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The Newsletter of Ivanhoe Harriers
Athletics Club



June 2015 Edition 13

Editor: David Illingworth

### **AGM Summary /New Committee**

The Club AGM was held at the Wilinda Park Club Rooms on the 28<sup>th</sup> May 2015. All necessary reports were presented and passed with appropriate discussion by a small number of club members. The retiring president said the club had had a successful year and noted particularly the increase in senior men's numbers. Special mention, and thanks was given, to all those who contributed to the 100 year celebrations. As a result of the two fundraising BBQ's and the 100 yrs activities, including the book, the club is in a sound financial position. He then thanked the individual members of the retiring committee highlighting their various contributions.

All committee positions were declared vacant and an election for a new committee was held.

The new committee is as follows:-

**President:** Jeff Franklin

**Vice president:** John David

**Secretary**: Catherine Brennan

**Tresuruer:** David Burke

**General committee:** Michael Wallis, John Edney Richard Russell,

Stephen Pegg, Mathew Hall.

Jeff in a brief statement thanked the outgoing president recognizing his special efforts through a difficult period in the clubs history. Jeff also said that, through the centennial celebrations, he had gained a real appreciation for the esteem the club was held in by many past athletes and general community people. He said that he would do all he could to strengthen and rejuvenate it into vital competing forces again.

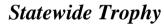
After a short break for finger food and drinks the presentation of awards was held.

### Presentation Night



F.J. Holpen Trophy for the most consistent A.G.

for the most consistent A Grade(or Open) Athlete in Shield Competition – Glen Nicholson



for the most points in the cross country season – James Lynch





The juniors with their Trophies



#### WA Rawlinson Trophy

for the best track and field athlete in the club – **Jagmandip Gill** 

#### Banyule Trophy

for the best female athlete in the club – **Bethany Illingworth** 



**Buffalo Sports Trophy** for the most improved junior athlete – **Grace Dicker** 



**Boas/Hancock Trophy** for the most outstanding field event athlete – **Rhys Rigoni.** 

*Harry Jones Trophy*For the best junior walker – **Naomi Nicola** 



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### Lewis Hall Trophy

For the athlete up to U/23 who shows commitment to the club and willingness to help others – **Catherine Brennan** 



most significant contribution to the club. – **David Burke** 

Jack McCann Trophy
For the member making the



**Team manager's award**For the most dedicated junior female athlete – **Jazmin Dicker** 

#### Centenary team awards

for athletes making a consistent and reliable effort representing the club in competitions.

Aaron Barnett, John Boas, David Burke, John David, James Lynch, Katrina Philip, Simon Rigoni, Rhys Rigoni, Peter Rule, Chris Struve, Terence Beaton, Catherine Brennan, Catlin Dagher, Simone David, Todd Dawson, Grace Dicker, Flynn Dicker, Jazmin Dicker, John Edney, Andrew Edney, Braden Fraser, Jagmandip Gill, Matt Hall, Tom Handcock, Harri Howden, Bethany Illingworth, Andrew Jewell, Hannah Laffey, Jemma Laffey, Glen Nicholson, Naomi Nicola, Stephan Pegg, Philip Ramsay, Jill Wallis, Tim Welch.

### **Incoming Presidents Message**



New President – Jeff Franklin

"Dear Members and Friends of Ivanhoe Harriers.

I am very honoured that my nomination for President has been carried unopposed and will do my utmost to add value to The Club that we all love.

My plan for the future is quite simple and recognises that we must improve on the growth we experienced last year under John David.

Firstly, we need to strengthen the power and influence of the Committee to create a foundation for good succession planning. An active Committee should positively impact all areas of The Club, provide for future leadership and the collective talents to drive change and improve publicity, marketing, communication and visibility in the community.

I congratulate the new Committee on their appointment and in particular the new faces, Michael Wallis, Richard Russell, Stephen Pegg and John Edney. I think this is a very exciting start.

Secondly, I will be actively pursuing strong, ongoing relationships with other Clubs, schools etc to encourage a more automatic flow of new recruits to The Club. This project is already underway and showing promise.

