

Cross Country Report

Round 7 – Ballarat 15km Road Race

Our team travelled to beautiful Ballarat on the 16th August to participate in Round 7 of the Cross Country Season.

Great that we had a full team for this difficult race which involved two and a bit laps of Lake Wendouree, which was, and I think still is, the training ground for Steve Moneghetti. It sounds easy just doing a couple of laps around a lake, but the distance per lap was 6km and when you are running nothing on the other side seems to move - so quite a challenge.

It was great that it didn't rain but boy it was COLD!!!!!! A nice chilly wind blew at various stages of the race but that's all part of the fun of doing Cross Country.

Our team on the day was James Lynch, Aaron Barnett, Travis McIntosh and John David.

James again arrived late for the race but quickly went into action to lead our team and finished with a strong performance of 1:07. Aaron & Travis (fresh from his overseas trip) were not far behind with John happy to finish the long distance of 15km.

Report by John David.



James Lynch
*makes a bold move
away from a bunch
of other runners.*

Place	Name	Time
253	James Lynch	1:07:49.0
274	Aaron Barnett	1:10:10.5
279	Travis McIntosh	1:10:48.8
309	John David	1:21:41.5

Men Division 5 - 15km

Place	Team	Rank
1	VICTORIAN MASTERS	474
2	YARRA RANGES ATHLETICS	588
3	WILLIAMSTOWN	630
4	DIAMOND VALLEY	888
5	GLENHUNTLY	1016
6	IVANHOE HARRIERS	1099
7	SOUTH MELBOURNE	1131
8	OAKLEIGH	1144

Travis McIntosh
*looking relaxed
and running
strongly*



Round 8 – Burnley Victorian Half Marathon.



John David runs on strongly



Aaron Barnett maintains his form.

Simon Rigoni fights to keep John at bay



The final round of the cross country season is the Tan Relay. Ivanhoe currently sit in 8th place overall but are within striking distance of overtaking Coburg to claim 7th.

Rumour has it that some ring-ins may make their cross country debut for Ivanhoe to ensure this happens. Stay tuned.

P.S. **Aaron Barnett** has ventured to the UK to run in a marathon and has vowed to wear his Ivanhoe Harriers top. Aaron, we salute you, do the club proud.

Report by Simon Rigoni

284	James Lynch	1:38:19.8
313	Aaron Barnett	1:42:05.5
349	Simon Rigoni	1:59:44.0
354	John David	2:00:09.7

The Centenary Book

Ivanhoe Harriers strives to recognise success and publicly praise whenever it is due.

Reports from those who have had the privilege of an early look at "From St.James Church to Willinda Park" are strongly that this is such a time for recognition and public praise.

The Book project has been a focus of Andrew Edney's for over 20 years, and whilst many others are recognized for the valuable input along the way it has been Andrew's perseverance and determination to make the book happen which has been quite outstanding.

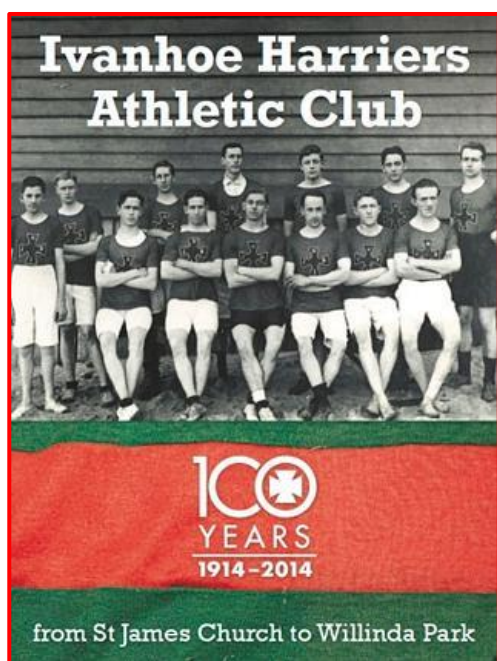
The content is extensive and accurate. The cover picture and final print quality is wonderful. This was evident in the reaction of viewers at Ivanhoe Grammar School, when they were shown the Book earlier in the month.

Sincere congratulations are extended to Andrew on a fantastic effort.

I am sure all purchasers of this book, "From St.James Church to Willinda Park", will treasure their copy in the years ahead.



