

Summer Track and Field

AV Shield Round 2 Sunday 19th Oct 2014

Surprisingly this round of Shield Competition was held on a Sunday afternoon. It was originally set to be held at Nunnawading however some late changes saw the venue changed back to Doncaster. It was a fine day and the athletes were in good form. The old Master **Tom Hancock** made his return and performed admirably in both the shot-put and hammer throw. Tom competed in an overage section and he has put out a plea for more overage athletes to come down to the track and bolster our numbers in that competition.



Tom Hancock in Action

Another of our veterans **Phil Ramsay** was also at the track, not competing but acting as an official. Thanks Phil for doing this, we always seem to be in difficulty supplying sufficient helpers and your efforts do not go unnoticed. Kelly Scones is our organizer of officials and she is always looking for extra helpers so if you can find an hour or so in your day become a volunteer.



Phil Ramsay officiating on the finish line



It was newcomer **Harri Howden** that led the charge in the 200 meters where he ran a creditable 27.66 sec. The **Laffey girls Hannah and Gemma** were able to be at interclub for the first time and they teamed up with the two Dicker girls to make it 4 competitors in the Under 14 Women's 200M .



Grace Dicker

Gemma leads Hannah and Jazmin in the 200 meters



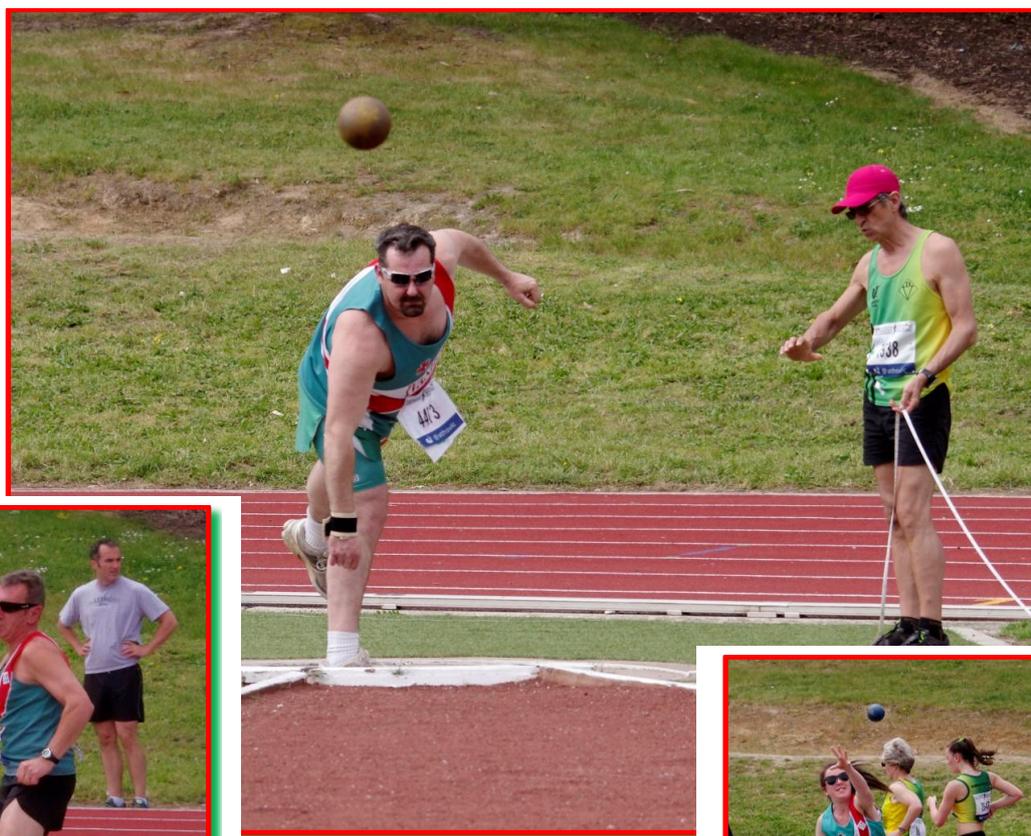
Harri Howden I the 200M



Hannah Laffey plucked up some courage and joined Bethany Illingworth in running the 200M Hurdles.



The shot-put area was a beehive of activity. In total Ivanhoe had eleven competitors there. The senior athletes were very visible with **Matthew Hall**, **Andrew Edney**, **David Burke**, **James Lynch**, and **John David** all throwing the heavy shot. **Simone David** represented the senior women Tom Hancock the overage and **Rhys Rigoni**, **Bethany Illingworth** and **Grace Dicker** were the Juniors having a go.



Matt Hall lets go of a big throw.



John and Simone David in action.

The high jump produced mixed results. **Catherine Brennan** was jumping well but sustained a leg injury which hampered her for the rest of the Day. **Grace Dicker** was jumping along side Catherine and had a much better time. She cleared 1.40M which becomes the new Club record for the Under 14 Girls.



Grace Dicker setting a new Under 14 High Jump Record

Catherine and Grace high jumping



Naomi Nicola plugged away with a fine performance in the 1500m walk to gain useful points for the team.



Another Girls Under 14 club record was bettered on the day. In the triple jump **Bethany Illingworth** was very excited when she leapt over the 10 meter mark to raise the record to 10.06M. Meanwhile in the men's open division **Glen Nicholson** jumped 12.71 M

Bethany Illingworth in the process of setting a new triple jump record

Back at the team table peer group pressure was mounting on **Flynn Dicker** to run a leg of the Mens Open 4 X 400 relay. Eventually Flynn relented and a team of **David Burke, Harri Howden, Flynn Dicker and Rhys Rigoni** took to the track. This makeshift team ran a respectable 4:14.97 to gain 12 points for the team. Good on you Flynn for getting out there for the team.

