

CURSUS

The Newsletter of
Ivanhoe Harriers
Athletic Club Inc.



April 2019

Edition 45

President's Message

This Edition of Cursus marks the end of season 2018/19 and we look forward to continuous improvement in the year ahead. It is fair to say that we have had a good season in some areas, our Under 18 Team results were a highlight, we improved our social functions with a great Trivia night and pizza nights but our overall member numbers have been static. New memberships have been good but our churn rate of athletes not rejoining is still too high.

Cross Country season was very good, our numbers and performances significantly improved with some outstanding individual performances from Vince Mancuso, Monty Frankish, David Greig and Tom Langdon.

We have reduced our pricing structure marginally in an effort to appeal to juniors who may wish to train with us but may not be ready to compete in the Athletics Victoria program.

Please join up now for the new season, do not delay. We need more numbers for cross country to be really competitive, do you know someone who runs for fitness?...that person is a candidate, invite them to come down to training. A junior (under 20) can now join the Club for \$30.00 and be part of a training group. That is attractive on any measure.

Step up and help us grow the Club back to its former greatness.

Jeff Franklin



New Season Membership Fees are as follows:

	Open	Under 20
Joining Fee (Non-competing)	\$30.00	\$30.00
OR		
Joining Fee (Competing/training)	\$50.00	\$30.00
Athletics Victoria Fees		
Cross Country season	\$295.00	\$240.00
Track & Field season	\$295.00	\$240.00
Both CC and T&F	\$380.00	\$300.00

Note: Application Forms are available at Training, your fees can be paid directly into the Club Bank Account at Bendigo Bank.

BSB: 633-000 Account Number: 1406 70480

Description: Your Surname

Cross Country

Following the re-introduction of our 6k "All-Comers" handicap last year we ran the event this year on 30th March in very wintery conditions.

It was the same location as last year with the start and finish line at Eaglemont Tennis Courts carpark. The course, being an out and back, relatively flat run on the Yarra River bicycle trail, is an ideal location with plenty of parking and a children's playground to amuse any little kids who come along with family groups.

The race is a good test for early season form. We had 12 competitors and times compared favourably with last year.

Once again, our official handicapper was Barry Greig who did a great job with the information available. However, Barry did not factor in Mary Langdon who ran 36:10 last year and this year ran an amazing 33:38...what an improvement! Naturally, with that

performance, Mary won the day, clearly first past the post. Congratulations Mary on a fine run.

Not to be outdone by his Mum, Thomas Langdon recorded fastest time of 19:52, which is 1 minute 26 seconds faster than last year and just 21 seconds ahead of Justin Cementon. The times were fast and a good indicator of a promising season ahead.

Times and placings as follows:

Athlete	Place	Handicap Time	Actual Time
Mary Langdon	1	36:00	33:38
Thomas Langdon	2	21:10	19:52
John David	3	33:40	32:32
Justin Cementon	4	22:00	21:03
Enrico Cementon	5	31:00	30:09
Chris Struve	6	30:00	29:14
Flynn Deacon	7	26:50	26:13
Josh Philip	8	26:50	26:38
David Greig	8	26:50	26:38
David Burke	10	31:00	31:27
Luke Malara	11	26:50	28:51
Jal Wishart	12	25:50	29:46

Unfortunately the weather was lousy so after the race we retired to Jeff & Joan's home to warm up and BBQ a feast of sausages. It was a good day despite the weather and good preparation for the coming cross country season.

Annual General Meeting and Presentation of Trophies

Please note your diaries, this important event for the Club will be held on **22nd May 2019** at **7.00pm** for a 7.30 pm start, at Ivanhoe Park, the same venue as last year.

Secretary, John Edney will send out a formal note a bit closer to the date, please come along and enjoy the company, a pizza and congratulate the Trophy winners.

Hot News

Very pleased to report that one of our young, talented lads, Ben Eddings, qualified for the National Track and Field Championships in Sydney.

Ben ran in the Under 17, 100m placing 3rd in his heat in a good time of 11.44 which qualified him for the final. A head wind in the final saw Ben record 11.76, placing 9th in a tough field. Congratulations Ben on making the final, a great experience. Everyone at the Club is delighted for you.



Ben running a 100m race at Doncaster earlier this year



Cross Country Program for 2019

The program for this year, included below, is a beauty, with the usual great variety of races leading towards the half marathon on 8th September 2019 and the final event, the Tan Relays on 21st September 2019.

Check out the program, we have also included the AGSV (Grammar Schools) races for the benefit of our junior members with school obligations.

As noted earlier, make sure that you join up early so we can plan our Relay Teams for Saturday, 4th May...we don't have much time.

DATE	SPONSOR	VENUE	EVENT
Sat. 30th March	Ivanhoe Harriers	Eaglemont Tennis Courts	6k All comers Handicap
Sun. 7th April	Herald/Sun	Docklands	Run for the kids, 5.2k & 12.8k
Fri. 26th April (4.30pm)	AGSV	Marcellin/Trinity Fields Melway 32 D9	AGSV 6k opening CC
Sat 4th May	Aths Vic	Jells Park	Cross Country Relays (R.1)
Sat 4th May	AGSV	Braeside Park Melway 88 D8	3k & 6k course
Sun 5th May (8.30am)		Belgrave/Gembrook	13.5k Puffing Billy train race
Sat. 11th May	Aths Vic	Jells Park North	All Schools Relays
Sat. 18th May	AGSV	Yarra Bend Melway 30 H12	AGSV Round 3
Sat. 25th May	Aths Vic	Princes Park	All schools road relays
Sat. 1st June	AGSV	Ballam Park Frankston Melway 103 B3	AGSV Round 4
Sat. 1st June	Aths Vic	St Annes winery Myrning	8k CC (Round 2)
Sat. 15th June	Aths Vic	Bundoora Park	All Schools CC Championships 3, 4, 6 & 10k Cross Country XCR 10k CC (Round 3)
Sat. 22nd June	Aths Vic	Anglesea	CC Ekiden Relay (Round 4)
Sat. 6th July	Aths Vic	Sandown Race Track	Road Relays (Round 5)
Sun. 14th July	Aths Vic	Albert Park	10k Road Race (Round 6)
Sat. 20th July	AGSV	PEGS, Keilor Park Melway 15 A5	AGSV Round 5
Mon. 22nd July	AGSV	Yarra Valley Grammar Melway 36 D12	AGSV Girls Championship
Sat. 27th July	Aths Vic	Lake Wendouree Ballarat	15k & 6K Road (Round 7)
Sat. 27th July	AGSV	Banyule Flats Melway 32 C4	Ivanhoe/Trinity AGSV Round 6
Sat. 3rd August	AGSV	Yarra Valley Grammar Melway 36 D12	AGSV Round 7
Sat 10th August	Aths Vic	Cruden Farm	12k CC (Round 8)
Sun. 8th September	Aths Vic	Kevin Bartlett Res Burnley Yarra Boulevard	Half Marathon (Round 9)
Sat. 21st September	Aths Vic	The Tan Track	Club Relays 4 x 3.8k (R.10)



facebook.com/IvanhoeHarriersAthleticsClub