



## AGM and Elections

In the last edition of *Cursus* we advised that we had scheduled the 20th May 2020 as the date for our AGM and Presentation of Trophies. Given the current Coronavirus “social distancing” requirements and rules governing groups of people it became obvious that we needed to change our position.

We have decided to postpone our AGM to Wednesday 24th June (which is permitted under our Constitution) to buy some time. In addition, given the current difficulties around meetings, we expect to hold the AGM and Elections using the software package, Zoom. This will enable us to hold the meeting remotely and achieve a quorum.

The Associations Incorporation Act (2012) permits members to take part in general meetings by using technology that allows members to clearly and simultaneously communicate with each other, regardless of the incorporated associations rules about this.

Secondly, we will hold the presentation of trophies as a separate event later in the year, in the hope that we can all attend a pleasant social evening by then. We will continue to monitor the changing circumstances and will confirm a date for this event later this year.

The social impact of COVID-19 on our lives is significant and requires all of us to adapt and change behaviour. The long-term impact is still uncertain, all we can do is try to be as flexible as possible, having regard to the current circumstances.

With that in mind, the Committee will carry out the AGM and election of office-bearers relying on email communication from our members. The current Committee has agreed to renominate for another term which shows great commitment for the future.

## Nominate for Committee and help the Club

Should you wish to nominate for a position on Committee or be a part of General Committee I strongly encourage you to nominate. We are a strong and stable Committee that would welcome some extra numbers to help strengthen the Club as we continue to grow. We certainly have several major business initiatives to deal with in the future.

Please send your nomination, stating preferred position, to our Secretary, John Edney at “john.p.edney@gmail.com”

## Competition Results

Nil

At the date of this Edition of *Cursus* there is no athletic competition and at this stage Athletics Victoria has not been able to commit to a start date for any cross country activity. It is hoped that we may see a couple of races in July, we wait in hope.

In the meantime training has resumed at Chelsworth Park, limited to groups of ten to comply with Government policy.

## Communication

Received the following feedback from our last Edition of *Cursus*.

From Andrew Potocnik.

Greetings Jeff,  
Truly tough times ahead on all levels of society and it isn't going to be a quick fix. Even the big (running) groups flying along the Yarra Trail on Sunday mornings have dispersed, partly due to

the two person rule, but also as the Olympics are no longer on the radar. Josh has been keeping to your training schedule in the Golf Links, so rest assured, he'll be ready to fire as soon as the starters pistol is squeezed.

Andrew

And this lovely note from Louise Ajani, thank you Louise.

Hi Jeff

Greetings from our new home in East Ivanhoe. Nice place to be in isolation. Stella is home and training hard, you might see her out and about. Hope you and Joan are staying well. Thinking of you and all at Ivanhoe Harriers.

Louise.

And this nice piece of writing from Alex who is in year 9 at IGS. We think it illustrates the pressures on students as they grapple with schooling from home. Well done Alex.

### Running During COVID-19

As a student of Ivanhoe Grammar School, a member of the school's athletics and cross-country teams, and a member of the Ivanhoe Harriers Athletics Club, I have been highly affected from a running standpoint due to the Covid-19 crisis. In a matter of days as the virus quickly became relevant in Melbourne, I went from training with my school and club athletics coach Jeff Franklin and my fellow runners twice a week at Chelsworth Park, to having to do all of my training on my own without the driving presence of the other runners I have become accustomed to training with. I had already been doing multiple runs a week on my own to go along with the group sessions, but at first it was an overwhelming prospect to have to do all my running alone and away from the great ovals and parkland that we are blessed with while training at Chelsworth. However, due to the amazing leadership and sense of community that the school has provided to its runners, this sense of dread of having to train on my own quickly faded. My brilliant coach Jeff immediately adapted to the new conditions and began sending all of the runners fully tailored and detailed training programs with everything that was required to keep us fit and ready to race and the leaders of the schools running program Tom Langdon and Josh Phillip along with Mr Branigan, embraced the changes and allowed for the setting up of a school strava club which allows for us to virtually view each

other's training, and complete challenges set to us by these inspirational leaders. Originally, my friends and I who are involved in co-curricular activities and sports through the school, were all depressed at the thought of having to cut ourselves off from others and attempt to continue on our own, and although things haven't been as good as they would be if the crisis hadn't occurred, they have been much better than anticipated due to Ivanhoe's wonderful community and leadership.

by Alex Linke

We really appreciate the feedback and continued support for the Club in this time of adversity. The Club is stronger as we stick together during this downtime and those who are continuing to train hard and enjoy their fitness will be beneficiaries in the future.

