



IVANHOE HARRIERS ATHLETIC CLUB INC.

ESTABLISHED 1914



Annual Report 2014/2015

IVANHOE HARRIERS ATHLETIC CLUB INC.

No.0016530V

Established 1914

Affiliated with Athletics Victoria

Season 2014/2015

COMMITTEE

Executive

President:	John David
Vice President:	Simon Rigoni
Treasurer:	David Burke
Secretary:	Glen Nicholson

General

Catherine Brennan	Anna Nicola
Jeff Franklin	Kellie Sones
Matthew Hall	Tim Welch
James Lynch	

LIFE MEMBERS

Peter Bethell, Dr. John Boas, George Bolwell (dec), Noel Burrows, Ian Campbell, 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)



Thanks to our sponsors for their the valuable support

Contents

Minutes of Previous AGM	2
President's Report.....	4
Treasurer's Report	6
Cross Country Report.....	8
Track & Field Report	10

Minutes of Previous AGM

Minutes of the Annual General Meeting
Held at Latrobe Sports Centre, Centreway, Bundoora
Wednesday 21st May, 2014

MEETING OPENED: 8.00PM

PRESENT: 35 members and family, including 2013/2014 Committee Members: John David (President), James Lynch (Vice President), Simon Rigoni (Secretary), David Burke (Treasurer), Todd Dawson, Glen Nicholson, Tim Welch & Matthew Hall.

1. **APOLOGIES:** Chris Cole, Rob Craigie, Noel Burrows, Chris David, Chris Lang, Jeff Franklin and the Rogers family
2. **PRESIDENT'S WELCOME:** John David welcomed everyone to the meeting and thanked the Committee for their work and support throughout the year.
3. **MINUTES OF PREVIOUS MEETING:** 2013 Minutes were taken as read. MOTION – That the minutes of the previous AGM be accepted. Moved: Simon Rigoni, Seconded: Glen Nicholson. ACCEPTED.
4. **BUSINESS ARISING FROM MINUTES:** Nil
5. **PRESIDENT'S REPORT:** John David mentioned the committee's efforts around recruitment strategies including building closer relationships with Rosanna Little Athletics Club as a feeder club. He specifically thanked Anna Nicola and Peter Rule in the recruitment and development of an U14 girl's team. Improved recruitment increased numbers to 30 registered member, a figure he mentioned should be 50 in the following season. John congratulated all athletes who excelled in Cross Country, Shield and State and National Championships, especially the growing junior team who collected more than a dozen state and national medals and broke several club records. John reflected on the successful fundraising event at Bunning's in December which raised a profit of \$1,282,57. He also thanked the committee and coaches for their dedicated work throughout the season. In closing he mentioned the upcoming centenary celebrations and the aim for the club to increase its membership base and athletic performance across all disciplines.
6. **SECRETARY'S REPORT:** Simon Rigoni used his address to focus on the need to recruit junior athletes to the club to ensure its long term future leading in to its second centenary. He reflected that through the efforts of mainly one coach, Peter Rule, that Ivanhoe Harriers were the most successful Victorian club at Under 14 level with 9 individual state and 3 individual national track and field medals in the previous season. He also highlighted that this success was based on the performance of only three athletes and that we needed to grow numbers through a combined recruitment and coaching effort. He called on potential coaches, Glen Nicholson, Tim Welch, Matthew Hall, James Lynch and Catherine Brennan to commit to providing a one hour weekly session exclusively to junior Ivanhoe Harrier members.
7. **TREASURER'S REPORT:** Club funds as of 31st March are down \$1,362 on previous year. A major contributor to this was the purchase of uniforms for \$836. 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: David Burke, Seconded: Peter Rule. ACCEPTED.

8. **ELECTION OF OFFICE BEARERS:** The following office bearers were elected unopposed:
- President:** John David
Vice-President: Simon Rigoni
Secretary: Glen Nicholson
Treasurer: David Burke
General Committee: Tim Welch, James Lynch, Matt Hall, Todd Dawson, Catherine Brennan, Kellie Sones and Anna Nicola.
9. **GENERAL BUSINESS:** John Boas reflected on a previous rebuilding of the club some 50 years ago that he was instrumental in, reiterating the importance of building the strength of the club through coaching of junior members. John also discussed the recent selection of the Ivanhoe Harriers Team of the Century to be presented at the upcoming centenary celebrations. This led to the nomination of Ian Campbell for life membership. John shared his memories of Ian's illustrious athletics career with Ivanhoe and abroad in the US and at World and Olympic Championships. Ian Campbell's nomination was unanimously supported. His life membership will be presented at the centenary celebration later this year.
10. **MEETING CLOSED:** 8.45PM

PRESENTATION OF TROPHIES 2013/14

Statewide Trophy for most CC points: **James Lynch**

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

WA Rawlinson Trophy for Best T&F Athlete in the Club: **Glen Nicholson**

St James Trophy for Most Improved T&F athlete: **Rhys Rigoni**

Buffalo Sports Trophy for Most Improved Junior Athlete: **Grace Dicker**

Banyule Trophy for Best Female Athlete: **Bethany Illingworth**

Boas/Hancock Trophy for Outstanding Field Event Athlete: **Todd Dawson**

Lewis Hall Trophy for Athlete up to U/23 who shows commitment to Club and willingness to help others: **Catherine Brennan**

John Griffith Trophy for the most improved junior high jumper: **Abigail Adams**

Team Awards for performances in Shield Competition (requires athlete to have competed in no less than half Shield rounds): Men's Division 2 Premiers for Red Zone Shield Award - individual medals for **James Lynch, John David, David Burke, Peter Bovo, Todd Dawson, Matthew Hall, Phil Ramsay, Glen Nicholson, Stephen Pegg, Chris Struve & Tim Welch.**

President's Report

Our Centenary year was a great period for our club filled with many highlights.

Some of the exciting features of 2014/15 (in no particular order) were:

- the excellent Gala Dinner held in October 2014 to celebrate our Centenary year. The committee for these celebrations lead by Jeff Franklin & Andrew Edney were impressive to say the least. Everything was organized right down to the last detail, and the event ran like clockwork,
- the release of our Centenary publication written by Andrew Edney. Another major feat by Andrew producing a very detailed history of our club that will last forever. Let's not forget the hard work done behind the scenes regarding printing, sponsorship, editing, etc,
- the increase in membership from 30 (13/14) to 45 members, with most of the increase coming from our Open Men (refer below),
- Our Div 2 Men retaining the AV Shield premiership for the Red Zone. Also our Men's performance at the Shield final especially in the sprints, relays and throws (a very proud moment for me as president hearing our club's name over the loud speaker when our athletes were leading races),
- the excellent performance by our Juniors and Open Men at various championships,
- some great teamwork for the two major BBQ fundraising events held at Bunning's,
- the nice relaxed social BBQ that was held on the 17th May 2015 which also involved the attendance of a large number of past members. This function was the wrap up of our Centenary celebrations.
- sponsorship from Miles Real Estate and Aussie Merchandise Trailers which greatly assisted our club's financial position.

Along with these highlights there were also unfortunately some disappointments.

