



IVANHOE HARRIERS ATHLETIC CLUB INC.

ESTABLISHED 1914



Annual Report 2019/2020

IVANHOE HARRIERS ATHLETIC CLUB INC.

Association Reg.No.A0016530V

Established 1914

Member of Old Ivanhoe Grammarians' Association

Affiliated with Athletics Victoria

Season 2019/2020

COMMITTEE

Executive

President:	Jeff Franklin
Vice President:	John David (resigned in October)
Treasurer:	David Burke
Secretary:	John Edney

General

Braden Fraser	James Lynch
Barry Greig	Richard Russell
Mary Langdon	Michael Wallis

LIFE MEMBERS

Peter Bethell (dec), Dr. John Boas, George Bolwell (dec), David Burke, Noel Burrows, Ian Campbell, Chris Cole, John David, Andrew Edney, Tim Erickson, Jeff Franklin, Mal Gleeson (dec), Lew Hall (dec), Tom Hancock, Mike Hennessey, Brian Hodgson (dec), Gary Holliday, Gary Honey, Chris Lang, Jack McCann (dec), Ron Mill (dec), F.H. "Bill" Pizzey (dec), Phil Ramsay, Peter Rule, Wendy Russell, Ron Stephens (dec), Jill Wallis, John Wallis, Alf Watson (dec)

ATHLETICS VICTORIA LIFE MEMBERS

Brian Hodgson (dec), Bill Pizzey (dec)

Contents

Minutes of Previous AGM	2
President's Report.....	3
Membership List	7
Treasurer's Report	8
Cross Country Report.....	10
Track & Field Report	15

Minutes of Previous AGM

MINUTES OF ANNUAL GENERAL MEETING	
Date: Wednesday, 22 nd May 2019	Location: Ivanhoe Park, 153 The Boulevard, Ivanhoe
Meeting Opened: 7:45pm	
Item 1	Present
1.1	Jeff Franklin, Joan Franklin, David Burke, John Edney, Phil Ramsay, Richard Russell, Michael Wallis, Braden Fraser, Mary Langdon, Thomas Langdon, John David, James Lynch, Noel Burrows, Chris Branigan, Barry Greig, Mary Ishkan, Christian Ishkan, Graham Warry, Gianni Mancuso, Vincent Mancuso, Biju Phillip, Josh Phillip, David Greig, Sam Daniel, John Boas
Item 2	Apologies
2.1	Chris Cole, Simon Rigoni, Rhys Rigoni, Andrew Edney
Item 3	Welcome remarks & Annual report
3.1	<ul style="list-style-type: none"> • JF spoke about this year being the 105th year of IHAC. • Stated that annual report was as tabled. • Club is in good shape, steady progress over last two to three years. • Good financial position. • Summer competition negatively affected by policies of Athletics Victoria leading to decline in summer competition numbers. • Cross country remains popular and appears to maintain level of participation much better than summer season. • Overall results have been positive, • Committee: JF thanked the committee and spoke about individual contributions. • JF spoke about the future, introduction of social membership (non competing), production of welcome pack including promotional items. • Talk of competition to be held outside of Athletics Victoria with other local clubs. • Partnerships with other sporting clubs ie footy clubs to assist in off season fitness and subsequently increasing membership.
Item 4	Confirm Minutes of Previous Meeting
4.1	Moved: John Edney, Seconded; David Burke
Item 5	Business arising from previous minutes
5.1	Nil
Item 6	President's report
6.1	<p>JF spoke briefly on a number of points outlined in the annual report.</p> <p>Most significant event of the past 12 months is leaving Willinda Park which has already resulted in positive financials.</p>
Item 7	Treasurer's report
7.1	As tabled
Item 8	Election of office bearers
8.1	<p>Committee remained unchanged from previous season</p> <p>(N – nominated, S – seconded)</p>

	<p>President: Jeff Franklin N: David Burke S: John Edney Vice President: John David N: Jeff Franklin S: John Edney Secretary: John Edney N: Jeff Franklin S: David Burke Treasurer: David Burke N: Jeff Franklin S: John Edney</p> <p>General Committee</p> <p>Richard Russell N: Jeff Franklin S: John Edney Michael Wallis N: Jeff Franklin S: David Burke Braden Fraser N: Jeff Franklin S: John Edney Mary Langdon N: Jeff Franklin S: John Edney James Lynch N: Jeff Franklin S: John Edney Barry Greig N: Jeff Franklin S: John Edney</p>
Item 9	Trophy Presentations
9.1	<ul style="list-style-type: none"> • St James Trophy (most improved track & field athlete) – David Greig • Statewide trophy (awarded to the athlete scoring the most corss country points) – Vince Mancuso • Hugh Lowe Memorial Trophy (most outstanding senior athlete in winter competition) – Vince Mancuso • F.J. Holpen trophy (most consistent A grade athlete) – David Burke • Jack McCann trophy (most significant contribution to the club) – John Edney • W.A. Rawlinson Trophy (best athlete in the club) – Rhys Rigoni • Buffalo Sports/The Athletes Foot award (most improved junior athlete) – Josh Phillip • Lew Hall Trophy (most significant commitment by an under 23 athlete) – Sam Daniel • Geoff Legge Trophy (most outstanding junior athlete from any event between 800m and 10,000m) – Thomas Langdon <p>Medals – in recognition of athletes who have trained hard during the season</p> <p>Men's under 20 competitors Alberto Coochis, Felix Esperson, Christian Ishkan, Andreas Raschella, Cooper Rush</p> <p>Men's under 18 Victorian Shield Finalists Sam Daniel, David Greig, Thomas Langdon, Josh Phillip, Rhys Rigoni</p>
Next Meeting: TBA Formal component of meeting concluded 8.26pm	

President's Report

It has been a privilege to carry out the role of President of our historic club during the 2019-20 season. I am pleased to present this report on our activities with the Club enjoying success both on and off the track.