Thirdly, last year, following the Centenary Dinner and **Andrew Edney's** great book, we improved our financial position considerably. I believe we must build on that foundation because we will need financial strength in the future if we are to finance some of our activities more aggressively.

I am very excited about our prospects for the future and look forward to your various contributions and ideas as we move forward.

Go Hoe

Jeff franklin

### **BBQ** and Get Together

Sunday May 17 saw a good crowd of club stalwarts get together at Willinda Park for a BBQ organized to give those who could not attend the Centenary Dinner a chance to have a mini celebration, and renew contact with people.

Approximately 55 attendees, 40 per cent being folk who missed the official dinner. Many accompanied by their wives who added colour to the day over the "blokie chat". The call for salads and cakes produced an abundance of food to complement the sausage sizzle, ably managed by current club members... no one went home hungry!

A nice surprise for Alan Stone, Michael Carter and Noel Burrows when Hoe supporter and founding member of Heidelberg Women's Athletic Club, Elizabeth Nesbit (nee Wright) arrived to renew contact and talk about all the fun enjoyed back in the 1960's when there was great interaction between the two clubs. Would you believe between them, they organized a dance in the very same hall where the Centenary Dinner was held and put on a floor show as part of the night's entertainment.

A most successful day with very positive feedback such as;

"It was a great afternoon meeting quite a few people who were unable to attend the anniversary event, so another thanks to all those who decided to organise this informal follow-up."

"Great to catch up with some of those unable to attend the 100th dinner, in my case Bruce Meakin and Steve and Anthony Griffiths. There were many others who I missed out on chatting to...

"Congratulations on making this day casual, friendly and time to circulate. A pity none of the young members attended as many of their achievements are admired by the older brigade who would have liked to convey those thoughts personally"

Thanks go to **John David**, **Catherine Brennan**, **Glen Nicholson** & **David Burke** for arranging everything on the day.



### **Cross Country**

A small, but dedicated group of athletes have been representing the club in this years cross country season. The following reports are from John David.

#### Round 1 : Jells Park

The season started on the 18th April with the Jells Park - 6 km relays.

Some of you may think this is a short distance event but still a challenge as the course is quite hilly, and lots of variety of terrain through both open grassland and dense pine forest. Unfortunately most of our team were injured however it was great that **Rhys**, **Simon**, **Katrina & Chris** stepped up to score points for our team.

The weather was fine and our athletes did not have to content with too much mud, however the start and subsequent change over's were mid way up a hill so not a nice way to start a race. Rhys did a great job being our fastest athlete on the day followed by Simon & Chris. Unfortunately Katrina was suffering from a heavy cold and was not feeling well, but bravely faced the challenge and finished the race.

Scores on the day were:

Leg	Name	Time
1	Rhys Rigoni	27.50
2	Simon Rigoni	31.47
3	Katrina Philip	40.11
4	Chris Struve	32.00

Thanks very much to **Jill & John Wallis**, **David Burke & John David** who completed our club duties for this event.

#### Round 2 Lardner Park - 9th May

This was a great 8km race involving plenty of hills, ditches and even a fence to jump over, so real cross country running.

Again a large part of our team was injured but it was great having **James Lynch** back. Chris & David did well and you guessed it - David hurdled the farm fence which amazed some of the on lookers. John was still hampered by an Achilles injury but managed to finish the race.

The team performances were:

Men Division 5 - 8km

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Place	Name	Time
321	James Lynch	40:12.8
365	Chris Struve	44:56.9
381	David Burke	48:38.7
382	John David	49:03.0





#### Round 3 Ballarat 15km - 30th May

Typical cold and windy conditions in Ballarat for this gruelling event which involves 2 and a bit laps of beautiful Lake Wendouree.

One thing about this event is that the lake is so big that the objects across the other side don't seem to move. Not very motivating when you are running, however the feeling is fantastic when you finish.

We had a full team for this long distance event which was great.

James did well with a time of 66 mins. Travis with some nice blue bandages holding his knee caps together also had a good run, followed by Chris & John who were both very happy to finish.





