

Cross Country Starts Again

For those athletes that enjoy running off track running, it's getting to the exciting part of the year where we finally get to take on the challenge of medium to long distance running on roads and in park. Racing once again kicks off in the beautiful surrounds of Jells Park in Melbourne's south east. With the Victorian Cross Country Relay Championships _ The challenging and undulating 3km course traverses both open grassland and dense pine forest, With open and overage competitors completing two laps per leg and junior competitors one lap per leg.

Ivanhoe will again compete in Division 5 which this year will contain 16 teams (so plenty of competition).

Below is the CC calendar (ignore the races in orange) and happily the Ekiden Relays are back. This race will be at Anglesea on the surf coast, so promises to be a spectacular run.

Sat 18 April	Round 1 – Cross Country Relay	06	Jells Park, Wheelers Hill	71 K6
Sun 2 May	Australian Road Running Championship 2XU Sydney:10		Sydney Olympic Park Precinct, NSW	
Sat 9 May	Round 2 – Cross Country	08	Lardner Park, Warragul	X912 U8
Sat 30 May	Round 3 – Road Race	10	Lake Wendouree, Ballarat	B165 B12
Sun 30 May	Australian Mountain Running Championships		Brisbane, QLD	
Sun 7 June	Australian 100km Road Championships		Gold Coast, QLD	
Sat 13 June	Round 4 – Cross Country	12	Bundoora Park, Bundoora	19 F4
Sun 28 June	Round 5 – Road Race	14	Albert Park	57 K7
Sat 11 July	Round 6 – Road Relay	16	Sandown Racecourse, Sandown	80 D7
Sat 1 August	Round 7 – Cross Country	18	Brimbank Park, Keilor East	15 B10
Sat 15 August	Round 8 – Relays	20	Anglesea Ekiden Relay	196 G7
Sun 6 September	Round 9 – Half Marathon	22	Burnley	59 B1
Sat 19 September	Round 10 – Tan Relays	24	King's Domain, Melbourne	2G A9

Happily the club will again pay for all relay race fees. Fees for individual events will still need to be paid by each athlete, or you can purchase a series ticket for \$95 through the AV website.

Could you all please register with AV as soon as possible as memberships for 2015/16 are now open. The AV membership fee has increased slightly, but our club fee remains the same at \$50.

Please let John David know if you have any problems renewing your membership (ph 0400 232 069). John would also like to get an idea of who will be available for the Jells Park Relay's. Each runner will need to complete 2 laps of a 3 km course - so nice easy way to start the season.

CLUB BBQ *SUNDAY, MAY 17th*

Following the fantastic centenary dinner there was feedback suggesting an informal gathering to provide an opportunity for a wider / larger, low cost gathering.

OK the club has listened, the only date available and it is locked in:

Special Club BBQ

Sunday May 17th

11:30 for 12:30 start

Cost: \$5.00

**At Willinda Park,
8 Nell St. Greensborough.**

**Confirm your attendance by emailing
info@ivanhoeharriers.org.au**

This venue is about six minutes walk from Greensborough Railway Station. Bring your own drinks, plastic glass or mug, chair, hat. Wear any old Ivanhoe attire and bring any memorabilia.

Here is the chance once again for EVERYONE to get together, have some laughs, tell tall stories and support the club just by being there. Put the date in your diary. Make sure you come and add your presence to a great day, don't be "one of the missing"

For those who have not purchased a copy of the fantastic Club Centenary History book, limited copies will be available on the day at \$30.00.

Miles
REAL ESTATE

Summer Track & Field Results

As we arrive at the pointy end of the track season results from the various competitions and championships continue to come in. Some excellent individual performances have been achieved. Congratulations go to all athletes.

Knockout Competition Final

The final of the Knockout competition was held at Lakeside Stadium on the 7th of March. It was a good opportunity for athletes to tune up for the upcoming Championships. Four Ivanhoe Harriers athletes got through to final round.

In the Open Men 100 Metre Run, **Jagmandip Gill**, won a silver medal in the time of 11.28 seconds. **Bethany Illingworth** and **Kyla Green** competed in the Under 16 Women Pole Vault and came second and fourth respectively. **Kyla** vaulted near her best and cleared 2.25 meters while **Bethany**, on her way back from injury managed 2.55 meters.

Rhys Rigoni competed in the Under 16 Men Pole Vault and came third with a height of 2.85 meters. It was a good warm up for the upcoming state and national championships.

