



IVANHOE HARRIERS ATHLETIC CLUB INC.

ESTABLISHED 1914



Annual Report 2018/2019

IVANHOE HARRIERS ATHLETIC CLUB INC.

No.0016530V

Established 1914

Affiliated with Athletics Victoria

Season 2018/2019

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 ANNUAL GENERAL MEETING	
Date: Wednesday, 23 rd May 2018	Location: Ivanhoe Park, 153 The Boulevard, Ivanhoe
Meeting Opened: 7:30pm	
Item 1	Present
1.1	Jeff Franklin, Joan Franklin, John Edney, Phil Ramsay, David Burke, Michael Wallis, Chris Struve, Wayne Stanley, Mary Langdon, James Lynch, Braden Fraser, Glen Nicholson, Louis Ajani, Louise Ajani, Cooper Rush, John David, Chris Branigan, Sam Daniel, Barry Greig, David Greig, Josh Philip, Biju Philip, John Boas, Simon Rigoni, Rhys Rigoni, Mary Ishkan, Christian Ishkan
Item 2	Apologies
2.1	Andrew Young, Jill Wallis, John Wallis, Graeme Balaam, Noel Burrows, Peter Goulding, Travis McIntosh, Annette Welch, Dale Welch, Reg Jackson, Chris Cole, Terry Beaton, Andrew Edney, Richard Russell, Wendy Russell, Andrew Stanley, John Stanley
Item 3	Welcome Remarks
3.1	<p>Jeff Franklin spoke of a reasonable season with total membership of 34. Comparable numbers to previous year.</p> <p>Jeff spoke of new members, naming them individually and welcoming them to the club. 14 Junior athletes which is an improvement on previous seasons.</p> <p>Jeff thanked committee for the season.</p> <p>New sponsor named – Aspect Broking</p> <p>Growth of Ivanhoe Grammar School relationship – Thanks in particular to Chris Brannigan Chelsworth Park /Collingwood relationships.</p> <p>Arrangement with Diamond Valley re them paying Ivanhoe for use of Willinda Park during designated Ivanhoe nights for training</p> <p>Upcoming challenges:</p> <p>Constitution Bring document into line with current legislative requirements Further relationship with Ivanhoe Grammar School Cross Country looking positive with a likely increase in membership</p> <p>Track and Field impacted by policies and actions of Athletics Victoria Athletics Victoria have admitted to decrease in membership overall</p> <p>Collingwood track being resurfaced. Willinda Park likely to be resurfaced next summer</p> <p>Hopeful that Collingwood will be available whilst Willinda is being worked on Jeff spoke on significant cost of Willinda Park and committee desire to constantly evaluate</p>
Item 4	Minutes from previous meeting
4.1	<p>Move acceptance of the Minutes</p> <p>Note typo on page 2 should read \$12,000</p> <p>Moved: David Burke seconder: Michael Wallis</p>

Item 5	Business arising from previous minutes
5.1	Nil
Item 6	Presidents report
6.1	As tabled and as per opening address Also achievements have been many Coaching at Ivanhoe Grammar School times per week Facebook exposure thanks to Braden Fraser
Item 7	Treasurer's report
7.1	Prepared by David Burke – audited by John Wallis Small increase in closing balance Current club funds \$12,367.96 Moved: David Burke Seconded: Simon Rigoni
Item 8	Election of office bearers and committee
8.1	Election conducted by secretary – John Edney Committee nominated & accepted unchanged from previous season President Jeff Franklin Nominated by: John Edney Seconded by: Phil Ramsay Vice President John David Nominated by: Nominated by: Jeff Franklin Seconded by: John Edney Secretary John Edney Nominated by: Jeff Franklin Seconded by: Michael Wallis Treasurer David Burke Nominated by: Jeff Franklin Seconded by: John Edney General Committee Braden Fraser Nominated by: John Edney Seconded by: Jeff Franklin James Lynch Nominated by: John Edney Seconded by: Jeff Franklin Michael Wallis Nominated by: John Edney Seconded by: Jeff Franklin Mary Langdon Nominated by: Jeff Franklin Seconded by: John Edney Barry Greig Nominated by: Jeff Franklin Seconded by: John Edney Richard Russell Nominated by: John Edney Seconded by: Jeff Franklin
Item 9	Trophy Presentations
9.1	JF presented medallions and trophies to recipients: Medallions awarded to junior athletes in recognition of a fine season Louis Ajani Stella Ajani Justin Cementon Simone David Sam Daniel Dom Di Censo David Greig Andrfew Greig Freya Henriksen Christian Ishkan Thomas Langdon Josh Phillip Rhys Rigoni Cooper Rush

