

# CURSUS

The Newsletter of  
Ivanhoe Harriers  
Athletic Club Inc.



August 2020

Edition 60

## Editorial

The current shutting down of the economy and isolation as a consequence of COVID-19 has far reaching consequences. Grandparents are isolated from children and grandchildren. Children are now schooling from home. Their enjoyment of daily life significantly impacted through missing out on social and sporting activities.

The cancellation of school sport and club sport is a most unfortunate side-effect of this pandemic. Repercussions for athletics and sporting clubs will be severe. Many community clubs will not survive.

On the positive side, our Club is in good shape financially. We have no debt, have paid our cost obligations for this year but we need to keep our membership together and actively involved. Our young members are our greatest asset, they are the future of the Club.

Your Committee had its latest meeting on Monday night 3<sup>rd</sup> August 2020, via Zoom. At least we were able to meet and discuss plans for the future despite the evening curfew being in place.

One important matter discussed was the Trophy Presentation Night which we needed to defer due to COVID-19. We are hopeful of being in a position to hold this important event in a couple of months, worst case will be by Zoom!! Who is the winner of the famous W.A. Rawlinson Trophy? Who is the winner of the equally famous St.James Ivanhoe Trophy? ...all will be revealed when the current Govt. restrictions are reduced sufficiently to enable us to hold the event.

As for our young athletes, we have been maintaining and updating training programs for them. Current regulations do not permit training in groups larger than 2. Therefore, our focus is on training solo or twosomes. Training has been a very good standard with many in the training group showing substantial improvement over time. We have a solid group of middle distance runners who are maintaining consistent mileage and quality interval training at Chelsworth Park.

As evidence of our continual improvement, David Greig decided to test himself out with a flat out run around the Tan. David recorded a PB of 12:15 which is a pretty impressive effort in a non-race environment. His previous best was 13:05 in the Tan Relays last year so his improvement is significant.

Very pleasing to see the boys maintaining their long runs on Sunday, David and Josh Philip ran the 18km Eltham run last week, just as our champions of old did, so many years ago.

It is good that in this negative environment we have some positive outcomes. Staying positive is important, whether that is improving your golf handicap or improving your split times in training. We hope to see athletics return again this summer.

Stay well, keep active and for the time being, wear your mask.

Thomas Langdon below showing off the latest in training apparel!!



continue to grow and prosper in these uncertain times.

We were expecting to have a cracker of a cross country season this year. We now have depth and growing talent, the timing of COVID-19 was a real pity. However, we cannot afford to dwell on matters that we cannot control.

Please use the link below to access the Membership Form. Just \$30.00 provides you with a non-competing membership, which puts you back on the team.

[www.ivanhoeharriers.org.au/downloads/IHAC%20Membership%20Application%20Form%202020-21.pdf](http://www.ivanhoeharriers.org.au/downloads/IHAC%20Membership%20Application%20Form%202020-21.pdf)

Email the completed form back to [info@ivanhoeharriers.org.au](mailto:info@ivanhoeharriers.org.au) or post to:

President  
Ivanhoe Harriers,  
18 Hardy Terrace  
Ivanhoe East 3079

Your \$30.00 joining fee can be direct credited to the Club Bank Account at:  
BSB: 633-000, Account number: 1406 70480  
Description: <your surname>

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## New Members and Previous Members

Thomas Heap from last year.

Matthew Hall, a former great competitor from the past has rejoined as a non-competing member, and Andrew Potocnik has rejoined as a non-competing member. Andrew was a member of those great cross country teams of the 80's and was winner of the Statewide Trophy in 1985, 1992 and 1997.

Wonderful to see Thomas, Matt and Andrew rejoining the Club family.

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## Reminder- Renew Your Membership

Remember, our membership numbers are power for the future. Despite the COVID-19 problems it is very important that we support each other and the Club.

Who knows what the future brings at the moment, however this Committee is working away at strengthening our Club with various initiatives being considered. We are determined that Ivanhoe will

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## Training Group at Chelsworth

As a group we are very disappointed that Cross Country season could not be held due to COVID-19. We were very much looking forward to success in Cross Country this year. Training has been well attended and enthusiasm very high. This will be one of the very rare occasions in the Club history where no cross country competition was available.

Coaching the group prior to lockdown has been very rewarding. The gradual progression and improvement in split times great to see.

For the benefit of all at the Club, and readers of this newsletter, the following summary (*Coach's Corner*) is a light-hearted view from the Coach, on the future prospects of the cross country training group. This is a great group of kids with loads of talent and enthusiasm.

