



IVANHOE HARRIERS ATHLETIC CLUB INC.

ESTABLISHED 1914



Annual Report 2015/2016

IVANHOE HARRIERS ATHLETIC CLUB INC.

No.0016530V

Established 1914

Affiliated with Athletics Victoria

Season 2015/2016

COMMITTEE

Executive

President:	Jeff Franklin
Vice President:	John David
Treasurer:	David Burke
Secretary:	John Edney

General

Catherine Brennan	<i>(resigned mid-year)</i>
Matthew Hall	Richard Russell
James Lynch	Michael Wallis
Stephen Pegg	

LIFE MEMBERS

Peter Bethell, Dr. John Boas, George Bolwell (dec), Noel Burrows, Ian Campbell, Chris Cole, Andrew Edney, Tim Erickson, Jeff Franklin, Mal Gleeson (dec), Lew Hall (dec), Tom Hancock, Mike Hennessey, Brian Hodgson, Gary Holliday, Gary Honey, Chris Lang, Jack McCann (dec), Ron Mill (dec), F.H. "Bill" Pizzey (dec), Phil Ramsay, Peter Rule, Wendy Russell, Ron Stephens (dec), John Wallis, Alf Watson (dec)

ATHLETICS VICTORIA LIFE MEMBERS

Brian Hodgson, Bill Pizzey (dec)



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Minutes of Previous AGM

IVANHOE HARRIERS ATHLETIC CLUB INC

Minutes of the Annual General Meeting
Held at Willinda Park, Greensborough
Thursday 28th May, 2015

MEETING OPENED: 7.30PM

PRESENT: 24 members and family, including 2014/2015 Committee Members: John David (President), Simon Rigoni (Vice President), Glen Nicholson (Secretary), David Burke (Treasurer), Jeff Franklin, Catherine Brennan, Kellie Sones, Anna Nicola, James Lynch & Matt Hall.

1. **APOLOGIES:** Noel Burrows.
2. **PRESIDENT'S WELCOME:** John David welcomed everyone to the meeting and thanked the current committee for their work and support throughout the year. Also spoke about the successful centenary celebrations. Special thanks to Catherine Brennan and Sharon David for organising the dinner and arranging the AGM venue.
3. **MINUTES OF PREVIOUS MEETING:** 2014 Minutes were taken as read. MOTION – That the minutes of the previous AGM be accepted. Moved: John David, Seconded: Jeff Franklin. ACCEPTED.
4. **BUSINESS ARISING FROM MINUTES:** Nil
5. **PRESIDENT'S REPORT:** John David spoke to his report which outlines initiatives to improve membership, the success of our fundraising events, and the goal of achieving 40 competing members next year.
6. **TREASURER'S REPORT:** Financial position is a large increase in funds by \$5,690. This is mainly due to a large increase in the level of fundraising for BBQ events, and proceeds from our centenary (including book sales) along with sponsorship funds.
The club would like to thank our sponsors for the year being Miles Real Estate, Windsor Income Protection, Blue Rock Law, Aussie Merchandise Trailers and PlasterMart. The audited financial report was included and tabled within the Annual Report. MOTION – That the meeting accept the Treasurer's Report as tabled. Moved: David Burke, Seconded: John David. ACCEPTED.
7. **ELECTION OF OFFICE BEARERS:** The following office bearers were elected unopposed:

President:	Jeff Franklin
Vice-President:	John David
Secretary:	Vacant (yet to be appointed)
Treasurer:	David Burke
General Committee:	Richard Russell, Michael Wallis, James Lynch, Catherine Brennan, Stephen Pegg & Matt Hall.
8. **GENERAL BUSINESS:** Discussion on the importance of Ivanhoe Grammar as a source to obtain new members. Even though our finances are at an acceptable level we need to achieve a larger membership base in order to survive. We have a good level of new juniors joining our club so the focus should be on promoting larger junior teams as these athletes are the future of our club.
9. **MEETING CLOSED:** 8.10PM

PRESENTATION OF TROPHIES 2014/15

Statewide Trophy for most Cross Country points: **James Lynch**

FJ Holpen Trophy for Most Consistent A Grade (or Open) Athlete in Shield Competition:
Glen Nicholson

