



IVANHOE HARRIERS ATHLETIC CLUB INC.

ESTABLISHED 1914



Annual Report 2013/2014

IVANHOE HARRIERS ATHLETIC CLUB INC.

No.0016530V

Established 1914

Affiliated with Athletics Victoria

Season 2013/2014

COMMITTEE

Executive

President:	John David
Vice President:	James Lynch
Treasurer:	David Burke
Secretary:	Simon Rigoni

General

Todd Dawson	Glen Nicholson
Matthew Hall	Tim Welch

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)

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Minutes of Previous AGM

IVANHOE HARRIERS ATHLETIC CLUB INC

Minutes of the Annual General Meeting
Held at Degani Café, Chute Street, Diamond Creek
Thursday 16th May, 2013

MEETING OPENED: 7.40PM

PRESENT: 26 members and family, including 2012/2013 Committee Members: John David (President), James Lynch (Vice President), Patricia Rogers (Secretary), Brett Heather (Treasurer), David Burke, Annette Welch, Glen Nicholson, Tim Welch & Matt Hall.

- 1. APOLOGIES:** Chris Cole, Andrew Edney, Rob Craigie, Andrew Jewell, John Wallis, Jill Wallis, Peter Bethell. (John noted that Peter Bethell one of our Life Members has recently turned 90 years of age; until very recently Peter had been assisting the club as a Shield official which was greatly appreciated.)
- 2. PRESIDENT'S WELCOME:** John David welcomed everyone to the meeting and thanked the Committee for their work and support throughout the year. Special thanks to Matt Hall for organising the Dinner & AGM venue, and Annette Welch for organising the trophies.
- 3. MINUTES OF PREVIOUS MEETING:** 2012 Minutes were taken as read. MOTION – That the minutes of the previous AGM be accepted. Moved: Annette Welch, Seconded: Peter Rule. ACCEPTED.
- 4. BUSINESS ARISING FROM MINUTES:** Nil
- 5. PRESIDENT'S REPORT:** John David spoke to his report which outlines initiatives to improve membership, fundraising at Safeway Ivanhoe, goal of 35 competing members next year & 2 members of Committee leaving; Brett & Patricia. Thanks to John Wallis for auditing the books.
- 6. TREASURER'S REPORT:** Financial position is down approximately \$1,500 from last year. If IH is looking at capital works costing \$2,500-\$3,000 we need to get more money through fundraising & membership. Big thanks to our Sponsor - Aussie Merchandise Trailers. The Audited Financial Report was included and tabled within the Annual Report. MOTION – That the meeting accept the Treasurer's Report as tabled. Moved: Peter Rule, Seconded: Christine Rogers. ACCEPTED.
- 7. ELECTION OF OFFICE BEARERS:** The following office bearers were elected unopposed:

President:	John David
Vice-President:	James Lynch
Secretary:	Simon Rigoni
Treasurer:	David Burke
General Committee:	Tim Welch, Glen Nicholson, Matt Hall, Todd Dawson.
- 8. GENERAL BUSINESS:** Ivanhoe Harriers will be celebrating its Centenary in 2014. It is hoped that there will be a special function in May 2014 at Willinda Park. John has approached Andrew Edney to update the Club History. Andrew has offered to do some work in this regard and help produce the updated history. Efforts will be made from this point onward to update email lists and to get word of mouth happening amongst past members so that maximum awareness of the coming centenary is created. James thanked John on behalf of everyone present for his work and enthusiasm as President. Matt talked about ideas for

recruitment – he is associated with Heidelberg Volleyball Club and Macleod Football Club and he believes it may be possible to form partnerships with these clubs where their members join IH to train and compete during the Summer Season which is their off-season. Matt also mentioned approaching Banyule CC for support to Centenary celebrations.

9. **MEETING CLOSED: 8.20PM**

PRESENTATION OF TROPHIES 2012/13

Statewide Trophy for most CC points: James Lynch

FJ Holpen Trophy for Most Consistent A Grade (or Open) Athlete in Shield Competition: David Burke

Buffalo Sports Trophy for Most Improved Junior Athlete: Rhys Rigoni

Banyule Trophy for Best Female Athlete: Christine Rogers

Boas/Hancock Trophy for Outstanding Field Event Athlete: Glen Nicholson

Team Awards for performances in Shield Competition (requires athlete to have competed in no less than half Shield rounds): MOP3 Final's Team – Ian Rogers, Glen Nicholson, Matt Hall, Wayne Ramsay, Phil Ramsay, John David, James Lynch, and David Burke. U/14 & U/16: Throws – Simon Rogers, Sprints – Brayden King, Hurdles/Middle Distance – Lachlan King.

Special Trophy to Ian Rogers acknowledging his outstanding performance in winning 8 Victorian Over 50 Long Jump Championships in a row.

President's Report

Congratulations to all of our members (present and past) as we head into our Centenary year. We have finally reached this major milestone and now it is time to celebrate, and be proud of our heritage and many years of success.

