

Hunter Newsletter

Issue 32

August Sept 2019

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**SUMMER SHIELD COMPETITION COMMENCES ON SATURDAY
OCTOBER 5TH AT NUNAWADING**

For details visit: <http://athsvic.org.au/wp-content/uploads/Shield-Metro-Timetables-as-of-110919.pdf>

WINTER XCR19 PREMIERSHIP

With just the TAN relays to complete the Winter Cross Country Season, our Women's Division 1 team has moved themselves into a winning position to win the PREMIERSHIP.

With points of 11, 9, 8, 7 For each round, the Women are equal on 68 pts with Collingwood, Essendon 65 and University 60.

It will be an exciting last race, the TAN relay, and a win would ensure that we are premiers.

Essendon, University, and Collingwood are all capable of defeating us, but we would be encouraged by our efforts in the Half Marathon, which we won, and University were second, Essendon third and Collingwood fifth.

Our Men's Division 1 team is in a close tussle for fourth place, our best for a number of years. We have a young team who have shown great resilience and talent this winter and it would be great to annex fourth spot.

Currently, we are fourth with 47 points, University on 46 points and with the Geelong Region just one point adrift on 45 points. A win over Melb Uni and Geelong will see us retain 4th place. Western Athletics are currently third on 63 points while SSH 82 lead Box Hill 72 for the Premiership race.

Athletics Victoria coming to Glenhuntly

We are privileged to have Athletics Victoria running the following course at Glenhuntly next month:

What: Level 1 Community Athletics Coaching Course

When: Sunday October 6

Time: 9am - 5pm

Where: Duncan Mackinnon Reserve

How to register: through AV Members' Portal (non-members need to create a profile)

This is a great opportunity for those wanting to begin their coaching journey. The club is always looking for new coaches to guide our growing member and supporter base. Give back to our great sport and support your club.

If you have any queries, contact Chris Winter on 0402 600 307 or winter_ace@hotmail.com.

XCR19 Round 10: TAN Relays

The final round of the winter Cross Country Season will be held on Saturday September 21st at 9.00am at the Domain TAN track (opposite the Swan St Bridge).

It is hoped for a large turnout of members to compete in our teams. Please let your team manager know ASAP if you would like to compete **or if you can assist in looking after one of our teams.**

There is NO COST of entry for our team members. The Club will cover the cost.

We also required significant assistance to manage our many teams, both Senior and Junior, Male and Female.

Victorian Trail Running Championships

The Victorian 16km Championships is the longest continuously held running endurance event in Australia and only 2nd to Stawell Gift in history. The expansive trail network of Lysterfield Park Lake in Melbourne's Eastern Suburbs will for the 2nd year host the event with 16km, 8.5km and 6km distances.

What: Victorian Trail Running Championships

Date: Sunday 29 September, 2019

Entries Close: 11:59am Wednesday 25 September, 2019

Location: Lysterfield Lake, Lysterfield

Entry Information:

All XCR'19 and Max Package holders will receive an entry into their age relevant competition. AV Members (individual entries or package holders) will be expected to wear their 2019/20 AV Timing Chip and Cloth Bib for the competition.

Athletes must register via the Athletics Victoria website.

	Junior Non-Member Entry	Junior Member Entry	Open Non-Member Entry	Open Mem
16km Event	N/A	N/A	\$45	\$35
8.5km Event	\$35	\$30	\$45	\$35
6km Event	\$35	\$30	\$35	\$30

If you have issues entering the event please contact **Athletics Victoria PRIOR** to the closing date at xcr@athsvic.org.au or the Competitions Department on 8646 4526 and leave a message explaining the issues you are experiencing. Athletics Victoria will not accept any late entries and emails received after the closing date.

SUMMER SHIELD COMPETITION

The Summer Shield Competition is just THREE WEEKS away.

It is now time to register for the Summer Season.

<http://athsvic.org.au/join-now/>

There are big changes afoot for this season and we are looking for members to compete and put us in a good position to contest the Finals in February next.

What is AVSL?

The Athletics Victoria Shield League (AVSL) is the new name for AV Shield.

One Club, One Team, One Score.

The performances achieved by all members are now accumulated and contribute to the club's overall performance.

AVSL Rankings and Scoring

AVSL features five graded divisions.

Clubs are graded in 'leagues' according to their performances in 2018/19 shield season. These performances have been adjusted to reflect the new scoring methods implemented for AVSL. Please note. Gradings are now set for the 2019-20 season. No re-gradings will take place.

The 2019-20 AVSL Gradings will be released to the general public on Tuesday 17th September 2019, 12pm (midday)

Clubs will be scored against other clubs within that division.

