



IVANHOE HARRIERS ATHLETIC CLUB INC.

ESTABLISHED 1914



Annual Report 2017/2018

IVANHOE HARRIERS ATHLETIC CLUB INC.

No.0016530V

Established 1914

Affiliated with Athletics Victoria

Season 2017/2018

COMMITTEE

Executive

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

General

Braden Fraser	James Lynch
Barry Greig	Richard Russell
Mary Langdon	Michael Wallis

LIFE MEMBERS

Peter Bethell (dec), Dr. John Boas, George Bolwell (dec), David Burke, Noel Burrows, Ian Campbell, Chris Cole, John David, 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), Jill Wallis, 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 the 2016-17 Annual General Meeting				
Date: Wednesday, 24 th May 2017		Location: Ivanhoe Park, The Boulevard, Ivanhoe		
Meeting Opened: 7:24pm				
Item 1	Present			
1.1	Jeff Franklin	Mary Langdon	Peter Rule	James Lynch
	Joan Franklin	Thomas Langdon	Braden Fraser	John Boas
	John Edney	Glen Nicholson	Barry Greig	Matthew Hall
	Richard Russell	Chris Struve	David Greig	Lachlan King
	David Burke	Freya Henriksen	Louise Ajani	Brayden King
	John David	Katrina Henriksen	Louis Ajani	Grant King
	Sharon David	Jill Wallis		
Item 2	Apologies			
2.1				
Item 3	Absent			
3.1				
Item 4	Confirm Minutes of Previous Annual General Meeting			
4.1	Moved: Jeff Franklin. Seconded: David Burke			
Item 5	President's welcome			
5.1	<ul style="list-style-type: none"> • JF spoke about season prior • Stronger season overall • Significantly higher numbers on previous season • New sponsor, East Ivanhoe Foodworks • Revamp of Facebook page • Reintroduction of handbook • Bunnings sausage sizzle • Ivanhoe Grammar School and Coaching • Miles real estate • Stable committee • Reasonable bank balance • Continue to strive for growth • Issue of home venue – Willinda Park 			
Item 6	Business arising from previous minutes			
6.1	<ul style="list-style-type: none"> • Nil 			
Item 7	President's report			
7.1	<ul style="list-style-type: none"> • As tabled <ul style="list-style-type: none"> ○ Specific reference to junior athletes ○ Support from Chris Brannigan (Ivanhoe Grammar School) ○ Offer to footy clubs for training (without success) ○ \$12,00 bank balance ○ New sponsor (East Ivanhoe grocers) ○ Spray jackets ○ Thanks to officials ○ Thanks to John David and David Burke ○ Passing of Brian Hodgson ○ Encouragement for members ot re join ○ 14 new juniors this season ○ Aim to replicate and repeat success in growth 			

