

CURSUS

The Newsletter of
Ivanhoe Harriers
Athletic Club Inc.



September/October 2017

Edition 30

PRESIDENT'S MESSAGE

In our last Edition of Cursus we advised that we have negotiated an arrangement to enable training at the Collingwood Harriers Track at Clifton Hill. This arrangement is expected to be ongoing and will be most advantageous to students at Ivanhoe Grammar School.

In addition, we are still in the process of finalising permanent training rights at Chelsworth Park in Ivanhoe. This is primarily to facilitate middle distance and cross country training within walking distance of the School.

Both of these steps have been taken to enhance the bridge building between Club and School, which has resulted in a steady flow of young athletes to our Club. Our influx of new members is the highest in many years. As previously stated, we have not relinquished our training rights at Willinda Park but we are mindful of the substantial increasing costs of staying at Willinda in the long term, particularly given the decline of the Club since moving there. The Committee will consider all options in re-positioning our Club for the future.

Last season, 10 of our new members were directly attributable to Ivanhoe Grammar School and training at Chelsworth Park. This season, commencing with the Cross Country season, 7 new members are in the same category. Clearly these very strong results speak for themselves. I am of course, very pleased to see that our strategy is bearing fruit. Our biggest challenge ahead is to rebuild the Club Family by ensuring that we grow our relationships with these newer members and their respective families into the future.

Jeff Franklin

NEW MEMBERS

We extend a warm welcome to the following new members who have recently joined us from the athletics squad at Ivanhoe Grammar School.

Thomas Brightling is a promising 400/800m runner. Thomas is strongly built and already has PB's of 58 seconds and 2:16 to his credit.

Justin Cementon ran in the 3.2k Princes Park Relay for the Club, recording the very good time of 11:03. Justin trains with our group at Chelsworth Park and already has PB's of 2:15 for the 800m and 4:48 for the 1500m.

Sam Daniel has just commenced training with us after recording a very smart time of 57.74 in the 400m at the AGSV sports. Sam is very keen to improve his fitness and improve his 400/800m times during the season.

Josh Philip has recently commenced training with the Club at Chelsworth Park and looks to be a fine prospect over 800m and 1500m.

In addition, **Andrew Greig**, son of Barry has just joined us this season to build his fitness and grow some experience at running middle distance.

Alana Green has joined us this year which is just great. Alana trains with Peter Rule and has previously been a "second claim" athlete. She is a fine sprinter and a very good pole vaulter with great natural ability.

Kieran McAuley has been introduced to the Club by Alana. He is hoping to improve his fitness and race over 800/1500metres this season. Well done Kieran.

Please make our new members welcome during the course of the season.

OLDER MEMBERS

Our Club history is outstanding and has been impacted by the long and loyal service of many individuals. **John Boas OAM**, is one such person. This week just passed, marks the 60th anniversary of John joining the Ivanhoe Harriers back at the Olympic Village Track in 1957. John has served as a Committee Member, Secretary, and President from 1983-85 but his greatest contribution has been as Coach.

John was awarded an Order of Australia in 1994 in recognition of his contribution to sport and was also awarded a Merit award by Athletics Victoria in 2008.

Congratulations John on a fine career, a Life Member of Ivanhoe Harriers.

I am also delighted to report that **Chris Schrader** has shown his great support for the Club by re-joining this year, despite living in Texas, USA!!! I had a look back through some old Editions of Cursus in the late 70's and found C Schrader listed as the Under 19 1500 metre record holder with a 3:54.5 set in 1972 and an Under 19 800m record of 1:55.1 set in the same year.

Chris has been a great support to me by providing middle distance training schedules that he has developed for his athletes in Texas.

Congratulations on re-joining Chris, really appreciate your great loyalty.

ATHLETICS VICTORIA SHIELD PROGRAM

First round of Shield was held at Doncaster last Saturday, 7th October 2017. There are 12 Rounds in the season this year however AV has made significant changes to the program this year. They have advised that the changes were necessary due to a lack of Officials.

Unfortunately, those changes mean that competition for us will not be held at Doncaster each week. Please refer to the schedule below which shows the highlighted venues allocated to RED Zone which is our Zone.

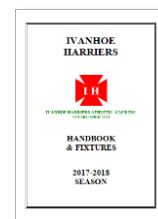
In addition, the program has clearly been structured for the benefit of elite athletes in that the athlete may choose to compete at an alternative venue to his or her normal Zone, i.e. away from his or her Club. In our

opinion, this structure is not helpful for Clubs trying to build and grow together and strikes at the heart of Club unity.

