

IVANHOE HARRIERS ATHLETIC CLUB INC.

ESTABLISHED 1914



Annual Report 2012/2013

IVANHOE HARRIERS ATHLETIC CLUB INC.

No.0016530V

Established 1914

Affiliated with Athletics Victoria

Season 2012/2013

COMMITTEE

Executive

President:	John David
Vice President:	James Lynch
Treasurer:	Brett Heather
Secretary:	Patricia Rogers

General

David Burke	Glen Nicholson
Chris David	Annette Welch
Alana Green	Tim Welch
Matthew Hall	

LIFE MEMBERS

Peter Bethell, Dr. John Boas, George Bolwell (dec), Noel Burrows, Chris Cole, Andrew Edney, Tim Erickson, Jeff Franklin, Mal Gleeson (dec), Lew Hall (dec), Tom Hancock, Mike Hennessey, Brian Hodgson, Gary Holliday, Gary Honey, Chris Lang, Jack McCann (dec), Ron Mill (dec), F.H. "Bill" Pizzey (dec), Phil Ramsay, Peter Rule, Wendy Russell, Ron Stephens (dec), John Wallis, Alf Watson (dec)

ATHLETICS VICTORIA LIFE MEMBERS

Brian Hodgson, Bill Pizzey (dec)

Contents

Minutes of Previous AGM.....	2-3
President's Report.....	4-5
Treasurer's Report.....	6
Cross Country Report	7-8
AV Shield Report	9

Minutes of Previous AGM

IVANHOE HARRIERS ATHLETIC CLUB INC.

Minutes of the Annual General Meeting

Held at Willinda Park

Friday 11th May, 2012

MEETING OPENED: 7.30PM

PRESENT: 17 members plus family and friends, including 2011/2012 Committee Members: Peter Rule (President), James Lynch (Vice President), Patricia Rogers (Secretary), Brett Heather (Treasurer), David Burke, Annette Welch, Glen Nicholson, Tim Welch & Chris Lang.

1. **APOLOGIES:** Alana Green, The Green Family & Rob Craigie.
2. **PRESIDENT'S WELCOME:** Peter Rule welcomed everyone to the meeting and thanked the Committee for their work throughout the year. Special thanks to Ian & Patricia Rogers for organising the BBQ, John David & David Burke for preparing the Annual Report and to Annette Welch for organising the Trophies.
3. **MINUTES OF THE PREVIOUS MEETING:** 2011 Minutes were taken as read. MOTION – That the minutes of the previous AGM be accepted. Moved: Annette Welch, Seconded: Ian Rogers. ACCEPTED.
4. **BUSINESS ARISING FROM PREVIOUS MINUTES:** Nil.
5. **PRESIDENT'S REPORT:** Peter Rule spoke to his report published in the Annual Report, with special emphasis on the following: Recruiting will have to be a priority for the next Committee; Tribute to John David as Team Manager of the Cross Country team; IH financial position remains strong; Thanks to John Wallis for auditing the books.
6. **TREASURER'S REPORT:** Brett Heather spoke to the report published in the Annual Report, with special note that without significant fundraising our financial position is going backwards. Brett requested that the meeting accept amendments to the figures in this report to reflect the result of the Audit. MOTION – That the meeting accept the Treasurer's report with the amendments given. Moved: John Daivd, Seconded: Chris Lang. ACCEPTED.
**AMENDMENTS: Total Receipts = \$3,450.50, Total Payments = \$4,347.99,
Club Funds as at 31st March, 2012 = \$10,993.44**

The Annual Report was tabled and distributed to all members present. An electronic copy will be forwarded to all Life Members for whom we have email addresses.

7. **ELECTION OF OFFICE BEARERS:** The following office bearers were elected unopposed:
President: John David
Vice-President: James Lynch
Secretary: Patricia Rogers
Treasurer: Brett Heather
General Committee: Annette Welch, Glen Nicholson, David Burke, Chris David, Tim Welch.
8. **ADDRESS BY NEW PRESIDENT:** John David spoke of the following: It is a great honour to be the 22nd IH President. He has been involved with the club for over 10 years. He believes that there is a great spirit within the club and would never want to see the club disband. He is

committed to working hard for the club and is committed to making sure IH is around for its 2014 Centenary. The committee has been committed and hard working. He thanked Peter for his work over the last 3 years and recently in regard to addressing AV concerns about the clubs viability. Reiterated Peter's comments re recruitment and the need to Recruit, Recruit, Recruit! Would like to establish a feeder club in Rosanna LAC who currently have 160 members; 3 boys are planning to join IH in the upcoming T&F season. Flyers will go to RMIT and LaTrobe Uni. John would like to organise a letter drop and John's company will print 1,000 for us to deliver around the time of the 2012 Olympics.