	<p>Statewide Trophy – Greatest Cross Country Points Scorer James Lynch</p> <p>Hugh Lowe Memorial Trophy – Most outstanding Chris Brannigan</p> <p>FJ Holpen Trophy David Burke</p> <p>WA Rawlinson trophy - Best athlete in the club Rhys Rigoni</p> <p>Jack McCann Trophy – Most outstanding contribution to the club during the season Barry Greig</p> <p>Buffalo Sports / The Athletes Foot Trophy – Most improved junior athlete David Greig</p> <p>Geoff Legge Trophy – Most outstanding performance – junior athlete 800m – 10km Thomas Langdon</p> <p>JF spoke briefly about each of the recipients and the story behind each of the trophies</p>
	<p>Formal component of meeting concluded 8.15pm</p>

President's Report

It has been a privilege to carry out the role of President during the 2018-19 season and a pleasure to present our Annual Report.

The most significant matter to report for the season was the departure of the Club from Willinda Park in Greensborough on 30th November 2018. We had been a joint tenant for approximately 19 years, sharing the rental cost with Little Athletics and Diamond Valley Athletic Club. As time went on, our Club struggled to meet the costs involved and our numbers dwindled. It was a brave but necessary decision of the Committee to exit Willinda Park. In the end, the decision was clear, regular usage of the facility over the past few years was down to two or three athletes and we were paying over \$3,000.00pa for this access. If this were to continue the Club would not have survived.

Apart from an annual saving of circa \$3,000.00pa we have negotiated training rights at Chelsworth Park, Ivanhoe East and the Collingwood Track at Clifton Hill where Ivanhoe Grammar School also does most of its training. These arrangements perfectly suit both parties.

Competition

Full results for the season are covered elsewhere in this report. In summary, the Club had a very successful Cross Country season, ably managed by John David. The Senior Men's team placed 5th in Division 5 with Vince Mancuso having a great season.

In summer Track and Field we placed 3rd in Men's 40+ but our standout team was our Under 18 Men's team which placed 4th in the State Shield final.

In addition, it was very pleasing to see 5 athletes contest the Vic Championships and Thomas Langdon win the Victorian Under 18 Country 1500m Championship. Congratulations to Ben Eddings

in making the final of the Australian Championships in the Under 17, 100m. Well done Ben, a talented young man.

Recruiting

We have continued to grow and expand our relationship with Ivanhoe Grammar School and have been delighted to welcome seven new members with a direct connection to the school. New members of the Club this season are: Claude Aquino, Alberto Cocchis, Ben Eddings, Felix Esperson, Monty Frankish, Vince Mancuso, Gianni Mancuso, Madelaine Page, Andreas Raschella, and Nelly Tragardh.

However, our churn rate is too high with almost 50% of our list failing to rejoin for the following season. This is a common problem across all Clubs and needs to be addressed. On a positive note, many of those who could not rejoin this season, are likely to rejoin next season.

Our training services provided to Ivanhoe Grammar School continue to add value and the school had an outstanding result in the 2018 AGSV Championship. In addition, the Club has also had an outstanding season on the track with our Under 18 men's team. This group of athletes, largely training at Chelsworth Park, qualified for the Shield Final and came 4th of the best 11 Clubs in Victoria. The team of Sam Daniel, David Greig, Thomas Langdon, Josh Philip and Rhys Rigoni performed at an exceptional level, defeating much larger teams on the day.

This Committee has been outstanding with great support and load sharing during the season. This has been a very stable group and I congratulate the team as we strive together to rebuild the Club. We have two main priorities ahead of us. The recruitment and development of larger numbers of young athletes and the establishment of a new home base in Ivanhoe. These items are a work in progress.

