

Editorial

This winter has been moderately successful but has not reached the expectations of this Editor fellow. We have 20 registered cross country athletes this season which is a slight increase on last season. However our participation rate is down, largely due to the regular clashes between AGSV events and AV timetables. As an example, at this stage of the season we only have 6 athletes who have competed in 5 events or more. They are, Claude Aquino, David Greig, Brenton Hall, Thomas Langdon, Ben Morrison and Charles Shea. All of this group are mature athletes, beyond year 12. Our very talented junior group at Year11 or Year 12 this year includes, Jamie Blackburn, Liam Furlong, Theadora Hally, Alex Linke, Harley Mileto and Eliza Nelson, all of whom have been busy with school events during the winter months. Clearly, for our Club to make a charge at winning Division 3 next season and achieving promotion to Division 2, we need this young group to step up. We also need additional recruits in the "middle distance" space to be successful.

Our challenge over the next six months or so is to find additional talent and build our cross country group to about 30. I encourage everyone to assist in this task as we continue to grow the Club... don't be bashful, encourage your friends to join up and get fit!

Round 7 - Ballarat 15km around Lake Wendouree

Sunday, 6th August 2023

It was a perfect morning for distance running, cold but no wind. A hardy group of spectators in attendance including Cyril Dixon, Claude Aquino, David Burke and Mark Shea at 10:00am on a Sunday morning. What better things can you be doing on a Sunday morning? We only had 3 competitors this year but an increase on last year when Ben Morrison was our sole representative.

I was really impressed with some of the other clubs who were clearly making the day a picnic style outing... something to think about for next year.

Tom Langdon, Brenton Hall and Charles Shea all ran way above expectation. Tom was our fastest with an impressive 51:33. Brenton ran a controlled race to finish in 63:03 and Charles, in his first ever 15k, ran 65:24 which was a great effort.



Tom Langdon early in the race



Brenton and Charles enjoying the run round the lake

The top 3 placings were:

Andy Buchanan	Bendigo	45:06
Lachlan Herd	Knox	45:25
Archie Reid	Bendigo	45:30

Despite the poor attendance, at this stage, we were still holding down 8th place of the 16 teams in Division 3.

Round 8 - The Ekiden Cross Country Relays at St Anne's, Myrniong

Saturday, 19th August 2023

The weather improved to a fine but windy day out on the Ballarat Road. Early on, we had to deal with a howling gale which threatened to blow the club tents away.

The event was well attended but we struggled with just 7 athletes. Despite our low attendance we scored remarkably well.

The course is tough, very hilly and rocky in parts so a real test of determination. Though we ended the day in 8th of 16, we improved our overall ladder position as we defeated Collingwood 2 and a couple of teams did not start. We now sit in 5th place on the Div. 3 Ladder of 16 Teams.

Individual results as follows:

Men Division 3

Ben Morrison	32:02	8.4km
Harley Mileto	29:21	7.7km
Vince Mancuso	35:46	6.9km
Brenton Hall	30:06	6.9km
Charles Shea	27:52	6.0km
	<u>2:35:07</u>	<u>35.9km</u>

Men Division 6

Barry Greig	37:30	7.7km
David Burke	41:24	6.9km
-	-	6.0km
-	-	4.7km
	<u>1:18:54</u>	<u>25.3km</u>

The Team performed so very well after a long drive. Once again I felt we exceeded expectation with excellent performances. Our best individual performance was probably Harley with a third fastest overall time in Division 3 over the 7.7km distance. Congratulations to everyone on the team, it was a tough day at the office.



City of Yarra Cross Country Championships

This event was held at Yarra Bend Park on Saturday afternoon 12th August 2023. The event is held annually and organised by Collingwood Harriers. Ivanhoe and Richmond Harriers receive an invitation to compete and enjoy a bit of competition in a local community event. We entered 3 competitors on what turned out to be a wet and wintry afternoon.

Ben Morrison and Liam Furlong competed in the 8km cross country and Kate Bukovsan competed in the junior 3km event.

Placings of the first 5 as follows:

Men's 8km Race

1 st	Abdi Rhobie	Collingwood	28:43
2 nd	James Hutchison	Richmond	29:06
3 rd	Carlos Rodriguez	Richmond	29:18
4 th	Ben Morrison	Ivanhoe	29:50
5 th	Liam Furlong	Ivanhoe	29:50

Women's Junior 3km Race

1 st	Ruby Callahan	Collingwood	11:43
2 nd	Astrid Decker	Collingwood	14:02
3 rd	Kate Bukovsan	Ivanhoe	14:15



Nice shot of the AGSV girls team prior to the race. Eliza is second from right.

AGSV Representation

Very pleasing to report that a number of our young stars were selected in the AGSV combined cross country team to compete against the APS students this August.

Alex Linke and Harley Mileto from IGS ran very well on the very tough course at Keilor. Jamie Blackburn from Trinity was selected as Captain but unfortunately for Jamie and the team, he had to withdraw due to a lower leg injury.

The girls' team of 9 included our own, Eliza Nelson.

What a great honour and congratulations to all. We look forward to seeing everyone in action this summer.

Trivia Night

Save the date: Friday, 10th November 2023

This is our single, most important fund raiser of the year.

Please put this date in your diary!!

John Edney is our Trivia Night organiser, he does a fantastic job with great questions and great prizes. So plan ahead, support your Club, and enjoy the fun. We are hoping to see over 100 participants, just like last year.

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