The last few years have been difficult for our club mainly due to a low membership base especially relating to junior and women athletes. This situation is improving but we have a long way to go.

During 2013/14 the committee and I continued to concentrate on recruitment with various strategies now in place that will take time to develop. One of our main goals was to continue to discuss the feeder club concept with Rosanna Little Athletics Club. This work is continuing and hopefully we will see results of this work at the start of the 14/15 Summer season. It is important that we have a significant relationship in place with another club that will provide us with a source of additional junior athletes.

Whilst on recruitment, I want to thank Anna Nicola very much for her proactive work in obtaining additional U14 girls for our club. Anna with the help of Peter Rule gave out flyers promoting our club at junior championships with a very successful outcome. We now have a talented U14 junior girls team that have been very impressive at championship events, and I'm sure will continue to develop into a real powerhouse for our club in the future.

The total number of registrations during 13/14 was 30 (12/13 was 21 + 3 second claim). This was made up of Open Men-15, U14 Women- 6 (includes 1 second claim), Open Women- 3, U16 Men- 2, U14 Men- 1, Coaches- 2 & AV Official- 1. It was great seeing some of our past senior athletes rejoining our club after taking a rest from competition for a few years. Stephen Pegg, Todd Dawson & Chris Struve all had a successful comeback and were very valuable during the AV Shield.

Congratulations to all of our athletes who excelled in the Cross Country, AV Shield and various Championship events. We had a great year, especially our juniors who performed exceptionally well in the Vic Relays, Vic Juniors and Australian Junior Championships. Many club records were broken and it was fantastic to see the club colors again being so dominate. Also congratulations to our Men's Division 2 team who were successful as premiers of the inaugural Red Zone shield.

Our major fundraising event for the year was a BBQ at Bunnings Northland in December 2013. Lots of sausages in bread were sold on the day with a clear profit of \$1,282.57 being raised which was a great result. This was arranged very quickly and I want to thank all members who assisted on the day for rising to the challenge. Everyone worked hard together to make sure that this event was a success. Thanks also to Glen Nicholson who got a great deal on the large amount of sausages purchased and also for getting the bread for free.

This year we again had a very dedicated and hard working committee dealing with the many issues of running a club.

Regarding our Executive Committee, James Lynch as Vice President was one of our contacts with RLAC and assisted in developing our relationship with this club. James was also prepared to help with various tasks and was always there when needed.

Our Secretary – Simon Rigoni, was always proactive in finding ways to recruit athletes (both junior and senior) and also dealing with lots of challenges regarding track and other facility usage issues at Willinda Park. Simon was also involved in producing articles for newspaper publications which was great advertising for our club. David Burke stepped in as our Treasurer this year and did a great job handling our finances and making sure bills were paid on time. He was also our representative at Red Zone Region meetings and made sure that the obligations set for our club would not be too onerous. Another duty that David was in charge of was our website, and did a good job making sure information was updated.

The general committee was also of great support.

Glen Nicholson was always willing to assist in any task required and did a great job in the project to replace the Pole Vault shed, BBQ preparations and other tasks connected with our Centenary. A very

important function that Glen was also involved in was being one of our representatives on the Willinda Park Committee of Management. This is a tough assignment and the political aspect on the committee can be tricky, so not an easy job.

Thanks to Tim Welch and Todd Dawson for being proactive in giving their opinions regarding various issues at committee meetings, and helping with social media. Also to Matt Hall for his work in gaining sponsorship, assisting with obtaining a contractor to replace the Pole Vault shed, and suggesting various fundraising ideas.

I would like to thank the main coaches for our club – Peter Rule & John Boas, for another year of outstanding commitment and excellence in the level of training and support for our athletes. Peter was the main driver for the organization and training of our junior teams, with a very successful outcome for both Shield and Championship events.

John continued to be very effective in training some of our senior athletes in Jumps with a good example being the performance of Glen Nicholson who represented the state in the National Championships.

Thanks also to Catherine Brennan who assisted in training our juniors for Championships, and also volunteering as an official to fulfill some of our club duties during the summer season. These duties were also completed by the Rogers family, Phil Ramsay and other members, which was very much appreciated. As stated in previous years this work is very important. If we are unable to provide volunteers there will be penalties involved resulting in loss of points, which is fair as disrupts the running of programs for Red Zone.

As we head into our Centenary year I hope we have a very successful season in 2014/15. A major increase in new members and strong performances in as many events as possible would be a great outcome for our club. This will give us even more reason to celebrate, and will show that our club spirit is well and truly alive and here for many years to come. We can only do this with everyone's passion and commitment.

GO HOE

John David
Club President.

