

PRESIDENT'S MESSAGE

Training news

Training is progressing strongly at Chelsworth Park, Ivanhoe East. Everyone is showing improvement and PB's are being achieved often. The race is on within the group to see who will be the first to break 2:10 for the 800m. So far Justin Cementon has clocked a 2:10.2 and Thomas Langdon 2:12.1 with the others not far behind.



Pictured, from left to right: Louis Ajani, Cooper Rush, Thomas Brightling, Sam Daniel, Justin Cementon, Thomas Langdon, David Greig, Josh Philip ...and the old Coach.

This is the foundation of our talented Under 18 group, so the future is looking bright.

Jeff Franklin

COMPETITION AND THE PROGRAM

The first four rounds of competition have now come and gone with results outlined in this Edition of *Cursus*.

Certainly the most difficult issue the Club has had to deal with has been Athletics Victoria's program this season. Their decision to operate from only 2 venues per Round and allow athletes to pick and choose which venue to attend is not helpful to building a "Club" culture and creating team spirit. The Clubs we have spoken to are most unhappy with this arrangement as are we.

Ivanhoe is in Red Zone which was designated Doncaster for Round 1, Round 2 Werribee, Round 3 Meadowglen and Round 4 Werribee which we chose not to attend, instead going to Knox which was the alternate venue for that Round.

When this fixture was announced we wrote to Athletics Victoria, expressing concern about the consequences of these arrangements, which are now being realised. Parents with several children and various sporting obligations simply cannot afford the time to drive from Ivanhoe to say Werribee or Frankston. Car pooling may be necessary to assist us overcome this issue.

Rebuilding our Club requires significant effort in recruitment of new juniors and introducing new parents to the athletics program. We compete for numbers against other sports which are local, with 5 or 10 minutes driving time (max) for parents who provide the transport. In our view the current program is elitist in nature and anti-Club. We intend to continue to do our utmost to promote team spirit within the Club and support attending one venue each week.

However, despite the above handicap, we are making good progress with our recruitment of juniors and training. The benefit of now having several locations for training purposes gives the Club great flexibility. Tom Hancock is now doing throwing coaching at Clifton Hill with some of our Ivanhoe Grammar students training with him. We are hopeful that the close proximity of the Grammar School to Clifton Hill will result in the rebuild of a meaningful throwing group.

Last season we lifted our Under 20 group from 4 to 12. This season the Under 20's are at 14 with 6 from last season still to re-register which is disappointing but illustrates that our recruiting of new members continues at a much greater pace than for many years.

Finally, we have 8 Rounds of Competition left in the program which is plenty of time to achieve some massive PB's and have a crack at some different events outside the normal comfort zone. You never know, we might have a "hidden" javelin talent in our middle distance group!! Good luck to all of our athletes.

FUND RAISING

Bunnings Sausage Sizzle

Fund raising is a very important aspect of small clubs like ours. We have participated in the Bunnings sausage sizzle for a few years now and last year made a profit of \$1,800.00 which was marvellous.

We have been lucky again this year to be selected by Bunnings to run our sausage sizzle on Sunday 4th February 2018.

Please note your diaries, we will be looking for plenty of volunteers. We are required to operate the sausage sizzle between 9.00am and 4.00pm commencing our set-up at 8.00am.

"Many hands make light work" so we are hoping to see 12-16 people volunteer for a couple of hours each. Please let Jeff Franklin know your preferred time so we can set up a roster.

NEW MEMBERS

A warm welcome to the following new members who have recently joined us.

Dom Di Censo has been training with us for a number of months and is gradually improving his fitness. Dom looks like he will develop into a very handy middle to long distance runner. He is quite tall and has a lovely long stride.

Christian Ishkan has joined us from Ivanhoe Grammar School and has already commenced training with Tom Hancock. Christian is a very strong young man and looks like he will develop into a good thrower for the Club.

TALENT OF A DIFFERENT KIND

One of the many bright young men in our Club is David Greig. An article in the HeraldSun dated November 2nd featured a picture of David with three of his school mates celebrating a very fine academic victory.

David attends Trinity Grammar School and has been working with his mates for three years on this project.

Together they won the Formula One in Schools World Championship 2017, defeating thousands of students in the world wide competition. The year 9-11 boys David Greig, Alec Alder, Kyle Winkler and Hugh Bowman called themselves "Team Hyperdrive" and were presented with the trophy by F1 Chief Executive Chase Carey in Malaysia.

F1 in Schools is the world's largest school-based Science, Technology, Engineering and Mathematics competition, requiring the students to design, build and race a miniature F1 car. The students beat 50 teams from 27 countries winning the award for best engineered car.

Congratulations to David and the Greig family. Special congratulations to proud parents Barry and Dora for managing to control the enthusiasm of Team Hylerdrive which we are sure would have been quite difficult. The students were also awarded university scholarships at University College, London. Wow, what an achievement.

TRAINING AT COLLINGWOOD TRACK

Club Legend, Tom Hancock, is shown in the following pictures training Tom Brightling and Christian Ishkan. Both boys are from IGS and are keen to develop their throwing techniques. Tom is conducting training at Collingwood from 4.00pm on Thursdays which is ideal for the boys given the close proximity of the School. We are hopeful of growing the throwing group into a sizeable unit into the future.



