

**COLLINGWOOD  
HARRIERS  
ATHLETIC  
CLUB**



**2010  
WINTER  
HANDBOOK**

## COLLINGWOOD HARRIERS ATHLETIC CLUB

### CONTACTS

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

	Home	Mobile	Email
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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 called upon to supply a number of extra officials at a number of events during the season. Volunteers are always welcome.

This season Collingwood is required to supply officials on:

May 1	Jells Park	1
June 5	School's Road Relays	6
July 10	Coliban	1
July 17	Bundoora	6
August 28	Sandown Relays	3

Can you help?

We also need a number 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.

A reminder that the **Club events** this season are on **April 17, June 26, August 7 and August 21.**

## COLLINGWOOD HARRIERS ATHLETIC CLUB

Welcome to another winter season with Collingwood Harriers. Hopefully 2010 we see us build on our good performances over the last few seasons and continue to be a prominent force in Victorian athletics.

Collingwood is the only club with a team in every division of the men's competition, a fact of which we are very proud. Our junior ranks do need some more participants although present indications are for a bigger turn up in the coming season. The ladies' numbers are increasing slowly. We can always do with more, in all categories.

Bring any potential runners along to the Laceby Cecil on April 17<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.

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* enter all 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 terrific 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 new tent. This is provided on a roster basis. Don't be afraid to put your name down. If everyone jumps in you'll probably only get one hit – share with someone else if you like!

Soft drinks are provided at the tent after the A.V. races. This is done on an honesty system by just dropping the \$1:00 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!

There will probably be a bus organized for the Ballarat race. This will only be done if there is enough interest. Please indicate to John Crameri if you are interested.

Three hints for the season: Turn up early!

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

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

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 increased their fees for the first time in some seasons and the Collingwood committee has seen fit to also increase their component as well. It is a fact of life that costs are ever increasing, but we have been able to avoid increases for some years now.

### Fees for 2010-2011

Note: Ages for junior age groups are taken as of 31/12/2010

	A.V. Reg	Club Fee	Total	Season's Ticket		
Senior	\$140	\$80	<b>\$220</b>	Senior	\$85	(save\$65)
				U/20	\$65	( \$35)
Under 18/20	\$120	\$50	<b>\$150</b>	U/18	\$50	( \$30)
				U/16	\$40	( \$20)
Under 14/16	\$100	\$30	<b>\$130</b>	U/14	\$40	( \$20)

Even for a senior athlete this works out at around \$6:00 a week. For this you receive fifteen 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!

You are encouraged to fill in a registration form, (and season ticket if required) **at our opening run at the Clubrooms on Saturday April 17<sup>th</sup>**. Unfortunately we do not have a credit card facility for the Club fee which will have to be paid by cash or cheque. The A.V. component can be paid by Visa/Master if so desired, or of course, by the aforementioned cash or cheque.

**Note: To run at Jell's Park you must be registered prior to the day (i.e. the form must be at the A.V. office by April 28th) 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 Laceby Cecil 4 Mile (6.4k) Handicap. Rev. Laceby 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, usually run two weeks 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.

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 kilometer handicap run over three laps of the course used in the first race of the season. This will be only the second 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 which is often the decider in the Winter Points Awards!

## COLLINGWOOD HARRIERS ATHLETIC CLUB

### 2010 WINTER FIXTURE

- Thursday March 25**      **Kreek Krossing Klassic**      **Clubrooms 7:00pm**  
A fun run of approximately 7k. An opportunity for an early season hit out with the recruitment of new members in mind.
- Saturday April 17**      **LACEBY CECIL Hcp.**      **Clubrooms 1:45pm**  
The under 16's begin their season with a 2k run at 1:45, closely followed by the seniors at approximately 2:00pm. The senior race is a 6.4k road handicap around Yarra Bend.
- Saturday May 1**      **CROSS COUNTRY RELAYS**      **Jells Park 1:30pm**  
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 8**      **CROSS COUNTRY**      **Lardner Park Warragul 1:30pm**
- |      |                 |                |    |
|------|-----------------|----------------|----|
| 1:20 | Mens and Womens | Under 14       | 2k |
| 1:30 | Mens            | Under 18/20    | 4k |
| 1:50 | Mens            | Under 16       | 3k |
|      | Womens          | Under 16/18/20 | 3k |
| 2:10 | Mens            | Open           | 8k |
| 2:50 | Womens          | Open           | 4k |
- Saturday May 22**      **School's Cross Country Relays**
- Saturday May 29**      **ROAD RACES**      **Sandown Park 1:45pm**
- |      |                 |             |     |
|------|-----------------|-------------|-----|
| 1:45 | Mens and Women  | Under 14    | 3k  |
|      | Mens and Women  | Under 16    | 3k  |
|      | Womens          | Under 18/20 | 3k  |
| 2:30 | Mens and Womens | Open        | 10k |
|      | Mens            | Under 18/20 | 10k |
- Saturday June 5**      **School's Road Relays**
- Saturday June 19**      **ROAD RACES**      **Ballarat 1:30pm**
- |      |               |               |     |
|------|---------------|---------------|-----|
| 1:30 | All Juniors   | U 14/16/18/20 | 5k  |
| 2:00 | Men and Women | Open          | 15k |
- Saturday June 26**      **KEW CAMBERWELL Hcp.**      **Clubrooms 1:45pm**  
The under 16's have their first taste of a handicap run for the season with a 3k event, beginning at 1:45. The seniors run the 8k race via Kane's Bridge beginning at about 2:00.



