

PRESIDENT'S REPORT

We have now completed Season 2016/17, the highlight of which has been the recruitment and rapid improvement of our junior athletes. The Under 20 group of athletes has grown to 14 in number and shows immense promise for the future. We have all been delighted to see PB's being set on a regular basis which, of course, adds to the enthusiasm of the group.

Our trial of conducting middle distance training through the season at Chelsworth Park has been very successful and of course is well supported given the close proximity to the Ivanhoe Grammar School. Interestingly, ten of our junior group have an Ivanhoe Grammar School connection.

The School currently maintains the Chelsworth Park playing fields in wonderful condition so it is perfect for training, either for sprints or middle distance. We are hoping to grow this arrangement into the future as it is a win-win for School and Club.

Training at Willinda Park on the other hand, has not been well supported, partly due to our inability to attract local athletes in the Greensborough area. The local Club, Diamond Valley Athletics Club, unsurprisingly attracts most, if not all new athletes to their Club. This trend has been evident for many years and has resulted in Ivanhoe struggling to attract new members. The geographic issues of long travel times between Ivanhoe and Greensborough,

coupled with the tendency of locals to support their "local" club, are plain to see. This is a critical matter for the Club and future Committees to wrestle with.

Each year we are required to contribute to competition through provision of Officials. Whilst the tasks are quite simple, getting the numbers is often quite difficult, particularly in a small Club. This season we have managed the task very well and my sincere thanks go to the following great supporters of Ivanhoe: Phil Ramsay, Barry Greig, Jill Wallis, Simon Rigoni, John David, Mary Langdon, Matt Hall, Andrew Edney, David Burke, Richard Russell and Grant King. This collective contribution has made our obligation easy to achieve.

Earlier in this article I noted the PB's being set during the season. We should congratulate the following athletes, as during the last couple of rounds, some great results were recorded.

- Antony Willison ran a 0.57sec 400m which was a 01 sec PB.
- Ethan Hunt ran a 0.58.4 sec 400m which was also a 01 sec PB
- Thomas Langdon ran a brilliant 4.43.5 in 1500m which was a 03 sec PB. This followed his 10.53.23 in 3000m the previous week which was a 22sec PB.
- In the same race, Cooper Rush ran 11.14.18 in 3000m, and then in the following week produced a 4.55 in the 1500m, a 02sec PB.

While all this was going on, during Round 12, Rhys Rigoni just had his head down, churning out results.

Rhys threw a 1kg discus 48.77m, the 700g javelin 42.86m and Pole Vault of 3.70m

- really impressive results from all and congratulations from us. We must continue to get better and build our numbers to where they used to be. Just a few additional athletes would have given us a crack at Finals in Under 16 and Under 18 mens.



Finally, I make special mention of our sponsors. Miles Real Estate has been a loyal supporter for some years and we treasure the relationship. Please remember to support Miles should any of our wider Club Family be considering a real estate transaction. Always mention that you are from Ivanhoe Harriers.

In addition, East Ivanhoe Grocers, our local Foodworks Supermarket continues to produce a wonderful array of precooked meals and has an excellent display of fresh vegetables and fruit. As mentioned in previous editions of *Cursus*, we receive 1¢ in every dollar spent, provided we mention Ivanhoe Harriers at the checkout. Our earnings have just gone through \$180.00 which is just great. So some of us are shopping at East Ivanhoe Foodworks!! Hopefully many more in our wider Club Family will join in.



Many thanks to everyone for their efforts during the season which has been an improvement on last year and shows promise for future seasons.

Jeff Franklin

BUNNINGS SAUSAGE SIZZLE

It is great to report that our major fundraiser has again been a wonderful success. This year we made a profit of \$1,775.00 which is a substantial increase on last year's profit of \$1,308.00. Special thanks to Barry Greig for his efforts in acquiring the sausages at wholesale cost and the generous contributions from John Edney and Michael Wallis.

Matt Hall was our Captain of the day and the many willing helpers enabled the workload to be shared around. Apart from Matt, the volunteers were, Michael Wallis, David Burke, John Edney, Andrew Edney, Tom and Margret Hancock, Richard Russell, Freya Henriksen and her dad, James Lynch, Mary Langdon and son Thomas.

