



IVANHOE HARRIERS ATHLETIC CLUB INC.

ESTABLISHED 1914



Annual Report 2016/2017

IVANHOE HARRIERS ATHLETIC CLUB INC.

No.0016530V

Established 1914

Affiliated with Athletics Victoria

Season 2016/2017

COMMITTEE

Executive

President:	Jeff Franklin
Vice President:	John David
Treasurer:	David Burke
Secretary:	John Edney

General

Braden Fraser	Stephen Pegg
Grant King	Richard Russell
James Lynch	Michael Wallis
Matthew Hall	<i>(resigned mid-year)</i>

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 (dec), 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 (dec), Bill Pizzey (dec)



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Minutes of Previous AGM

Minutes of 2016 Annual General Meeting

Held at Willinda Park, Greensborough
Wednesday 25th May 2016

Meeting officially opened at 7.30pm

1/-Present:

Jeff Franklin, Joan Franklin, Matthew Hall, Sandra Rocha, Richard Russell, David Burke, Alana Green, Peter Rule, Sharon David, John David, Simone David, Michael Wallis, Glen Nicholson, Andrew Edney, James Lynch, Karen Cochrane, Darrell Heikkila, Finn Heikkila, Braden Fraser, John Boas, Simon Rigoni, Rhys Rigoni.

2/-Apologies:

Stephen Pegg, Phil Ramsay, John Wallis, Jill Wallis, John Edney.

3/-Presidents Welcome

Jeff Franklin extended a warm welcome to all.
Spoke briefly about the poor level of registrations this season, the growth challenge ahead and the success of the off-field targets of finance, partnerships and the rebuilt Committee.

Special thanks were extended to Committee for their loyalty, vibrant discussions, ideas and that the entire Committee has decided to stand again for the coming year.

Current matters under discussion with Ivanhoe Grammar School were also mentioned with the plan to link our coaching services to the School with a financial contribution from the School towards joining fees of students registering with the Club. This matter is currently under discussion.

In concluding, Jeff advised that he was very optimistic for the future, our progress off field has been good and we now have the foundations for everyone to contribute to the drive for new members.

3/- Minutes of 2015 AGM.

Minutes of previous meeting taken as read.

Motion: That the minutes of the previous meeting be accepted.

Moved: John David, Seconded Peter Rule, carried.

4/- Business arising from Minutes:

Nil.

5/- Presidents Report.

The Annual Report for 2015-16 was tabled and Jeff Franklin spoke to the report.

Jeff advised that it had been a privilege to carry out the role of President. The three main objectives set out last year having been achieved, being rebuilding of Committee for succession planning , growing our relationships, predominantly Ivanhoe Grammar School and Macleod Football Club, and continuing to improve our financial position.

Many new initiatives were introduced during the season which are detailed in the Annual Report however, the single failing during the season was the poor level of registrations of new members. This now becomes the biggest single target for the new year.

6/- Treasurers Report

Prepared by David Burke and audited by John Wallis, the Report showed Club Funds as at 31st March 2016 of \$14,389.49 which is an increase on the previous year of \$585.78.

Once again, our primary source of income was the Miles Real Estate sponsorship of \$3,000.00.

Motion: The Financial Report be accepted as tabled.

Moved: David Burke, Seconded Richard Russell, carried.

7/- Election of Office Bearers

The President , Jeff Franklin, declared all positions vacant, called for nominations and all positions were elected unopposed as follows:

President: Jeff Franklin

Vice President : John David

Secretary : John Edney

Treasurer: David Burke

General Committee:

Richard Russell, Stephen Pegg, Matthew Hall, James Lynch, Michael Wallis, Braden Fraser and Grant King.

8/- Trophy Presentation : (refer attached summary)

9/- General Business

Discussion of the requirement to revise the Club Constitution. Andrew Edney, Peter Rule and John Boas volunteered to assist Jeff Franklin with this task.

10/- Meeting Closed 9.00pm

PRESENTATION OF TROPHIES 2015/16

Statewide Trophy for most Cross Country points: **Chris Struve**

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: **Jagmandip Gill**

St James Trophy for most improved athlete since the previous season: **Rhys Rigoni**

Buffalo Sports Trophy for Most Improved Junior Athlete: **Finn Heikkila**

Banyule Trophy for Best Female Athlete: **Simone David**

Boas/Hancock Trophy for Outstanding Field Event Athlete: **Matthew Hall**

Jack McCann Trophy awarded to the club member making the most significant contribution to the club: **John David**

President's Report

It has been a privilege to carry out the role of President during the 2016-17 year and a pleasure to present my Annual Report. The year has been moderately successful with the introduction of new families to the Club and the strengthening of our relationship with Ivanhoe Grammar School.