The Club achieved 2nd placing on the Division 5 Ladder for both cross country and summer track and field competitions. This improved result ensured that we were promoted to Division 4 for next season, a pleasing outcome.

Financially we have grown our balance sheet by 20% with a closing bank balance of \$16,212.55 which is satisfying for the Committee. The trivia night profit of \$2,578.87 and the Bunnings BBQ profit of \$566.15 were the major income contributors. All members of Committee were involved in these events but in particular, the contribution of John Edney in running the Trivia Night was outstanding.

As the Club expands in the future we need to continue to grow our financial base to ensure we can fund future activities.

During the year we were very pleased to accept the opportunity to join with the Old Ivanhoe Grammarians' Association as a connected sporting club. The opportunity for both parties to add value to their membership is significant. We believe that this step will enhance our relationship with Ivanhoe Grammar School and deepen the opportunities for improved athletic performance.

Our decision this year to invite our past members to rekindle their involvement in the Club has been a highlight. The get-together at Nick and Joan Hoogenraad's home, organised by Noel Burrows was well attended and a lot of fun. This season we had 22 non-competing members in our ranks. Unfortunately, our Committee plans to hold a reunion function this year was put on hold due to the onset of Coronavirus.

At the time of writing this report the devastating impact of Coronavirus on community life and sport generally is becoming clearer. The extent of the virus will severely limit winter competition for 2020.

Competition

Full results for the 2019/20 season are covered in detail, elsewhere in this report. In summary, the Club had a very successful Cross Country season, ably managed by John David. The team placed 2nd on the Division 5 Ladder, won the Ekiden Relay, the Albert Park 10k Road Race and placed second in the Sandown Road Relay.

Athletics Victoria made significant changes to the summer Track and Field competition which is now a One Team/One Club competition. In this new format we placed 2nd on the Division 5 Ladder but were not strong enough to defeat ladder leader, Dandenong/Springvale in the Grand Final.

It was very pleasing to see 3 athletes contest the Vic Championships, David Greig placed 13th in Under 20 Men's 5000m final, Harry Shaw placed 6th in the Under 18 Men's 400m Hurdles final and Jal Wishart contested the Under 15 boys' 800m Championships.

We also entered a relay team in the Victorian Championships Under 18 Men's Medley Relay. Sam Daniel and Harry Shaw (200s), Josh Philip (400) and Justin Cementon (800). The boys all ran PBs but were not quite up to the standard of the winners, Old Scotch.

Congratulations to all.

Recruiting and Membership

We have continued to grow and expand our relationship with Ivanhoe Grammar School and have been delighted to welcome ten new members with a direct connection to the school. New members of the Club this season are: Enrico Cementon, Thomas Hoogenraad (grandson of Nick and Joan), Thomas Heap, Belinda Cooke, Laila Cooke, Alex Linke, Ben Morrison, Zac Philip, Harry Shaw, Jal Wishart, Charles Shea, and Jack Harper.

Our training services provided to Ivanhoe Grammar School continue to add value and the school had an outstanding result in the 2019 AGSV Championship. Both the boys and girls teams placed second in very close contests.

Our partnership with Ivanhoe Grammar School is critical as we strive to rebuild the number of young families involved in the Club. We are gradually achieving that aim which was evident in the large number of new families who attended our Trivia Night. The gradual decline of our "Club Family" over the past 20 years has left us weak in this area.

Coaching has progressed steadily at Chelsworth Park, Ivanhoe East and Clifton Hill Track. Tom Hancock has been managing a small group of young throwers at Clifton Hill during the summer months. James Lynch and I have been coaching 2-3 times a week with mixed groups of Ivanhoe

Harriers and Ivanhoe Grammar School middle distance athletes at Chelsworth Park. These efforts have underpinned our recruiting of new members.

In an environment of declining numbers in athletics, our number of athletes registered with Athletics Victoria this season was 25. Total members as follows:

Season	2019/20	2018/19	2017/18	2016/17
Athletes	25	24	27	27
Coaches	5	5	6	5
Officials	6	4	4	5
Social Members	22	2		
Life Members	19	19	19	16
Total Members	65	54	56	53

There is some overlap in the numbers, for example, some Life Members are also social members, officials or coaches. Total Membership at 65 is correct.

A full listing of our current membership is detailed in this Annual Report.

Initiatives & Activities

The quiet work behind the scenes by the Committee has again been a highlight for our Club. The Committee is a diverse and talented group which has actioned a number of positive initiatives during this year.