Our recruiting strategy is critical as we strive to rebuild the number of young families involved in the Club. The gradual decline of our "Club Family" over the past 20 years has left us weak in this area. Every Club needs a strong core of committed families.

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 good with a closing Bank Balance of \$13,428.56, a solid increase on last year. Our major fundraiser this season was our marvellous Trivia Night which raised \$2,495.00 and the Bunnings Sausage Sizzle which raised a very handy net profit of \$1924.20. Well done to the Committee and all members who assisted.

In an environment of declining numbers in athletics, our numbers registered with Athletics Victoria this season was 24, down from 27 last year. Total members as follows:

Season	2018/19	2017/18	2016/17
Athletes	24	27	27
Coaches	5	6	5
Officials	4	4	5
Other Members	2		
Life Members	19	19	17
Total Members	54	56	54

Overall, membership has been steady over the last 3 seasons but growth is clearly not good enough. Now that we have re-positioned the Club back in Ivanhoe, recruitment is clearly our top priority. New member sign-ups have been acceptable, however the loss of eleven members from last year did not help overall numbers. This level of churn would seem to be a reflection of the Athletics Victoria product at the moment. I was advised that one of the larger Clubs lost 70 athletes from last season.

Initiatives

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

- A very successful Trivia Night attended by over 100, thanks to John Edney.
- Continuation of sponsorship from East Ivanhoe Foodworks,
- Negotiation of training rights at Collingwood Harriers track,
- 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,

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. Jill Wallis continues to support the Club after many years of dedicated service and in particular, Barry Greig, Mary Langdon and Richard Russell provided marvellous assistance to the Club during the year. We ran a roster during the summer months to spread the workload and the following good people assisted at Track & Field. Richard Russell, Phil Ramsay, David Burke, John David, Jill Wallis, Biju Philip, Michael Wallis, Simon Rigoni, Andrew Edney, Mary Langdon, James Lynch and Barry Greig . Everyone gave of their valuable time to ensure that the Club could meet its obligations. Sincere thanks to all for this great contribution. Our usual obligation each Saturday was to provide 3 Club Helpers, this season we were able to share the load between 12 people which was a huge improvement on previous years....our Club Family is growing.

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.

Finally, I encourage all athletes and previous athletes to re-register for the 2019/20 season and make a difference to your Club. 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

The last three years have been steady without substantial variance apart from our departure from Willinda Park late last year.

In each of the last three years, receipts have been similar but the rental cost for Willinda Park in 2017 was \$3250.00 in 2018 was \$3,035.00 and in this year \$2,260.00 for part of the year concluding November 2018. Therefore the Club has achieved a significant reduction in costs which will show in next year's financial statements.

Our closing balance as at 31st March 2019 is \$13,428.56 which is an increase on last year of \$1,060.60 which is pleasing to report.

The major fundraising success for the year was the Trivia night organized by John Edney which netted a sound profit of \$2,495.11 after all costs accounted for. We are planning to repeat the Trivia night again later this year as an annual event.

With hard costs significantly reduced, the Club is in a sound financial position to grow our balance sheet and fund future activities.

IVANHOE HARRIERS ATHLETIC CLUB INC Statement of Receipts & Payments for the Year Ended 31st March 2019

	2019	2018
Opening Balance		
- General Brought Forward	\$ 1,729.70	\$ 1,779.20
- ING Account Brought Forward	\$ 10,638.26	\$ 10,485.70
	<u>\$ 12,367.96</u>	<u>\$ 12,264.90</u>
Plus Receipts		
Competition		
Club Fees	\$ 1,070.00	\$ 1,160.00
Uniforms	\$ 475.00	\$ 450.00
AV Registration Fees	\$ 4,465.00	\$ 3,290.00
Fundraising/Social		
Bunnings BBQ ³	\$ 2,374.20	\$ 2,331.80
Excess BBQ Sausages sold	\$ 50.00	
Trivia Night ⁴	\$ 2,900.50	
Club Clothing	\$ 5.00	
Donations		\$ 630.00
AGM Raffle		\$ 122.10
Sponsorship		
Miles Realestate - Ivanhoe	\$ -	\$ -
Grill'd - Fairfield	\$ 100.00	\$ 300.00
Aspect Broking - Michael Wallis	\$ -	\$ 250.00
Other		
Willinda Track Hire - DVAC	\$ 600.00	\$ 900.00
ING Account Interest	\$ 142.99	\$ 152.56
Transfer (ING to Bendigo Bank)	\$ 2,000.00	
Transfer (Bendigo Bank to ING)	\$ 2,000.00	
Total Receipts	<u>\$ 16,182.69</u>	<u>\$ 9,586.46</u>