Treasurer's Report

IVANHOE HARRIERS ATHLETIC CLUB INC

Statement of Receipts & Payments for the Year Ended 31st March 2014

	2014	2013
Opening Balance		
- General Brought Forward	\$ 1,372.19	\$ 1,221.76
- ING Account Brought Forward	\$ 8,098.29	\$ 9,771.68
	<u>\$ 9,470.48</u>	<u>\$ 10,993.44</u>
Plus Receipts		
Competition		
Club Fees	\$ 1,245.00	\$ 921.00
Uniforms	\$ 270.00	\$ 305.00
AV Registration Fees (Matt Hall)	\$ 200.00	\$ -
Fundraising/Social		
BBQ	\$ 1,282.57	\$ 755.10
Sale IH 80th Anniversary Book	\$ 30.00	\$ -
Donation	\$ 410.00	\$ -
Sponsorship	\$ -	\$ 490.00
Other		
ING Account Interest	\$ 213.42	\$ 326.61
Grant for Uniforms	\$ -	\$ 880.00
OD Refund	\$ -	\$ 27.50
ING Transfer	\$ 1,500.00	\$ 2,000.00
Total Receipts	<u>\$ 5,150.99</u>	<u>\$ 5,705.21</u>
Less Payments		
Competition		
Cross Country Entry	\$ 183.00	\$ 190.00
A.V. Affiliation	\$ 400.00	\$ 480.00
AV Online Registration Fees Refund	\$ 200.00	\$ -
AV Fees (Rigoni / King)	\$ -	\$ 240.00
General		
Annual Return	\$ 50.10	\$ 42.80
Trophies	\$ 245.00	\$ 234.00
Bank Charges	\$ 5.00	\$ 29.60
Uniforms	\$ 836.00	\$ 877.80
Pole Security Box	\$ -	\$ 390.00
ING Transfer	\$ 1,500.00	\$ 2,000.00
Fund Raising/Social		
AGM Expenses	\$ 125.60	\$ 103.97
Miscellaneous		
Willinda Park Rent	\$ 2,640.00	\$ 2,640.00
Gym Equipment	\$ 250.00	\$ -
Website	\$ 78.70	\$ -
Total Payments	<u>\$ 6,513.40</u>	<u>\$ 7,228.17</u>
Club Funds as at 31st March		
General Account	\$ 1,296.36	\$ 1,372.19
ING Account	\$ 6,811.71	\$ 8,098.29
	<u>\$ 8,108.07</u>	<u>\$ 9,470.48</u>

IH Treasurer
2 April 2014

Audited and found Correct
Lally John WARRIS
FCPA
24/4/14

Cross Country Report

We had 7 athletes that competed during the winter season in 2013. Our club finished 10th out of 13 for Division 5 Men (which was the only team that we had entered). Unfortunately this result fell behind the performance for the previous year where we finished in the middle of the ladder. This was mainly due to our club not having a full team in 3 of the longer distance events primarily because of injuries. However it was encouraging that we did compete in every event including the Burnley Half Marathon.

James Lynch continued to improve on his performance in nearly all events which you would have to say was partly linked to his recent interest in Ironman events.

Andrew Jewell also had a successful season but was injured after round 5 so couldn't compete in some of the longer runs. Great to have Chris Struve back in the team after resting for a few years.

Chris was a great asset for us in some of the 10 to 12 km runs.

David Burke and John David were also valuable in filling the teams for some of the shorter distances with John also competing in the longer runs as well.

We had a new invitation athlete – Travis McIntosh, who ran with us in the 12km race at Bundoora. He really enjoyed the experience so hopefully he will join our team as a full member in 2014.

We also had a new member – Aaron Barnett, who did very well in the Tan Relays. Hopefully Aaron will be back with us in 2014.

The very popular Harcourt to Bendigo Relay run (round 6) was cancelled unexpectedly due to council requirements for better traffic controls to safeguard athletes running on roadways. Athletics Victoria did not replace this event with another race.

The results for each event were:

Round 1 Results

Saturday, 27 April 2013
Wheelers Hill

Men Division 5 - 4 x 6km Relay

Leg	Name	Time
1	James Lynch	23.33
2	Andrew Jewell	26.47
3	John David	31.33
4	David Burke	32.23

Round 2 Results

Saturday, 11 May 2013
Sandown Racecourse

Men Division 5 - 4 x 6.2km Relay

Leg	Name	Time
1	James Lynch	24.55
2	Andrew Jewell	27.50
3	John David	33.13
4	Chris Struve	32.11

Round 3 Results

Saturday, 25 May 2013
Ballarat

Men Division 5 - 15km

Place	Name	Time
194	James Lynch	1:00:46
301	Andrew Jewell	1:08:19
360	Chris Struve	1:20:12
364	John David	1:23:25

Round 4 Results

Saturday, 8 June 2013
Keilor East

Men Division 5 - 16km

Place	Name	Time
264	Andrew Jewell	1:17:03.9
326	John David	1:35:59.5

No team points.