- Once again, a very successful Trivia Night attended by over 100, thanks to John Edney and the help from all on Committee.
- The promotion and encouragement to retired members to rejoin the Club as “non-competing” members has been a great and growing success. We were thrilled to see Ashley Woods rejoin from London and Chris Shrader from Austin Texas. We are committed to making this initiative as meaningful and active as possible.
- Braden Fraser has managed excellent growth in our Instagram and Facebook exposure which is devoured by the young athletes in our Club. This aspect of Club life is becoming increasingly important.
- Joining the Old Ivanhoe Grammarians’ Association is a positive move for the Club which will bring benefits to both parties in the years ahead. Michael Wallis had the foresight to facilitate this opportunity.
- Coaching clinics for Ivanhoe Grammar School and formal appointment to coach middle distance and cross country teams for the School has been a massive obligation across winter and summer seasons. James Lynch, Richard Russell and Barry Greig have made significant contributions of time and energy in this area.
- Through the efforts of John Edney we introduced new, sponsor driven, training shirts which have been very popular.
- Our sausage sizzle at Bunnings has been maintained after being moved from Northland to Fairfield. Despite a much lower turnover we will continue to support the opportunity.

Sponsors and supporters

We have been very fortunate to attract a number of sponsorships in recent times.

Michael Wallis via his insurance broking business, Aspect Broking, has been a great club sponsor over recent years. Michael is able to assist members with general insurance products including home, car, property and business insurance.

John Edney has recently commenced a new venture, Edney Celebrations. John is an accomplished public speaker and fully qualified celebrant. John conducts weddings, engagements, funerals, milestone parties, sporting events and corporate events. He is a generous supporter of the Club.

Bonnie Esposito, wife of Braden Fraser, runs a family friendly legal practice "Focus on Family". The business provides solutions to legal problems that arise in families and relationships including preparation of Wills and Family Court matters.

Bonnie and Braden have been generous supporters of the Club.



A group of our boys at Chelsworth Park showing off the new training shirts funded by our generous sponsors.



L-R: Josh Philip, Tom Brightling, Alex Linke, Ben Morrison, Harry Shaw, David Greig and Justin Cementon.

East Ivanhoe Grocers- is a local Foodworks supermarket with a fantastic array of fresh foods and take-away meals. They have been a very generous supporter of the Club for some years now. We have been supplied with lovely food hampers and other goodies from time to time to assist the Club with its fundraising efforts.

We very much appreciate their support.



In this report I wish to recognise outstanding personal effort from many in our wider family group. This is particularly the case on competition days where the Club has an obligation to help out. Mary Langdon, Barry Greig, Phil Ramsay, Richard Russell, Glenn Morrison, and Michael Shaw volunteered

on numerous occasions during the season with Mike Wallis, James Lynch, Dee Daniel, Braden Fraser, Mary Ishkan, Jill Wallis, Bijou Philip, and Mark Shea helping when they could. Everyone gave of their valuable time to ensure that the Club could meet its obligations.

Sincere thanks to all for your time and effort. Our usual obligation each Saturday was to provide 3 Club Helpers, this season we were able to share that load between at least 14 people which is an increase on previous years....our Club Family is gradually growing....many hands make light work!

Cursus is the lifeblood of the Club keeping us in touch with our past membership, our new membership, news and results. Cursus is circulated to 300 families in the broader Ivanhoe area and remains one of our best assets. We have produced eleven editions of Cursus this season, we hope we can continue to provide interesting and historic content.

Finally, I encourage everyone to re-register for the 2020/21 season whether athletes or non-competing members and make a difference to your Club. It is your loyalty and support to the Club that we need to continue to grow in the future.

Jeff Franklin

Membership List

Stella Ajani	John David	Gary Holliday	Josh Philip
Terence Beaton	Olan de Boer	Gary Honey	Zachary Philip
John Boas	Benjamin Eddings	Nick Hoogenraad	Philip Ramsay
Chris Branigan	Andrew Edney	Thomas Hoogenraad	Peter Rule
David Burke	John Edney	Christian Ishkan	Richard Russell
Noel Burrows	Tim Erickson	Colin Jenkins	Wendy Russell
Ian Campbell	Adam Franklin	Chris Lang	Harry Shaw
Enrico Cementon	Jeff Franklin	Mary Langdon	Charles Shea
Justin Cementon	Braden Fraser	Thomas Langdon	Alan Stone
Graeme Ching	Barry Greig	Alex Linke	Christopher Struve
Bob Cochrane	David Greig	James Lynch	Jill Wallis
Chris Cole	John Griffith	Noel MacDonald	John Wallis
Belinda Cooke	Thomas Hancock	David Mahady	Michael Wallis
Laila Cooke	Jack Harper	Vincent Mancuso	Graham Warry
Peter Crane	Thomas Heap	Gianni Mancuso	Jal Wishart
Sam Daniel	Mike Hennessey	Benjamin Morrison	Ashley Woods
			Mark Worsnop



Treasurer's Report

IVANHOE HARRIERS ATHLETIC CLUB INC Statement of Receipts & Payments for the Year Ended 31st March 2020