9. **GENERAL BUSINESS:** John Boas moved that this meeting record our appreciation of Peter's willingness to step into leading the club after the failed merger attempt. James Lynch seconded this motion, thanking Peter for his passion to keep the club alive. This motion and comments were met with unanimous applause and acceptance from the meeting.
10. **MEETING CLOSED:** 8.15PM

PRESENTATION OF TROPHIES

1. **Statewide** Trophy for most CC points: James Lynch
2. **FJ Holpen** Trophy for Most Consistent A Grade (or Open) Athlete in Shield Competition: David Burke
3. **WA Rawlinson** Trophy for Best T&F Athlete in the Club: Madi Heather
4. **St James** Trophy for Most Improved T&F athlete: Ben Green
5. **Buffalo Sports** Trophy for Most Improved Junior Athlete: Simon Rogers
6. **Banyule** Trophy for Best Female Athlete: Alana Green
7. **Boas/Hancock** Trophy for Outstanding Field Event Athlete: Glen Nicholson
8. **Lew Hall** Trophy for Athlete up to U/23 who shows commitment to Club and willingness to help others: Tim Welch
9. **Team Awards** for performances in Shield Competition (requires athlete to have competed in no less than half Shield rounds): James Lynch, Phil Ramsay, John David.

President's Report

Since being elected as club president last year I can honestly say that the last 12 months have been interesting. There have been many challenges, but overall I have really enjoyed the experience and working with our dedicated committee to make sure that our great club moves forward.

At last year's AGM we all agreed that the most important issue that needed to be addressed was recruitment. The committee and I really focussed on this issue throughout the year. So what did we do, and how successful were we?

The various initiatives we tried were:

Growing our relationship with RLAC : which involved various discussions with Rosanna Little Athletics Club to revive the feeder club concept that existed in the past. After some hard work by James Lynch (who is on the committee of RLAC) and discussions with their club president, we were able to obtain approval to advertise both RLAC & IH together on a flyer. This was released through a letter drop in the areas-Ivanhoe/Heidelberg/Rosanna & Viewbank. 1000 flyers were sent in August 2013. It appears that RLAC received a few approaches from these flyers but it didn't work for us.

However this initiative did increase the awareness of our club within RLAC,
Potential members through fundraising : we continued to run fundraising BBQ's at Woolworth's Ivanhoe throughout winter and tried to convince some of our visitors to consider joining our club. There seemed to be some interest from discussions we had, but unfortunately we had no new members arising from fundraising,

Club advertising poster : some great work from Wayne Ramsay who produced a very impressive poster to advertise our club. This was specifically to target younger athletes. This poster was put up at Willinda Park and some other venues, however I think we could have made more use of this great advertising if this poster was shown at Gyms & Schools, etc.

Club Open Day : an Open Day was held at Willinda Park in September 2012 and specifically targeted RLAC (again to grow our relationship with this club). I would say that this was partly successful as we had an U14 Men's team last season which was made up solely of athletes from RLAC.

Approaching past members : contacting previous members of our club that have not been active in competing for a number of years. I feel that we achieved some success with the proof in the pudding being the rejoining of Matthew Hall & Wayne Ramsay who were very valuable competitors for our club last season.

Even though some of these initiatives did not produce the results we were expecting I still think if some of them were pushed harder we may be able to obtain more members.

This leads me to advising the number of athletes that competed for our club during 2012/13. Pleased to state that we had 24 athletes (21 + 3 second claim). The break-up of these numbers were Men's total 19, with the split into age group being 4 for U14, 2 for U16, Nil for U18 & 13 for Open. We had 5 Women athletes, 1 for U14 and 4 in Open.

The minimum number of registered athletes needed to retain our membership through Athletics Victoria is 20. We all need to work hard to make sure that our membership grows far in excess of this threshold so as to not worry about pressures we don't need, and to continue to be a force in Athletics and develop the social side to assist team spirit.

Congratulations to all of our athletes who either competed in T & F or Cross Country or both. We again had some fairly impressive performances over the season.

Firstly to our cross country team who finished 7th out of 12 team for Division 5 which in itself was a great result considering we had to compete against other teams that had many athletes to share the load and we had to cover a wide range of races from 6km to 21.1km.

