

## End of Season

This Edition of Cursus marks the end of summer competition as we head towards the end of the competition year the 31st March 2020. The season has given us confidence in the future.

Our Cross Country efforts were outstanding for a small Club and resulted in promotion to Division 4 for next season. Equally pleasing, our performances during the track and field season resulted in a 2nd placing on the Ladder and the opportunity to contest the Premiership for our Division. Despite missing the Premiership, we have achieved promotion to Division 4 for next season which gives us great satisfaction.

We acknowledge that the strength of our current operations is in our Under 20 Men's team. This group of lads, particularly the middle distance runners are very promising. I am hoping to see 5 or 6 of this group take their 800m times below 2 minutes in the coming year or so. This is a positive as the boys are improving rapidly, however we certainly lack a female athletics squad and must try to solve this shortcoming over the next 12 months.

Our efforts at adding value to the athletes at Ivanhoe Grammar School over the past 5 years are now bearing fruit. A large percentage of our new members this year have come from the school and our coaching programmes. In addition, Ivanhoe Grammar School is hoping to achieve increased success this year in both cross country and track and field. This partnership clearly benefits both of us.

Finally, a note for your diaries: The AGM and Presentation of Trophies for this season is scheduled for Wednesday night, May 20<sup>th</sup> 2020, we hope to see a good turnout.

Jeff Franklin - President

## Summer Competition

### Round 12 of AV Shield League

We placed 4<sup>th</sup> in our Division in the last round before the finals. The team performed really well, scoring sufficient points to hold on to our second place on the ladder, which means automatic promotion to Division 4 next season.

Individual results as follows:

Men's Open: 4x200m Relay - Sam Daniel, Harry Shaw, David Burke and Charles Shea in 1:40.53, a good time.

Men's Under 20: David Greig ran his first **5000m** in windy conditions, recording 16:40.0.

Men's Under 18: 200m - Thomas Langdon 29.80, Ben Morrison 28.78, Harry Shaw 25.46, Sam Daniel 24.46, Charles Shea 26.29, Jack Harper 25.11.

**800m** - Josh Philip 2:05.0, Thomas Heap 2:46.6, Ben Morrison 2:21.6, Charles Shea 2:24.8

**400m Hurdles** - Harry Shaw 60.82 (another PB for Harry)



Men's Under 16: Hammer Throw - Christian Ishkan 21.34 (a PB for Christian)

Men's Under 14: 200m- Jal Wishart 29.29. (a good time for young Jal)

Men's 40+: David Burke excelled again with a **200m** in 29.15, **400m Hurdles** in 83.08 (after a bad fall), **High Jump** 1.55m and **Shot Put** 6.18m.



*Thomas Heap and Charles Shea*



*Jal running a good time in the 200m*

On Thursday night, 18th February, David Greig raced in the 800m at the "Milers" meet at Melbourne University Track.

David recorded the very good time of 2:00.35 which was a PB for David, his previous best being 2:01.8. Congrats to David on a great run.

Amazingly, in the State Championships last season, Thomas Langdon ran his best 800m in, you guessed it, 2:00.35.

These are the best two 800's run by Club members for many years.

Who will be the first to break through the 2:00m barrier?? Remember, it is only a couple of years ago the Justin Cementon was the first in this group of runners to break 2:10, his best time this year is 2:04.6....could Justin get there first???

## Premiership Playoff on 22nd February 2020

Under the new system introduced by Athletics Victoria this season, the two clubs who finish first and second on the ladder receive automatic promotion to the next higher grade. In addition, those two Clubs compete for the Premiership in one competition playoff.

However, the weakness in the rules is there is no limit to the number of athletes who may compete for a Club in this match provided they have competed 4 times during the season. This of course means that Clubs with a larger membership have an advantage before the competition starts. We have protested about this unfairness but to no avail.

Under those circumstances, we competed against Dandenong/Springvale for the Premiership and unfortunately were not quite good enough on the day.

Final scores:

Dandenong/Springvale	8479 points
Ivanhoe	6608 points

The effort put in by the Team was exceptional, we certainly have a great deal of talent developing, at one stage during the afternoon I thought we might pull it off.

Individual results as follows:

Men's Under 20: David Greig had a big program running a **3000m** in 9:26.28, an **800m** in 2:12.7 and **200m** in 25.97.

Men's Under 18 saw some very good performances: Thomas Langdon ran a steady **3000m** 9:24.7, and then ran a very good **800m** 2:05.6.

Other performances in the **800m**: Josh Philip 2:07.3, Ben Morrison 2:11.1 (a massive PB), then Charles Shea ran a 2:14.6 to win his heat with a massive PB.

