triple Jump	15.09
2nd Stella McNamara	400m hurdles	63.36
2nd Toby O'Brien	3000m Steeple	9.21.19
3rd David Ancrum	110m hurdles	16.30
3rd Meggan O'Riley	Triple Jump	13.18
3rd Louise Mendes	Hammer	48.21 (club record)
3rd Declan Gilbert	High Jump	1.95

Victorian Relay Championships
4 gold teams, 5 silver, 4 bronze (last year 7, 3, 1)
1st Women 4 x 400m U18 Mikeala Selaidinakos, Sophia Gretton-Watson, Zara Keca, Caroline Higham
1st Women 4 x 100 U18 Mikeala Selaidinakos, Caroline Higham, Zara Keca, Nina Lawson
1st Men 4 x 100 U18 Cam Searle, James Martin, Jarah Konteh, Brody Searle
1st Women 4 x 800 U18 Maddison Caulfield, Amelia Mazza – Downie, Lauren Ryan, Letietia Presser
2nd Women 4 x 400m U14 Shanelle Hodgkinson, Bianca Puglisi, Isabel Young, Ma-ReeLou Boyle
2nd Women Medley U16 Jessie Andrew, Catherine Mendes, Stephanie Yeung, Jennifer Mendes
2nd Women 4 x 400m U16 Montana Djatschenko, Molly Gallagher, Allison Rogers, Stephanie Yeung
2nd Men 4 x 400 U18 James Martin, Jarah Konteh**, A**dem Dogan, John Kolliou (Heat, Esteban Gomez & Jaimie Montalto)
2nd Women 4 x 100 U16 Jessie Andrew, Montana Djatschenko, Catherine Mendes, Jennifer Mendes
3rd Women Medley open Lauren Russo, Yvette Koso, Erin Rayner, Emilie Guy
3rd Men 4 x 400m 50+ Michael Alexander, Steven Townsend, Colm Rothery, Colin Ritchie
3rd Women 4 x 100 open Yvette Koso. Lauren Russo. Stella McNamara. Tamara Hamond
3rd Women 4 x 100 U14 Ma-ReeLou Boyle, Isabelle Stones, Shanelle Hodgkinson, Amy Filipovic

Australian All-Schools
1 gold, 2 silver, 3 bronze

1st Cameron Searle	U18 200m	21.55
2nd Catherine Mendes	U16 long jump	5.59
2nd Lachlan Jorgensen	U14 400m	52.82 (club record)
3rd Maddison Caulfield	U18 800m	2.12.06
3rd Lachlan Jorgensen	U14 javelin	45.03
3rd Lachlan Menara	U16 triple jump	13.23

Victorian All-Schools
15 gold, 15 silver, 7 bronze [last year 15, 13, 5]

1st Lachlan Menara	Long jump U16	6.40
1st Timothy Benton	Triple jump U16	13.24
1st Zara Keca	Triple Jump U18	11.44
1st Harrison Williams	Long jump U17	6.61
1st Jennifer Mendes	2000m StCh U16	7.22.49
1st Harvey Connor	Triple jump U20	14.09
1st Catherine Mendes	Long jump U16	5.54
1st Jennifer Mendes	3000m U16	10.45.4
1st Jessie Andrew	200m U16	25.46
1st Cameron Searle	200m U17	21.76
1st Maddison Caulfield	800m U18	2.13.81
1st Louise Mendes	Hammer U17	53.15 (club record)
1st Lachlan Jorgensen	200m hurdles U14	29.27
1st Lachlan Jorgensen	400m U14	53.72
1st Lachlan Jorgensen	Javelin U14	41.65
2nd Lachlan Menara	Triple jump U15	13.07
2nd Montana Djatschenko	200m U15	26.47
2nd Louise Mendes	Shot Put U18	12.72
2nd Catherine Mendes	Triple jump U16	11.34
2nd Jessie Andrew	100m U16	12.53
2nd Nicholas Benca	2000m StCh U18	6.23.04
2nd Katie Webb	2000m StCh U17	7.34.84
2nd Louise Mendes	Discus U18	37.63
2nd Alison Rogers	1500m U16	4.41.97
2nd Caroline Higham	400m U17	57.59
2nd Lachlan Jorgensen	200m U14	24.41
2nd Lachlan Jorgensen	High jump U14	1.65
2nd Lachlan Jorgensen	100m U14	12.08
2nd Lachlan Jorgensen	90m hurdles U14	13.93 (club record)
3rd Stephanie Richards	100m U17	12.62
3rd James Martin	100m U18	11.33
3rd Teos Papafotiou	200m hurdles U16	27.64
3rd Leteitia Presser	800m U15	2.15.36
3rd Harrison Williams	High jump U17	1.94
3rd Caroline Higham	200m U17	25.84

Victorian Junior Championships

(49) 16 gold, 17 silver, 16 bronze [Last year [45] 21 gold, 13 silver 11 bronze]