Well done to everyone.

CONSTITUTION

In order to comply with the requirements of Athletics Victoria we need to revise and update our Constitution.

The Associations Incorporation Reform Act 2012 is now the basis upon which Athletics Victoria requires all clubs to comply. Jeff Franklin, Andrew Edney and Peter Rule will be meeting over coming weeks to finalise a proposed new Constitution for the Club. Once finalized, we will need to circulate and vote on adopting the proposed new Constitution as soon as possible.

Feeling Hungry?

We've been selected to participate in Local Matters at Grill'd Fairfield this February!

Local Matters is the Grill'd community donation program that sees each Grill'd restaurant donate \$500 back into the community every month. The donation is split between 3 local community groups \$300 / \$100 / \$100.

HOW YOU CAN HELP?

We'd love your support in receiving the highest \$300 donation! Simply head to Grill'd Fairfield during February for a burger and pop your Local Matters token in our jar. The group with the most tokens at the end of the month receives the largest donation.

It's a simple (and delicious) way to show your support!

You'll find us on a jar at Grill'd Fairfield, 126 Station St Fairfield.

LOCAL MATTERS

GRILLD.COM.AU/LOCALMATTERS ~ #GRILLD



Round 12 action: David Burke (3000m Steeple) and John David (Javelin)

COMPETITION RESULTS

Round 11 Results

200m

MOP2	David Burke	28.82
MU18	Brayden King	25.28
FOP2	Simone David	32.61

800m

MOP2	Philip Carydis	2:45.08
MOP2	David Burke	2:50.42
MOP2	John David	3:25.42
MU18	Louis Ajani	2:20.42
MU18	Ethan Hunt	2:24.41
MU16	Thomas Langdon	2:15.45
MU16	Cooper Rush	2:25.21
MU16	Rhys Rigoni	2:29.36
FOP2	Stella Ajani	2:27.28
FU14	Freya Henriksen	2:41.40

3000m

MOP2	James Lynch	11:18.25
MU16	Thomas Langdon	10:53.23
MU16	Cooper Rush	11:14.18

400m Hurdles

MOP2	David Burke	73.99	91cm
------	-------------	-------	------

High Jump

MOP2	David Burke	1.57
MU16	Rhys Rigoni	1.42

Hammer

M80+	Thomas Hancock	37.80	3kg
------	----------------	-------	-----

Shot Put

MOP2	Philip Carydis	7.41	7.26kg
MOP2	David Burke	6.99	7.26kg
MOP2	John David	5.28	7.26kg
MOP2	Philip Ramsay	5.05	7.26kg
MOP2	James Lynch	5.00	7.26kg
M80+	Thomas Hancock	10.70	3kg
MU16	Rhys Rigoni	10.91	4kg
FOP2	Simone David	5.48	4kg



Simone David (100m)



James Lynch and Phil Carydis (1500m)

Round 12 Results

100m

MOP2	David Burke	13.76
FOP2	Simone David	15.42

400m

MOP2	David Burke	67.9h
MU18	Antony Willison	57.0h
MU18	Ethan Hunt	58.4h
MU16	Thomas Langdon	61.3h

1500m

MOP2	James Lynch	5:20.7h
MOP2	Philip Carydis	5:40.8h
MOP2	John David	6:56.6h
MU18	Louis Ajani	4:59.9h
MU16	Thomas Langdon	4:43.5h
MU16	Cooper Rush	4:55.1h

3000m Steeple

MOP2	David Burke	16:07.2h	91cm
------	-------------	----------	------

Discus

MOP2	Matthew Hall	31.67	2kg
MOP2	David Burke	20.19	2kg
MU16	Rhys Rigoni	48.77	1kg

Javelin

MOP2	Matthew Hall	26.53	800g
MOP2	David Burke	18.07	800g
MOP2	Philip Carydis	15.96	800g
MOP2	John David	14.63	800g
MOP2	Philip Ramsay	11.26	800g
MU16	Rhys Rigoni	42.86	700g
FOP2	Simone David	12.83	600g

Long Jump

MOP2	David Burke	4.26
------	-------------	------

Pole Vault

MU16	Rhys Rigoni	3.70
------	-------------	------