The most important highlight for the 2016-17 season was the influx of a new group of juniors which was a delight to see. Total number of juniors was 14, up from a very low 4 the previous year. Nine of this group being directly connected to our active involvement with Ivanhoe Grammar School, which is a vote of confidence in our strategy. At this point, I must express my personal thanks to Chris Branigan, Head of Learning, Health and Physical Education at Ivanhoe Grammar School. Chris has embraced the plan to rebuild our historic connections and has supported and encouraged students to join our training programme. The students who trained with us improved their performances markedly and of course this assisted with improved sporting performances at the School, a win-win for School and Club.

I congratulate the Committee on their support during the season, plenty of vibrant discussion and new ideas ventilated. We need to continue to grow the Committee to broaden our ideas, broaden our numbers and to create the potential for succession planning. We still have a way to go but I am confident that we have excellent foundations in the group to build the Club's future.

During the season we have attempted to market the Track Season to a number of football clubs with the view to growing a relationship. Despite hosting training sessions we unfortunately do not have much to show for our efforts. In addition, we are not achieving any new growth from our tenancy at Willinda Park. Over many years now, there has only been a trickle of little athletes joining Ivanhoe with the vast majority unsurprisingly joining Diamond Valley which is seen as the local Club. Our plan of building strategic relationships, such as Ivanhoe Grammar School, is clearly the key to our future.

Our financial position is reasonable with a closing Bank Balance of \$12,264.00 We are cognisant of our major outgoing of \$3,000.00 p.a. for the rental at Willinda Park which is difficult to justify in the face of poor usage and nil recruits from that source. That said, we are very grateful for the continued sponsorship support from Miles Real Estate, which has enabled us to undertake various projects and leaves our financial position as quite sound. Our major fundraiser this season was once again the Bunnings Sausage Sizzle which raised a very handy net profit of \$1796.00. Well done to the Committee and all members who assisted.

Last season our number of registered athletes only stood at 23 which was very disappointing. This season we have shown some growth with total registered athletes now at 27, a small improvement but clearly not strong enough. Small Clubs like ourselves are almost totally reliant on continuing support from the wider club family. The massive drop in membership over recent years does make the rebuilding phase more difficult with reliance on fewer people to undertake the necessary tasks. I appeal to those past members to rejoin the Club or get back involved in some capacity to have a bit of fun.

Many initiatives have been undertaken this season which have positively impacted the Club and its image.

- Continued support from Miles Real Estate,
- Introduction of a new sponsor being the East Ivanhoe Foodworks,
- Coaching clinics for Ivanhoe Grammar School,
- Continuation of production of our spray jacket with club logo,
- Ramping up our Facebook exposure thanks to Braden Fraser,
- Running a sausage sizzle at Bunnings as a fund raiser,
- Reintroduction of The Ivanhoe Harriers Handbook,
- Submission to La Trobe University to promote internships through coaching and athletics.

Many individuals have contributed to the running of the Club this season and I wish to recognise the outstanding efforts of the following:

Officials are a valuable and required resource. John and Jill Wallis continue to support the Club after many years of dedicated service. Richard Russell, Phil Ramsay, Matthew Hall, David Burke, Simon Rigoni, Andrew Edney, Mary Langdon, Grant King and Barry Greig have also given of their valuable time to ensure that the Club has been able to meet its obligations. Sincere thanks to all for this great contribution.

Cursus is the lifeblood of the Club and keeps us in touch with our past membership, our new membership and results. We have produced seven editions of Cursus this season, similar number to last year, but we can certainly improve. I firmly believe that Cursus is one of our best assets.

I would like to single out John David and David Burke for their continued contribution to the Club both on and off the field. John has continued to carry the torch for Cross Country and David does a wonderful job as Treasurer as well as competing in 65 events during the summer Track Season a truly fantastic performance.

On a sombre note, one of our Life Members and long serving coaches, Dr. Brian Hodgson, passed away in late 2016. Brian was a wonderful man, was also President of Athletics Victoria for 5 years and a Life Member. Brian coached some of our great athletes, Peter Crane, David Hodgson, Braden Fraser, James Lynch and Ian Rogers. His contribution to Athletics was immense. Vale Brian.