WA Rawlinson Trophy for Best T&F Athlete in the Club: **Jagmandip Gill**

Buffalo Sports Trophy for Most Improved Junior Athlete: **Grace Dicker**

Banyule Trophy for Best Female Athlete: **Bethany Illingworth**

Boas/Hancock Trophy for Outstanding Field Event Athlete: **Rhys Rigoni**

Lewis Hall Trophy for Athlete up to U/23 who shows commitment to Club and willingness to help others: **Catherine Brennan**

Harry Jones Trophy for the best junior walker: **Naomi Nicola**

Jack McCann Trophy awarded to the club member making the most significant contribution to the club: **David Burke**

Team Managers Award - awarded to the most dedicated junior female athlete: **Jazmin Dicker**

President's Report

It has been a privilege to carry out the role of President during the 2015-16 year and a pleasure to present my Annual Report. It was always going to be difficult to follow the wonderful Centenary year which was highlighted by our Centenary Dinner on 11th October 2014. The good fellowship and memories generated on that evening were simply marvellous and shows where our Club should be.

At the outset I announced a plan targeting three key objectives which I felt were the foundations necessary for future growth of the Club. The first of those objectives was to strengthen the power and influence of the Committee and to create the potential for succession planning. New Committee members John Edney, Richard Russell, Michael Wallis and Stephen Pegg have made valuable contributions this year. The entire Committee has been a vibrant unit with plenty of ideas for the future and a willingness to embrace new initiatives. I thank the Committee for their collective efforts and hope all members will see fit to continue with the challenge of rebuilding our great Club.

Secondly, we needed to grow our relationships with other groups such as schools and other clubs to enhance recruiting opportunities. In this regard, we have re-established close ties with Ivanhoe Grammar School and McLeod Football Club which we hope will bear fruit next season. Whilst we have undertaken coaching clinics for both, and have received accolades for our efforts, we have not seen the flow on of recruits as yet. This is very much a “work in progress”. At the time of writing this report we are working with Ivanhoe Grammar School to create an automatic linkage between Club and School in order to emulate the arrangements that exist with other clubs and schools across Melbourne.

My third principal objective was to continue to improve our financial position to ensure that the gains made on the back of our Centenary Celebration were not lost and that we have some financial strength for the tasks ahead. We have done reasonably well in this area but should look to do better with fund raising and sponsorship next year. That said, we are very grateful for the continued sponsorship support from Miles Real Estate, which has enabled us to undertake various projects and leaves our financial position at an all-time high. Our closing cash balance at 31st March 2016 was \$14,383.49.

Our single failing this season has been in registrations of members. It has been very disappointing that 50% of last year's members failed to re-join and support the Club. Total registered athletes only stood at 23 by seasons end. Small Clubs like ourselves are almost totally reliant on continuing support from the wider club family. The massive drop in membership does make the rebuilding phase more difficult with reliance on fewer people to undertake the necessary tasks. I appeal to those past members to re-join the Club in the coming year. Fortunately, our “off field” successes, as mentioned above, give us a sound foundation for growth in the future.

Many initiatives have been undertaken this season which have positively impacted the Club and its image.

- Continued support from Miles Real Estate,
- Introduction of coaching clinics for Ivanhoe Grammar School,
- Running a pre-season coaching clinic for McLeod Football Club,
- Production of business card size handouts for recruiting purposes,
- Running a 3 week advertising campaign in the Heidelberg Leader,
- Production of a quality new spray jacket with club logo,

- Application for grants (unfortunately not successful)
- Production of new promotional posters thanks to Wayne Ramsay,
- Running a sausage sizzle at Bunnings as a fund raiser.

Many individuals have contributed to the running of the Club this season and I wish to recognise the outstanding efforts of the following:

Coaches, John Boas, Peter Rule and Matthew Hall have held our coaching together, reliably turning up at Willinda Park despite the disappointing loss of athletes this season. Nonetheless, it has been very pleasing to see the fine results at Championships this year with some very impressive performances recorded.

Congratulations to our coaching group for their continued and loyal support.

Officials are a valuable and required resource. John and Jill Wallis continue to support the Club after many years of dedicated service. Richard Russell, Phil Ramsay, Matthew Hall and David Burke have also given of their valuable time to ensure that the Club has been able to meet its obligations. Sincere thanks to all for this great contribution.