Item 8	Treasurer's report		
8.1	<ul style="list-style-type: none"> • As tabled • Jeff Franklin spoke about financials <ul style="list-style-type: none"> ○ Moved: David Burke Seconded: Richard Russell 		
Item 9	Life membership		
9.1	<ul style="list-style-type: none"> • John David <ul style="list-style-type: none"> ○ Jeff Franklin spoke on contribution John has made including on and off the track since 1999 and having been on the committee since 2003. • David Burke <ul style="list-style-type: none"> ○ Jeff Franklin spoke about contribution David has made on and off the track since 1999 and having been on the committee since 2004. • Jill Wallis <ul style="list-style-type: none"> ○ Jeff Franklin spoke about Jill's contribution to the club over a long period of time including in excess of 20 years spent as an official. 		
Item 10	Office bearers		
10.1	<ul style="list-style-type: none"> • Jeff Franklin elected as president • John David elected as vice president • John Edney elected as secretary • David Burke elected as treasurer <p>The General committee was elected containing Richard Russell, Michael Wallis, James Lynch, Braden Fraser and the addition of two new members, Barry Greig and Mary Langdon</p>		
Item 11	Award recipients		
11.1	<ul style="list-style-type: none"> • Statewide Trophy – James Lynch • FJ Holpen award – David Burke • Jack McCann award – John David • W.A Rawlinson award – Rhys Rigoni • Most improved junior (The Athlete's Foot/Buffalo sports trophy) – Thomas Langdon • Boas/Hancock award – Matthew Hall • Banyule award – Stella Ajani (accepted by her mother) • Geoff Legge award – Freya Henriksen 		
Item 12	Medals award to junior athletes		
12.1	<ul style="list-style-type: none"> ○ Louis Ajani ○ Stella Ajani ○ David Greig ○ Lachlan Cash ○ Freya Henriksen ○ Ethan Hunt ○ Brayden King ○ Lachlan King ○ Thomas Langdon ○ Andre Pinto ○ Rhys Rigoni ○ Cooper Rush ○ Anthony Willison <p>Jeff Franklin spoke briefly about each of the award recipients</p>		
<table border="1" style="width: 100%;"> <tr> <td style="width: 50%;">Next Meeting: AGM – 2017-18 TBA</td> <td style="width: 50%;">Meeting Closed: 8:11pm</td> </tr> </table>		Next Meeting: AGM – 2017-18 TBA	Meeting Closed: 8:11pm
Next Meeting: AGM – 2017-18 TBA	Meeting Closed: 8:11pm		

President's Report

In reflecting on the 2017-18 year, there is no doubt that we have made progress on and off the field of competition. Our priority of growing our relationship with Ivanhoe Grammar School has continued. The strategy remains very important to us and to the School. This year, new members welcomed to the Club included Chris Branigan, Thomas McGillion, Jeremy Jones, Thomas Brightling, Justin Cementon, Sam Daniel, Josh Philip, Andrew Greig, Kieran McAuley, Dom Di Censo, Christian Ishkan and Alana Green who had previously competed as a second claim athlete.

The influx of new talent was a delight to see with eleven in our Under 18 boys team which performed very well during the Track season. Of our 12 new members, 7 are a direct result of our relationship with Ivanhoe Grammar School. Sincere thanks to Chris Branigan, Director of Co-Curricular Learning at Ivanhoe Grammar School. Chris has been a very positive influence encouraging 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.

The priority of the Club is to continue with our recruiting strategy and the development of our young athletes. This strategy should lead to a greater influx of new families and involvement of those new families in Club activities. The gradual decline of committed families over 20 years or so has left us very weak in this critical area.

Though we are making progress, the pace of change is slow. It is important to appreciate that it takes a long time to rebuild a Club when strategic changes need to be embraced. In addition, the format of athletics competition over the summer months was not helpful in recruiting new members nor indeed to encourage past members to rejoin. Eleven members from last year chose not to rejoin the Club which is an unacceptably high "churn" rate.

I congratulate the Committee on their support during the season, plenty of alternate strategies discussed and new ideas ventilated. The Committee members are listed in the front of this Report and I sincerely thank them for their time and positive input over the season. We have developed a great relationship over the journey. We need to continue to grow the Committee to broaden our ideas, 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.

The highlight for the Annual General Meeting last year was the granting of life memberships to long serving and loyal members, John David, David Burke and Jill Wallis. Their collective contribution to the welfare of the Club has been enormous over many years. Sincere thanks and congratulations from us to Jill, John and David.

On an individual note, the Club was delighted to see Tom Hancock awarded an OAM in the General Division for services to athletics. Tom is a Club Legend, he joined in 1964 and was appointed Club Captain in 1965 and continues to compete and coach juniors to a high standard. In June 2017, Tom competed in the Australian Masters Athletic Championships where he won gold in the 80-85 division for high jump, throws pentathlon, javelin, hammer, shot put and discus.