Two issues that really stood out were:

- the frustration in trying to replace the Pole Vault mat shed, which ultimately led to legal action taken against the contractor. Much time and energy was spent on this issue which could have better spent on club matters,
- the lack of attendance at AV Shield by some of our athletes which definitely affected our ability to run full teams for some age groups, and to compete in relays. This is an area we must try to fix next season.

As mentioned above, the total number of registrations for the 14/15 year was 45 (30 for 13/14). This was made up of Open Men 22 (15), U16 Men 2 (2), U14 Men 4 (1), Open Women 4 (3), U18 Women 1 (0), U14 Women 8 inc 1 second claim (6 inc 1 second claim), sole Coaches 3 (2), sole AV Official 1 (1).

The increase in membership mainly came from the Open Men's division which was partly due to past members rejoining our club, and also 2 new members from Meadowglen AC which had ceased operation last year.

I would like to thank the committee for the work done this year. Our Vice President – Simon Rigoni started the season with a proactive approach to set the allocation of duties amongst the committee, and also to work on a designated coaching program. There was some frustration along the way but still this work has clarified some room for improvement that needs to happen in the future.

David Burke was very valuable as our Treasurer and has helped me tremendously in assisting to run our club. This was not only from the financial side, but also in many other areas such as being our club representative on the Red Zone Committee, dealing with our website and other technology issues, supply of data for athlete performances, and responding to the many queries I had regarding issues involving Athletics Victoria.

Glen Nicholson (as our Secretary) apart from releasing minutes on time, was always there to help design brochures, and to step in to assist with issues around the Pole Vault mat shed, representing our club on the Willinda Park Committee of Management, and many other tasks including assisting with our BBQ's at Bunning's.

Catherine Brennan always voiced her opinion at committee meetings and was proactive in trying to find solutions to the many issues that arose throughout the year. Anna Nicola assisted with media issues regarding CURSUS, and also looking into, and applying for grants to assist our club. Kellie Sones did a very effective job in organizing the club duty roster which was a very important function. Matt Hall & James Lynch were also vocal at committee meetings and offered some very valuable advice. They both did a great job assisting at our fundraising BBQ's.

Last of all I would like to mention Jeff Franklin. I have only recently began to know Jeff which started when I was involved in the Centenary celebrations, where I was very impressed with his commitment and "can do" attitude. Even though Jeff has only recently joined the committee, his leadership skills and knowledge of the past has already been of great assistance in looking at ways to move our club forward. He has also been instrumental in renewing our relationship with Ivanhoe Grammar which I'm sure will be a huge benefit for our club in the future.

Some other people that have been very instrumental in assisting our club this year have been David Illingworth and Wayne Ramsay. Fantastic for CURSUS to be up and running again which is mainly due to the large amount of work done by David. It is so important to have this type of communication available for current members and also for our Life & past members to keep everyone informed. David did an excellent job and the quality of information produced was outstanding.

We also have to thank Wayne for the excellent work done regarding various designs produced for our Centenary, and also for our club banner. Wayne is always willing to assist and the standard of work was fantastic.

Special thanks to our four main coaches - Peter Rule, John Boas, Catherine Brennan & Matthew Hall. The high level of training, commitment and support for our athletes was clearly shown by some of the very impressive performances at Shield and at various Championship events. The dedication shown by our coaches is very much appreciated, and our club is very fortunate to have such a high level of expertise available for our athletes.

I have really enjoyed the last 3 years as club president but I confess that it hasn't always been easy. This position involves a large amount of time in order to be effective, and to give the club the energy it deserves. One thing I know for sure is that our club cannot run with just a couple of people doing all the work. To be successful in the future we definitely need a hard working dedicated and organized committee that really wants to get their hands dirty and get on with the job. Hopefully the committee for 15/16, together with all of our athletes and coaches will show the true spirit, passion and commitment that our great club needs.

I wish all of our athletes and coaches a very successful season for 2015/16, and that our club will continue to develop stronger and better next year and well into the future.

GO HOE

John David
Club President.

Treasurer's Report

IVANHOE HARRIERS ATHLETIC CLUB INC Statement of Receipts & Payments for the Year Ended 31st March 2015

	2015	2014
Opening Balance		
- General Brought Forward	\$ 1,296.36	\$ 1,372.19
- ING Account Brought Forward	\$ 6,811.71	\$ 8,098.29
	<hr/>	<hr/>
	\$ 8,108.07	\$ 9,470.48
	<hr/>	<hr/>
Plus Receipts		
Competition		
Club Fees	\$ 2,895.00	\$ 1,245.00
Uniforms	\$ 275.00	\$ 270.00
AV Registration Fees (Matt Hall)		\$ 200.00
AV Online Registration Overpayment	\$ 84.00	
Fundraising/Social		
AGM Ticket Sales	\$ 310.00	
BBQ	\$ 3,574.10	\$ 1,282.57
IH 80th Anniversary Book Sale		\$ 30.00
IH Centenary Book Sales (138)	\$ 4,140.00	
Postage of Books	\$ 178.00	
Contingency for Book Printing (John Boas)	\$ 400.00	
Books for Ivanhoe Grammar (Jeff Franklin)	\$ 60.00	
IH Centenary Dinner Tickets (204)	\$ 17,340.00	
Donation by Jeff Franklin (Dinner Guests)	\$ 533.00	
IH Centenary Raffle	\$ 916.00	
Donation	\$ 110.00	\$ 410.00
Sponsorship		
Miles Realestate	\$ 3,000.00	\$ -
Windsor Income Protection	\$ 1,000.00	\$ -
Blue Rock Law	\$ 500.00	\$ -
Matt Hall	\$ 500.00	\$ -
PlasterMart (Kellie Sones)	\$ 200.00	\$ -
Other		
ING Account Interest	\$ 224.36	\$ 213.42
ING Transfer	\$ 4,000.00	\$ 1,500.00
	<hr/>	<hr/>
Total Receipts	\$ 40,239.46	\$ 5,150.99
	<hr/>	<hr/>

Less Payments

Competition

Cross Country Relay Entry	\$ 180.00	\$ 183.00
Track Relay Entry	\$ 120.00	
A.V. Affiliation	\$ 400.00	\$ 400.00
AV Online Registration Fees Refunded	\$ 150.00	\$ 200.00

General

Annual Return	\$ 51.40	\$ 50.10
Trophies	\$ 305.50	\$ 245.00
Bank Charges	\$ 4.40	\$ 5.00
Uniforms	\$ 1,003.20	\$ 836.00
Uniforms - 100 Years Patch	\$ 152.90	
ING Transfer	\$ 4,000.00	\$ 1,500.00

Fund Raising/Social

AGM Expenses	\$ 367.00	\$ 125.60
IH Centenary Dinner - Venue Hire	\$ 18,627.00	
IH Centenary Book Printing (200)	\$ 4,917.67	
Postage of Books	\$ 109.95	
Contingency for Book Printing	\$ 400.00	
Books for Ivanhoe Grammar (Jeff Franklin)	\$ 60.00	

