

# CURSUS

The Newsletter of  
Ivanhoe Harriers  
Athletic Club Inc.



September 2018

Edition 39

## President's Message

Since production of our last edition of Cursus there is quite a lot of news to report to our membership.

### Willinda Park

After years of paying away substantial rent for little or no return, your Committee has decided to "bite the bullet" and exit Willinda Park. It makes no sense to continue paying out \$3,500.00 p.a. for a facility that is barely used. This has been a massive waste of hard earned resources with no recruiting pay-back.

In addition, it is very clear that since moving to Willinda Park, the Club has significantly declined and Diamond Valley Athletic Club has prospered at our expense. Recruiting from the diamond valley area has been very poor, we need to move on and embrace change to ensure the Club survives into the future without a millstone around our neck. Four years ago, prior to the Centennial Dinner, the Club was in a very poor state, today we are much stronger with options for the future and reasonable recruiting occurring.

The Committee has debated this problem over the past 3 years and has now, unanimously decided to exit Willinda Park. We have formally given notice as required and will exit Willinda Park on 30th November 2018.

It is acknowledged that this decision will impact on Coach, Peter Rule and Rhys Rigoni who is arguably our best current athlete. We hope that they continue to support the Club in its quest for growth and survival. We are confident that our training rights at Collingwood Track and Chelsworth Park will be attractive for all.

### Cross Country

The Cross Country Season has just concluded and from an Ivanhoe Harriers perspective, our most successful season for probably 20 years. We have

increased our competing athletes to 15 and participation rate has improved. In the final event, the Tan Relays on Saturday, 15<sup>th</sup> September 2018 we fielded two relay teams with our number one team placing second in Division 5 and our number two team placing 6<sup>th</sup> in Division 7. There is a great team spirit developing in our distance running group, I can see similarities to our powerful cross country teams of the 80's. A full report from John David is later in this Cursus.

Track and Field season is fast approaching with Round 1 scheduled for Saturday 6<sup>th</sup> October 2018 at Aberfeldie and Round 2 on 13<sup>th</sup> October at Doncaster.

The dilemma with track availability for training looks to be resolving itself. The Collingwood Track at Clifton Hill has been significantly delayed in its resurfacing program however the latest news is that it should be available for training in October which will be excellent. Tom Hancock is back from his "wintering" in northern New South Wales and is ready to start with a new group of throwers.

We will notify members the moment training on the new track at Collingwood can commence.

On the other hand, the track at Willinda Park has just been ripped up and the Little Athletics program has been shifted to Meadowglen for the summer. This track is likely to be closed for 3-4 months at best, however, given our training rights at Chelsworth and Collingwood we are in good shape.

We are currently producing a new brochure for hand-out purposes at school sports events etc. Wayne Ramsay has kindly donated his time and expertise, we are hopeful that the brochure is a useful promotional tool going forward. Many thanks Wayne for your assistance, your long term loyalty to the Club is brilliant.

Jeff Franklin

## Trivia Night

The Committee is organising a Trivia Night on Friday November 16<sup>th</sup> at Ivanhoe Park.

This is a most important night for the Club both from a fund raising point of view and socially. Now that we are generating junior numbers it is critical that we build the "Club Family" and develop our social friendships.

All of our newer Club Families need to get involved and be a part of it!! e.g. The Ajani , Brightling, Cementon, Daniel, DiCenso, Henriksen, Ishkan, McGillion, Philip, Rush, Branigan, Frankish, Mancuso and Aquino Families...just to name a few, need to get on board.

Please support this event at Ivanhoe Park for a bit of fun, a promotional brochure is included in this edition of Cursus. Please make up a table or buy your ticket online. It will be a fun night with a silent auction and lots of quality prizes.

Do not put it off!!! - note the date in your diaries now.

**This is an important night for the Club.**

## New Members

Maddie Page. We are delighted to welcome Maddie to our ranks and hope she enjoys her athletics over the summer. Maddie is from country New South Wales, currently studying at La Trobe University. I am sure everyone will make Maddie very welcome.

Felix Esperson. We are delighted to welcome Felix to the Club. Felix is a friend of Cooper Rush and is currently training for the half marathon, welcome Felix.

Sam Daniel has rejoined after setting a massive PB in the AGSV sports.

Sam recorded a 54.25 seconds 400 metres which was a marvellous achievement. Sam is keen to improve and get that time down closer to 50.00 sec. over the next couple of years and is a regular in the training group at Chelsworth. Well done Sam!