Victorian Championships

Five Ivanhoe athletes competed with distinction at the recently completed Victorian Championships



*Jagmandip Gill
gets out over
seven meters*

Full results of the Victorian Championships

Athlete	Event	Age group	Place	Performance
Gill, Jagmandip	Men Long Jump	Open	3 rd	7.18m
Nicholson, Glen	Men Long Jump	Open	9 th	6.66m
Howden, Harri	Men 400 metres Run	Under 15	10 th	1:00.87
Rigoni, Rhys	Men Shot Put 4kg	Under 15	2 nd	8.76m
Rigoni, Rhys	Men Javelin Throw 700g	Under 15	6 th	28.73m
Rigoni, Rhys	Men 200 metres Hurdles	Under 15	4 th	30.30
Rigoni, Rhys	Men Pole Vault	Under 15	3 rd	
Rigoni, Rhys	Men Discus Throw 1kg	Under 15	3 rd	35.17m
Dicker, Grace	Women High Jump	Under 15	6 th	1.45m
Dicker, Grace	Women Triple Jump	Under 15	8 th	9.64m
Dicker, Grace	Women 100 metres Run	Under 15	4 th	13.69 heat 13.52 Final
Dicker, Grace	Women 200 metres Run	Under 15	6 th 5 th	28.13 heat 28.12 Final

State Multi Events Championship

In the State Multi Events Championships held at Lakeside stadium Ivanhoe Harriers was represented by **Rhys Rigoni** in the Under 16 Men's Heptathlon. His results were as follows :-

- 100 Metre Hurdles placed 4th in a time of 17.81
- 200 Metre Sprint placed 4th in a time of 27.55
- Shot Put placed 4th with a put of 9.56m
- High Jump placed 3rd with a jump of 1.52m
- Long Jump placed 4th with a jump 4.69m
- Javelin Throw placed 3rd with a throw of 32.78m
- 1500 Metre Sprint placed 4th in a time of 5:23.76

Overall this placed him in fourth place in the State with an aggregate score of 2779 points. Well done Rhys.



Victorian Masters

Rhys Rigoni



On the middle weekend in March the Victorian Masters Track & Field Championships were held at the Tom Kelly Athletics Complex. Ivanhoe was represented by **Braden Fraser** and **Matthew Hall**.

Braden ran a fine 100 meters finishing in 2nd place with a time of 11.52 seconds. Matthew competed in the 40 – 45 age group 15.88kg Weight Throw. He managed to get out a throw of 11.92m which put him into second place. Great effort guys, and a good example to our younger athletes.

National Championships

Three junior athletes **Rhys Rigoni**, **Bethany Illingworth** and **Kyla Green** were selected to represent Victoria at the National Junior Championships at Homebush Stadium in Sydney. Rhys qualified for the Pole vault, 200m Hurdles, Discus, Javelin, and Shot Put and Bethany for the 90m Hurdles and Pole vault while Kyla qualified in the Pole vault.



Peter Rule with his Pole vault group.



John Boes lightens the mood for the girls.

Bethany and Kyla size up the competition.



Name	Agegroup	Event	Place	Performance
Rhys Rigoni	Under 15 Mens	Polevault	3rd	2.75m
	Under 15 Mens	Shotput	9th	9.01m
	Under 15 Mens	Javelin	9th	32.89m
	Under 15 Mens	200 Hurdles Heat	4th	30.02
	Under 15 Mens	Hurdles Final	7th	29.87
Bethany Illingworth	Under 15 Mens	Discus	13th	33.71m
	Under 15 women	Polevault	5th	2.45m
Kyla Green	Under 15 women	Polevault	8th	2.00m

Congratulations go to all three athletes on your achievements.

Peter Rule Coaching

It is worth pausing for a moment to recognize the efforts of one of the clubs long standing coaches. In an uninterrupted streak of 27 years, Peter Rule has help Ivanhoe Harriers athletes compete in the national titles. Peter's time and knowledge of athletics been freely given to these athletes at all times.

A total of forty two Ivanhoe athletes have acknowledged Peter as their coach during that time. Amongst them they have received forty six medals, seven of them being gold.

Thank you Peter for your extended coaching contribution to the club.



Membership Fees Now Due

The new athletics season is now up and running with memberships renewals being effective from the 1st 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
Associate member (An athlete not registered with the club but training with one of the club's coaches. If otherwise, fee to be 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 your 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 need help or have any problems with renewal of your membership please contact John David, he would be happy to assist.

Personality of the Month

Rhys Rigoni ***Athlete***

Current holder of the **St James trophy** awarded to the most improved Track and Field Athlete.

Nick Name: Not aware of any

Favorite Event: *Pole vault*

Funniest/Most Embarrassing moment:

Still yet to happen.

Inspired by: *Rafael Nadal*

Pet Hates: *People who annoy me.*

Proudest Athletics moment:
Winning the national title in Pole vault

Favourite TV program: *Big Bang*

Hobbies and Interests outside athletics:
Australian Rules Football

Footy Team: *Carlton*

Your Pets: *Two Cats*

Best Party Trick: *Don't have one*



Rhys Rigoni



Go Ivanhoe