	2020	2019
Opening Balance		
- General Brought Forward	\$ 2,647.31	\$ 1,729.70
- ING Account Brought Forward	\$ 10,781.25	\$ 10,638.26
	<u>\$ 13,428.56</u>	<u>\$ 12,367.96</u>
<u>Plus Receipts</u>		
Competition		
Club Fees	\$ 1,790.00	\$ 1,070.00
Uniforms	\$ 490.00	\$ 475.00
AV Registration Fees	\$ 4,550.00	\$ 4,465.00
Fundraising/Social		
BBQ ³	\$ 766.15	\$ 2,374.20
Excess BBQ Sausages sold		\$ 50.00
Trivia Night ²	\$ 2,978.87	\$ 2,900.50
Club Clothing	\$ 160.00	\$ 5.00
IH Centenary Book Sales (4)	\$ 125.00	
Donations	\$ 215.00	
Sponsorship		
T-shirt Sponsorship (3 x \$200.00)	\$ 600.00	\$ -
Aspect Broking - Michael Wallis	\$ 250.00	\$ -
Grill'd - Fairfield	\$ 100.00	\$ 100.00
Other		
Willinda Track Hire - DVAC		\$ 600.00
ING Account Interest	\$ 28.37	\$ 142.99
Transfer (ING to Bendigo Bank) ¹	\$ 10,809.62	\$ 2,000.00
Transfer (Bendigo Bank to ING)		\$ 2,000.00
Total Receipts	<u>\$ 22,863.01</u>	<u>\$ 16,182.69</u>

Less Payments**Competition**

Cross Country Relay Entry	\$ 550.80	\$ 397.80
Track Relay Championships Entry	\$ 40.00	
A.V. Affiliation	\$ 350.00	\$ 740.00
AV Online Registration Fees Refunded	\$ 4,799.40	\$ 4,860.30
Refund of Registration Over-payment	\$ 145.00	
Uniforms	\$ -	\$ 1,100.00

General

Willinda Park Rent	\$ -	\$ 2,260.00
Collingwood Rent	\$ -	\$ -
Annual Return	\$ 59.20	\$ 57.80
Trophies	\$ 421.00	\$ 240.00
Website	\$ 118.90	\$ 89.00
Coach Accreditation		\$ 88.00
Transfer (ING to Bendigo Bank) ¹	\$ 10,809.62	\$ 2,000.00
Transfer (Bendigo Bank to ING)		\$ 2,000.00

Fund Raising/Social

BBQ Expenses ³	\$ 200.00	\$ 450.00
Pizza Night (Romano's)		\$ 231.80
Christmas Dinner (Ivanhoe Hotel)	\$ 209.50	\$ 202.00
Training T-shirts (Qty: 60)	\$ 1,600.60	
Trivia Night ²	\$ 400.00	\$ 405.39
AGM Expenses	\$ 180.00	

Miscellaneous

Framing of 1930's Team Photo	\$ 195.00	
Total Payments	\$ 20,079.02	\$ 15,122.09

Club Funds as at 31st March

General Account	\$ 16,212.55	\$ 2,647.31
ING Account ¹	\$ -	\$ 10,781.25
	\$ 16,212.55	\$ 13,428.56

Notes:

1. ING bank account closed and balance transferred to the General Account
2. Trivia Night profit is \$2,578.87
3. Bunnings BBQ profit is \$566.15

David Burke
IH Treasurer
18 April 2020

AUDITOR'S REPORT

I have carried out the audit of the Statement of Receipts and Payments of the Ivanhoe Harriers Athletic Club for the year ended 31st March, 2020.

In carrying out my audit, it has not been practicable to confirm all receipts from various sources of income beyond accounting for amounts received as shown in the Committee's books. With this qualification, I am of the opinion that the attached Statement of Receipts and Payments is properly drawn up so as to show a true and fair view of the results of the Committee's operations for the year ended 31st March, 2020.



John W Wallis
FCPA
Honorary Auditor
4th May 2020

Cross Country Report

The cross country team had a great year with continued improvement in both personal and team results. From a statistical perspective, we had 18 athletes compete for the Club during the season, recording our best team performance since 1998. We finished the season placing 2nd on the Division 5 ladder gaining automatic promotion to Division 4 for next season.

The team won the Ekiden Relay and the Albert Park 10k and placed 2nd in the Sandown Road Relay, excellent team performances.

Notably, as a Club, we competed in every round including Ballarat and the Half-Marathon, scoring 112 points for the season.

Sincere accolades to our officials for their efforts during the season, particularly the relay events. Barry Greig, Mary Langdon, John David and Richard Russell all made incredible contributions to our success.

Summary of each round of competition as follows:

Ivanhoe Harriers 6km Handicap, Saturday 30th March 2019

Athlete	Place	Handicap Time	Actual Time
Mary Langdon	1	36:00	33:38
Thomas Langdon	2	21:10	19:52
John David	3	33:40	32:32
Justin Cementon	4	22:00	21:03
Enrico Cementon	5	31:00	30:09
Chris Struve	6	30:00	29:14
Flynn Deacon	7	26:50	26:13
Josh Philip	8	26:50	26:38
David Greig	8	26:50	26:38
David Burke	10	31:00	31:27
Luke Malara	11	26:50	28:51
Jal Wishart	12	25:50	29:46

Mary Langdon was a clear winner with a time of 33:38, an improvement of 2 minutes 32 seconds on her time from last year, well done Mary.
Thomas Langdon was the fastest with a very good time of 19:52.

