

Presidents Message to the Athletes

As we embark on the first track season in our centenary year I would like to take the opportunity to wish all the athletes great success in their endeavours.

I personally regard it as a privilege to represent such a long lasting and revered club and I trust the newer athletes will come to feel the same way.

As we start this season I am pleased to say the club is in a healthy and growing state. By the efforts of many we have managed to more than double the number of athletes competing since the start of last year. We will have teams registered in each of the core age groups with a significant number of both boys and girls competing in our junior teams.

The senior teams likewise have been bolstered by the return of a number of athletes who have come out of retirement. I encourage anyone thinking about returning to "step out" and make the effort to get back on the track. You will be most welcome by all.

Whilst at Interclub I urge people to arrive a little early or stay on after their events have finished to cheer on others who are wearing the Ivanhoe uniform. A good strong cheer from the stand often gives the competitor that little bit extra energy to make a special effort.

The club will of course be expected to provide assistance to the officials in order to run the program efficiently, so I encourage people to volunteer from time to time. A little help from many people makes the task much easier.

Finally I wish all athletes a most successful season. Success is not necessarily about winning but more about achieving personal goals and having fun.

GO HOE

John David, President.

Final Cross Country Report

Round 9 – The Tan Track, Kings Domain

On Saturday 20 September the 2014 cross country season culminated in a relay event at Melbourne's spiritual home of running, the Tan track in the heart of the city's sporting precinct. Ivanhoe Harriers had a team made up of two senior athletes and two junior athletes. All competitors completed one lap of the 3.8km circuit, which winds its way around the iconic Botanical Gardens and Kings Domain.

It was **Simon Rigoni** that led the team off and he came back in 10th place with a time of 17.48 mins. **Simon** was followed by his son **Rhys** who did a sterling job making it around the circuit in 16.05 mins. **Harri Howden** in his very first outing for Ivanhoe Harriers was next up and with the good run of 15.31mins managed to pick up a place to move the team into overall 9th position. **James Lynch** finished off the race covering the journey in 16.14 mins to give an overall team time of 1:05:36. Well done guys.

In the overall division 5 rankings Ivanhoe finished the season with 68 points and in 8th place just one point behind Coburg. Congratulations to all athletes who participated in cross country this season, you did the club proud.

Simon Rigoni leads the team off around the tan.



Aaron Barnett in the Purbeck Marathon

News from Overseas

Aaron Barnett recently ventured to the UK and ran in the Purbeck Marathon wearing his Ivanhoe Harriers uniform. This Marathon describes itself as one of the World's Most Scenic Marathons. The event starts and finishes at Swanage on the south coast. It first heads out along the Jurassic Coast through Kingston towards Swyre Head and along the ridge to Tyneham Cap. The route then leaves the coastal path and runs through Tyneham and up and along the ridge of Purbeck Hills towards Corfe Castle and returns back to Swanage finishing on the seafront. The course, with over 3000 feet of climbs, has spectacular sea and landscapes views. It is a predominately off-road Marathon that is both challenging and rewarding Aaron, we salute you, you did the club proud.

Melbourne Marathon

Two Ivanhoe athletes, **Aaron Barnett** and President **John David** bravely fronted up for the high profile Melbourne Marathon. While the temperature was a cool 11 degrees when the race started at 7am, it quickly warmed up. There was brilliant sunshine as family and friends lined the streets to cheer on more than 32,000 participants. **Aaron** was first home, coming in 429 out of 780 finishers in the 40-44 category. His time was 3:55:58. **John** like many of the other later entrants struggled with the warm conditions and it became a battle to keep cool. John was also suffering from a flu virus but he kept battling on and eventually finished the event. John was placed 176th in the 55-59 category. Well done to both Aaron and John.

Summer Track and Field Start

AV Shield Round 1

Balmy sunshine saw a good turnout of Ivanhoe senior and junior athletes at the recently resurfaced Doncaster Track. It was pleasing to welcome some new faces and welcome back the old familiar ones.