**400m Hurdles**: Harry Shaw set a seasons best of 59.05.

**200m**: Josh Philip 26.40, Ben Morrison 28.80, Harry Shaw 24.94 and Charles Shea 25.95.

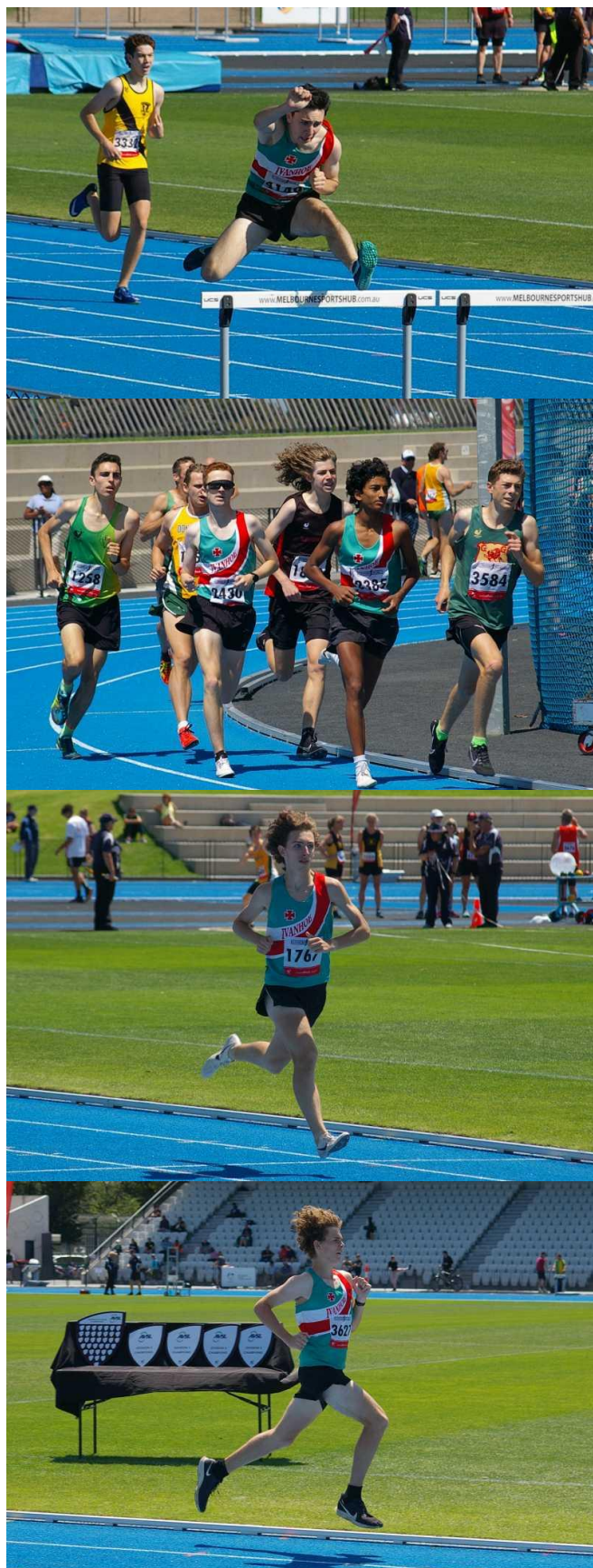
Under 14 Men's 200m: Zac Philip 32.4

The strong man of the team, Christian Ishkan, recorded a 20.31m in the **Hammer Throw** and won his **Shot Put** with a throw of 11.49 a new PB.

Not to be outdone, our sole competitor in the Men's 40+ was the evergreen David Burke who ran a **200m** in 28.05, a **400m Hurdles** in 77.49, a **High Jump** of 1.55m and a **Shot Put** of 6.44m.



In the end, our talent was not quite enough to overcome the size advantage of our competitor. However, we can be content that our young group is constantly improving and we have moved up a grade for next season.



## Victorian Championships

Under 20 Men's 5000m: **David Greig** 13th in the final with a whopping PB of 15:48.96. David now has some really good times from 200m out to 5000m so we are seeing a very versatile athlete developing. Well done David in only your 2nd attempt at 5000m.

Under 18 Men's 400m Hurdles: **Harry Shaw** 6th in the final in 61.89

(Note: Harry sprained his ankle a week before so could not train, bad luck Harry but a great season overall.)

Under 15 Men's 800m: **Jal Wishart** ran 2:17.45 - He was placed 4th in his heat and 9th overall- missing out on the final by one placing.

## Cross Country 2020

The AV season starts on 18th April with the cross country relays at Jells Park. This is a great event, not to be missed.

Our opening **Cross Country 6km Handicap** for this coming season will be held on Saturday morning 21st March at Eaglemont Tennis Courts carpark, corner of the Boulevard and Burke Rd North...be there!!! no excuses, bring a friend.

Start time 10.30am, BBQ after.

Full season cross country program, including the School program is shown below.

### Chris Struve, injured.

One of our long-serving and loyal cross country members is Chris Struve. Unfortunately Chris has

injured his left ankle which has been a problem for a few years.

