

## CROSS COUNTRY SEASON

*“Well, here we go again, another Cross Country season is with us. This is where we can slish through the mud, strain up the hills and grind out the miles in the rain ... I know, you can hardly wait.”* (These words from our old mate and CC Team Manager in the 70’s and 80’s, Bruce Meakin) ...hope you are keeping well Bruce.

The words still ring true, however our first event this year was on Saturday 22nd April at Jells Park in bright sunshine. The event was the Cross Country Relays over 6k for seniors and 3k for juniors.

Our Senior Team of James Lynch (24.12), Travis McIntosh (29.04), Thomas McGillion (25.28) and David Burke (36.02), flew the flag for Ivanhoe. We came 8th out of 13 teams in our division and a big thanks to David Burke for stepping up when a couple of guys were unavailable on the day.



Travis McIntosh

This was the first run for the Club from Thomas McGillion who has just joined us. Thomas was Captain of Cross Country at Ivanhoe Grammar School last year and will be a valuable member of

our Club in the future. It was nice to see that he cranked out a handy time in the relays.



Thomas McGillion

Our Under 18 team of Louis Ajani (11.50), David Greig (11.15) and Thomas Langdon (10.47) came 9th out of 14 Teams which was a good result given David and Thomas are aged 16 and 15 respectively. This result bodes well for next season. These three boys are part of a “stable” of runners now training at Chelsworth Park in Ivanhoe with Ivanhoe Grammar School runners. A great first up run from the boys, all of whom ran track during the summer months and are improving rapidly.



David Greig, Louis Ajani and Thomas Langdon

We are on an important re-build of our Club at the moment with gradual progress being made, evidenced by our Under 18 relay team. We need every person involved with the Club to be proactive in recruiting new athletes to grow the Club. We have relied entirely on John David who has been our sole organiser and Team Manager for years.

This is not a new phenomenon, Clubs and indeed Businesses rise and fall on the back of individuals making things happen or indeed doing nothing. Interestingly, I quote from Cursus dated April 1976, the words of the great Tony Williams.

*“The quality of distance running in the Club over the past few years has fallen from mediocre to almost non-existent.*

*This statement is not a reflection on the current distance runners in the Club, but rather a criticism of the Club in not making an effort to understand the needs of its distance runners and planning accordingly. This has been most apparent during past cross country seasons.”*

Harsh words indeed from Tony over 40 years ago. However, the Committee at the time together with the Coaches bent their backs and rebuilt the Club in just a few years such that Ivanhoe was one of the great distance running clubs during the 80's. I believe we can do the same again.

Our current situation is a little different than 40 years ago, however our numbers are similar. Coming off the back of the Willinda Park disruptions of 10 years ago and the multitude of other sporting activities available today, does make recruiting difficult but not impossible.

Strategic relationships such as rebuilding our historic links with Ivanhoe Grammar School are critical to our future success. We welcome any new ideas where we might expand strategic relationships with other clubs or institutions.



Thomas, Travis and team manager John David

## NEW MEMBERS

At the date of writing this article we welcome 3 new members to the Club.

Thomas McGillion, mentioned above in our Cross Country article, Chris Branigan and Jeremy Jones. In particular I single out Chris Branigan who is currently Head of Health and Physical Education at Ivanhoe Grammar School. Chris is a keen sportsman who has been a great supporter of Ivanhoe Harriers within the IGS environment and has been very helpful in the rebuilding of our historic connections with the School. Ultimately, students who train with us and improve their athletic performance are a benefit to the School athletic performance. A win-win for all concerned.

Please welcome Thomas, Chris and Jeremy.

## OFFICIALS

A special thanks to Barry Greig and Mary Langdon for helping out as timekeepers on Saturday 22nd during the Relays. We are always indebted to family members who give some of their time while watching competition.



## CROSS COUNTRY TRAINING

We are currently holding training sessions at Chelsworth Park, Ivanhoe on Mondays and Wednesdays from 4.30 to 5.30.

For some of the Ivanhoe Grammar students we start at 4.00pm if that better suits their programme.

Numbers vary, usually 4-6 out to 10-12 on a busy day, however the potential is much greater when we compare our numbers to the numbers at other schools like Marcellin.

Cross Country has been a “minor sport” at Ivanhoe Grammar for some years, so we see our involvement as not only beneficial to the health and fitness of the students but also promotional for Cross Country and the Club.

James Lynch has recently volunteered to assist with the training on Wednesdays which will be a great support, particularly if I am unavailable.

*Jeff Franklin*



The attached programme shows the Athletics Victoria events (AV) and in addition shows the Ivanhoe Grammar inter school events (AGSV) to assist individuals with planning their schedule.

## Cross Country Programme 2017

DATE	AV/AGSV	VENUE	EVENT
Friday 21 <sup>st</sup> April (4.30pm)	AGSV	Marcellin/Trinity Fields Melway 32 D9	
Saturday 22 <sup>nd</sup> April	AV	Jells Park	Cross Country Relays
Saturday 29 <sup>th</sup> April	AV	Jells Park	All Schools Relays
Saturday 6 <sup>th</sup> May	AGSV	Braeside Park Melways 88 D8	
Saturday 13 <sup>th</sup> May	AV	Wandin Park	8km Cross Country
Saturday 13 <sup>th</sup> May	AGSV	Ballam Park Frankston Melways 103 B3	
Saturday 20 <sup>th</sup> May	AV	Albert Park	All Schools Road Relays
Saturday 27 <sup>th</sup> May	AV	Cruden Farm	16km Cross Country
Saturday 27 <sup>th</sup> May	AGSV	Yarra Valley Grammar Melways 36 D12	
Saturday 3 <sup>rd</sup> June	AGSV	Brimbank Park Melways 14 H9	
Saturday 17 <sup>th</sup> June	AV	Bundoora Park	All Schools CC Championships 10km Cross Country
Saturday 8 <sup>th</sup> July	AV	Sandown Race Track	Road Relays 4 x 6.2km
Sunday 16 <sup>th</sup> July	AV	Albert Park	10km Road
Saturday 22 <sup>nd</sup> July	AGSV	Banyule Flats Melways 32 C4	
Tuesday 25 <sup>th</sup> July (2.00pm)	AGSV	Yarra Valley Grammar Melways 36 D12	AGSV Girls Championships
Saturday 29 <sup>th</sup> July	AGSV	Yarra Bend Melways 30 H12	
Saturday 29 <sup>th</sup> July	AV	Lake Wendouree Ballarat	15km Road
Saturday 12 <sup>th</sup> Aug	AV	Anglesea	Ekiden Relays 31.7km / 4
Sunday 3 <sup>rd</sup> Sept	AV	Burnley	Half Marathon
Saturday 16 <sup>th</sup> Sept	AV	Princes Park	Relays 4 x 3.2km