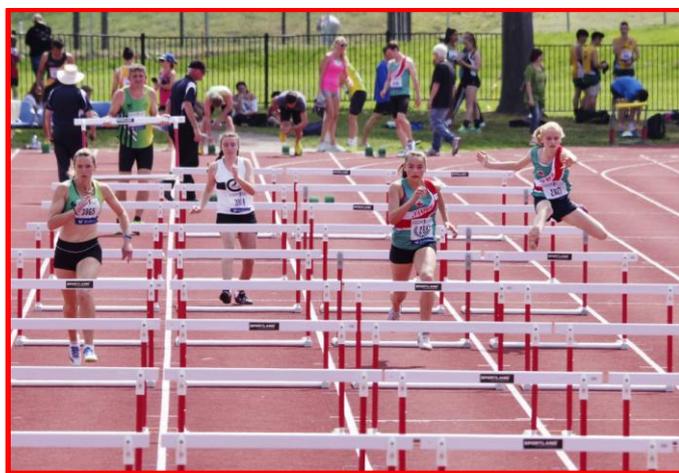
Confusion reigned initially as athletes from all clubs formed long queues as they struggled to register for field events under the new Athletics Vic rules, but in spite of this difficulty the program got away promptly.

First up were the hurdles and there was quite a bit of supporter cheering for **David Burke** as he started his, typically, very full day of events. A new starter for Ivanhoe, **Tiarna McPherson** joined with **Bethany Illingworth** and both made a good showing in the Under 14 80 meters hurdles event.

Out in the middle of the oval **Tim Welch** was going through his pole vault paces and eventually recorded a good vault of 4.15 meters off a short run up. **Flynn Dicker** coming back after injury also did well in the under 16 boys competition, whilst latter in the day the under 14 girls **Kyla Green**, **Grace Dicker** and **Bethany Illingworth** kept the supporters amused with their varying approaches to the event. But they all good enough to eventually take the top three places in the Under 14 girls vault.



Tiarna McPherson makes her first appearance for the club in the 100 meters



Bethany Illingworth and Tiarna McPherson in the 80 meters hurdles.

At the discus ring, on the second oval, there were six Ivanhoe Harriers throwers going through their various turns. **Andrew Edney** and son **John Edney** joined with **Matt Hall**, **David Burke** and **Bethany Illingworth** but it was **Rhys Rigoni** with 33.89m who looked to be an impressive thrower even though he was nursing an Achilles tendon injury.

The sprints were on in the front straight and plenty of Ivanhoe uniforms were on display. Eight athletes did the 100m dash with **Stephen Pegg** being the fastest with a time of 11.29. **Catherine Brennan** showed the younger girls how to do the event, but unfortunately, she just missed breaking the 13 sec mark. **Grace Dicker** and **Bethany Illingworth** resumed their now regular tussle in this event, whilst new girls **Tiarna McPherson** and **Jazmin Dicker** showed good speed as well. **Catherine** latter remarked that sprint times could be a bit slower than normal on the still very spongy and unresponsive resurfaced track.





Catherine Brennan in the 100 meters.



Grace Dicker in the 100 meters.



Naomi Nicola striding out in the 2km walk

By this stage quite a small crowd of Ivanhoe sympathizers had gathered in the stand and there was considerable laughter, cheering and camaraderie. Many were pleasantly surprised when tiny new recruit *Naomi Nicola*, just 9 years old, took on a host of much bigger athletes in the 2000 meter walk. She showed some excellent form, and beat home 10 of the 31 starters to be fifth out of 8 in the under 14 competition. Very well done Naomi.

In the centre of the arena *David Burke*, *Glen Nicholson* and *Matt Hall* all competed successfully in the Javelin with Glen throwing 32.74m.

Matt Hall throws the Javelin.



In the long jump **Glen Nicholson**, after some early foul trouble, was well out over 7 meters to be the outstanding long jumper of the day. The group warmly welcomed back **John Edney**, son of Andrew, as he made his comeback for Ivanhoe in the Long Jump. The club wish him well in his return to athletics.

Later in the day the two new under 14 girls, **Tiarna** and **Naomi** both jumped well in their competitions.

There was no surprise to see **David Burke** front up for a 400m, but it was great to see new recruit **Jazmin Dicker** take on this tough event. She came in third fastest under 14 girl on the day. Well done Jazy.

Tiarna McPherson at the Long Jump



Glen Nicholson powers away after taking the baton from David Burke.



Naomi Nicola gets ready to hand the baton on to Bethany Illingworth.