Clubs in Premier, Division 2, Division 3 and Division 4 will be awarded ladder points from 10 down to 1. Clubs in Division 5 will be scored 9 down to 1 – due to there being 9 teams in Division 5.

The team with the highest accumulated points after each round will be awarded maximum points.

In AVSL, all competing participants score points for their club. Participants can compete in as many events they wish on any given round, however only four (4) of the best performances will contribute to the overall club score.

AVSL Promotion and Relegation

AVSL features an automatic promotion and relegation system.

AVSL Playoffs will take place on the final round of competition and will determine promotion and relegation for those in the playoff spots after round 12.

After 12 rounds of competition, the final AVSL Ladder placings will dictate who will go head-to-head in the virtual AVSL playoffs round on Saturday 22nd February 2020.

AVSL Powerplay

In AVSL, clubs will be issued with one (1) Powerplay per season. This Powerplay can be played on any round from rounds 1-12 only. A powerplay cannot be used on the final playoffs round.

Powerplays will double the clubs' ladder points for that round.

Strategy is key.....use your powerplay wisely!

Results Hub

In conjunction with the AVSL, we are excited to bring you [Results Hub](#); your go to place for all AVSL results and live ladders.

View the current AVSL Ladder standings, analyse the clubs who have used their powerplay and see who is in the running for the AVSL Playoffs.

You will also be able to check results from all other AV competitions.

Head to athsvic.resultshub.com.au for more.

CLUB NEWS

- **Sad News.** Older members of the Club from the 1950/60s would be saddened to hear of the passing of former member **Malcolm Hutton (no relation to Phil)**. Mal has been a long term member of Western Districts (SA) but spent time at our club in 1958-62. He was a Hurdler and took an active interest in Club affairs on the committee etc.
- **Club Footy Tips.** In a close competition, Club sprinter/jumper/allrounder, Tim Rosen has come through in the final rounds to take out the competition. Well done Tim 134 correct. Anna Ross (Club Women's Summer Captain) and Matt were just 1 behind. Anna had an extended holiday in Europe and led the competition for this time but I guess being back and close to all the hype that is footy caught her out. Nevertheless Anna is always at the top end in all our competitions. Also , Well done Matt, who has been close to the top in all rounds. In Third were Peter Battrick and Nick Van Agmataal on 130.
- **Welcome back** to our Solomon Island friends **Sharon Firusua** and **Patrick Lam** for further training with our club coaches Lesley Grimes and Trevor Vincent. They are fresh from their efforts at the Pacific Games where Sharon won Gold in the 10000m. We look forward to their competition with us. I would also like to acknowledge the cooperation of Athletics Victoria who are assisting them to compete and to Andrew McEvoy and other club members who support them with billeting and travel.
- **Our newest Club Life Member, Mick Davin, in Hospital.** We have just heard that Mick was admitted to Casey Hospital in Berwick this week 2nd Sept. I'm sure all members wish Mick a speedy recovery from a bowel issue. His close friend, Club Life Member Tony Doran, has visited and will keep us informed of progress.
- **Another club life Member, Carol Haberle,** has also been ill but now on the road to recovery.
- **More sad news; Alan Secher-Jensen,** passed away recently after a short illness. Alan will be remembered by many of our top athletes of the 1980/90s as a talent runner and friend and a member of many of our Club Cross Country teams.

XCR19 BURNLEY HALF MARATHON

GREAT results from our runners at the Half.

Our open women's team had a great win to put them in a premiership shoot out with Collingwood.

Rebecca Beagley had a terrific run to take a podium finish(third) her first and was well backed up in the team by Tarli Bird 6th, Anna Saw 9th, and Cass Little 14th

Our team two also won their division.

Ben Kelly continued his terrific season and, despite suffering a heavy cold, finished as our first finisher in 21st position, just ahead of Jamie Cook in 22nd. Both are enjoying strong seasons.

Taylor Kearney, in his debut season, continues to show good form to be our third runner in 52nd place. It was also terrific to have Masters Mark Thompson back in good form and with Long Nguyen round out the team.

Our juniors, Rubin, Jason, Will and Emma continue to impress.