Also congratulations to our Men's Division 3 Track & Field team that won the East Region Shield. Great that we were able to compete in most events, and being strong in the jumps and throws really helped us to win this award.

Our athletes also did well outside AV Shield in various State & Junior Championships and Masters events. Special mention to Ian Rogers who won the Victorian Masters LJ once again - so 8 years in a

row in his age category. This is quite a feat considering the younger athletes that have entered the same age category also trying to win this title.

Special mention regarding the performances of Kyla & Ben Green who competed in the National Championships with Ben coming 2nd in the U16 PV and Kyla 4th in the U14 PV. Simon Rogers also did well coming 4th in both the Vic All Schools U15 & Vic Junior Championships U16.

I would like to thank our dedicated committee who worked hard to make sure that our club continued to move in the right direction.

Our Vice President-James Lynch was always prepared to help with any issue and was very proactive in recruiting new members. His role of advertising Ivanhoe Harriers within RLAC was very important and will continue to be in the future.

Our Secretary- Patricia Rogers worked hard to make sure we were organised and did a great job handling our communications both internally and with outside parties. Unfortunately Trisha will stand down as Secretary and I will miss discussing ideas with her to get feedback which has helped me tremendously.

Our Treasurer- Brett also provided great support for the club both in the organization of our finances and representing us on the Willinda Committee of Management. Really appreciate his assistance in helping me adapt to the culture that exists within the Willinda Committee which was not an easy task. Brett did a fantastic job assisting our club with our fundraising efforts which was much appreciated.

Our general committee also did a great job assisting our club.

Our registrar Chris David was only able to assist in this role for a few months as he moved to WA. He was always organised and made sure that our membership documents were processed on time.

David Burke again, was very effective as our delegate for the East Region and in running & updating our valuable website. Glen Nicholson really excelled by organising and constructing a secured container for the pole vault equipment, and working on other initiatives. Glen and Tim Welch were both proactive in voicing their opinions and offering good advice on how we should develop as a club. Thanks also to Annette Welch who was always on hand to assist in writing minutes and to help with trophies and other tasks that needed to be done. Lastly I would like to thank our newest committee member Matthew Hall. Matt was always constructive with suggesting new ways of doing things and I am sure we will see the results of some of these ideas soon. Also his company provided valuable sponsorship for our club which was much appreciated as we really needed extra funds this year in order to meet our rental payments for Willinda Park.

I would like to finish this report by thanking our coaches- Peter Rule & John Boas for the outstanding quality of training and support that they provide for our athletes - something our club should very proud of. Also thanks to Patricia Rogers who provided coaching for our Throws and was able to assist Matt Hall to prepare for the season after a big break.

Also a big thank you to Jill Wallis and the Rogers and the Ramsay families for the officiating work completed over Summer. Our club was very proactive in fulfilling our club duties and I'm sure the East Region respects this dedication.

We will need to find ways to share this load next season as this work is quite demanding and should not just be left to a few club members to action.

I wish the club much success for the coming season especially as next year we will reach our 100 year anniversary. I am sure we will all try our best and show the power and determination that is a well known trait of Ivanhoe Harriers.

Go Hoe.

John David – President of Ivanhoe Harriers Athletic Club.

Treasurer's Report

**IVANHOE HARRIERS ATHLETIC CLUB INC
STATEMENT OF RECEIPTS & PAYMENTS
FOR THE YEAR ENDED 31ST MARCH, 2013**

	2013	2012
Opening Balance		
- General Brought Forward	\$ 1,221.76	\$ 2,580.75
- ING Account Brought Forward	\$ 9,771.68	\$ 9,310.18
	\$ 10,993.44	\$ 11,890.93
Plus Receipts		
Competition		
Club Fees	\$ 921.00	\$ 804.00
Uniforms	\$ 305.00	--
Fundraising/Social		
Bar-B-Q	\$ 755.10	--
Sale T/Shirts	--	\$ 35.00
Donation	--	\$ 550.00
Sponsorship	\$ 490.00	--
Other		
ING Account Interest	\$ 326.61	\$ 461.50
Grant for Uniforms	\$ 880.00	--
Equipment Sale	--	\$ 1,600.00
OD Refund	\$ 27.50	--
ING Transfer	\$ 2,000.00	--
Total Receipts	\$ 5,705.21	\$ 3,450.50

