

**COLLINGWOOD  
HARRIERS  
ATHLETIC  
CLUB**



**2016  
WINTER  
HANDBOOK**

# COLLINGWOOD HARRIERS ATHLETIC CLUB

## CONTACTS

Some 'phone numbers that may come in handy.....

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Check all the results on A.V.'s website - [www.athsvic.org.au](http://www.athsvic.org.au)

Keep in touch with the Club's news and results - [www.collingwoodharriers.org](http://www.collingwoodharriers.org)

## OFFICIALS

Collingwood Harriers supplies a number of qualified officials at all A.V. events. The Club is also called upon to supply a number of extra officials at a number of events during the season. Volunteers are always welcome.

Our requirements for this season are as follows:

<b>April 16</b>	Jells Park	4
<b>May 7</b>	Wandin Park	3
<b>June 18</b>	Bundoora	3
<b>July 9</b>	Sandown Relays	4
<b>Sept 13</b>	Anglesea	3
<b>Sept 17</b>	Tan Relays	3

Can you help?

We also need a **stack** of helpers at all the Club events. Even if you can't run, we can find a job for you holding a flag or standing on a corner. Parents, friends, overseas visitors – if they're breathing and can see reasonably well, they will be welcome!

A reminder that the **Club** events this season are on: **April 9<sup>th</sup>**  
**May 28<sup>th</sup>**  
**July 23<sup>rd</sup>**  
**August 6<sup>th</sup>**

**NOTE:** The Club **AGM** will be held at the conclusion of the Kew Camberwell run on **May 28<sup>th</sup>**.

## COLLINGWOOD HARRIERS ATHLETIC CLUB

Welcome to another winter season with Collingwood Harriers. Hopefully 2016 will see us build on our good performances over the last few seasons and continue to be a prominent force in Victorian athletics.

Collingwood still has a team in every division of the men's competition, a fact of which we are very proud. Our junior ranks have seen terrific growth in numbers in the last couple of seasons and it is hoped this will be further enhanced this year. The ladies' numbers also increased markedly last season but we certainly still need more runners in all categories to maintain our progress in our climb to the top in the winter competition.

A few of the juniors, make the transition to the seniors for the Club races – should be very interesting!

Bring any potential runners along to the Laceby Cecil on April 9<sup>th</sup>.

The season consists of cross country and road races with all results being included in the premiership calculations for all the individual grades.

The new winter sign up system incorporates entry to all the winter races for your division. All athletes are encouraged to take out a season's ticket for the winter. This makes the organization of races a lot easier for all concerned..

The four Club races are terrific events, events at which all club members are more than welcome. We are pleased to have your friends come along for a run on these days too.

**Members should wear their Club uniform.**

These events are very important for the Winter Points Awards, details of which appear elsewhere in this booklet.

There is a great afternoon tea after each of these events, where you can tell everyone why you didn't win or indeed why you did!

There is afternoon tea after every race in the 'Taj Magpie' our impressive tent. This year the Club is providing most of the eats. We may call upon some extra help for the Club events, particularly the big one- "The Five".

Soft drinks are provided at the tent after the A.V. races. This is done on an honesty system by just dropping **\$2:00** in the car fridge. If you don't have the money on the day, please pay next time. The Club doesn't mind supplying cheap drinks, but cannot afford to provide free drinks!

Three hints for the season: Turn up early! **NOTE: Many of the AV races are earlier in the day than in previous years!**

Don't forget your uniform – Club singlet and black shorts

Don't forget your numbers – attached to **front and back**.

**AND.... PLEASE NOTE – the four CLUB Junior events are beginning at 1:30 this year  
NB..... 12:30 on May 28<sup>th</sup> the day of our AGM**

Good running!

## COLLINGWOOD HARRIERS ATHLETIC CLUB

What's it going to cost?

Our sport is not free, but it is cheap compared to a lot of other sports. Athletics is one activity where you do get real value for your money.

Our fees are made up of a registration levy which goes to Athletics Victoria and a Club levy which goes the general running of the Club.

**A.V. has carried out a major restructure of the fees for this season.** The Club would encourage you to sign up for the whole year, but there is now an option to just sign up for the winter **or** the summer. The winter package covers entries for all the individual races. The four relay events conducted by A.V. are paid for by the Club, so needless to say there is very little, if any, of the Club fee component of your registration left after these entries are paid.

Please note that you can sign up for the summer later in the year if you want to split the cost. The good news is that you will only pay the balance to make up the \$200 discount fee!