Cursus is the lifeblood of the Club and keeps us in touch with our past membership. Stephen Pegg agreed to step up and take over the Editor role vacated by David Illingworth due to his time pressures. Stephen has done a great job, we have had 8 editions during the course of this financial year which is a fine contribution.

In addition, I would like to single out John David for his continued contribution to the Club both on and off the field. John has been a delight to work with and has been a continuous source of assistance to me while I have been finding my feet after over 20 years absence from Committee. The changes to athletics in that time have been immense, not particularly positive for athletics and not always understood by myself.

Finally, I encourage all athletes and previous athletes to re-register for the 2016/17 season. It is your loyalty and support to the Club that now needs to be demonstrated, the foundations are in place.

GO HOE

Jeff Franklin
Club President.

Treasurer's Report

IVANHOE HARRIERS ATHLETIC CLUB INC.

Statement of Receipts & Payments for the Year Ended 31st March 2016

	2016	2015
Opening Balance		
- General Brought Forward	\$ 2,761.64	\$ 1,296.36
- ING Account Brought Forward	\$ 11,036.07	\$ 6,811.71
	<u>\$ 13,797.71</u>	<u>\$ 8,108.07</u>
<u>Plus Receipts</u>		
Competition		
Club Fees	\$ 1,258.00	\$ 2,895.00
Uniforms	\$ 145.00	\$ 275.00
AV Registration Fees (Tom Hancock)	\$ 170.00	\$ -
AV Online Registration Overpayment	\$ -	\$ 84.00
Fundraising/Social		
AGM Ticket Sales	\$ 235.00	\$ 310.00
BBQ	\$ 1,924.80	\$ 3,574.10
IH Centenary Book Sales (14)	\$ 420.00	\$ 4,140.00
Postage of Books	\$ 44.00	\$ 178.00
Contingency for Book Printing (John Boas)	\$ -	\$ 400.00
Books for Ivanhoe Grammar (Jeff Franklin)	\$ -	\$ 60.00
IH Centenary Dinner Tickets (204)	\$ -	\$ 17,340.00
Donation by Jeff Franklin (Dinner Guests)	\$ -	\$ 533.00
IH Centenary Raffle	\$ -	\$ 916.00
IH Jackets (10)	\$ 650.00	\$ -
Donations	\$ 270.00	\$ 110.00
Sponsorship		
Miles Realestate	\$ 3,000.00	\$ 3,000.00
Windsor Income Protection	\$ -	\$ 1,000.00
Blue Rock Law	\$ -	\$ 500.00
Matt Hall	\$ -	\$ 500.00
PlasterMart (Kellie Sones)	\$ -	\$ 200.00
Other		
ING Account Interest	\$ 254.43	\$ 224.36
ING Transfer	\$ -	\$ 4,000.00
Total Receipts	<u>\$ 8,371.23</u>	<u>\$ 40,239.46</u>

Less Payments**Competition**

Cross Country Relay Entry	\$ 240.00	\$ 180.00
Track Relay Entry	\$ -	\$ 120.00
A.V. Affiliation	\$ 400.00	\$ 400.00
AV Online Registration Fees Refunded	\$ 170.00	\$ 150.00

General

Willinda Park Rent	\$ 2,790.00	\$ 2,640.00
Annual Return	\$ 54.40	\$ 51.40
Trophies	\$ 466.50	\$ 305.50
Website	\$ 78.70	\$ 58.80
Bank Charges	\$ -	\$ 4.40
Uniforms	\$ -	\$ 1,003.20
Uniforms - 100 Years Patch	\$ -	\$ 152.90
ING Transfer	\$ -	\$ 4,000.00

Fund Raising/Social

AGM Expenses	\$ 524.00	\$ 367.00
IH Centenary Dinner - Venue Hire	\$ -	\$ 18,627.00
IH Centenary Book Printing (200)	\$ -	\$ 4,917.67
Postage of Books	\$ 59.50	\$ 109.95
Contingency for Book Printing	\$ -	\$ 400.00
Books for Ivanhoe Grammar (Jeff Franklin)	\$ -	\$ 60.00
BBQ Expenses	\$ 616.85	\$ -
IH Jackets (30)	\$ 1,782.00	\$ -