Half Marathon Open & 5K Junior - Burnley - Sunday 8th September 2019						
Place						
	<u>Half Marathon</u>	<u>Time</u>			<u>5 Km</u>	
	<u>MEN</u>					
		<u>2019</u>	<u>2018</u>		<u>Women U20</u>	
21	Ben Kelly	68.29				
22	Jamie Cook	68.50	71.53	4	Emma Hogan	18.19
52	Taylor Kearney	72.36				
75	Mark Thompson	76.22			<u>Men U14</u>	
79	Long Nguyen	76.30				
89	Patrick Kam	77.21		9	Willi Orchard	19.02
97	Julian Kuppler	78.31	78.00			
99	Geoff Scott	78.37	77.50		<u>MEN U16</u>	
106	Chris Winter	79.12				
121	Peter Macknamara	80.38	81.21	4	Ruben Howard	16.26
138	Andrew McEvoy	82.32	76.54			
147	Han Quach	83.34			<u>Men U20</u>	
166	Peter Rushen	85.07	81.49			
224	Victor Cook	91.27		8	Jason Clayton	16.03
247	Scott Orchard	96.02				
248	JianYen	96.12			<u>Teams Results</u>	<u>Place</u>
					<u>Ladder</u>	

256	Mick Ryan	97.55	98.07			
294	Richard M-White	111.13			Men - Div 1	6 4
	WOMEN				Men - Div 2	8 6
3	Bec Beagley	77.48	84.18		Men - Div 3	10 14
6	Tarli Bird	80.10				
9	Anna Saw	81.06			Men Div 4	10 12
14	Cass Little	82.45				
15	Dana Dekkers	82.56	85.23		Men - 40+	3,29 5,11,20
20	Sharon Firisua	85.46				
28	Erika Florez	87.56	85.29		Men 50+	8 8
53	Bec Kirkham	91.18				
					Women - Div 1	1 1=
					Women - Div 2	1 2

Oceania Masters Championships Mackay 2019

Great results from our two veteran walkers: FOUR GOLD

Heather Carr	W70	5000m Walk	32:00.95	GOLD
		10000m Walk	1:06.00	GOLD

Gwen Steen	W75	5000m Walk	36:26.51	GOLD
		10000m Walk	1:13.48.30	GOLD

Well done Ladies

AUSTRALIAN HALF MARATHON CHAMPIONSHIP

Jamie Cook 14th 1:10.23

Sinead Diver SILVER 1:09.08

HAVE A LAUGH

- My Grandson's class was given a project to investigate an Explorer. (eg: Captain Cook, Burke and Wills etc.) He decided to do his project on Dora the Explorer.
- A father picked his son up from school one day. He asked what he had done at school that day. He son said they did project work on Space and astronomy. He had to research a total eclipse of the Sun. He asked his dad did he know what a total eclipse of the sun was? He replied; " No Sun"
- An elderly citizen who had just celebrated his 100 birthday, was asked by a journalist what he put his longevity down to? No Smoking, drinking, etc? No, He replied, I think it was because I was born so long ago.
- Where did Napoleon keep his armies? Up his sleeves.
- Have you heard of the Space Mission to land on the Sun? They went at night so that it would not be too hot.
- Peter has just bought a pair of water skis. He is now looking for a lake with. Aslope.
- Have you heard about the joke about the bed? Well, you cant because it hasn't been made yet.
- Have you heard the joke about the letter that was lost in the post? To be honest, I didn't get it.
- Boris Johnson goes to visit the Queen at her Balmoral Estate in Scotland. As a nice gesture , the Queen meets him at the gate in her horse and buggy to travel the remaining distance to her House. As the travelled, one of the horses suddenly and very noisily breaks wind. I'm terribly sorry about that, says the Queen, very embarrassed. Dont mention it says Boris, If you hadn't mentioned it I'd have thought it was the Horse.

CLUB HELPERS REQUIRED for Melbourne Marathon

Next month, 13th October, is the Melbourne Marathon! We are looking for volunteers to help out at the 9km mark drink station at the north-east corner of Albert Park.

Please sign up at the following link:

<https://docs.google.com/spreadsheets/d/1YTSgtuDBJAo0IjsslU0y9LeTYo3oXzDu73TsUorcPQo/edit#gid=826213331>

Volunteer details will be updated on the sign up page when finalised - please check here before turning up on the day.

This is an important fund raiser with the club being paid well by the organisers to operate the drink station. We require as many volunteers as we can get to make the job easier.

It's also a fantastic way to cheer on our Hunters entrants in the race.

AUSTRALIAN XC CHAMPONSHIPS

Seven Club Members competed in the Australian Cross Country Championships, held at Woolongong NSW on Saturday 27th August. There were some terrific Results too.

In the Men's Open 10km **Ben Kelly** finished a well raced 13th in a time of 31.45. Ben was the 5th Victorian to finish.

In the Boys U20 Championship, exciting club junior **Eddie Marks** finished a close 2nd (Silver medal) by just 3 seconds (Eddie's time 25:00.). It was an exciting time too for a proud coach **Rod Kelly**, our Club's last season's Maxine Corcoran Memorial Coach of the year award. A tremendous effort as Eddie still has another year in this age group. Eddie led the Victorian team to victory over Queensland.