Less Payments**Competition**

Cross Country Relay Entry	\$ 397.80	\$ 390.00
A.V. Affiliation ¹	\$ 740.00	\$ -
AV Online Registration Fees Refunded	\$ 4,860.30	\$ 3,530.00
Uniforms	\$ 1,100.00	

General

Willinda Park Rent ²	\$ 2,260.00	\$ 3,035.00
Collingwood Rent (Sep - Nov)	\$ -	\$ 210.00
Annual Return	\$ 57.80	\$ 56.90
Trophies	\$ 240.00	\$ 476.50
Website	\$ 89.00	\$ 108.90
Coach Accreditation (James Lynch)	\$ 88.00	\$ 88.00
Transfer (ING to Bendigo Bank)	\$ 2,000.00	
Transfer (Bendigo Bank to ING)	\$ 2,000.00	

Fund Raising/Social

BBQ Expenses ³	\$ 450.00	\$ 344.00
Pizza Night (Romano's)	\$ 231.80	\$ 434.70
Christmas Dinner (Ivanhoe Hotel)	\$ 202.00	
Trivia Night ⁴	\$ 405.39	
AGM Expenses		\$ 230.00

Miscellaneous

Willinda Track Light Repairs		\$ 179.40
Facebook Ads		\$ 400.00

Total Payments	\$ 15,122.09	\$ 9,483.40
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Club Funds as at 31st March

General Account	\$ 2,647.31	\$ 1,729.70
ING Account	\$ 10,781.25	\$ 10,638.26
	\$ 13,428.56	\$ 12,367.96

Notes:

1. A discounted AV Affiliation Fee for 2017/18 of \$240.00 is included in this year's statement
2. Willinda Park rent agreement concluded at the end of November 2018
3. Bunnings BBQ profit is \$1924.20
4. Trivia Night profit is \$2495.11

IH Treasurer

10 April 2019

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, 2019.

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, 2019.



John W Wallis
FCPA
Honorary Auditor
17th April 2019

Cross Country Report

This was a great year for our cross-country team.

Some highlights were:

- A strong Division 5 Men's team that completed every round including the Half Marathon. Also finished a creditable 5th out of 13 competing teams,
- 15 members competed this year, so nice to see that our team is growing,
- Some impressive performances by our Senior & Junior athletes, especially for the Tan Relays where our Division 5 Men (made up of some Junior athletes) came a close 2nd.

We had quite a few new members that joined in 2018. An outstanding performance by one of those new members - Vincent Mancuso, who competed in every race and was the fastest runner for our Division 5 team in every round except 1 & 3 where he came second.

Gianni Mancuso & Claude Aquino were also valuable additions providing a strong back up which assisted in pushing our team up the ladder.

Chris Branigan & James Lynch also had a good year, but due to commitments missed a few rounds. However, it was definitely handy to have Chris in the Half Marathon.

For our Juniors, David Greig & Thomas Langdon were neck & neck in their performances, and achieved some great results. You should be proud that your hard work during training is starting to pay off.

The new season started with the re-introduction of the 6k handicap. This is an historic event which was held in the past over many years. Start and finish line was at the Eaglemont Tennis Club carpark with an out and back course on the bicycle trail.

The weather on the day was atrocious but despite Mother Nature we had 11 hardy participants. The wind was blowing at about 50kms per hour and the runners were straight into it on the return leg of the race.

Our official handicapper was Barry Greig who did a fine job with limited information. In fact we were amazed that he predicted David Burke's time to within one second.

