

AV Shield Final : Small Team – Big Impact



Gill hurls the Javelin

Our Men's division 2 team were again successful being this year's premiers for the Red Zone which was a great effort.

Being premiers allowed us to compete in the AV Shield competition that was held at Lakeside on the 31st January.

It was a long day with competition starting at 9.30am and ending with the relays finishing around 9.00pm.

Apart from a head wind, weather conditions were good, however some of us suffered from an attack of UV rays which caused a few red faces.

The final result was a respectable 5th on the ladder beating our Red Zone rivals Preston by 12.5 points. Final scores as below and interesting that there was only half a point difference between the leaders Brunswick & Keilor St Bernards!!!!

Place	Team		Total
1	BWK	Brunswick	781.0
2	KSB	Keilor St Bernards	780.5
3	CCA	Casey Cardinia	750.5
4	MPA	Mornington	628.5
5	IVA	Ivanhoe	552.5
6	PTN	Preston	540.0
7	MAL	Malvern	477.5
8	BER	Bendigo	448.0
9	GER	Geelong	433.0
10	RWD	Ringwood	123.0
11	BAR	Ballarat	92.0

Our team on the day was Glen Nicholson, Jagmandip Gill, Braden Fraser, David Burke, James Lynch, Matthew Hall, Andrew Edney, Simon Rigoni & John David.

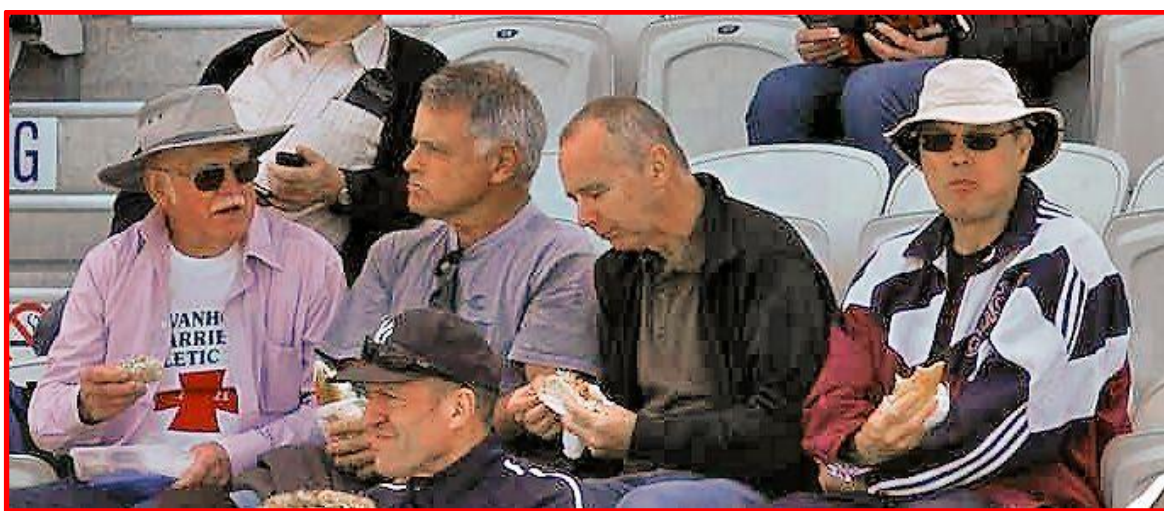


The highlights for our club were the sprints and relay.

Results for the 100m were : Jagmandip 11.29, Glen 11.72, Braden 12.19 & David 13.32.

During the sprints the commentator mentioned Ivanhoe Harriers quite a few times. Lots of credit for our club over the loud speaker with statements around - despite being a small club we were a real force in the sprints due to the high quality of our athletes.

It was also great to have support from the sidelines with lots of cheering from life and past members Noel Burrows, Gary Holliday, Bob Cochrane, Tim Erickson, Noel Roberts & Bruce Ackland. It was great to see some of them in their past uniforms adding colour to the day.