Round 1: Cross Country Relays

Saturday, 4th May 2019 – Jells Park, Wheelers Hill

Team 1 (4 x 6km Relay): Thomas Langdon 19:43, Vincent Mancuso 23:08, Gianni Mancuso 26:42 and David Greig 20:49 (after racing for his school in the morning!!)

Team 2: Josh Philip 21:53, Enrico Cementon 29:57, Chris Struve 30:25 and David Burke 32:08.

Team1 placed 2nd in Division 5 with an overall time of 1:30:22. While Team 2 with a time of 1:54:23 placed 10th in Division 7.

Round 2: St Anne's 8km Cross Country

Saturday, 1st June 2019 – Myrniong

Following our very successful Relay at Jells Park on 4th May the 8k cross country was keenly awaited. John David was not very well so did not race but still attended as Team Manager. Well done John.

Men Division 5 - 8km

Place	Name	Time
180	Vincent Mancuso	32:04
275	Chris Branigan	35:35
356	Gianni Mancuso	39:41
378	Enrico Cementon	42:18
386	Chris Struve	43:01

Round 3: Bundoora 10km Cross Country

Saturday, 15th June 2019 – Bundoora

Men Division 5 - 10km

Place	Name	Time
268	Vincent Mancuso	42:36.6
285	Chris Branigan	43:14.5
341	Gianni Mancuso	46:39.2
376	James Lynch	49:47.5
394	Enrico Cementon	52:52.1
408	David Burke	56:04.9
414	John David	57:28.9

In this classic 10k course we fielded a team of seven who all worked very hard over the journey. We placed 6th in our Division out of 10 Clubs.

Victorian All Schools Cross Country Championships

Name	Team	Age Group	Place	Time
David Greig	Trinity Grammar School	MU20 – 8km	23	29:06.7
Thomas Langdon	Ivanhoe Grammar School	MU18 – 6km	12	20:23.9
Justin Cementon	Ivanhoe Grammar School	MU18 – 6km	30	21:54.9
Josh Phillip	Ivanhoe Grammar School	MU18 – 6km	38	22:45.8

Round 4: Ekiden Relay

Saturday, 22nd June 2019 – Anglesea

This was a great victory for the Club, the Team time for this relay event was 2 hours 6 minutes and 57 seconds, beating second placed Richmond Harriers by 1 minute 26 sec. with Mentone, third, a further 29 seconds behind Richmond.

Individual times and distances as follows:

Men Division 5

Leg	Name	Time
9.2km	David Greig	36:45
8.6km	Chris Branigan	37:27
7.2km	Josh Philip	29:00
5.7km	Thomas Hoogenraad	23:45 (in his first run for the Club)

Men Division 7

Leg	Name	Time
9.2km	Chris Struve	49:04
8.6km	David Burke	47:19
7.2km	John David	43:37
5.7km		

Our Div. 7 competitors unfortunately did not have a full team however they competed very well on this tough course.



L to R: David Burke, Enrico Cementon, John David, Chris Branigan, Gianni Mancuso, James Lynch and Vince Mancuso.

Round 5: Sandown Road Relays

Saturday, 6th July 2019 - Sandown Racecourse

Each runner completes 2 laps of the Sandown Motor Racing circuit, each lap being about 3.1km. David Greig was our fastest on the day, recording a sizzling time of 20:51 which is an excellent time in any Division.

Men Division 5 - 4 x 6.2km

Leg	Name	Time
1	David Greig	20:51
2	James Lynch	24:48
3	Justin Cementon	23:50
4	Josh Philip	24:01

Men Division 7 - 4 x 6.2km

Leg	Name	Time
1	Chris Struve	29:37
2	Enrico Cementon	30:58
3	Thomas Heap	28:49
4	David Burke	33:19

Division 5 total Team time: 1:33:31.1, second place behind Maccabi Athletic Club 1:32:08.8. Division 7 total Team time: 2:02:45.4, finished in seventh place. Good run from Chris Struve who ran 2 mins 13 sec faster than his time in 2016.

Round 6: 10k Road Race

Sunday, 14th July 2019- Albert Park

We had seven competitors, all of whom raced really well. We won Division 5, which was our second win for the season. A really great result for the Club, success breeds success and also helps us with future recruiting, in the words of John Boas, "success leads recruiting."

Men Division 5 - 10km

Place	Name	Time	
107	David Greig	34:29	a massive PB
135	Thomas Langdon	35:23	also a big PB
258	Josh Philip	39:12	also a great run, first effort over 10k
279	Vincent Mancuso	39:40	a gutsy effort from Vince recovering from injury.
332	James Lynch	41:25	Mr reliable again
441	Chris Struve	49:04	a great run, beating his time from last year.

Men Under 18 - 10km

Place	Name	Time	
16	Justin Cementon	36:32	a great run, first race over 10k

Round 7: Lake Wendouree 15k Road Race

Saturday, 27th July 2019 - Ballarat

We managed to field a full team for this grueling event placing 4th in our Division which was a good result.