Our tenancy at Willinda Park remains a critical issue for the Club. Over many years now, there has barely been a trickle of little athletes joining Ivanhoe with the vast majority unsurprisingly joining Diamond Valley, the local Club. Willinda Park will be closed for resurfacing next summer which will also impact its availability in the short term. We are currently paying annual rental of \$3,420.00 for a facility which is barely used and not easily accessible for Ivanhoe members. The tyranny of distance is and always has been the "elephant in the room".

In addition, Ivanhoe Grammar School advised last year that they are not interested in travelling to Willinda Park for training, given the travel time when they can drive to the Collingwood Track in 5-6 minutes. We cannot ignore the reality of this situation which the Committee has been wrestling with now for some time.

In order to soften the financial cost of Willinda Park, this year we were able to negotiate a short term arrangement with Diamond Valley Athletics Club. We granted Diamond Valley the opportunity to train on our designated training nights in return for payment of a fee. Our rights remain fully preserved and the track was utilised each week without impact on the Club.

Coaching has progressed steadily at Chelsworth Park, Ivanhoe East and Clifton Hill Track. Tom Hancock has been managing a small group of young throwers at Clifton Hill during the summer months. James Lynch and I have been coaching 3 times a week with mixed groups of Ivanhoe Harriers and Ivanhoe Grammar School middle distance athletes at Chelsworth Park. Numbers vary from 7-8 to about 20.

Our financial position is reasonable with a closing Bank Balance of \$12,367.96, a small increase on last year. We are cognisant of our major outgoing, the rental at Willinda Park which is difficult to justify in the face of poor usage and nil recruits from that source. Our major fundraiser this season was once again the Bunnings Sausage Sizzle which raised a very handy net profit of \$1987.80, an increase of \$193.00 on last year's effort. Well done to the Committee and all members who assisted.

Our number of registered athletes this season was 27, the same as last year. Total members 34. Growth in new members was strong but, as mentioned earlier, the loss of eleven members from last year did not help. This level of churn would seem to be a reflection of the Athletics Victoria product. Diamond Valley and Collingwood Harriers, two other Clubs in our zone, experienced decline in both registrations and participation. Overall, Athletics Victoria has experienced substantial decline in numbers, greater than 7% since 2013 which is an unhealthy trend. In addition, its financial position is declining with next to nothing in sponsorship dollars. We are concerned with the performance of Athletics Victoria and in particular the significant changes imposed on summer competition this season. The reduction in use of competition venues and the imposition of significant travel was a negative impact on the athletics product. The impact on "time poor" parents was not helpful to recruiting or rejoining of athletes. In our case, at least we have shown modest growth. However, low membership growth does make the rebuilding phase more difficult with reliance on fewer people to undertake the necessary tasks. Hopefully, we will see past members rejoining the Club as we try to implement further initiatives.

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

- Introduction of new sponsor, Aspect Broking, thanks to Michael Wallis.
- Continuation of sponsorship from East Ivanhoe Foodworks,
- Negotiation of training rights at Collingwood Harriers track,
- Negotiation with Diamond Valley AC re usage of Willinda Park,
- Negotiation of training rights at Chelsworth Park, East Ivanhoe,
- Coaching three times weekly at Chelsworth Park,
- Coaching clinics for Ivanhoe Grammar School and formal appointment to coach middle distance and cross country teams for the School.
- Improving our Facebook exposure thanks to Braden Fraser,
- Continuing with our sausage sizzle at Bunnings as a fund raiser,
- Improvements to the Ivanhoe Harriers Handbook,

Many individuals have contributed to the running of the Club this season and I wish to recognise outstanding personal effort. 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, David Burke, Simon Rigoni, Andrew Edney, Mary Langdon, 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 ten editions of Cursus this season, an increase on last year. 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 outstanding 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 53 events during the summer Track Season a truly fantastic performance.

