



President's Message

It is fair to say that the Track and Field season this year has been unsatisfactory and not supportive of recruiting.

Athletics Victoria's decision to reduce competition to two venues each week without consultation with Clubs was very high handed. The consequences often required parents to travel considerable distances to transport kids in a time poor environment. The resulting drop in attendances was not really surprising. These arrangements were not in the best interest of promoting athletics to the young. Recruiting, as a consequence, became even more difficult.

From my discussions with other Clubs there was complete dissatisfaction with the program. In addition, the idea that athletes could compete at either venue meant that Clubs were divided with reduced ability for members to socialize or feel part of their whole Club.

Since the end of the season we have been in attendance at Red Zone meetings to consolidate strong recommendations for change. Interestingly, the Clubs are all in furious agreement and very unhappy with these more recent developments.

Hopefully, common sense will prevail and we see a much more attractive set of arrangements for next summer. The basic product needs to be attractive to parents who are time poor and who provide the transport for their children on Saturdays.

As mentioned in previous editions of *Cursus*, we have broadened our training base to include the Collingwood Track as a training venue.

The Track is currently under construction for its planned resurfacing with the current expectation that it will be finished by June/July. Provided all goes to plan, we hope to be in a position to make use of the facility prior to the next summer season.

A note received from Barry Greig following the last night of the "Milers" events on 9th March 2018.

Quote from Barry:

"David Greig, Thomas Langdon and Kieran McCauley ran in the final Milers Club meet last night in very good conditions, especially later in the night when the wind died down.

I think there may have been a 100% PB strike rate by all three.

Kieran ran 2:21.21 in the 800m, his first race this season was 2:27.

David ran a 2:07.51 (just under his PB and best run for the season with 62.5 and 64 laps), first 800m this summer was 2:19.

Thomas ran a 4:18.09 for his 1500m, (4 sec PB and a very consistent run with a blistering last lap running to the line with nothing left), Thomas ran 4:30 at the start of the season.

All of the boys have made significant improvement and run some quality times. Credit to you and assistance from James during the season on coaching the group. Well done on a successful track and field season."

Response: Thanks Barry for your assistance during the season, it has been invaluable. It has also been very pleasing to see good results and the developing enthusiasm of the group. Our mantra during the season has been “consistency” and those that showed consistency of effort have received the rewards. The targets I set at the start of the season were to achieve a 2:10, for 800m and a 4:20 for 1500m. It’s just great for everybody that we exceeded our targets and produced competitive results every time we stepped on the track.

Congrats to all in the team.

Jeff Franklin

Hot off the press: the recent Run for the Kids event was a great fundraising success and well attended.

Our own Thomas Langdon ran the 15km event in the very good time of 58.04 which placed him first in the Males aged 15-18 category.

Of interest, Thomas went through the first 10k in 38:59, a very fine effort indeed.

Congratulations Thomas from all at the Club.

Coaching for Juniors

Following our contribution to coaching for Ivanhoe Grammar School students over recent years, we have now been asked to take training for the junior cross country group. The training sessions are on Tuesday afternoons during school hours down at Chelsworth Park.

At the time of writing this article we have held 3 sessions on successive Tuesdays with a group of 9 year 7 and year 8 students. The students are very keen to perform well and are looking forward to their first comp at Marcellin on 20th April 2018.

Farewell to Justin Cementon

Justin is off to Japan for an 8 months studentship so we wish him well.



L-R: Cooper Rush, Justin, Thomas Langdon and David Greig at their last training night at Chelsworth. They had just done a hill session and still look pretty fresh.

Justin is one of our stars of the future. Shown below, third from left, wearing his 2:10 crown as the first of our young group to break 2:10 for the 800m this season.

We look forward to seeing him back at the end of the year.



From L to R: James Lynch (coach), Cooper Rush, Justin Cementon, Thomas Langdon, David Greig and Josh Philip.

Please Support Our Sponsors

During the season we have received great support from our sponsors which we hope will continue into the future.

Opportunities to use the services of our sponsors may not occur often, however please try to support our sponsors when you can.