Round 5 Results

Saturday, 22 June 2013
Bundoora

Men Division 5 - 12km

Place	Name	Time
188	James Lynch	51:27.2
299	Andrew Jewell	57:43.5
336	Travis McIntosh (Inv)	1:01:10.2
370	Chris Struve	1:09:19.9
372	John David	1:11:14.9

Round 7 Results

Sunday, 28 July 2013
Albert Park

Men Division 5 - 10km

Place	Name	Time
315	James Lynch	41:22.2
411	Chris Struve	49:02.2
424	John David	52:37.0

No team points.

Round 8 Results

Saturday, 10 August 2013
Warragul

Men Division 5 - 8km

Place	Name	Time
185	James Lynch	36:47.4
236	Chris Struve	42:21.5
258	John David	46:56.4
259	David Burke	47:02.3

Round 9 Results

Sunday, 8 September 2013
Kevin Bartlett Reserve

Men Division 5 - Half Marathon

Place	Name	Time
248	James Lynch	1:33:25.2
341	John David	1:57:29.8

No team points.

Round 10 Results

Saturday, 21 September 2013
Kings Domain, Melbourne

Men Division 5 - 4 x 3.8km Tan Relay

Leg	Name	Time
1	Andrew Jewell	16.08
2	Aaron Barnett	17.48
3	David Burke	18.03
4	Chris Struve	17.59

Ladder

Men Division 5

Place	Team	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Athletics Nunawading	12	12	12	14	12		14	14	12	5	107
2	Glenhuntly	11	9	7	11	10		8	11	9	8	84
3	Diamond Valley	8	10	10	12	14		10			10	74
4	Coburg Harriers	4	8	9	10	9		9		10	2	61
5	Yarra Ranges Athletics	9	7	14				11			11	52
6	Athletics Waverley	7	5					12		14	7	45
6	Traralgon Harriers	10	11						12		12	45
8	South Melbourne	2	6	6		8				11	9	42
8	Ringwood	14	14								14	42
10	Ivanhoe Harriers	5	3	8		11			10		3	40
11	Collingwood Harriers	6	4			7		7			4	28
12	Richmond Harriers	3	2					6	9		6	26
13	Ballarat Region				11							11

Club points for the winter season were based on the following scoring criteria: 1st place = 5, 2nd place = 4, 3rd & 4th places = 3, Official/Volunteer = 4.

The total points awarded for the season for each athlete were: James Lynch – 35, John David – 30, Andrew Jewell – 26, Chris Struve – 20, David Burke – 13, Aaron Barnett – 4, Judy Steel – 4, Travis McIntosh – 3.

Congratulations to James for obtaining the highest score. I especially want to thank Judy Steel, David Burke & John David for being our volunteers during the season, helping us to meet our club duty requirements with Athletics Victoria.

Next season our goal will be to enter full teams for every event (including the half marathon) so we will work hard to recruit new members, especially those that are able to run some of the longer races. I hope 2014 will be a great year our Cross Country team especially as we head into our Centenary year.

John David
Winter Team Manager.

Track & Field Report

Open Team Report

The 2013-14 season carried on from the success enjoyed in the previous season, winning the inaugural Red Zone Division 2 Flag to once again progress to the Shield Final in April. The final was a closely contested event with our Open team finishing in 5th position but only marginally missed out on finishing as high as third.

Participation in our Open team also increased this year to 13 athletes who along the way received some relay assistance from Catherine Brennan and U14 boys Rhys Rigoni, Lachlan King and Brayden King. Overall participation at shield also increased with eleven open athletes competing in three or more meets. The Shield Final was contested by; David Burke, Glen Nicholson, John David, James Lynch, Peter Bovo, Tim Welch, Todd Dawson, Chris Struve and Matthew Hall.

David Burke once again competed across more events more often than any other athlete competing across all disciplines except for Pole Vault, Walks and Steeplechase. Todd Dawson returned to competitive athletics and produced strong performances across Javelin, Pole Vault and High Jump. Competing for the club for the first time was Peter Bovo, a relatively young athlete competing for the first since Little Athletics. Peter was a great addition to the team with exciting performances across horizontal jumps, sprints and throws.

Once again coaches Peter Rule and John Boas worked closely with our athletes. Some of our open team to benefit with improved performances this season included Stephen Pegg, Tim Welch and Glen Nicholson. Tim returned from an injury interrupted previous season to post a new personal best pole vault of 4.4m and a fifth placing at the Victorian Open Track and Field Championships. Glen Nicholson also had a stronger season jumping over 7m on multiple occasions including a personal best 7.08m to place third at the Victorian Open Track and Field Championships and progress to the National Championships where he represented the state.

All members who contributed to the team are to be commended. Once again the Ramsay family through Philip and Wayne flew the colours and it was great to see members of our cross country team, namely Andrew Jewell and Chris Struve make appearances to compete in the middle distance runs.

The Open team now has a strong platform from which to build, it is important that we continue to build membership and participation into next season with the aim of defending our Red Zone title and finishing top three at the Shield Final.

