

ANNUAL GENERAL MEETING 2016/17

The Annual General Meeting and presentation of trophies was held on Wednesday 24th May at the new pavilion at Ivanhoe Park. The meeting was well attended and the venue proved to be popular given the number of new members residing in Ivanhoe.

Our new Committee was elected with the majority of previous committee members deciding to continue with the challenge ahead of us.

Congratulations to the new Committee and indeed the prior Committee for the progress we have made in recent times.

New Committee as follows:

| | |
|-------------------|---|
| President: | Jeff Franklin |
| Vice President: | John David |
| Secretary: | John Edney |
| Treasurer | David Burke |
| General Committee | Michael Wallis Richard Russell James Lynch Braden Fraser Barry Greig Mary Langdon. |

LIFE MEMBERS

During the course of the AGM the granting of Life Membership of the Club to the following long serving members was announced.

John David, David Burke and Jill Wallis.

This was a very happy occasion with our new Life Members being surprised and humbled with the honour.



John David has been a member of the Club since 1999, joined the Committee in 2003, has held positions of Secretary, Team Manager, Registrar, Vice President and President. In addition, John has managed our cross country team for many years.

David Burke also joined the Club in 1999 and has been our most consistent and at times our highest performing athlete ever since. David joined Committee in 2004, remaining on committee since for 13 years, one of the longest continuous periods of service in the Club history. David has held the role of Treasurer since 2013.



Jill Wallis has been involved with the Club for approximately 25 years, initially supporting son Michael, then husband John, also Life Member and Treasurer for 9 years. Jill has been our regular and reliable official during this period, donating countless hours officiating, specialising as an Athletics Victoria official including operating the photo-finish equipment



at Olympic Park and Lakeside Stadium at Championships and major events. Sincere congratulations to John, David and Jill from all in our wider "Club Family".



Thomas Langdon receiving the trophy for most improved junior athlete.

PRESIDENT'S REPORT

It has been a privilege to carry out the role of President during the 2016-17 year. The year has been moderately successful with the introduction of new families to the Club and the strengthening of our relationship with Ivanhoe Grammar School.

The most important highlight for the 2016-17 season was the influx of a new group of juniors which was a delight to see. Total number of juniors was 14, up from a very low 4 the previous year. Nine of this group being directly connected to our active involvement with Ivanhoe Grammar School, which is a vote of confidence in our strategy. At this point, I must express my personal thanks to Chris Branigan, Head of Learning, Health and Physical Education at Ivanhoe Grammar School. Chris has embraced the plan to rebuild our historic connections and has supported and encouraged 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.

I congratulate the Committee on their support during the season, plenty of vibrant discussion and new ideas ventilated. We need to continue to grow the Committee to broaden our ideas, broaden our numbers 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.

During the season we have attempted to market the Track Season to a number of football clubs with the view to growing a relationship. Despite hosting training sessions we unfortunately do not have much to show for our efforts. In addition, we are not achieving any new growth from our tenancy at Willinda Park. Over many years now, there has only been a trickle of little athletes joining Ivanhoe with the vast majority unsurprisingly joining Diamond Valley which is seen as the local Club. Our plan of building strategic relationships, such as Ivanhoe Grammar School, is clearly the key to our future.

Our financial position is reasonable with a closing Bank Balance of \$12,264. 00 We are cognisant of our major outgoing of \$3,000.00 p.a. for the rental at Willinda Park which is difficult to justify in the face of poor usage and nil recruits from that source. That said, we are very grateful for the continued sponsorship support from Miles Real Estate, which has enabled us to undertake various projects and leaves our financial position as quite sound. Our major fundraiser this season was once again the Bunnings Sausage Sizzle which raised a very handy net profit of \$1796.00. Well done to the Committee and all members who assisted.

Last season our number of registered athletes only stood at 23 which was very disappointing. This season we have shown some growth with total registered athletes now at 27, a small improvement but clearly not strong enough. Small Clubs like ours are almost totally reliant on continuing support from the wider club family. The massive drop in membership over recent years does make the rebuilding phase more difficult with reliance on fewer people to undertake the necessary tasks. I appeal to those past members to rejoin the Club or get back involved in some capacity to have a bit of fun.