It is a fact of life that costs are ever increasing, but we hope members will still see the outlay as good value. The Club has increased its component of the total cost by just \$3.00.

### Fees for 2016-2017

Note: Ages for junior age groups are taken as of 31/12/2016

	<b>A.V. Reg</b>	<b>Club Fee</b>	<b>Total</b>	<b>Winter</b>	<b>Summer</b>	<b>Both</b>
<b>Senior</b>	\$100	\$90	<b>\$190</b>	\$125	\$125	\$200
<b>Junior</b>	\$80	\$60	<b>\$140</b>	\$100	\$100	\$150
<b>Dual</b>	\$50	\$60	<b>\$110</b>	\$55	\$55	\$75

(There are some discounts for certain groups e.g. families/Little Aths Dual athletes! – check details on web)

Even for a senior athlete this works out at around \$1:00 a day. For this you receive fourteen winter races (a couple less for juniors) and a full summer season, unlimited access to a terrific track, access to a weight room, access to a very well stocked supply of equipment, expert coaching and importantly, coverage by A.V's insurance policy, which covers you for training mishaps as well as problems that may occur from competition. Apart from a uniform for new members, there are no other costs for the year!

**All registrations have to be done online this season.** We would prefer that members attend to their own registration, but the Club will help you if you do not have access to a computer. AV will be accepting registrations from April 1<sup>st</sup>. There will be a computer at the Clubrooms on the 9<sup>th</sup> April, to help facilitate registrations. Because the relays are the next week, there is not much time to waste getting names to the office.

**Note: To run at Jell's Park you must be registered prior to the day (i.e. by April 6<sup>th</sup> )  
Forms will not be accepted on the day as in past seasons!**

## COLLINGWOOD HARRIERS ATHLETIC CLUB

### CLUB EVENTS

The Club runs four events for its members during the season.

The first of these is the **Lacey Cecil 4 Mile (6.4k) Handicap**. Rev. Harold Lacey Cecil was the first president of the Club back in 1926.

Starting and finishing at the overpass, the course goes 'round the loop' and is a good distance for the start of the season. We have run this event first for a number of years and is a good lead in to the cross-country relays over a similar distance, this year run only one week later. For the last few years the senior race has been preceded by a 2k run for the under 16s. This race, comprising two, one kilometre laps, begins and finishes on the track and goes down towards the old clubrooms before turning at the 'traffic lights'.

The **Kew Camberwell 8k Handicap** starts and finishes in the park 'near the bridge'. Originally called the Dight's Falls Handicap, the name was changed when the Kew Camberwell Club threw in their lot with us back in the early 2000's. This race goes over Kane's Bridge and around the 'top loop' before returning over the same course. Again there is a junior race, this time 3k, run as a handicap before the seniors.

Regarded by many as the best the best run of the season, the **Foundation Members' Memorial 7 Mile (11.2k) Handicap**, is a most challenging test for all participants.

The first three kilometres are reasonably flat, the last three kilometres are reasonably flat, but the middle five kilometres are *not* flat. Again starting and finishing at the overpass, this course goes around the Boulevard and back onto Heidelberg Rd. near the Paper Mills. It is a very scenic route much of the way, although most athletes do not get a real chance to appreciate the view!

The junior race is a three kilometre handicap run over three laps of the course used in the first race of the season. This race has been changed from a scratch race to give another bonus points opportunity for the Winter Points Award.

The final Club event of the season is the time honoured '**5 Mile**'. Run since the very early days, this is the Winter Blue Ribbon event and boasts a great list of winners. The course has changed a number of times over the years, but has always been in the Yarra Bend environs. Over the past few years we have made this somewhat of a Club Reunion, with the past winners receiving a personal invitation to participate in the 'Parade of Champions' before the presentation to the new winners. In line with this move we have made the course a three lapper to give the many spectators the chance to see the athletes a number of times during the race.

The junior race is a 2.7k event race run over just one lap of the course.

Both races have a sealed handicap has often been the decider in the Winter Points Awards!

**All Junior events begin at 1:30pm – followed by the Senior events at 2:00pm**  
**ALTHOUGH!!!! this year The Kew Camberwell begins at 12:30 (juniors)**

## COLLINGWOOD HARRIERS ATHLETIC CLUB

### 2016 WINTER FIXTURE

**PLEASE NOTE EARLIER START TIMES FOR MANY A.V. EVENTS!!**

Please check AV Handbook – times not confirmed at time of this printing!