We hope that putting the names of our winter training group out there, for all to see, will give some perspective on the growing size and talent of our squad.

## Coach's Corner

Listed roughly in age from oldest to youngest:

**David Greig:** On current form, the leading distance runner in the Club. A great optimist, (and a perfectionist like his Dad) takes great delight in telling the Coach how the sessions should be run!! Keeps his team mates amused during tough sessions. No one trains harder.

Will break 16 minutes for his 5k and breakthrough the 2 minute barrier for his 800m this coming season (assuming we have an athletic season).

**Thomas Langdon:** Appointed Captain of Athletics and Cross Country this year at IGS, a wonderful achievement. Troubled this year with foot injuries but now running trouble free. Rarely misses a session. Very focused on Year 12 however will break the 2 minute barrier for 800m and breakthrough the 9 minute barrier for 3000m this coming season. Thomas is seriously committed.

**Josh Philip:** Improvement has been dramatic, natural speed becoming a great asset. Great mates with David and Thomas and very focused on Year 12. Josh is the great optimist; he would train 3 times a day if he could!! Coach has trouble containing his enthusiasm.

Josh will break through 54 seconds for his 400m and smash through 2 minutes for his 800m this coming season.

**Justin Cementon:** A man of many talents, music, theatre and athletics. Had the lead role in "Pirates of Penzance" at IGS....brings his French Horn to training!! We should request a rendition.

Unfortunately Justin caught glandular fever and is just recovering. He has a great "tank" and enormous determination. Prior to his illness he was training brilliantly. Currently also very focused on Year 12. Justin was the first in the group to break 2:10 for the 800m and he will also smash through the 2 minute barrier this season.

**Ben Morrison:** Very tall, reminds the coach of Alberto Juantorena., same hairstyle as well!! Had his first athletic season last summer and pulled his 800m time down to 2:11...very impressive. Does not yet realize how good he can be. Very quiet and very determined, would run through a brick wall if the Coach asked him. Currently year 11 at IGS and training 60+ ks per week. Will go close to 2 minutes for his 800m next season.

**Thomas Heap:** Ran for the Club last winter at the Sandown Relays and the Tan Relays, did very well. Is a regular at training but has had some annoying knee issues, probably to do with growing bones in a young body. Improving each week as he gains fitness and strength, this will lead to consistency for Thomas.

**Harry Shaw:** Currently year 11 at IGS. Very quiet personality with outstanding natural talent. Has trained this winter to improve his strength for the 400m hurdles next summer. He is naturally fast and has been keeping the distance runners honest. Could go close to running 52 seconds for the 400m this summer as well as making the Vic. Championships final in 400m hurdles.

**Charles Shea:** New to the sport, first raced last summer. Very quiet and determined, training form improves every week. His 800m best last season was 2:14 which he will destroy next summer. Charles is in Year 12 at Alphington Grammar and is quite quick. We may find that his best event is 400m

**Luke Malara:** Luke recently joined the Club for training and has been training with us for a couple of years and running cross country for IGS. Another very quiet and determined boy, just loves a challenge. Currently does a high percentage of the longer distance program. Luke is naturally quick, and strong. Coach thinks he will be a very good 400m runner in the future.

**Alex Linke:** Alex missed most of last season recovering from a stress fracture. Has been very diligent following his training program and has enormous ability. In Year 9 at the moment, we are just raising the bar with his training, the Coach thinks Alex will break 2:10 for his 800m this coming season and will do a massive PB in his 1500m.

**Ella Rowe:** Joined the Club for training this year, Ella is very good at team sports and a very good young athlete. Ella has speed, good balance and is working on her strength and stamina. Coach thinks she will be a fine 400m runner if she chooses athletics this summer.

**Jal Wishart:** Trains with Lynchy. Set a new Club record in the Under 14, 800m last season with a 2:13.2. Jal is quiet and reserved with great natural ability, the world is his oyster!!

**Zac Philip:** Younger brother of Josh. This boy can run. Currently year 7 at IGS and competed on the track last season. The Coach can already see enormous upside for Zac, he is very strong.



**Thomas Franklin:** Just joined the Club and training with Zac at Rosanna Parklands where Patsy still runs and gives the kids loads of encouragement. Thomas has a great “tank” and is already showing us that he has natural speed like his father, Adam. Coach thinks he will be a very good middle distance runner in a few years.