Men Division 5 - 15km

Place	Name	Time
143	Vincent Mancuso	56:33
254	James Lynch	1:03:30
350	Chris Struve	1:18:42
360	John David	1:23:48

Round 8: Cruden Farm 12km Cross Country

Saturday, 10th August 2019 - Langwarrin

Cancelled due to extreme weather conditions.

Round 9: Burnley Half Marathon

Sunday, 8th September 2019 - Kevin Bartlett Reserve, Burnley

Men Division 5 - Half Marathon

Place	Name	Time
274	Chris Branigan	1:29:44
360	James Lynch	1:41:43
399	John David	1:58:06
400	Chris Struve	1:58:11
	Vincent Mancuso	DNF

The hard men of the Club contested the half marathon with the team placing 8th in a gutsy effort.

Round 10: Tan Track Relays

Saturday, 21st September 2019 - Kings Domain, Melbourne

Individually, everyone performed extremely well recording good times. The team managed a 3rd placing which was good enough to hold down our second placing on the ladder.

Men Division 5 - 4 x 3.8km Relay

Leg	Name	Time
1	David Greig	13:05
2	Justin Cementon	13:29
3	Chris Branigan	14:49
4	Josh Philip	13:22

Men Division 7 - 4 x 3.8km Relay

Leg	Name	Time
1	Vincent Mancuso	14:41
2	Thomas Hoogenraad	15:12
3	James Lynch	16:17
4	Thomas Heap	16:49

Men Division 7 - 4 x 3.8km Relay

Leg	Name	Time
1	Enrico Cementon	17:57
2	Gianni Mancuso	17:37
3	Chris Struve	17:47
4	David Burke	18:36

Final Ladder:

Men Division 5

Rank	Club	Rd 1	Rd 2	Rd 3	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total
1	Bendigo Region	13	14	16	12	12	14	16	-	16	11	124
2	Ivanhoe Harriers	14	9	10	16	14	16	12	-	8	13	112
3	Richmond Harriers	16	13	11	14	8	12	14	-		5	93
4	Western Athletics	5	6	9	11	11	6	13	-	13	10	84
4	Williamstown	4	12	13	10	13	8	11	-	10	3	84
6	Collingwood Harriers	6	7	12	5	10	11	9	-	12	4	76
7	Maccabi	11	10			16	13		-		16	66
8	Coburg Harriers	8	5	7	8	7	4	10	-		9	58
9	Mentone	12	11	6	13				-	11		53
10	Melbourne University	10					10		-	14	14	48
11	Athletics Nunawading	3	4	5	6	9	3	8	-		6	44
12	Diamond Valley	9		8	7		5		-		12	41
13	Box Hill		16	14			7		-			37
14	Yarra Ranges	7	8		9				-		8	32
15	South Melbourne						9		-	9	7	25

Congratulations to Team Manager John David and the entire team, a very successful season.

Jeff Franklin

Track & Field Report

The summer season comprised of 12 Rounds of competition spread between different venues. Round 1 commenced on 5th October 2019.

Athletics Victoria made significant, far reaching changes to the format of athletics competition with the introduction of 5 Divisions and promotion/relegation matches at the end of season. The competition structure is now One Team/One Club with all points scored by athletes accumulating to the overall Club total. Athletics Victoria has badged the revised format as AV Shield League (AVSL).

The downside for Ivanhoe is that larger Clubs have an absolute points advantage over the smaller clubs given that points scored by every athlete adds to the team total. A team with 100 athletes will always prevail over a team with 30 athletes, regardless of talent. We protested the unfairness of the system, to no avail. As the season progressed, it became very clear that volume of points by large clubs would guarantee they remain in Division 1.

Ivanhoe was placed in Division 5 based on our size over the previous few years. However, our small but talented team exceeded expectation placing second on the Division 5 ladder ahead of some slightly larger clubs such as Williamstown, South Melbourne, Deakin, etc. However, we were not able to overcome ladder leader Dandenong/Springvale in the premiership match. This was an excellent performance by the Club, ensuring that we achieved promotion to Division 4 for next season.

Final ladder is shown later in this Report.

We have not been successful yet in attracting large numbers of young females to the Club, however, when the girls do join they always perform very well. This year was no exception. Laila Cooke was our sole female track and field athlete. Laila attends Ivanhoe Grammar School at Plenty Campus so it is a bit difficult for Laila to get to training at Chelsworth. However, she made up for that by training herself and setting a Club record in the Women's 3000m with the very good time of 11.50.33. Unfortunately, with the tyranny of distance, Laila was only able to compete in 3 Rounds of competition, however she certainly has a bright future.

In addition, from the Cooke household, Laila's Mum Belinda ran the Melbourne Marathon setting the good time of 3.56.04, also a Club record. Sincere congratulations to Mother and Daughter, a great achievement.

All individual performances are detailed in a tabular format later in this Annual Report. I will comment on some of the notable achievements for season 2019/20.

Once again, David Burke made a wonderful contribution competing in 67 events inclusive of the final. David sets a great example each week competing in sprints, hurdles, field events and relays. He is a very versatile athlete, competing to a very good standard. Some of his PBs this season, high jump 1.60m, 100m 13.85, 200m 28.05, 400hurdles 73.62, 100 hurdles 22.41, discus 19.63, Shot Put 6.89 and Javelin 22.98. Congratulations David on another great season.