Miscellaneous

Willinda Park Shelter (Back Straight)	\$ -	\$ 500.00
Raffle Prizes	\$ -	\$ 100.00
Brochure Printing	\$ -	\$ 349.00
Christmas Breakup Catering	\$ -	\$ 53.00
Feather Banner	\$ 500.50	\$ -
Coach Accreditation (Catherine Brennan)	\$ 88.00	\$ -
WWC Check Photos	\$ 15.00	\$ -

Total Payments

\$ 7,785.45	\$ 34,549.82
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Club Funds as at 31st March

General Account	\$ 3,092.99	\$ 2,761.64
ING Account	\$ 11,290.50	\$ 11,036.07
	<u>\$ 14,383.49</u>	<u>\$ 13,797.71</u>

Notes:

1. Rent increased from \$220 to \$250 per month in October
2. There are 20 jackets in stock at a value of \$1,300.00

IH Treasurer
12 April 2016

Audited and Found Correct
John Walsh FCPA
16/4/2016

FINANCIAL COMMENTARY

A simple comparison between receipts and payments for the years ended March 2015 and 2016 reveals a massive variance mainly due to the Centenary Dinner. Total receipts for 2015 were \$40,239.46 which included \$17,340.00 for dinner tickets and \$4,140.00 for book sales. These coupled with smaller amounts related to the dinner combine to distort any comparison with other year's figures. For example, total receipts for 2014 were \$5,150.99 and for 2016 were \$8,371.23.

Accordingly, we have outlined a table below which illustrates a comparison of our financial position over the last 3 years to better indicate performance.

	2014	2015	2016
<i>Receipts</i>	\$5,150.99	\$40,239.46	\$8,371.23
<i>Payments</i>	\$6,513.40	\$34,549.82	\$7,785.45
<i>Surplus/Def</i>	(\$1,362.41)	\$5,689.64	\$585.78

Whilst we generated a small surplus of \$585.78 for the year to March 2016, the main contributors were the Miles Real Estate sponsorship of \$3,000.00 and the Bunnings BBQ of \$1,924.80 which can be considered as "one off" items. Registration fees have fallen back to 2014 levels which emphasises how important new registrations are to the Club. This is particularly so when we note that our monthly rent at Willinda Park has risen to \$250.00 per month i.e. \$3,000.00 per year. This is obviously a big financial burden on the Club going forward and very hard to cover if we do not have large numbers of paying members.

However, it should be acknowledged that we have grown our Club Funds this year by \$585.78. Our balance as at 31 March 2016 of \$14,383.49 is our strongest financial position for many years. Therefore, we are currently in a stable financial position to meet the challenges ahead.

David Burke
Treasurer

Cross Country Report

The season started on the 18th April 2015 with the Jells Park - 6 km relays and ended on the 19th September with the Tan 3.8km relays.

There were 10 rounds of competition (4 relays & 6 individual races) which included a new event at Angelsea (great course!).

Unfortunately as applied in previous years, some of our team were injured and we didn't finish 4 rounds as a full team. Therefore our club came 12th out of 15 teams in the final ladder score. However on the positive side we had athletes competing in each round of competition.

Chris Struve had a great season competing in 9 rounds and had very consistent results. James Lynch was injured for some of the rounds and was also busy with Ironman events (don't know how he does it).

Travis McIntosh had a good season with some impressive times. I still remember his nice blue bandages holding his knee caps together for the Ballarat 15km.

Rhys Rigoni did very well in the Jells Park relays with a great time of 27.50 and also the Tan Relays.

Phil Carydis also had a respectable time for the Tan Relays with 18.29.

Katrina Philip, Simon Rigoni, David Burke & John David were very important members of the team and helped fill many events. They were always very happy when they finished a race.

