

## UPDATE FOR THE CROSS COUNTRY SEASON

By John David

### Round 5: Albert Park - 28th June 2015

Unfortunately we didn't have enough runners available to form a team for this event. John David the team manager was overseas and James Lynch was coaching junior footy. Travis McIntosh intended to run but unfortunately misread the race start time.

Well done to Chris Struve who was the only runner for Ivanhoe, running a respectable time of 48:05.7 for the 10km road race alongside Albert Park Lake. With such dedication and commitment to running every round Chris is a good chance of winning the Statewide trophy for the most Cross Country points scored in a season.

### Round 6: Sandown Relay - 11th July 2015

The Sandown Relays was the second relay event of the season. Each 6.2km leg of the relay was two laps of the Sandown motor racing circuit and for the first time running clockwise around the race track.

James Lynch got the team off to a great start with a time of 26:04 for the first leg. Travis McIntosh was next up with a time of 28:40. Just before Travis finished his leg, the rain started to fall and didn't let up until Chris Struve finished his leg with a time of 29:38. As John was still overseas it was left to David Burke to complete the last leg with a time of 32:10.

Ivanhoe Harriers finished 10th out of 13 teams with an overall time of 1:56:32.



### Round 7: Brimbank Park - 1st August 2015

Unfortunately we only had 2 runners brave enough to compete in the toughest event of the winter season being the 16km at Brimbank. Lots of tricky hills and declines to conquer along with the steep rocky goat track which had to be challenged twice!!!

Chris Struve had a good run with a time of 1.32.46 followed by John David with 1.36.58.







### Round 8: Anglesea Surf Coast Ekiden Relay - 15th August 2015

What a fantastic event along the beautiful surf coast at Anglesea. The weather was ideal and it was great to see the Ekiden event back after it stopped a few years ago when previously held in Bendigo. This was the third relay for the season and involved 4 runners covering various legs to complete a distance of 42.195km.

We finally had a full team for an event being James, Travis, Chris & John with results being:

Men Division 5 - Ekiden Relay

Leg	Name	Distance	Time
1	James Lynch	9.8km	52.06
2	Travis McIntosh	8.8km	43.21
3	Chris Struve	7.9km	40.58
4	John David	5.2km	28.32



Thanks very much to Chris David & David Burke for officiating on the day as our club required 2

helpers for this event.

### Round 9: Burnley Half Marathon - 6th September 2015

Another tough event along the Yarra boulevard over a distance of 21.1km.

Unfortunately we were one short of having a full team with only James, Travis and John competing on the day. James had a respectable time of 1.41.01 closely followed by Travis - 1.42.12. John also had a good run with a time of 1.57.42



### Round 10: Tan relays - 19th September 2015

This was the final round and also the final relay for the Cross Country season. All competitors run one lap of the 3.8km circuit, which winds its way around the iconic Botanical Gardens and Kings Domain.

We had a full team for this event and also this was the debut run for one of our newest members – Phil Carydis. Rhys Rigoni had an impressive time of 16.11, followed by James Lynch – 17.20. Our other 2 runners were Phil Carydis – 18.29 & Chris Struve- 18.01.

Thanks very much to Simone David, Chris David & David Burke for volunteering to assist with running this event as AV required 3 helpers from our club.



## CROSS COUNTRY SEASON SUMMARY

By John David

Our club came 12th out of 15 teams for our division on the final ladder. This really comes down to the fact that we didn't have full teams in rounds 4, 5, 7 & 9 even though we came close for some events where we had 3 runners. Also we had some injuries this year which prevented some of our runners competing during the season. Let's hope that we have full teams for all of the events next year which will greatly improve our position on the ladder.