Finally, I encourage all athletes and previous athletes to re-register for the 2017/18 season. It is your loyalty and support to the Club that needs to be demonstrated to take Ivanhoe back to its former greatness.

Jeff Franklin
Club President

Treasurer's Report

IVANHOE HARRIERS ATHLETIC CLUB INC Statement of Receipts & Payments for the Year Ended 31st March 2017

	2017	2016
Opening Balance		
- General Brought Forward	\$ 3,092.99	\$ 2,761.64
- ING Account Brought Forward	\$ 11,290.50	\$ 11,036.07
	<hr/>	<hr/>
	\$ 14,383.49	\$ 13,797.71
	<hr/> <hr/>	<hr/> <hr/>
Plus Receipts		
Competition		
Club Fees	\$ 1,140.00	\$ 1,258.00
Uniforms	\$ 495.00	\$ 145.00
AV Registration Fees	\$ 2,385.00	\$ 170.00
Fundraising/Social		
AGM Ticket Sales		\$ 235.00
BBQ	\$ 2,409.90	\$ 1,924.80
IH Centenary Book Sales (3)	\$ 90.00	\$ 420.00
Postage of Books	\$ 15.00	\$ 44.00
IH Jackets (10)	\$ 650.00	\$ 650.00
Donations	\$ 305.00	\$ 270.00
Pizza Night (Romano's)	\$ 50.00	
Sponsorship		
Miles Realestate	\$ 1,000.00	\$ 3,000.00
Other		
Lower Plenty Football Club	\$ 100.00	
ING Account Interest	\$ 195.20	\$ 254.43
ING Transfer	\$ 1,000.00	\$ -
Total Receipts	<hr/>	<hr/>
	\$ 9,835.10	\$ 8,371.23
	<hr/> <hr/>	<hr/> <hr/>

Less Payments**Competition**

Cross Country Relay Entry	\$ 240.00	\$ 240.00
A.V. Affiliation	\$ 450.00	\$ 400.00
AV Online Registration Fees Refunded	\$ 2,160.00	\$ 170.00
AV Registration Fees (Tom & Matt)	\$ 350.00	

General

Willinda Park Rent	\$ 3,250.00	\$ 2,790.00
Annual Return	\$ 54.40	\$ 54.40
Trophies	\$ 232.00	\$ 466.50
Website	\$ 58.80	\$ 78.70
Bank Charges	\$ 20.00	\$ -
ING Transfer	\$ 1,000.00	\$ -

Fund Raising/Social

AGM Expenses	\$ 248.70	\$ 524.00
Postage of Books	\$ 15.00	\$ 59.50
BBQ Expenses	\$ 615.64	\$ 616.85
IH Jackets (10)	\$ 594.00	\$ 1,782.00
Pizza Night (Romano's)	\$ 150.00	

Miscellaneous

Jumps Pit Repairs	\$ 1,080.00	
Gym Equipment (50% share)	\$ 642.00	
Leader News Advert.	\$ 591.36	
Facebook Ads	\$ 201.79	
Feather Banner	\$ -	\$ 500.50
Coach Accreditation (Catherine Brennan)	\$ -	\$ 88.00
WWC Check Photos	\$ -	\$ 15.00

Total Payments

\$ 11,953.69	\$ 7,785.45
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Club Funds as at 31st March

General Account	\$ 1,779.20	\$ 3,092.99
ING Account	\$ 10,485.70	\$ 11,290.50
	<hr/> <hr/>	<hr/> <hr/>
	\$ 12,264.90	\$ 14,383.49

Notes:

1. There are 43 centenary books in stock at a value of \$1,290.00
2. There are 20 jackets in stock at a value of \$1,300.00

IH Treasurer

3 April 2017

AUDITOR'S REPORT

I have carried out the audit of the Statement of Receipts and Payments of the Ivanhoe Harriers Athletic Club for the year ended 31st March, 2017

In carrying out my audit, it has not been practicable to confirm all receipts from various sources of income beyond accounting for amounts received as shown in the Committee's books. With this qualification, I am of the opinion that the attached Statement of Receipts and Payments is properly drawn up so as to show a true and fair view of the results of the Committee's operations for the year ended 31st March, 2017.



John W Wallis
FCPA
Honorary Auditor
08/04/2017

Cross Country Report for 2016

We had 8 athletes competing throughout the 2016 Winter season.