JUNIOR TEAM REPORT

During the 2013/14 season we welcomed six new junior members: Beth Illingworth (formerly Nicola), Grace Dicker, Abigail Adams, Jemma Laffey, Hannah Laffey and Flynn Dicker. That was the good news. The not-so-good news was that only two first claim members from the previous year, Rhys Rigoni and Simon Rogers, and one second claim member, Kyla Green, returned for this season.

The small numbers, injuries to Rhys and Beth during the season, and the inability of Jemma and Hannah to compete at Shield, left the junior teams not very competitive, and we finished well down the ladders. However, it was certainly an improvement on recent years.

Nevertheless there were some excellent performances at championships and this could be a stepping stone to greater team success in the coming years.

Victorian Relay Championships

It has been a long, long time (if ever!) that we have had a women's relay team compete in the Victorian Championships. This season, we entered a 4x100m and 4x400m team in the under 14 competition.

It certainly raised a few eyebrows with some other clubs, who were not expecting any Ivanhoe teams. It was good to see the Ivanhoe uniform at such an event, where we have had great success in the not-so-recent past.

In the heat of the 4x100m, the team of Hannah Laffey, Jemma Laffey, Beth Nicola and Grace Dicker qualified for the final with a time of 55.50. This improved the club under 16 record, and set an under 14 record in a remarkable performance, particularly as baton changing practice had been limited.

The same team competed in the 4x400m event, and exceeded all expectations by finishing 5th. They smashed the club under 16 and under 14 records with 4:46.62, more than 17 seconds better than the previous club best.

By the time that the final of the 4x100m came around, the girls were understandably rather weary and could not improve on their heat time. They came 7th in 57.90.

As all the team members are still eligible for the under 14s for the next relay championships, hopefully they can improve the records even more then.

Full results

Under 14 Women

4x100m	Hannah Laffey Jemma Laffey Beth Nicola Grace Dicker	3h2 7 th	55.50 57.90	IH record (u14, u16)
4x400m	Jemma Laffey Grace Dicker Hannah Laffey Beth Nicola	5 th	4:46.62	IH record (u14, u16)

Victorian Junior Championships

It was like old times at the Victorian Junior Championships. Ivanhoe athletes won four gold, three silver and two bronze medals and set numerous personal bests, and two club records. We dominated the under 14 division, and it was so good to see the Ivanhoe uniform figuring so prominently on the track and in the field.

Rhys Rigoni won the under 14 pole vault, discus throw and javelin throw, and claimed silver in the shot put to be the outstanding male under 14 athlete in the championships. It is even more remarkable given that he has been injured, and this competition was the first he was able to complete almost pain free for nearly 12 months.

The under 14 women's pole vault resulted in a trifecta for Ivanhoe. **Beth Nicola** was first, **Grace Dicker** second, and **Kyla Green** third. (Although competing for South Coast, she is a registered second claim member for Ivanhoe).

Beth Nicola went on to gain a complete set of medals, winning silver in the 200m hurdles and bronze in the 80m hurdles, where her time of 13.57 was a new club record. She also made the final of the 100m where she finished 8th. She set PBs in each of her events.

Grace Dicker started her week-end with the 400m. In the heat she clocked 1:05.13, a huge PB and a new club record. She later finished 5th in the final. She also made the finals of the 100m, setting a PB in the heat, and also the final where she finished 9th, and the 200m where her huge programme caught up with her, and she came in 8th, after a promising heat.

While not qualifying for the finals, **Abi Adams** ran PBs in the under 15 100m and 200m, which is all that can be asked of athletes in championships.

Flynn Dicker had only been doing pole vault for just over a month, but in the under 16 event, he finished 4th with a national qualifying performance, a tremendous achievement.

Hopefully the club can build on these performances and return to the position we held in the past, as the premier junior club in the State.

Full Results

Under 16 Men:

PV	Flynn Dicker	4 th	2.60	PB
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Under 15 Women:

100m	Abi Adams	5h3	13.85 /0.6	PB
200m	Abi Adams	5h2	29.05 /1.2	PB
PV	Abi Adams	-	nh	

Under 14 Women:

100m	Beth Nicola	5h2 8 th	13.88 /-1.1 13.78	PB PB
	Grace Dicker	4h1 9 th	13.88 /-1.8 13.80	PB PB

200m	Grace Dicker	2h1 8 th	28.86 /-0.1 29.26 /0.1	
400m	Grace Dicker	2h1 5 th	1:05.13 1:05.98	PB; IH record
80mH	Beth Nicola	3 rd	13.57 /1.1	PB; IH record
200mH	Beth Nicola	2 nd	33.16	
PV	Beth Nicola	1 st	2.50	PB
	Grace Dicker	2 nd	2.20	
	Kyla Green	3 rd	1.90	

Under 14 Men

100m	Rhys Rigoni	5h1	14.04 /-1.1	
PV	Rhys Rigoni	1 st	2.40	=PB
SP	Rhys Rigoni	2 nd	10.25	
DT	Rhys Rigoni	1 st	32.74	
JT	Rhys Rigoni	1 st	33.35	

Australian Junior Championships

Five of our members qualified for and competed at the Australian Junior Championships in Sydney.

