

PRESIDENTS REPORT

By Jeff Franklin

It has been a privilege to carry out the role of President during the 2015-16 year and a pleasure to present my Annual Report. It was always going to be difficult to follow the wonderful Centenary year which was highlighted by our Centenary Dinner on 11th October 2014. The good fellowship and memories generated on that evening were simply marvellous and shows where our Club should be.

At the outset I announced a plan targeting three key objectives which I felt were the foundations necessary for future growth of the Club. The first of those objectives was to strengthen the power and influence of the Committee and to create the potential for succession planning. New Committee members John Edney, Richard Russell, Michael Wallis and Stephen Pegg have made valuable contributions this year. The entire Committee has been a vibrant unit with plenty of ideas for the future and a willingness to embrace new initiatives. I thank the Committee for their collective efforts and hope all members will see fit to continue with the challenge of rebuilding our great Club.

Secondly, we needed to grow our relationships with other groups such as schools and other clubs to enhance recruiting opportunities. In this regard, we have re-established close ties with Ivanhoe Grammar



School and McLeod Football Club which we hope will bear fruit next season. Whilst we have undertaken coaching clinics for both, and have received accolades for our efforts, we have not seen the flow on of recruits as yet. This is very much a "work in progress". At the time of writing this report we are working with Ivanhoe Grammar School to create an automatic linkage between Club and School in order to emulate the arrangements that exist with other clubs and schools across Melbourne.

My third principal objective was to continue to improve our financial position to ensure that the gains made on the back of our Centenary Celebration were not lost and that we have some financial strength for the tasks ahead. We have done reasonably well in this

area but should look to do better with fund raising and sponsorship next year. 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 at an all time high. Our closing cash balance at 31st March 2016 was \$14,383.49.

Our single failing this season has been in registrations of members. It has been very disappointing that 50% of last years members failed to rejoin and support the Club. Total registered athletes only stood at 23 by seasons end. Small Clubs like ourselves are almost totally reliant on continuing support from the wider club family. The massive drop in membership 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 in the coming year. Fortunately, our "off field" successes, as mentioned above, give us a sound foundation for growth in the future.

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

- Continued support from Miles Real Estate;
- Introduction of coaching clinics for Ivanhoe Grammar School;
- Running a pre-season coaching clinic for McLeod Football Club;
- Production of business card size handouts for recruiting purposes;
- Running a 3 week advertising campaign in the Heidelberg Leader;
- Production of a quality new spray jacket with club logo;
- Application for grants (unfortunately not successful);
- Production of new promotional posters thanks to Wayne Ramsay,
- Running a sausage sizzle at Bunnings as a fund raiser.

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

Coaches, John Boas, Peter Rule and Matthew Hall have held our coaching together, reliably turning up at Willinda Park despite the disappointing loss of athletes this

season. Nonetheless, it has been very pleasing to see the fine results at Championships this year with some very impressive performances recorded. Congratulations to our coaching group for their continued and loyal support.

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 and David Burke 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. Stephen Pegg agreed to step up and take over the Editor role vacated by David Illingworth due to his time pressures. Stephen has done a great job, we have had 8 editions during the course of this financial year which is a fine contribution.

In addition, I would like to single out John David for his continued contribution to the Club both on and off the field. John has been a delight to work with and has been a continuous source of assistance to me while I have been finding my feet after over 20 years absence from Committee. The changes to athletics in that time have been immense, not particularly positive for athletics and not always understood by myself.

Finally, I encourage all athletes and previous athletes to re-register for the 2016/17 season. It is your loyalty and support to the Club that now needs to be demonstrated, the foundations are in place.

SUMMER SEASON REPORT

By Jeff Franklin

The season comprised ten rounds of interclub, one of which was cancelled due to extreme weather conditions, two rounds of AV Knockout and Championships.

Despite our low numbers of competing athletes a number of individuals competed to very high standards and the Club was well represented at Championship events.

We had three female athletes compete with distinction. Toula Andronicos competed 4 times with a PB in 200 m of 31.21. Unfortunately Toula has since moved to Canberra.

Sandra Rocha competed for the Club 7 times in throwing events, Javelin, Discus and Shot Put, well done Sandra.

However, our best performed female athlete was Simone David who competed 14 times over 7 rounds. Her versatility was on show with good performances in 100m, 200m, 800m, Javelin and Shot Put. Congratulations to Simone on a great contribution.

The mens team was underpinned by the marvelous contribution of David Burke who competed in 58 events over the full 9 rounds. His versatility is amazing and while his best events are sprints and jumps he still lined up for 1500's and 3000's to earn valuable points for the Club. A mighty performance from David.

Philip Carydis was also a solid contributor in middle distance and field events. Philip competed 16 times, improving his 800m time down to 2:40.39 and his 1500m time down to 5:36.98. Philip has lots of ability and I am sure he has the talent to improve those times even more.

John David also continues to impress with his determination. John competed 16 times for the Club, most-

ly in middle distance and field events, really enjoying himself, contributing 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 to John.

It was great to see the Edney boys again this year with John just edging out his Dad in the Discus with a 21:35.

Our best sprinter/jumper this season, Jagmandip Gill had some injury issues but still managed a 11:37 100m, a 22.98 in the 200m a 7.09 in the knockout comp long jump and 13.55 triple jump. Well done.