A very young team of Under 14 Girls namely **Jazmin Dicker, Naomi Nicola**, and the *two Laffey girls* did the job in their 4x400 relay and earned 36 points for the team.

Personality of the Month

Bethany Illingworth

Athlete
Banyule trophy winner

Favorite Event: *100meters and high jump.*

Funniest/Most Embarrassing moment: *Getting stuck in the blocks at training after trying to switch leg positions, It did not end well.*

Inspired by: *Nick Vujicic*

Pet Hates: *Spelling and filling in this profile form.*

Favorite TV program: *Modern Family.*

Footy Team: *Hawthorn*

Your Pets: *Two dogs, Bonnie and Floki and a cat Tashie.*

Best Party Trick: *Demonstrating my double jointed fingers.*

Proudest Athletics moment: *Beating the Vic State Champion Eliza Walsh in the heat of the 80 Hurdles at the National Championships. This got me a place in the final.*

Hobbies and Interests outside athletics: *Volleyball, Netball and AFL Football.*



Bethany Illingworth

New Members

The club extends a warm welcome to new athlete Kyle Britton. Kyle comes from the Kilmore area where he is well known for his football ability. He joins the under 16 boys team but is sure to be called on to bolster the sprinting and jumping in the men's open team. We wish Kyle great success whilst competing with Ivanhoe Harriers.



The club warmly welcomes back past members Terence Beaton and Braden Fraser. These two athletes were named in the Ivanhoe Harriers Team of the Century so this is some real class returning to the competitive ranks. Todd Dawson has also returned and will undoubtedly have an impact on the pole vault and javelin events. Good luck Todd.

AV Shield Round 3 Saturday 25th Oct 2014

Unusually Collingwood was the venue for round 3 of the AV shield. The weather was good and all was set for a fine day of athletics. Unfortunately a difficulty was uncounted almost immediately as the club struggled to find sufficient helpers to fulfil all its required duties. Eventually some were found and a special thanks is given to those that gave of their time.

Much of Ivanhoe's efforts for the day focused around the long jump pit where our officials and athletes were performing. **Glen Nicholson, Timothy Welch, John Edney, David Burke, Catherine Brennan, Naomi Nicola** all jumped well.

The 100m dash also saw plenty of Ivanhoe action as 5 men and 4 women participated. **Stephen Pegg** led the charge with an 11.6 sec run.



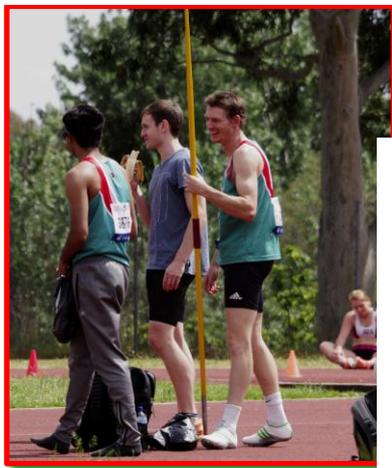
Andrew Edney



In the high hurdles it was John Edney and David Burke with equal times whilst Rhys Rigoni and Bethany Illingworth ran though nicely as they prepared for the upcoming schools competition.

At the discus it was the usual suspects Andrew and John Edney, Tom Hancock, Rhys Rigoni and of course David Burke all putting in a big effort.

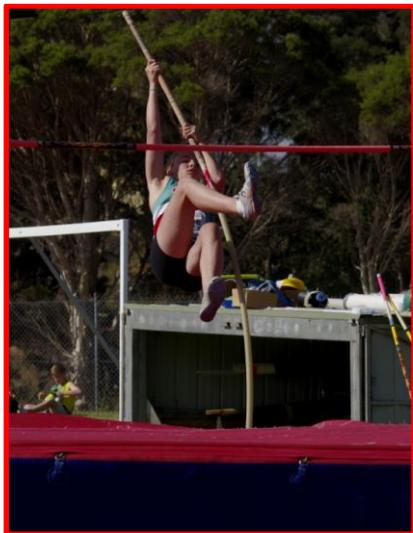
Quite a social group met at the Javelin to have a throw in the men's open Div 2. It was new recruit Jagmandip Gill who showed the best form as he threw nearly 40 meters.



Tim, Glen Stephen and Gill relax at the Javelin



Gill lets one go.



Timothy Welch slipped over 4.30M to win the men's Pole-vault, whilst both *Rhys Rigoni* and *Bethany Illingworth* regained some of their previous good form.



Stephen Pegg *David Burke* and *Harri Howden* showed good in the 400 meters and a couple of older gentlemen in *Phil Ramsay* and *Simon Rigoni* and youngster *Naomi Nicola* also went around the track.



Stephen Pegg at the start of the 400M race.

James Lynch led the distance group who tackled the 1500 meters race. *Aaron Barnett* *Simon Rigoni* and *David Burke* also ran and picked up valuable points for the Men's Open Div2 team. *Jazmin Dicker* ran the event for the Under 14 girls and did a very good job.



Harri Howden

The Open Mens relay team of *Stephen Pegg*, *Jagmandip Gill*, *Timothy Welch*, and *Glen Nicholson* was terrific again in clearly winning their Division with a time of 45.37 seconds

The women's relay team of *Jazmin Dicker*, *Grace Dicker*, *Bethany Illingworth*, and *Catherine Brennan* was also strong and recorded a time of 55.34

On the day it was a massive win for the men's Div2 team the final points being:-

- Ivanhoe 211.5
- Preston 148
- Whittlesea 41

With a greater middle distance and walks presence this team could do well in Div 1.

Go Hoe