

# CURSUS

The Newsletter of  
Ivanhoe Harriers  
Athletic Club Inc.



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Edition 65

## New Year – New Uniform

As we start the new year with hope and enthusiasm, the COVID-19 virus is still there in the background. We certainly hope it stays in the background and community sport can enjoy a re-birth.

At the time of writing the remaining summer competition dates are as follows:

Saturday, 6th February	Round 6	Doncaster
Saturday, 13th February	Round 7	Aberfeldie
Friday 19th – Sunday 21st February	Victorian Championships	Albert Park
Friday 26th- Sunday 28th February	Victorian Championships	Albert Park
Saturday, 6th March	Round 8	Doncaster
Saturday, 13th March	Round 9	Aberfeldie
Saturday, 20th March	Round 10	Doncaster
Saturday, 27th March	Finals/ Playoffs	Albert Park

As a small Club we are punching above our weight, our talent is very high but our numbers are still quite low, recruiting is our main priority. The launch of the new uniform at Chelsworth on 28th January with the maltese cross up-front reflects on our past history and is a great step forward.



Back: Thomas Langdon, James Lynch, Mike Wallis (Committee), Jeff Franklin (President), Wayne Vanderwert (President OIGA), Ben Morrison, Josh Philip.  
Front: Harry Shaw, David Greig, Alex Linke, Charles Shea, Justin Cementon, Jal Wishart.

## Recent Results

### AVSL Round 5 at Aberfeldie - 16th January 2021

We only had 6 competing athletes on the day with several absent on holidays. It was a tough day with a massive headwind in the front straight. However, there were some excellent performances with some significant PBs.

#### **Men's Under 18**

100m: Ben Eddings 11.44, Harry Shaw 12.97  
400m: Harry Shaw 59.12, Ben Morrison 61.91  
1500m: Ben Morrison 4:22.2 (38 sec PB), Harry Shaw 4:23.1 (in his first ever 1500m)

#### **Men's Under 20**

400m: David Greig 58.30  
1500m: David Greig 4:12.0, Thomas Langdon 4:19.3

#### **Men's 40+**

David Burke: 100m 14.42, 400m 69.46, 110H 23.65, Discus 21.29, Long Jump 3.99.

**Men's Open 4x100m Relay:** our team of Harry Shaw, Ben Morrison, David Greig and David Burke placed second overall in 53.54, scoring valuable points in the comp.

Unfortunately our numbers are down as a consequence of COVID-19 and its impact on the competition. We will need an exceptional run-home with contributions from everybody to ensure that we stay in Division 4.

Our emerging talent is great but we will need each athlete to compete in 2-3 events each week to gain ground on our rival Clubs.

Remember to enter in several events!!

On the 22nd December 2020, David Greig entered the Milers 3000m event at Box Hill on a wet and windy night. David was very determined to beat his previous best mark over 3000m and break 9:00 minutes.

David ran a very good race, lapping in 73 secs – 69 secs finishing with a 64 seconds final lap. He recorded a time of 8:38.65 smashing his previous PB by about 34 seconds. His time places him only 14 seconds behind Club Legend Geoff Legge's best time of 8:24.6 which is ranked tenth in our All Time Rankings.

On 14th January David competed again at the Milers comp. at Box Hill in a 1500m recording a very good 4:03.32, a big PB.

Then on Tuesday 26th January David competed in the Zatopek, Men's Under 20, 3000m at Box Hill. This was a tough race, very congested, with a bit of pushing and surging. David was a bit disappointed in his final time of 8:51.17.

So David's next challenge must be to find those extra seconds to catch the great Geoff Legge's best 3000m time of 8:24.6 and break into our All Time Ranking listing for the 3000m.

## Geoff Legge

- One of our greatest middle distance runners.

One of our most treasured Perpetual Trophies is the Geoff Legge Trophy which is awarded for: "The most outstanding performance by a junior in any event from 800m – 10,000m." The winner last season was Jal Wishart, a very talented youngster.

Geoff Legge competed over 60 years ago in the late 50's and his times still rank in the Top Ten, All Time Rankings for the Club.

His best 1500m time of 3:49.9 is a prime example of his talent, particularly given his performances were on cinders tracks, much inferior to modern day tracks. Thanks to Peter Hoare and our Peter Carter for forwarding this photo to Noel Burrows showing Geoff racing in 1957. Club Historian, Andrew Edney has confirmed that until now, we did not have a photo of Geoff.



*Geoff making a strong move on the leaders in the Melbourne Uni One Mile in 1957*

Comments from Noel Burrows as follows:

"Not sure if we have archives but thought this info. and photo relative to our history is important. From memory, there were few photos, if any of Geoff Legge, who is still well embedded in many athletes minds as a great guy and even better middle distance runner.

If only modern medicine had been around in Geoff's day he probably would have made the 1960 Olympics. He suffered a knee problem in the Australian Championships when ready to pounce, the medicos said, "Bad luck, we can't fix the lubrication at back of the knee". We young blokes were devastated, as was Geoff."



## Training at Chelsworth Park

A mere thunderstorm and hail was not going to interrupt these boys at training.



Standing, from left: Charles Shea, Ben Morrison, Lavane Mahajan, Harry Shaw, David Greig, Luke Malara, Alex Linke, Lennox Williams, Jal Wishart and Ben Philip.  
Front: Justin Cementon and Josh Philip.

Note: The boys have been reminded about their social distancing obligations.

## The COVID Cup: Super Six Series

The table below shows the points rankings after 3 events.

Alex Linke and David Greig are tied in first place with 24 points closely followed by Lennox Williams, Sami Rowe and Luke Malara.

Remember our Rules: The best 5 of the 6 events will be used in calculating our final points score so we have an even contest with most having a chance at winning the trophy.

We have found that the 5000m was the least popular of the events so far, in our quest to find the best middle distance runner in the Club, on handicap basis.

Alex Linke ran a very fine 17:32 which beat the handicapper by 48 seconds.

Congratulations to Alex who is quietly making his mark as an excellent prospect for the future.

Alex has benefitted from training with the older boys and it is showing in his times. The Coach is expecting to see a very good 800m PB this season.

David Greig recorded the fastest time with a very good 16:08.

## Ivanhoe Harriers Super Six Handicap Series - Virtual Race Competition 2020

Event 3: 5km race - Yarra Flats Trail

Date: 26 October – 31 December 2020

Course: Out and back marked course - between Burke Road bridge and Banksia Street

Name	Handicap Time	Actual Time	Diff.	Event Points	Total Points*
Alex Linke	18.20	17.32	-0.48	10	24
David Greig	16.40	16.08	-0.32	9	24
Lennox Williams	19.50	19.20	-0.30	8	19
Sami Rowe	24.00	24.07	0.07	7	19
Luke Malara	19.50	20.44	0.54	6	14
James Lynch	21.40	23.59	2.19	5	6
Chris Branigan	20.00	24.50	4.50	4	5
Andrew Luscombe	17.30	23.05	5.35	3	15
Tom Langdon	17.20	DNR			5
Ben Morrison	18.20	DNR			12
Jack Harper	19.00	DNR			8
Charles Shea	19.50	DNR			9
Ben Phillip	19.50	DNR			1
Jal Wishart	21.30	DNR			1
Flynn Deacon	22.00	DNR			1
Thomas Franklin	22.35	DNR			1
Zac Phillip	22.55	DNR			1
Ella Rowe	23.50	DNR			5
Will Franklin	23.55	DNR			1

\* Total Series Points is the best 5 results of the 6 events.  
DNR = Did Not Run

