

# CURSUS

The Newsletter of  
Ivanhoe Harriers  
Athletic Club Inc.



October 2018

Edition 40

## President's Message

This Edition of *Cursus* includes a snapshot on the Royal Couple, Harry and Meghan which is a first for our historical Club. See later for our article on David Greig.

We have now completed 4 Rounds of the summer track and field competition this season. It is very pleasing to see the continuous improvement of our athletes with PB's being recorded nearly every week – detailed results later in this Edition of *Cursus*. Training is progressing well at Chelsworth Park and Tom Hancock has commenced his throwing coaching at the Collingwood Track on Thursday evenings at 4:00pm. Attendances from Ivanhoe Grammar School have been down a bit over the past couple of weeks as the students grapple with exam pressures. We wish all of our student members well and hope to see them all shortly as they emerge from the exam timetable.

John David and I recently attended an all-day Coaching Course at Lakeside Stadium in an effort to increase and improve our officially qualified group of coaches. It was a long day and we are hopeful that the Course content will prove to be of valuable assistance.

Jeff Franklin

## Trivia Night

The main item coming up is our Trivia Night on Friday November 16<sup>th</sup> commencing at 7:00pm. Tables are filling up fast, we are almost a full house. If you are yet to finalise your attendance, please contact John Edney on 0407877232. The range of prizes is exceptional. Look forward to seeing you next Friday night.

## New Members

Christian Ishkan has rejoined as a thrower in Tom Hancock's training group. Christian was a first timer last season but did not get many opportunities to compete.

Nelly Tragardh is our newest member having just joined. Nelly won her 800m in the AGSV and is a very promising middle distance runner. Please make Nelly and Mum Jackie welcome to the Club.

## Cursus 30 Years Ago

Some things change, some things stay the same, for a bit of fun we have gone back 30 years and revisited *Cursus* Edition, October 1988.

Editor was Wendy Russell

We have quoted a couple of selected items for your interest.

### FINAL CROSS COUNTRY RESULTS FOR 1988

**Half Marathon:** 43rd A. Potocnik 73.39, and 121st G Cooper 80.22 in a field of 246.

**Budget Marathon:** Another great performance from Damien Cook to finish 4th in 2.23.21. Damien thus qualified for the silver medal in the Victorian Championship.

**Winter Champion Athlete:** 1st M Stock, 2nd S Quilty and 3rd Mal Norwood (Ivanhoe)

A Grade (Division 1) Ivanhoe finished 8th of 12, finishing ahead of Essendon, Williamstown, Ringwood and Nunawading.

**Malcolm Norwood** won the Capita 10k road race in Adelaide in the time of 28.43. This is Malcolm's second consecutive win in this event, we extend our congratulations yet again.

## Club Trial/Registration Day

Despite the thunderstorms and a waterlogged track, a dedicated bunch met at Box Hill track for our first gallop of the season.

Following a Barassi style motivation speech by John Walker, delivered from the safety of the grandstand, a group of hardy athletes ventured onto the track. With lightning and thunder in the background and a swirling wind making life difficult, the following excellent trials were held

**100m:** Heat 1: D Mahady 11.24, A Woods 12.84, C Connelly 13.20, D Williams 13.20.

Heat 2: Matthew Quick 11.3, Stuart Williamson 12.9, S Lawson 13.4.

Heat 3: A Lawson 12.3, Matthew Hopper 12.7,

**800m:** D Smith 2.02.5, D Mahady 2.07.5, A Franklin 2.08, T Erickson 2.17, D Carey 2.18, M Hopper 2.31, T Baldac 2.34, M Chalhoun 2.37.



## Talent of a Different Kind

In our November 2017 Edition of Cursus we wrote an article under this headline about David Greig. David is one of the future leaders of this Club, currently attending Trinity Grammar School. Together with three of his mates, they won the Formula One in Schools World Championship. This is the largest school based Science, Technology, Engineering and Mathematics competition in the World. The students were required to build and race a miniature F1 car.

On the 18<sup>th</sup> October 2018 David and his mates were invited to attend a reception at Government House to meet the Royal Couple and display their winning invention.

The photo below shows David standing next to a very excited Prince Harry and Meghan when Harry was invited to race the award winning cars. The royal couple were clearly surprised at the speed of the cars as they raced one another on a track set up on a dining room table in Government House.

We say, well done David!! ...it might be politics for you!

## Track and Field Results

### ROUND 1

#### **M40**

100m	David Burke	13.63
400m	David Burke	67.79
1500m	David Burke	6:54.2
Long Jump	David Burke	4.65m

#### **F2**

100m	Maddie Page	14.14
Javelin	Maddie Page	12.45m
Long Jump	Maddie Page	3.44m

#### **M18**

400m	Rhys Rigoni	57.07
1500m	Thomas Langdon	4:19.8
Discus	Rhys Rigoni	42.81m
Javelin	Rhys Rigoni	43.03m

### ROUND 2

#### **M40**

200m	David Burke	28.62
800m	David Burke	2:57.4
400mH	David Burke	73.0
High Jump	David Burke	1.65m
Shot Put	David Burke	6.36m

#### **F2**

200m	Maddie Page	29.80
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#### **M18**

200m	Sam Daniel	24.86
800m	Josh Philip	2:14.9 (PB)
3000m	Thomas Langdon	9:23.9 (PB)
3000m	David Greig	10:07.8

### ROUND 3

#### **M40**

100m	David Burke	14.24
400m	David Burke	69.29
400mH	David Burke	75.99
Discus	David Burke	20.09m
Javelin	David Burke	21.56m
Long Jump	David Burke	4.31m

4x100m Relay - David Burke, Sam Daniel, David Greig and Thomas Langdon: 51.13

#### **M18**

100m	Sam Daniel	12.60 (PB)
400m	Rhys Rigoni	55.13 (PB)
400m	Sam Daniel	57.00
400m	Thomas Langdon	56.99 (PB)
1500m	Thomas Langdon	4:16.9 (PB)
1500m	David Greig	4:25.0 (PB)
Discus	Rhys Rigoni	41.95m

#### **M18**

200m	Sam Daniel	25.28
200m	Thomas Langdon	26.52 (PB)
800m	Thomas Langdon	2:04.2 (PB)
800m	David Greig	2:05.3 (PB)
800m	Josh Philip	2:13.7 (PB)
3000m	Felix Esperson	10:45.8
Shot Put (3kg)	Christian Ishkan	10.84m

### **Melbourne Marathon**

Congratulations to our marathon man, John David who recorded a 4:48:06. John is now a "Spartan" which is recognition of 10 or more finishes in the Melbourne Marathon.

In addition, one of our new members, Felix Esperson had a crack at his first half marathon recording a time of 1.37.42, well done Felix.



*Round 3 - The 4x100m relay showing David Greig passing the baton to Thomas Langdon. The boys did quite well given they are our best distance runners at present....not sure about their baton changing technique!!!*

### ROUND 4

#### **M40**

200m	David Burke	29.84
800m	David Burke	3:00.6
110H	David Burke	22.81
Hammer	Tom Hancock	35.73m
High Jump	David Burke	1.60m
Shot Put (5kg)	Tom Hancock	10.62m
Shot Put (7.26kg)	David Burke	6.84m

4x400 Relay - Sam Daniel, David Burke, David Greig and Thomas Langdon: 4:01.88

#### **F2**

200m	Maddie Page	28.94 (PB)
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