

PRESIDENTS REPORT

By Jeff Franklin

As the new season approaches, a timely reminder for all past members to renew their membership. We already have a good group of junior athletes joining for the first time and need to see continued growth across the Club. Support of previous senior members is very important in assisting and encouraging our new group of promising juniors as they find their way in their first season. So don't delay... lodge your renewal as soon as possible.

This brings me to the importance of family. The strength of the Club not only relies upon the performance of our athletes, but also the support of our families. Assistance with duties, no matter how small, makes the running of the Club easier. Helping with Team Managing or as a volunteer official holding a tape is incredibly valuable throughout the season. This type of involvement also applies to social events that we will encourage during the summer season. Your support of these events is very important to the Club experience.

I encourage everyone to embrace the Club, add some value during the year which will also add to your enjoyment of athletics.

UPCOMING AV SHIELD DATES



- October 8 - Round 1 - (Programme 1)
- October 15 - Round 2 - (Programme 2)
- October 22 - Round 3 - Zone v Zone 1 - (Programme 1)
- October 29 - Round 4 - (Programme 2)
- November 12 - Round 5 - (Programme 1)
- November 19 - Round 6 - Country Region - (Programme 2)
- November 20 - Round 6 - Metro Region - (Programme 2)
- December 3 - Round 7 - (Programme 1)
- December 10 - Round 8 - Zone v Zone 2 - (Programme 2)
- December 15 - Round 9 - Twilight Meet - (Programme 1)
- January 7 - Round 10 - (Programme 2)
- January 14 - Round 11 - Zone v Zone 3 - (Programme 1)
- January 21 - Round 12 - (Programme 2)
- February 11 - Final - (Programme 2)

NEW SPONSORSHIP CONNECTION

By Jeff Franklin

We are pleased to advise that FOODWORKS supermarket at 220 Lower Heidelberg Road, East Ivanhoe has agreed to allow Ivanhoe Harriers to join their sponsorship group.

For every \$ spent by Ivanhoe Harriers supporters, we receive a one cent credit, ie 1% of sales, which will increase in Ivanhoe Harriers notional "account" like compulsory savings. For example, a shopping bill of \$150.00 results in \$1.50 credit to our Ivanhoe Harriers account.

Of course, every Harriers shopper at Foodworks needs to remind the check-out staff that their "points" are for Ivanhoe Harriers. There are a number of other Clubs and Schools in the race for sponsorship points. Over time, the Club can redeem the points by taking food or drink of an equivalent value at no cost. We could, for example, redeem sausages for a sausage sizzle or a basket of goodies for a raffle, at no cost to the Club. Some of the local Schools have redeemed goods for more than a thousand dollars as a consequence of building up their points balance.

It is up to us to spread the word amongst our Club Family to shop at Ivanhoe East Foodworks and crank up points for Ivanhoe Harriers. This is particularly relevant for shoppers who live in the area.

There is a secondary benefit in this proposal. This particular Foodworks store is a fantastic example of using a bit of imagination to grow their business. They employ a chef several days a week to prepare yummy "take home" meals for the busy family. Their fresh produce is second to none and they also run a great deli with quality meats, cheeses and other delicious items prepared by their in-house chef. My family shop here and can vouch for the quality and variety of chef prepared meals. They also carry a wide and unusual array of wines in their liquor shop.

Please encourage everyone in the Club to spread the word within your family to shop at this great business. Not only good food but 1% of your purchase will go towards helping the Club.

OUR NEW SPRAY JACKET

By Jeff Franklin

With the new track season approaching Members are reminded that we have our new jackets in stock at the very reasonable price of \$65.00 each for a quality item. The jackets have been in demand over the cross country season. They are well made, are lightweight and brilliantly show off the Club insignia for all to see. Also great publicity for the Club with many people commenting on the jackets over the winter. Come on....all those older ex athletes and team mates of mine, put your hand in your pocket, buy a jacket and wear your old Club colours with pride. Stock is

currently held by Jeff Franklin. Please contact Jeff for a fitting and purchase!! (0419499711)

COACHING FOR IVANHOE GRAMMAR SCHOOL

By Jeff Franklin

We concluded our large commitment to the school on Monday 5th September after 18 sessions of good quality training for the students. The relationship between the Club and School is now very strong again and our efforts are very much appreciated. The students in the squad were a fine group of young people, eager to learn and improve.

Head of Health and Physical Education at IGS, Chris Branigan, has been a great supporter of the rebuild of our relationship and has done a mighty job as leader of the athletics team. On Monday night 5th September, Chris arranged for Lachlan McArthur to attend the award ceremony as guest speaker. Lachlan was accompanied by his wife Lisa Weightman, who has just returned from competing in the Marathon at the Olympics. Lachlan spoke very fondly of his early days competing for Ivanhoe Harriers before his departure to USA. Lachlan is of course a member of our Team of the Century.

I attended the Associated Grammar Schools of Victoria (AGSV) championship on 7th September 2016 at Lakeside Stadium and was delighted to see so many of our students achieve significant PB's on the day. A good sign that they are "big occasion" performers.