## COLLINGWOOD HARRIERS ATHLETIC CLUB

### WINTER POINTS AWARDS

This season will be the fifth in which our Club Winter Points Awards will operate. Set up originally to encourage more members to attend the Club events, these awards, particularly the senior competition, have become sought after targets for the winter athletes. The junior award has suffered a little in comparison, due to the relatively small number of participants, however, it is anticipated that with the expected increase in numbers in the junior ranks that the interest in that competition will too intensify.

The Senior Award bears the name of one of Collingwood Harriers greatest, Robert Hendy. Robert Hendy 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 has carried the fortunes of our Club on his shoulders for many years.

Two great Clubmen!

All athletes, running in the Collingwood uniform, 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.

Each athlete 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>2005</b>	John Crameri	Julian Warhurst
<b>2006</b>	Troy Kameme	Tom Nokes
<b>2007</b>	Janette Chapman	Mason Barnes
<b>2008</b>	Chris Waldron	Mason Barnes
<b>2009</b>	To be announced at the opening run of the 2010 winter season – April 17 <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 four Olympians represented the Club and Australia in walking events. George Knott made the trip to London in 1948 to compete in the 10000metres 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 still walks for us today and plays a big part in the everyday running of the Club.

Our track is situated upon the George Knott Reserve.

Presently we have a dual Masters' World Champion in Stuart Kollmorgen in the 40-44 group.

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 Albert Park.

Following are the main days of competition during the coming winter.

Saturday April 24 <sup>th</sup> .	Opening day.	8k Club Championships	Albert Park
Saturday May 1 <sup>st</sup> .		5k Team's Championships	Albert Park
Saturday May 15 <sup>th</sup> .	Victorian Championships	10k	Albert Park
Sunday June 13 <sup>th</sup> .	Australian Championships	Men's 20 Miles Women's 10 Miles	Canberra
Saturday June 27 <sup>th</sup>	Victorian Championships	20k	Albert Park
	Aust & Vic Masters Championships	20k	
	School's Championships	varying distances	
Saturday July 18 <sup>th</sup> .	Victorian Championships	15k	Ballarat
Saturday August 8 <sup>th</sup> .	Victorian Championship	Men's 30k Women's 10k	Albert Park
Sunday August 22 <sup>nd</sup> .	Australian Roadwalking Championships		Queensland

## 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.

### How do you measure up?

<b>The Laceby Cecil</b>			<b>The Boulevard Run</b>			<b>Sandown Relay</b>		
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	45:43	Kate Hecker	'09	21:21	Susan Michelsson	'06
26:16	Alison Chapman	'08	46:03	Susan Michelsson	'06	21:24	Susan Michelsson	'05
26:36	Sharee Dicker	'04	46:36	Sharee Dicker	'04	21:34	Susan Michelsson	'07
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	23:12	Susan Michelsson	'00
27:09	Sarah Starr	'88	48:40	Janette Chapman	'07	23:26	Kim Wilson	'00
27:28	Annette Van Rooyen	'09	49:10	Jane Kanizay	'04	23:55	Sarah Johnson	'97
27:28	Alison Chaman	'07	49:10	Sharee Sharam	'05	26:41	Jane Carney	'98

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

## Did you know?

Collingwood Harriers has had four different winners of the Victorian Marathon Championship all of them being of a very similar build, particularly in the height department.

Mick Skinner (1956), Norm Duff (1963), Ian Minter (1981) and Magnus Michelsson (2003,2004,2008) would certainly not be the first picked in a Harriers Tug O' War team!

# COLLINGWOOD HARRIERS ATHLETIC CLUB

My 2010

Date	Venue	Weather	Distance	Time
March 25	Club			
April 17	Club			
May 1	Jells Park			
May 8	Lardner Park			
May 22	School's CC			
May 29	Sandown			
June 5	School's Road			
June 19	Ballarat			
June 26	Club			
July 10	Coliban			
July 17	Bundoora			
July 31	Brimbank Park			
August 7	Club			
August 21	Club			
August 28	Sandown			
September 5	Burnley			
September 18	Tan			
October 10	Marathon			

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