Probably the highlight of the season was the performance of our Under 20 men who continue to improve week after week.

David Greig has had a stellar season competing 20 times in 11 rounds of competition culminating in a massive PB in the 5000m of 15:48.96. David, Josh Philip, Thomas Langdon and Justin Cementon are all on the cusp of breaking 2:00 minutes for the 800m....who will be first?

Justin and Thomas Langdon had injury interrupted seasons with Justin only competing in 4 rounds and Thomas in 7. Despite injury, Thomas still ran a 2:02.7 and 2:03.4 in the 800m, very classy. Both lads have enormous upside.

Josh Philip competed in 15 events over 9 rounds pulling his 800m time down from 2:13.3 last year to 2:04.8, a significant improvement.

Sam Daniel is our best sprinter at the moment. Unfortunately he missed a few rounds due to other commitments but still managed to compete 13 times over 7 rounds with a PB in the 200m of 24.30.

However, our biggest improvers were:

Ben Morrison, taking his 800m time from 2:21.5 early season to 2:11.1.

Harry Shaw, the quiet achiever, taking his 400 hurdles from 63.16 to 59.05 and gaining a sixth place in the Victorian Championships Final. Harry has had a great season competing in every round in 29 events. Congratulations Harry.

Charles Shea, taking his 800m time down to 2:14.6, competed 19 times over 10 rounds.

Christian Ishkan is the strong young man in the group. Christian has been coached by Tom Hancock and has taken his Shot Put (4kg) to 11.49 and the Hammer (without much practice) to a best of 21.34.

Other boys in the group not yet mentioned, Thomas Hoogenraad only made it to one round (had a bit of illness) but ran a very fine 200m.

Jack Harper joined late in the season. Jack has enormous upside, only competed in 3 Rounds but still recorded a 25.11 in 200m and a 2:12.3 in the 800m. Very bright prospect, Jack has the ability to get his 800m down to 2min.

Alex Linke had an injury interrupted season but has a very bright future as a middle distance runner.

Zac Philip, just started in Year 7 at Ivanhoe Grammar School, competed in 6 Rounds at Under 14 and like all of the Philip family is very talented.

Finally, there is a young lad, Jal Wishart, coached by none other than James Lynch.

Jal only competed 4 times as he still had obligations at Little Athletics. Jal set a new Club Record in the Under 14 Men's 800m with a slashing run of 2:13.2. The previous record of 2:13.7 has stood for 43 years and was set by Shane Schrader on 5/3/1977. A really great performance, congratulations to Jal.

Though the significant changes to summer competition did not really suit us, the Club competed very well and the individual improvements are there to see.

We currently have a fantastic group of middle distance runners who all have great ability and potential. I will be very excited to see our 800m times inside 2 minutes and our 1500m times inside 4 minutes...now that's something to look forward to!

Only time will tell for next season.

Jeff Franklin

Records Set

Age Group of Record	Name	Event	New Record	Date Set	Competition	Location
Open Women	Belinda Cooke	Marathon	3:56:04	13/10/2019	Melbourne Marathon	Melbourne
U14,U16,U18,U20, Open Women	Laila Cooke	3000m	11:50.33	19/10/2019	AVSL Round 3	Aberfeldie
U14 Men	Jal Wishart	800m	2:13.2h	21/12/2019	AVSL Round 8	Box Hill

New All-Time Club Rankings

Event	Name	Time	Ranking	Date	Location	Competition
Marathon	Belinda Cooke	3:56:04	1st	13/10/2019	Melbourne	Melbourne Marathon
3000m	Laila Cooke	11:50.33	1st	19/10/2019	Aberfeldie	AVSL Round 3

Victorian Relay Championships

Name	Age Group	Event	Place	Performance
Sam Daniel, Harry Shaw, Josh Philip, Justin Cementon	Under 18	1600m Medley Relay (200, 200, 400, 800)	6th	3:51.63

Victorian T&F Championships

Name	Age Group	Event	Place	Performance
David Greig	Under 20	5000m	13th - Final	15:48.96
Harry Shaw	Under 18	400m Hurdles (84.0cm)	6th - Final	1:01.89
Jal Wishart	Under 15	800m	9th - Prelims	2:17.45

AVSL Division 5 Ladder

Place	Team	Cumulative Score	Ladder Points
1	Dandenong-Springvale	94,170	110
2	Ivanhoe	56,649	105
3	Williamstown	62,218	96
4	South Melbourne	41,389	89
5	Maccabi	44,167	84
6	Deakin	35,781	72
7	Old Melburnians	24,956	51
8	Old Xaverians	23,463	50
9	Whittlesea	1,110	6
10	St Stephens	1,370	5