On a sombre note, Life Member Peter Bethell passed away on 4th July 2017. Peter was an icon of the Ivanhoe Harriers. He joined the Club in 1938/39, and was also Captain of Ivanhoe Grammar School in 1939. Peter served two terms totalling ten years as Club President, three years as Treasurer, three years as Secretary and many years as Vice President. Peter was awarded life membership of the Club in 1994, received a Merit award from Athletics Victoria in recognition of his service to athletics and was inducted into the Ivanhoe Harriers Team of the Century. His contribution to Athletics was immense. Vale Peter.

Finally, I encourage all athletes and previous athletes to re-register for the 2018/19 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



Treasurer's Report

IVANHOE HARRIERS ATHLETIC CLUB INC Statement of Receipts & Payments for the Year Ended 31st March 2018

	2018	2017
Opening Balance		
- General Brought Forward	\$ 1,779.20	\$ 3,092.99
- ING Account Brought Forward	\$ 10,485.70	\$ 11,290.50
	\$ 12,264.90	\$ 14,383.49
<u>Plus Receipts</u>		
Competition		
Club Fees	\$ 1,160.00	\$ 1,140.00
Uniforms	\$ 450.00	\$ 495.00
AV Registration Fees	\$ 3,290.00	\$ 2,385.00
Fundraising/Social		
BBQ	\$ 2,331.80	\$ 2,409.90
Donations	\$ 630.00	\$ 305.00
AGM Raffle	\$ 122.10	
IH Centenary Book Sales (3)		\$ 90.00
Postage of Books		\$ 15.00
IH Jackets (10)		\$ 650.00
Pizza Night (Romano's)		\$ 50.00
Sponsorship		
Miles Realestate - Ivanhoe	\$ -	\$ 1,000.00
Grill'd - Fairfield	\$ 300.00	
Aspect Broking - Michael Wallis	\$ 250.00	
Other		
Willinda Track Hire - DVAC (Mid Jul - Nov)	\$ 900.00	
Lower Plenty Football Club		\$ 100.00
ING Account Interest	\$ 152.56	\$ 195.20
ING Transfer		\$ 1,000.00
Total Receipts	\$ 9,586.46	\$ 9,835.10
<u>Less Payments</u>		
Competition		
Cross Country Relay Entry	\$ 390.00	\$ 240.00
A.V. Affiliation	\$ -	\$ 450.00
AV Online Registration Fees Refunded	\$ 3,530.00	\$ 2,160.00
AV Registration Fees (Tom & Matt)	\$ -	\$ 350.00
General		
Willinda Park Rent	\$ 3,035.00	\$ 3,250.00
Collingwood Rent (Sep - Nov)	\$ 210.00	
Annual Return	\$ 56.90	\$ 54.40
Trophies	\$ 476.50	\$ 232.00
Website	\$ 108.90	\$ 58.80
Bank Charges	\$ -	\$ 20.00
ING Transfer	\$ -	\$ 1,000.00

Fund Raising/Social

AGM Expenses	\$ 230.00	\$ 248.70
BBQ Expenses	\$ 344.00	\$ 615.64
Pizza Night (Romano's)	\$ 434.70	\$ 150.00
Postage of Books		\$ 15.00
IH Jackets (10)		\$ 594.00

Miscellaneous

Willinda Track Light Repairs	\$ 179.40	
Willinda Jumps Pit Repairs		\$ 1,080.00
Gym Equipment (50% share)		\$ 642.00
Leader News Advert.		\$ 591.36
Facebook Ads	\$ 400.00	\$ 201.79
Coach Accreditation (James Lynch)	\$ 88.00	\$ -

Total Payments

\$ 9,483.40	\$ 11,953.69
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Club Funds as at 31st March

General Account	\$ 1,729.70	\$ 1,779.20
ING Account	\$ 10,638.26	\$ 10,485.70
\$ 12,367.96	\$ 12,264.90	

IH Treasurer
14 April 2018

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, 2018.

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, 2018.



John W Wallis
FCPA
Honorary Auditor
26/04/2018

Cross Country Report

It was great to see a growth in athletes competing for our club during the Winter season. We had 13 athletes competing this year compared to 8 in 2016. Another great change was the addition of a Junior U18 Men's team, and even a Division 7 Men's Team for the Sandown Relays.