Supporters Noel Burrows, Noel Roberts, Bruce Ackland, Gary Holliday with Andrew Edney in front

As club president this was a proud moment and shows our ability to dominate in a field involving other highly talented athletes.



Glen winning the Long Jump

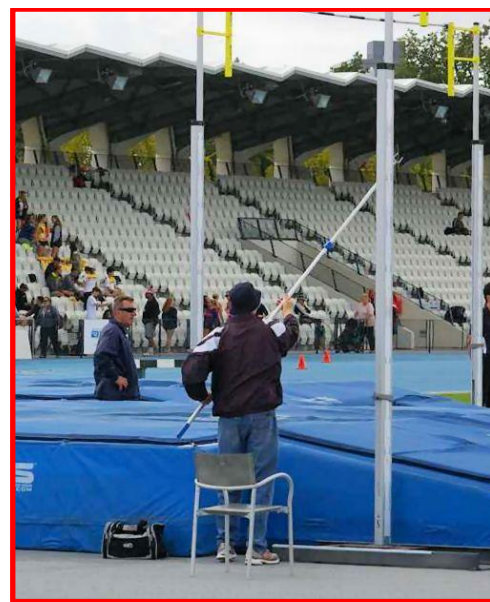


Gill airborne in the Longjump

The relay was very close with our team in second place with a time of 46.65 behind 46.58 (now that's close!!!).

We also did well in the Discuss with Matt's throw being 33.94 & Andrew's 21.60.

Event	Division	Place	Points	Name	Performance
100m					
	MOP2	1	45.0	Jagmandip Gill	11.29
	MOP2	5	40.0	Glen Nicholson	11.72
	MOP2	=9	35.5	Braden Fraser	12.19
	MOP2	23	22.0	David Burke	13.32
400m					
	MOP2	22	23	David Burke	62.32
	MOP2	29	16	Simon Rigoni	83.37
	MOP2	30	15	John David	84.89
1500m					
	MOP2	29	16	James Lynch	5:45.70
	MOP2	30	15	David Burke	6:12.95
	MOP2	31	14	Simon Rigoni	6:21.2h
	MOP2	33	12	John David	6:56.8h
110m Hurdles					
	MOP2	5	36	David Burke	22.08
4x100m Relay					
	MOP2	2	60	Braden Fraser, Jagmandip Gill, David Burke, Glen Nicholson	46.65
Long Jump					
	MOP2	1	45	Glen Nicholson	6.44
	MOP2	4	38	Jagmandip Gill	5.61
Javelin					
	MOP2	7	32	Jagmandip Gill	36.85
	MOP2	8	30	Glen Nicholson	36.80
Discus					
	MOP2	4	38	Matthew Hall	33.94
	MOP2	13	20	Andrew Edney	21.60



John and Phil working at the Pole Vault

Unfortunately we didn't have any competitors in the Steeple, Walks & PV (something to work on next year) which makes our score even more respectable.

Well done to all of our team who competed on the day, and also to Phil Ramsay & John David who both completed our club duties to help run the PV from 10am to 12.

Committee News

Jeff Franklin has accepted an invitation to join the committee in order to add experience and help with the continued rebuilding of the club.

As a first step Jeff is keen to establish the clubs potential future coaching stocks. To this end Jeff is appealing to all past athletes to consider what they could contribute to the club in this regard. He would very much like to hear from anyone who thinks they could assist or has an interest in coaching. Jeff can be contacted on 0419499711.



*Matt Hall throwing the Discus
in the AV Shield final.*

VALE

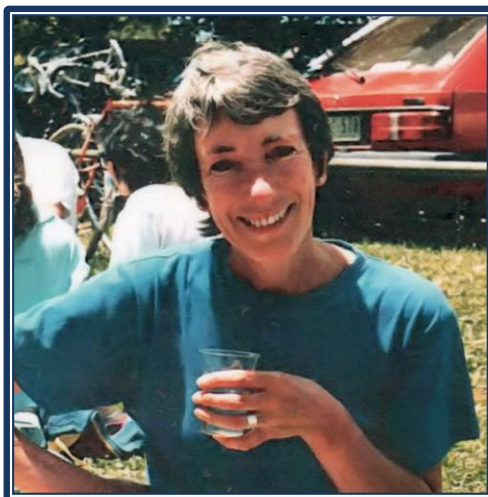
Mary Catherine Osborne nee Buckley

2nd May 1928 – 13th February 2015

Mary was the only child of Sydney Buckley the founder of Ivanhoe Harriers and Ivanhoe Grammar School.

