

CURSUS

The Newsletter of
Ivanhoe Harriers
Athletic Club Inc.



July 2024

Edition 103

Editorial

The Club has had recent outstanding success in middle distance running which shows up in our consistent cross country performances. However, we are certainly lacking in the jumps and throwing departments at present. The cause of this decline in the power events is primarily through lack of coaches and lack of facilities

We are still about 2 years away from occupying the new pavilion at Chelsworth with our own fully equipped weight room. Therefore, athletes in these disciplines will still need to source their weight training at commercial gyms in the interim. However, this situation does not solve the problem of a scarcity of coaches.

There is an article on this subject later in this Edition and a letter from Simon Hollingsworth OLY. Any ideas and/or input on this subject, or better still a volunteer throws or jumps coach would certainly assist us with recruiting. Who is out there in our wide readership that might just have the time and passion?? Please call this Editor.

In addition, we are about to embark on another 6 week period of assisting Ivanhoe Grammar School in its quest to win the AGSV athletics championships in early September. We have undertaken to hold training sessions at Chelsworth Park for interested students on Tuesdays and Thursdays after school, commencing on Tuesday 30th July. Hopefully we will see a good turnout of potential athletes with some enthusiasm to continue to race with us over the summer months. Consistency and enthusiasm are the keys.

National Cross Country Championships - August 31st 2024

Two of our very talented middle distance runners have qualified for the National Cross Country Championships in Tasmania this year.

Jamie Blackburn in the Under 20 Men's CC and Leonardo Donarelli in the Under 14 Men's CC. Well done guys, we will be with you all the way.

Trivia Night on 8th November 2024

SAVE THE DATE...SAVE THE DATE...SAVE THE DATE

Please put this date in your diary.

John Edney is our Trivia Night Captain, he does a fantastic job each year organising great questions and valuable prizes. So plan ahead and support your Club. We also have great "silent auction" prizes planned so don't miss out.

This is our single most important fund raiser of the year.

We are hoping to see over 100 participants, just like the last few years.

Sponsorship from Bendigo Bank in East Ivanhoe

We are delighted to announce Bendigo Bank as a new sponsor of our historic club.

Bendigo/Community Bank in East Ivanhoe has been supporting local sporting clubs and community organisations for many years. We decided to apply for a community grant to assist with the purchase of new equipment and were successful....we are very pleased with the professionalism shown.

We are hopeful of developing a long relationship with Bendigo/Community Bank and will be encouraging our readership and members to consider Bendigo products and services. So don't hesitate to visit the Branch and enquire about the products and services you are interested in.

Your Club has been banking with Bendigo Bank for many years and has been very pleased with their service delivery over time.

We will provide details of their various products in the future to encourage our readership to participate, we sincerely hope this sponsorship works well for both parties.



Editor: Thanks Bob, your loyalty to the Club is just fantastic. Glad to hear that you are keeping well. I laughed at your comment about Chelsworth Park. It has been a long grind and IGS does a wonderful job at maintaining it. However, this time of the year it is still muddy!!

We are certainly looking to structure some form of get-together. As you know, COVID had a massive impact on large gatherings. I think things seem to have improved. Our Trivia Night last year attracted over 100 without any problems so that's a good sign. The get-together is on our Agenda.

Winners are Grinners!

A nice photo (below) of Murray Playfair receiving his trophy for winning our opening 6km handicap run. Murray is now in trouble with the handicappers!! This season is Murray's first with the Club and he has really enjoyed the fellowship and challenge of cross country.

Well done Murray.



New and Renewed Members

James Iwasaki-Farrell

A Year 7 student at IGS with a promising future. James is emerging from an annoying injury but we see a very bright future for him. James will form a very important part of our developing Year 7/8 group of middle distance runners. Welcome to James and the Iwasaki-Farrell family.

Bob Cochrane, one of our older members from the 70s and 80s has renewed once again with a nice note, in part:

“I'm still in reasonable health but I miss the running. Knee replacement a few years ago finished that activity which started when I was a 13-14 yo at IGS. Good to see the Chelsworth Park situation sorted out. I remember running through that area when it was a swamp and part of the Ivanhoe Grammar cross country course. I made sure I was always in front going through there....others could cop the mud I threw up!

Noticed that there was a hint in Cursus that there may be some sort of reunion/get-together possible at some time. I look forward to it if it eventuates.

Regards

Bob”

Competition Results

Round 6 - Bundoora Cross Country Championships

Saturday, 20th July 2024

This fantastic event was conducted in very wintry conditions but the course held up pretty well. The highlight for us was twofold:

A fabulous run by Jamie in the Men's Under 20 Championship to place 4th in a very competitive race off a somewhat interrupted training schedule. Jamie started really well and held his position in a leading pack for most of the race. Just could not maintain his position when the pace quickened over the last 1000m. However, an excellent result and a qualifier for the Nationals.

The second great result was in the All Schools Under 14, 3km race with a wonderful win by Leonardo, right on the line. Time was an excellent 9:47.