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

- Continued support from Miles Real Estate,
- Introduction of a new sponsor being the East Ivanhoe Foodworks,
- Coaching clinics for Ivanhoe Grammar School,
- Continuation of production of our spray jacket with club logo,
- Ramping up our Facebook exposure thanks to Braden Fraser,
- Running a sausage sizzle at Bunnings as a fund raiser,
- Reintroduction of The Ivanhoe Harriers Handbook,
- Submission to La Trobe University to promote internships through coaching and athletics.



Many individuals have contributed to the running of the Club this season and I wish to recognise the outstanding efforts of the following:

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, Matthew Hall, David Burke, Simon Rigoni, Andrew Edney, Mary Langdon, Grant King 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 seven editions of Cursus this season, similar number to last year, but we can certainly improve. 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 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 65 events during the summer Track Season a truly fantastic performance.

On a sombre note, one of our Life Members and long serving coaches, Dr. Brian Hodgson, passed away in late 2016. Brian was a wonderful man, was also President of Athletics Victoria for 5 years and a Life Member. Brian coached some of our great athletes,

Peter Crane, David Hodgson, Braden Fraser, James Lynch and Ian Rogers. His contribution to Athletics was immense. Vale Brian.

Finally, I encourage all athletes and previous athletes to re-register for the 2017/18 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

TROPHY PRESENTATIONS, 2016/17

| | |
|---|------------------------|
| STATEWIDE TROPHY: | James Lynch |
| Awarded to the athlete scoring the most Cross Country points | |
| F.J.HOLPEN TROPHY: | David Burke |
| Awarded to the most consistent A Grade athlete in Shield competition. | |
| JACK McCANN TROPHY: | John David |
| The Club Member making the most significant contribution to the Club. | |
| W.A.RAWLINSON TROPHY: | Rhys Rigoni |
| The best athlete in the Club. | |
| BUFFALO SPORTS / ATHLETE'S FOOT TROPHY* : | Thomas Langdon |
| The most improved junior athlete | |
| BOAS/HANCOCK TROPHY: | Matthew Hall |
| Most outstanding field event athlete. | |
| BANYULE TROPHY: | Stella Ajani |
| Best female athlete. | |
| GEOFF LEGGE TROPHY: | Freya Henriksen |
| The most outstanding performance by a junior in any event from 800m-10,000m | |

* The most improved junior athlete trophy, previously donated by Buffalo Sports, has become quite tattered and damaged and has been replaced with a new trophy kindly donated by The Athlete's Foot.



TRACK & FIELD SUMMARY, 2016/17

- taken from our Annual Report

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

Whilst the number of competing athletes was only 25, it was a solid increase on last season. The number of events contested totalled 269 which was a 26% increase on last season's total of 212. Therefore, our numbers, though relatively low, revealed good growth in the right direction.

The Men's team placed 4th on the ladder in Division 2, the Men's Under 18 team placed 6th of 12, the Men's Under 16 team placed 3rd, The Women's Team in Division 2 placed 5th and Women's Under 14 Team 4th ...on the back of one competitor!! Freya Henriksen.

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.

We had three female athletes compete with distinction, Stella Ajani, Simone David and Freya Henriksen.

Stella's PB in the 800m of 2:27.08 is the second fastest ever recorded in our Club rankings, just behind the current record of 2:26.2 which was set by Lauren Richardson 20 years ago in December 1997. This was a great performance which was probably superior to her PB in 1500m of 5:11.27 which is also ranked second in our all-time Club rankings. Stella improved her 800m time over the season by a massive 8 seconds which is probably due to never missing a training session over summer.

Simone competed 11 times predominantly in 200m, javelin and discus gaining a season PB in 200m of 31:53. Simone is a great competitor for the Club and has the versatility to compete over multiple events.

Freya was very fit at the start of the season and trained hard, however her 800m times remained quite static at around 2:40. The extra distance over 1500m suited her fitness perfectly. Freya improved her 1500m time from 5:35 through to an astounding 5:08.03 setting a new Club record in all age groups from Under 14 through to Open Women. The previous Open Women's time of 5:24.5 was set by Amy Hirst on 2nd March 1996 and the previous Under 20



Freya accepting the Geoff Legge Trophy at the AGM/Presentation night.