Mary was our special guest of honour at the Centenary Dinner held last year on the 11th October 2014. It was a privilege for us to have her company on the evening.

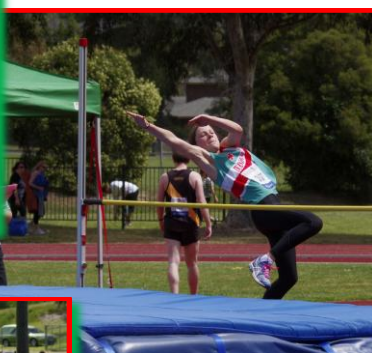
A Memorial Service to celebrate her life was held at the Grammar School Chapel on Tuesday 24th February 2015.



Club Records Fall

Throughout the summer season the current group of under 14 girls have been regularly rewriting the record book. In all the girls have set new bench makes in a massive 11 events. This in itself is probably some type of record. It is worthy of note that the 4x100 relay time is sufficiently good to beat the existing Under 16 record. And even more extraordinary that, the medley and the 4x400m times were the fastest ever recorded by *any* Ivanhoe woman's team of any age group up to and including the open category. Fantastic effort girls. Congratulations go to the following:-

Event	Performance	Athlete	Date	Location
U/14 Women's 100m	13.55e	Bethany Illingworth	10/01/2015	Knox AV Shield
U/14 Women's 200m	27.38e	Bethany Illingworth	16/12/14	Doncaster AV Shield
U/14 Women's High jump	1.40m	Grace Dicker	19/10/14	Doncaster AV Shield
U/14 Women's 80m Hurdles	13.48e	Bethany Illingworth	7/11/14	Lakeside, Vic All Schools.
U/14 Women's 90m Hurdles	14.57e	Bethany Illingworth	6/12/14	Doncaster AV Shield
U/14 Women's 1500 walk	10.29.2	Naomi Nicola	1/11/14	Doncaster AV Shield
U/14 Women's 2000 walk	13.22.47	Naomi Nicola	10/1/15	Knox AV Shield
U/14 Women's Triple Jump	10.06	Bethany Illingworth	19/10/14	Doncaster AV Shield
U/14 Women's relay 4x100	53.88e	Jemma Laffey Hannah Laffey, Grace Dicker, Bethany Illingworth	29/11/2014	Lakeside, Vic Relay Champs. (heat time)
U/14 Women's relay 4x400	4.38.32e	Jemma Laffey Hannah Laffey, Grace Dicker, Bethany Illingworth	29/11/2014	Lakeside, Vic Relay Champs.
U14 Women's Medley Relay (200,200,400,800)	5:07:57e	Naomi Nicola, Jazmin Dicker, Bethany Illingworth, Grace Dicker	1/11/14	Doncaster AV Shield



Record breaking girls in action

Throwing Further by Matthew Hall

Welcome to this first article about ways you can improve your throwing.

By applying some simple changes to your technique, you could add distance to your shot put throw quickly. Shot putters use one of two methods: the glide or the rotation. While the natural physics of the rotation technique will produce greater distances, the chances of error and throwing out of the sector are much higher due to the 'hit or miss' nature of the rotation.

In this article we will focus on the glide (sometimes referred to as the linear technique) method of throwing the shot. The glide uses the momentum and power generated from the legs for throwing. By understanding the physics of this throw, you can make improvements to your PB in no time at all!