1st Maddison Caulfield	800m U18	2.12.80
1st Amelia Mazza-Downie	1500m U18	4.31.49
1st Zara Keca	Long jump U20	5.48
1st Lachlan Menara	Long jump U17	6.48
1st Lachlan Menara	Triple jump U17	13.52
1st Ayo Ore	Triple jump U20	14.57
1st Cameron Searle	100m U18	10.70
1st Dunsin Akin Ojelabi	100m U17	11.26
1st Allison Rogers	2000m Steeple U17	7.07.00
1st Emma Files	3000m U17	10.31.96
1st Zara Keca	Triple jump U20	11.95
1st Catherine Mendes	Triple jump U17	11.36
1st Louise Mendes	Hammer throw U18	57.05 (Vic & club record)
1st Jessie Andrew	200m U17	25.09
1st Cameron Searle	200m U18	21.46
1st Madison Alexander	High jump U18	1.75
2nd Harvey Connor	Triple Jump U20	14.01
2nd Maddison Caulfield	1500m U18	4.33.24
2nd Lauren Ryan	1500m U20	4.29.64
2ndTeos Papafotiou	400m hurdles U17	58.43
2nd Jude Cam	200m hurdles U15	30.69
2nd Jessie Andrew	100m U17	12.30
2nd Emily Mizis	2000m Steeple U17	7.13.42
2nd Jennifer Mendes	3000m U17	10.36.99
2nd Louise Mendes	Shot put U18	13.01
2nd Yvette Koso	400m hurdles U20	65.96
2nd Lauren Caruso	400m hurdles U18	66.80
2nd Dharmanjot Gill	Discus U18	39.76
2nd Hannah Brodie	Triple jump U14	8.31
2nd Harrison Williams	High jump U18	1.84
2nd Harrison Williams	Long jump U18	6.83
2nd Zara Keca	100m hurdles U20	14.85
2nd Hayley Phillips	High jump U17	1.63
3rd Kevin Healy	Hammer U14	26.13 (club record)
3rd Catherine Mendes	100m U17	12.54
3rd Emilie Guy	1500m U20	4.33.75
3rd Jennifer Mendes	2000m Steeple U17	7.19.22
3rd Ruby Pizzo	200m hurdles U15	31.42 (club record)
3rd Louise Mendes	Discus U18	39.76
3rd Ruby Pizzo	Triple jump U15	10.86
3rd Spartan Nandal	Triple jump U15	10.40
3rd Montana Djatschenko	200m U16	26.55
3rd Daniel Mammoliti	200m U16	24.06
3rd Ruby Pizzo	90m hurdles U15	13.90 (club record)

3rd Yvette Koso	100m hurdles U20	15.00
3rd Cam Jude	100m hurdles U15	19.01
3rd Teos Papafotiou	110m hurdles	15.70
3rd Chloe Castles	Discus U20	29.75
3rd Declan Gilbert	High jump U20	1.92

APPENDIX 4

The Neville Sillitoe years

(The five EMH Olympians prior to 1978 merger)

Gary Holdsworth

After years as a junior sprint champion commencing from age ten, Gary Holdsworth won his first national titles at 100 yards and 220 yards in 1961. That year, Gary represented Australia at the World Games in Helsinki. In 1962 at Perth, Gary shared the honour of being the first EMH to represent Australia at a Commonwealth Games with John Blackmore (long jump) and Peter Norman. Gary was the first EMH athlete to compete at the Olympic Games. He ran the 100 metres, 200 metres and 4x100 relay in Tokyo 1964. Gary was Australian champion at 100 yards/metres 6 times to 1967. He also represented Australia at the Commonwealth Games in Kingston 1966, and was in the Commonwealth team v USA and USSR in 1966 and 1967. Gary's best times were 10.1 for 100 metres and 20.7 for the 200.

Peter Norman

Peter is the most successful at Olympic Games earning the 200 metres silver medal at Mexico City in 1968 splitting the two highly favoured American sprinters. His time was a sensational 20.06 - a Victorian record that has stood for 37 years! This was the peak year for the political movement to improve the rights of black people, so Peter was caught in a famous and very controversial 'black power' salute in the medal ceremony (photo). Peter also represented Australia in the 220 yards/200 metres at three Commonwealth Games, Perth 1962, Jamaica 1966 and Edinburgh 1970. He competed in the Commonwealth v USA v USSR meets in 1966 and 1969 and the 1969 Pacific Conference Games in Tokyo. Peter was Australian 200 metres champion for five consecutive years from 1966 to 1970. He won the Victorian Championship 100/200 double in 1964, 1965 and 1969.

Greg Lewis

Greg ran the 200 metres for Australia at the 1968 Mexico City Olympics. Greg also represented Australia at the Commonwealth Games in Edinburgh 1970 and Christchurch 1974 where he was a member of the Gold medal winning 4 x 100m relay team. Greg was a member of the Pacific Conference Games teams in 1969 and 1973. Greg's run of Australian Championship victories began in 1968, with a total of six national title wins over 100m & 200m and an amazing ten title wins in the 4 x 100m relay between 1966

and 1976. He finished his championship career with the 100/200 double at the nationals in 1976. Greg's best times are 100 metres 10.1, 200 metres 20.5 and 400 metres 47.1.