Our Corporate Sponsors as follows:



Should any of our wider Club Family require assistance with the sale of a property, do not hesitate to speak with one of the Directors at Miles Real Estate. Miles has been a local supporter for many years and has a great depth of knowledge of local property values and trends. Miles can be contacted on 94973222



On the subject of personal or business insurance, Michael Wallis runs Aspect Insurance Broking. Michael is a very experienced insurance professional with a great depth of knowledge in this market, both here and overseas. Michael would welcome your call should you wish to discuss any insurance matter large or small.

Call Michael on 03 9415 6091



East Ivanhoe Foodworks is a family owned and operated independent supermarket with a large selection of wines and spirits on display. The owners have been great supporters of Ivanhoe Harriers with donations of goods for our Bunnings fund raiser of close to \$300.00. As mentioned in previous editions of Cursus, they operate a wonderful Deli with New York style, chef prepared meals for the busy household. The quality of the food and presentation is first class.

Cross Country Season

The Cross country season is about to start and we look forward to it with much enthusiasm.

Bruce Meakins famous quote lives on "Well, here we go again, another cross country season is with us. This is where we can slosh through the mud, strain up the hills and grind out the miles in the rain...I know, you can hardly wait".

We have attached a combined program for the winter season which includes the AGSV school program, together with the AV program. We are also planning to re-introduce our famous 6k handicap race which Bruce was caretaker of for many years. Hoping to hold that on Saturday 14th April, 10.30am at Eaglemont Tennis Courts carpark with a 6km out and back challenge. Hoping we can convince Barry Greig to come out of retirement and be our official "handicapper"...just like the old days.

Cross Country Programme

DATE	AV/AGSV	VENUE	EVENT
Sunday, 18th March		Royal Botanic Gardens	Run for the kids, 4.8km & 14.6km
Sat, 14th April (10.30am)	IH	Eaglemont Tennis Courts	6km Handicap
Friday, 20th April (4.30pm)	AGSV	Marcellin/Trinity Fields	AGSV 6km opening CC
Sat, 21st April	Aths Vic	Jells Park	XCR Round 1: Cross Country Relays U18: 3 x 3km & Open: 4 x 6km course
Sat, 28th April	Aths Vic	Jells Park	All Schools Relays
Sun, 29th April		Belgrave/Gembrook	13.5km Puffing Billy train race
Sat, 5th May (1.20pm)	Aths Vic	St Anne's Winery, Myrningong	XCR Round 2: 8km Cross Country
Sat, 5th May	AGSV	Braeside Park	AGSV Round 2
Sat, 12th May (9.00am)	Aths Vic	Princes Park	All Schools Road Relays
Saturday, 19th May	AGSV	Ballam Park Frankston	AGSV Round 3
Saturday, 26th May	Aths Vic	Cruden Farm	XCR Round 3: 12km Cross Country
Saturday, 26th May	AGSV	Keilor Park	AGSV Round 4
Saturday, 2nd June	AGSV	Yarra Valley Grammar	AGSV Round 5
Saturday, 16th June	Aths Vic	Bundoora Park	XCR Round 4: Cross Country and All Schools CC Championships 3, 4, 6 & 10km Cross Country
Sat, 7th July (12.45pm)	Aths Vic	Sandown Race Track	XCR Round 5: Road Relays Open: 4 x 6.2km & U18: 3 x 3.1km
Sat, 21st July	AGSV	Banyule Flats	AGSV Round 6
Sun, 22nd July	Aths Vic	Albert Park	XCR Round 6: 10km Road Race
Tues, 24th July (2.00pm)	AGSV	Yarra Valley Grammar	AGSV Girls Championships
Sat, 28th July	AGSV	Yarra Bend	AGSV Round 7
Sat, 4th August	Aths Vic	Lake Wendouree, Ballarat	XCR Round 7: Road Race Open: 15km & U18: 6km
Sat, 18th August	Aths Vic	Anglesea	XCR Round 8: Ekiden Relays Open: 31.7km (4 runners) U18: 18.5km (3 runners)
Sun, 2nd September	Aths Vic	Kevin Bartlett Reserve, Yarra Boulevard	XCR Round 9: Burnley Half Marathon Open: 21.1km & U18: 5km
Sat, 15th September	Aths Vic	Tan Track, Kings Domain	XCR Round 10: Club Relays Open: 4 x 3.8km & U18: 3 x 3.8km