Chris advised “ my podiatrist has recommended that I fully rest it before attempting any training or running so in the foreseeable future I likely will not be running the winter 2020 cross country. I will not rule out competing next year if I can get on top of the injury”. Bad luck Chris, you will be missed in the team as one of our reliable regulars, hope you get back quicker than expected.

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## Communication and the reach of Cursus

We all know how important Cursus is for our Club. We try our best to get 10-12 editions out each year and it is always a pleasure to receive a bit of feedback. Received the attached note from Andrew Potocnik, better known as “Potsy” who was a cross country stalwart in the 80’s and 90’s.

Andrew is referring to an article posted in Edition 54 sent in by Damien Cook about some of our stars in 1989.

“Gee Jeff,  
I remember running with all these guys but never see any of them out these days. The best is when I catch up with some of their children who are now the age their fathers were when I ran with them.  
Speaking of which, I get to run with your daughter-in-law more often than with your son!  
Keep up the fantastic work you’re doing with resurrecting “HOE”. Sorry I can’t help, but everyone is always welcome to join me as I continue to forge my trail around the Golf Links.

Andrew”

ED: Thanks Andrew for the nice words, I bet you are still fit enough to have a run in the cross country season.

Note: Andrew can be found most afternoons doing a lap or two of the Rosanna Golf Links parklands.

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## Fundraising at Bunnings Fairfield

A big thank you to the following wonderful people who donated their time on Sunday 9th February 2020. Having such a large group of volunteers was a bonus as most were only required for 2-3 hours which eases the workload on everyone.

The team of volunteers was: David Burke, Barry Greig, Braden Fraser, Richard Russell, Michael Wallis, Mary Langdon, Thomas Langdon, David Greig, James Lynch, John Edney, Emma Linke, Alex Linke, Marcia Wishart and Jal Wishart.

As we predicted, the sales volume at Fairfield was not nearly as busy as Northland, unfortunately we had no say in the move to Fairfield.  
However, the Club made a tidy profit of \$566.00 so we have requested additional opportunities for later in the year.

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## Cross Country Programme for 2020

DATE	SPONSOR	VENUE	EVENT
Sat. 21st March	Ivanhoe Harriers	Eaglemont Tennis Courts	6km All comers Handicap
Fri. 17th April (3:45pm)	AGSV	Marcellin/Trinity Fields Melway 32 D9	AGSV Round 1 6k opening CC
Sat. 18th April	Aths Vic (R1)	Jells Park	Cross Country Relays
Sat. 2nd May	Aths Vic	Jells Park North	All Schools Relays
Sun. 3rd May		Belgrave/Gembrook	13.5km Puffing Billy train race
Sat. 9th May	AGSV	Keilor Park Melway 15 A5	AGSV Round 2 PEGS 9:00am
Sat. 9th May	Aths Vic (R2)	Eastern Gardens, Geelong	8km Cross Country
Sat. 16th May	Aths Vic	Princes Park, Carlton	All Schools Road Relays
Sat. 23rd May	AGSV	Ballam Park, Frankston Melway 103 B3	AGSV Round 3 Peninsula Grammar
Sat. 23rd May	Aths Vic (R3)	Cruden Farm	12km Cross Country Heritage Round
Sat. 30th May	AGSV	Braeside Park Melway 88 D8	AGSV Round 4 Mentone Grammar
Sun. 31st May	Aths Vic	Lysterfield Lake	Trail Running Championships 16km, 8.5km and 6km
Sat. 13th June	AGSV	Banyule Flats Melway 32 C4	AGSV Round 5 Ivanhoe/Trinity
Sun. 14th June	Aths Vic (R4)	Albert Park	10km Road Championships
Sat. 27th June	Aths Vic (R5)	St Anne's winery, Myrniong	Ekiden Relays
Sat. 11th July	Aths Vic (R6)	Sandown Race Track	Road Relays
Sat. 18th July	AGSV	Yarra Bend Melway 30 H12	AGSV Round 6 Camberwell Grammar
Thu. 23rd July (11:30am)	AGSV	Yarra Valley Grammar Melway 36 D12	AGSV Girls Championship
Sat. 25th July	Aths Vic (R7)	Bundoora Park	All Schools CC Championships 3, 4, 6 & 10km Cross Country XCR 10km CC
Sat. 1st August	AGSV	Yarra Valley Grammar Melway 36 D12	AGSV Round 7
Sat. 8th August	AGSV	Yarra Valley	Representative sport v APS
Sat. 8th August	Aths Vic (R8)	Lake Wendouree, Ballarat	15km & 6km Road Race
Sun. 6th September	Aths Vic (R9)	Kevin Bartlett Res Burnley Yarra Boulevard	Half Marathon
Sat. 19th September	Aths Vic (R10)	The Tan Track	Club Relays 4 x 3.8km



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