

Tom Hancock- Australia Day Award

Club Legend and Life Member, Tom Hancock, is the very proud recipient of an OAM in the General Division for service to athletics. This is a great honour and I am sure that all in the wider Club family are very happy that Tom has received this award, it is certainly well deserved.

Tom joined the Club in 1964 after a successful career as a competitor with Melbourne High School Old Boys during which time he represented Victoria in athletics.

Tom embraced the Club, involved himself in coaching and established a group of young throwers who would become successful over many years. His unpaid coaching started with a self-made throwing circle at Warringal Park, Heidelberg and progressed on to Olympic Village Track at West Heidelberg. He was widely regarded at that time as an exceptional throwing coach and still is to this day.

Tom was appointed Club Captain in 1965, a position he would hold for the remainder of the decade. Tom has also served on Committee with two terms as Vice President. His talent and determination as an athlete continues to the present. In November 2016, Tom competed in the World Masters Championships in Perth in the 80-84 age group winning 6 silver medals and one bronze medal. More recently, in June 2017, Tom competed in the Australian Masters Athletic Championships in Darwin, where he won gold in the 80-85 division for high jump, throws pentathlon, javelin, hammer, shot, discus and weight throws. A mighty effort.

However, it is his personal dedication and service to the Club that we greatly admire. He is the first

to volunteer to help out with fund raising events and his preparedness to help others and continue to coach the juniors is exemplary.

Congratulations Tom on the OAM from all at the Club.



Tom, hard at work, coaching young Christian Ishkan who is developing into a fine thrower.

Update on Noel Burrows

Further to our note about Noel in last Cursus we can report that he is still in hospital undergoing physiotherapy every day. In Noel's words, "miniscule improvements each week". Janice has had to find a wheelchair friendly rental as Noel is being discharged on Wednesday 14th February.

Former team-mates of Noel should give him a call or send him an email to cheer him up. It has been a long battle for this great Ivanhoe Harrier. Keep working on the exercises Noel... all the best from us.

Fund Raising Sausage Sizzle



L-R: Braden Fraser, Tom Hancock, John Edney, Richard Russell, David Burke and Margaret Hancock at Bunnings.

The above photo was taken at the Bunnings Sausage sizzle on Sunday 4th February 2018. As usual, Tom is proudly wearing his Club colours for all to see.



Second photo taken during the afternoon shift shows from L-R: David Burke (rear partly obscured), David Greig, Mary Langdon, Cooper Rush, Thomas Langdon, Sam Daniel, Barry Greig.

The fund raiser was a great success with many of our wider "Club Family" donating their valuable time and effort to the Club. We achieved a net profit of \$1,987.80 which was just wonderful. Special thanks to those we have captured in the above photos and those who missed the photos,

James Lynch, John David and Michael Wallis who all made valuable contributions to our success.

In addition to our personal contributions, we sincerely thank our sponsor East Ivanhoe Foodworks who provided very valuable contributions of groceries and drinks which ensured our costs stayed low and helped to increase our net profit.



East Ivanhoe Foodworks has been marvellous to deal with and we encourage all at the Club to actively support this great sponsor by shopping with them. The quality of their deli and prepared meals is second to none.

Well done to all.

Competition Results

Results achieved by our juniors this summer have been very pleasing. We have seen massive PB's over the journey which come on the back of consistent training.

Rounds 11 and 12 have now been completed which concludes the inter club competition. Unfortunately this season we have not featured in the finals but we have been quite strong in the Mens 40+ and Mens Under 18. Both teams came very close to competing in finals.

I would like to single out a number of competitors who have excelled in the last few weeks of competition.

Rhys Rigoni was marvellous in the last Round with a High Jump of 1.65m, a Pole Vault of 3.55m, a shot of 11.90m but he really put it all on the line in his 800m recording a 2:14.4the last 150m was really tough going. Congrats Rhys.

Louis Ajani also ran a fine 800m recording a season best of 2:19.8, he is very keen to get that illusive 2:10.

In the 3000m on the same day, David Greig ran a massive PB, recording a 9:59.9 which he was absolutely delighted to achieve at this early stage of his career.

Round 11: Albert Park/Nunawading (12-13th Jan 2018)

This Round was split over Friday night and Saturday afternoon which enabled some athletes to do more events than usual.