Results for the 2015 season were :

Round 1 – 18/4/15 Jells Park Relays

Men Division 5 - 4 x 6km Relay		
Leg	Name	Time
1	Rhys Rigoni	27.50
2	Simon Rigoni	31.47
3	Katrina Philip	40.11
4	Chris Struve	32.00

Round 3 – 30/5/15 Ballarat

Men Division 5 - 15km		
Place	Name	Time
323	James Lynch	1:06:37.2
398	Travis McIntosh	1:17:43.7
404	Chris Struve	1:21:51.4
408	John David	1:22:34.4

Round 5 – 28/6/15 Albert Park Racecourse

Men Division 5 - 10km		
Place	Name	Time
451	Chris Struve	48:05.7

Round 7 – 1/8/15 Brimbank Park

Men Division 5 - 16km		
Place	Name	Time
320	Chris Struve	1:32:46.1
325	John David	1:36:58.7

Round 2 – 9/5/15 Warragul

Men Division 5 - 8km		
Place	Name	Time
321	James Lynch	40:12.8
365	Chris Struve	44:56.9
381	David Burke	48:38.7
382	John David	49:03.0

Round 4 – 13/6/15 Bundoora

Men Division 5 - 12km		
Place	Name	Time
373	Chris Struve	1:04:36.3
391	John David	1:11:16.0

Round 6 – 11/7/15 Sandown

Men Division 5 - 4 x 6.2km		
Leg	Name	Time
1	James Lynch	26.04
2	Travis McIntosh	28.40
3	Chris Struve	29.38
4	David Burke	32.10

Round 8 – 15/8/15 Angelsea Relays

Men Division 5 - Ekiden Relay			
Leg	Name	Distance	Time
1	James Lynch	9.8km	52.06
2	Travis McIntosh	8.8km	43.21
3	Chris Struve	7.9km	40.58
4	John David	5.2km	28.32

Round 9 – 6/9/15 Burnley Half Marathon

Men Division 5 - Half Marathon		
Place	Name	Time
320	James Lynch	1:41:01.2
325	Travis McIntosh	1:42:12.6
370	John David	1:57:42.7

Round 10 – 19/9/15 Tan Relays

Men Division 5 - 4 x 3.8km Tan Relay		
Leg	Name	Time
1	Rhys Rigoni	16:11
2	Philip Carydis	18:29
3	Chris Struve	18:01
4	James Lynch	17:20

Final Ladder Score:

Men Division 5												
Place	Team	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Mornington Peninsula	14	17	17	17	15	15	17	17		13	142
2	Williamstown	9	15	15	15	13	14	15	14	13	12	135
2	Old Xaverians	17		12	14	17	17	11	15	17	15	135
4	Diamond Valley	11	14	13	13	14	8	14	12	9	10	118
5	Glenhuntly	10	12	10	12	12	9	10	13	12	11	111
6	South Melbourne	7	13	14	9	10	13		11	14	7	98
7	Collingwood Harriers	13	10	9	10	8	10	9	6	11		86
7	Coburg Harriers	6	11	11	11	9	11		10	8	9	86
9	Oakleigh	3	9	8	8	6	6	12		10	8	70
10	Melbourne University	12				11	4	13		15	14	69
11	Knox Athletics	5	7			7	12		9		5	45
12	Ivanhoe Harriers	2	8	7			7		8		4	36
13	Ringwood	15									17	32
14	Traralgon Harriers	8					5		7		6	26
15	Athletics Waverley	4										4

Scoring:

Club points for the winter season were based on the following scoring criteria: 1st place = 5, 2nd place = 4, 3rd & 4th places = 3, Official/Volunteer = 4.

The total points awarded for the season for each athlete (in no particular order) were: James Lynch – 29, John David – 26, Rhys Rigoni – 10, Chris Struve – 36, David Burke – 14, Simon Rigoni – 4, Simone David – 4, Travis McIntosh – 17, Phil Carydis - 3, Jill Wallis - 4, John Wallis - 4, Chris David - 4 and Katrina Philp – 3.

Congratulations to Chris Struve for being awarded the Statewide Trophy for the most Cross Country points for the club. A very worthy winner who worked hard competing in almost every round of competition.

Thanks to all of our Winter CC athletes for being such a close team that was always willing to support each other. Also thanks to everyone who assisted with various club duties which personally made this season a lot more enjoyable.

Cross Country is a lot of fun and very rewarding. How great is it competing at some spectacular locations with each race being different. Some of the runs are challenging but just imagine how good you feel when you finish!

For our Open Men's division, distances range from 3.8km to 21.1km, and for Women it is basically half the distance.

If you are interested in competing this year please let me know and I would be happy to answer any questions.