The season started on the 22nd April 2017 with Jells Park Relays and finished on the 16th September with the Princess Park Relays. Ten rounds of competition were held (being 4 relays & 6 individual races).

A welcome addition to our club was 3 new Senior Men members being Chris Branigan from Ivanhoe Grammar and also Thomas McGillion & Jeremy Jones (previous Cross-Country runners from Ivanhoe Grammar). Chris had a fantastic season with very competitive results. He also added a lot of support which helped to create a strong team spirit. Thomas & Jeremy had a great season and were willing to do the long-distance runs. This was important as we previously struggled to fill full teams for these events. James Lynch continued to have a very good season and competed in all 10 rounds.

We are getting close to achieving one of our main objectives which is to fill a full team for every round. The only round we missed this year was Round 2, but filled some of the previous difficult events such as the Ballarat 15km and the Burnley ½ Marathon.

Our Men's Division 5 Men's team finished a respectable 8th out of 14 teams.

As stated above, we had the addition of a Juniors U18 Men's team. Thomas Langdon & David Greig lead the way for this team and had some very impressive times. Unfortunately, this team was unable to compete in most events due to other school commitments, however still managed to finish 11th out of 19 teams.

Results for the 2017 season were:

Round 1: Saturday, 22 April 2017 Wheelers Hill

Men Division 5 - 4 x 6km Relay

Leg	Name	Time
1	James Lynch	24:12
2	Travis McIntosh	29:04
3	David Burke	36:02
4	Thomas McGillion	25:28

Men Under 18 - 3x3km Relay

Leg	Name	Time
1	Louis Ajani	11:50
2	Thomas Langdon	10:47
3	David Greig	11:15

Round 2: Saturday, 13 May 2017 Wandin North

Men Division 5 - 8km

Place	Name	Time
207	Chris Branigan	35:49.727
284	James Lynch	38:49.673
388	John David	50:36.570

Open Women - 6km

Place	Name	Time
193	Simone David	38:21.590

Men Under 18 - 4km

Place	Name	Time
15	Thomas Langdon	12:35.397

Round 3: Saturday, 27 May 2017 Langwarrin

Men Division 5 - 16km

Place	Name	Time
209	Chris Branigan	1:07:12.173
264	James Lynch	1:11:25.120
305	Travis McIntosh	1:16:44.200
345	Jeremy Jones	1:30:10.903
352	John David	1:37:28.527

Round 4: Saturday, 17 June 2017 Bundoora

Men Division 5 - 10km

Place	Name	Time
257	Chris Branigan	00:42:54.270
(U20)	Thomas McGillion	00:44:31.783
330	James Lynch	00:46:59.097
338	Travis McIntosh	00:47:27.230
386	Jeremy Jones	00:53:42.590
407	David Burke	01:00:36.030
408	John David	01:01:20.610

Victorian All Schools Cross Country Championships

Name	Team	Age Group	Place	Time
David GREIG	Trinity Grammar School	MU17 - 6km	44	00:24:21.350
Louis AJANI	Ivanhoe Grammar School	MU18 - 6km	79	00:26:40.760

Round 5: Saturday, 8 July 2017 Sandown Racecourse

Men Division 5 - 4 x 6.2km

Leg	Name	Time
1	James Lynch	23:47
2	Chris Branigan	24:21
3	Travis McIntosh	27:00
4	Thomas McGillion	24:57

Men Division 7 - 4 x 6.2km

Leg	Name	Time
1	Jeremy Jones	27:06
2	Simone David	34:48
3	Thomas Langdon	23:02
4	David Greig	23:16

Round 6: Sunday, 16 July 2017 Albert Park

Men Under 18 - 10km

Place	Name	Time
22	Thomas Langdon	39:03.923
25	David Greig	40:42.750

No team points

Men Division 5 - 10km

Place	Name	Time
265	Chris Branigan	39:21.997
267	James Lynch	39:24.003
433	Jeremy Jones	47:56.030
461	John David	54:21.023