Miscellaneous

Willinda Park Rent	\$ 2,640.00	\$ 2,640.00
Willinda Park Shelter (Back Straight)	\$ 500.00	
Gym Equipment		\$ 250.00
Raffle Prizes	\$ 100.00	
Brochure Printing	\$ 349.00	
Christmas Breakup Catering	\$ 53.00	
Website	\$ 58.80	\$ 78.70

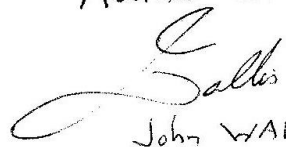
Total Payments

\$ 34,549.82	\$ 6,513.40
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Club Funds as at 31st March

General Account	\$ 2,761.64	\$ 1,296.36
ING Account	\$ 11,036.07	\$ 6,811.71
\$ 13,797.71	\$ 8,108.07	

IH Treasurer
28 April 2015

Audited and found correct

John WALLIS
FCPA
23/4/15

Cross Country Report : 2014 Season

Great to see an increase in cross country runners this season with 11 athletes competing compared to 7 last year. Another pleasing result with our Div 5 Men's team competing in every race except Brimbank Park 16km, where we did not have a full team on the day.

Our Div 5 Men ended the season finishing 8th out of 14 teams which was a respectable position.

James Lynch had some serious competition this year with Aaron Barnett close on his heels. Both James & Aaron had another great year which seemed to be connected to the Ironman and Marathon training that they were involved in. Andrew Jewell also had a good year but unfortunately was unable to compete in the second half of the season. Simon Rigoni made his debut to long distance running, and competed in most of the races including the half marathon. He seemed to enjoy the experience and should be very proud of what he achieved in such a short amount of time. Travis McIntosh also made his debut as a full member of our club and had some impressive performances both in the short and long distance events. Chris Struve also did well and was a valuable runner for us in the long distance events.

David Burke & John David played a very important role in filling teams especially John for the long distance runs. Rhys Rigoni & Harri Howden only competed in the Tan Relays, but had some great times in this 3.8km race. It was also fantastic to see Simone David run in the Womens 6km at Brimbank, proudly displaying our club colours.

The results for each event were:

<p>Round 1 Results</p> <p>Saturday, 3 May 2014 Wheelers Hill</p> <p>Men Division 5 - 4 x 6km Relay</p> <table border="1"> <thead> <tr> <th>Leg</th> <th>Name</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>James Lynch</td> <td>26:56</td> </tr> <tr> <td>2</td> <td>Aaron Barnett</td> <td>26:39</td> </tr> <tr> <td>3</td> <td>Simon Rigoni</td> <td>32:06</td> </tr> <tr> <td>4</td> <td>Andrew Jewell</td> <td>28:30</td> </tr> </tbody> </table>	Leg	Name	Time	1	James Lynch	26:56	2	Aaron Barnett	26:39	3	Simon Rigoni	32:06	4	Andrew Jewell	28:30	<p>Round 2 Results</p> <p>Saturday, 17 May 2014 Warragul</p> <p>Men Division 5 - 8km</p> <table border="1"> <thead> <tr> <th>Place</th> <th>Name</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>231</td> <td>James Lynch</td> <td>37:14.0</td> </tr> <tr> <td>257</td> <td>Aaron Barnett</td> <td>38:54.9</td> </tr> <tr> <td>262</td> <td>Andrew Jewell</td> <td>39:16.2</td> </tr> <tr> <td>287</td> <td>Chris Struve</td> <td>41:40.5</td> </tr> <tr> <td>311</td> <td>Simon Rigoni</td> <td>46:30.2</td> </tr> <tr> <td>314</td> <td>David Burke</td> <td>47:18.3</td> </tr> <tr> <td>316</td> <td>John David</td> <td>47:59.5</td> </tr> </tbody> </table>	Place	Name	Time	231	James Lynch	37:14.0	257	Aaron Barnett	38:54.9	262	Andrew Jewell	39:16.2	287	Chris Struve	41:40.5	311	Simon Rigoni	46:30.2	314	David Burke	47:18.3	316	John David	47:59.5	<p>Round 3 Results</p> <p>Saturday, 31 May 2014 Keilor East</p> <p>Men Division 5 - 16km</p> <table border="1"> <thead> <tr> <th>Place</th> <th>Name</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>297</td> <td>Travis McIntosh</td> <td>1:21:49.4</td> </tr> <tr> <td>332</td> <td>Chris Struve</td> <td>1:29:51.3</td> </tr> <tr> <td>347</td> <td>John David</td> <td>1:41:07.2</td> </tr> </tbody> </table> <p>Women Open - 6km</p> <table border="1"> <thead> <tr> <th>Place</th> <th>Name</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>205</td> <td>Simone David</td> <td>41:21.8</td> </tr> </tbody> </table>	Place	Name	Time	297	Travis McIntosh	1:21:49.4	332	Chris Struve	1:29:51.3	347	John David	1:41:07.2	Place	Name	Time	205	Simone David	41:21.8
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<p>Round 4 Results</p> <p>Saturday, 21 June 2014 Bundoora</p> <p>Men Division 5 - 12km</p> <table border="1"> <thead> <tr> <th>Place</th> <th>Name</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>245</td> <td>James Lynch</td> <td>53:44.8</td> </tr> <tr> <td>303</td> <td>Andrew Jewell</td> <td>57:47.6</td> </tr> <tr> <td>306</td> <td>Travis McIntosh</td> <td>57:57.4</td> </tr> <tr> <td>313</td> <td>Aaron Barnett</td> <td>58:53.5</td> </tr> <tr> <td>345</td> <td>Chris Struve</td> <td>1:03:38.4</td> </tr> <tr> <td>364</td> <td>Simon Rigoni</td> <td>1:12:03.0</td> </tr> <tr> <td>365</td> <td>John David</td> <td>1:12:03.3</td> </tr> </tbody> </table>	Place	Name	Time	245	James Lynch	53:44.8	303	Andrew Jewell	57:47.6	306	Travis McIntosh	57:57.4	313	Aaron Barnett	58:53.5	345	Chris Struve	1:03:38.4	364	Simon Rigoni	1:12:03.0	365	John David	1:12:03.3	<p>Round 5 Results</p> <p>Saturday, 12 July 2014 Sandown Racecourse</p> <p>Men Division 5 - 4 x 6.2km</p> <table border="1"> <thead> <tr> <th>Leg</th> <th>Name</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>James Lynch</td> <td>26.22</td> </tr> <tr> <td>2</td> <td>Andrew Jewell</td> <td>27.11</td> </tr> <tr> <td>3</td> <td>Chris Struve</td> <td>29.11</td> </tr> <tr> <td>4</td> <td>Travis McIntosh</td> <td>27.11</td> </tr> </tbody> </table>	Leg	Name	Time	1	James Lynch	26.22	2	Andrew Jewell	27.11	3	Chris Struve	29.11	4	Travis McIntosh	27.11	<p>Round 6 Results</p> <p>Sunday, 3 August 2014 Albert Park</p> <p>Men Division 5 - 10km</p> <table border="1"> <thead> <tr> <th>Place</th> <th>Name</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>379</td> <td>Aaron Barnett</td> <td>44:26.9</td> </tr> <tr> <td>386</td> <td>Andrew Jewell</td> <td>45:03.6</td> </tr> <tr> <td>431</td> <td>Simon Rigoni</td> <td>50:46.5</td> </tr> <tr> <td>437</td> <td>John David</td> <td>52:45.6</td> </tr> </tbody> </table>	Place	Name	Time	379	Aaron Barnett	44:26.9	386	Andrew Jewell	45:03.6	431	Simon Rigoni	50:46.5	437	John David	52:45.6			
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<p>Round 7 Results</p> <p>Saturday, 16 August 2014 Ballarat</p> <p>Men Division 5 - 15km</p> <table border="1"> <thead> <tr> <th>Place</th> <th>Name</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>253</td> <td>James Lynch</td> <td>1:07:49.0</td> </tr> <tr> <td>274</td> <td>Aaron Barnett</td> <td>1:10:10.5</td> </tr> <tr> <td>279</td> <td>Travis McIntosh</td> <td>1:10:48.8</td> </tr> <tr> <td>309</td> <td>John David</td> <td>1:21:41.5</td> </tr> </tbody> </table>	Place	Name	Time	253	James Lynch	1:07:49.0	274	Aaron Barnett	1:10:10.5	279	Travis McIntosh	1:10:48.8	309	John David	1:21:41.5	<p>Round 8 Results</p> <p>Sunday, 7 September 2014 Kevin Bartlett Reserve</p> <p>Men Division 5 - Half Marathon</p> <table border="1"> <thead> <tr> <th>Place</th> <th>Name</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>287</td> <td>James Lynch</td> <td>1:38:19.8</td> </tr> <tr> <td>316</td> <td>Aaron Barnett</td> <td>1:42:05.5</td> </tr> <tr> <td>352</td> <td>Simon Rigoni</td> <td>1:59:44.0</td> </tr> <tr> <td>357</td> <td>John David</td> <td>2:00:09.7</td> </tr> </tbody> </table>	Place	Name	Time	287	James Lynch	1:38:19.8	316	Aaron Barnett	1:42:05.5	352	Simon Rigoni	1:59:44.0	357	John David	2:00:09.7	<p>Round 9 Results</p> <p>Saturday, 20 September 2014 Kings Domain, Melbourne</p> <p>Men Division 5 - 4 x 3.8km Tan Relay</p> <table border="1"> <thead> <tr> <th>Leg</th> <th>Name</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Simon Rigoni</td> <td>17.48</td> </tr> <tr> <td>2</td> <td>Rhys Rigoni</td> <td>16.05</td> </tr> <tr> <td>3</td> <td>Harri Howden</td> <td>15.31</td> </tr> <tr> <td>4</td> <td>James Lynch</td> <td>16.14</td> </tr> </tbody> </table>	Leg	Name	Time	1	Simon Rigoni	17.48	2	Rhys Rigoni	16.05	3	Harri Howden	15.31	4	James Lynch	16.14												
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253	James Lynch	1:07:49.0																																																									
274	Aaron Barnett	1:10:10.5																																																									
279	Travis McIntosh	1:10:48.8																																																									
309	John David	1:21:41.5																																																									
Place	Name	Time																																																									
287	James Lynch	1:38:19.8																																																									
316	Aaron Barnett	1:42:05.5																																																									
352	Simon Rigoni	1:59:44.0																																																									
357	John David	2:00:09.7																																																									
Leg	Name	Time																																																									
1	Simon Rigoni	17.48																																																									
2	Rhys Rigoni	16.05																																																									
3	Harri Howden	15.31																																																									
4	James Lynch	16.14																																																									

