

Club Comradarair



L to R. Hanna and Jemma Laffey & Naomi Nicola.



L to R. Kyla Green, Hanna Laffey Jemma Laffey Catherine Brennan, Naomi Nicola, Caitlin Dagher and Harri Howden

Athletes socializing between events at Interclub.

It has been commented on several times and by several people that there is a “buzz” around the club group at interclub these days. There can be no doubt that having extra athletes at the track is playing a big part in rebuilding the club into a united strong unit. The cheering on of performing athletes by others as they wait for their events is now a common practise, and we encourage other spectators to join in. Old and young athletes can regularly be seen chatting and encouraging each other as they go about organising relay teams or discuss their performances. This is great to see, and be part of, so let’s all keep the “buzz” going.

State Relays

Ivanhoe Harriers entered four teams in the State Relay Championships that were held on Saturday, 29th November, 2014 at Lakeside Stadium, Albert Park. Two club records were broken and a third one almost broken as the under 14 runners demonstrated their talent.

First runner for the men’s Open 4x100 team was **Stephen Pegg** who passed to **Jagmandip Gill**, **Max Punchihewa** ran the bend and handed off to **Glen Nicholson** who anchored the team.

*Back: Glen Nicholson, Max Punchihewa, Jagmandip Gill, Stephen Pegg
Middle; Hannah Laffey, Grace Dicker, Bethany Illingworth, Jemma Laffey.
Front; Matthew Stevenson, Alex McPherson, Rhys Rigoni, Harri Howden.*



Considering the group had never run together before the day of competition their 6th place in the first heat with a fast time of 43.64 was a credit to the athletes.



The Under 14 Men 4x400 metres Relay consisted of regulars **Rhys Rigoni** and **Harri Howden** who were joined by **Matthew Stevenson** and **Alex McPherson**. The boys ran a very good heat time of 4:23.03 which qualified them 5th fastest for the final. In the Final the boys improved their performance to 4:13.96 which was good enough to get them into 4th place and just missing out on the medals. Their time was just 1.46 seconds outside the club record so well done boys.

Under 14 State Relay team members
Back: Rhys Rigoni, Grace Dicker, Bethany Illingworth, Hannah Laffey, Jemma Laffey, Harri Howden.
Front; Matthew Stevenson, Alex McPherson, ,

The girls under 14 team was unchanged from last year being **Jemma** and **Hannah Laffey**, **Grace Dicker** and **Bethany Illingworth**. In a very fast heat of the 4x100m relay the girls managed to come second behind Sandringham. Their time of 53.88 lowered the club record time they set last year for both the under 14 and 16 categories. It qualified them as second fastest going into the final. The unfortunate thing was the same four girls had to run the 4x400 final first. They came fifth in the 4x400m with a time of 4.38.32 which broke their existing club record time. In the final of the 4x100m the girls were a bit tired after a long hot day but still ran a good race to finish in 4th place with a time of 54.10. Well done girls.



Record breaking under 14 team L to R Grace Dicker, Bethany Illingworth, Hannah and Jemma Laffey

AV Shield Competition

Rounds 6,7 & 8

Round 6 on Sunday, 23 November 2014 was the first of the new Zone versus Zone competitions and so the venue was at the Aberfeldie track.

David Burke opened proceedings running a fine 400m hurdles then **Jagmandip Gill** (22.41)big PB?, **Glen Nicholson** (23.03) and **David Burke** ran for the men's open team in the 200 meters. The girls were well represented in the 200m by **Catherine Brennan**, **Caitlin Dagher**, **Bethany Illingworth**, **Jemma Laffey**, **Hannah Laffey**, **Jazmin Dicker**, and **Naomi Nicola**. **Bethany Illingworth's** time of 27.54 was a personnel best and she managed to set a new club record beating **Vashti Bieber's** time of 28.1 which has stood for 15 years. Well done Bethany.

Rhys Rigoni and **Betheny Illingworth** took on the 200meters hurdles, whilst **Naomi Nicola** completed the 1500meter walk, and **John David** and **David Burke** went in the 800 and 3000 meters runs.

Out in the field **Terry Beaton** showed the way with an 8.51m Shot Put throw. **Rhys Rigoni** also did a fine put as did **David Burke** and the two girls **Caitlin** and **Bethany**.

Jagmandip Gill was clearly the best of the tripple jumpers with a leap of 13.34meters, and **David Burke**, in his sixth event for the day cleared 1.65 in the high jump.

On the Day the Yellow zone out pointed the Red zone 3328.5 to 2889 and Ivanhoe came second to Preston in the Men's Div 2

Full results and scores are available on the Ivanhoe Harriers website.

Round 7 on Saturday, 6 December 2014 was normal interclub shield competition at Doncaster and a greater attendance of athletes resulted.

David Burke as usual started proceedings with a good run in the 110m hurdles and gaining 8 points for the team. This was followed up by a nervous **Bethany Illingworth** who was running the 90 meters Hurdles for the first time. It worked out well for her as her time of 14.57 was a national qualifier.



