

## Upcoming Events

### DECEMBER

Thurs 10	Shield Round 6	Doncaster
Sun 13	AV Knockout R1	Various
Sat 19	Shield Round 7	Various

### JANUARY

Sat 2	Rare Air Club M4	Box Hill
Sat 9	Shield Round 8	Various
Sat 9 - Sun 10	Australian Masters	Bendigo
Sat 16	Shield Round 9	Lakeside
Tues 19	Victorian Milers M3	Box Hill
Tues 19	Rare Air Club M4	Box Hill

## Message from the President

By Jeff Franklin

Dear Members and friends of Ivanhoe Harriers. You will recall that a great deal of effort has been expended in rebuilding the historic and successful partnership with Ivanhoe Grammar School. This is an important connection for both School and Club and is ongoing.

On Monday 30th November 2015 I attended Ivanhoe Grammar School to address the athletic team and to promote the theme of rebuilding the partnership. I must say how impressed I was with the student group of 30-40 who attended. In addition, Chris Branigan, Head of Health & Physical Education at Ivanhoe Grammar School has been very supportive of our efforts and the need to raise the athletic standards at the school. Chris very much appreciated the involvement of Ivanhoe Harriers in attending the coaching clinics earlier in the year.

Of the student group in attendance, some 15-20 have expressed interest in becoming involved. I spent a little time during my address, talking about the challenge of establishing training groups at convenient locations. The student body at Ivanhoe is very diverse with students attending from Eltham to Northcote and all suburbs in between. Therefore it may well be that "training" needs to be de-centralised to cater for the geographic spread of students.

Overall, I was very pleased with the opportunity given by Ivanhoe Grammar School to speak to the students and hope that through our endeavours we can add value to the athletic talent of the school over time and in so doing continue to grow the Club.

On the subject of new athletes, it was great to see Jagmandip Gill back in action after a hamstring injury. He ran a very nice 100metres at Meadowglen on 22nd November winning in fine style.

In addition, we welcome Toula Andronicos to the Club.

Unfortunately poor Toula strained her hamstring in her first 200metres for the Club and will probably miss a couple of weeks. We hope your recovery is a quick one Toula! We would also like to welcome Lachlan & Brayden King who were previously members but had some time off. Great to see you back! And Finn Heikkila. On behalf of the club we wish you great success in your athletic endeavours.

Finally, this will be our last Cursus prior to Christmas. I take this opportunity to wish everyone well over the Christmas break and hope to see some great athletic performances in the New Year.

Merry Christmas and a prosperous New Year from all on the Committee.

## Building Partnerships

By Jeff Franklin

One of the strategies of the current Committee is to focus on creating and building "partnerships" with other groups in the area.

Our principal efforts have been directed at Ivanhoe Grammar School for historic reasons. Our work has not yet resulted in numbers but is slowly having recognition and impact. Progress for new members is slow but we are determined to succeed.

On the 7th December we ran a training night for the Macleod Football Club which resulted from initial contact from Matthew Hall. About 30 young footballers attended and were briefed about our intention to grow a partnership where both Clubs would benefit.

The players were put through a reasonably tough programme which included 12, 150's with progressively reducing recoveries. The reaction was very positive and the enthusiasm of the players was admirable. A couple of latecomers who missed out on the group 150's insisted on completing them anyway, I was impressed with their endeavour. Many of the boys seemed very receptive to the notion of joining Ivanhoe Harriers next year for the purpose of getting a track season under their belt prior to the footy season commencing.

If this was to eventuate, even on a restricted scale, the players would benefit enormously and of course, our club would benefit with some new members. Obviously, we need to work hard to stay in touch with the boys at Macleod and hope this strategy of a partnership will succeed.



## Some things change... Some things stay the same

By Jeff Franklin

### CURSUS NOVEMBER 15TH 1975

A couple of articles of interest from 40 years ago in Cursus show in some respects, how little things have changed since then. I have lifted segments of several of the articles under their original headings. Cursus Editor in 1975 was Graham Warry.

“Are You Needed? - We still need lots of mums, dads, sisters, brothers, friends- yes we will willingly train you to enjoy athletics and to know the finer points of the events- all we ask is that you turn up, see Mike Hennessy and he will hand you over to some of the happy souls you see officiating each week. They badly need your aid to keep things running smoothly- many hands make for a very easy time for all and the task, interesting and not at all arduous. The company good, and the rewards a lot of fun and a cup of tea or coffee and biscuits! Not often you get paid for helping out these days so be in it!”

ED: not sure what happened to the tea, coffee and biscuits, we need to lift our game today!

“Training and Coaching Arrangements- For the next few weeks- training and coaching arrangements will be as follows:

*Sunday mornings 10.30am Olympic Village ( OVT)  
Coaches, John Boas, Brian Hodgson, Gary Holliday*

*Tuesday- OVT main coaching night for Under 13,14,15 members*

*Wednesday- Willinda Park- 5.00pm for those members unable to get to OVT  
Warrigal Park-5.00pm distance runners training night.*

*Thursday night OVT 5.00pm main coaching night for sub-junior members.*

*For your coaching problems, if you do not know who to contact or talk to, get in touch with Dave Bartlett or John Boas.”*

ED: Well, Well, Well ...John Boas and Willinda Park still involved 40 years on.

Well done JB!

## A-Grade Comments

By Jeff Franklin

To go back to last weeks good win over Collingwood, this was the inevitable result of a well organised team effort. Every member of the team made a valuable contribution . Some highlights which may have escaped attention

were-Terry Beaton’s win in the javelin and his fine performance in the discus, which he lost by 2cm. Those of you who thought Terry was in a lot of events were right, together with the javelin and discus, he ran 4th in the “A” Grade 400m, competed in High Jump ( 1.85) and 110H (16 sec) Ian Campbell’s Triple Jump of 15.87 was the best at any ground.

Two athletes who finished second deserve special mention- Steve Austin for his great effort in 1500 and Bryan Humphrey for his 400m- both on the way back from injury.”

ED: Terry represented Australia in 1974 Commonwealth Games competing with distinction in decathlon, scoring 6780 points and in 2014 was elected to our Team of the Century along with Steve Austin and Ian Campbell.

We need to re-develop this fine team spirit that existed 40 years ago.

## Competition Results

By Stephen Pegg

### Shield Round 4 - Saturday 14th November 2015

Men Division 2: 97 pts, 1 ladder pt  
Men Under 16: 136 pts, 4 ladder pts  
Women Division 2: 45 pts, 1 ladder pt

### Shield Round 5 - Sunday 22nd November 2015

Men Division 2: 125 pts, 1 ladder pt  
Men Under 16: 186.5 pts, 5 ladder pts  
Women Division 2: 10 pts, 1 ladder pt

### Shield Round 6 - Thursday 10 December 2015

Men Division 2: 86 pts, 1 ladder pt  
Men Under 16: 94 pts, 3 ladder pts  
Women Division 2: 21 pts, 1 ladder pt



## Message From The Editor

By Stephen Pegg

As another year draws to a close I would like to wish everyone a happy and safe Christmas and New Year. Thank you to everyone who has stepped up to help the club over the last year, it is very much appreciated. Enjoy the holiday period and we look forward to seeing everyone back at the track for Round 9 of Shield on the 9th of January. Merry Christmas and happy new year everyone!