Final Ladder for 14/15.

Men Division 5											
Place	Team	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Total
1	Victorian Masters	10	17	17	17	12	17	17	15	13	135
2	Yarra Ranges Athletics	14	13	14	15	11	15	15	17	15	129
3	Williamstown	15	15	15	14	14	14	14	12	12	125
4	Diamond Valley	13	14	13	13	13	12	13	10	14	115
5	Glenhuntly	11	12	10	9	10	11	12	11	9	95
6	Collingwood Harriers	9		12	11	9	13		14	10	78
7	Coburg Harriers	8	8	11	12	8	8		7	7	69
8	Ivanhoe Harriers	7	11		10	5	7	11	9	8	68
9	Oakleigh		9	9	8	7	9	9		6	57
10	Ringwood	17				17				17	51
11	South Melbourne	6		8			10	10	8		42
12	Frankston	12				15				11	38
13	Traralgon Harriers		10			6					16
14	Athletics Waverley								13		13
	Maccabi										
	Sandringham										

Scoring for club points was done on the following basis : 1st = 5, 2nd = 4, 3rd & 4th = 3, Official/Volunteer = 4. The total points awarded for the whole season for each athlete/volunteer were: James Lynch – 33, John David – 26, Aaron Barnett – 24, Simon Rigoni – 18, Andrew Jewell – 18, Travis McIntosh – 15, Chris Struve – 13, David Burke – 11, Simone David – 9, Harri Howden – 5, Rhys Rigoni – 4, Katrina Philip – 4. Total points = 180.

Congratulations (yet again) to James Lynch for achieving the highest individual score for the season with 33 points.

Much appreciation has to be given to Katrina, Simone, David & John for completing our club duties for the Winter season. Providing the required number of volunteers is now strictly controlled by Athletic Victoria. If we didn't have this assistance our team would have lost valuable points for some events.

Even though our cross country team was limited in numbers, there were some great performances – so congratulates to our Winter athletes for their efforts in our Centenary year. Our team came close to completing every event throughout the season as a full team. In 2015, let's try to achieve the goal of competing in every race whilst still having fun experiencing the many challenges that is Cross Country competition.

John David
Winter Team Manager

Track & Field Reports

Men's Open Team Report

Going into the 2014/15 season and the 100th year of the club, the men's open team was keen to back up the success from the previous season and take out another premiership win in the Red Zone, Open Men's Division 2. With 19 open men competing this season numbers were up from the 13 in the previous year and it was good to see a healthy Ivanhoe presence at the summer competition rounds. We saw the return of familiar faces, former club champions and club record holders which made for an exciting season.

After a few years off it was fantastic to see both Andrew Edney and John Edney return for another year. Both were especially important for the club as they competed in 8 and 6 rounds respectively, gaining valuable points particularly in the throw events. Andrew was fantastic in the Discus (2kg) with a seasons best of 21.61m, while John was brave enough to tackle the 110m Hurdles, and made it through unscathed in a time of 24.05sec.

In Jagmandip Gill's first year competing for the club he held the top performances in the 100m, 200m, long, triple and high jump. He was also a vital leg in the 4x100m and 4x200m relays ran throughout the year. To cap off a fantastic year Gill also took out 3rd in the Long jump at the Victorian Open Championship with a jump of 7.18m.

This year, after years of travelling and being away from the club we saw the return of 100m club record holder Braden Fraser. Braden posted a season's best time of 11.94sec in the 100m and played an important role in the 4x100m relays with his lightning start. He was also crazy enough to do an individual 200m (24.72sec) and a 4x200 relay later that evening. Whilst we didn't get to see him break his club record this year, we are expecting big things for the coming season.