Less Payments

Competition		
Cross Country Entry	\$ 190.00	--
A.V. Affiliation	\$ 480.00	\$ 400.00
AV Fees (Rigoni/King)	\$ 240.00	--
Coaching & Officials Fees	--	\$ 160.00
General		
Annual Return	\$ 42.80	\$ 41.80
Trophies	\$ 234.00	\$ 249.00
Bank Charges	\$ 29.60	--
Uniform	\$ 877.80	--
Pole Security Box	\$ 390.00	--
ING Transfer	\$ 2,000.00	--
Fund Raising/Social		
AGM Expenses	\$ 103.97	\$ 109.19
Miscellaneous		
Willinda Park Rent	\$ 2,640.00	\$ 2,788.00
Refund LLAC - Mats	--	\$ 600.00
Total Payments	\$ 7,228.17	\$ 4,347.99

Club Funds as at 31st March, 2013

General Account	\$ 1,372.19	\$ 1,221.76
ING Account	\$ 8,098.29	\$ 9,771.68
	\$ 9,470.48	\$ 10,993.44

Hon. Treasurer
31/03/2013

Audited and found Correct
Salhi 9/5/2013
John WARRIS FCPA

Cross Country Report

Even though we finished 7th out of 12 teams we had one of our most successful Cross Country seasons. This was because we competed in every event but unfortunately didn't have a full team for the 16km and 21.1km which cost us valuable points. It was also a good season as we had more members willing to try the longer events and the valuable addition of a new member - Brett Williams who really enjoyed the challenge of the varied events.

One of our best runners – Andrew Jewell decided to have a rest in 2012 but by round 4 could see that we needed more support so thankfully rejoined to run another year with us.

Unfortunately Katrina Philip was injured throughout the season and we really missed her performance in the 12 km at Bundoora and for the relay's.

James Lynch again continued to improve and loved doing the 21.1km which was his first attempt at running this distance. Both David Burke and John David stepped up to the challenge of helping to fill our teams and again some of David's best work was during the last 400m of a cross country race.

Chris David was also a very valuable member of our team but moved to WA so was unable to run the last couple of races.

The list of individual results were:

