

Cross Country Report



The cross country season resumed on the 7th July. This following a few weeks of recess. A Relay Event at Sandown Racecourse was the next challenge.

It was one of those days where anything could have happened with the weather. First it was sunny, then it rained and for a while it even threatened to hail, but then again this is the cross country season and also Sandown Racecourse where we are used to extreme running conditions.

The Ivanhoe team on the day (in order of the relay) was *James Lynch, Andrew Jewell, Chris Struve* and to finish off *Travis McIntosh*.



Chris Struve digs deep in a previous Bundoora race to find that little bit extra.

The Sandown course included 2 laps of the motor racing circuit making a total distance of 6.2km for each runner.

Conditions, whilst variable, were probably still better than in previous years as there was less wind in the back straight. However it was still a tough course. Ivanhoe finished 13th out of 15 teams that competed on the day. Everything considered the team ran well with each individual making a strong contribution. The results were:

| Men Division 5 - 4 x 6.2km | | |
|----------------------------|-----------------|-------|
| Leg | Name | Time |
| 1 | James Lynch | 26.22 |
| 2 | Andrew Jewell | 27.11 |
| 3 | Chris Struve | 29.11 |
| 4 | Travis McIntosh | 27.11 |

Round six saw Albert Park the home of Victorian athletics host a 10km event for open men and women.

Zero degree temperature greeted the Ivanhoe Open Men's team as they arrived early Sunday morning to warm up in clear crisp conditions for the 9am start. The flat course consisted of two laps of the east side of the lake culminating in a marathon style one lap stadium finish at Lakeside.

First to enter the stadium for Ivanhoe was **Aaron Barnett** who completed the course in 44:26, closely followed by **Andrew Jewell** 45:03. Towards the later part of the field club powerbrokers, **Simon Rigoni** and **John David**, continued their ongoing battle. The former once again edged out the president who is reportedly focusing his preparation on the 15km round seven run at Wendouree Lake Ballarat.

Athletics Victoria AGM

The AV AGM was held on the 23rd of July and **John David & David Burke** attended to represent Ivanhoe Harriers.

This event included the presentation of the AV annual report and award nominations for Life Membership & Merit Awards.

The nominations (and acceptance) for the Life Membership awards went to:

Lorraine Morgan (AV Official/Glen Huntley AC),
Bill McLennan (AV Official/Ballarat Centre),
Ellen Perry (AV Official/Doncaster AC) &
Tamsyn Manou (Sandingham AC).

Tamsyn Manou was also the guest speaker and gave a very inspirational presentation on her love of athletics and her various experiences both at interclub and national events. Her presentation (including the AGM) can be viewed on Athsvic TV which is a link on the AV website.

The night also included the presentation of awards for the 2013/14 Winter & Summer seasons. Ivanhoe Harriers was awarded the winners trophy for the Red Zone Men's Div 2 section.



John David (IH Club President) accepts our team award from Lisa Hasker for the 13/14 winner of Men's Div 2 for the Red Zone.



“Cursus” and “The Cross”

Two questions often asked by newer members are:-

Why is there a red cross on the Ivanhoe uniform?
and

Why does the newsletter have the name “Cursus”?

The answers to both questions are buried deep in the club history, but very briefly, the cross is believed to be a derivation of the *St James Cross* and has been on the club uniform since the very beginning of the club in 1914.

The word “Cursus” which means “running” in Latin was used on the club’s first ever newsletter in 1961. It has been proudly displayed on every newsletter ever since.

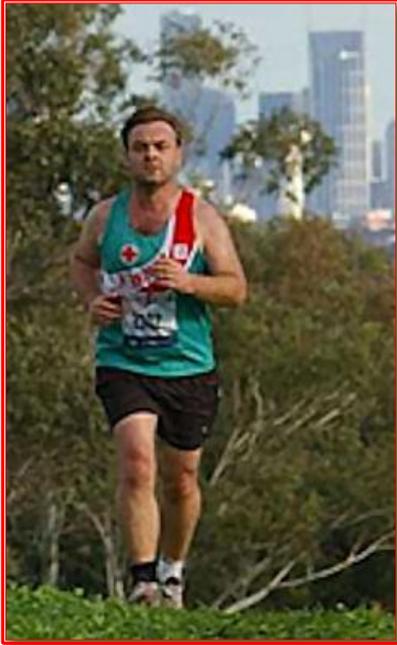
The full story about these two iconic emblems of our club, and much more, is recorded in the 100 years celebration book which will be available at the book launch at Centenary dinner on October 11th 2014. Make sure you purchase your copy.