Times and placings as follows:

Athlete	Place	Handicap Time	Actual Time
David Purser	1	27:30	24:58
Mary Langdon	2	38:00	36:10
Michael George	3	23:30	22:21
Claude Aquino	4	25:00	24:39
Richard Russell	5	29:00	28:49
David Burke	6	31:00	31:01
David Greig	7	21:35	21:27
Adam McKern	8	25:00	25:07
Thomas Langdon	9	21:20	21:18
Cooper Rush	10	22:30	23:02
Josh Philip	11	24:30	27:11

Overall, the handicapper only missed on a couple of runners.

Josh Philip had to stop briefly because of asthma, but the smokey in the bunch was David Purser, beating his handicap time by 2 minutes and 32 secs.

Fastest time went to Thomas Langdon with the excellent time of 21:18, closely followed by David Greig 21:27.

Special congrats to Mary Langdon, the sole female competitor who nearly stole the race, beating her handicap time by 1 min 50 secs.

The results for all rounds were:

Round 1 Results: Saturday, 21 April 2018 – Jells Park, Wheelers Hill

Men Division 5 - 4 x 6km Relay

Leg	Name	Time
1	Chris Branigan	24:09
2	James Lynch	23:57
3	Gianni Mancuso	29:20
4	Vincent Mancuso	24:05

Men Under 18 - 3 x 3km Relay

Leg	Name	Time
1	David Greig	09:53
2	Cooper Rush	10:51
3	Thomas Langdon	09:49

Round 2 Results: Saturday, 5 May 2018 - Myrniong

Men Division 5 - 8km

Place	Name	Time
185	Vincent Mancuso	32:32.807
334	Travis McIntosh	39:18.283
364	Gianni Mancuso	41:55.117
380	David Burke	44:55.913
382	Chris Struve	45:34.727
387	John David	47:30.553

Round 3 Results: Saturday, 26 May 2018 - Langwarrin

Men Division 5 - 12km

Place	Name	Time
105	Monty Frankish	0:44:40.467
169	Vincent Mancuso	0:47:51.067
269	Chris Branigan	0:52:56.737
279	Claude Aquino	0:53:29.737
325	James Lynch	0:57:43.740
362	Gianni Mancuso	1:04:33.743
378	John David	1:12:06.623

Round 4 Results: Saturday, 16 June 2018 - Bundoora**Men Division 5 - 10km**

Place	Name	Time
186	Vincent Mancuso	38:36.200
307	Claude Aquino	43:46.453
379	Chris Struve	52:52.950
387	John David	56:30.797

Victorian All Schools Cross Country Championships

Name	Team	Age Group	Place	Time
David Greig	Trinity Grammar School	MU18 - 6km	26	21:00.173
Cooper Rush	Ivanhoe Grammar School	MU18 - 6km	54	25:37.143
Thomas Langdon	Ivanhoe Grammar School	MU17 - 6km	21	21:09.987
Josh Phillip	Ivanhoe Grammar School	MU17 - 6km	44	22:57.883

Round 5 Results: Saturday, 7 July 2018 - Sandown Racecourse**Men Division 5 - 4 x 3.1km**

Leg	Name	Time
1	Chris Branigan	11:38
2	Vincent Mancuso	10:29
3	James Lynch	12:18
4	Claude Aquino	12:02

Men Division 7 - 4 x 3.1km

Leg	Name	Time
1	Gianni Mancuso	13:17
2	Christopher Struve	14:02
3	John David	16:01
4	David Burke	14:43

Men Under 18 - 3 x 3.1km

Leg	Name	Time
1	David Greig	10:28
2	Thomas Langdon	10:44
3	Josh Philip	12:16

Round 6 Results: Sunday, 22 July 2018 - Albert Park**Men Under 18 - 10km**

Place	Name	Time
15	Thomas Langdon	36:53.313
17	David Greig	37:12.207

No team points

Men Division 5 - 10km

Place	Name	Time
159	Vincent Mancuso	35:57.473
388	Claude Aquino	42:34.440
464	Gianni Mancuso	47:15.683
485	Chris Struve	49:38.457
504	John David	54:06.257

Round 7 Results: Saturday, 4 August 2018 - Ballarat**Men Division 5 - 15km**

Place	Name	Time
94	Vincent Mancuso	0:55:24.747
257	Chris Branigan	1:07:41.817
308	Gianni Mancuso	1:15:08.863
327	Chris Struve	1:22:44.023
334	John David	1:25:41.857

Round 8 Results: Saturday, 18 August 2018 Anglesea**Men Division 5 - Ekiden Relay**

Cancelled due to extreme weather conditions.