Bethany Illingworth



David Burke in the 100m Dash



Braden Fraser wins the 100m sprint from Glen Nicholson

Five men and four women fronted up for the 100 meters sprint. **Gill, Glen Nicholson and Braden Fraser** all going sub 12 seconds while **Catherine Brennan** was the best of the girls.



Caitlin Dagher powers away from the start line.



Catherine Brennan prepares for a fast get away



Harri Howden and David Burke in the men's 100m

In the 400 meters **Harri Howden** broke through the 1 minute barrier for the first time and **Caitlin Dagher** ran her first ever 400m race. Well done to both athletes.

John David and **David Burke** represented the club in the 1500 meters run but it was in the field events that Ivanhoe was best represented.

Todd Dawson led the javelin throwers with 44.59 whilst **Glen Nicholson, John Edney, David Burke** and **Thomas Hancock** also had a throw.



Todd Dawson get another good throw out.

In the Discus **John Edney** and **David Burke** both threw over 20 meters, John beating his Dad Andrew for the first time which I suspect will be mentioned a few times in the coming weeks. For the girls **Caitlin Dagher, Hannah Laffey** and **Naomi Nicola** all registered good points for the club.

Glen Nicholson showed good form in the long jump recording 7.20m. with support coming from **David Burke** and **John Edney**. **Naomi Nicola** jumped a big PB and **Catherine Brennan, Caitlin Dagher,** and **Bethany Illingworth** also jumped well.



Catherine Brennan



Caitlin Dagher



Bethany Illingworth

At the Pole Vault **Tim Welch** was up and over 4.15 to win the event but the local interest was in the Green girls. **Alana Green** was returning to vaulting after a long layoff through injury so younger sister **Kyla Green**, who has been in good form, had her first opportunity to notch up a win. Alana off just 4 steps looked a bit nervous at first but her competitive nature kicked in and she kept younger sister at bay for the time being. Meanwhile **Bethany Illingworth** was vaulting well to record her seasons best of 2.65m



Kyla Green watches as Bethany makes another attempt.



Tim Welch gets vertical

Braden Fraser, Jagmandip Gill, Todd Dawson and Glen Nicholson combined nicely in the 4x100 relay to record 44.89 seconds and easily win their division. **Naomi Nicola, Caitlin Dagher, Hannah Laffey and Bethany Illingworth** formed an under 18 combination which also did well.

Points for the Day showed a clear win to Ivanhoe Div 2 men while the Under 14 girls came in 3rd behind the two big clubs Diamond Valley and Collingwood.

Round 8 - The last meeting of 2014 was scheduled as a twilight meeting on Tuesday, 16 December 2014 at Doncaster and the **quite cold, blustery condition resulted in** numbers from all clubs being lower than normal.

The condition made good performances a little bit more difficult to achieve however some notable performances were recorded. The 400 hurdles were first event and **David Burke** fought through the wind at the top bend to finally get around the track in under 80 seconds. **Bethany Illingworth** was the only 200m hurdler on the evening and the strong wind contributed to her hitting several hurdles in the front straight, but she still recorded 33.20.

The 200m flat races were again marred by a fluky breeze. **Jagmandip Gill** was a good winner with a time of 22.99. **Stephen Pegg, Braden Fraser and David Burke** also ran well.

In the women's event both **Grace Dicker** and **Bethany Illingworth** ran in the second fastest heat of the night. In a close tussle Bethany came through from the inside lane to record a solid win and, as the wind was legal (1.8), her time of 27.38 lowered the under 14 women's club record. **Caitlin Dagher** and **Jazmin Dicker** also recorded good times in the windy conditions.



Glen Nicholson (he was so cold he needed to get warm) and **Stephen Pegg** were surprise starters when they joined **David Burke** and **John David** in the 800m race, and it was Glen who came home fastest in 2:38.74.

John David and **David Burke** fronted up again in the 3000m where they earned a valuable 19 points for the club.

In the blustery conditions both **Glen Nicholson** and **Jagmandip Gill** recorded triple jumps of over 13 meters and **Grace Dicker**, **John Edney** and **David Burke** were all out over 9 meters.

Jagmandip Gill continued to demonstrate his all round ability when he cleared 1.70 to win the Men's div2 high jump. Other jumpers on the night for Ivanhoe were **David Burke**, **John Edney** and **Jazmin Dicker**.

At the Shot Put **Matthew Hall** threw 11.85 to win the event and **John Edney** just got in front of his Dad **Andrew** in a close family contest. **John David** and **Simone David** kept the family theme going whilst **David Burke** **Caitlin Dagher** and **Bethany Illingworth** also put the shot on the evening.

In the Hammer Throw it was **John Edney** who, in his first time at the event this season, had the best result with 20.77 with **Matt Hall** further back with 14.84. **Thomas Hancock** competing in the over age group achieved a season best throw of 35.16.