Rhys Rigoni became the Australian champion in the under 14 pole vault with a PB clearance at 2.45m. After his performance in the Victorian championships, he was the favourite, but it required a PB for him to win as his competitors all did PBs as well.

He had a busy couple of days, as he also competed in the shot put, discus throw and javelin throw, finishing 5th, 7th and 5th respectively. He threw a PB in the shot, and was up to expectations in the javelin. Only the discus was below par for him.

Beth Illingworth won the silver medal in the under 14 pole vault. It would have been a PB for her, except she earlier competed in the under 15 event, setting a PB there, and finishing 4th.

She also ran in the under 14 80m hurdles, qualifying for the final with a PB and club record in the heat. The final was run into a stiff breeze and all times were slower than the heats. In a very close finish, she came 8th, just .05 seconds from 5th.

Grace Dicker claimed the bronze medal in the under 14 pole vault with a PB. She also competed in the under 15 event, where she was 6th, equalling her then PB.

Kyla Green continued the PB setting in the under 14 pole vault, where she was 4th.

The lack of experience of **Flynn Dicker** caught up with him in the under 16 pole vault, where he had the dreaded "no height" performance. However, the experience will do him the world of good.

Mention should also be made of **Catherine Brennan**, who was an able, dedicated and popular team manager for Victoria.

Full Results

Under 16 Men:

PV	Flynn Dicker	-	nh	
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Under 15 women

PV	Beth Illingworth	4 th	2.55	PB
	Grace Dicker	6 th	2.35	=PB

Under 14 Men

PV	Rhys Rigoni	1 st	2.45	PB
SP	Rhys Rigoni	5 th	11.07	PB
DT	Rhys Rigoni	7 th	28.29	
JT	Rhys Rigoni	5 th	34.10	

Under 14 Women

80mH	Beth Illingworth	4h1 8 th	13.53 /0.0 13.70 /-1.6	PB; IH record
PV	Beth Illingworth	2 nd	2.50	
	Grace Dicker	3 rd	2.40	PB
	Kyla Green	4 th	2.10	PB

Club Records

It has been quite some time since women's club records were set. However, this season saw a number of records in the under 14 age group for individual events, and for relays (which were also under 16 records).

Under 16

4x100m relay	Hannah Laffey Jemma Laffey Beth Nicola			
4x400m relay	Grace Dicker Jemma Laffey Grace Dicker Hannah Laffey Beth Nicola	55.50	23/11/13	Alber Park; Vic Champs
		4:46.62	23/11/13	Albert Park; Vic Champs

Under 14

400m	Grace Dicker	1:05.13	14/2/14	Albert Park; Vic Champs
80mH	Beth Illingworth	13.53	14/3/14	Sydney; Aus Champs; w 0.0
200mH	Beth Illingworth	33.03	30/11/13	Doncaster; Shield
4x100m relay	Hannah Laffey Jemma Laffey Beth Nicola			
4x400m relay	Grace Dicker Jemma Laffey Grace Dicker Hannah Laffey Beth Nicola	55.50	23/11/13	Albert Park; Vic Champs
		4:46.62	23/11/13	Albert Park; Vic Champs

Peter Rule

Club Records Set

Event	Athlete(s)	New Record	Date	Previous Record
WU14 & WU16 4x100m Relay	(Hannah Laffey, Jemma Laffey, Bethany Illingworth, Grace Dicker)	55.50	23/11/2013 at Victorian Relay Championships, Albert Park	None (U14) 55.8 (U16)
WU14 & WU16 4x400m Relay	(Jemma Laffey, Grace Dicker, Hannah Laffey, Bethany Illingworth)	4:46.62	23/11/2013 at Victorian Relay Championships, Albert Park	None (U14) 5:04.3 (U16)
WU14 400m	Grace Dicker	65.13	14/02/2014 at Victorian Junior Champs, Albert Park	68.2
WU14 80m Hurdles	Bethany Illingworth	13.57	16/02/2014 at Victorian Junior Champs, Albert Park	None
WU14 80m Hurdles	Bethany Illingworth	13.53	14/03/2014 at Australian Junior Champs, Sydney	13.57
WU14 200m Hurdles	Bethany Illingworth	34.17	02/11/2013 at AV Shield Round 2, Doncaster	39.6
WU14 200m Hurdles	Bethany Illingworth	33.03	30/11/2013 at AV Shield Round 4, Doncaster	34.17

Victorian All Schools Track & Field Championships (25th to 27th October 2013)

Place	Name	Event	Performance
2	Bethany Illingworth	Women U14 Pole Vault	(PB) 2.20m
3	Kyla Green	Women U14 Pole Vault	(PB) 2.00m
2	Rhys Rigoni	Men U14 Pole Vault	(PB) 2.40m
7	Rhys Rigoni	Men U14 Shot Put	(PB) 10.33m
4	Simon Rogers	Men U16 Hammer Throw	34.49m