Round 9 Results: Sunday, 2 September 2018 - Kevin Bartlett Reserve, Burnley**Men Division 5 - Half Marathon**

Place	Name	Time
93	Vincent Mancuso	1:17:27.397
298	Chris Branigan	1:34:22.240
371	Gianni Mancuso	1:49:36.993
386	Chris Struve	1:55:35.353
388	John David	1:57:30.353

Men Under 18 - 5km

Place	Name	Time
11	Thomas Langdon	0:16:53.263

No team points.

Round 10 Results: Saturday, 15 September 2018 - Kings Domain, Melbourne**Men Division 5 - 4 x 3.8km Relay**

Leg	Name	Time
1	Chris Branigan	14:42
2	Vincent Mancuso	13:24
3	Thomas Langdon	12:32
4	Alberto Cocchis	14:01

Men Division 7 - 4 x 3.8km Relay

Leg	Name	Time
1	Gianni Mancuso	16:12
2	James Lynch	15:36
3	Travis McIntosh	17:10
4	Chris Struve	17:59

Final Ladder:**Men Division 5**

Rank	Club	Rd 1	Rd 2	Rd 3	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total
1	APS United	10	15	15	12	15	112	13	-	15	10	117
2	Melbourne University	12	11	10	15	13	15	12	-	13	12	113
3	Williamstown	8	7	13	13	12	11	11	-	10	9	94
4	Mentone	15	12	7	11	7	10	9	-	11		82
5	Ivanhoe Harriers	5	6	12	6	9	5	10	-	9	13	75
6	Collingwood Harriers	11	9	11	10	11	9		-	12		73
7	Richmond Harriers	6	13	6		10	8	15	-		11	69
8	Yarra Ranges	9	10	8	9	5	7		-		8	56
9	Box Hill	4	8	9	7		13		-	8	6	55
10	Diamond Valley	13	5		8	4	4		-		15	49
11	Coburg Harriers	7			5	8	6		-		7	33
12	Glenhuntly				4	6			-			10
13	South Melbourne					3			-			3
14	Ringwood								-			0

Note: In Men's Division 7 we placed 16th of 26 and in the Men's Under 18 we placed 9th of 20. Both groups evidencing insufficient number at this stage in our growth. Our focus this season has been on raising our Division 5 performance and ladder position, which we have achieved.

Congratulations to all of our Winter athletes for a job well done, and hope that you had fun competing in a great variety of races over some challenging terrains. It was a fairly mild season weather wise, so let's hope for more rain and muddy conditions in 2019 to make it a real cross-country challenge.

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.

As with last season, participation 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 Men's Division 2 team placed 6th on the ladder, the Men's 40+ Team placed a solid 3rd, the Men's Under 18 team placed 2nd in the Zone and went on to place 4th of 11 in the Shield Final.

Our sole female competitor was Maddie Page who competed to a high standard in 3 rounds before succumbing to a back injury. Nevertheless, Maddie recorded a best time over 200m of 28.94 and a best long jump of 3.44m. Our lack of ability to recruit a female team is a concern and an issue we need to focus on.

All Shield performances are detailed in a tabular format later in this Annual Report however, I will comment on some of the notable contributions for Season 2018/19.

The men's team was completely underpinned by the marvelous contribution from David Burke who competed in 61 events over 12 rounds. David continues to set a wonderful example week after week. His better events are sprints/hurdles however he is not afraid to test himself over longer events such as 800m and 1500m. Well done David after another great season.

