

## New Committee takes up the Challenge

A substantial injection of new blood onto the committee has provided an increased level of enthusiasm to improve the club profile and performance.

Led by vice chairman Simon Rigoni the new committee has already made significant progress in its efforts to boost recruiting. A marketing sub group, headed by Anna Nicola and including Glen Nicholson, Tim Welch and David Bourke, has been formed. They have already revamped the handout brochure, upgraded the website streamlined junior training programs, and re-launched an electronic version of an old favourite the club newsletter "Cursus".

## Cross Country Report

After four rounds of Cross Country our Men's Open group has enjoyed some impressive performances. Most encouraging is that our team members have grown to eight with all runners from last year returning and a couple of new faces doing their best for Ivanhoe. Simone David has also joined and represented the females in tackling the demanding Brimbank Park 6km run.

Our relay team consisting of James Lynch, Andrew Newell, Aaron Barnett and rookie Simon Rigoni combined to kick off the season with an impressive performance around the 6km Jells Park Course. Then the team, bolstered with the inclusion of Chris Struve, David Burke and John David did the 8km run at Lardner Park. Whilst the conditions were pleasant, the hilly terrain, muddied swales and farm fences combined to challenge the runners throughout. James Lynch led the team home with an impressive performance that started with a sprint from the car park to the start line.

Round 3 was held at the even more demanding 16km course at Brimbank Park in East Keilor. It was great to see Travis McIntosh make his season debut with an impressive run out ahead of Chris and John who battled the unforgiving terrain.

Round 4 saw seven of our team compete running three demanding circuits of the hilly Bundoora Park, running to the highest point of metropolitan Melbourne on no fewer than six occasions. James, Andrew, Travis and Aaron all broke the hour mark for the 12km run while Chris was just outside. Simon and John kept each other in close check for most of the day providing plenty of entertainment for those who stayed long enough to witness their photo finish for 364<sup>th</sup> and 365<sup>th</sup> places.

The next phase of the cross country season focuses on flatter road style races heading up to the Burnley Half Marathon in September. If any member wants to test themselves at one of the upcoming races they are more than welcome.

## New Members

A warm welcome is extended to new athletes *Caitlin Dagher, Simone David, Harri Howden, Travis McIntosh, Tiarna McPherson, Alex McPherson* who have joined up as members. We wish them great success whilst competing with Ivanhoe Harriers.

# Presentation Night Success

Immediately following the AGM at LaTrobe University Sports Complex the annual presentations were held. During a very successful evening John Boas spoke of the desirability to award a long overdue life membership which the meeting overwhelmingly endorsed.

Congratulations are extended to all the trophy winners. Awards were given as follows:-

Trophy	Activity	Winner
<b>WA Rawlinson</b>	Best T&F Athlete in the Club	Glen Nicholson
<b>FJ Holpen</b>	Most Consistent A Grade (or Open) Athlete in Shield Competition	David Burke
<b>Statewide</b>	Most Cross Country points	James Lynch
<b>Lewis Hall</b>	The athlete up to U/23 who shows commitment to the Club and willingness to help others	Catherine Brennan
<b>Banyule</b>	Best Female Athlete	Bethany Illingworth
<b>St James</b>	Most Improved T&F athlete	Rhys Rigoni
<b>Boas/Hancock</b>	Most outstanding Field Event Athlete	Todd Dawson
<b>Buffalo Sports</b>	Most Improved Junior Athlete	Grace Dicker
<b>John Griffith</b>	Most improved junior high jumper	Abigail Adams



Additionally James Lynch, John David, David Burke, Peter Bovo, Todd Dawson, Matthew Hall, Phil Ramsay, Glen Nicholson, Stephen Pegg, Chris Struve & Tim Welch were awarded Team Medals for their performances in becoming the Men's Division 2 Premiers for Red Zone in the AV Shield.

## Life Members Swing into Action

Preparations for the 100 years celebrations took another step forward when the life members got together to arrange the program for the Gala night at The Centre Ivanhoe (formerly the Lower Heidelberg Town Hall).

The Men and Women's "Teams of the Century" have been selected after much deliberation by our experienced dedicated group of senior coaches and the results provides a fitting tribute to our athletes.