Team	Pts	Name	Perf.	Spec
100m				
M40+	195	David Burke	14.02	
200m				
MU18	222	David Greig	26.59	
MU18	192	Thomas Langdon	27.79	
MU18	189	Domenic Di Censo	28.13	
MU18	182	Justin Cementon	28.94	
M40+	246	David Burke	28.95	
400m				
M40+	227	David Burke	64.51	
800m				
MU18	390	Thomas Langdon	2:08.4h	
MU18	375	David Greig	2:09.6h	
MU18	272	Justin Cementon	2:19.6h	
MU18	229	Domenic Di Censo	2:25.8h	
MOP2	260	Kieran McAuley	2:21.3h	
M40+	170	David Burke	2:57.8h	
FU16		Freya Henriksen	2:44.4h	
5000m				
M40+		James Lynch	19:38.2h	
110m Hurdles				
M40+	217	David Burke	21.86	99cm
400m Hurdles				
M40+	255	David Burke	78.14	91cm
Pole Vault				
MU18		Rhys Rigoni		NM
High Jump				
M40+	385	David Burke	1.50	
Long Jump				
M40+	298	David Burke	4.53	
Discus				
MU18	473	Rhys Rigoni	42.69	1.5kg
M40+	262	David Burke	19.51	2kg
Javelin				
M40+	429	Thomas Hancock	27.75	600g
Hammer				
M40+	463	Thomas Hancock	31.30	5kg
Shot Put				
MU18	402	Rhys Rigoni	11.95	5kg
M40+	199	David Burke	6.49	7.26kg

Round 12: Aberfeldie/Casey Fields (20th Jan 2018)

Team	Pts	Name	Perf.	Spec
110m Hurdles				
M40+	188	David Burke	22.91	99cm
200m				
M40+	271	David Burke	27.65	
800m				
MU18	314	Rhys Rigoni	2:14.4h	
MU18	270	Louis Ajani	2:19.8h	
3000m				
MU18	350	David Greig	9:59.9h	
M40+	295	James Lynch	11:02.2h	
M40+	131	David Burke	14:37.8h	
High Jump				
MU18	380	Rhys Rigoni	1.65	
M40+	427	David Burke	1.60	
Pole Vault				
MU18	389	Rhys Rigoni	3.55	
Hammer				
M40+	494	Thomas Hancock	38.11	5kg
Shot Put				
MU18	401	Rhys Rigoni	11.90	5kg
M40+	504	Thomas Hancock	10.95	5kg
M40+	207	David Burke	6.64	7.26kg

Men's 40+ Ladder

Place	Team	For	Against	%	Pts
1	Diamond Valley	79,301	99,447	79.7	110
2	Doncaster	45,696	133,052	34.3	90
3	Collingwood	21,375	157,373	13.6	69
4	Ivanhoe	17,942	160,806	11.2	69
5	Diamond Valley 2	10,064	168,684	6.0	46
6	Doncaster 2	3,359	175,389	1.9	23
7	Collingwood 2	611	178,137	0.3	10
8	Diamond Valley 3	192	178,556	0.1	6
9	Ivanhoe 2	208	178,540	0.1	3

Men's Under 18 Ladder

Place	Team	For	Against	%	Pts
1	Doncaster	32,559	79,640	40.9	101
2	Diamond Valley	27,361	84,838	32.3	87
3	Collingwood	17,689	94,510	18.7	78
4	Ivanhoe	19,602	92,597	21.2	76
5	Whittlesea City	7,858	104,341	7.5	54
6	Preston	4,702	107,497	4.4	49
7	Ivanhoe 2	996	111,203	0.9	9
8	Doncaster 2	588	111,611	0.5	7
9	Diamond Valley 2	528	111,671	0.5	4
10	Whittlesea City 2	316	111,883	0.3	4

Pier to Pub Swim 2018

Some people just never give up!!! Club legend, Barry Greig, was a fine middle distance runner featuring in our top 10 for 1500m, (3:48), 1 Mile (4:06.5), 5000m (14:31), 3000m Steeple (8:54.76) and half marathon 71:05. After a string of injuries over many years he took to ocean swimming. A bit painful if you ask me, but this man is very determined.

So Barry swam in the Pier to Pub on January 13th, recording a time of 19min 25 sec, a great result for Barry. He has had to overcome 3 years of injury problems and was delighted to be able to compete again. Well done Barry, a very fine athlete still.