New Throwing Group

A group of fascinated juniors watched on as **Matt Hall** let go a huge heave of the Discus to start the new throwing group. Matt Hall was demonstrating to the juniors what discus throwing was all about. Matt was very well organized with information on some of the world’s best throwers and he was quickly into explaining timing and technique to the young athletes. After a warm up jog of the oval and some specific throwing stretches and exercises the athletes were asked to show their style. From absolute beginner through to a State under age champion, each was assessed and individually helped. Matt then changed from Discus to Shot-put where he again helped each athlete with individual advice. It was a great session and well received by the juniors, but Matt we suggest you bring an old rag next time to wipe out the throwing ring rather than using your tracksuit top.

If you would like to improve your throwing, then link up with Matt on Wednesdays at about 4:15 pm.

Personality Simon Rigoni



Simon Rigoni (Administrator & Athlete)

The current club Vice President.

Nicknames: *Nothing spell check will allow*

Favorite Event: *Cross country.*

Funniest/Most Embarrassing moment: *Only beating John David by only .30 sec at Bundoora Park this year... how embarrassing.*

Inspired by: *Rhys Rigoni (his son).*

Pet Hate: *Cats.*

Favorite TV program: *Curb Your Enthusiasm.*

Hobbies and Interests outside athletics: *Rock Star.*

Proudest Athletics moment: *Running past David Burke up a hill.*

Footy Team: *Macleod.*

Your Pets: *Kookaburras – no names.*

Best Party Trick: *Drinking water out of beer bottles.*

Registration time

If you are planning to compete in the upcoming Summer Season now is the time to register. Registration is important as, at training, insurance only covers registered athletes. It is also important for the committee as it helps them decide which teams to enter in the various competitions available. For details on how to register go to the Ivanhoe Harriers website.

New Members

A warm welcome to *Naomi Nicola* who has joined our expanding under 14 girl's age group. We wish her great success whilst competing for Ivanhoe Harriers.

Medical Room

Abi Adams has now had surgery on her troublesome knee. The latest report says "Abi received a great assessment today. Both knees are good, no physio needed, she can start exercising and commence sports in 6 weeks! Abi is a very happy girl." That is just in time for the start of the summer season.

Upcoming events

Gala Centenary Dinner.

Invitations have gone out to all members, past members and friends of the club for the centenary celebration dinner on 11th October 2014. This will be held at The Centre Ivanhoe (formerly City of Heidelberg Town Hall) Upper Heidelberg Road, Ivanhoe.

On the night the club "Team of the Century" will be announced and a book celebrating the club's history "From St James Church to Willinda Park" will be launched. This 300 page book - compiled by life member Andrew Edney is fantastic value at \$30 per copy, and is a must read for all those who have been associated with the club. The book will be available for collection on the night.

No doubt the evening will provide an excellent opportunity to meet and greet old friends both before and after the formal dinner which commences at 7.30pm.

Early booking and payment is essential as attending numbers and payment needs to be finalised by September 5th.

Watching the Commonwealth Games

Besides giving an enormous amount of pleasure as we watched the athletes do their stuff in Glasgow, the Commonwealth games provided several excellent examples for younger athletes of how seasoned athletes can focus inspite of the most annoying distractions.

Alana Boyd was able to produce the goods in the most atrocious weather conditions by managing the things she could control such as the length of her run up and dismissing the factors she could not control, such as delays, heaviness of the rain, and official decisions to continue the event.

Sally Pearson was also put in a dreadful situation and had to cope with adverse comments and enquiring press reporters for all the wrong reasons. Again by eliminating as many of the distractions as she and her support team could, and focusing just on the elements of the race that she had control over she managed to come through with a super win.

The performance of high jumper Eleanor Patterson was a special interest for many Ivanhoe harriers people. All were thrilled with the gold medal result and a huge congratulations from IH goes to David Green on his coaching success. *David Green* and his family have been involved with Ivanhoe Harriers for several years and his daughters *Alana* and *Kyla Green* both compete as second claim for Ivanhoe Harriers.