Once again Tim Welch and Todd Dawson returned for another season both achieving some good results which added to the overall point score. After an interrupted season travelling for 3 months, Tim picked up valuable points in the Pole Vault with a seasons best of 4.30m while Todd held the best throw in the club this season with the Javelin (800g) achieving a seasons best performance of 45.03m.

James Lynch yet again supported the men's team by competing in the 3000m and 5000m, events which not many others enjoyed, but the club is grateful for. Simon Rigoni posted some good times in the 1500m with a seasons best performance of 6:15.3min to secure much needed points in the discipline. He also managed to sneak in a one and only 3000m in round 4, which I think he is still recovering from.

It was good to see Phil Ramsay back for another year competing in the dreaded 400m event. Even after all these years Phil still ignores the pain in the final 100m to cross the finish line. The club also owes Phil a big thank-you for all the volunteering and help throughout the year which allowed others to compete and the club not being deducted on points. Thanks Phil.

We saw the return of a club champion in Terence Beaton, who although is eligible to compete in the over-age category, wanted to help out the Open men's team. Despite his lack of training and only getting back into the sport he was still able to achieve some impressive results in both the Shot-put and Discus and we hope to see Terry back next year.

Matt Hall and Stephen Pegg were another two that posted some impressive results to help us secure the Red Zone Premiership. Matt was particularly impressive in the 2kg Discus and Shot-put (7.26kg) posting throws of 33.94m in the Discus and 11.85m in the Shot which ensured we weren't missing out on points there.

Stephen provided yet another year of quality sprinting in the 100m, 200m, 400m, 4x100m and 4x200m relays, although only managing to complete in 3 rounds as he was away most weekends having tried out a season in the pro running meets.

Once again a commendable performance by David Burke who competed in all 11 rounds of the summer track and field season, competing in an amazing 72 events throughout the year. David is outstanding for the club and ensures there is Ivanhoe presence week-in-week-out in all events and his efforts don't go unnoticed. With the amount of points he gains over the season it would be hard not to make the finals on his efforts alone!

Last but certainly not least is the President, John David. John competed in 7 of the rounds in various events including the longer distances. John always came to shield competitions early to set up and would always have the timetable of events on hand to ensure all events were filled even if people couldn't walk. John also has a unique running ability of having 1 pace regardless of the distance be it 100m or 5000m, and is always keen to help out the team where events aren't filled. Outside of competition is where John really needs to be thanked, from BBQ fundraisers, to organising meetings and attending the Willinda Park committee, the club can't thank you enough.

The fantastic team effort this year meant we were able to take out the Red Zone Premiership for another year and advance to the shield final.

The team that represented Ivanhoe at the shield final, held at Albert Park included; Jagmandip Gill, Glen Nicholson, Braden Fraser, David Burke, Simon Rigoni, John David, James Lynch Matthew Hall and Andrew Edney. We were well represented and came 5th/11 on the day, only beaten by larger and stronger clubs, with multiple athletes in all events.

And excellent effort by all this season and I hope to see you all again this coming year.

Glen Nicholson
Men's Open Team Manager

Men's Junior Team Report

The Ivanhoe Harriers junior boy's age groups consisted of 6 athletes in the 2014-15 season; Kyle Britton and Flynn Dicker in U16 and Rhys Rigoni, Harri Howden, Matthew Stevenson and Alex McPherson in the U14s. The U14 boys combined to compete in the 4 x 400m relay at the state championships in November, narrowly missing out on a medal in fourth place and within 1.5 seconds of the club record of 4:12.5

Kyle showed impressive form in his brief but promising foray in the sprints and long jump. Flynn started the season well trying his hand at several events before succumbing to injury. Hopefully both can return bigger and better next year.

In the U14s Rhys and Harri competed at several shield meets across an array of events. Harri focused on the 100, 200 and 400m and ran impressive times in his debut season culminating in a finalist position at state championships.

Rhys spread himself across multiple disciplines in line with his multi event aspirations as well as adding the 200m Hurdles. He enjoyed success at state level medalling in Pole Vault, Discus and Shot Put. At national level he competed in these three events as well as Javelin and the 200m hurdles. He won the bronze medal in the pole vault and made the finals of the 200m hurdles finishing 7th. Rhys also competed in the U16 State Combined Event Championships where he collected the bronze medal.

Hopefully the promising gains achieved by all boys can be furthered in the coming season.

Simon Rigoni

Women's Team Report

Female Team Managers Report

It was great to see 12 females competing for Ivanhoe this season. We had a strong presence in the U14 age group with 3 new members jumping on board. Tiarna Mcpherson made a contribution in the first round competing in 3 events for the hoe before seeking out other activities. It was great to see the younger siblings of Bethany Illingworth and Grace Dicker put on the Ivanhoe singlets for the first time this season and make a name for themselves.

Naomi Nicola sister of Beth took every chance she got competing in 9 out of the 10 rounds of shield. Whilst trying out new events Naomi was a great contribution to the U14 team being the only

Ivanhoe athlete to compete in both the 1500 and 2000km walks. She made a significant improvement in her Long Jump with over a 30cm PB after just a few jumps sessions with Glen. Naomi even helped out the women's open 4x100m team soar to victory in round 5, she has been a fantastic asset to the club and her looks to have an excellent future ahead of her in athletics.

Jazmin Dicker one of the most dedicated and motivated athletes I have ever coached, put in 110% into every training session and event she competed in. with her always wanting to try out new events Jazmin in the second round of shield pulled out a 5cm pb in High Jump with her proud sprints coach watching on the side. Whilst it can be daunting competing against athletes who are decades older than you, Jazmin composed herself well each round of competition and was willing to take on helpful tips that more experienced athletes would give. Jazmin competing in all three relay distances also competed in the women's open 4x100m team twice with sister Grace, Beth and Coach Catherine. Jazmin's attitude and commitment towards athletics shines and is evident through her seasonal performances. She was a joy to coach and a delight to have by my side on competition day as team manager. Her future is bright and can achieve anything she sets her mind too.

It was fantastic to see the Laffey sisters back again for another season and being part of the Victorian relay championships. With sights set on a medal Hannah, Jemma, Beth and Grace were ready to do one better than the previous 7th place of last year in the 4x100m and 5th place in the 4x400m. Unfortunately the girls just missed out on a medal placing 4th in the 4x100 and 5th in the 4x400m but came away with two new club records. It was a fantastic effort by all and hopefully next year we can do one better.

Grace Dicker and Bethany Illingworth both had a busy year of juggling there athletics competitions. With both girls competing in School and Club Track and field, events had to be carefully chosen and training plans needed to be developed. Grace decided to give the sprints and horizontal jumps a go this season setting her sites on junior nationals. Unfortunately her season didn't go as planned suffering an ankle injury towards the end of the season but came away with some great performances both in school competition and shield. Grace regularly attended jumps training and saw an improvement in her Triple Jump with a seasons best of 9.51m. Grace worked hard on her sprints this year finishing a close 4th in the 100m at the Victorian Championships. We also got to see her compete in a couple of 400m throughout the season finishing with a seasons best of 68.82s. Her effort to never give up and determination to finish every training sessions show's that this may be her event in the next few years.