John David
Winter Team Manager.

Track & Field Report

The season comprised ten rounds of interclub, one of which was cancelled due to extreme weather conditions, two rounds of AV Knockout and Championships.

Despite our low numbers of competing athletes a number of individuals competed to very high standards and the Club was well represented at Championship events.

We had three female athletes compete with distinction. Toula Andronicos competed 4 times with a PB in 200 m of 31.21. Unfortunately Toula has since moved to Canberra.

Sandra Rocha competed for the Club 7 times in throwing events, Javelin, Discus and Shot Put, well done Sandra.

However, our best performed female athlete was Simone David who competed 14 times over 7 rounds. Her versatility was on show with good performances in 100m, 200m, 800m, Javelin and Shot Put. Congratulations to Simone on a great contribution.

The men's team was underpinned by the marvellous contribution of David Burke who competed in 58 events over the full 9 rounds. His versatility is amazing and while his best events are sprints and jumps he still lined up for 1500's and 3000's to earn valuable points for the Club. A mighty performance from David.

Philip Carydis was also a solid contributor in middle distance and field events. Philip competed 16 times, improving his 800m time down to 2:40.39 and his 1500m time down to 5:36.98. Philip has lots of ability and I am sure he has the talent to improve those times even more.

John David also continues to impress with his determination. John competed 16 times for the Club, mostly in middle distance and field events, really enjoying himself, contributing and setting a great standard. Many of us part time athletes would benefit by taking a leaf out of his book and getting out there on the track. Congratulations to John.

It was great to see the Edney boys again this year with John just edging out his Dad in the Discus with a 21:35.

Our best sprinter/jumper this season, Jagmandip Gill had some injury issues but still managed a 11:37 100m, a 22.98 in the 200m a 7.09 in the knockout comp long jump and 13.55 triple jump. Well done.

Matthew Hall competed 11 times over 7 rounds scoring heavily in his throwing events. He is a very valuable member of our team. We have watched Matthew competing since Under 16's and we are very pleased to see him place 4th in the Victorian Championships discus with a throw of 33.60. This fine result was followed up with a gold and three silver in the Victorian Masters Championships.

Our wonderful Life Member, Tom Hancock, continues to amaze with his passion. Tom competed with distinction 18 times over 7 rounds of competition.

James Lynch has been our "long distance" man over many years. In between triathlons he still manages to be our best performer over the longer distance track events. Well done James.

It was great to see my old team -mate Phil Ramsay fly the flag late in the season with performances in 100m and shot put.

Not to be outdone by his young son Rhys, Simon Rigoni continues to impress with his determination to improve his fitness and tackle the longer track events, well done Simon.

Our junior members this year were down on numbers but certainly not on ability. Brayden and Lachlan King have a great deal of promise and continue to test one another out in competition. They have a crack at anything from 100m out to 1500m showing some really good times. Brayden had had a 13:13 over 100m and an excellent 26:42 over 200m. Not to be outdone, Lachlan had a 5:35.9 over 1500... closing the gap on James Lynch !! Well done to you both.

Finn Heikkila has been learning Pole Vault with coach Peter Rule and is showing quite a talent. Finn cleared 2.00m in the AV knockout comp. placing second, was silver medallist in the Under 14 Vic. Championships clearing 2.10 and then placed 5th in the Australian Under 14 Championships with a clearance of 2.25m. Shows he can handle the pressure, well done to Finn.

Rhys Rigoni is an impressive young man showing great maturity for his age. He is diligent with his training with coach Peter Rule and has worked hard at improving his multi-event performances during the season. Rhys competed 26 times for the Club over 9 rounds and was rewarded for his efforts in Championships. In the Victorian Championships he won medals in Under 16, Javelin (3rd), Pole Vault (2nd) and Discus (2nd). In the Australian Under 16 Championships Rhys placed 3rd in the Pole Vault with an impressive clearance of 3.60m. Of significance, Rhys placed 2nd in Victorian Heptathlon Under 16 Championships which illustrates his multi-event capability. Congratulations to Rhys for a fine season.