Matthew Hall competed 11 times over 7 rounds scoring heavily in his throwing events. He is a very valuable member of our team. We have watched Matthew competing since Under 16's and we are very pleased to see him place 4th in the Victorian Championships discus with a throw of 33.60. This fine result was followed up with a gold and three silver in the Victorian Masters Championships.

Our wonderful Life Member, Tom Hancock, continues to amaze with his passion. Tom competed with distinction 18 times over 7 rounds of competition.

James Lynch has been our "long distance" man over many years. In between triathlons he still manages to be our best performer over the longer distance track events. Well done James.

It was great to see my old team -mate Phil Ramsay fly the flag late in the season with performances in 100m and shot put.

Not to be outdone by his young son Rhys, Simon Rigoni continues to impress with his determination to improve his fitness and tackle the longer track events, well done Simon.

Our junior members this year were down on numbers but certainly not on ability. Brayden and Lachlan King have a great deal of promise and continue to test one another out in competition. They have a crack at anything from 100m out to 1500m showing some really good times. Brayden had had a 13:13 over 100m and an excellent 26:42 over 200m. Not to be outdone, Lachlan had a 5:35.9 over 1500... closing the gap on James Lynch !! Well done to you both.

Finn Heikkila has been learning Pole Vault with coach Peter Rule and is showing quite a talent. Finn cleared 2.00m in the AV knockout comp, placing second, was silver medalist in the Under 14 Vic. Championships clearing 2.10 and then placed 5th in the Australian Under 14 Championships with a clearance of 2.25m. Shows he can handle the pressure, well done to Finn.

Rhys Rigoni is an impressive young man showing great maturity for his age. He is diligent with his training with coach Peter Rule and has worked hard at improving his multi-event performances during the season. Rhys competed 26 times for the Club over 9 rounds and was rewarded for his efforts in Championships. In the Victorian Championships he won medals in Under 16, Javelin (3rd), Pole Vault (2nd) and Discus (2nd). In the Australian Under 16 Championships Rhys placed 3rd in the Pole Vault with a impressive clearance of 3.60m.

Of significance, Rhys placed 2nd in Victorian Hepthathlon Under 16 Championships which illustrates his multi-event capability. Congratulations to Rhys for a fine season.

AGM TROPHY WINNERS

STATEWIDE TROPHY

Awarded to the athlete scoring the most Cross Country points

Chris Struve

F.J. HOLPEN TROPHY

Awarded to the most consistent A Grade athlete in Shield competition

David Burke

JACK McCANN TROPHY

The Club member making the most significant contribution to the Club.

John David

W.A RAWLINSON TROPHY

Best athlete in the Club.

Jagmandip Gill

ST. JAMES TROPHY

Most improved track and field athlete

Rhys Rigoni

BUFFALO SPORTS TROPHY

Most improved junior athlete

Finn Heikkila

BOAS/HANCOCK TROPHY

Most outstanding field event athlete

Matthew Hall

BANYULE TROPHY

Best female athlete

Simone David



CROSS COUNTRY REPORT

By John David

Round 1 - 16th April 2016 - Jells Park 6km Relay

The season started with a fast challenging relay involving two laps of a 3km hilly course through a nice pine forest and open grassland. Our Men's Division 5 team for this race was James Lynch who had a great time of 24.16. Travis Macintosh also did well - 28.48. Simon Rigoni (31.00) & Chris Struve (31.03) finished the relay for the team with a successful finish. Our club came 10th out of 13 teams. Thanks to our club officials who helped to fulfill our club duties for this event being Jill Wallis, Jeff Franklin & David Burke.



Round 2 - 7th May 2016 - Wandin Park 8km

This was a new race on the calendar for this year replacing Lardner Park. A really tough course with very challenging hills. However the scenery was spectacular. Another successful run for James Lynch with a time of 38.09. Travis McIntosh was in the middle again with a time of 46.07 followed by John David (52.32) & David Burke (53.11). Simone David successfully finished the Women's 6 km race and had a good time of 38.21



Round 3 - 21st May 2016 - Cruden Farm - 16km Heritage Round

Another new race which replaced the grueling Brimbank Park run. What a fantastic picturesque course on the property that Dame Elisabeth Murdoch was raised. Unfortunately we only had 3 runners for this event so didn't obtain team points. Times for the race for our club were:

James Lynch: - 1:14:40.9
Travis McIntosh - 1:23:45.7

John David - 1:32:57.9

Round 4 - 4th June 2016 - Lake Wendoree Ballarat 15km

A tough run which is two and a bit laps of Lake Wendoree. I have said this before and it's still true that the laps are so long that things don't seem to move on the other side of the lake when you are running. Not very motivating when you are trying to get to the finish line, however the feeling is fantastic when you actually finish. Results for our team were:

James Lynch - 1:08:22.2
Travis McIntosh - 1:15:47.9
John David - 1:27:20.1
Chris Struve - 1:30:14.1

We are currently 10th on the ladder out of 16 teams after 4 rounds.



After the race Chris Struve who just returned from a nice holiday in the center of Australia was presented with the Statewide Trophy for the most CC club points for the 2015 season



END OF NEWSLETTER