<p>Round 1 Results</p> <p>Saturday, 21 April 2012 Wheelers Hill</p> <p>Men Division 5 - 4 x 6km Relay</p> <table border="1"> <thead> <tr> <th><u>Leg</u></th> <th><u>Name</u></th> <th><u>Time</u></th> </tr> </thead> <tbody> <tr> <td>1</td> <td>James Lynch</td> <td>22.01</td> </tr> <tr> <td>2</td> <td>John David</td> <td>31.53</td> </tr> <tr> <td>3</td> <td>Brett Williams</td> <td>29.57</td> </tr> <tr> <td>4</td> <td>Chris David</td> <td>32.44</td> </tr> </tbody> </table>	<u>Leg</u>	<u>Name</u>	<u>Time</u>	1	James Lynch	22.01	2	John David	31.53	3	Brett Williams	29.57	4	Chris David	32.44	<p>Round 2 Results</p> <p>Saturday, 5 May 2012 Balnarring Racecourse</p> <p>Men Division 5 - 8km</p> <table border="1"> <thead> <tr> <th><u>Place</u></th> <th><u>Name</u></th> <th><u>Time</u></th> </tr> </thead> <tbody> <tr> <td>165</td> <td>James Lynch</td> <td>31:42.2</td> </tr> <tr> <td>341</td> <td>Brett Williams</td> <td>40:53.6</td> </tr> <tr> <td>357</td> <td>John David</td> <td>43:59.6</td> </tr> <tr> <td>361</td> <td>David Burke</td> <td>44:20.9</td> </tr> </tbody> </table>	<u>Place</u>	<u>Name</u>	<u>Time</u>	165	James Lynch	31:42.2	341	Brett Williams	40:53.6	357	John David	43:59.6	361	David Burke	44:20.9									
<u>Leg</u>	<u>Name</u>	<u>Time</u>																																						
1	James Lynch	22.01																																						
2	John David	31.53																																						
3	Brett Williams	29.57																																						
4	Chris David	32.44																																						
<u>Place</u>	<u>Name</u>	<u>Time</u>																																						
165	James Lynch	31:42.2																																						
341	Brett Williams	40:53.6																																						
357	John David	43:59.6																																						
361	David Burke	44:20.9																																						
<p>Round 3 Results</p> <p>Saturday, 26 May 2012 Flemington Racecourse</p> <p>Men Division 5 - 10km</p> <table border="1"> <thead> <tr> <th><u>Place</u></th> <th><u>Name</u></th> <th><u>Time</u></th> </tr> </thead> <tbody> <tr> <td>243</td> <td>James Lynch</td> <td>38:57.3</td> </tr> <tr> <td>462</td> <td>Chris David</td> <td>53:53.2</td> </tr> <tr> <td>464</td> <td>John David</td> <td>54:23.2</td> </tr> <tr> <td>469</td> <td>David Burke</td> <td>56:11.5</td> </tr> </tbody> </table>	<u>Place</u>	<u>Name</u>	<u>Time</u>	243	James Lynch	38:57.3	462	Chris David	53:53.2	464	John David	54:23.2	469	David Burke	56:11.5	<p>Round 4 Results</p> <p>Saturday, 9 June 2012 Ballarat</p> <p>Men Division 5 - 15km</p> <table border="1"> <thead> <tr> <th><u>Place</u></th> <th><u>Name</u></th> <th><u>Time</u></th> </tr> </thead> <tbody> <tr> <td>217</td> <td>James Lynch</td> <td>1:01:13</td> </tr> <tr> <td>264</td> <td>Andrew Jewell</td> <td>1:05:05</td> </tr> <tr> <td>333</td> <td>John David</td> <td>1:21:18</td> </tr> <tr> <td>334</td> <td>Brett Williams</td> <td>1:27:15</td> </tr> </tbody> </table>	<u>Place</u>	<u>Name</u>	<u>Time</u>	217	James Lynch	1:01:13	264	Andrew Jewell	1:05:05	333	John David	1:21:18	334	Brett Williams	1:27:15									
<u>Place</u>	<u>Name</u>	<u>Time</u>																																						
243	James Lynch	38:57.3																																						
462	Chris David	53:53.2																																						
464	John David	54:23.2																																						
469	David Burke	56:11.5																																						
<u>Place</u>	<u>Name</u>	<u>Time</u>																																						
217	James Lynch	1:01:13																																						
264	Andrew Jewell	1:05:05																																						
333	John David	1:21:18																																						
334	Brett Williams	1:27:15																																						
<p>Round 5 Results</p> <p>Saturday, 23 June 2012 Keilor East</p> <p>Men Division 5 - 16km</p> <table border="1"> <thead> <tr> <th><u>Place</u></th> <th><u>Name</u></th> <th><u>Time</u></th> </tr> </thead> <tbody> <tr> <td>191</td> <td>James Lynch</td> <td>1:08:55.4</td> </tr> <tr> <td>258</td> <td>Chris David</td> <td>1:14:39.8</td> </tr> <tr> <td>325</td> <td>John David</td> <td>1:35:10.2</td> </tr> <tr> <td>DNF</td> <td>Brett Williams</td> <td></td> </tr> </tbody> </table> <p>No team points.</p>	<u>Place</u>	<u>Name</u>	<u>Time</u>	191	James Lynch	1:08:55.4	258	Chris David	1:14:39.8	325	John David	1:35:10.2	DNF	Brett Williams		<p>Round 6 Results</p> <p>Saturday, 7 July 2012 Harcourt to Bendigo</p> <p>Men Division 5 - Ekiden Relay</p> <table border="1"> <thead> <tr> <th><u>Leg</u></th> <th><u>Name</u></th> <th><u>Distance</u></th> <th><u>Time</u></th> </tr> </thead> <tbody> <tr> <td>1</td> <td>John David</td> <td>5.5km</td> <td>23:05</td> </tr> <tr> <td>2</td> <td>David Burke</td> <td>6.0km</td> <td>27:05</td> </tr> <tr> <td>3</td> <td>James Lynch</td> <td>8.4km</td> <td>34:55</td> </tr> <tr> <td>4</td> <td>Chris David</td> <td>7.6km</td> <td>31:57</td> </tr> <tr> <td>5</td> <td>Andrew Jewell</td> <td>5.7km</td> <td>22:27</td> </tr> </tbody> </table>	<u>Leg</u>	<u>Name</u>	<u>Distance</u>	<u>Time</u>	1	John David	5.5km	23:05	2	David Burke	6.0km	27:05	3	James Lynch	8.4km	34:55	4	Chris David	7.6km	31:57	5	Andrew Jewell	5.7km	22:27
<u>Place</u>	<u>Name</u>	<u>Time</u>																																						
191	James Lynch	1:08:55.4																																						
258	Chris David	1:14:39.8																																						
325	John David	1:35:10.2																																						
DNF	Brett Williams																																							
<u>Leg</u>	<u>Name</u>	<u>Distance</u>	<u>Time</u>																																					
1	John David	5.5km	23:05																																					
2	David Burke	6.0km	27:05																																					
3	James Lynch	8.4km	34:55																																					
4	Chris David	7.6km	31:57																																					
5	Andrew Jewell	5.7km	22:27																																					