Andrew Edney - Author



The Front Cover of the Centenary Book designed by Wayne Ramsey

Some Valued Publicity

The club received a nice bit of publicity when on Tuesday 9th September the Heidelberger newspaper published a lengthy article about the Gala dinner and the 100years celebrations. For those who missed the article in the paper it can be found online at <http://leader.newspaperdirect.com/epaper/viewer.aspx>

The Centenary Patch

This year being the clubs centenary, all registered competing members in the winter and summer season will be given a free 100th year patch to iron onto their competition singlet/croptop.

The patch was designed by Wayne Ramsay who developed many different designs around the criteria proposed by the committee. Wayne has been very generous with his time and is always willing to assist which is much appreciated by the club.

The IH committee considered all designs put forward and felt the one chosen was the best to compliment the colours and structure of the uniform and be effective for marketing.

Glen Nicholson did a great job dealing with AV to have the patch properly sanctioned. The max size allowed by them was 4cm X 4cm which became a difficult challenge to fit, but we succeeded.

Uniformity is vital, so it is important to have all the patches in the same position.



Following these instructions for application;

1. Locate the patch on the top as seen above, in line with the red cross and evenly spaced on the red sash.
2. Set the iron or heat press to approx 180 (C).
3. Apply pressure to garment to warm the area prior to badge application.
4. Place badge on top for application
5. Cover the badge with a thin layer of fabric (such as a pillow case)
6. Apply pressure for approx. 15-20 seconds. Pressure is the key to getting a good adherence.

If you are still concerned the patch may fall off then a small safety pin or a few discrete stitches could be used.

Registration time

If you are planning to compete in the upcoming Summer Season now is the time to register. For details on how to register go to the Ivanhoe Harriers website. Those athletes who have not competed for a few years follow Andrew Edney's lead and return to the harriers this summer. We would love to see you back.



Athletics Victoria Summer Program

Athletics Victoria has released some details of their two Summer Programs which starts on 11th October.

AV Shield Competition

The familiar team versus team competition known as the AV Shield remains the cornerstone competition for club athletes throughout the state of Victoria with four metropolitan and three country zones. The AV Shield caters for all athletes of any ability level, age or gender.

This coming season the AV shield will be enhanced by the inclusion of a new “zone versus zone” element. Athletics Victoria believe this will suite high achieving athletes as the new competition pathway will allow for a greater level of competition with three zone vs zone rounds, an AV Shield Final and a Zone Final all of which will be sanctioned competitions (therefore all performances will be recorded and eligible for selection purposes).

Ivanhoe Harriers will compete in the *Metro Red Zone*. This zone runs from the inner city with clubs like the Collingwood Harriers, all the way out to Whittlesea in the north-east. It is a considered a growth corridor for athletics and includes prominent areas such as Doncaster, Ivanhoe and Richmond. The competition venues this year are:-

Doncaster (4 times)	Rieschek's Reserve, Cnr Victoria & George Streets, Doncaster
Albert Park (2 times)	Lakeside Stadium, Aughtie Drive, Albert Park
Collingwood (1 time)	George Knott Reserve, Heidelberg Rd, Clifton Hill
Knox (1 time)	Knox Park Reserve, Bunjil Way, Scoresby
Nunawading (1 time)	Bill Sewart Athletics Track, Crn Burwood Hwy & Newhaven Rd, Burwood
Aberfeldie (1 time)	Corio Street, Moonee Ponds VIC 3039

Windy Meadowglen is a notable omission from this year's list of competition venues.

There will be eight rounds of competition plus a zone and an AV Shield Final.

AV Knockout Competition

For the 2014/15 season a new graded competition based on rankings will replace the sanctioned specialist group meets of last season.

Athletics Victoria say this format has been created to assist athlete development and provide an inclusive opportunity for participation in a graded based competition for all ages, events and genders.

AV Knockout is linked to the online AV Rankings portal. The 60 top ranked athletes for each event will be offered participation in the first round. The top 32 will progress to the following round and ultimately the top 16 ranked athletes in each event will compete in the AV knockout final.

Entries will be processed online with an individual event entry of \$10 per person per event.

More details are available on the Athletics Victoria website.

New Members

A warm welcome goes out to **Aisha Richdale**, **Matthew Stevenson** and **Jazmin Dicker**. **Aisha** will be in the open/Under20 group and **Mathew** joins our other boys in the under 14 team. **Jazmin** joins her sister Grace and brother Flynn as members of the Ivanhoe junior athletics group and will compete in the ever growing under 14 girl's age group. We wish them all great success whilst competing for Ivanhoe Harriers.



News from the Track

Glen Nicholson, Catherine Brennan, Stephen Pegg, and Tim Welch, four members of the open age group have been seen regularly at training throughout the winter months. Let's hope their dedication pays off handsomely for them in the upcoming season.