Our best overall athlete is Rhys Rigoni who once again showed his versatility over many events. Rhys competed in 26 events over 8 rounds of competition to a particularly high standard. He went on to compete with distinction in the Victorian Track and Field Championships with a 4th place in the Under 20 discus with a throw of 37.90 and 4th place in the Under 20 javelin with 44.68.

The highlight this season was the marvelous performance of the Men's Under 18 Team in the Victorian Shield Final.

Thomas Langdon, David Greig, Rhys Rigoni, Sam Daniel and Josh Philip defied the odds by placing 4th, beating 7 of the top 11 clubs in Victoria.

The significant improvement in the performances of the boys this season has been quite notable. Josh Philip has taken his 800m time from 2:39.1 to 2:13.3. David Greig has taken his 1500m time from 4:30.94 last season to 4:20.7 this season. David also took his 400m best from last year of 59.2 down to 56.8, a massive improvement. To continue the theme, Thomas Langdon had a PB in the 1500m last season of 4:22.52 which he has taken to 4:11.1. In addition Thomas ran a big PB in the Vic Championships 800m of 2:00.35, his best last season was 2:08.4.

Other standout performances during the season came from Sam Daniel who competed 20 times over 9 rounds with a nice PB in the 200m of 24.86 and in the 400m of 55.41 when he won his 400m in the Shield Final.

Ben Eddings, our newest member, has shown his class over 100m with a PB in the 100m of 11.44 which he repeated in the Australian Under 17 Championships, well done Ben.

Christian Ishkan is a young man on a mission, training with Tom Hancock at Collingwood. Christian is a very strong lad placing a very creditable 5th in the Vic Championships Under 15 shot put with a throw of 11.02.

We can conclude that the team is going places!

Finally, Our Club Legend, Tom Hancock, continues to amaze with his passion. Tom competed with distinction 10 times over 6 rounds of Shield competition. His best throws were a discus of 28.45, a hammer throw of 36.11, a javelin of 25.23, and a shot put of 11.31.

Unfortunately for us, Tom decided to retire from Shield competition on 2nd February 2019 after 55 years of competition for the Club.

Tom joined the Club in 1964, embracing the Club, serving on the Committee with two terms as Vice President. Tom was awarded an OAM in last year's Australia Day Awards for service to Athletics.

Tom will continue to compete in Masters events and of course, continue with his great passion of coaching.

In the recent Australian Masters Championships in April 2019 Tom again excelled in the 80-85 age bracket. He won seven gold medals in the following: Shot Put 10.80m, Hammer Throw 35.76 m, Javelin 27.35, High Jump 1.15 m, Weight throw 14.06, Discus 27.35, and Throws Pentathlon with a score of 4065 points which was the highest points score in all age groups.

Congratulations to Tom for another marvellous performance, but in particular, for his great contribution to the Club over so many years.

Jeff Franklin



Tom Hancock, after announcing his retirement, with old pals and fellow Life Members of Ivanhoe Harriers, John Boas and Jeff Franklin, at Knox on Saturday, 2nd February 2019.

AV Shield Results 2018-19

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	Final	Events (Rounds)
Madeline Page	100m 200m Long Jump Javelin (600g)	14.14	29.80		28.94										5 (3)
David Burke (40+)	100m 200m 400m 800m 1500m 110m Hurdles (99cm) 400m Hurdles (91cm) Long Jump High Jump Discus (2kg) Javelin (800g) Shot Put (7.26kg) 4x100m Relay 4x200m Relay	13.63 28.62 67.79 2:57.4h 6:54.2h	14.24 29.84 69.29 3:00.6h	14.35 29.85 67.86 2:53.3h 6:22.1h	23.15 77.47 79.04 20.00m 21.54m	21.99	77.77 4.76m 4.71m 20.00m 21.54m	79.04 1.60m 1.55m 1.60m 7.15m		14.29 13.65 67.53 62.41 65.42 69.35	13.47 22.39 22.58	14.33 19.53m	18.61m 22.44m	19.53m	61 (12)
Tom Hancock (40+)	Discus (1kg) Hammer (3kg) Javelin (400g) Shot Put (3kg)			26.17m 35.73m 10.62m			36.11m 11.31m			28.45m 28.36m 25.23m 22.36m		20.88m			10 (6)
Sam Daniel (U18)	100m 200m 400m Long Jump Javelin (700g) 4x100m Relay 4x400m Relay		24.86 57.00 (Open) 51.13	12.60 25.28 56.08 (Open) 4:01.88			25.80 24.86 (Open) 51.54					56.19 4.76m NM (U18) 50.29	12.86 12.35 55.41 5.34m 18.12m (U18) 48.57		20 (9)
Ben Eddings (U18)	100m 200m 4x100m Relay									11.54 (U18) 49.41	11.44	24.21			4 (3)
Felix Esperson (U18)	100m 2000m Steeple 3000m 4x200m Relay				10:45.8h					7:50.7h (Open) 1:49.86	12.92				4 (3)