Our club only had one team entered (being Division 5 Men) however Simone David stepped up to do a Women's race at Wandin Park on the 7th May 2016.

Unfortunately we missed out on points for 3 rounds as we didn't have a full team of 4 runners. This mainly involved the long distance events, however it was great that we were able to have a full team for the 15km road race at Ballarat.

James Lynch continued his impressive form throughout the season and completed every race. He is very consistent despite also competing in various Ironman events throughout the year. However there is a problem with James in that he continues to make the team manager very nervous by turning up at the start line with only minutes (sometimes seconds!!!) to spare.

Travis had another good year and really enjoys the challenge of Cross Country.

Our Statewide Trophy holder for 2015 – Chris Struve also had a good year but struggled with some of the long distance events due to injuries. We hope that he will be fit again soon.

The rest of the team - Simone David, Simon Rigoni, David Burke, Philip Carydis and John David were all valuable members, and made a great contribution to not only gain points but to also show the great colours of our club.

Results for the individual rounds as follows:

Round 2 Results

Saturday, 7 May 2016
Wandin North

Open Women - 6km

Place	Name	Time
192	Simone David	38:21.4

Round 1 Results

Saturday, 16 April 2016
Wheelers Hill

Men Division 5 - 4 x 6km Relay

Leg	Name	Time
1	James Lynch	24.16
2	Travis McIntosh	28.48
3	Simon Rigoni	31.00
4	Chris Struve	31.03

Men Division 5 - 8km

Place	Name	Time
251	James Lynch	38:09.6
354	Travis McIntosh	46:07.7
396	John David	52:32.0
398	David Burke	53:11.3

Round 3 Results

Saturday, 21 May 2016
Langwarrin

Men Division 5 - 16km

Place	Name	Time
264	James Lynch	1:13:40.9
322	Travis McIntosh	1:23:45.7
349	John David	1:32:57.9

Round 5 Results

Saturday, 18 June 2016
Bundoora

Men Division 5 - 10km

Place	Name	Time
326	James Lynch	47:43.9
327	Travis McIntosh	47:45.2
376	Chris Struve	53:45.0
386	John David	57:34.7

Round 7 Results

Sunday, 17 July 2016
Albert Park

Men Division 5 - 10km

Place	Name	Time
315	James Lynch	42:24.7

Round 9 Results

Sunday, 4 September 2016
Kevin Bartlett Reserve

Men Division 5 - Half Marathon

Place	Name	Time
303	James Lynch	1:37:10.3
360	Travis McIntosh	1:47:34.2
380	John David	1:58:31.3

Round 4 Results

Saturday, 4 June 2016
Ballarat

Men Division 5 - 15km

Place	Name	Time
262	James Lynch	1:08:22.2
328	Travis McIntosh	1:15:47.9
371	John David	1:27:20.1
375	Chris Struve	1:30:14.1

Round 6 Results

Saturday, 9 July 2016
Sandown Racecourse

Men Division 5 - 4 x 6.2km

Leg	Name	Time
1	James Lynch	23:48
2	John David	32:42
3	David Burke	31:51
4	Christopher Struve	31:50

Round 8 Results

Saturday, 6 August 2016
Anglesea

Men Division 5 - Ekiden Relay

Leg	Name	Distance	Time
1	James Lynch	9.8km	45.33
2	Travis McIntosh	8.8km	45.26
3	Chris Struve	7.9km	46.01
4	John David	5.2km	31.09

Round 10 Results

Saturday, 17 September 2016
Kings Domain, Melbourne

Men Division 5 - 4 x 3.8km Tan Relay

Leg	Name	Time
1	Philip Carydis	16:46
2	James Lynch	15:37
3	David Burke	18:44
4	Chris Struve	18:03

Final Ladder for our Division 5 Men

Place	Team	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Maccabi	14	16	14	13	16	11	16		14	14	128
2	Athletics Waverley	7	11	13	12	13	8	13	9	16	3	105
2	Collingwood Harriers	9	12	10	11	10	7	12	13	12	9	105
4	Coburg Harriers	10	10	8	7	12	10	7	8	10	8	90
5	Yarra Ranges	11	14	11			12		16	13	11	88
6	Glenhuntly	8	5	7	10	9	5	9	12	11	10	86
7	Diamond Valley	13	8	12	9	11			14		12	79
8	Bendigo Region		13	16	16	14	13					72
9	South Melbourne	4	9	9		7	9	11	11		7	67
10	Melbourne University	12					14	14			13	53
11	Ringwood	16					16				16	48
12	Ivanhoe Harriers	6	7		8	8	4		10		4	47
13	Oakleigh	3				6	6	8			6	29
14	Knox Athletics	5	6								5	16
15	Ballarat Region				14							14
16	Keilor St Bernards							10				10

