

**COLLINGWOOD
HARRIERS
ATHLETIC
CLUB**



**2015
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

Keep in touch with the Club's news and results - 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:

| | | |
|----------------|----------------|---|
| May 3 | Jells Park | 4 |
| May 17 | Lardner Park | 3 |
| June 21 | Bundoora | 3 |
| July 12 | Sandown Relays | 4 |
| Sept 20 | 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 11th**.
May 23rd.
July 18th.
August 8th.

NOTE: The Club **AGM** will be held at the conclusion of the Kew Camberwell run on **May 23th**.

COLLINGWOOD HARRIERS ATHLETIC CLUB

Welcome to another winter season with Collingwood Harriers. Hopefully 2015 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 11th.

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

All athletes are encouraged to take out a season's ticket for the winter. Apart from the substantial financial saving to the runner, it makes the organization of races a lot easier for all concerned. Even if you don't want to do all the races, you can still enter your preferred races before the season on the same form.

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

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 we have to forward onto Athletics Victoria and a Club levy which goes the general running of the Club.

As mentioned elsewhere in this booklet, all winter athletes are encouraged to take out a season's ticket whereby you are entered for all the (individual) events you wish to run during the season.

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.

A.V. has seen to make a small increase this year's registration. 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 not increased its component of the total cost.

Fees for 2015-2016

Note: Ages for junior age groups are taken as of 31/12/2015

| | A.V. Reg | Club Fee | Total | Season's Ticket | | |
|--------------------|-----------------|-----------------|--------------|------------------------|------|------------|
| Senior | \$170 | \$87 | \$257 | Senior | \$95 | (save\$85) |
| | | | | U/20 | \$75 | (\$50) |
| Under 18/20 | \$150 | \$57 | \$207 | U/18 | \$60 | (\$40) |
| | | | | U/16 | \$50 | (\$30) |
| Under 14/16 | \$130 | \$37 | \$167 | U/14 | \$50 | (\$30) |

(There are some discounts for certain groups e.g. families/Little Aths – check the fine print on reverse of form!)

Even for a senior athlete this works out at around 75c 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 March 20th. There will be a computer at the Clubrooms on the 11th 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 13th.)
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 will be only the fifth time this race has been run as a handicap. It was 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

COLLINGWOOD HARRIERS ATHLETIC CLUB

2015 WINTER FIXTURE

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

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

- Saturday April 11** **LACEBY CECIL Hcp.** **Clubrooms 1:30pm**
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.
- Saturday April 18** **CROSS COUNTRY RELAYS** **Jells Park 12:30pm**
Hopefully our numbers will be up on last year, particularly in the juniors. Please be early as this can be a hectic day.
- Saturday May 2** **School's Cross Country Relays**
- Saturday May 9** **CROSS COUNTRY** **Lardner Park** **12:30pm**
- | | | | |
|-------|-----------------|----------------|----|
| 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 |
- Saturday May 16** **School's Road Relays**
- Saturday May 23** **KEW CAMBERWELL Hcp.** **Clubrooms 1:30pm**
The under **16's** have their first taste of a handicap run for the season with a **3k** event, beginning at **1:30**. The seniors run the **8k** race via Kane's Bridge beginning at about **2:00p.m.**
******* Followed by our AGM**
- Saturday May 30** **ROAD RACES** **Ballarat** **1:00pm**
- | | | | |
|------|---------------|---------------|-----|
| 1:00 | All Juniors | U 14/16/18/20 | 5k |
| 1:30 | Men and Women | Open | 15k |
- Saturday June 13** **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 |

COLLINGWOOD HARRIERS ATHLETIC CLUB

Sunday June 28 ROAD RACES Albert Park 10:00am!!!!

| | | | |
|-------|-----------------|-------------|-----|
| 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 11 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!!

Saturday July 18 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 Boulevard.