In the girls Under 20 6km **Juliet McBurney** finished an exciting third in 21.24 (same time as second place) and just 5 seconds behind the winner. Also representing Victoria was **Sophie O'Sullivan** 8th in 22.27, and **Emma Hogan** 19th 23.19. The Victorian team finished second to New Zealand.

In the boys U16 4km event, we had two competitors with **Rubin Howard** 24th in 13:18 and **Josh Francou** 30th 13:23. Both ran very well and the closeness of the times indicate a very competitive event. Well done boys.

In the girls U16 4km **Madeleine Wilson** finished 50th with 15:26. Maddie is on the very young side of this age group and is a future talent. Well done Maddie

Thank you to all the coaches for their efforts and recognition to former member and champion, **Tim O'Shaughnessy**, who trains many in his role at Wesley College.

I would also like to acknowledge **Emily Guy**, who competes with Essendon but is currently training with Lesley and TVs squad on her 11th placing in the Open women and former member **Tamara Quinn**, now with Collingwood on her 7th placing.

Well done to all

REBECCA BEAGLEY – First podium finish (Vic Half Marathon)



Congratulations Rhydian Cowley! Wear that boomerang proud!



Athletics Australia 

September 8 at 10:39 AM · 

 Like Page

Australian Winter Race Walking Championships - Open Men

1. Rhydian Cowley (Vic) - 1:26.30
2. Kyle Swan (Vic) - 1:31.43
3. Adam Garganis (Vic) - 1:32.12

VIC MILERS CLUB COMES TO GHY

A home ground advantage for Hunters at this seasons first milers club!



VICTORIAN MILERS CLUB
Final 2019-20
Season Calendar

Meet 1 - Thursday 7th Nov
Duncan MacKinnon 800m & 3K

Meet 2 - Tuesday 10th Dec
Box Hill 800m & 1500m

Meet 3 - Thursday 23rd Jan
Box Hill 800m & 1500m

Meet 4 - Tuesday 18th Feb
Melbourne Uni 800m & Mile

Meet 5 - Thursday 12th Mar
Doncaster 800m & 1500m

A message from the Club President,

On behalf of the Glenhuntly AC, I am pleased to announce that we will be hosting a Victorian Milers Club event at Duncan Mackinnon Reserve on Thursday the 7th of November 2019 (check for event details on the Athletics Victoria or Melbourne Milers Club websites)

The event will feature graded heats for AV Members over 800m and 3000m distances. We encourage all members to sign up and compete or come along to see some great racing and cheer on their team mates (family members and other spectators most welcome).

The first heats will commence by 6.30pm so we request that all coaches and athletes training at Duncan Mackinnon on the 7th of November to finish up by no later than 6.10pm. Milers Club officials and volunteers will require full access to the track and change rooms to prepare for the event from 6.15pm onward.

If you have any questions or queries regarding track usage on the 7th of November, please contact Mick Ryan at Blue441@optusnet.com.au (NOTE: any question regarding event entry, heat times or grading should be directed to Victorian Milers club).

We appreciate your co-operation and look forward to bringing more events back to Duncan Mackinnon.

Regards.....

Mick Ryan

Glenhuntly President.

CLUB RECREATIONAL RUNNING GROUP

CLUB PRESIDENT , MICHAEL RYAN, is introducing a recreational running group from the club.

If you would be interested in joining Michael and others for a run contact Michael on: Blue 441@optusnet.com.au

CLUB POLE VAULT – TRAINING WITH STUART MACKIE

The Glenhuntly Home of Pole Vault is back in business with the mats now to IAAF standard and nice and dry under the new baby blue cover. Anyone interested in training for the event should contact our coach Stuart on smackie1969@gmail.com



TRAINING AT FERNY CREEK – SUNDAYS 8.00 OR 8.30AM

Training in the Dandenong Ranges on Sunday Mornings has been a very popular and beneficial for many Club members with their fitness and it builds commadarie and team spirit. We welcome all members to join us; come and try.

The fresh air, bush tracks, hills, and challenges are a good change from the city streets and athletics tracks.

From the first times in the late 1950s with Trevor Vincent, Ron Clarke, John Coyle and Pat Clohessy (and many others), to the 1970s with Rob Decastella, Tim

o'Shaughnessy, Chris Wardlaw, Len Johnson Steve Foley, Jeff Coole (and many others) to our current crop of athletes, they undoubtedly improved their fitness. We even have many of our juniors as regulars and a strong contingent of our women are also regular (Bec Beagley, Danna Dekkers, Bec Kirkman (and many others)).Following the run, some converge on the Kallista Tea Rooms for breakfast or refreshments.