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	Final	Events (Rounds)
Christian Ishkan (U14)	Shot Put (3kg)				10.84m										1 (1)
David Greig (U18)	100m											12.29		12.68	21 (9)
	400m									56.80				57.15	
	800m				2:05.3h	2:06.92		2:14.8h							
	1500m			4:25.0h								4:20.7h	4:21.3h	4:30.5h	
	3000m		10:07.8h												
	2000m Steeple														
	Long Jump											4.47m	4.55m	(U18)	
	4x100m Relay			(Open)									50.29	48.57	
4x200m Relay									(Open)						
4x400m Relay					(Open)					1:49.86					
					4:01.88										
Thomas Langdon (U18)	100m											13.46			23 (11)
	200m				26.52		27.69								
	400m			56.99		57.08				59.15				56.97	
	800m				2:04.2h		2:03.9h	2:08.3h							
	1500m	4:19.8h		4:16.9h		4:14.1h				4:18.0h				4:11.1h	
	3000m		9:23.9h												
	4x100m Relay			(Open)			(Open)				(U18)		(U18)	(U18)	
	4x200m Relay			51.13			51.54				49.41		50.29	48.57	
4x400m Relay					(Open)					1:49.86					
					4:01.88										
Josh Philip (U18)	100m												14.55	13.88	17 (8)
	200m						28.71								
	400m					60.28									
	800m		2:14.9h		2:13.7h		2:13.3h	2:17.9h							
	1500m					4:40.9h						4:38.4h		4:47.0h	
	Long Jump											4.26m	4.51m	4.44m	
	4x100m Relay						(Open)				(U18)		(U18)		
						51.54				49.41		50.29			
Rhys Rigoni (U18)	100m					12.96	13.25					12.67		12.90	26 (8)
	400m	57.07		55.13		55.22	57.3h				54.18			56.04	
	Discus (1.5kg)	42.81m		41.95m		44.51m	40.82m		36.80m	41.92m	41.01m			42.61m	
	Javelin (700g)	43.03m				42.01m	50.42m			48.05m	44.01m			45.38m	
	4x100m Relay									(U18)				(U18)	
										49.41			48.57		

Results in bold are the best for the AV Shield season

† Round 8 was incomplete due to wet weather

Australian T&F Championships

Name	Age Group	Event	Place	Performance
Benjamin Eddings	Under 17	100m	3rd - Heat	11.44
		100m	9th - Final	11.76

Victorian T&F Championships

Name	Age Group	Event	Place	Performance
Christian Ishkan	Under 15	Shot Put (4kg)	5th	11.02m
Benjamin Eddings	Under 17	100m	DQ	
		200m	5th - Prelims	23.30
		200m	6th - Final	23.22
Thomas Langdon	Under 18	800m	8th - Prelims	2:00.35
		800m	8th - Final	2:03.25
David Greig	Under 20	800m	18th - Prelims	2:05.19
Rhys Rigoni	Under 20	Discus (1.75kg)	4th	37.90m
		Javelin (800g)	4th	44.68m

Victorian Relay Championships

Name	Age Group	Event	Place	Performance
Rhys Rigoni, David Greig, Sam Daniel, Thomas Langdon	Under 18	4x400m Relay	6th	3:40.64

Victorian Country Championships

Name	Age Group	Event	Place	Performance
Thomas Langdon	Under 18	1500m	1st	4:11.25