Round 7 Results

Saturday, 21 July 2012
Bundoora

Men Division 5 - 12km Cross Country

<u>Place</u>	<u>Name</u>	<u>Time</u>
174	James Lynch	50:17.3
296	Andrew Jewell	57:34.8
359	Brett Williams	1:06:32.6
371	John David	1:12:51.4
DNF	Chris David	

Round 8 Results

Saturday, 11 August 2012
Geelong

Men Division 5 - 4 x 6.3km Road Relay

<u>Leg</u>	<u>Name</u>	<u>Time</u>
1	Andrew Jewell	26:33
2	John David	31:33
3	David Burke	31:22
4	James Lynch	25:56

Round 9 Results

Sunday, 2 September 2012
Kevin Bartlett Reserve

Men Division 5 - Half Marathon

<u>Place</u>	<u>Name</u>	<u>Time</u>
258	James Lynch	1:31:13
383	John David	1:54:09

No team points.

Round 10 Results

Saturday, 15 September 2012
Kings Domain, Melbourne

Men Division 5 - 4 x 3.8km Tan Relay

<u>Leg</u>	<u>Name</u>	<u>Time</u>
1	Andrew Jewell	15.31
2	John David	18.19
3	Brett Williams	17.00
4	James Lynch	15.32

Final Team Ladder

Men Division 5

<u>Rank</u>	<u>Club</u>	<u>Rd 1</u>	<u>Rd 2</u>	<u>Rd 3</u>	<u>Rd 4</u>	<u>Rd 5</u>	<u>Rd 6</u>	<u>Rd 7</u>	<u>Rd 8</u>	<u>Rd 9</u>	<u>Rd 10</u>	<u>Total</u>
1	Ballarat Region 3	13	13	13	13	13	13	11	13	13	10	125
2	Box Hill 3	11	0	11	11	11	10	13	9	11	13	100
3	Athletics Nunawading 2	10	10	10	0	10	9	10	11	10	8	88
4	Glenhuntly 5	8	9	9	0	8	3	4	10	7	4	62
5	Coburg Harriers 2	2	7	8	9	6	6	5	7	5	5	60
6	Traralgon Harriers 2	7	0	5	7	9	2	9	0	9	9	57
7	Ivanhoe Harriers	3	8	6	8	0	8	7	6	0	3	49
8	Diamond Valley 2	9	0	0	10	0	0	8	8	0	11	46
9	Collingwood Harriers 5	6	0	0	0	7	7	6	5	4	6	41
10	Athletics Waverley 3	4	11	4	0	0	4	0	0	8	1	32
11	Athletics Essendon 3	5	0	7	0	0	5	0	0	6	7	30
12	Bendigo Region 2	0	0	0	0	0	11	0	0	0	0	11

The club points for the Ivanhoe Harriers Statewide Cross Country trophy were – James Lynch : 49, John David : 31, Andrew Jewell : 22, David Burke : 22, Brett Williams : 17, Chris David : 16 and Judy Steel : 8.

Congratulations again to James Lynch for winning the Statewide Trophy for 2012. James seems to be getting better every year and seems to really enjoy the variety that Cross Country racing provides. Special thanks to Judy Steel and David Burke for volunteering at Jells Park and the Tan Relays which were the two events that we needed to supply helpers in order to fulfill our club duties. This was very much appreciated.

I hope 2012 will again be a great year for our Cross Country team. If any other athletes would like to give this a go, please let me know, even if it is only for the shorter events.

I promise that this will be a great experience and that you will really enjoy the team atmosphere.

John David (*Ivanhoe Harriers Winter Team Manager*)

AV Shield Report

The most exciting thing about Shield this season was the performance of the MOP3 (Senior Men's) team. Our Men's team won the East Region Division 3 Flag and went on to contest the Shield Final at Lakeside. Probably the most pleasing aspect of the MOP3 team performance was that it had the largest number of athletes Ivanhoe has had in its Men's team for several years. Ten men competed for IH in Division 3 and it was terrific to see the sharing of events, especially at the Shield Final. Unfortunately 2 of our Open Men were ineligible to compete at the Shield Final as part of the MOP3 team, which had some impact on our place as 2nd, 3rd & 4th place were separated by only a handful of points. Ivanhoe Harriers came 4th.