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### From the past...

Given all the gloomy news at the moment, thought I would take us back in time when things were a little different...or were they?

Cursus Edition: **April 1970** (a few selected snippets from 50 years ago)

Editor: Mark Hennessy

#### **Editorial:**

“The aim of this issue is to further inform members of the Annual Meeting and Presentation of Trophies.

The winter season has just begun and it's not too late to take up distance running- just come on one of the pack runs.

This is the last Cursus of the athletic year, one of our most successful ever. With the possibility of a new Cursus Editor being elected at the annual meeting, I will take this opportunity to congratulate all members on a fine year, and to encourage all of our readers to take a more active part in the Club”

#### **Stop Press**

Lawrie Peckham, current Commonwealth Games High Jump Champion and member of the Australian team for Edinburgh, will be guest speaker at the Club's Annual General Meeting on 6th May 1970 at Buckley Hall, Ivanhoe Grammar School and will make the presentations to the trophy winners.

## Feathertop Weekend

A group of eighteen enjoyed a weekend at Mt. St. Bernard, near Harrierville, despite cloudy weather. The main hike, on Saturday, was curtailed by the foggy and cold conditions- only about 13 miles was covered. The cloud cleared slightly on the way back and a few peaks could be seen. These gave the party some feeling of achievement, at least.

On Sunday the weather cleared considerably. A few of the boys ran 5 miles (the altitude was 5000 feet) and then everyone hiked five miles to the Twins- about 3 miles from the hut. The view was excellent, but Mt. Feathertop was hidden by cloud.

Ironically, the weather cleared just as we left for home, and everyone wanted to stay longer.

Accommodation was in the excellent Wangaratta Ski Club Hut (on Mt. St. Bernard) and as good a time was had inside the hut at night as on the hikes.

Peter Carter led the expedition admirably (except for one small detour) and is to be thanked for organizing the whole weekend.

Let's hope this is the first of many camps for the Club.

## Cross Country Report- Opening Run

The only race held since the last issue of Cursus was the Club opening run- a 3.5 mile handicap along a dirt road near Yan Yean Reservoir.

Twenty Seven athletes competed and many performed very well, despite the hot weather.

Noel McDonald's victory was well earned. His time was outstanding for a 14 year old. Noticeably, the first four runners are in the group that trains regularly at Warringal Park.

It was good to see fathers of athletes running for the first time with the Club: Jack Johnson and Joe Tennant both completed the course....

Results:		Actual Time
1	Noel McDonald	19.31
2	Chris Schrader	18.48
3	John Wiles	20.06
4	Dave Caroline	19.20
5	Danny Kildea	20.00
6	Phil Astbury	20.29
7	Mark Hennessy	18.11
8	Mike Hennessy	20.17
9	Matt Veale	19.48
10	David Lynch	20.33

11	Des White	19.08
12	Russell Miller	21.48
13	Trevor Whitehead	21.30
14	Darrl Johnston	21.51
15	Peter Phillips	21.45
16	Ian Brooks	22.08
17	Garry Trotmann	22.01
18	Jack Johnson	23.35
19	Chris Kemp	23.36
20	Randy Schrader	23.20
21	Peter King	25.32
22	Bill Richdale	25.38
23	James Tennant	25.00
24	Dennis Tracy	25.30
25	Robert Caroline	27.01
26	David Clarke	31.40
27	Joe Tennant	37.14

### Note from Current Editor:

The above items taken from Cursus in April 1970 reveal the Club was in good shape at the time with an active social life. Congratulations to Editor, Mark Hennessy for doing such a great job 50 years ago.