#### **Results were:**

Men Division 5 - 15km

Place	Name	Time
323	James Lynch	1:06:37.2
398	Travis McIntosh	1:17:43.7
404	Chris Struve	1:21:51.4
408	John David	1:22:34.4

The team ladder for Division 5 after the first 3 rounds:

Men Div	rision 5			2500	0.20	100	690	<b>600</b>	J.	790	100	Elli So
Place	Team	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Mornington Peninsula	14	17	17								48
2	Williamstown	9	15	15								39
3	Diamond Valley	11	14	13								38
4	South Melbourne	7	13	14								34
5	Collingwood Harriers	13	10	9								32
5	Glenhuntly	10	12	10								32
7	Old Xaverians	17		12								29
8	Coburg Harriers	6	11	11								28
9	Oakleigh	3	9	8								20
10	Ivanhoe Harriers	2	8	7								17
11	Ringwood	15										15
12	Melbourne University	12										12
12	Knox Athletics	5	7									12
14	Traralgon Harriers	8										8
15	Athletics Waverley	4										4
		1000	July 5-28	100	5/3/29	Charles and	A 100 TO	10000			33	STATE OF THE OWNER, OR WHEN



Last Saturday we had the challenge of tackling the hilly terrain of Bundoora Park.

Not an easy run as the course involves either running up slopes over long distances or tearing down hills at a fast speed. This year AV changed the track to avoid some of the uneven ground and holes that previously existed - so the run is now a lot safer.

Unfortunately we didn't have a full team with only Chris Struve & John David competing on the day. The provision results at this stage are:

Chris: 1:04:36.3 John: 1:11:16.0

The next Cross Country event is on Sunday the 28th June at Albert Park. This is a 10km run near Lakeside stadium starting at 9am.

If you are interested in competing in our team or would like more information on future events please ring John David on 0400 232 069.

### Personality of the Month

## Jagmandip Gill Athlete

Current holder of the WA Rawlinson Trophy
Awarded for the best track and field athlete in the club.

**Nick Name:** *Gilly* 

**Favorite Event:** Long Jump

**Funniest/Most Embarrassing moment:** 

falling face first into the sand pit during long jump.

**Inspired by:** *my parents* 

**Pet Hates:** cats

**Proudest Athletics moment:** 

selected in the u/17 Australian Development Squad

**Favourite TV program:** *Game of thrones* 

**Hobbies and Interests outside athletics:** 

Basketball and Soccer

**Footy Team:** *Melbourne Demons* 

**Your Pets:** none

**Best Party Trick:** *n/a* 



Gilly in Action

### **Membership Fees Now Due**

The new athletics season is now up and running with memberships renewals being effective from the 1<sup>st</sup> April 2015.

There have been some slight price increases for Athletic Victoria memberships, our club fees will remain the same and in some cases have been reduced.

The reduction relates to Junior club fees where we have lowered the charge from \$35 to \$14 if the athlete has dual membership with Little Athletics

Please find below a list of our club fees for 2015/16:

Senior	\$50
Under 20 (Born 1996,1997,1998,1999)	\$40
Under 16 (Born 2000 or later)	**************************************
If currently a member of DVLAC	\$14
If not a member of DVLAC	\$35
<b>Associate member</b> (An athlete not registered with the club but training with one of the club's coaches. If otherwise, fee to	
negotiated with the club registrar)	As advised by the Club
Coach/Official (A club coach or AV official)	\$0
Social (Non competing & not entitled to use of track or gym)	\$30

**Family discount:** A deduction of \$10 per person from the applicable fees for third and subsequent members from the same family and household. The maximum club membership fee for a family will be \$100.

**Friend discount:** Sign up a **new** competing club member and you and the new member will both get a discount of \$10 off the club membership fee (not applicable for members of DVLAC)

Further details on membership are available on our website www.ivanhoeharriers.org.au All athletes and coaches are encouraged to renew their membership soon. The membership to both AV and the club will cover you for accidents whilst training, and allows you to use the facilities at Willinda Park during our training times. Memberships now have to be completed through the AV website. If you need help or have any problems with renewal of your membership please contact John David or Jeff Franklin, who will be happy to assist.