Bethany Illingworth had some great performances this season setting 2 official club records and being one of two females to compete at the National Junior Championships. With second claim Ivanhoe athlete Kyla Green by her side Beth finished 5th in the Pole vault with a jump of 2.45m. It was a fantastic effort by Beth to maintain her composure and keep a positive attitude towards training after suffering a terrible leg injury whilst at training. Bethany was one of only 2 athletes who competed in every shield round. She has made a massive contribution to the club this season and has come away with many personal bests.

We welcomed new athlete Caitlin Dagher to the club season. After many years of competing at an elite level in diving Caitlin decided to give athletics ago and put her heart and soul into it from day 1. With every round of shield her confidence grew and this shows through her performances. Being our only U18 athlete Caitlin attempted as many events possible and discovered her love for long jump. Unfortunately the seasons end came too quickly for Caitlin and was unable to show the athletics world what she can do, but it was a joy to watch and help her grow into a very determined and enthusiastic athlete.

Unfortunately we only had 2 open females compete this season: Simon David who competed in 3 rounds of shield representing the team in the shot put and myself whose season was cut short due to injury. Overall it has been an extremely successful and eventful season full of personal and season bests, new cub records and centenary celebrations. I look forward to seeing what 2015/2016 can bring.

Catherine Brennan
Female Team Manager

Club Records Set

Age Group	Event	Athlete(s)	New Record	Date	Competition	Location
WU14	High Jump	Grace Dicker	1.40m	19/10/2014	AV Shield Round 2	Doncaster
WU14	Triple Jump	Bethany Illingworth	10.06m (NWI)	19/10/2014	AV Shield Round 2	Doncaster
WU14	80m Hurdles (76cm)	Bethany Illingworth	13.50 (NWI)	17/10/2014	School Sport Victoria (SSV) Championships	Albert Park
WU14	80m Hurdles (76cm)	Bethany Illingworth	13.48 (Wind: 2.9)	9/11/2014	Victorian All Schools Championships	Albert Park
WU14	90m Hurdles (76cm)	Bethany Illingworth	14.57 (Wind: -1.9)	6/12/2014	AV Shield Round 7	Doncaster
WU14	200m	Bethany Illingworth	27.54 (Wind: 2.4)	23/11/2014	AV Shield Round 6	Aberfeldie
WU14	200m	Bethany Illingworth	27.38 (wind: 1.8)	16/12/2014	AV Shield Round 8	Doncaster
WU14	1500m Walk	Naomi Nicola	10:29.2	1/11/2014	AV Shield Round 4	Doncaster
WU14	2000m Walk	Naomi Nicola	14:48.3	11/10/2014	AV Shield Round 1	Doncaster
WU14	2000m Walk	Naomi Nicola	13:27.5	15/11/2014	AV Shield Round 5	Doncaster
WU14	2000m Walk	Naomi Nicola	13:22.47	10/01/2015	AV Shield Round 9	Knox
WU14	Medley Relay (200m, 200m, 400m, 800m)	(Naomi Nicola, Jazmin Dicker, Bethany Illingworth, Grace Dicker)	5:07.57	1/11/2014	AV Shield Round 4	Doncaster
WU14	4x100m Relay	Hannah Laffey, Bethany Illingworth, Jemma Laffey, Grace Dicker	53.88	29/11/2014	Vic. Relay Champs, (Heat 1)	Albert Park
WU14	4x400m Relay	Hannah Laffey, Bethany Illingworth, Jemma Laffey, Grace Dicker	4:38.32	29/11/2014	Vic. Relay Champs	Albert Park

* Not a record as wind reading is more than 2.0

* Not a record as wind reading is more than 2.0

AV Shield 2014/15

Name	Event	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Rnd 7	Rnd 8	Rnd 9	Rnd 10	AV Final	Best	Rounds (Events)
Catherine Brennan	100m	13.03		13.08		13.16		13.22					13.03	6 (11)
	200m						26.88						26.88	
	Long Jump			4.70m		ND		4.79m					4.79m	
	High Jump		1.35m										1.35m	
	4x100m Relay			55.34		59.21							55.34	
Simone David	800m										3:44.2h		3:44.2h	3 (4)
	Shot Put (4kg)		5.28m						5.33m		5.77m		5.77m	
Alana Green	Pole Vault							2.20m		2.00m			2.20m	2 (2)
Caitlin Dagher (U18)	100m					14.78		14.63		14.67			14.63	5 (14)
	200m						30.27		30.00				30.00	
	400m							73.55		74.55			73.55	
	Long Jump				4.28m			4.21m					4.28m	
	Discus (1kg)							16.12m					16.12m	
	Shot Put (3kg)						7.31m		7.09m				7.31m	
	4x100m Relay					(Open) 59.21		(U18) 60.77					59.21	
Grace Dicker (U14)	100m	13.70		13.94		13.93				13.63			13.63	7 (20)
	200m		28.21		28.17				28.3				28.17	
	400m									68.82			68.82	
	200m Hurdles (76cm)		36.19										36.19	
	Triple Jump		9.50m		9.51m				9.46m				9.51m	
	High Jump		1.40m		1.40m								1.40m	
	Pole Vault	1.90m				1.80m							1.90m	
	Shot Put (3kg)		6.64m										6.64m	
	4x100m Relay	59.79		(Open) 55.34									55.34	
	Medley Relay (2x200m, 1x400m, 1x800m)				5:07.57									
Jazmin Dicker (U14)	100m	15.87		16.22		15.96				16.22			15.87	8 (19)
	200m		33.07				32.97		32.39				32.39	
	400m	80.54								79.76			79.76	
	1500m			6:04.3h									6:04.3h	
	Long Jump					3.51m							3.51m	
	High Jump		1.15m		1.10m				1.10m				1.15m	
	4x100m Relay	59.79		(Open) 55.34		(Open) 59.21							55.34	
	4x400m Relay		5:23.82										5:23.82	
	Medley Relay (2x200m, 1x400m, 1x800m)				5:07.57									
Kyla Green (U14)	Pole Vault	2.05m		NH		1.95m		2.05m					2.05m	4 (4)
Bethany Illingworth (U14)	100m	13.75				13.92				13.55			13.55	10 (34)
	200m						27.54		27.38				27.38	
	80m Hurdles (76cm)	13.77		13.92									13.77	
	90m Hurdles (76cm)							14.57		14.74			14.57	
	200m Hurdles (76cm)		35.05		34.51		33.17		33.20		33.04		33.04	
	Long Jump					4.55m		4.38m					4.55m	