We hope that the new Junior members who competed during the 2016/17 Summer season will be interested in Cross Country as it would be great to have more teams competing in 2017. Athletics Victoria have again confirmed that Women may compete in a Men's team during the 2017 Winter season, however they must stay in the same team for all rounds. This would be good for our club, especially for Relays, as unfortunately at this stage we don't have enough female athletes to form a Women's team.

Thanks to all of our Cross Country athletes for your support and also for sharing the many laughs and experiences especially when everyone has finished a race. Also thanks to our volunteers who helped to fulfil our club duties throughout the winter season which is very much appreciated.

Looking forward to our club being a strong force in 2017 and everyone enjoying the fantastic locations and many challenges of Cross Country racing.

John David
Winter Team Manager.

TRACK & FIELD REPORT for 2016

This season comprised twelve rounds of interclub, one of which was cancelled due to extreme weather conditions.

Whilst the number of competing athletes was only 25, it was a solid increase on last season. The number of events contested totaled 269 which was a 26% increase on last season's total of 212. Therefore, our numbers, though relatively low, revealed good growth in the right direction.

The Men's team placed 4th on the ladder in Division 2, the Men's Under 18 team placed 6th of 12, the Men's Under 16 team placed 3rd, The Women's Team in Division 2 placed 5th and Womens Under 14 Team 4th ...on the back of one competitor!! Freya Henriksen.

We have outlined below a brief commentary on some of our notable performances during the season. All Shield performances are detailed in a table format later in this Annual Report.

We had three female athletes compete with distinction, Stella Ajani, Simone David and Freya Henriksen.

Stella's PB in the 800m of 2.27.08 is the second fastest ever recorded in our Club rankings, just behind the current record of 2.26.2 which was set by Lauren Richardson 20 years ago in December 1997. This was a great performance which was probably superior to her PB in 1500m of 5.11.27 which is also ranked second in our all-time Club rankings. Stella improved her 800m time over the season by a massive 8 seconds which is probably due to never missing a training session over summer.

Simone competed 11 times predominantly in 200m, javelin and discus gaining a season PB in 200m of 31.53. Simone is a great competitor for the Club and has the versatility to compete over multiple events.

Freya was very fit at the start of the season and trained hard, however her 800m times remained quite static at around 2.40. The extra distance over 1500m suited her fitness perfectly. Freya improved her 1500m time from 5.35 through to an astounding 5.08.03 setting a new Club record in all age groups from Under 14 through to Open Women. The previous Open Women's time of 5.24.5 was set by Amy Hirst on 2nd March 1996 and the previous Under 20 Women's record of 5.33 was set by Anne Marie Griffiths on 1st December 1994. This is an amazing time from young Freya which, to put it into perspective, would have won the Grammar Schools Open Women's Final in 2016. Well done Freya on a wonderful season.

The Men's team was underpinned by the marvelous contribution of David Burke who competed in 65 events over 11 rounds. His versatility is amazing, this season he had a crack at the 3000m steeple even though his best events are sprints/hurdles. A mighty performance from David.

Philip Carydis was also a solid contributor in middle distance and field events. Philip competed 17 times, improving his 800m time down to 2:35.65, a 5 second improvement on last season and his 1500m time down to 5:37. Philip has lots of ability and I am sure he has the talent to improve those times even more with a bit of extra training over the summer months.

John David is our most determined athlete, competing 15 times for the Club, mostly in middle distance and field events, really enjoying himself and setting a great standard. Many of us part time athletes would benefit by taking a leaf out of his book and getting out there on the track. Congratulations John.

Matthew Hall competed 10 times over 6 rounds scoring heavily in his throwing events. He is a very valuable member of our team. Matthew achieved PB's during Shield competition of 32.05 for the discus, 29.13 for the Hammer, 28.88 for the javelin and 10.25 for the 7.26kg shot.

Brayden Fraser is still maintaining fine form with a season PB in 100m of 11.81. It is now 17 years since Brayden set our Club's fastest time of 10.43 over 100m at the Olympic Park Track Classic on 2nd March 2000.