Victorian Relay Championships (23rd Nov 2013)

Relay	Place	Team Members	Time
Under 14 Women 4x100m	7	1) Hannah Laffey 2) Jemma Laffey 3) Bethany Illingworth 4) Grace Dicker	57.90
Under 14 Women 4x400m	5	1) Jemma Laffey 2) Grace Dicker 3) Hannah Laffey 4) Bethany Illingworth	4:46.62

Victorian Junior Championships (14th to 16th Feb 2014)

Age Group	Name	Event	Place	Performance
Under 16 Men	Flynn Dicker	Pole Vault	4 th	
Under 15 Women	Abigail Adams	100m	5 th - Heat 3	13.85 PB
		200m	5 th - Heat 2	29.05 PB
		Pole Vault		NH
Under 14 Men	Rhys Rigoni	Pole Vault	1 st	2.40 PB
		Discus	1 st	32.74 PB
		Javelin	1 st	33.55 PB
		Shot Put	2 nd	10.25
		100m	5 th - Heat 1	14.04
Under 14 Women	Beth Illingworth	100m	5 th - Heat 2	13.88 PB
			8 th	13.78 PB
		80m Hurdles	3 rd	13.57 PB; IH Record
		200m Hurdles	2 nd	33.16 PB
	Grace Dicker	Pole Vault	1 st	2.50 PB
		100m	4 th - Heat 1	13.88 PB
			9 th	13.80 PB
		200m	2 nd - Heat 1	28.86
			8 th	29.26
		400m	2 nd - Heat 1	1:05.13 PB; IH Record
		5 th	1:05.98	
	Pole Vault	2 nd	2.20	
Kyla Green	Pole Vault	3 rd	1.90	

Australian Junior Athletics Championships (12 - 16 March 2014)

Age Group	Name	Event	Place	Result
Under 16 Men	Flynn Dicker	Pole Vault	8 th	NH
Under 14 Men	Rhys Rigoni	Pole Vault	1 st	2.45
		Javelin	5 th	34.10
		Shot Put	5 th	11.07
		Discus	7 th	28.29
Under 15 Women	Bethany Illingworth	Pole Vault	4 th	2.55
	Grace Dicker	Pole Vault	5 th	2.35
Under 14 Women	Bethany Illingworth	80 Metre Hurdles	Prelim.	13.53
			8 th	13.70
	Grace Dicker	Pole Vault	2 nd	2.50
		Pole Vault	3 rd	2.40
		Pole Vault	4 th	2.10

Victorian Country Championships (24th to 26th Jan 2014)

Age Group	Name	Event	Result
Open Women	Catherine Brennan	100m	No time shown
Open Men	Glen Nicholson	Long Jump	6.86
Under 14 Men	Rhys Rigoni	100m	14.70
		Pole Vault	2.00
		Javelin	28.02
		Shot Put	10.47
		Discus	32.29
Under 14 Women	Bethany Illingworth	80 Metre Hurdles	13.92
		200m	29.01
	Grace Dicker	Pole Vault	2.20
		200m	28.42
		Pole Vault	2.20
Kyla Green	Pole Vault	2.00	

Victorian Open Track & Field Championships (28th Feb to 2nd Mar 2014)

Name	Event	Place	Result
Glen Nicholson	Long Jump	3 rd	7.08
Timothy Welch	Pole Vault	5 th	4.20