Several of our juniors have been equally dedicated and they now are moving into School athletic events. Already two of the junior boys **Rhys Rigonni** and **Hari Howden** have tasted success. Both were a key part of the Eltham College under 14 medley relay team which won a hotly contested Gold Medal at the Victorian All Schools Relay Championships. Well done boys.



*Hari – centre left
Rhys – centre right*

The junior girls are having some success too. **Grace Dicker** has taken on a big program winning her way through to compete in the State final in all of high jump, triple jump, 100m, 200m, 400m and a relay. **Bethany Illingworth** likewise is through to the State final in the 200m, 80m Hurdles and a relay. **Jazmin Dicker** ran second behind a girl nearly twice her height to make her way into the region final of the 200 meters. Her relay was not quite so successful, winning at district but being run out in the Division event.



Jazmin – far right

Medical Room

Several weeks ago one of our junior athletes **Flynn Dicker** sustained a nasty ankle injury whilst playing football. It was initially diagnosed as just a sprained ankle but 15 days later, after much pain & complaining it was re-diagnosed as a complex multiple fracture. Flynn has been in a plaster cast and a moon boot and is now getting specialist advice. We wish him a speedy recovery and hope to see him back in action in a few weeks time.

Personality of the Month

James Lynch



Current Statewide Trophy Holder
(For most Cross Country points)

Upcoming events

Sausage Sizzle fund raiser (20th September 2014)

The committee has organized a fund raising sausage sizzle at Bunnings Northland on the 20th September from 8.30am till 4pm.

Get down and support the club by buying a sausage in bread and an ice cold can of soft drink! Feel free to contact the club if you would like to volunteer some of your time.

Gala Centenary Dinner. (11th October 2014)

The event is fast approaching and there are over 160 confirmed reservations. While the original final date for booking and payment has now passed, the organizers have been able to make special arrangements with The Centre, Ivanhoe, to extend the date for finalising attendance out to September 19th. So those invitees that haven't booked their place at this once in a lifetime event can still attend

Summer Season

The first round of AV Shield is on Saturday 11 October 2014 at Doncaster starting at 1.00pm using Program 2.

James Lynch

Athlete and Coach

Nicknames: *Rex*

Favorite Event: *Any Long distance.*

Funniest/Most Embarrassing moment:
Breaking the goal post in an Under 19 AFL game – Fitzroy vs Hawthorn

Inspired by:
*Internationally, Mick Doohan – World Motorbike champion & Craig Alexander – World Ironman Champ.
Locally, John David – Club Marathon king*

Pet Hate: *Don't have any. Life is too short to worry about other people & their behaviour.*

Favorite TV program: *NFL American football.*

Footy Team: *AFL – North Melbourne & NRL – Melbourne Storm.*

Your Pets: *No pets.*

Best Party Trick: *No special tricks.*

Proudest Athletics moment: *Professional Running – Winning the 2009 Bay Sheffield Frontmarkers Mile – Glenelg South Australia & Runner Up 2009 Stawell Novice Mile*

Hobbies and Interests outside athletics: *Enjoy the outdoors, travelling & trying to keep fit – just completed my third Full Ironman.*

“Cursus and the Cross” feedback

Following the mention in last issue two interesting messages have been received.

*re "Cursus and Cross", and I felt bound to comment. In my time, the cross was considered to be based on the Maltese Cross, a square figure containing four arms often used on headstones and the like and related to the eight Christian beatitudes and to the four cardinal virtues - prudence, temperance, justice and fortitude. The 'St. James Cross' is more heraldic and is shaped in the like of a sword or a dagger; its relationship to St. James the saint is obscure to me. Considering that the Harriers, and the cricket and tennis clubs, had origins as St James' Church activities and so the Maltese cross association sits better in that context.
Cheers
Reg Jackson*

*What a fantastic Newsletter. As one of the "founders" of the newsletter and the one who with my brother Peter checked my old school Latin dictionary to come up with the name "Cursus" and who hand wrote the newsletters which were transcribed on the old Roneo machine and printed by Jack McCann's secretary at the Defence Department, I continue to marvel at just how simple the physical production and sending of newsletters is today. The big marvel is how the post office managed to read our hand written addresses on the newsletters. We could write about one hundred addresses in an hour.
Some things remain the same. Someone has to do the legwork to get the information and put it together and congratulations to the editor/compiler, a great job.
Cheers to everyone,
Michael Carter*

Go Hoe