Glen Nicholson competed in just 3 Rounds of competition but proved to be our quickest with an 11.62 in the 100m and a 6.58m in the Long Jump.

Our Club Legend, Tom Hancock, continues to amaze with his passion. Tom competed with distinction 16 times over 7 rounds of competition. However at the World Masters Games in Perth in the 80-84 age group he was second in the Hammer (3kg) with 39.61, second in the Javelin (400g) 32.88, 2nd in the discus (1kg) 31.88, second in the Shot Put (3kg) 11.66, third in the weight throw (5.45kg) 14.97, second in the Throws pentathlon 4741 points and second in the High Jump 1.22m.

In addition, at AV Shield on 29th October Tom threw an Australian 80+ Record in 1kg discus with a throw of 33.63.

Wonderful performances from Tom.

James Lynch has been our "long distance" man over many years. James managed a season PB in 3000m of 11.18.25 and in 5000m 20.08 Well done James.

It was great to see my old team-mate Phil Ramsay fly the flag late in the season with performances in Javelin and shot put.

Our junior members this year were a highlight with great improvements shown over the season.

Louis Ajani pulled his 800m time down to 2.13.58, he is shooting for a sub 2.10 and should get it.

Lachlan Cash ran a 10.15 3000m but he certainly has the ability to break 10.00.

Ethan Hunt is another from the Ivanhoe Grammar School stable setting a PB in 400m of 58.4 and his schoolmate, Antony Willison, worked very hard at training pulling his 400m time down to 57.00 which was a big PB for him.

Brayden and Lachlan King continue to test one another out in competition. Lachlan's PB in the 100m was 13.03 and in the 200m 26.31 only to be shaded by Brayden with 12.08 in the 100m and a very good 24.42 in the 200m.

Our young distance squad included David Greig, Thomas Langdon and Cooper Rush who all showed great improvement over the season. David had a PB of 2.13.44 in 800m and 4.51.33 in 1500, Cooper had PB's of 2.25.21 in 800m and 4.55 in 1500m after an injury interrupted season. However, the most significant improver in middle distance was Thomas Langdon, achieving PB's in 800m of 2.14.44 and in 1500m 4.43.5, a massive 22 sec improvement over the season.

Rhys Rigoni is diligent with his training and has worked hard at improving his multi-event performances during the season. Rhys competed 20 times for the Club over 7 rounds and was rewarded for his efforts in Championships. In the All Schools he placed 2nd in the Pole Vault with a height of 3.50m, 2nd in the Javelin with 38.00m and 4th in discus with a 44.31m.

In the Victorian Championships Rhys won silver in Under 17 Pole Vault with a height of 3.65m, Silver in the Under 17 discus with a PB of 36.35m and 4th in the Under 17 Javelin with a throw of 39.93m.

Rhys went on to compete in the Nationals with the following results:

- 8th in Under 17 Pole Vault with a height of 3.60m,
- 12th in Under 20 Pole Vault with a height of 3.70m,
- 13th in Under 17 Discus with a throw of 39.30 a new PB,
- 9th in Under 17 Javelin with a throw of 46.61m a new PB.

Rhys is developing into a very fine multi-event athlete.

Performing in Championships indicates a great deal of ability but producing PB's in Championships is a sign of great composure and determination. Congratulations to Rhys for a fine season.

Victorian Masters Championships- 25/26 March 2017

Ivanhoe Harriers collected 11 medals in total, 5 gold, 4 silver and 2 bronze with great performances from Tom Hancock and Matthew Hall.

Tom Hancock competed in the Men's 80-85.

Tom won gold in the Hammer with 37.60, gold in the Javelin with 30.51, gold in the weighted throw with 15.96, gold in the Discus with 30.17 and gold in the Shot Put with 11.68 and silver in the High Jump with 1.15m

Matt Hall competed in the Men's 45-49 collecting silver in Shot Put with 11.85, silver in the Discus with 33.82, silver in the weighted throw with 10.11, bronze in the Hammer with 28.54 and bronze in the High Jump 1.15m.