Jeff Franklin

AV Shield Results 2015-16

Name	Event	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7	Round 8	Round 9	Round 10	Best	Rounds (Events)
Spirithoula Andronicos	100m									14.56		14.56	3 (4)
	200m				31.91				31.21			31.21	
	Javelin (600g)									15.77		15.77	
Simone David	100m			15.20								15.20	7 (14)
	200m		34.35		33.22		34.26				34.06	33.22	
	800m		3:48.84		3:25.77							3:25.77	
	Javelin (600g)	14.01		13.10		12.58						14.01	
	Shot Put (4kg)		5.91		4.98		5.23				5.30	5.91	
Sandra Rocha	Discus (1kg)	7.72		8.57								8.57	5 (7)
	Javelin (600g)	8.89		6.64								8.89	
	Shot Put (4kg)		4.74		4.42				4.07			4.74	
David Burke	100m	13.94		13.61		13.81				13.33		13.33	9 (58)
	200m		27.28		28.16		28.01		27.55		27.96	27.28	
	400m	66.30		64.98		61.93				57.08		57.08	
	800m				2:50.81		2:45.94		3:13.26		2:53.45	2:45.94	
	1500m	6:21.9h		6:40.6h		6:17.6h				6:14.26		6:14.26	
	3000m		14:37.9h									14:37.9h	
	110m Hurdles (106cm)	23.07		22.54		22.83				23.90		22.54	
	400m Hurdles (91cm)		76.16		77.44		76.02		76.12		73.74	73.74	
	Long Jump	4.70		4.54		4.84				4.62		4.84	
	Triple Jump		10.25		9.92		9.74		9.75		9.94	10.25	
	High Jump		1.55		1.65		1.60		1.65		1.65	1.65	
	Discus (2kg)			19.37		19.92				19.47		19.92	
	Javelin (800g)			18.06		21.73				24.29		24.29	
	Shot Put (7.26kg)		5.96		6.55		6.50		6.68		6.63	6.68	
	4x100m Relay					56.59						56.59	
	4x400m Relay										5:15.02	5:15.02	
Philip Carydis	200m		27.98									27.98	7 (16)
	400m									65.10		65.10	
	800m		2:46.08		2:43.45						2:40.39	2:40.39	
	1500m	6:09.5h		5:47.0h						5:36.98		5:36.98	
	Javelin (800g)	NM		14.90		11.45				15.84		15.84	
	Shot Put (7.26kg)		6.25		7.24						7.47	7.47	
John David	4x400m Relay										5:15.02	5:15.02	8 (16)
	800m		3:11.33		3:10.90		3:10.09				3:11.35	3:10.09	
	1500m					6:39.3h				6:38.54		6:38.54	
	Javelin (800g)	13.57		14.99		15.82				14.13		15.82	
	Shot Put (7.26kg)		5.36		5.47		4.98				5.38	5.47	
	4x100m Relay					56.59						56.59	
	4x400m Relay										5:15.02	5:15.02	

Name	Event	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7	Round 8	Round 9	Round 10	Best	Rounds (Events)
Andrew Edney	Discus (2kg) Shot Put (7.26kg)	20.86	8.55		8.69	19.22						20.86 8.69	4 (4)
John Edney	Long Jump Discus (2kg) 4x100m Relay					4.40 21.35 56.59						4.40 21.35 56.59	1 (3)
Jagmandip Gill	100m 200m Long Jump Triple Jump					11.37 6.93	23.52				22.98 13.55	11.37 22.98 6.93 13.55	3 (5)
Matthew Hall	Discus (2kg) Hammer (7.26kg) Javelin (800g) Shot Put (7.26kg)	34.32 29.26	0.00 11.08	31.97 26.90			10.82				27.65 10.11	34.32 27.65 29.26 11.08	7 (11)
Tom Hancock (70+)	High Jump Discus (1kg) Hammer (4kg) Javelin (500g) Shot Put (4kg)		1.20 33.90 10.15	NM 29.27	1.15 34.18 9.84	29.97 28.67			1.15 NM 9.91	30.45 31.74	1.10 34.30 9.91	1.20 30.45 34.3 31.74 10.15	7 (18)
James Lynch	1500m 3000m 5000m	5:23.9h	11:11.8h	5:15.8h		5:21.4h 10:40.2h			11:17.23		18:53.0h	5:15.8h 10:40.2h 18:53.0h	7 (8)
Philip Ramsay	100m Shot Put (7.26kg)								5.17	18.91	5.23	18.91 5.23	3 (3)
Simon Rigoni	800m 1500m 5000m 4x400m Relay	6:28.6h									3:07.96 24:27.9h 5:15.02	3:07.96 6:28.6h 24:27.9h 5:15.02	2 (4)
Finn Heikkila (U16)	Pole Vault									1.90		1.90	1 (1)
Brayden King (U16)	100m 200m 400m 800m 1500m				26.57 2:46.07	13.29 5:37.8h				13.13 60.51	26.42 2:41.47	13.13 26.42 60.51 2:41.47 5:37.8h	4 (8)
Lachlan King (U16)	100m 200m 400m 800m 1500m					14.49 5:35.9h				14.32 66.58	29.47 2:58.83	14.32 29.47 66.58 2:58.83 5:35.9h	3 (6)