Lawrie D'Arcy

Lawrie was the other member, with the above three, of Olympic sprinters and national champions from 1962 to 1976 who dominated Australian sprinting. The common link was the coaching of Neville Sillitoe. Surely this coaching success is unsurpassed in Australian history. Well done, Neville! Lawrie, born in New Zealand became their national 100 yard champion in 1969 and represented his country with teams to South Africa in 1966 and Japan in 1969. Lawrie joined EMH and the Sillitoe squad in 1970. In 1972 he was 100 metres champion of New Zealand and Australia, being selected in his birth country's team for the Munich Olympics. Running several 10.2 100 metres he was selected in the 1974 Christchurch Commonwealth Games for Australia. He was a member of the gold medal winning 4 x 100m relay team with teammate Greg Lewis.

Don Hanly

Don was Australian champion in the 400m hurdles in 1976 and competed for Australia in the 1976 Olympic Games in Montreal.

APPENDIX 5

Essendon's Victorian open track champions 1897 to 1978

(Prior to merger with EMH)

Year	Event	Athlete	Performance
1897	220y	William Shea	26.0
1897	440y	A. H. Wills	55.2
1898	880y	A. H. Wills	2.05.4
1899	880y	A. H. Wills	2.06.6
1899	3 mile	F. Durham	15.36.0
1901	PV	D. J. McRae	8'6" (2.59)
1902	PV	D. J. McRae	9'2½" (2.81)
1903	3 mile	Hugh Cannon	16.01.0
1904	440y	N. R. Barrett	(2nd to interstate competitor's 53.0)
1904	880y	Greg Wheatley	2.00.8
1905	440yH	Francis P. Brown	60.4
1906	120yH	Francis P. Brown	16.8
1907	440y	Francis P. Brown	55.4
1907	120yH	Francis P. Brown	16.3
1908	100y	Les Morgan	9.8
1910	880y	Greg Wheatley	2.07.0
1910	Mile	Steven Hollow	4.39.0
1911	Mile	Greg Wheatley	4.50.0
1912	LJ	L. Williamson	20' 8½" (6.31)
1914	440yH	F. H. Wickham	63.6
1914	LJ	L. Williamson	20' 4½" (6.21)
1920	3 mile	Sidney Nicholls	16.11.0
1920	HJ	Thomas Fitzmaurice	5' 9½" (1.77)
1928	JAV	George Easton	145'2½" (44.26)
1929	TJ	George Easton	44'4¾" (13.53)
1933	440y	Thorold Irwin	49.7
1933	880y	Thorold Irwin	1.56.7
1934	880y	Thorold Irwin	1.58.2
1935	440y	Thorold Irwin	50.4
1936	440y	Thorold Irwin	49.4
1937	880y	Thorold Irwin	1.59.9
1947	LJ	Norman Griffiths	21'4" (6.50)
1958	220y	Les Pickett	22.0

APPENDIX 6

Essendon's administrators 1897-1978

Club Presidents	Years
Rev. W. Percival	1897
(unknown)	1898-02
D. S. McDonald	1903-04
H. L. Kettle	1905-06 & 08 &1922-23
Y. L. Cunningham	1907
W. G. Norman	1909
H. R. Frederico	1910-18
Thomas Cook	1919-20 & 1925-30
Harry Shovelton	1921
Cr. William Royle	1923-24
Andrew McEwan	1931-40
Cr. G. Thomas Fitzgerald	1941-44
Cr. Fred Mackrell	1945-46
Matt Kennedy	1947-60
Ian Marx	1961-64
Don Williams	1965-66
Peter Burke	1967-68
Arthur Whitchell	1973-76
Ian Williams	1977-78

Club Secretaries	Years
W. G. Norman	1903-04
Norman J. O'Brien	1905
John W. Stilwell	1906 & 1916
J. Alex. Stilwell	1907-09
A. S. Howcroft	1910-11
Doug Buzolich	1912-13
Alfred J. May	1914
Harry Shovelton	1915
(16 changes including S. E. Nicholls 4 times)	
" "	1919-26
E .Benson	1927-29
John Francis	1930-33
Stan Green	1934-35 & 37
Alfred Bassed	1936
Des Cronin	1937-41
Matt Kennedy	1942-46
Les Ferguson	1947-49
C. Eastham	1950
J. Williams	1950
John Filling	1951-53
Bill Rust	1954
Roger Fitzgerald	1954
Les Pickett	1955
Lionel Bailey	1956-64
Ian Williams	1965-66 & 1969-72
Mike O'Dwyer	1967
Trevor Beecham	1968
Ron Munro	1969
Graham Forsythe	1970-72 & 1975-78
Silvio Radaslovic	1973-74