Round 7: Saturday, 29 July 2017 Ballarat

Men Division 5 - 15km

Place	Name	Time
183	Chris Branigan	1:01:04.903
239	James Lynch	1:06:25.707
283	Thomas McGillion	1:11:08.147
335	John David	1:26:38.733

Round 8: Saturday, 12 August 2017 Anglesea

Men Division 5 - Ekiden Relay

Leg	Name	Distance	Time
1	Thomas McGillion	9.8km	47:01
2	James Lynch	8.8km	42:22
3	Travis McIntosh	7.9km	40:59
4	John David	5.2km	32:41

Round 9: Sunday, 10 September 2017 Kevin Bartlett Reserve

Men Division 5 - Half Marathon

Place	Name	Time
217	Chris Branigan	1:28:40.890
310	James Lynch	1:40:58.187
315	Thomas McGillion	1:41:51.920
370	John David	1:59:00.967

Round 10: Saturday, 16 September 2017 Carlton North

Men Division 5 - 4 x 3.2km Relay

Men Under 18 - 3 x 3.2km Relay

Leg	Name	Time
1	Chris Branigan	11:31
2	James Lynch	11:49
3	Travis McIntosh	13:20
4	Thomas McGillion	12:04

Leg	Name	Time
1	Thomas Langdon	10:27
2	Justin Cementon	11:03
3	Cooper Rush	11:11

Final Ladder

Men Division 5

Place	Team	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Bendigo Region		15	15	15	15	13	15	15	15	15	133
2	Old Xaverians	13	9	9	10		12	13	13	13	6	98
3	St Stephens Harriers	15	13	13	13	13	15				13	95
4	Glenhuntly	12	8	11	12	9	9	10		6		77
4	Melbourne University	11	12		11	12	11		9		11	77
6	Yarra Ranges		11		8	8	7	12	12	9	9	76
7	Coburg Harriers	10	7		9	11	6		11	8	8	70
8	Ivanhoe Harriers	7		10	5	7	8	11	7	7	7	69
9	Williamstown	9			7	10	10		10	11	10	67
10	Collingwood Harriers	8	5	8	6		5	9	6	5	4	56
11	South Melbourne		10			6				12	5	33
12	Diamond Valley								8	10	12	30
13	Knox Athletics		6		4	5			5		3	23
14	Casey Cardinia											0

Men U18: 11th out of 19 teams

The 2018 Winter Season is looking good at this stage with quite a few new members. Also, the Juniors don't appear to have too many conflicts with other School running commitments in 2018, so hope to see more participation from our Juniors. Thanks to all of our officials and volunteers who did an amazing job fulfilling our club duties for the winter season.

As mentioned before, our goal is to not only get closer to the top of the ladder but also enjoy the many great challenges and experiences that Cross Country brings.

GO HOE

John David – Winter Team Manager

Track & Field Report

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

The season overall was severely impacted by Athletics Victoria and its decision to limit competition to 2 venues each week, often requiring families to travel considerable distances. The result was a significant reduction in participation and events contested over the summer months.

The Men's Division 2 team placed 6th on the ladder, the Men's 40+ Team placed a solid 4th equal with Collingwood, the Men's Under 18 team placed 4th of 10, and our Women's Team in Division 2 placed 7th of 8. Unfortunately, our women's team was severely restricted with Stella Ajani attending University in Canberra and Freya Henriksen only able to compete in 2 Rounds of competition.

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.

The men's team was underpinned by the marvelous contribution of David Burke who competed in 53 events over 10 rounds. David is a remarkable athlete who sets a wonderful example of competition performance week after week. His better events are sprints/hurdles however he is not afraid to test himself over longer events such as 800m or even the occasional 3000m. Well done David after another great season.