<b>Saturday April 9</b>	<b>LACEBY CECIL Hcp.</b>	<b>Clubrooms</b>	<b>1:30pm</b>
	The under 16's begin their season with a 2k run at 1:30, closely followed by the seniors at approximately 2:00pm. The senior race is a 6.4k road handicap around Yarra Bend.		
<b>Saturday April 16</b>	<b>CROSS COUNTRY RELAYS</b>	<b>Jells Park</b>	<b>12:30pm</b>
	Hopefully our numbers will be up on last year, particularly in the juniors. Please be early as this can be a hectic day.		
<b>Saturday April 30</b>	<b>School's Cross Country Relays</b>		
<b>Saturday May 7</b>	<b>CROSS COUNTRY</b>	<b>Wandin Park</b>	<b>12:30pm</b>
	12:30	Mens and Womens Under 14	2k
	12:40	Mens Under 18/20	4k
	1:00	Mens Under 16	3k
		Womens Under 16/18/20	3k
	1:20	Mens Open	8k
	2:00	Womens Open	4k
<b>Saturday May 14</b>	<b>School's Road Relays</b>		
<b>Saturday May 21</b>	<b>CROSS COUNTRY</b>	<b>Cruden Farm</b>	<b>12:00</b>
	12:00	Mens and Womens U/14	4k
		Womens U/20	4k
	12:50	Women Open, U/16/18	6k
	1:20	Mens Under 18	8k
	1:35	Mens Under 16/20	6k
	2:05	Mens Open	16k
<b>Saturday May 28</b>	<b>KEW CAMBERWELL Hcp.</b>	<b>Clubrooms</b>	<b>12:30pm</b>
	The under 16's have their first taste of a handicap run for the season with a 3k event, beginning at 12:30. The seniors run the 8k race via Kane's Bridge beginning at about 1:00p.m.		
	****	<b>Followed by our AGM</b>	<b>NOTE EARLY STARTS</b>
<b>Saturday June 4</b>	<b>ROAD RACES</b>	<b>Ballarat</b>	<b>1:00pm</b>
	1:00	All Juniors U 14/16/18/20	5k
	1:30	Men and Women Open	15k

## COLLINGWOOD HARRIERS ATHLETIC CLUB

- Saturday June 18**      **CROSS COUNTRY Bundoora Park Various Times!!**  
The junior races are school based! They begin early in the day.  
1:50 Women                      Open                      8k  
2:30 Mens                      Open                      12k
- Saturday July 9**      **ROAD RELAYS Sandown 12:00noon**  
The juniors run 3k legs, while the seniors do two laps. Again, please be early –it helps to get the teams right!!
- Sunday July 17**      **ROAD RACES Albert Park 9:00am!!!!**
- |       |                 |             |     |
|-------|-----------------|-------------|-----|
| 10:00 | Mens and Women  | Under 14    | 3k  |
|       | Mens and Women  | Under 16    | 3k  |
|       | Womens          | Under 18/20 | 3k  |
| 10:45 | Mens and Womens | Open        | 10k |
|       | Mens            | Under 18/20 | 10k |
- Saturday July 23**      **FOUNDATION MEMBERS' MEMORIAL Hcp C'rooms**  
The juniors run another **3k** handicap from the rooms at **1:30**.  
As soon as possible we begin the senior **11.2k** race around the Boulevarde.
- Saturday August 6**      **THE FIVE MILE! Clubrooms 1:30pm**  
The Clubrooms are open from 12:30pm for this, our big day of the year! The juniors again begin at **1:30**, with the Senior Championship, beginning soon after the finish of the first event. Then the Parade of Champions back at the rooms!
- Saturday August 13**      **EKIDEN RELAYS Anglesea**  
Formerly held at Bendigo this popular event has been brought back in a new format. Junior teams are now involved too.
- Sunday September 4**      **HALF MARATHON Burnley 8:00am**  
Beware the early start!  
Breakfast back at the rooms afterwards.
- Saturday September 19**      **TAN RELAYS King's Domain 9:00am**  
Everyone runs just one lap of 'the Tan.'  
Please be early.  
Be warned, parking is a problem, unless you are there very early.