Women's record of 5:33 was set by Anne Marie Griffiths on 1st December 1994. This is an amazing time from young Freya which, to put it into perspective, would have won the Grammar Schools Open Women's Final in 2016. Well done Freya on a wonderful season.

The men's team was underpinned by the marvellous contribution of **David Burke** who competed in 65 events over 11 rounds. His versatility is amazing, this season he had a crack at the 3000m steeple even though his best events are sprints/hurdles. A mighty performance from David.

Philip Carydis was also a solid contributor in middle distance and field events. Philip competed 17 times, improving his 800m time down to 2:35.65, a 5 second improvement on last season and his 1500m time down to 5:37. Philip has lots of ability and I am sure he has the talent to improve those times even more with a bit of extra training over the summer months.

John David is our most determined athlete, competing 15 times for the Club, mostly in middle distance and field events, really enjoying himself and setting a great standard. Many of us part time athletes would benefit by taking a leaf out of his book and getting out there on the track. Congratulations John.

Matthew Hall competed 10 times over 6 rounds scoring heavily in his throwing events. He is a very valuable member of our team. Matthew achieved PB's during Shield competition of 32.05 for the discus, 29.13 for the Hammer, 28.88 for the javelin and 10.25 for the 7.26kg shot.

Brayden Fraser is still maintaining fine form with a season PB in 100m of 11.81. It is now 17 years since Brayden set our Club's fastest time of 10.43 over 100m at the Olympic Park Track Classic on 2nd March 2000.

Glen Nicholson competed in just 3 Rounds of competition but proved to be our quickest with an 11.62 in the 100m and a 6.58m in the Long Jump.

Our Club Legend, **Tom Hancock**, continues to amaze with his passion. Tom competed with distinction 16 times over 7 rounds of competition. However at the World Masters Games in Perth in the 80-84 age group he was second in the Hammer (3kg) with 39.61, second in the Javelin (400g) 32.88, 2nd in the discus (1kg) 31.88, second in the Shot Put (3kg) 11.66, third in the weight throw (5.45kg) 14.97, second in the Throws pentathlon 4741 points and second in the High Jump 1.22m.

In addition, at AV Shield on 29th October Tom threw an Australian 80+ Record in 1kg discus with a throw of 33.63.

Wonderful performances from Tom.

James Lynch has been our “long distance” man over many years. James managed a season PB in 3000m of 11:18.25 and in 5000m 20:08 Well done James.

It was great to see my old team -mate **Phil Ramsay** fly the flag late in the season with performances in Javelin and shot put.

Our junior members this year were a highlight with great improvements shown over the season.

Louis Ajani pulled his 800m time down to 2:13.58, he is shooting for a sub 2:10 and should get it.

Lachlan Cash ran a 10:15 3000m but he certainly has the ability to break 10:00.

Ethan Hunt is another from the Ivanhoe Grammar School stable setting a PB in 400m of 58.4 and his schoolmate, **Antony Willison**, worked very hard at training pulling his 400m time down to 57.00 which was a big PB for him.

Brayden and Lachlan King continue to test one another out in competition. Lachlan's PB in the 100m was 13.03 and in the 200m 26.31 only to be shaded by Brayden with 12.08 in the 100m and a very good 24.42 in the 200m.

Our young distance squad included **David Greig**, **Thomas Langdon** and **Cooper Rush** who all showed great improvement over the season. David had a PB of 2:13.44 in 800m and 4:51.33 in 1500, Cooper had PB's of 2:25.21 in 800m and 4:55 in 1500m after an injury interrupted season. However, the most significant improver in middle distance was Thomas Langdon, achieving PB's in 800m of 2:14.44 and in 1500m 4:43.5, a massive 22 sec improvement over the season.

Rhys Rigoni is diligent with his training and has worked hard at improving his multi-event performances during the season. Rhys competed 20 times for the Club over 7 rounds and was rewarded for his efforts in Championships. In the All Schools he placed 2nd in the Pole Vault with a height of 3.50m, 2nd in the Javelin with 38.00m and 4th in discus with a 44.31m.