Clearly our best overall athlete is Rhys Rigoni who once again showed his versatility over many events. Rhys competed in 26 events over 9 rounds of competition to a particularly high standard. He went on to compete with distinction in the Under 18 Victorian Track and Field Championships with a third placing in the pole vault at 3.50m, 2nd in the discus with 41.22m, 2nd in the javelin with 46.30m and 4th in the shot put with 11.91m. Sincere congratulations from us all.

It was particularly pleasing to see the progression of our newer boys in Under 18 ranks with improvements in performances supporting Rhys over the season. Our middle distance group of Louis Ajani, Justin Cementon, Sam Daniel, Dom Di Censo, Andrew Greig, David Greig, Thomas Langdon, Josh Philip, and Cooper Rush all improved their performances. In particular, Justin Cementon was the first athlete to break 2.10 for the 800m with a sizzling run of 2.09.8. This performance was soon passed with David Greig recording a 2.09.6 and Thomas Langdon 2.08.4. All very handy times for 16 year olds.

In addition, Kieran McAuley was a regular competitor in the 800m competing with distinction in 6 events during the season.

Our Club Legend, Tom Hancock, continues to amaze with his passion. Tom competed with distinction 14 times over 7 rounds of competition.

However at the Victorian Masters Championships, Tom competed in the 80-84 age group and achieved wonderful results.

Tom placed 1st in the high jump with 1.10m, 1st in the Hammer Throw with 33.29m, 1st in the javelin with 30.58m, 1st in the discus with 30.94, 1st in the shot put with 11.18m and 1st in the weight throw (5.45kg) with 15.36m, a new Victorian Record.

Congratulations Tom on another great season.