MIDDLE DISTANCE NEWS

Thursday night the 2nd November 2017, David Greig and Thomas Langdon ran in an invitation 1500m at Box Hill track. David's Dad, Barry attended and sent me this note:

David and Thomas raced last night at Box Hill with some pleasing results, David 4:48.4 which was a 4 sec PB and Thomas 4:30, a whopping 13 sec PB. Both boys ran in the same race. David wanted to run sub 4:50 and Thomas sub 4:30.

Thomas ran controlled and with the leading bunch for the first two laps, looked a bit tired in the 3rd lap but stormed home over the final lap finishing very strong. A good run considering he had a bit of a head cold.

David ran conservative for two laps then started to pick up the pace after 800m gradually increasing. He ran consistently over the final stages finishing strongly but still had some left in the tank.

He too had a head cold and given current fitness levels was pleased with the run.

Lap times (with 400m splits at the start and finish line)

Distance	Thomas	David
300m	54 sec	58 sec
400m	1m.12sec	1m.17 sec
700m	2.08 (74 sec lap)	2.17 (79 sec)
800m	2.26 (74 sec)	2.36 (79 sec)
1100m	3.23 (75 sec)	3.33 (76 sec)
1200m	3.41 (75 sec)	3.51 (76 sec)
1500m	4.30 (67 sec)	4.48 (75 sec)
Last 300m	49 sec	57 sec

Thanks Barry, great to get that news. Given their ages, 15 and 16 respectively, we are starting to build a really good foundation in middle distance for the future.



COMPETITION RESULTS

Round 1: Doncaster/Nunawading (7th Oct 2017)

Team	Pts	Name	Perf.	Spec
800m				
MOP2	209	Kieran McAuley	2:28.7h	
3000m				
MU18	353	Justin Cementon	9:58.8h	
MU18	352	Thomas Langdon	9:59.1h	
MU18	272	Cooper Rush	10:38.2h	
M40+	266	James Lynch	11:18.3h	
High Jump				
MU18	246	Rhys Rigoni	1.45	
Pole Vault				
MU18	396	Rhys Rigoni	3.60	
Shot Put				
MU18	372	Rhys Rigoni	11.27	5kg

Round 2: Frankston/Werribee (14th Oct 2017)

Team	Pts	Name	Perf.	Spec
100m				
M40+	222	David Burke	13.60	
400m				
M40+	204	David Burke	65.78	
1500m				
M40+	131	David Burke	6:33.3h	
Long Jump				
M40+	288	David Burke	4.48	

Round 3: Meadowglen/Nunawading (21st Oct 2017)

Team	Pts	Name	Perf.	Spec
200m				
MU18	157	Andrew Greig	31.63	
M40+	197	David Burke	29.39	
400m Hurdles				
M40+	255	David Burke	78.16	91cm
800m				
MU18	323	Rhys Rigoni	2:13.7h	
MU18	299	Thomas Langdon	2:15.6h	
MU18	298	Justin Cementon	2:15.8h	
MU18	265	Cooper Rush	2:20.5h	
MU18	249	Louis Ajani	2:22.9h	
MU18	186	Josh Philip	2:39.1h	
MU18	172	Andrew Greig	2:48.1h	
MOP2	218	Kieran McAuley	2:27.3h	
M40+	180	David Burke	2:51.0h	
Hammer				
M40+	487	Thomas Hancock	36.61	5kg
High Jump				
MU18	380	Rhys Rigoni	1.65	
M40+	410	David Burke	1.55	
Shot Put				
MU18	375	Rhys Rigoni	11.33	5kg
M40+	501	Thomas Hancock	10.75	5kg
M40+	208	David Burke	6.65	7.26 kg
M40+	286	Philip Ramsay	5.71	5kg

Round 4: Knox/Werribee (28th Oct 2017)

Team	Pts	Name	Perf.	Spec
110m Hurdles				
M40+	214	David Burke	21.92	99cm
200m				
M40+	232	David Burke	28.45	
4x200m Relay				
MU18	259	David Greig, Domenic Di Censo, Justin Cementon, Thomas Langdon	1:49.71	
800m				
MU18	368	Justin Cementon	2:10.2h	
MU18	343	Thomas Langdon	2:12.1h	
MU18	270	David Greig	2:19.8h	
MU18	246	Louis Ajani	2:23.3h	
MU18	195	Andrew Greig	2:32.7h	
MU18	194	Domenic Di Censo	2:33.9h	
M40+	179	David Burke	2:51.6h	
Discus				
M40+	441	Thomas Hancock	29.60	1kg
High Jump				
M40+	427	David Burke	1.60	
Javelin				
M40+	433	Thomas Hancock	28.23	600g
Shot Put				
M40+	229	David Burke	6.96	7.26 kg
M40+	185	John David	5.30	6kg

MELBOURNE MARATHON

Three finishers that we are aware of in this year's Marathon which is something to boast about. We all know how difficult the marathon is and finishing is a badge of honour.

John David completed his tenth marathon this year in the time of 4:46:31, a mighty effort John. He is now a proud member of the Spartan Club.

David Rush (father of Cooper) finished in the very good time of 3:26:26. After that fine effort we hope to see David have a crack at cross country next season.

Chris Branigan ran his first marathon and finished in the very good time of 3:23:07, congratulations to Chris....I can feel a sub 3 hour coming up in the future.

