

CURSUS

The Newsletter of
Ivanhoe Harriers
Athletic Club Inc.



August 2017

Edition 29

PRESIDENT'S MESSAGE

Training news

For some years now, the Club has struggled to make effective use of the training facility at Willinda Park. The costs of maintaining our rights to train at this track are substantial and in recent years only 2 or 3 athletes have been using the facility. In addition, recruiting athletes to Ivanhoe, from a training venue in Greensborough, has proven to be almost impossible. This is despite the best efforts of many good people over many years. During this time, the local club, Diamond Valley Athletics Club has prospered and we have regressed.

In order to explore re-positioning of the Club back to Ivanhoe and closer to our historic base at Ivanhoe Grammar School, we needed to consider all options. We have now finalised an arrangement with Collingwood Harriers to train at Collingwood Harriers Athletic track at Clifton Hill. Our rights to train will commence on Monday 4th September 2017. We will be able to train on Monday, Wednesday and Thursday afternoons commencing at 4.30pm. This will be most advantageous for Ivanhoe Grammar School students as the Clifton Hill track is only 5 or 6 minutes from the school by car.

At this time we have not relinquished our rights at Willinda Park as we need some time to review our positioning and strategy as we progress. We will also continue with middle distance training at Chelsworth Park for the medium term at least.

We have already established a very good relationship with Collingwood Harriers and very much appreciate their offer which has been

accepted. This is only one small step in the bigger puzzle however, the Committee is delighted to make this announcement as we firmly believe it to be a step in the right direction.

Cross Country comment

At the time of writing, the winter cross country season is coming to an end. John David has been doing his usual efficient job as Team Manager of Cross Country and this season has been the best for some time. It is great to report on progress being made and good performances for Ivanhoe but we still have a long way to go.

As mentioned in the previous edition of *Cursus*, the juniors training at Chelsworth Park are improving and the work we are doing with Ivanhoe Grammar students is making a big difference to their cross country performances in inter school cross country. This year about 12 Ivanhoe Grammar School students have been regularly training during the winter, some of whom have already joined the Ivanhoe Harriers which is great to see. Thomas McGillion, Captain of the School Cross Country team last year has been a wonderful competitor, improving with each outing. Chris Branigan, Head of Learning Health and Phys Ed at Ivanhoe Grammar School, is also having a great year for the Club. Congratulations to all.

Jeff Franklin

Tom Hancock, legend of our Club!

A note was received from Tom Hancock along with an article from his local newspaper up north, The Clarence Valley Independent. Tom has been spending the winter in northern New South Wales near the Clarence River. He expects to return with Margaret in September and is looking forward to moving in to a new apartment in Hawthorn.

The headlines on the front page of the Clarence Valley Independent read "MENTOR, WINNER, ROLE MODEL" in very large letters together with a photograph.

The article was about the Australian Masters in Darwin during June and the role Tom plays in local athletics, coaching the youngsters. Some parts of the article which should be of interest to all are quoted below:

"Tom Hancock, 81, is Australia's top masters' throws pentathlon athlete, sweeping all before him. He won 7 gold medals and in the throws pentathlon was 800 points clear of his nearest rival.

Hancock was competing at the Australian Masters Athletic Championships in Darwin where he won gold in the 80-85 year division for high jump, throws pentathlon, javelin, hammer, shot put, discus and weight throws.

The big prize however, was the Joyce Foley Award for the highest male point score in the throws pentathlon which is assessed across all age divisions from 30 upwards."

Tom is quoted in his frank style "my score was 4,400 points, the nearest to me in any age group was 3,600 points. My name goes on the perpetual trophy and they gave me the crystal".

Tom has been coaching and mentoring the young athletes in the area for many years with several youngsters quoted in the extensive article. One youngster saying "he sets us higher and higher goals. His belief in our ability helps us to strive to achieve the best we can". And from a mother "without Tom they wouldn't make it to Sydney and they make it every year".

Finally in the article, Tom is quoted as follows "My motivation is to see them succeed at State level. They go to Sydney and get a big thrill going into the Olympic Stadium where they compete against the big Sydney schools. The big schools have lots of comps which we don't, but we still do pretty well and on occasion, we have won NSW titles and medals.

That's very satisfying for me and the kids"

Congratulations Tom on a fine effort and the great role you have been playing in junior development.



COLLINGWOOD HARRIERS 5 MILE CHALLENGE

We received an invitation from Collingwood Harriers to join them and Richmond Harriers in this annual race at Yarra Bend.

We were delighted to receive the invitation and thanked our hosts for the opportunity.

The event was held on 5th August 2017 followed by a traditional afternoon tea which was attended by many of the previous winners of this event.

Thomas Langdon and Cooper Rush, two of our up and coming middle distance athletes performed very well against the seniors. The going was pretty tough into the wind and it was the first time the boys had raced over 5 miles.

Well done boys, Thomas and Cooper are looking very promising as seriously good athletes of the future.



SUPPORT OUR SPONSORS:



Miles Real Estate is a market leading real estate business in Banyule and surrounding communities. It has been part of the fabric of Ivanhoe for 85 years and prides itself on its strong historical links to the local community. Miles Real Estate has also been a loyal supporter of Ivanhoe Grammar School over many years. As a consequence the staff have a very deep understanding of local issues, local people, their background and property values generally.

