



Cross Country

We have had a very successful cross country season this year, with teams contesting every race, winning twice in our Division and finishing 2nd on the Ladder. Refer below for the End of Season Athletics Victoria Ladder.

This is our best cross country result since 1998. We will be promoted to Division 4 next season and based on our points scoring this season, should be well placed again next year.

Congratulations to the Team, a mighty effort.

The final event for the season was the Tan Relays where we placed third in Division 5 in a very close race. In Division 7 our two teams placed 9th and 15th of about 25 teams in that Division.

Tan Relay Division 5 Team Results for the first 4 teams, which follow, meant the Club's result was good enough to hold our second place on the Ladder.

1 st	Maccabi	53:57.06
2 nd	Melb Uni	54:39.86
3 rd	Ivanhoe	54:46.87
4 th	Mentone	55:27.63

Individually, everyone performed extremely well recording competitive times.

Team 1: David Greig (13:05), Justin Cementon (13:29), Chris Branigan (14:49), and Josh Philip (13:22).

Team 2: Vince Mancuso (14:41), Thomas Hoogenraad (15:12), James Lynch (16.17) and Thomas Heap (16:49), in his second run for the Club.

Team 3: Enrico Cementon (17:57), Gianni Mancuso (17:37), Chris Struve (17:47) and David Burke (18:36).

Final Ladder - Men Division 5

Place	Team	Total
1	Bendigo Region	124
2	Ivanhoe Harriers	112
3	Richmond Harriers	93
4	Western Athletics	84
4	Williamstown	84
6	Collingwood Harriers	76
7	Maccabi	66
8	Coburg Harriers	58
9	Mentone	53
10	Melbourne University	48
11	Athletics Nunawading	44
12	Diamond Valley	41
13	Box Hill	37
14	Yarra Ranges	32
15	South Melbourne	25

New Club Records – a Family Affair

At the Melbourne Marathon, on Sunday 13th October 2019 one of our newest members, Belinda Cooke ran a time of 3:56:04 which places her in our Records as the best marathon time recorded by a female member in the Club history. Congratulations to Belinda on a fine run.

Not to be outdone, daughter Laila ran a massive Club record in the women's 3000m at Aberfeldie on Saturday 19th October 2019.

Laila ran 11:50.33 setting a new Under 14 record and in the process smashed the previous Women's Under 16, Under 18, Under 20 and Open records. Previous junior Women's records were held by Kate Nayda and the previous Open Women's record of 12:41.4 was set by Katrina Philip on 28th April 2008. That was a massive effort by Laila and congratulations from all at the Club.



Laila running in the 800m at Aberfeldie

New Members

The following new members have joined the Club for the summer season.

Belinda Cooke, ran the Melbourne Marathon and is mother of Laila.

Laila Cooke, a student at IGS Plenty Campus. Laila came under notice in the AGSV Championships and is a very keen middle distance runner with great prospects in the future.

Alex Linke, a Year 8 student at IGS, previously a member of Collingwood Harriers and has transferred to be a part of the IGS/Harriers training program at Chelsworth Park. Alex is a fine young man with very good middle distance prospects. He is just recovering from an injury at the moment, hoping to be back soon.

Ben Morrison, a Year 10 student at IGS, has been a part of the IGS cross country team and has stepped up to track & field this season. Ben is very committed, has not done track racing before but has a really good turn of speed. Ben looks like being a very handy 400/800m runner.

Zac Philip, brother of Josh, trains at Chelsworth Park. Zac is at Under 14 level and shows great promise as an athlete. His first 100m at Doncaster on 12th October was very good.

Harry Shaw, another student at IGS who performed well at AGSV. Harry is a sprinter/hurdler but has the strength to run good quality 400's as he did at Aberfeldie on 19th October.

Jal Wishart, has been training with James Lynch at Chelsworth Park for some time. Jal is a promising middle distance runner. In the recent State Secondary Schools Championships, Jal

placed second in the Boy's Under 13 800 metres with a smart time of 2:15.38.

In addition, I am delighted to see Peter Crane, David Mahady and Mike Hennessy rejoin the Club under our "non-competing members" plan. It's just great to see our past members continuing to take an interest in the Club.

For those younger readers, Peter Crane holds the Club Record for the fastest 200m of 21.00e, set in 1995 at the Brisbane Grand Prix. Peter also holds the third fastest 100m time of 10.48 set in 1992. Peter is a member of our Team of the Century.

David Mahady was a 200/400m runner and member of our Under 20 Vic Champion 4x200m Team in 1990 and a member of our champion 4x400m Relay Team of 1992 with Neil May, Craig Rayner and Jason Veitch, setting a time of 3:15.7, wow!! David is also a member of our Team of the Century.

Mike Hennessy has a huge history with the Club, having held the position of Secretary from 1970-1972 then President from 1973 to 1976.

A big welcome from everyone at the Club to our new members and past members rejoining.

Bereavements

Emily Smith nee Walker

I am very saddened to advise that John and Bev Walker lost their lovely daughter, Emily, to Non-Hodgkins Lymphoma on September 1st 2019. Emily was just 30 years of age and married to Brenton Smith. Emily had been battling the cancer for about a year.

Our sincere condolences to John, Bev and Brenton on this very sad loss.