From a huge amount of painstaking work Andrew Edney has compiled a very comprehensive 100 year history book that traces the highs and lows, the stars and the stalwarts of the club. It will be a fascinating read and available for purchasing at the Celebration Dinner.

Don't forget to mark this important date in October on your calendars. It will be a great chance to catch up with old friends, reminisce about past glories and learn about developments of the current club. ***This will be a day not to be missed so reserve the date! Saturday October 11, 2014.***

## New Junior Development Schedule Released

To assist the steadily increasing number of junior athletes joining the club, Simon Rigoni has marshalled some of the coaching resources in the club. This has resulted in the formation of an improved additional training schedule for juniors. It is great to see these senior athletes being prepared to "Give back" to the club and it is now up to the junior athletes to take advantage of the experience and wisdom these new coaches are providing. The existing great work of our senior coaches John Boas and Peter Rule who work with high performance and specially selected athletes remains unchanged.

### Junior Coaching Availability

Day	Time	Disciplines	Coach
Monday (starts August)	TBC	Middle Distance	James Lynch
Wednesday ( starts 2 <sup>nd</sup> July)	4-5 pm	Pole Vault	Tim Welch
Wednesday ( starts 2 <sup>nd</sup> July)	4.15 – 6.15 pm	Throws	Mathew Hall
Wednesday ( starts 2 <sup>nd</sup> July)	5 – 6 pm	Sprints	Catherine Brennan
Sunday (starts 13 <sup>th</sup> July)	9 – 10 am	Long, Triple Jump	Glen Nicholson
Sunday	11 – 12am	Sprints	Stephen Pegg

The club is always on the lookout for aspiring coaches so if you have a desire to "Give back" buy way of coaching then talk to Simon Rigoni. Ph 0421381995.

## Cath Brennan's new sprints squad is flying

On Wednesdays at Wilinda Park Catherine Brennan's new sprints group can be seen in action. Catherine is highly credentialed, so this is an ideal opportunity for all young aspiring sprinters. There are still some places available in the squad so if you are interested just turn up at 5pm next Wednesday. Keep up the good work Catherine.

## Missing Persons

If anyone knows of a contact number or email for any of the following past members it would be greatly appreciated by the Centenary organizing committee. If you have information please phone Noel Burrows on 0419 365 428

Lara Stevens,  
Cassandra Grace,  
Erica Roadknight,  
Danielle Lynch,  
Vashti Bieber

Kate Nayda  
Loretta Nicol  
Rosemary Schmidt  
Wendy Holt  
Kylie Barlow

Amy Hirst  
Nathalia Naranjo  
Leah Arambatzis  
Annie Guillet  
Stephanie Arrowsmith

# Personality in Focus



## **Glen Nicholson (Athlete)**

The current WA Rawlinson trophy holder and club secretary.

**Favorite Event:** *Long Jump.*

**Funniest/Most Embarrassing moment:**  
*Tripping over during a triple jump warm up.*

**Inspired by:** *Mitchell Watt*

**Pet Hate:** *Tim not training hard.*

**Favorite TV program:** *Bogan Hunters.*

**Hobbies and Interests outside athletics:** *Bike riding and more athletics.*

**Proudest Athletics moment:** *Jumping a PB of 7.24m in the long jump.*

**Footy Team:** *Collingwood.*

**Your Pets:** *"Hugo" a Hungarian Vizsla (a dog).*

**Best Party Trick:** *Doing the splits.*

## Pole-vault Training

A dedicated group of keen athletes have continued training though the winter months. It was good to welcome back Alana Green who is returning from injury and also Maddy Heather who has made it down for a few sessions. With over a dozen athletes lining up for a turn at recent training sessions it has been necessary to form a junior vaulting group with Tim as coach. Good on you Tim, we wish you well with your coaching endeavours.

## Medical Room

Sadly our junior high jumper, Abigail Adams, is struggling with a knee problem. She will be having surgery on it in the very near future. We are thinking of you and wish you well and a speedy recovery.

## All Time Women's Rankings

Andrew Edney and David Illingworth have been scouring through the athlete's performances in order to put together an all time women's ranking list. This will be just like the existing men's ranking list. Look for it on the club Web page in the next few weeks.