Personally, my experience in dealing with Miles Real Estate has been very positive. I have been impressed with their depth of local knowledge and the conviction of staff.

Miles Real Estate has been our principal sponsor for some years. They have supported Ivanhoe Harriers in various ventures which would have been difficult to fund without them. This note is to remind our readers of Miles expertise and position in local property markets. Should anyone from our wider club family be considering buying or selling they should first consider talking with Miles.



Many readers will recall that we introduced this great sponsor about 12 months ago. The business is a Foodworks supermarket with a great deli and wine selection. Pre prepared meals, New York style, are cooked by their in-house chef and I can attest, are very good indeed. Just a couple of weeks ago, my wife and I had returned from a holiday up north, arrived back home at 7.00pm in the freezing cold of a Melbourne winter. We rushed down to Foodworks to get some supplies and there on the shelf was a beautiful hot roast pork with all the crackle. I admit, it was not the healthiest meal for an *athlete* — but it was absolutely superb! You need to give East Ivanhoe Foodworks a try.

For every \$ spent by Ivanhoe Harriers supporters we receive a 1c credit i.e. 1% of sales which accrues to our account. In other words, if your shopping bill is \$150.00 the points going to Ivanhoe Harriers is worth \$1.50. You must remember to remind the check-out

staff that you want your points awarded to Ivanhoe Harriers – we are competing for those points against other clubs and community groups.

So spread the word amongst neighbours and friends, encourage them to shop at East Ivanhoe Foodworks and nominate Ivanhoe Harriers for their points. Our points tally is slowly growing, the last time I looked we were approaching \$500.00 which is just great for the Club.

Jeff Franklin

CROSS COUNTRY UPDATE

Round 6: Albert Park 10km Road Race (16th July 2017)

This event was held on a cold and windy Sunday morning. No matter where you were running the wind was mostly against you.

We had a strong team of runners on the day with some very impressive results.

Chris Branigan had a great dual with James Lynch passing him near the finish with 3 seconds to spare. Our juniors Thomas Langdon & David Greig also had a great run completing the 10km course in an excellent time of 39:03 and 40:42 respectively.

Results for our athletes that competed in this event were:

Men Division 5 - 10km

Place	Name	Time
265	Chris Branigan	39:21.997
267	James Lynch	39:24.003
433	Jeremy Jones	47:56.030
461	John David	54:21.023

Men Under 18 - 10km

Place	Name	Time
22	Thomas Langdon	39:03.923
25	David Greig	40:42.750



John David



David Greig inside the stadium finishing the Albert Park 10km Road Race



Thomas rounding the first corner in the first leg of the Anglesea Ekiden Relay

Round 7: Ballarat 15km Road Race (29th July 2017)

This has always been a tough course with extreme weather conditions, and it was no different for Round 7. Again it was freezing and that wind was so strong it was hard to get a PB on the day.

What was great was that we managed to fill a team and placed well for our division.

The results for our Men's Division 5 team were:

Men Division 5 - 15km

Place	Name	Time
183	Chris Branigan	1:01:04.903
239	James Lynch	1:06:25.707
283	Thomas McGillion	1:11:08.147
335	John David	1:26:38.733

We came 4th after Yarra Ranges:

Place	Team	Rank
1	BENDIGO REGION	306
2	OLD XAVERIANS	904
3	YARRA RANGES ATHLETICS	946
4	IVANHOE HARRIERS	988
5	GLENHUNTLY	1138
6	COLLINGWOOD HARRIERS	1157

Round 8: Anglesea Ekiden Relay (12th August 2017)

Last Saturday our Division 5 Men completed the Ekiden Relay at Anglesea.

This was a great run through isolated sandy and rocky tracks near the coast. Some really spectacular sites especially as you head towards the top of the course where you had an excellent view of the beach at Anglesea.

Our team ran a total distance of 31.7km as a relay team with the results being:

Men Division 5 - Ekiden Relay

Leg	Name	Distance	Time
1	Thomas McGillion	9.8km	47:01
2	James Lynch	8.8km	42:22
3	Travis McIntosh	7.9km	40:59
4	John David	5.2km	32:41



James heading back towards the change-over at Anglesea Caravan Park



James tags Travis to start the third leg

As at Round 8, our Division 5 Men's team is currently in the middle of the rankings sitting in 7th position.

Men Division 5

Place	Team	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Bendigo Region		15	15	15	15	13	15	15			103
2	St Stephens Harriers	15	13	13	13	13	15					82
3	Old Xaverians	13	9	9	10		12	13	13			79
4	Glenhuntly	12	8	11	12	9	9	10				71
5	Melbourne University	11	12		11	12	11		9			66
6	Yarra Ranges		11		8	8	7	12	12			58
7	Ivanhoe Harriers	7		10	5	7	8	11	7			55
8	Coburg Harriers	10	7		9	11	6		11			54
9	Collingwood Harriers	8	5	8	6		5	9	6			47
10	Williamstown	9			7	10	10		10			46
11	Knox Athletics		6		4	5			5			20
12	South Melbourne		10			6						16
13	Diamond Valley								8			8
14	Casey Cardinia											0

The next Cross Country event will be on Sunday the 10th September 2017 at Burnley - being the half marathon road race. This is a fairly flat course along the banks of the Yarra and known for being one of the fastest half marathons in Australia. Let's make sure that we will have a full team for this event.

John David – Winter Team Manager.

Go Hoe!