Jeff Franklin

AV Shield Results 2017-18

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	1500m						5:22.8h							5:22.8h	1 (1)
Freya Henriksen (U16)	800m									2:39.2h		2:44.4h		2:39.2h	3 (2)
	1500m						5:17.1h							5:17.1h	
Kieran McAuley	800m	2:28.7h		2:27.3h		2:23.5h			2:22.9h	2:21.6h		2:21.3h		2:21.3h	6 (6)
David Burke (40+)	100m		13.60							14.05		14.02		13.60	53 (10)
	200m			29.39	28.45				31.01	27.77	28.18	28.95	27.65	27.65	
	400m		65.78				61.67			66.17		64.51		61.67	
	800m			2:51.0h	2:51.6h	3:07.0h				2:43.6h	2:49.9h	2:57.8h		2:43.6h	
	1500m		6:33.3h							6:51.7h				6:33.3h	
	3000m												14:37.8h	14:37.8h	
	110m Hurdles (199cm)				21.92					22.71	22.54	21.86	22.91	21.86	
	400m Hurdles (91cm)				78.16		75.60		77.75	76.02		78.14		75.60	
	Long Jump			4.48				4.88			4.20		4.53	4.88	
	High Jump				1.55	1.60	1.60		1.60		1.60	1.50	1.60	1.60	
	Discus (2kg)											19.51		19.51	
	Shot Put (7.26kg)				6.65	6.96				6.58		6.21	6.49	6.64	
4x200m Relay							(Open) 1:47.73		(Open) 1:47.67					1:47.67	
John David (40+)	Shot Put (6kg)				5.30									5.30	1 (1)
Tom Hancock (40+)	Discus (1kg)				29.60		30.86			27.74				30.86	14 (7)
	Hammer (3kg)			36.61		38.43					31.30	38.11		38.43	
	Javelin (400g)				28.23		26.63		29.15		27.75			29.15	
	Shot Put (3kg)			10.75		11.05						10.95		11.05	
James Lynch (40+)	3000m	11:18.3h											11:02.2h	11:02.2h	3 (3)
	5000m										19:38.2h			19:38.2h	
Philip Ramsay (40+)	Shot Put (5kg)			5.71										5.71	1 (1)
Louis Ajani (U18)	800m			2:22.9h	2:23.3h						2:22.1h		2:19.8h	2:19.8h	4 (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)
Justin Cementon (U16)	200m											28.94		28.94	10 (6)
	400m						60.61							60.61	
	800m			2:15.8h	2:10.2h	2:09.8h						2:19.6h		2:09.8h	
	1500m						4:25.9h							4:25.9h	
	3000m	9:58.8h												9:58.8h	
	4x200m Relay				(U18) 1:49.71		(Open) 1:47.73							1:47.73	
Sam Daniel (U16)	200m					25.04						28.13		25.04	5 (4)
	800m				2:33.9h				2:29.2h			2:25.8h		2:25.8h	
Domenic Di Censo (U18)	200m											28.13		28.13	6 (3)
	800m				2:33.9h (U18)				2:29.2h (Open)			2:25.8h		2:25.8h	
	4x200m Relay				1:49.71				1:47.67					1:47.67	
Andrew Greig (U16)	200m			31.63										31.63	3 (2)
	800m			2:48.1h	2:32.7h									2:32.7h	
David Greig (U18)	200m											26.59		26.59	12 (7)
	400m						59.28							59.28	
	800m				2:19.8h	2:16.6h			2:12.8h			2:09.6h		2:09.6h	
	1500m						4:34.4h			4:44.7h				4:34.4h	
	3000m											9:59.9h		9:59.9h	
	4x200m Relay				(U18) 1:49.71		(Open) 1:47.73		(Open) 1:47.67					1:47.67	
Thomas Langdon (U16)	200m											27.79		27.79	13 (8)
	400m						59.17							59.17	
	800m			2:15.6h	2:12.1h	2:10.7h			2:11.5h			2:08.4h		2:08.4h	
	1500m						4:26.5h			4:25.5h				4:25.5h	
	3000m	9:59.1h												9:59.1h	
	4x200m Relay				(U18) 1:49.71		(Open) 1:47.73		(Open) 1:47.67					1:47.67	
Rhys Rigoni (U18)	800m			2:13.7h									2:14.4h	2:14.4h	26 (9)
	1500m								4:58.4h		5:04.2h			5:04.2h	
	High Jump	1.45		1.65									1.65	1.65	
	Pole Vault	3.60				3.55	3.60			3.60		NM	3.55	3.60	
	Discus (1.5kg)						40.07		40.10	39.23	42.83	42.69		42.83	
	Javelin (700g)						45.20		47.55	46.42	35.58			47.55	
	Shot Put (5kg)	11.27		11.33								11.95	11.90	11.95	

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)
Christian Ishkan (U14)	Shot Put (3kg)					9.06								9.06	1 (1)
Josh Philip (U16)	800m			2:39.1h										2:39.1h	2 (2)
	1500m						5:11.2h							5:11.2h	
Cooper Rush (U18)	800m			2:20.5h		2:21.3h								2:20.5h	3 (3)
	3000m	10:38.2h												10:38.2h	

† Round 5 was incomplete due to thunderstorms

‡ Round 7 was cancelled due to wet weather

Victorian Junior T&F Championships

Name	Age Group	Event	Place	Performance
David Greig	Under 18	800m	8th	2:07.59
		1500m	12th	4:30.94
Thomas Langdon	Under 17	1500m	14th	4:22.52
Rhys Rigoni	Under 18	Pole Vault	3rd	3.50m
		Discus (1.5kg)	2nd	41.22m
		Javelin (700g)	2nd	46.30m
		Shot Put (5kg)	4th	11.91m

Victorian Masters Championships

Name	Age Group	Event	Place	Performance
Tom Hancock	80-84	High Jump	1st	1.10m
		Hammer (3kg)	1st	33.29m
		Javelin (400g)	1st	30.58m
		Discus (1kg)	1st	30.94m
		Shot Put (3kg)	1st	11.18m
		Weight Throw (5.45kg)	1st	15.36m

- New Victorian Masters Record