For the benefit of our younger members, John has been a wonderful servant of our Club, was President in 1997/98, a great coach and was instrumental in building our middle distance group to great prominence during the 80's and 90's.

William "Bill" Gleeson

Sad to advise that Bill Gleeson passed away on 17th April 2019 after hospitalization for a blood disorder.

Bill lived not far from the Club's old home at Olympic Village Track and joined the Club as a sprinter in the 1950's proving to be the mainstay of our sprinters into the 1960's.

His 80th birthday in August last year was a great event for the family and friends and we are advised that Bill enjoyed every minute of it.

Reliable and liked are the catch words from everyone, probably garnered by necessity. Bill's early life was challenging, working two jobs all his life to meet the family needs. It's doubtful that many knew how difficult it was for him to get in some solid track work.

He was one of the most reliable guys in turning up to compete, and competed very well every Saturday.

Early on, one of Bill's jobs was as a milkman and he joked to Peter Carter at a party in Peter's home in Heidelberg "Oh well, I'll be back here in the morning with the milk." Whilst a hard worker and fierce competitor he had a soft side, typified when arriving home one morning in tears because his favourite horse died on the job. Bill used the milk round as a means of training, sprinting back and forth from the horse and cart at every opportunity, as he delivered the milk.

Our sincere condolences to wife Anne, 58 years married, six children (one deceased) and nine grandchildren, all of whom we know miss him dearly.

A compilation of comments from Anne Gleeson, Noel Burows Peter Carter, John Boas

Summer Competition

The first round at Aberfeldie was in good conditions, however, we had a poor turnout given school holidays and other activities.

This was the first round of the new AVSL points scoring system which rewards Clubs with very large memberships. The more members, the more points scored so the focus of Athletics Victoria is clearly on "size".

We have spoken out about this shortcoming to no avail. So we will continue to seek good performances, encourage excellence and PB's and see where that takes us in the years to come. We have a fantastic group of youngsters coming through at the moment.

Round 1 Individual results as follows:

David Greig: was our best performer on the day with an 800m in 2:04.1 followed by a 200m in 25.24 (PB).

Ben Morrison: in his first run for the Club recorded a 2:23.1 for his 800m and a 29.19 in his 200m. This was Ben's first run on the track, we expect to see massive improvement as the season progresses.

David Burke: was again very good over 5 events, 400H in 74.24, 800m in 2:50.9, 200m in 28.12, Shot Put (7.26kg) 6.89, and his favourite High Jump 1.60.

Round 2 at Doncaster was held in fine, calm conditions with several new members competing for the first time.

Laila Cooke was nervous before her first 1500 with Ivanhoe but she ran a controlled race recording 5:27.49. Very nice to see a new female distance runner on the track for Ivanhoe, even the Track Announcer gave Laila a mention.

Harry Shaw also had his first run with a very nice 100m in 12.58

Ben Morrison ran a good 400m in 60.62 and his first 1500 in 5:00.

David Greig ran a fine 1500m in 4:21.5 and **Josh Philip** in the Under 18's ran 4:29.2 a massive PB.

Zac Philip, young brother of Josh ran his first event for the Club recording a solid 15.53 in the Under 14 100m.

David Burke continues to impress, contesting six events as follows: 100m in 14.06, 400m in 64.36, 110m hurdles in 22.64, Discus : 18.90, Javelin : 18.90 and Long Jump 4.50m.

We encourage all athletes who have joined up, to support the Club on the track and have a crack at several or different events during the season. Apart from earning valuable premiership points each week, you may uncover a skill that you were not aware of.

We have a core group of about 20 athletes and need to see a few more at summer competition each week.

Club Legend, David Burke contested 5 events last week!



Ben Morrison showing very good form



Zac Philip showing fine form at the start of his 100m



David Greig is really motoring in his 1500m

Round 3 at Aberfeldie in very wintery conditions

Laila Cooke, 800m 2:48.2 and 3000m in 11:50.33 (Club Record)

David Greig, 800m 2:05.0

Ben Morrison, 800m 2:21.5 (PB)

Harry Shaw, 200m 26.08

Sam Daniel, 200m 24.89

David Burke, 200m 28.06, 800m 2:45.5, 400m Hurdles 73.62, High Jump 1.45, Shot Put 6.80.

4x400 Relay: (Sam Daniel, David Greig, Ben Morrison, Harry Shaw) 3rd Place in senior men's race in 4:01.79.

Trivia Night

- Friday, 22nd November 2019

A reminder, this is our big night of the season!!!

As with last year, it will be held at Ivanhoe Park, plenty of car parking and the venue is good. It is not a late night so it's okay for the kids.

We had over 100 last year and had a lot of fun and thousands of dollars of donated prizes on offer.

Please lock in the date and let John Edney or Jeff Franklin know you are coming...better still, book your spot direct at www.ihac.eventbookings.com, those booking online get a free ticket in the major raffle draw.

2019 IVANHOE HARRIERS
TRIVIA NIGHT
FRIDAY, NOVEMBER 22nd
\$10 PER PERSON **STARTS AT 7PM**
@IVANHOE PARK
 Corner Wamba Road & The Boulevard
BOOKINGS AND ENQUIRIES:
ihac.eventbookings.com