## COLLINGWOOD HARRIERS ATHLETIC CLUB

### WINTER POINTS AWARDS

This season will be the eleventh in which our Club Winter Points Awards will have operated. Set up originally to encourage more members to attend the Club events, these awards, particularly in the senior competition, have become much sought after targets for the winter athletes. The junior award suffered a little in comparison in the first couple of years, due to the relatively small number of participants, however the interest is now gaining in intensity with the increase in numbers in the junior ranks.

The Senior Award bears the name of one of Collingwood Harriers greatest, **Robert Hendy**. Robert represented the Club, the State and the Country with great distinction over many years. He won ten state titles in varying events and represented Australia at the Commonwealth Games, the New Zealand Games and the Pan Pacific Games where he set a Canadian Record in the 3000mts steeplechase.

Robert left the Club when he turned professional in the mid seventies, but came back when the rules were changed to allow the merging of the codes and played an important part in the Club getting back to its present position of prominence in Victorian athletics.

The Junior (U/16) Award is named in honour of **Magnus Michelsson** who has served the Club in fine style over the last twenty or so years. Also a Victorian and Australian representative, Magnus has won our prestigious 5 Mile Cross Country Championship a record number of times and like Robert, has often put the Club before his own interests in his efforts to promote Collingwood Harriers in the various competitions. It is fair to say that Magnus carried the fortunes of our Club on his shoulders for many years.

Two great Clubmen!

All athletes gain points for each appearance during the season with bonus points being awarded in the four (three for juniors) handicap events run during the season.

There has been a slight change in the allocation of bonus points for this season.

#### **Club uniform should be worn.**

Athletes can keep track of their progress on the master sheets on the board in the clubrooms.

So far the winners have been:

#### **Robert Hendy Winter Points Award – Magnus Michelsson Winter Points Award**

<b>05</b> John Crameri	<b>10</b> Paul Willmot	<b>05</b> Julian Warhurst	<b>10</b> Jacob Barnes
<b>06</b> Troy Kameme	<b>11</b> Peter Gaunt	<b>06</b> Tom Nokes	<b>11</b> Nikki White
<b>07</b> Janette Chapman`	<b>12</b> Peter Gaunt	<b>07</b> Mason Barnes	<b>12</b> Lachie White
<b>08</b> Chris Waldron	<b>13</b> Alison Chapman	<b>08</b> Mason Barnes	<b>13</b> Lachie White
<b>09</b> Jim Hopkins	<b>14</b> Jacob Barnes	<b>09</b> Will Sheils	<b>14</b> Emma Newton

**The 2015 winners will be announced at our opening run of 2016 – The Laceby-Cecil on April 9<sup>th</sup>.**

## COLLINGWOOD HARRIERS ATHLETIC CLUB

### WALKING FIXTURE

Collingwood Harriers has had a long and proud history in the art of racewalking in Australia. Indeed two of our six Olympians represented the Club and Australia in walking events. George Knott made the trip to London in 1948 to compete in the 10,000metres track walk while Bob Gardiner was selected for the 1964, 1968 and 1972 Games in the 50 kilometre event. In fact Bob's 5<sup>th</sup> placing in Tokyo in the first of those appearances was, until the 2008 games, the highest placing by any Australian walker at an Olympics. Bob also won a silver medal at the Commonwealth Games and at one stage held a world record. Bob still walks for us today and plays a big part in the everyday running of the Club....  
...and our track is situated upon the George Knott Reserve.

Adam Garganis is doing a lot to keep the Collingwood name at the forefront of the walking world. He continues to do very well in summer and winter competitions.

The Victorian Race Walking Club was set up many years ago to promote the walking aspect of athletics and Collingwood Harriers has had and still does have many active members in the organization. In the 90 year operation of the Club only 34 Life Memberships have been awarded and six of these have been to Collingwood people including Jim Gaylor, Norm Goble, George Knott, Bob Gardiner and Ron Miller. Bob's wife Barbara was made an Honorary LM for over 40 year's service to the Walker's Club in a volunteer capacity. Another three, Frank McGuire, Tom Daintry and Mark Donahoo also had long stints with Collingwood Harriers.

The Walking Club conducts a full program of events during the year, mainly at their headquarters in Middle Park.

