

Happy Christmas

Hello All Athletes and Friends,

We have had a great summer season so far with some very impressive performances. Well done to all of our athletes and coaches. I look forward to the second half of the Summer season with the good performances continuing and the possibility of some of our teams competing in the Shield finals.

On behalf of the committee I would like to wish all of our members and their families a very safe and enjoyable Christmas & New Year. Enjoy the rest, and I look forward to seeing you all in 2015.

John David
President

Summer Track and Field

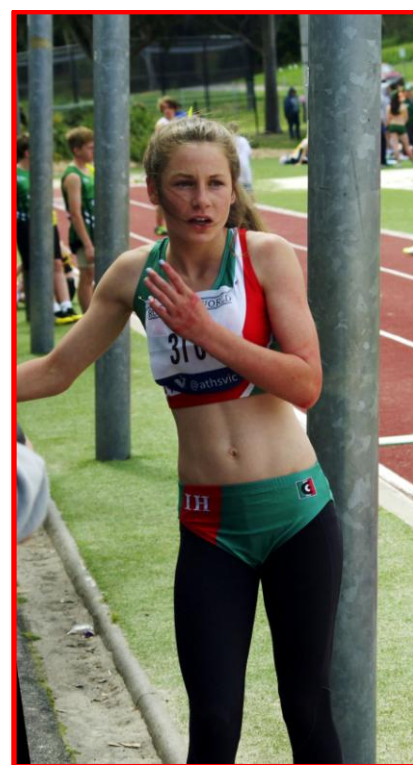
AV Shield Round 4 Saturday 1st Nov 2014

It was the Saturday of the Melbourne Cup weekend and we were back at Doncaster. The Number of athletes was down considerably at all clubs and Ivanhoe was no exception.

The weather was overcast with occasional showers and there was a bitterly cold wind blowing in from the south west. Not the best conditions for athletics but somehow we were lucky with the showers and we got through the program without delay.

David Burke started proceedings by running a 400 meters hurdles then joined **Jagmandip Gill** in the 200 meters. Gill ran a fine 23.12 seconds in the blustery conditions. **Rhys Rigoni**, **Grace Dicker** and **Naomi Nicola** represented the juniors. It was a great surprise to everybody when Grace turned out in the old style Ivanhoe Harriers "Bloomers" from a bygone era. It looked rather ridiculous and caused quite a few laughs amongst the small group of on lookers.

*Grace Dicker in her
old style "Bloomers"*



Bethany Illingworth ran a well controlled 200 Hurdles race while **David Burke, Thomas Hancock, Grace Dicker, Jazmin Dicker** and **Naomi Nicola** all had a go at high jump.

The throwing events of Hammer and shot-put were left to veteran **Tom Hancock, David Burke** and **Rhys Rigoni**. Elsewhere **Jagmandip Gill** achieved 13.52M in the triple jump.

The walkers were on the track it was under 14 **Naomi Nicola** who put in a fine performance in the 1500 Walk. She broke ten and a half minutes and in doing so broke the club age group record. Well done Naomi the club needs more walkers just like you.

Simon Rigoni and **David Burke** did their best in the 3000M race and earned valuable points for the Div 2 team in the process.

The big issue of the day was putting together some medley relays. The girls worked it out **Naomi Nicola** and **Jazmin Dicker** would do the 200M legs **Bethany Illingworth** the 400m and **Grace Dicker** in her fancy bloomers would finish with the 800m. Their time of 5:07.57 was good enough to earn the team a huge 42 points.



Are Grace and Bethany working out relay positions or checking out some guy?

Rhys carries the baton for the men's relay team.



The men decided the team would be **Glen Nicholson, Jagmandip Gill, David Burke** and **Rhys Rigoni** and they managed a respectable 4:30.07.

At the end of a cold, wet and windy day everyone was pleased to pack up and get on home.

AV Shield Round 5 Saturday 15th Nov 2014

Good sunny conditions greeted athletes as they turned up to compete at the Tom Kelly track in Doncaster. There were several new starters for Ivanhoe and in particular it was great to welcome back team of the centaury members **Braden Fraser** and **Terry Beaton**. Getting back athletes of such quality is a real boost to the club. Thanks guys for making the effort.