AV Shield Results 2013-14

Division	Name	Event	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Rnd 7	Rnd 8	Rnd 9	Rnd 10	Rnd 11	Rnd 12	AV Final	Best
MOP2	Andrew Jewell	3000m		12:31.4h												12:31.4h
MOP2	Chris Struve	400m					80.24									80.24
		800m												3:09.97	3:05.7h	3:05.7h
		1500m					6:15.7h									6:15.7h
		3000m		13:49.3h		13:41.4h										13:41.4h
		5000m												24:57.6h	23:39.1h	23:39.1h
		4x400m Relay												5:10.32	5:10.32	5:10.32
MOP2	David Burke	110m Hurdles	21.07		21.28		20.80		20.53				21.99			20.53
		400m Hurdles		71.40		72.51				77.63				77.78	71.26	71.26
		100m	13.23		13.63		13.97		13.91				13.47			13.23
		200m		27.66		27.83				27.15		28.16			28.31	27.15
		400m	63.62		64.56		62.20		62.97				63.29			62.20
		800m				2:55.4h						2:43.15			2:43.3h	2:43.15
		1500m			6:26.2h		6:20.9h						6:36.1h			6:20.9h
		3000m		15:33.3h		14:32.8h						14:59.1h				14:32.8h
		4x100m Relay							49.47				53.71			49.47
		4x400m Relay												5:10.32	5:10.32	5:10.32
		Medley Relay (400m)		4:31.29												4:31.29
		Discus	19.68		18.94		20.04		19.20							20.04
		Hammer												11.71		11.71
		High Jump		NH	1.60	1.65				1.65		1.65		1.50	1.60	1.65
		Javelin	24.88		23.60		25.40						26.61			26.61
		Long Jump	4.79				4.45		4.63				4.73			4.79
		Shot Put								7.04		6.83				7.04
		Triple Jump		9.81		9.76				10.11						10.11
MOP2	Glen Nicholson	100m	11.63		11.63		11.72		12.42							11.63
		200m		23.30								24.17			24.49	23.30
		4x100m Relay	46.01		46.77		46.24		49.47							46.01
		Javelin	30.73		25.67		29.22		36.08							36.08
		Long Jump	ND		6.98		7.03		6.87							7.03
		Triple Jump										9.95		11.97		11.97
MOP2	James Lynch	800m				2:48.5h									3:01.9h	2:48.5h
		1500m														5:26.6h
		3000m		11:22.0h	5:26.6h											11:22.0h
		5000m						20:42.0h								19:02.7h
		4x400m Relay													5:10.32	5:10.32
		Discus	16.58													16.58
		Javelin	16.24													16.24
MOP2	John David	400m			82.44		79.55		82.69				79.71			79.55
		800m				3:10.5h									3:11.1h	3:10.5h
		1500m			6:28.3h		6:35.3h									6:28.3h
		4x400m Relay												5:10.32	5:10.32	5:10.32

Division	Name	Event	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Rnd 7	Rnd 8	Rnd 9	Rnd 10	Rnd 11	Rnd 12	AV Final	Best
	John David	Javelin Shot Put	13.36		14.31		14.75		12.45			5.55				14.75 5.55
MOP2	Matthew Hall	Discus Hammer Javelin Shot Put			ND 28.62								28.31	24.28 10.77	27.11 9.28	27.11 28.62 10.77
MOP2	Peter Bovo	100m 200m 4x100m Relay Javelin Long Jump Shot Put Triple Jump	12.35 ND 5.38				12.49 46.24 30.60 4.83			25.01					24.62 8.07	12.35 24.62 46.24 30.60 5.38 8.20 10.34
MOP2	Philip Ramsay	100m 800m	29.65					4:16.42		4:01.03		4:00.0h				29.65 4:00.0h
MOP2	Stephen Pegg	100m 200m 400m 4x100m Relay Medley Relay (200m) Javelin		24.23			11.99 58.14 46.24						11.79 53.71	27.89		11.79 24.23 58.14 46.01 4:31.29 16.40
MOP2	Timothy Welch	100m 4x100m Relay Pole Vault Triple Jump	46.01 4.00		13.07 46.77 4.10	4.15				4.30		4.40 9.74			11.47	13.07 46.01 4.40 11.47
MOP2	Todd Dawson	100m 200m 4x100m Relay Hammer High Jump Javelin Pole Vault	12.63 46.01	25.46	12.76 46.77		46.24		49.47					21.58	21.90 1.65	12.63 25.46 46.01 21.90 1.75 44.65 4.30
MOP2	Wayne Ramsay	Shot Put		9.94												9.94
WOP2	Catherine Brennan	100m 200m Medley Relay (200m)	13.17		13.06											13.06 28.00 4:31.29
WU14	Abigail Adams	100m 200m High Jump Pole Vault				29.31			14.23	29.94						14.23 29.31 1.35 2.05
WU14	Bethany Illingworth	200m 80m Hurdles 200m Hurdles Pole Vault Shot Put						29.62								29.62 14.46 33.03 2.35 6.48

Division	Name	Event	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Rnd 7	Rnd 8	Rnd 9	Rnd 10	Rnd 11	Rnd 12	AV Final	Best
WU14	Grace Dicker	100m 200m Pole Vault Shot Put				29.12 2.05		29.18 5.85	14.20 2.35				NH			14.20 29.12 2.35 5.85
WU14	Kyla Green	Pole Vault	1.90		1.90				1.90	1.90			1.80			1.90
MU14	Brayden King	100m 4x100m Relay											14.45 53.71			14.45 53.71
MU14	Lachlan King	100m 400m 4x100m Relay											15.26 73.61 53.71			15.26 73.61 53.71
MU14	Rhys Rigoni	100m Medley Relay (800m) Discus Javelin Long Jump Pole Vault Shot Put	14.08 4.84 2.35	4:31.29 9.67					30.82 29.33				26.89 31.24 2.40			14.08 4:31.29 30.82 31.24 4.84 2.40 10.19
MU16	Flynn Dicker	4x100m Relay Javelin Pole Vault							49.47 24.62 2.35							49.47 24.62 2.55
MU16	Simon Rogers	Discus Hammer	19.39	ND		34.55		31.75								19.39 34.55

* Medley Relay (2x200m, 1x400m, 1x800m)