AVSL Results 2019-20

Name	Event	Rnd 1	Rnd 2	Rnd 3	Rnd 4 ⁺	Rnd 5	Rnd 6	Rnd 7 ⁺	Rnd 8	Rnd 9	Rnd 10	Rnd 11 ⁺	Rnd 12	Playoffs	Events (Rounds)
Laila Cooke (U14)	800m 1500m 3000m		5:27.49	2:48.2h 11:50.33			5:31.0h								4 (3)
David Burke (40+)	60m 100m 200m 400m 600m 800m 3000m 110m Hurdles (99cm) 400m Hurdles (91cm) Long Jump High Jump Discus (2kg) Javelin (800g) Shot Put (7.26kg) 4x100m Relay 4x200m Relay	28.12	14.06 64.36	28.06		28.00	13.85	8.63 1:55.1h	29.17	28.95	28.10	28.13	29.15	28.05	67 (13)
Thomas Hoogenraad	4x200m Relay				1:50.13		1:42.33						1:40.53		1 (1)
David Greig (U20)	200m 400m 800m 1500m 1 Mile 3000m 5000m 4x200m Relay 4x400m Relay	25.24		2:05.0h		25.08		4:51.6h	25.68		25.69	26.22		25.97	20 (11)
Justin Cementon (U18)	200m 600m 800m 4x200m Relay 2x800m Relay				(U18) 1:45.06 (Open) 4:31.05			1:30.5h	27.23			2:04.6h			6 (4)
Jack Harper (U18)	200m 600m 800m							1:31.1h				25.51	25.11		4 (3)

Name	Event	Rnd 1	Rnd 2	Rnd 3	Rnd 4 ⁺	Rnd 5	Rnd 6	Rnd 7 ⁺	Rnd 8	Rnd 9	Rnd 10	Rnd 11 ⁺	Rnd 12	Playoffs	Events (Rounds)
Sam Daniel (U18)	100m						12.49								13 (7)
	200m			24.89		24.62			24.30			24.93	24.46		
	400m														
	800m														
	Long Jump						4.61m								
	4x100m Relay				(U18) 49.95	(Open) 49.05									
	4x200m Relay				(U18) 1:45.06		(Open) 1:42.33						(Open) 1:40.53		
	4x400m Relay			(Open) 4:01.79											
Thomas Heap (U18)	800m												2:46.6h		1 (1)
Thomas Langdon (U18)	200m								26.98	28.04	26.87	27.53	29.80		13 (7)
	600m							1:30.3h							
	800m								2:02.7h		2:08.9h	2:03.4h		2:05.6h	
	3000m									9:30.41		-		9:24.7h	
Ben Morrison (U18)	200m	29.19							29.35		28.94	-	28.78	28.80	18 (10)
	400m		60.62												
	600m							1:38.0h							
	800m	2:23.1h		2:21.5h		2:15.8h			2:16.0h		2:25.7h	2:16.5h	2:21.6h	2:11.1h	
	1500m		5:00.0h												
	4x400m Relay			(Open) 4:01.79											
Josh Philip (U18)	200m								26.18			26.86		26.40	15 (9)
	400m														
	600m						55.94								
	800m							89.3h							
	1500m		4:29.2h						2:04.8h	2:08.1h		2:15.5h	2:05.0h	2:07.3h	
	3000m											-			
	4x100m Relay				(U18) 49.95										
	4x200m Relay				(Open) 1:50.13										
	2x800m Relay				(Open) 4:31.05										
Harry Shaw (U18)	60m							7.76							29 (12)
	100m		12.58				12.40								
	200m			26.08		24.85			25.24	25.62	25.71	25.26	25.46	24.94	
	600m							1:33.2h							
	800m									2:20.3h		2:25.5h			
	110m Hurdles (91cm)					17.39	17.84								
	400m Hurdles (84cm)								63.16	62.18	63.66	62.15	60.82	59.05	
	4x100m Relay				(U18) 49.95	(Open) 49.05					(Open) 51.70				
	4x200m Relay				(U18) 1:45.06		(Open) 1:42.33						(Open) 1:40.53		
	4x400m Relay			(Open) 4:01.79											

Name	Event	Rnd 1	Rnd 2	Rnd 3	Rnd 4 [*]	Rnd 5	Rnd 6	Rnd 7 [^]	Rnd 8	Rnd 9	Rnd 10	Rnd 11 [†]	Rnd 12	Playoffs	Events (Rounds)
Charles Shea (U18)	100m						13.00								19 (10)
	200m					26.19			26.75	26.20	26.12	26.72	26.29	25.95	
	400m						59.78								
	600m							1:36.6h							
	800m											2:19.2h	2:24.8h	2:14.6h	
	4x100m Relay				(U18) 49.95	(Open) 49.05					(Open) 51.70				
	4x200m Relay				(U18) 1:45.06	(Open) 1:42.33							(Open) 1:40.53		
Christian Ishkan (U16)	Hammer (4kg)								17.03m			-	21.34m	20.31m	9 (5)
	Javelin (700g)							25.47m							
	Shot Put (4kg)							8.00m	10.52m			11.38m		11.49m	
Alex Linke (U16)	200m								30.23						3 (2)
	600m							1:45.8h							
	800m								2:19.5h						
Zachary Philip (U14)	100m		15.53											32.40	7 (6)
	200m														
	400m						71.29								
	600m							1:59.2h							
	800m														
	2x800m Relay				5:23.30				2:47.0h						
Jal Wishart (U14)	200m												29.29		4 (4)
	800m								2:13.2h			2:29.1h			
	2x800m Relay				5:23.30										

* Round 4 was Relays and Field events only

^ Round 7 was Nitro Round (60m, 600m, 1 Mile and bonus points for accuracy in Field events)

† Round 11 was interrupted due to wet weather (but counted as at least 75% was completed)