For many the relays proved to be the highlight of the day. Woman's team manager **Catherine Brennan** asked the two smallest girls **Naomi** and **Jazmin** to participate in the under 14 relay. The girls were stoked to be asked but very nervous that they could be successful. **Jazmin** had never started with blocks before and **Naomi** worried she may not be quick enough. It was even more intense because the team included the "big" girls **Grace** and **Bethany** which meant the team consisted of two lots of sisters. Everyone knew that if it went wrong the drive home could have been very uncomfortable. As it turned out all girls ran fabulously and the team won by over half the length of the straight. What delight it was for the girls and the Mums who were watching on. Just to top it off, that race won the Under 14 competition for the girls beating Diamond Valley 447.5 to 430 points. This is the first win over Diamond Valley for many years.

Flynn Dicker joined **Stephen Pegg**, **David Burke** and **Glen Nicholson** to form a winning combination that cruised around the track in 47.68 seconds which gave the men's Division 2 team a good overall win on the day.

Overall it was a great fun filled start to the season, and with more athletes to still make their appearance things look promising for a good future.

For the full list of all results check out the Ivanhoe website.

Centenary Dinner Celebration

A most successful meeting of over 200 people gathered to celebrate a century of athletics with Ivanhoe Harriers on Saturday 11 October. Thanks go to all who contributed in making this a special occasion. Complete details will be given in a subsequent edition of Cursus.

Schools/University Success

The Hume Region T & F final was held on October 10th and **Grace Dicker** had a big day achieving PB's in all the events she contested. By winning her 100m and triple jump **Grace** joins **Bethany Illingworth** and **Jemma Laffy** at the Victorian Schools State Finals. **Kyla Green** was successful in winning the 12/13 Javelin throw in the Gippsland Independent Schools Championships.

Alana Green also ran in a relay at the recently held University Games in Sydney.

Victorian State Finals

Friday 17th October was a big day for three of the clubs young athletes. It was the Victoria Finals of the Schools Track and Field program. Sprinter **Grace Dicker** ran beautifully in the 12/13 year olds 100 meters to gain the bronze medal. **Bethany Illingworth** took home the Gold medal for the 12/13 years old 80M hurdles and came sixth in the 200 meters. **Bethany** was joined by **Jemma Laffey** in the 4X100 relay which was also fast enough to take out third place. It was great to see all three Ivanhoe athletes go home with well deserved medals. Great work girls.

N.B. If you know of any special results make sure you tell Anna Nicola to get them into Cursus.

New Members

The club extends a warm welcome to three new athletes **Jagmandip Gill**, and **Max Punchihewa**, who have joined up as members. These guys will increase both the quality and depth of talent in the men's teams. We wish them both great success whilst competing with Ivanhoe Harriers.

The club also welcomes back past members **John Edney**, **Tom Hancock**. and **James Wendt** who have not competed for some time. Good luck with your comebacks.

Jackets and badges

The club has organized for a limited edition centenary jacket to be an optional part of the uniform. To see and try on a sample for size contact Glen Nicholson. Final price will depend on the number of jackets ordered but is expected to be in the order of \$50. Extra centenary badges are available from John David.



Personality of the Month

Catherine Brennan

Athlete and Coach
Lew Hall trophy winner

Favorite Event: 100meters.

Funniest/Most Embarrassing moment: *Having to wear a pair of men's running shorts because I forgot mine on competition day. It was really obvious!!!*

Inspired by: *My Great POP! He is 100 years old and still going strong.*

Pet Hates: *People chewing gum loudly. The toddler leashes. People who do not restock the toilet paper in the bathroom. That blackboard scraping noise.*

Favorite TV program: *Game of thrones, Big bang Theory, The Vampire diaries, Gossip girl and the doctors.*

Footy Team: Sydney Swans

Your Pets: Hugo

Best Party Trick: *Keeping the party going.*

Proudest Athletics moment: *Winning my first Little Athletics gold medal in the under 14 100meters.*

Hobbies and Interests outside athletics: *Hockey and going on camping holidays.*



Fund raiser result

We had a very successful fundraising BBQ at Bunning's Northland last Saturday where we obtained some much need funds for our club. It was a full on long day with hardly any breaks, but worth the outcome being in excess of \$2000. I personally would like to thank Catherine Brennan, Glen Nicholson, Tim Welch, Kellie and her great family, David Burke, Simone David & James Lynch for their hard work and energy to get this job done. Special thanks to **MorCo Fresh** who kindly donated 15 Kg of onions

Report by John David (President)

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