Attendance was excellent and it seemed like there were Ivanhoe uniforms everywhere. In all 28 men and 9 women participated on the day. Many comments were made, even from other clubs, that Ivanhoe Club is steadily getting its act together.

Ivanhoe was well represented in the 100 Meter Dash. The men's open team of **Jagmandip Gill**, **Glen Nicholson**, and **David Burke** was complimented by the return of **Braden Fraser**.

Braden Fraser wins the 100 meter dash



The junior boy's sprinters were **Harri Howden** and first timer **Kyle Britton**. Kyle impressed in his first outing for Ivanhoe.

Seven girls fronted up for the sprints led by their coach **Catherine Brennan**. It was particularly pleasing to see **Caitlin Dagher** make her debut run in the Under18 competition.

It was the sprint hurdles program and **David Burke** fronted up for the 110M high hurdles. Unfortunately David took a tumble in the race but bravely recovered the situation to finish the race albeit rather bloodied for the experience.



Kyle Britton sets off in the 400 meters

The 400m's was led off by **David Burke**, **Phil Ramsay** and **Kyle Britton**. Kyle ran a very nice 52.38 and **Harri Howden** 60.34, while **Jemma Laffey**, **Hannah Laffey** and **Naomi Nicola** completed the one lap for the girls team.

It is not unusual for heaps of Ivanhoe athletes to be gathered at the long-jump pit. But on this day 12 athletes competed, with fine performances from **Jagmandip Gill** 7.33m, **Glen Nicholson** (competing with a foot injury) and **Timothy Welch, John Edney, Kyle Britton** and **Flynn Dicker**. For the girls it was good to see **Caitlin Dagher** giving the event a try and **Bethany Illingworth** in the under 14's was noticed for her excellent 4.55m leap.

At the pole-vault **Tim Welch** and **James Wendt** went head to head in the elite competition with Tim eventually securing 1st place by vaulting 4.20M.

Unfortunately there was drama in the junior pole-vault ranks when **Grace Dicker** fell awkwardly and injured her ankle. An ambulance was called and after a few panicky hours in the hospital she was eventually cleared of any major damage.



It was great to welcome **Terence Beaton** back into the Discus ring, and with **Matt Hall, John and Andrew Edney, Thomas Hancock, Rhys Rigoni** and **David Burke** they gave an awesome Ivanhoe presence at the event.



Todd Dawson watches closely as he sets the Javelin flying

Similarly at the Javelin where again 12 athletes competed. **Todd Dawson** was the best throwing 45.03 while **Glen Nicholson, James Lynch, John Edney, David Burke, John David, Thomas Hancock, Flynn Dicker** and **Bethany Illingworth** all performed well.

Undoubtedly the highlight of the afternoon was the men's open 4x100 relay team consisting of **Braden Fraser, Jagmandip Gill, Kyle Britton** and **Glen Nicholson**. These four without any training got the baton around the track in very fast 44.48 second. It was a great sight, seeing a men's open Ivanhoe relay team winning by half the length of the straight. Very exciting when one realizes that **Stephen Pegg** is also available for this team.

The girls mixed it up quite a bit and run two teams. The first, an Open team, included **Catherine Brennan, Caitlin Dagher**, 11 year old **Jazmin Dicker** and 9 year old **Naomi Nicola**. Probably the youngest open team fielded by Ivanhoe ever.

It caused quite a laugh when the results were first published as it showed this women's Open team had run 44.48 sec which would have broken many records and made **Cath Brenon** undoubtedly coach of the year. **John Boas** commented that the girls would need drug testing to have it ratified as a national record. The error (which was the mens time) was quickly corrected but not before an astute person got a screen dump of the result.

The under 14 team of **Hannah Laffey, Bethany Illingworth, Jemma Laffey, and Grace Dicker** looked to be a good thing but when Grace became unavailable it was left to **Jazmin** to run a second race. This gave the girls a much needed run before state championships but resulted in disqualification.