Step 1

Pick up the shot and stand toward the back of the throwing circle. Let the ball sit at the bottom of your fingers on the pad of your palm, but not in the center of your palm. Tuck the shot into your neck and hold it there firmly to ensure it doesn't fall out during your throw.

Step 2

Lean down over a slightly bent right leg (or left leg for left-handed throwers). Ensure your bodyweight is over your right knee (or left knee for left-handed throwers). Push hard down on your right leg to propel your body to the centre of the ring.

Step 3

At this point your body will be side-on to the throwing area. Rotate your hips to the front of the circle by driving your legs to a standing position and then push the shot out with a high elbow. You can flick your wrist and fingers to offer an extra bit of power when you release the shot. Your arm and fingers should be straight on release.

Step 4

Try to release the shot at an angle of around 37 degrees. This angle is used by top shot put athletes. Note: The distance you throw will always be determined by the speed and angle of the release.

There are and have been some very good 'glide' shot-putters in the world. I recommend watching the following throwers to help you with your glide technique. They have videos on youtube.com

Female: Valerie Kasanita Adams (formerly known as Valerie Vili) – World Championship Record Holder and 2012 Olympic Women's Shot Put Gold Medalist

Male: Alessandro Andrei World Record Shot Put using the glide technique in 1987 of 22.91 meters

In the next article we will explore the physics and key elements of how to effectively throw a discus. If you have any interesting articles or questions, please email me at mgh.training@yahoo.com.au

Until the next edition of *Cursus*, happy throwing! Matt.



Medical Room

Under 14 multi-events athlete Bethany Illingworth has broken down at a recent training session. Scans show a grade 2 tear in the quadriceps muscle. As there is an 8-10 week recovery time for such an injury it puts her preparation for State and possibly National championships on hold. Bethany we recognize this is a devastating blow for you and we wish you a speedy and full recovery and hope to see you back on the track soon.

Knockout Competition

Several Ivanhoe athletes have been involved with the Athletic Victoria Knockout competition. This competition has been a good lead up for some athletes preparing for State and National championships. Results over the two rounds completed so far are as follows:-

Round 1

Event Name	Age Group	First/Last Name	Performance
Long Jump	U18	Caitlin Dagher	3.93m
Shot Put	U18	Caitlin Dagher	7.96m
Long Jump	OP	Glen Nicholson	6.82m
Long Jump	OP	Jagmandip Gill	6.85m
Hurdles	U16	Rhys Rigoni	31.33
Javelin	U16	Rhys Rigoni	26.38m
Shot Put	U16	Rhys Rigoni	8.72m
Discus	U16	Rhys Rigoni	34.03m

Round 2

Event Name	Age Group	First/Last Name	Performance
Long Jump	OP	Glen Nicholson	6.93m
100 m	OP	Jagmandip Gill	10.85
Triple Jump	OP	Jagmandip Gill	13.47m
Pole Vault	U16	Rhys Rigoni	2.55m
Javelin	U16	Rhys Rigoni	23.61m
Hurdles	U16	Rhys Rigoni	30.54
Discus	U16	Rhys Rigoni	36.50m



Personality of the Month

David Burke *Athlete and Club Treasurer*

Nick Name: Burkey

Favorite Event:

HJ, 100, 200, 400, 110H, 400H, LJ, Relays.

"I know this is more than one event but I like doing so many."

Funniest/Most Embarrassing moment: *Attempting to throw the Hammer, getting all out of shape and falling flat on my face after releasing the hammer only a couple of meters into the sector.*

Inspired by: *Nice People.*

Pet Hates: *Filling in questionnaires/profiles*

Proudest Athletics moment: *Competing in the high jump, 100M and 400m on the MCG athletics track prior to the 2006 Commonwealth Games, with my family in the grandstand cheering me on.*

Favourite TV program: *QI.*

Hobbies and Interests outside athletics: *Furniture making/woodwork, gardening and cooking.*

Footy Team: *Essendon*

Your Pets: *None*



David Burke proudly carrying off the raffle prize at the Centenary Dinner.

Go Ivanhoe