Another pleasing aspect of this season's Shield Competition was the number of new members who competed. We had 7 new competitive members at Shield this year. They were: Matt Hall, Zach Hankinson, Brayden King, Lachlan King, Rachel Ramsay, Wayne Ramsay and Rhys Rigoni. Technically, Matt Hall and Wayne Ramsay are returning members from a bygone era; however, they were a welcome addition to the Men's team as specialist throwers. They were a dynamic duo, dominating the throw events at the Shield Final.

We had 2 new female members in Rachel Ramsay and Kyla Green. Rachel competed in 4 events over 6 rounds of Shield and Kyla is a budding PV star for whom IH is her 2nd claim club. Christine Rogers was the 3rd woman to compete for IH this season. We hope to see some more women join or return so we can have a women's relay team.

Of our 7 new members, I am very pleased to say, 4 were U/14 boys. Zach, unfortunately only competed in 2 rounds, however, Brayden & Lachlan King competed in 9 rounds each and Rhys Rigoni competed in 4. All 4 boys ran a U/14 Medley relay for the club, which was a sensational effort. Brayden and Lachlan are both terrific all round athletes preferring sprints and jumps and both boys ran in a MOP3 4x100. Rhys Rigoni tried his hand at 8 different events at Shield, however it is the Pole Vault which is Rhys' pet event and he showed great improvement throughout the season.

In the last few seasons the Men's team has been held together by the tireless performances of 2 key athletes; David Burke and James Lynch. David once again competed in a staggering number of events over 11 rounds of competition, often competing in 5 or more events each round. James had both health and family issues this season which prevented him from competing as often or in as many events. However, as James is a great Club man, he made sure he had qualified to compete in the Shield Final in the distance races.

The members of the Ivanhoe Harriers Shield Final Team MOP3 2012/13 were: David Burke, John David, Matt Hall, James Lynch, Glen Nicholson, Phil Ramsay, Wayne Ramsay, and Ian Rogers. Well done, Men!!!

Patricia Rogers.

AV Shield Results for 2012-13 as attached.

AV Shield Results 2012-13

Athlete	Division	# of Rounds	Events	Rd 1	Rd 2	Rd 3	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Rd 11	Rd 12	AV Final	Best Performance		
David Burke	MOP3	11	100m	13.45						13.07		13.18		13.52		12.92	12.92		
			200m		26.85		26.61		26.27		27.26		26.35		27.37			26.27	
			400m	66.21							60.27		65.60		59.95			59.54	
			800m									2:46.4h				2:48.3h			2:46.4h
			3000m		14:40.3h					16:03.9h				14:51.1h					14:40.3h
			110m Hurdles	21.31							21.11		21.40		21.08			21.13	21.08
			400m Hurdles		71.11		70.55		73.80		71.52				74.30				70.55
			Long Jump	4.70							4.93		4.65		5.10				5.10
			Triple Jump			10.03		10.06				9.88		10.48		9.80			10.48
			High Jump		1.65		1.65		1.67		1.65	1.70	1.65		1.60				1.70
			Shot Put		6.86		7.16		7.48			6.73		6.78		6.70			7.48
			Discus									21.52						20.90	21.52
			Javelin									26.90		25.16		22.72			26.90
			4x100m Relay													52.35		52.28	52.28
John David	MOP3	10	200m												34.49		34.49		
			400m									82.38		82.97		79.88	79.88		
			800m		3:03.1h			3:08.6h						3:17.0h		3:10.9h		3:03.1h	
			1500m			6:16.5h		6:22.8h				6:39.8h		6:37.6h		6:34.9h		6:16.5h	
			3000m		14:13.0h									15:02.2h				14:13.0h	
			2000m Walk											DQ				DQ	
			3000m Walk									DQ						DQ	
			Shot Put		5.59					6.19				5.68		5.59			6.19
			Javelin			14.33		15.21				14.67		16.05					16.05
			4x100m Relay														52.28		52.28
Ben Green	MU16	3	Pole Vault	3.15		2.95						3.15					3.15		
Kyla Green	FU14	1	Pole Vault	NH													NH		
Matthew Hall	MOP3	5	Discus	32.95								31.94				32.97	32.97		
			Shot Put				10.15							11.12			11.12		
			Javelin										28.30				29.14	29.14	
			Hammer											31.65				31.65	
Zachary Hankinson	MU14	2	100m	14.44													14.44		
			200m Hurdles				35.70											35.7	
			Triple Jump				9.57											9.57	
			High Jump				1.25												1.25
			Medley Relay				4:56.09												4:56.09
Scott Hardy	MOP3 (INV)	1	100m	14.90													14.9		
			Javelin	32.32														32.32	