Ivanhoe Grammar School won the girls competition comprehensively and came 6th in the boys competition. However the boys improved on last year by approximately 30 points and were closing on 5th and 4th towards the end of the competition. Overall a pleasing result.

A special thanks to Chris Schrader, former member of Ivanhoe Harriers from late 60's early 70's who currently resides in Texas USA. Chris is a very experienced middle distance coach and loyal Clubman who has stayed in contact with the Club via Cursus. Chris was kind enough to provide me with his training schedules which he uses in his coaching role in the US college system. The training schedules have been very helpful to me as I needed to structure a programme for the Ivanhoe Grammar boys and girls over a very short 6 week period leading up to the AGSV finals.

By necessity, the programme I devised, thanks to Chris, was fairly heavily into "interval training" as many of the young students lacked a solid aerobic base. So we needed to improve relatively quickly. So you can imagine how pleased I was at AGSV when most of the middle distance group achieved massive PB's.

NEW MEMBERS

By Jeff Franklin

We are delighted to welcome some new members to the Club which will boost the junior ranks with talent and enthusiasm.

Lachlan Cash, a seventeen year old middle distance runner from IGS who is very keen to improve his times.

Louis Ajani, also from IGS, a sixteen year old middle distance runner, is also a footballer, hoping to improve his racing ability and PB's.

Freya Henriksen, a 13 year old middle distance runner from IGS with good performances in Cross Country and Track. Freya is well placed in her age group and very keen to continue improving her times.

Thomas Langdon is a fourteen year old, very promising middle distance runner with good performances at Cross Country and Track. Thomas is also looking to develop his talent long term.

Cooper Rush, also from IGS, performed very well at Cross Country this season but had a restricted Track season due to a hamstring complaint. Cooper is very talented and I am expecting to see some good performances this season over 800m and 1500m.

Congratulations to all the new members, embrace the Club and enjoy the experience. We hope you all have enjoyable and successful athletic careers. Please make sure that all Members make these young athletes very welcome.

IVANHOE HARRIERS ON FACEBOOK

By Braden Fraser

If you have a Facebook account then chances are you are logging into it once or several times a day to follow your friends, interests and news feeds. If you are not following Ivanhoe Harriers yet look up our page and click 'Like' to follow our feed at <https://www.facebook.com/IvanhoeHarriersAthleticsClub/>

We are going to be more active than ever this season posting highlights from AV Shield, Championship events and anything else that Ivanhoe Harriers are represented in so if you are following our news feed you won't miss a thing. We'll also post any club social event information on the page which there will be coming up shortly over Summer so look out for those.

Take a look around our page and you can find photos, results and news from past seasons, Ivanhoe Grammar coaching clinics and a brief club history along with current coach information. We have also recently posted advertisements for potential club registrations reaching thousands of local Facebook users bringing an increased interest to our page and using social media for its main purpose to gain important exposure for the club.

Our Facebook page is the best way to keep up to date with all of the Ivanhoe Harriers club news throughout the year so if you are not following us already then head on over there and 'Like' us today!

CROSS COUNTRY UPDATE

By John David

Round 9 – Burnley Half Marathon-4/9/16

This was a tough but very scenic run along the banks of the Yarra. There was a huge field as this event has a reputation of being the fastest half marathon in Australia, and some athletes and invitation runners use this as a test for the Melbourne Marathon.

Unfortunately we didn't have a full team for this round but did have three brave athletes who completed the 21.1km course. James Lynch has a good time of 1.37 and Travis & John were under 2 hours without working too hard which was good.



Results were:

Men Division 5 - Half Marathon

Place 303, James Lynch, Time: 1:37.10.3
Place 360, Travis McIntosh, Time: 1:47:34.2
Place 380, John David, Time: 1:58:31.3

Round 10 – Tan Relays-17/9/16

This was the last round of the Winter season and it was good to be back at the Tan where the atmosphere is always great. Our team came 12th out of 15 competing teams which was respectable.

Phil used this as a warm up for the Summer season, and it was good to have David Burke in the Cross Country team again instead of always putting his hand up for club duties.

Results were:

Men Division 5 - 4x3.8km Tan Relay

Leg 1: Philip Carydis - 16:46
Leg 2: James Lynch - 15:37
Leg 3: David Burke - 18:44
Leg 4: Chris Struve - 18.03



Winter Season Result

We finished 12th out of 16 competing teams. A little disappointing, however not having a full team for rounds 3, 7 & 9 obviously had a big impact on our overall score. I am sure that the new talent that we now have from Ivanhoe Grammar School will help to fill our team next year, and maybe even result in multiple teams competing in the future.

Thanks to all of our Winter athletes and volunteers who helped complete our club duties. It was another enjoyable season with a range of different courses at some great new locations. However what was really great was our close team of athletes that were always willing to try their best whilst proudly displaying our club colors. This was despite sometimes being covered in mud or losing the odd shoe.

John David
Winter Team Manager

END OF NEWSLETTER