We will need to plan ahead this season to clearly announce which venues Ivanhoe will attend.

HANDBOOK

Our Handbook is complete for Season 2017/18. All Members can collect their copy from Jeff Franklin either at training or at Round 3 which is on 21st October at Meadowglen.



SPONSORS

In our last Edition of Cursus we reminded all Members about the great contributions made by our major sponsors, Miles Real Estate and East Ivanhoe Foodworks. Both of these businesses are local, very well run and are keen to support local, well run community organizations like Ivanhoe Harriers.



We are now very pleased to announce a new sponsorship to the Club in the Insurance field. Aspect Underwriting is a family owned and run insurance business. Michael Wallis is Managing Director and the Wallis family have had a distinguished relationship with Ivanhoe Harriers over the last 30 years.

Michael is very experienced in his field with considerable knowledge of underwriting matters both in Australia and overseas. Please do not hesitate to contact Michael for advice on either personal or business insurance policies, new or existing arrangements, business protection or income protection for younger families.

Michael can be contacted on: 03 9415 6091



AV Shield 2017/18

Round	Date	Program 1		Program 2	
		Venue	Start	Venue	Start
1	Saturday, 7 Oct 2017	Doncaster	1:00pm	Nunawading	1:00pm
2	Thursday, 12 Oct 2017	Box Hill (PV only)	6:00pm		
	Saturday, 14 Oct 2017	Frankston	1:00pm	Werribee	12.45pm
3	Saturday, 21 Oct 2017	Meadowglen	1:00pm	Nunawading	1:00pm
4	Saturday, 28 Oct 2017	Knox	1:00pm	Werribee	12.45pm
5	Saturday, 18 Nov 2017	Doncaster	1:00pm	Mount Evelyn	1:00pm
6	Thursday, 23 Nov 2017	Box Hill (PV only)	6:00pm		
	Sunday, 26 Nov 2017	Frankston	11.30am	Aberfeldie	11.30am
7	Saturday, 2 Dec 2017	Ringwood	1:00pm	Doncaster	1:00pm
8	Thursday, 7 Dec 2017	Melb Uni (PV only)	6:00pm		
	Sunday, 10 Dec 2017	Williamstown	11.30am	Casey Fields	11.30am
9	Friday, 15 Dec 2017	Albert Park	6:00pm		
	Saturday, 16 Dec 2017			Meadowglen	1:00pm
10	Saturday, 6 Jan 2018	Aberfeldie	1:00pm	Knox	1:00pm
11	Friday, 12 Jan 2018			Albert Park	6:00pm
	Saturday, 13 Jan 2018	Nunawading	1:00pm		
12	Saturday, 20 Jan 2018	Aberfeldie	1:00pm	Casey Fields	1:00pm
Final	Saturday, 10 Feb 2018	Albert Park	9:00am		

* Red dates signify where we need to supply helpers to assist the officials.

Program 1	Program 2	Notes
200m	100m	* No 1500m on round 11
800m	400m	* 3000m on rounds 1, 2, 4, 6, 7, 10, 12
3000/5000m	1500m	* 5000m on rounds 3, 5, 8, 11
200/300/400m Hurdles	80/90/100/110m Hurdles	* Sprint Hurdles on rounds 1, 3, 4(P1), 5, 6, 7, 8, 9(P1), 10(P1), 11
4 x 100/200/400m Relay	1500/3000m Walk	* Long Hurdles on rounds 1, 2, 3, 5, 6, 7, 8, 9(P2), 11, 12, Final
Hammer	2000/5000m Walk	* 2000m/3000m Steeplechase on rounds 2, 4, 6, 8, 10, 12
Shot Put	2000/3000m Steeplechase	* 1500m/3000m Walk on rounds 1, 3, 5, 7, 9, 11, Final
Triple Jump	Long Jump	* 2000m/5000m Walk on rounds 6, 8
High Jump	Discus	* 4x100 Relay on rounds 2 & 10
Pole Vault	Javelin	* 4x200 Relay on rounds 4 & 8
	Pole Vault	* 4x400 Relay on rounds 6 & 12
		* Javelin switches to P1 on round 11
		* Shot Put switches to P2 on round 11
		* No Hammer Throw on rounds 4, 8
		* Pole Vault on rounds 1, 2, 5, 6, 8, 9, 11, 12

FINAL CROSS COUNTRY FOR 2017

Round 9: Burnley Half Marathon (10th Sep 2017)

Perfect conditions early on a Sunday morning for this flat but long distance (21.1km) race.