(Unbiased comment from the Coach)

**Flynn Deacon:** Flynn trains with Jal at Chelsworth under the watchful eye of Lynchy. Flynn has just joined the Club but has been training for a couple of years. He absolutely loves his running and is a real competitor. Watch this space, Flynn has a bright future in middle distance running.

In addition to the above listing, we are also providing a running program for **Greta Brown** and **Mia Dickson** who are not yet members of the Club, but are keen to improve their running skills and fitness.

The girls are showing rapid improvement already.

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## Athletics Victoria and Competition

Our Club President, Jeff Franklin, attended the Athletics Victoria AGM which was held via Zoom on 29<sup>th</sup> July 2020. The organization has its difficulties at the moment as a result of COVID-19. Lack of cash flow given no competition is a major issue.

For the Year ended 31<sup>st</sup> March 2020 a small profit of \$10,000.00 was achieved thanks to Government support packages.

Nothing has been decided in relation to a return to competition. It was hoped that something might happen in late September however that will clearly not occur given the current lockdown and the seriousness of the COVID-19 crisis.

It is thought that summer track and field, as a sport will be significantly changed as a result of “social distancing”, “capacity of venues” and willingness of officials to participate, many of whom are elderly “. All are significant matters to overcome.

We will keep you informed of any future developments.

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## The Wider Club Family

Ross Wilkinson has written a nice piece about cross country relays many years ago. Ross competed during the early 60's when things were a little different. Thanks Ross for your interest in sharing your memories from the past.

Yes, it's winter and each year that brings on the Cross Country Season with its variety and challenges across varying terrain each week. Whilst the calendar mainly comprised individual events these were broken up by the occasional team relay event at a range of locations, some of which are no longer in existence.

The Yallourn Relay was one such event. It consisted of each team member completing a lap of the town streets. One year, one of our team members, Peter Lombard, lived over the road from us and offered to drive me down to Yallourn in his VW Beetle.

As we were leaving Rosanna, Peter hung his running shorts on the car's radio aerial. Our shorts were white cotton with bottle green trim down each side and a matching trim around each leg. He had washed them that morning and wanted to dry them on the trip to Yallourn. There we were, flying along the Princess Highway with his shorts flapping in the breeze like some dignitary's pennant.

Yallourn no longer exists as the ground underneath the town was swallowed up by the expansion of the open cut coal mine.

Another interesting relay was the event at the Commonwealth Aircraft Factory airfield at Fisherman's Bend in Port Melbourne. The factory was constructed prior to World War Two and was responsible for building aircraft for the RAAF during the War. Obviously it needed an airfield to support the testing of these aircraft and this consisted of two runways intersecting on a rough north-south/east-west alignment. The event consisted of each competitor running a lap of the airfield, that is, up and down each of the runway legs.

The airfield no longer exists as air safety concerns and industrial development has seen it swallowed up.

Other interesting events were the Lake Wendouree relay where team members ran a lap of the lake and the Club's memorial event where team members ran a lap around the roads of Warrandyte.

But perhaps the most interesting and entertaining was the Box Hill 12 hour relay. Each lap consisted of a circuit of the streets of Box Hill, starting and finishing in front of the Box Hill Town Hall. There was no limit to the number of laps each team member could run, only that they couldn't run consecutive laps. It was a

case of fitness and recovery that determined who would run and when.

There were the occasional funny incidents with this event and one of the funniest I saw involved the church next door to the Town Hall. Being a Saturday, obviously there were weddings at the church. I recall one in particular that was quite a big event and the bridal cars were backed up in the church driveway and out over the footpath which was the running track. Successive runners were being forced to run around one of the limousines across the footpath and, of course, traded comments with the drivers and wedding party. However, I watched with mirth as one of the competitors, forget which club, approached the limo screaming for it to get out of the road and then leapt onto and ran across the bonnet as he approached the changeover point.

I got home later that evening, had a hot shower and then turned on the late news. There it was, the channel had a reporter and cameraman covering the event and the footage shown with the report was me running in to change over to a team mate.

And by the way, these events were more than 50 years ago so please excuse any lapses in memory.

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## From the Past

Continuing the theme of revisiting our history, this one, 50 years ago.

The following items are a selection of articles published in the July/August 1970 Edition of Cursus.....all sounds a bit familiar to this Editor fellow.

Editor: Mark Hennessy

### CROSS COUNTRY REPORT- July–August 1970

Amazing marathon performances by David Brett and Dave Caroline and a victory in the Victorian Schoolboy Cross Country Championships by Noel McDonald were highlights of another incredible month by our junior runners.

