

Tom Hancock OAM, Life Member of Ivanhoe Harriers

Tom Hancock decided to retire from competing in Shield competition on Saturday, 2nd February 2019. Tom threw a discus 22.36 and a Javelin 20.88 at the competition at Knox before announcing his retirement. His 55 years of competition for the Club is a truly outstanding feat of strength, skill, loyalty and endurance.

Tom hastened to add that he intends to continue with coaching and will compete in the Masters while he is still competitive.

Tom joined the Club in 1964 after a successful career as a competitor with Melbourne High School Old Boys, between 1952 until 1964. He embraced the Club, involving himself in coaching, initially at Warringal Park Heidelberg and progressing to the Olympic Village Track in West Heidelberg. Tom currently coaches at the Collingwood Track at Clifton Hill.

Tom was appointed Club Captain in 1965, has served on Committee with two terms as Vice President and continues to take an active interest in the Club to this day, a fifty five year journey with Ivanhoe Harriers.

Tom was a very worthy recipient of an OAM in last year's Australia Day Awards for service to athletics.

Congratulations Tom from all at the Club, a wonderful career and massive contribution to athletics, in particular to throwing. We are so pleased that you will continue to coach and pass on your great knowledge into the future.



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.

Round 12 of Shield and Shield Final

Saturday, 9th February 2019 is the last round of interclub at Meadowglen with the Shield Final being held at Lakeside on Saturday, 23rd February 2019.

Our Under 18 Team has made the Final, which will be a huge challenge.

Saturday 9th February at Meadowglen is the last opportunity for the boys to qualify in events that we need to contest in the Shield Final so good luck to our young Team ...Rhys Rigoni, Thomas Langdon, David Greig, Sam Daniel, Josh Philip and Felix Esperson.

Best wishes from all, to the boys in the Shield Final.

Bunnings Sausage Sizzle

On Sunday, 27th January 2019 the Club, once again staged a sausage sizzle at Bunnings Northland, raising a valuable \$1,924.20. For a number of years now, this effort has been a valuable contributor to Club Funds. We had marvellous support from members and friends, giving of their valuable time. It is so important that we can share the load with these events so they remain enjoyable and not a burden on just a few. The wonderful volunteers were: David Burke, Barry Greig, Dora Greig and sons David and Andrew, Sam Daniel, Braden Fraser, John Edney and Andrew Edney, Tom and Margaret Hancock, James Lynch, Biju Philip and sons Josh and Zac, Richard Russell and Louise Ajani.

A special thanks to Louise who stepped up to represent daughter Stella who had just returned to Canberra ANU and son Louis who had a prior music commitment. Well done Louise, we enjoyed your company and involvement for the Club.



From Left: Dora Greig, Andrew Greig, David Greig, John Edney, Barry Greig, Richard Russell and Louise Ajani.

A Reminder to Support Our Sponsors - Aspect Insurance Broking

One of our great Harriers Families is the Wallis Family. Michael was a very fine sprint hurdler and jumper in his day and he now runs Aspect Insurance Broking which is a valuable sponsor of Ivanhoe Harriers. Michael is a very experienced insurance professional with a great depth of knowledge in the market, both here and overseas.

As we all know, insurance products are generally for basic coverage e.g. home, car, property and business. However, insurance cover is often done in a haphazard manner with different insurance

companies and simply rolled over each year without thinking or reviewing.

Michael's role is to ensure that you have the right cover at the best possible price, however sometimes "right cover" and "best price" don't always match and cheaper cover can mean flawed cover.

So why not seek out Michael's advice, he can review your particular situation and will let you know whether your cover is a good deal or not.

Michael would welcome your call should you be seeking insurance advice or wish to discuss any insurance matter, large or small.

Call Michael on 1300 979458



Competition Results

Thomas Langdon is running hot at the moment. Thomas had a great win in the Under 18 1500m final in the Victorian Country Championships at Bendigo. The final was run on 27th January 2019 with Thomas winning in a new PB time of 4:11.25.

Then on Thursday night at the Collingwood Track, Thomas won the inaugural Men's Under 20 3000m event which was promoted by Richmond Harriers. In windy conditions, Thomas took the lead after 3 laps and went on to record a very good time of 9:12 which is a 12 second PB.

These are excellent results for Thomas who has just turned 17. Thomas has been a very consistent trainer now for several years and is showing steady improvement with his racing.

Congratulations to Thomas from all at the Club.

ROUND 11 – Knox, 2nd Feb 2019

M40		
100m	David Burke	13.47
400m	David Burke	65.42
110m Hurdles	David Burke	22.39 (99cm)
Long Jump	David Burke	4.86m
Javelin	David Burke	22.44m (800g)
Javelin	Tom Hancock	20.88m (400g)
Discus	Tom Hancock	22.36m (1kg)
Discus	David Burke	18.61m (2kg)

M18

100m	Ben Eddings	11.44
100m	David Greig	12.29 (PB)
100m	Rhys Rigoni	12.67 (PB)
400m	Sam Daniel	56.19
1500m	David Greig	4:20.7 (PB)
Long Jump	Sam Daniel	4.76m
Long Jump	David Greig	4.47m
Javelin	Rhys Rigoni	44.01m (700g)
Javelin	Sam Daniel	No Measure (700g)
Discus	Rhys Rigoni	41.01m (1.5g)



David Burke showing some fine form over the hurdles on his way to a time of 22.39.



Tennis Anyone!!!!

Alex De Minaur drops in for a training session.

It's amazing how all the top athletes turn up to Ivanhoe Harriers training at Chelsworth Park in East Ivanhoe. This is clearly the place to be seen!



Back row from left above: James Lynch, Stella Ajani, David Greig, Alex De Minaur, Sam Daniel, Thomas Langdon, Josh Philip, Jeff Franklin.
Bottom row: Zac Philip, Loki and Jal.

Alex de Minaur is currently ranked 29th in the ATP World Tennis singles rankings and is the highest ranking Australian male player in singles. Alex was asked whether he would like to run a couple of 300's with the team but politely declined. However, he was very obliging and posed with the team for a photo. He watched the last of our 300m intervals and said "geez, they are flying."

At the time of writing Alex has just won his singles in the Davis Cup challenge match which qualifies Australia for finals....Good luck Alex.