Team	Finals
Section 1	
1 IVANHOE HARRIERS AC	44.48
1) 3098 Nicola, Naomi 9	2) 2945 Dagher, Caitlin 16
3) 3104 Dicker, Jemma 11	4) 3106 Brennan, Catherine 22
2 DONCASTER AC	47.04
1) 4807 Abu, George 15	2) 4605 Baldwin, Christopher 16
3) 1537 Lal, Yuen Chow 15	4) 4849 Kostov, Alexander 26
3 COLLINGWOOD HARRIERS AC	47.86
1) 2041 Harris, Julian 24	2) 4786 McWhinney, Mitchell 23
3) 2212 McLeod, Alexander 29	4) 2698 Whitehead, Michael 24
4 PRESTON AC	51.27
1) 3650 McCasker, Zach 17	2) 4314 DiMauro, Anthony 46
3) 2759 Long, Isaac 14	4) 4335 Gardiner, Brayden 14
5 WHITTLESEA CITY AC	51.39
1) 3358 Dreier, Ashley 46	2) 3425 Pastras, Steven 19
3) 3360 Dreier, Jake 17	4) 3519 Risteovski, Dillon 17
6 DIAMOND VALLEY AC	52.86
1) 3573 Jackson, Adam 21	2) 3838 Butera, Giorgio 39
3) 1914 Cusack, Damien 31	4) 3894 Kiali, Nathan 23
7 RICHMOND HARRIERS ATHLETIC CLUB	54.61
1) 3835 Quinn, Shane 37	2) 1540 Spratt, Kevin 51
3) 1021 Dell, Liam 20	4) 1020 Dell, Kieran 23
Section 2	
1 DIAMOND VALLEY AC B	46.66
1) 2955 Phillips, Nicholas 18	2) 2580 Schubert, Laurence 18

The typing mistake that caused so much laughter amongst the girls

The day's results gave a convincing win to the Men's Open Div 2 team beating Preston 182.5 points to 139.0 points with Whittlesea City in 3rd place with 51.0 points.

Fundraiser BBQ

We have a fundraising spot at Bunnings Northland on the 4th January which is a great fundraising opportunity for our club. Matthew Hall has kindly agreed to run this BBQ and we would appreciate your support. It will run from 8am until 4pm so if you could give an hour or so of your time that would be great. Contact Matt on 0423 323 929 or via email mgh.training@yahoo.com.au.

A New Baby Boy



Congratulations to **Lachlan McArthur** and his wife **Lisa Weightman**: Proud parents to a baby boy Peter Richard McArthur. Considering that Lachlan is a member of Ivanhoe's Team of the Century and Lisa is a Commonwealth Games Bronze medallist and Melbourne Marathon winner young Peter is likely to be a fine athlete. We look forward to seeing him in the Ivanhoe Singlet in the years to come.

Peter arrived on the 5th December and weighs 3.56Kgs

All Schools

Five Ivanhoe Harriers athletes were competing in the recently completed All Schools competition. In a very high quality meet Ivanhoe Under 14 juniors all did very well. Congratulations go to all athletes but particularly to the medal winners **Bethany Illingworth, Rhys Rigoni and Kyla Green**.

VICTORIAN ALL SCHOOLS RESULTS

Event	Name	Placing	Performance
200M	Harri Howden	8th	27.19
	Grace Dicker	17th	28.97
400M	Harri Howden	12th	61.41
80M Hurdles	Bethany Illingworth	4th	13.48
90M Hurdles	Rhys Rigoni	7th	14.21
Pole-vault	Bethany Illingworth	1st	2.40
	Kyla Green	2nd	2.10
	Rhys Rigoni	2nd	2.45
Discus	Rhys Rigoni	3rd	34.80
Javelin	Rhys Rigoni	2nd	36.52
Shot-Put	Rhys Rigoni	12th	10.17
Tripple Jump	Bethany Illingworth	11th	9.44
Long Jump	Grace Dicker	19th	4.24



Bethany Illingworth with her Gold Medal for the Pole-vault

Personality of the Month



Grace Dicker

Athlete

Buffalo Sports Trophy winner

Favorite Event: *100meters and 200 meters.*

Funniest/Most Embarrassing moment: *Trying to throw the Discus.*

Inspired by: *Everybody who does sport*

Pet Hates: *People who do not try.*

Favorite TV program: *House Husbands.*

Footy Team: *Richmond in the AFL*

Your Pets: *I have 14 pets.*

Best Party Trick: *Myself being me.*

Proudest Athletics moment: *Coming 3rd in the Pole-vault at the National Championships.*

Hobbies and Interests outside athletics: *Any sport.*

Go Hoe