This event involved 7 laps of a set course on Yarra Boulevard, and with a couple of hundred athletes all trying to achieve PB's, it was quite a sea of colours for the first km.

It has been a very long time since our club has a full team for this event.

Happy to advise that this year, with increased numbers for our CC team, we were success in obtaining team points for this round.

Chris Branigan achieved a great time of 1:28:40, and also had enough energy to keep going by running alongside John David during his last 2kms. This was much appreciated and shows real team spirit by motivating our athletes to achieve their best.



Thomas McGillion also has a great run and was hot on the tail of James Lynch with a time of 1:41:51.

Thomas will be a real force in 2018.

Results for this event were:

Men Division 5 - Half Marathon

Place	Name	Time
217	Chris Branigan	1:28:40.890
310	James Lynch	1:40:58.187
315	Thomas McGillion	1:41:51.920
370	John David	1:59:00.967



Place	Team	Rank
1	BENDIGO REGION	465
2	OLD XAVERIANS	763
3	SOUTH MELBOURNE	928
4	DIAMOND VALLEY	1001
5	WILLIAMSTOWN	1005
6	YARRA RANGES ATHLETICS	1018
7	COBURG HARRIERS	1051
8	IVANHOE HARRIERS	1212
9	GLENHUNTLY	1304
10	COLLINGWOOD HARRIERS	1396



Round 10: Princes Park Relay (16th Sep 2017)

This was a new event replacing the Tan Relays due to works around the Botanic Gardens.

A very flat and fast course around Princes Park where each athlete had to complete one lap of a 3.2km course before tagging to the next relay runner.

Our junior men's team excelled in the Under 18 age group, particularly given they are 15 and 16 years of age. Thomas Langdon ran a ripping first leg in 10.27 which turned out to be fastest time for the Club, including seniors, on the day. This was followed by Justin Cementon and Cooper Rush, both of whom also recorded faster times than our senior team....the future is looking promising.

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

Men Division 5 - 4 x 3.2km Relay

Leg	Name	Time
1	Chris Branigan	11:31
2	James Lynch	11:49
3	Travis McIntosh	13:20
4	Thomas McGillion	12:04

Our team achieved 8th position out of 13 competing teams.

The results for the U18 Men's team were:

Men Under 18 - 3 x 3.2km Relay

Leg	Name	Time
1	Thomas Langdon	10:27
2	Justin Cementon	11:03
3	Cooper Rush	11:11

This team also came 8th out of 14 competing teams which was fairly impressive considering some of the athletes in this team were U16.

Final Results

What was really great this year was that we only missed fielding a full team for Round 2. This was a big improvement for our club regarding team participation. Also to have a full team for the half marathon was a great step forward. Thanks to all of our Winter Open Men athletes for their hard work and determination, and also for the great camaraderie and team spirit displayed during the Winter season.

The final placing for our Men's Division 5 team was 8th out of 13 competing teams.

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	15	15	133
2	Old Xaverians	13	9	9	10		12	13	13	13	6	98
3	St Stephens Harriers	15	13	13	13	13	15				13	95
4	Glenhuntly	12	8	11	12	9	9	10		6		77
4	Melbourne University	11	12		11	12	11		9		11	77
6	Yarra Ranges		11		8	8	7	12	12	9	9	76
7	Coburg Harriers	10	7		9	11	6		11	8	8	70
8	Ivanhoe Harriers	7		10	5	7	8	11	7	7	7	69
9	Williamstown	9			7	10	10		10	11	10	67
10	Collingwood Harriers	8	5	8	6		5	9	6	5	4	56
11	South Melbourne		10			6				12	5	33
12	Diamond Valley								8	10	12	30
13	Knox Athletics		6		4	5			5		3	23
14	Casey Cardinia											0

The final result for our Junior team was 11th out of 19 competing teams.

Due to school commitments we were only able to field an U18 Men's team for two rounds, however the times for the races concerned were excellent. I'm sure that as we grow our numbers for the Juniors we will have more impact for the Winter season next year.

On the 20th September we had a well-earned Cross Country dinner at Romano's Pizza Restaurant to celebrate the end of the season. This was gratefully funded by our club and a fun night with lots of celebration. This was an important event to assist in growing social activities for our club, and I'm sure there will be more opportunities in the future to celebrate our club's success.

One last point that must be raised is the assistance of our volunteers who fulfilled our clubs duties during the Winter season. A big thank you for your dedication and support performing this important function.

Look forward to another great Winter season in 2018.

GO HOE

John David – Winter Team Manager.



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