Name	Event	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7	Round 8	Round 9	Round 10	Best	Rounds (Events)
Rhys Rigoni (U16)	800m		2:17.31		2:25.08		2:14.54					2:14.54	9 (26)
	1500m	5:20.0h										5:10.7h	
	200m Hurdles (76cm)		31.77	5:10.7h	30.98		30.35				30.20	30.20	
	High Jump							1.45			1.45	1.45	
	Pole Vault					2.95				3.40		3.40	
	Discus (1kg)	36.38		38.42		37.73				38.94		38.94	
	Javelin (700g)	34.10		32.82		34.75				35.14		35.14	
	Shot Put (4kg)				9.48		10.46		9.53		10.45	10.46	
	4x100m Relay					56.59						56.59	

AV Knockout 2015/16

Name	Age Group	Event	Round 1 (wind)	Round 2 (wind)	Final		
Jagmandip Gill	Open	Long Jump			2nd	7.09m	(2.3)
Rhys Rigoni	Under 16	200m Hurdles (76cm)	30.34 (-2.2)	30.70 (-0.1)	6th	30.91	(-0.1)
		Shot Put (4kg)	10.51m		3rd	11.47m	
		Discus (1kg)	38.79m	39.27m	4th	42.06m	
		Javelin (700g)	32.92m		2nd	35.52m	
		Pole Vault	3.15m	3.15m	1st	3.20m	
Finn Heikkila	Under 14	Pole Vault			2nd	2.00m	

Victorian Championships

Name	Age Group	Event	Place	Performance
Matthew Hall	Open	Discus	4th	33.60m
Rhys Rigoni	Under 16	Shot Put (4kg)	5th	11.52m
		Javelin (700g)	3rd	39.61m
		200m Hurdles (76.2cm)	4th	(w: 0.4) 29.69
		Pole Vault	2nd	3.30m
		Discus Throw (1kg)	2nd	41.21m
Finn Heikkila	Under 14	High Jump	4th	1.55m
		Pole Vault	2nd	2.10m

Victorian Multi Championships

Men Heptathlon Under 16	Place	Points
Rhys Rigoni	2nd	3351
Heptathlon Event	Performance	Points
#1 100m Hurdles (84.0cm)	(w: -2.1) 15.54	648
#2 Shot Put (4kg)	11.52m	577
#3 High Jump	1.55m	426
#4 200m Sprint	(w: -0.2) 27.19	434
#5 Long Jump	(w: -0.9) 5.00m	382
#6 Javelin Throw (700g)	33.11m	343
#7 1500m Run	5:03.26	541

Victorian Masters Championships

Name	Age Group	Event	Place	(Graded) Perf.
Matthew Hall	40-44	Weight Throw 15.88kg	1st	(11.36m) 10.43m
		Hammer Throw 7.26kg	2nd	(32.63m) 29.00m
		Discus Throw 2kg	2nd	(39.41m) 35.79m
		Shot Put 7.26kg	2nd	(12.42m) 11.16m

Australian Championships

Name	Age Group	Event	Place	Performance
Rhys Rigoni	Under 16	200m Hurdles (76.2cm)	6th	(Heat 2) 30.07
		Discus (1kg)	13th	44.58m
		Pole Vault	3rd	3.60m
Finn Heikkila	Under 14	Pole Vault	5th	2.25m