Success is achieving what you set out to do and Noel McDonald did just that to win the Under 15 all Schools cross country championship of Victoria over 4 miles. He has been training for 6 months with this race as his aim.

David Brett's effort in the marathon can only be described as "incredible". His time was a fast 3 hours 11 minutes, 52 seconds, only eleven minutes behind

senior runner Bob Schickert. He had not previously run further than 12 miles.

David is just 14 years of age.

### 4<sup>th</sup> JULY - 10 Mile Cross Country Championship of Victoria, Sunbury

This race was conducted over a rough and over-distance course (about 11.5 miles) in freezing weather. Our senior runners performed very well to place 3rd in C Grade.

Results:	42 <sup>nd</sup>	Bob Schickert	72.23
	46 <sup>th</sup>	Steven Austin	72.40
	61 <sup>st</sup>	Mark Hennessy	74.34
	85 <sup>th</sup>	Danny Kildea	77.07
	101 <sup>st</sup>	Matt Veale	79.11
	183 <sup>rd</sup>	Peter Murphy	100.12

### 8<sup>th</sup> AUGUST - 10 Mile Road Championship of Victoria- Preston

The Club was well represented in the old favourite "the ten". Many ran well. The course was about half a minute short.

	51 <sup>st</sup>	Mark Hennessy	53.43
	83 <sup>rd</sup>	Bob Schickert	55.35
	109 <sup>th</sup>	Noel McDonald	56.49
	111 <sup>th</sup>	Chris Schrader	56.52
	150 <sup>th</sup>	Matt Veale	59.07
	153 <sup>rd</sup>	Dave Caroline	59.23
	158 <sup>th</sup>	Mike Hennessy	59.39
	179 <sup>th</sup>	James Tennant	61.34
	217 <sup>th</sup>	Des White	64.53
	239 <sup>th</sup>	David Lynch	70.13

### TIT-BITS

Bob Moore left for Canada this month to take up an appointment in Kingston, Ontario.

Bob has been a leading distance runner with the Club during his 10 years as a Harrier, his determination on the track as well as in training will be remembered. Bob ran 4.25 for the mile as a junior, then returned after injury to better that time in the last two seasons.

### PROGRESSIVE DINNER- Saturday 3<sup>rd</sup> October 1970.

This function starts from the blocks at 7pm with sherries and savouries at the home of Mr and Mrs McNally (Phillip Crt, Greensborough), followed by a quick hurdle over to Mr and Mrs Carlyle's home in Porter Rd West Heidelberg, for soup, then a smart spring down to the Durham St Heidelberg home of Mr and Mrs Caroline for casseroles. The final leg is a

leisurely run (in cars of course) over to the home of Mr and Mrs Hamley, Mountainview Pde, North Balwyn for sweets and coffee.

### LITTLE ATHLETICS CENTRE FORMED.

The efforts of our Committee to set up a Little Athletics Centre have been successful. The main organising was done by Mike Hennessy and David Lynch. Many members helped in the conduct of the formation meeting. We thank all those who helped with the Meeting.

The situation is best described in the Heidelberger of August 26<sup>th</sup> 1970 from which we quote:

“Heidelberg now has its own Little Athletics Centre. A motion that the Centre be formed was carried unanimously and with loud applause at the public formation meeting held at Lower Town Hall on the evening of Tuesday August 18th. The meeting was attended by 130 interested parents of local primary school children. Their enthusiasm was shown by their spontaneous response to the call by the meeting organizers to form themselves into separate clubs to compete at the new centre. Altogether ten Clubs were formed.

The meeting was opened by the Chairman, Cr. V Henderson, the Mayor of Heidelberg. The meeting was addressed by one of the West Ward councillors, Cr. F Rich, who expressed his great pleasure at seeing so many enthusiastic people involved in the enjoyment and use of the Olympic Village Track.

At the close of the meeting, Cr. Henderson moved a vote of thanks to the representatives of the Victorian Little Athletics Association including secretary/manager Trevor Billingham, for their part in conduct of the meeting and the Committee of Ivanhoe Harriers for their work in organizing the meeting which was sponsored by the Harriers.”

**Editor:** Thanks Mark for a great edition of *Cursus* all those years ago, hope you enjoy seeing the old history again.

It's a great pity that all that work and goodwill in establishing Little Athletics for Heidelberg did not receive subsequent Council support in later years. Little Athletics in the area was lost and school age children in Heidelberg, Rosanna, Heidelberg Heights, Eaglemont and Ivanhoe no longer have a local athletics facility. Very short-sighted.