	Triple Jump		10.06m		9.37m						10.06m	
	Pole Vault	2.35m		2.50m		2.25m		2.65m		2.60m		2.65m
	Discus (1kg)	16.88m										16.88m
	Javelin (400g)					17.67m						17.67m
	Shot Put (3kg)		6.97m				7.51m		7.29m		7.70m	7.70m
	4x100m Relay	59.79		(Open) 55.34		58.26		(U18) 60.77				55.34
	Medley Relay (2x200m, 1x400m, 1x800m)					5:07.57						5:07.57
Hannah Laffey (U14)	100m					15.34		15.18				15.18
	200m		31.99				31.43					31.43
	400m					73.02						73.02
	200m Hurdles (76cm)		42.12									42.12
	Discus (1kg)							16.20m				16.20m
	4x100m Relay					58.26		(U18) 60.77				58.26
	4x400m Relay		5:23.82									5:23.82
Jemma Laffey (U14)	200m		30.65				30.01					30.01
	400m					72.30						72.30
	4x100m Relay					58.26						58.26
	4x400m Relay		5:23.82									5:23.82
Tiarna McPherson (U14)	100m		14.64									14.64
	80m Hurdles (76cm)		15.11									15.11
	Long Jump		3.83m									3.83m
Naomi Nicola (U14)	100m			18.33		17.54		17.74		18.08		17.54
	200m			37.93			36.62			37.56		36.62
	400m			1:31.2h		87.05		86.73		87.12		86.73
	800m									3:24.3h		3:24.3h
	1500m Walk		11:32.5h		10:29.2h		10:41.8h					10:29.2h
	2000m Walk		14:37.3h			13:27.5h				13:22.47		13:22.47
	Long Jump		3.12m		3.13m		3.19m		3.47m		3.36m	3.47m
	Triple Jump				6.98m		7.19m			7.46m		7.46m
	Discus (1kg)							7.90m		5.98m		7.90m
	4x100m Relay		59.79			(Open) 59.21		(U18) 60.77				59.21
	4x400m Relay			5:23.82								5:23.82
	Medley Relay (2x200m, 1x400m, 1x800m)						5:07.57					5:07.57
	Aaron Barnett	1500m				5:55.3h						
Terence Beaton	Discus (2kg)					23.12m						23.12m
	Shot Put (7.26kg)							8.51m				8.51m
David Burke	100m	13.65		13.81		13.72		13.52		13.56	13.32	13.32
	200m		28.15		27.86		26.78		27.06	27.09		26.78
	400m	62.57		63.6h		63.33		61.90		63.66	62.32	61.90
	800m						3:25.68		2:45.79		2:52.0h	2:45.79
	1500m			6:17.2h				6:14.4h			6:12.95	6:12.95
	3000m				14:24.6h		14:48.01		14:27.9h		14:33.2h	14:24.6h
	110m Hurdles (106cm)	21.70		24.05		25.20		23.83		22.40	22.08	21.70
	400m Hurdles (91cm)		71.25		76.23		77.29		79.35		77.31	71.25

	Long Jump		4.48m	4.60m	4.67m	4.61m		4.67m		
	Triple Jump		9.49m	9.71m	9.61m	9.90m	9.75m	9.90m		
	High Jump		1.65m	1.65m	1.65m	1.60m	1.65m	1.65m		
	Discus (2kg)	20.18m	20.20m	20.18m	21.06m	19.80m		21.06m		
	Hammer (7.26kg)						12.57m	12.57m		
	Javelin (800g)	23.69m	21.72m	22.05m	25.03m	22.46m		25.03m		
	Shot Put (7.26kg)		6.59m	6.23m	6.75m	6.54m	6.82m	6.82m		
	4x100m Relay	47.68						46.65		
	4x400m Relay		4:14.97							
	Medley Relay (2x200m, 1x400m, 1x800m)			4:30.07						
John David	400m					86.65		84.89		
	800m				3:14.47		3:20.14	3:17.2h		
	1500m					6:45.8h		6:56.8h		
	3000m						15:28.2h			
	Javelin (800g)			13.64m						
	Shot Put (7.26kg)		5.38m			4.95m	5.69m			
Todd Dawson	Javelin (800g)			45.03m	44.59m					
	4x100m Relay				44.89					
Andrew Edney	Discus (2kg)	20.71m	21.61m	20.16m	19.68m			21.60m		
	Javelin (800g)		25.05m					25.05m		
	Shot Put (7.26kg)		8.22m			8.04m	8.39m			
John Edney	100m		14.19							
	110m Hurdles (106cm)		24.05							
	Long Jump	4.73m	4.61m	4.65m	4.96m					
	Triple Jump					9.04m		9.04m		
	High Jump					1.40m		1.40m		
	Discus (2kg)	21.80m	20.12m	20.98m	20.92m			21.80m		
	Hammer (7.26kg)					20.77m	20.37m	20.77m		
	Javelin (800g)		25.46m	29.47m	29.94m			29.94m		
	Shot Put (7.26kg)					8.17m	7.39m	8.17m		
Braden Fraser	100m			12.01	11.94			12.19		
	200m					24.72		24.72		
	4x100m Relay			44.48	44.89			44.48		
	4x200m Relay					1:34.94		1:34.94		
Jagmandip Gill	100m			11.25	11.44	11.31	11.29	11.25		
	200m		23.12	22.41	22.99	22.38	22.38	22.38		
	Long Jump			7.34m		7.26m	5.61m	7.34m		
	Triple Jump		13.52m	13.34m	13.15m	14.19m		14.19m		
	High Jump				1.70m			1.70m		
	Javelin (800g)		38.48m	DQ			36.85m	38.48m		
	4x100m Relay		45.37	44.48	44.89		46.65	44.48		
	4x200m Relay					1:34.94		1:34.94		
	Medley Relay (2x200m, 1x400m, 1x800m)			4:30.07				4:30.07		
Matthew Hall	Discus (2kg)	32.58m		33.32m				33.94m		

	Hammer (7.26kg)				14.84m		26.27m	26.27m	
	Javelin (800g)	27.19m		28.45m				28.45m	
	Shot Put (7.26kg)	10.53m			11.85m		10.56m	11.85m	
Tom Hancock (70+)	High Jump		1.20m					1.20m	
	Discus (1kg)		32.50m	31.45m	33.28m			33.28m	
	Hammer (4kg)	32.02m	34.60m			35.16m		35.16m	6 (13)
	Javelin (500g)		29.38m	29.43m	30.05m			30.05m	
	Shot Put (4kg)	10.00m	10.41m			9.35m		10.41m	
James Lynch	1500m		5:43.9h				5:45.70	5:43.9h	
	3000m						13:06.2h	13:06.2h	
	5000m	21:56.2h						21:56.2h	5 (6)
	Javelin (800g)			14.67m				14.67m	
	Shot Put (7.26kg)	5.74m						5.74m	
Glen Nicholson	100m	11.60	11.64	11.84	11.67	11.56	11.72	11.56	
	200m				23.03			23.03	
	800m					2:38.74		2:38.74	
	Long Jump	7.12m	6.83m	6.75m	7.20m	6.63m	6.44m	7.20m	
	Triple Jump	12.71m				13.00m		13.00m	10 (28)
	Javelin (800g)	32.74m	35.31m	26.54m	32.05m		36.80m	36.80m	
	4x100m Relay	47.68	45.37	44.48	44.89		46.65	44.48	
	4x200m Relay					1:34.94		1:34.94	
	Medley Relay (2x200m, 1x400m, 1x800m)			4:30.07				4:30.07	
Stephen Pegg	100m	11.29	11.60					11.29	
	200m					23.31		23.31	
	400m		54.7					54.7	
	800m					2:52.63		2:52.63	3 (9)
	Javelin (800g)		19.07m					19.07m	
	4x100m Relay	47.68	45.37					45.37	
	4x200m Relay					1:34.94		1:34.94	
Max Punchihewa	200m						23.37	23.37	1 (1)
Philip Ramsay	400m		1:43.9h	1:38.47	1:39.10	1:39.25		1:38.47	4 (4)
Simon Rigoni	400m		79.1h				83.37	79.1h	
	1500m		6:15.3h			6:25.22	6:21.2h	6:15.3h	4 (6)
	3000m			14:00.4h				14:00.4h	
Timothy Welch	Long Jump		5.47m	5.60m				5.60m	
	Triple Jump	4.15m	ND						
	Pole Vault		4.30m	4.20m	4.15m			4.30m	5 (9)
	Javelin (800g)		25.92m					25.92m	
	4x100m Relay		45.37					45.37	
James Wendt	Pole Vault			3.90m				3.90m	1 (1)
Kyle Britton (U16)	100m			11.65				11.65	
	200m			52.38				52.38	
	Long Jump			6.31m				6.31m	1 (4)
	4x100m Relay			(Open) 44.48				44.48	