In the Victorian Championships Rhys won silver in Under 17 Pole Vault with a height of 3.65m, Silver in the Under 17 discus with a PB of 36.35m and 4th in the Under 17 Javelin with a throw of 39.93m.

Rhys went on to compete in the Nationals with the following results:

| | | | |
|------|----------|------------|-----------------|
| 8th | Under 17 | Pole Vault | 3.60m |
| 12th | Under 20 | Pole Vault | 3.70m |
| 13th | Under 17 | Discus | 39.30m (new PB) |
| 9th | Under 17 | Javelin | 46.61m (new PB) |

Rhys is developing into a very fine multi-event athlete. Performing in Championships indicates a great deal of ability but producing PB's in Championships is a sign of great composure and determination. Congratulations to Rhys for a fine season.

Victorian Masters Championships- 25/26 March 2017

Ivanhoe Harriers collected 11 medals in total, 5 gold, 4 silver and 2 bronze with great performances from Tom Hancock and Matthew Hall.

Tom Hancock competed in the Men's 80-85.

Tom won gold in the Hammer with 37.60, gold in the Javelin with 30.51, gold in the weighted throw with 15.96, gold in the Discus with 30.17 and gold in the Shot Put with 11.68 and silver in the High Jump with 1.15m

Matt Hall competed in the Men's 45-49 collecting silver in Shot Put with 11.68, silver in the Discus with 33.82, silver in the weighted throw with 10.11, bronze in the Hammer with 28.54 and bronze in the High Jump 1.15m

Jeff Franklin

CROSS COUNTRY UPDATE

Wandin Park : Round 2 -13th May 2017

Ideal conditions for the second round of competition for the Winter season. This event is very scenic with a beautiful backdrop of the mountain side, however with hills always comes a tough course.

We had 5 athletes competing on the day and proudly displaying our club uniform.



Simone David completed the 6km Women's Open event with a respectable time of 38:21. You would have to say

that Simone is consistent as her time last year was exactly the same to the second.



Thomas Langdon had a great run with a time of 12:35 for the U16 Men's 4km.

Chris Branigan made his debut with our club with a very strong time of 35:49 for the Men's 8 km. James Lynch also had a strong run, and John David was happy to finish after tackling the many hills and obstacles.



Unfortunately, we didn't achieve team points for our Division 5 Men's team as we only had 3 athletes completing.

The results for Wandin Park were:

Open Women - 6km

| Place | Name | Time |
|-------|--------------|-----------|
| 193 | Simone David | 38:21.590 |

Men Under 16 - 4km

| Place | Name | Time |
|-------|----------------|-----------|
| 15 | Thomas Langdon | 12:35.397 |

Open 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 |



Cruden Farm : Round 3 – 27th May 2017

Nice sunny conditions on the day but the wind wouldn't stay away for this tough 16km event. Again, lots of hills and being a real farm you had to concentrate on navigating around as much cow poo as possible. All this aside, the big challenge was not losing your runners trying to get through the large muddy patch.

It was great to achieve team points for this event with 5 athletes competing.

Chris Branigan had an excellent run with a time of 1:07:12. Chris had a very strong performance throughout most of the race. James Lynch and Travis McIntosh also had good results and both improved on their times from last year.

Jeremy Jones had his first run with our club and found it tough but still had a good time. I suppose making your debut with one of the longer runs would be tough for anyone.

John David hung in there and finally finished - and with a smile on his face!

Our club came 4th out of 6 teams with results being:

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 |

| Place | Team | Rank |
|-------|----------------------|------|
| 1 | BENDIGO REGION | 311 |
| 2 | ST STEPHENS HARRIERS | 462 |
| 3 | GLENHUNTLY | 1031 |
| 4 | IVANHOE HARRIERS | 1087 |
| 5 | OLD XAVERIANS | 1130 |
| 6 | COLLINGWOOD HARRIERS | 1280 |

The next round of competition will be held on the 17th June 2017 at Bundoora Park. This will be the 10km event for our Division 5 Men's team.

John David – Winter Team Manager