#### **Following is a summary of competition during the coming winter. \***

Saturday May 15 <sup>th</sup>	AV 15k Championship & VRWC events	Middle Park
Saturday May 28 <sup>th</sup>	VMA 10k Championships	Middle Park
Sunday June 12 <sup>th</sup> .	Canberra Carnival	Canberra
Sunday June 26 <sup>th</sup>	AV, AV Schools, AMA, VMA, VRWC Championships	Middle Park
Saturday July 23 <sup>rd</sup>	Masters Championships	Middle Park
Saturday August 7 <sup>th</sup>	AV & VRWC 30k Championships	Middle Park
Saturday August 20 <sup>th</sup>	Aust Masters Championships	Adelaide
Sunday August 21 <sup>st</sup>	Aust Roadwalking Championships	Canberra
Sunday September 11 <sup>th</sup>	50k & Long distance Championships	Middle Park

\* **The full program can be seen - [www.vrwc.org.au](http://www.vrwc.org.au)**

## COLLINGWOOD HARRIERS ATHLETIC CLUB

It is always interesting to look back over the results of previous years.

Just how would the runners from different eras match up against each other?

Below are listed the best times in three events in which the courses have not changed much in many years. Naturally cross-country courses change quite often and of course they are much more susceptible to weather conditions. It's been a few years since a new name has been added to the men's lists – although to be fair, they are pretty decent lists!

Maybe this season? The women's lists saw a couple of new additions last season.

### How do you measure up?

The Laceby Cecil			The Boulevarde Run			Sandown Relay		
19:08	Robert Hendy	'76	33:46	Magnus Michelsson	'99	18:17	Mark Stewart	'77
19:09	Mark Stewart	'77	34:00	Mark Stewart	'77	18:31	Mag Michelsson	'02
19:13	Mark Stewart	'76	35:03	Magnus Michelsson	'97	18:34	Paul O'Hare	'74
19:15	Robert Hendy	'70	35:09	Robert Hendy	'69	18:41	Ian Minter	'77
19:15	Robert Hendy	'71	35:09	Robert Hendy	'71	18:43	Robert Hendy	'72
19:27	Robert Hendy	'69	35:11	Norm Duff	'66	18:47	Bryce Quirk	'02
19:29	Robert Hendy	'72	35:18	Mark Stewart	'74	18:48	Mark Stewart	'74
19:30	Brian Clarke	'66	35:19	Brian Clarke	'64	18:50	Robert Hendy	'67
19:30	Ian Minter	'74	35:19	Ray Harbert	'66	18:50	Robert Hendy	'70
19:35	Norm Duff	'66	35:19	Ray Harbert	'70	18:50	Paul O'Hare	'75
23:35	Susan Michelsson	'02	38:53	Susan Michelsson	'01	20:52	Susan Michelsson	'99
23:56	Susan Michelsson	'03	39:29	Susan Michelsson	'02	21:06	Susan Michelsson	'08
24:53	Sarah Johnson	'96	40:09	Susan Michelsson	'99	21:10	Virginia Moloney	'15
25:17	Sarah Grahame	'07	42:25	Virginia Moloney	'14	21:12	Susan Michelsson	'09
25:25	Meaghan Gaunt	'14	42:25	Erchana M/Bartlett	'14	21:21	Susan Michelsson	'06
25:33	Emma Miller	'10	45:43	Kate Hecker	'09	21:24	Susan Michelsson	'05
26:16	Alison Chapman	'08	46:03	Susan Michelsson	'06	21:34	Susan Michelsson	'07
26:36	Sharee Dicker	'04	46:36	Sharee Dicker	'04	22:36	Erchana M-Bartlett	'15
26:54	Janette Chapman	'02	47:38	Jane Kanizay	'04	22:51	Virginia Moloney	'14
27:04	Sharee Sharam	'05	47:38	Janette Chapman	'03	22:55	Kim Wilson	'99

Thanks to Ray Harbert for his help in the compilation of these lists.

## Did you know?

Last season the Collingwood Under 14 girls were successful in winning the Winter Premiership. They finished a team in every round of competition – a big factor in their win!

Virginia Moloney won the senior Half Marathon title and was first Victorian across the line in the Melbourne Marathon to claim her second State title.

**COLLINGWOOD HARRIERS ATHLETIC CLUB**

**My 2016**

<b>Date</b>	<b>Venue</b>	<b>Weather</b>	<b>Distance</b>	<b>Time</b>
April 9	Club			
April 6	Jell's Park			
May 10	School's C.C.R.			
May 7	Wandin Park			
May 21	Cruden Farm			
May 28	Club			
June 4	Ballarat			
June 18	Bundoora			
July 9	Sandown			
July 17	Albert Park			
July 23	Club			
August 6	Club			
August 13	Anglesea			
September 4	Burnley			
September 19	Tan			
October 13	Marathon			