The men's Div 2 team had an outstanding win on the night nearly doubling the opposition points. As we go into the Christmas recess Ivanhoe sits 4 points clear on top of the Men's Div2 competition.



David Burke weighed down by the big shotput.

Fundraiser BBQ

The club had a fundraising spot at Bunnings Northland on the 4th January which was a great success. **Matthew Hall** organized and ran the event with great help from David Burke who cooked sausages from 8am to 5pm and **Anna Nicola**, who diced up nearly 10 Kg of onions the previous night.

The outcome was that the club raised an amazing profit, after expenses, of \$1,565.10 which is the second largest profit that we have had from any BBQ previously held. This terrific result was only made possible from the great team work and dedication from everyone who helped on the day.



Helping out at the fund raising BBQ

It was also especially tough because of the hot weather conditions the day and night before and also being on a Sunday. Our great team were:

Matt Hall & Sandra,
Glen & Catherine,
David Burke,
The Illingworth/Nicola family – Anna, Bethany, Naomi, David,
Katrina & James,
Margaret & Tom Hancock.

Special thanks to you all very much. The club, and particularly the president, appreciate all of your hard work for the benefit of our great club.

Round and About

The Ironman

James Lynch completed his fourth full Ironman in Busselton Western Australia on 7/12/14. This event consisted of a 3.8km swim, 180km bike ride & 42.2km run. It takes an enormous courage and effort to take on such an event and James completed it in 11hours 30 minutes & 15 seconds. Congratulations James on such a fine effort.

All Schools National Championships

Rhys Rigoni was part of the Victorian Team that competed in All Schools National Championships in Adelaide in December.

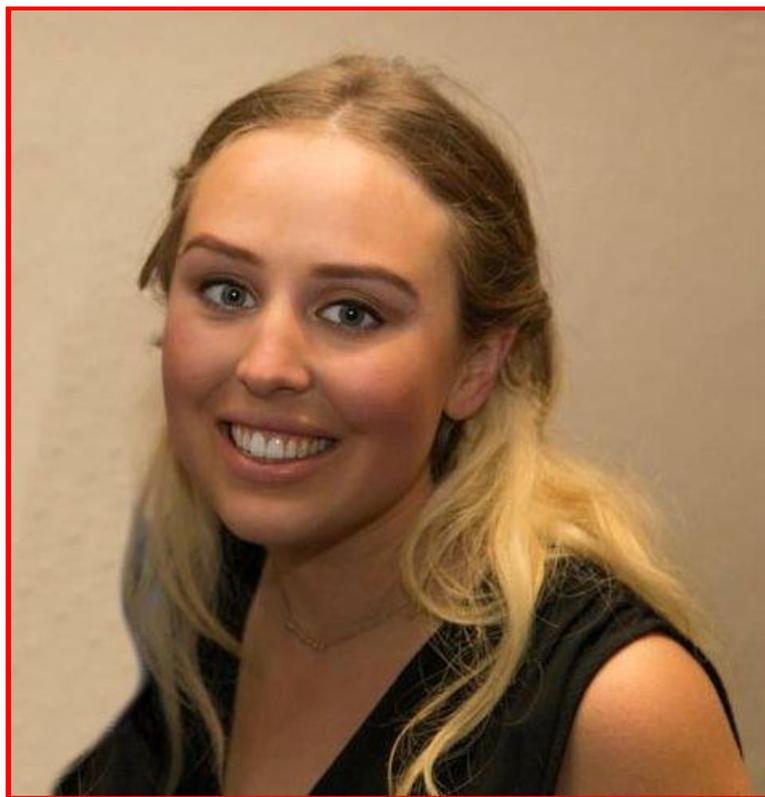
Rhys acquitted himself very well, achieving a silver medal in the Under 16 Pole Vault.

Rhys' Full results were:

Pole Vault 2nd place 2.80 meters (big PB), Discus 11th place, 34.73 meters and Javelin 10th place, 32.45 meters. Well done Rhys.

Personality of the Month –Alana Green

Athlete (Banyule trophy winner 2009-2012)



Nick Name: “aka smerty”

Favorite Event: *Pole Vault – Hello!, best sport in the world.*

Funniest/Most Embarrassing moment: *Tripping over the pole vault mat and landing on my face in front of a large crowd, breaking a pole, falling from the bar onto concrete.*

Inspired by: *My Mum and Dad. Get to know them and you will understand.*

Pet Hates: *I don't hate, but can't stand people who quit for all the wrong reasons. Life is hard regardless of what you do.*

Proudest Athletics moment: *When my sister did a PB in the Pole Vault at the national Championships. We are one in the same, so I can totally claim this moment.*

Favourite TV program: *Offspring and Revenge.*

Hobbies and Interests outside athletics: *Thinking and dreaming about athletics. Eating too much Sushi*

Footy Team: *Richmond Tigers, get on that tiggy train.*

Your Pets: *Fi Fi our little family dog. Princess ...car*

Best Party Trick: *Twerking and being Miley Cyrus.*

Go Ivanhoe