Flynn Dicker (U16)	Long Jump			5.03m		5.03m	3 (5)
	Pole Vault	2.50m				2.50m	
	Javelin (700g)			26.71m		26.71m	
	4x100m Relay	47.68				47.68	
Harri Howden (U14)	4x400m Relay	4:14.97				4:14.97	4 (8)
	100m		13.71	13.57	13.31	13.31	
	200m	27.66				27.66	
	400m		61.2h	60.34	59.26	59.26	
Rhys Rigoni (U14)	4x400m Relay	4:14.97				4:14.97	6 (17)
	200m		27.79			27.79	
	90m Hurdles (76cm)		14.64			14.64	
	200m Hurdles (76cm)				31.89	31.89	
	Pole Vault		2.35m	2.55m		2.55m	
	Discus (1kg)	33.89m	32.80m	36.53m		36.53m	
	Javelin (600g)		33.52m	34.06m		34.06m	
	Javelin (700g) (U16)			30.16m		30.16m	
	Shot Put (3kg)	10.79m	10.27m			10.79m	
	Shot Put (4kg) (U16)	8.83m		9.13m		9.13m	
	4x400m Relay	4:14.97				4:14.97	
Medley Relay (2x200m, 1x400m, 1x800m)		4:30.07			4:30.07		

Zone v Zone Final

Zone	Name	Age Group	Event	Perf.	Wind
Red	Rhys Rigoni	Under 14	200m Hurdles (76cm)	31.28	-1.1
			Long Jump	4.53m	1.5
			High Jump	1.50m	
			Pole Vault	2.50m	
Red	Glen Nicholson	Open	Long Jump	6.71m	-0.4

AV Knockout 2014/15

Name	Age Group	Event	Round 1 (wind)	Round 2	Final
Jagmandip Gill	Open	Long Jump Triple Jump 100m	6.85m (-1.2)	13.47m (-0.2) 10.85 (4.6)	2nd 11.28 (-1.2)
Glen Nicholson	Open	Long Jump	6.82m (-0.7)	6.93m (0.9)	
Rhys Rigoni	U16	200m Hurdles (76cm) Shot Put (4kg) Discus (1kg) Javelin (700g) Pole Vault	31.33 (1.7) 8.72m 34.03m 26.38m	30.54 (-1.5) 36.50m 23.61m 2.55m	3rd 2.70m
Caitlin Dagher	U18	Long Jump Shot Put (3kg)	3.93m (NWI) 7.96m		
Kyla Green	U16	Pole Vault	2.20m	2.05m	4th 2.10m
Bethany Illingworth	U16	Pole Vault			Inv. 2.40m

Victorian Championships

Name	Age Group	Event	Place	Performance
Jagmandip Gill	Open	Long Jump	3rd	7.18m
Glen Nicholson	Open	Long Jump	9th	6.66m
Harri Howden	Under 15	400m	10th	1:00.87
Rhys Rigoni	Under 15	Shot Put (4kg)	2nd	8.76m
		Javelin (700g)	6th	28.73m
		200m Hurdles (76.2cm)	4th	30.30
		Pole Vault	3rd	2.80m
		Discus Throw (1kg)	3rd	35.17m
Grace Dicker	Under 15	100m	4th	(Heat) 13.69 4th (Final) 13.52
		200m	6th	(Heat) 28.13 5th (Final) 28.12
		High Jump	6th	1.45m
		Triple Jump	8th	9.64m
		Kyla Green	Under 15	Pole Vault

Victorian Masters Championships

Name	Age Group	Event	Place	Performance
Braden Fraser	35-39	100m	2nd	(11.52) 11.81
Matthew Hall	40-44	Weight Throw 15.88kg	2nd	(11.92m) 10.46m

Australian Championships

Name	Age Group	Event	Place	Performance
Rhys Rigoni	Under 15	200m Hurdles (76.2cm)	4th	(Heat 2) 30.02 7th (Final) 29.87
		Discus (1kg)	13th	33.71m
		Javelin (700g)	9th	32.89m
		Shot Put (4kg)	9th	9.01m
		Pole Vault	3rd	2.75m
Bethany Illingworth	Under 15	Pole Vault	5th	2.45m
Kyla Green	Under 15	Pole Vault	8th	2.00m

Victorian Multi Championships

Men Heptathlon Under 16		
Rhys Rigoni	4th	2779 points

Heptathlon Event	Place	Performance	Points
#1 100m Hurdles (84.0cm)	4th	17.81	414
#2 Shot Put (4kg)	4th	9.56m	459
#3 High Jump	3rd	1.52m	404
#4 200m Sprint	4th	27.55	408
#5 Long Jump	4th	4.69m	324
#6 Javelin Throw (700g)	3rd	32.78m	339
#7 1500m Run	4th	5:23.76	431

Victorian Relay Championships

U14 Men 4x400 metres Relay	Time	Place
1) Rhys Rigoni	4:23.03	5th fastest qualifier
2) Matthew Stevenson	4:13.96	4th in Final
3) Alex McPherson		
4) Harri Howden		

U14 Women 4x400 metres Relay	Time	Place
1) Hannah Laffey	4:38.32	5th in Final
2) Bethany Illingworth		
3) Jemma Laffey		
4) Grace Dicker		

U14 Women 4x100 metres Relay	Time	Place
1) Hannah Laffey	53.88	Qualified, 2nd in Heat 1
2) Bethany Illingworth	54.10	4th in Final
3) Jemma Laffey		
4) Grace Dicker		

Open Men 4x100 metres Relay	Time	Place
1) Stephen Pegg	43.64	6th in Heat 1
2) Jagmandip Gill		
3) Max Punchihewa		
4) Glen Nicholson		