## Ivanhoe Grammar School AGSV

### Results

As you know we have assisted the school with coaching services over the last few years specifically aimed at the AGSV athletic championships. This has been a major commitment with myself, Richard Russell, James Lynch and Vince Mancuso helping out this year whenever possible.

The AGSV Championships were held at Lakeside Stadium on 12th September 2018 and the girls from Ivanhoe were victorious once again....what a great team. The boys team also significantly improved to 4th place, which is a wonderful improvement on last year. Everyone at the school is very pleased with the continuous improvement. We are hopeful that many of the students will train and compete with Ivanhoe Harriers during the summer months.

Final Results as follows:

#### GIRLS TEAM SCORES

1	Ivanhoe Grammar	333 points
2	Mentone Grammar	295.5
3	Yarra Valley Grammar	292
4	Penleigh & Essendon	272.5
5	Peninsular Grammar	193
6	Assumption College	138

#### BOYS TEAM SCORES

1	Trinity Grammar	490.5
2	Marcellin College	430
3	Mentone Grammar	413.5
4	Ivanhoe Grammar	408
5	Camberwell Grammar	407.5
6	Peninsula Grammar	371
7	Penleigh & Essendon Grammar	363.5
8	Yarra Valley Grammar	293
9	Assumption College	234

Chris Branigan is keen to see some coaching relationships continue when the Collingwood track reopens, particularly throws and sprints.

Jeff Franklin

**HEAPS OF  
PRIZES**

*Friday*

**NOVEMBER 16, 2018**

**IVANHOE PARK**

**DOORS OPEN 7PM**

**Corner the Boulevard and  
Wamba Road, Ivanhoe**

**BYO FOOD & DRINK**

**TICKETS \$10  
PURCHASE AT  
[ihac.eventbookings.com](http://ihac.eventbookings.com)  
OR AT THE DOOR**

**FOR MORE INFORMATION  
CONTACT JOHN EDNEY  
0407 877 232**

**IVANHOE HARRIERS ATHLETIC CLUB**

**TRIVIA  
NIGHT!**

**SILENT  
AUCTION**

[BostonWall.com](http://BostonWall.com)

# Cross Country Report

## Round 8 - Anglesea Surf Coast Ekiden Relays - 18/8/2018

This event was cancelled due to extreme weather conditions. Unfortunately the race was not re-scheduled which is a shame as this is a really unique event with various distances within the relay and some great views of the coast.

## Round 9 - Burnley Half Marathon - 2/9/2018

Ideal weather conditions on the day for this tough event.

We had 5 athletes pounding the 21.1km course which they say is fairly flat, but as you complete the fourth lap it doesn't feel that flat.

An excellent effort from Vince Mancuso with a time of 1:17 followed by a great run from Chris Branigan with 1:34. Gianni Mancuso did his first half marathon with an impressive time of 1:49 and Mr. Reliable, Chris Struve bought the team home in 1:55.

John David survived the run (it gets harder every year) with a respectable 1:57.

We came 5th in our Division, currently sitting in the middle of the Division 5 ladder.

Also at this event, Tom Langdon ran in the U18 Men's race and came in 11th in the 5k with a great time of 16:53.

Not bad for a 16 year old!! Well done Tom.

## Round 10 - Tan Track Relays - 15/9/2018

This great event has each runner completing 3.8kms or one lap of the course. This year, we had two teams entered with great success on the day.

### **Div 5** (placed 2nd)

Chris Branigan	14:42
Vince Mancuso	13:24
Thomas Langdon	12:32
Alberto Cocchis	14:01

### **Div 7** (placed 6th)

Gianni Mancuso	16:12
James Lynch	15:36
Travis McIntosh	17:10
Chris Struve	17:59

This was an excellent result for the Club, a first up run from Alberto Cocchis and a brilliant 12:32 from Thomas Langdon.

Final results on the Team Ladders had Ivanhoe finishing the season in 5th place out of the fifteen teams in Division 5.

*Final points as follows:*

1	APS United 2	118
2	Melbourne Uni. 4	114
3	Williamstown 2	95
4	Mentone 2	82
5	Ivanhoe	76

We scored in every round of competition with a very even performance, a big improvement on recent years. Congratulations to the team. We need to continue to grow our list...watch out for next year.

John David.



*Thomas sets off after changing-over with Vince*



*Alberto Cocchis with a fast finish in the Tan Relay*