Daniel Henery	MOP3	2	Long Jump	6.12								6.12	
			Triple Jump						12.69			12.69	
			4x100m Relay	48.07								48.07	
Brayden King	MU14	9	100m	14.45			14.89	14.21		14.73		15.35	14.21
			200m		29.18		30.78		30.11		30.17		29.18
			800m								3:00.7h		3:00.7h
			Long Jump	3.84			4.00	4.07		3.74			4.07
			High Jump		1.30		1.35		1.32				1.35
			4x100m Relay									52.35	52.35
			Medley Relay				4:56.09						4:56.09
Lachlan King	MU14	9	100m	15.54			15.01	14.56		15.32		15.62	14.56
			200m		30.38		31.01		30.18		31.22		30.18
			800m								2:50.2h		2:50.2h
			90m Hurdles				17.48	17.64					17.48
			200m Hurdles				36.31	37.33					36.31
			Long Jump	3.81			4.22	4.21		3.95			4.22
			4x100m Relay									52.35	52.35
			Medley Relay				4:56.09						4:56.09
James Lynch	MOP3	5	1500m				5:30.6h				5:11.5h		5:11.5h
			3000m				11:22.1h						11:22.1h
			Shot Put		5.32		5.59						5.59
			Discus			14.19							14.19
			Javelin				15.06						15.06
Glen Nicholson	MOP3	8	100m	11.62		11.70				11.62		12.07	11.64
			Long Jump	6.66		6.70		6.78				6.68	6.69
			Triple Jump		12.90		12.13						12.90
			4x100m Relay	48.07		57.05						52.35	52.28
Philip Ramsay	MOP3	7	100m	16.95		16.88		16.96				18.34	16.88
			200m		35.93		36.01						35.93
			800m								4:05.8h		4:05.8h
			4x100m Relay			57.05							57.05
Rachel Ramsay	FOP2	6	100m	16.15				15.63					15.63
			200m		35.45		33.55	33.89		33.97			33.55
			2000m Walk					18:40.0h					18:40.0h
			High Jump				1.17						1.17
Wayne Ramsay	MOP3	10	Javelin	33.40		34.74		32.84		37.89		34.06	37.92
			Shot Put			9.85		9.68		9.71		9.91	9.91
			2000m Walk					16:19.4h				15:34.6h	15:34.6h
Rhys Rigoni	MU14	4	100m			14.07							14.07
			200m			28.91							28.91
			800m		2:32.9h								2:32.9h

			High Jump	1.25	1.15					1.25
			Shot Put	8.15						8.15
			Discus					25.86		25.86
			Pole Vault	2.00	2.05			1.85		2.05
			Medley Relay		4:56.09					4:56.09
Christine Rogers	FOP2	4	100m							13.81
			Long Jump	4.82		4.66		4.87	4.68	4.87
Ian Rogers	MOP3	7	100m	13.61	13.58	13.39		13.43		13.44
			400m						65.86	62.96
			Long Jump	4.97	4.94	5.04	5.12	5.11	5.06	4.82
			4x100m Relay	48.07	57.05					52.28
Simon Rogers	MU16	7	Shot Put		7.33	7.95				7.95
			Javelin			13.61				13.61
			Discus			19.16	20.35			20.35
			Hammer		26.62	28.54	33.28	ND	35.60	35.60
Timothy Welch	MOP3	3	100m		12.90					12.9
			Pole Vault			3.75				3.75
			4x100m Relay	48.07	57.05					48.07

Relay	Division	Round	Team Members	Time
4x100m Relay	MOP3	1	Ian Rogers, Daniel Henery, Timothy Welch, Glen Nicholson	48.07
4x100m Relay	MOP3	3	Ian Rogers, Philip Ramsay, Timothy Welch, Glen Nicholson	57.05
Medley Relay (2x200m, 1x400m, 1x800m)	MU14	4	Brayden King, Lachlan King, Zachary Hankinson, Rhys Rigoni	4:56.09
4x100m Relay	MOP3	11	Lachlan King, David Burke, Brayden King, Glen Nicholson	52.35
4x100m Relay	MOP3	AV Final	Ian Rogers, David Burke, John David, Glen Nicholson	52.28