Jeff Franklin

AV Shield Results 2016-17

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	Best	Events (Rounds)
Stella Ajani	800m 1500m				5:16.7h	2:35.33		2:34.83		2:27.08		2:27.28		2:27.08 5:11.27	6 (6)
Simone David	100m 200m Javelin (600g) Shot Put (4kg)	33.33	13.80			31.53	12.52					32.61	15.42	15.42 31.53 13.80 5.6	11 (7)
Freya Henriksen (U14)	800m 1500m		5:35.2h		5:19.2h	2:40.19		2:42.13				2:41.40		2:40.19 5:08.03	6 (6)
David Burke	100m 200m 400m 800m 1500m 3000m 110m Hurdles (106cm) 400m Hurdles (91cm) 3000m Steeple (91cm) Long Jump Triple Jump High Jump Discus (2kg) Javelin (800g) Shot Put (7.26kg)	28.58 2:47.96	13.56 65.43 6:20.3h		13.68 65.7 6:29.1h	27.30 2:53.65	13.39 61.48	27.74 2:45.90	14.12 68.6 13:32.27	28.51 2:40.43	13.41 61.49	28.82 2:50.42	13.76 67.9 16:07.2h	13.39 27.30 61.48 2:40.43 6:20.3h 13:32.27 23.33 73.99 16:07.2h 4.86 9.81 1.65 20.87 23.63 6.99	65 (11)
Philip Carydis	800m 1500m High Jump Javelin (800g) Shot Put (7.26kg)	2:37.10	5:37.0h			2:35.65 1.30	5:59.0h 15.65	2:41.01 1.35		2:38.17		2:45.08	5:40.8h 15.96	2:35.65 5:37.0h 1.35 15.96 7.85	17(8)

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	Best	Events (Rounds)
John David	800m					3:10.35		3:16.68		3:18.97		3:25.42		3:10.35	15 (9)
	1500m						7:10.5h					6:56.6h		6:56.6h	
	Javelin (800g)		13.81		13.86		14.90					14.63		14.90	
	Shot Put (7.26kg)	5.59				4.83		5.27			5.21		5.28	5.59	
	4x100m Relay														
Andrew Edney	Shot Put (7.26kg)									7.96				7.96	1 (1)
Braden Fraser	100m		11.81								12.05			11.81	2 (2)
Matthew Hall	Discus (2kg)		31.2		32.05		31.95				28.82		31.67	32.05	10 (6)
	Hammer (7.26kg)					29.13								29.13	
	Javelin (800g)		28.88				28.61						26.53	28.88	
	Shot Put (7.26kg)					10.25								10.25	
Tom Hancock (80+)	High Jump	1.15				1.20								1.20	16 (7)
	Discus (1kg)		33.63						30.16					33.63	
	Hammer (3kg)	34.52				37.39		36.20		35.87		37.80		37.80	
	Javelin (400g)		31.27						29.61					31.27	
	Shot Put (3kg)	11.35				10.98		11.09		10.60		10.70		11.35	
James Lynch	1500m				5:30.2h		5:25.7h				5:23.72		5:20.7h	5:20.7h	13 (7)
	3000m										11:18.25			11:18.25	
	5000m					20:08.0h								20:08.0h	
	Long Jump										2.22			2.22	
	Discus (2kg)		14.49		15.18						14.38			15.18	
	Javelin (800g)										13.69			13.69	
	Shot Put (7.26kg)					5.32						5.00		5.32	
Travis McIntosh	3000m								12:23.32					12:23.32	1 (1)
Glen Nicholson	100m		11.62				11.95		12.05					11.62	5 (3)
	Long Jump		6.58						6.50					6.58	
Philip Ramsay	Javelin (800g)								12.11				11.26	12.11	4 (4)
	Shot Put (7.26kg)							5.30				5.05		5.30	