Saturday August 1 CROSS COUNTRY Brimbank Park 12:00

| | | | |
|-------|-----------------|---------------|-----|
| 12:00 | Mens and Womens | U/14 | 4k |
| | Women | 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 |

Saturday August 8 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 15 EKIDEN RELAYS Anglesea

Formerly held at Bendigo this popular event has been brought back in a new format. No junior teams are involved, but some youngsters do get to have run!

Sunday September 6 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 tenth 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

| | | |
|-------------|---|-----------------|
| 2005 | John Crameri | Julian Warhurst |
| 2006 | Troy Kameme | Tom Nokes |
| 2007 | Janette Chapman | Mason Barnes |
| 2008 | Chris Waldron | Mason Barnes |
| 2009 | Jim Hopkins | Will Sheils |
| 2010 | Paul Willmot | Jacob Barnes |
| 2011 | Peter Gaunt | Nikki White |
| 2012 | Peter Gaunt | Lachie White |
| 2013 | Alison Chapman | Lachie White |
| 2014 | To be announced at the opening run of the 2015 winter season – April 11 th . | |

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 5th 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.

And we have another two walkers at the moment, Michelle Laufer and Adam Garganis, who are continuing to keep the Collingwood name prominent in the heel and toe fraternity.

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 23 rd | AV, AV Country & VRWC Championships | Middle Park |
| Sunday June 7 th . | Canberra Carnival | Canberra |
| Sunday June 21 st | AV, AV Schools, AMA, VMA, VRWC Championships | Middle Park |
| Saturday July 4 th | AV 15k Championship & VRWC events | Middle Park |
| Saturday July 18 th . | VMA 10k Championships | Middle Park |
| Sunday August 2 nd | AV & VRWC Championships | Middle Park |
| Sunday August 29 th | Australian Roadwalking Championships | Middle Park |
| Sunday September 13 th . | AV 50k & VRWC Long Distance Championships | Middle Park |

* **The full program can be seen - 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 number 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 Michellson | '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 | 21:12 | Susan Michelsson | '09 |
| 25:17 | Sarah Grahame | '07 | 42:25 | Virginia Moloney | '14 | 21:21 | Susan Michelsson | '06 |
| 25:25 | Meaghan Gaunt | '14 | 42:25 | Erchana M/Bartlett | '14 | 21:24 | Susan Michelsson | '05 |
| 25:33 | Emma Miller | '10 | 45:43 | Kate Hecker | '09 | 21:34 | Susan Michelsson | '07 |
| 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 | 22:51 | Virginia Moloney | '14 |
| 26:54 | Janette Chapman | '02 | 47:38 | Jane Kanizay | '04 | 22:55 | Kim Wilson | '99 |
| 27:04 | Sharee Sharam | '05 | 47:38 | Janette Chapman | '03 | 23:07 | Bev Thomas | '14 |
| 27:09 | Sarah Starr | '88 | 48:40 | Janette Chapman | '07 | 23:12 | Susan Michelsson | '00 |

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

Did you know?

Last season the Collingwood Under 14 boys were successful in winning the Winter Premiership. After a neck and neck battle all season, the title looked just out of reach until the Tan Relay, where the boys put up a great effort to edge just one point to the good of their rivals.

Both the Under 14 and Under 16 girl's teams finished second in their respective competitions.

COLLINGWOOD HARRIERS ATHLETIC CLUB

My 2015

| Date | Venue | Weather | Distance | Time |
|--------------|-----------------|----------------|-----------------|-------------|
| April 11 | Club | | | |
| April 18 | Jell's Park | | | |
| May 10 | School's C.C.R. | | | |
| May 9 | Lardner Park | | | |
| May 23 | Club | | | |
| May 30 | Ballarat | | | |
| June 13 | Bundoora | | | |
| June 28 | Albert Park | | | |
| July 11 | Sandown | | | |
| July 18 | Club | | | |
| August 1 | Brimbank Park | | | |
| August 8 | Club | | | |
| August 15 | Anglesea | | | |
| September 6 | Burnley | | | |
| September 19 | Tan | | | |
| October 13 | Marathon | | | |