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	Best	Events (Rounds)
Louis Ajani (U18)	800m 1500m				5:09.3h	2:19.12	4:59.1h	2:13.58		2:16.21		2:20.42	4:59.9h	2:13.58 4:59.1h	7 (7)
Lachlan Cash (U18)	3000m	10:28.4h				10:15.9h								10:15.9h	2 (2)
Ethan Hunt (U18)	400m 800m					2:23.99	59.44			2:23.74		2:24.41	58.4h	58.4h 2:23.74	5 (5)
Brayden King (U18)	100m 200m 800m 4x100m Relay (U18) High Jump	24.62	12.08			24.59	12.21	24.42		25.2		25.28		12.08 24.42 2:25.85 51.16 1.40	11 (7)
Lachlan King (U18)	100m 200m 800m 4x100m Relay (U18)	27.17	13.03			26.94	13.20	26.31		27.26		2:55.08		13.03 26.31 2:55.08 51.16	8 (6)
Antony Willison (U18)	200m 400m 800m				58.31	25.40				26.01			57.00	25.40 57.00 2:25.50	5 (4)
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	Best	Events (Rounds)
David Greig (U16)	100m 800m 1500m 3000m 4x100m Relay (U18)	2:29.42	5:05.8h				13.01	2:17.48		2:13.44				13.01 2:13.44 4:51.33 11:18.7h 51.16	11 (7)
Andre Pinto (U16)	100m		13.31											13.31	1 (1)
Thomas Langdon (U16)	400m 800m 1500m 3000m 4x100m Relay (U18)	2:26.20	63.96		61.77	2:19.11	4:58.6h	2:14.44	4:46.24		4:50.51	2:15.45	61.3h	2:14.44 4:43.5h 10:53.23 51.16	17 (10)
Rhys Rigoni (U16)	800m 1500m				4:58.7h		5:01.6h					2:29.36		2:29.36 4:58.7h	20 (7)

	High Jump	1.60							1.42	1.60
	Pole Vault		3.55	NM	3.55				3.70	3.70
	Discus (1kg)		44.90	45.13	49.32				48.77	49.32
	Javelin (700g)		36.83	40.15	40.13		NM		42.86	42.86
	Shot Put (4kg)	11.74						10.91		11.74
Cooper Rush (U16)	100m				14.78					14.78
	200m						30.05			30.05
	800m			2:32.24		2:30.17		2:27.20	2:25.21	2:25.21
	1500m		5:24.3h		5:11.0h				4:55.1h	4:55.1h
	3000m								11:14.18	11:14.18

Club Records Set

Age Group	Event	Athlete(s)	New Record	Date	Competition	Location
WU14	1500m	Freya Henriksen	5:35.2h	15/10/2016	AV Shield Round 2	Doncaster
WU14-Open	1500m	Freya Henriksen	5:19.2h	29/10/2016	AV Shield Round 4	Doncaster
WU14-Open	1500m	Freya Henriksen	5:08.03	10/12/2016	AV Shield Round 8	Doncaster

All Time Club Rankings

Event	Name	Time	Ranking	Date	Location	Competition
800m	Stella Ajani	2:27.08	2nd	15 Dec 2016	Doncaster	AV Shield
	Freya Henriksen	2:40.19	6th	12 Nov 2016	Doncaster	AV Shield
1500m	Freya Henriksen	5:08.03	1st	10 Dec 2016	Doncaster	AV Shield
	Stella Ajani	5:11.27	2nd	10 Dec 2016	Doncaster	AV Shield

Australian Championships

Name	Age Group	Event	Place	Performance
Rhys Rigoni	Under 17	Discus	13th	39.30m
		Javelin	9th	46.61m
		Pole Vault	8th	3.60m
	Under 20	Pole Vault	12th	3.70m

Victorian Championships

Name	Age Group	Event	Place	Performance
Rhys Rigoni	Under 17	Pole Vault	2nd	3.65m
		Discus	2nd	36.35m
		Javelin	4th	39.93m

World Masters Championships

Name	Age Group	Event	Place	Performance
Tom Hancock	80-84	Hammer (3kg)	2nd	39.61m
		Javelin (400g)	2nd	32.88m
		Discus (1kg)	2nd	31.88m
		Shot Put (3kg)	2nd	11.66m
		Weight Throw (5.45kg)	3rd	14.97m
		Throws Pentathlon	2nd	4741pts
		High Jump	2nd	1.22m

Throws Pentathlon Results

HT	SP	DT	JT	WT	Points
38.51m (1041)	11.44m (927)	32.27m (934)	30.31m (791)	15.67m (1048)	4741

Victorian Masters Championships

Name	Age Group	Event	Place	Performance
Tom Hancock	80-84	High Jump	2nd	1.15m
		Hammer (3kg)	1st	37.60m
		Javelin (400g)	1st	30.51m
		Discus (1kg)	1st	30.17m
		Shot Put (3kg)	1st	11.68m
		Weight Throw (5.45kg)	1st	15.96m
Matt Hall	45-49	High Jump	3rd	1.15m
		Hammer (7.26kg)	3rd	28.54m
		Javelin (800g)	4th	28.15m
		Discus (2kg)	2nd	33.82m
		Shot Put (7.26kg)	2nd	11.85m
		Weight Throw (15.88kg)	2nd	10.11m