Other juniors to race really well in the All Schools were, Riley Palmer in the Under 15, 4km (16:00 mins), Max Quinlan in the Under 16, 4km (15:11), Lachie Warwick in the Under 18, 6km (23:53) and in the girls races, Grace Quinlan in the Under 14, 3k (13:35) and Eliza Nelson in the Under 18, 4k (18:54).

Big congrats to our supporters who came out to watch in lousy weather, at one stage we had more "support staff" in the tent than we had runners!!

Our small team of runners were very gutsy in the challenging conditions. Liam was our fastest, congrats to Liam for a fine run. Liam continues to improve every week and is turning into a very good middle distance prospect. Alex started the race very well positioned but...had to run the last half of the 10k with one shoe off, one of his spikes had fallen apart. He battled on very courageously with one bare foot when others may have given up...not our Alex, to finish second for the team, in that situation was outstanding. You set a great example for the team Alex.



Harley ran an outstanding race, as we know, coming back off illness, Nick was our ever reliable as was

Peter, then were our "warriors", Murray and Simon who battled the appalling conditions, never giving up. Unfortunately, our depleted team forced us back to 7th place on the day.

Male Open (10km)

Liam Furlong	35:29	Division 3
Alex Linke	37:55	
Harley Mileto	38:27	
Nicholas Dempsey	40:56	
Peter Castaldo	45:23	
Murray Playfair	50:14	Div. 6
Simon Rigoni	51:26	
Owen Dumsday	DNF	

Male Under 20 (8km)

Jamie Blackburn 25:55

Ladder Position after 6 Rounds

We are just holding on to second place with a lot of work to do if we are to catch Melbourne Uni. Need everyone to tackle the 15k Road at Ballarat to close the gap.

		Pts by Round						Total
1	Melbourne Uni 2	14	14	13	12	12	13	78
2	Ivanhoe	7	16	14	16	6	9	68
3	Box Hill 3	13	9	12	6	13	14	67
4	Mentone 2	11	13	11	13	5	12	65
5	Geelong Region 2	3	3	16	1	16	16	55
6	Collingwood 2	4	6	10	14	9	10	53
7	Old Xaverians	8	11	9	9	11	2	50
8	Keilor St Bernards	10	12	7	7	7	6	49
9	Western Athletics 2	16	4	2	2	14	11	49
10	North East Region	12	-	8	11	8	7	46
11	Traralgon	9	10	1	8	4	8	40
12	Malvern	6	8	5	4	3	5	31
13	Ballarat Region 2	-	2	6	10	10	1	29
14	Coburg	5	7	3	5	2	3	25
15	Waverley	2	5	4	3	1	4	19

Round 7 - Ballarat 15km Road Race

Saturday, 4th August 2024

This event loomed large on our calendar, we needed to score well to try to close the gap on Melbourne Uni. Well we did, but the gap might be a little too far. We had the "magnificent eleven" journey to Ballarat on a freezing morning. With very good performances. Last year our best was Thomas Langdon with a 51:33. This year Jamie posted a very good 50:35 to better Tom's time last year by 58 secs, very well done Jamie. But then, take a look at the performances of the rest of the team, just incredibly even and very competitive. Well done guys, a great team

performance. We placed 3rd in the Div. 3 Teams scoring, just behind Ballarat and Geelong but one place ahead of Melbourne Uni.

We are now just 9 points behind Melbourne Uni...it's gettable!

Our Division 6 and Division 7 teams were also successful at Ballarat with Div 6 finishing 2nd and Div 7 in 3rd place.

Male Open (15km)

Jamie Blackburn	50:35	Division 3
Liam Furlong	52:06	
Alex Linke	52:44	
Ben Morrison	52:56	
Owen Dumsday	53:48	Div. 6
Harley Mileto	53:50	
Nicholas Dempsey	56:37	
Peter Castaldo	1:03:14	Div. 7
Matthew Peterson	1:03:24	
Murray Playfair	1:13:06	
Simon Rigoni	1:17:12	



Jamie, Liam, Ben, and Alex enjoying a Sunday morning run around Lake Wendouree

Coaching...the Lifeblood of the Club

The importance of having great coaches around the Club cannot be overstated. In recent years we have lost Tom Hancock having moved to NSW, Peter Rule with his untimely passing and gained Cyril Dixon who is an excellent role model and Coach of our middle-distance group. John Boas is now in his 80's and nearing retirement and this Editor fellow is not getting any younger.

This is an appeal to the many readers of Cursus who have the skills to do a bit of coaching and add value to the Club and its young athletes.

Please contact this Editor if you would like to donate some time and energy.

Received the attached letter from Simon Hollingsworth, CEO of Athletics Australia on this very subject.

Dear Jeff

I am writing to introduce myself as the new CEO of Athletics Australia. I am excited to have commenced in the role last week and just wanted to say thank you for what you do for our athletes and our sport.

I know first-hand the importance of coaches. Like many I started athletics through my schooling. With the guidance of my coach and support of my squad (and many others) I progressed through club, state, national and eventually international athletics. While representing Australia at the Olympics was an athletic highlight, my enduring experience of our sport has been one of friendships. Many of my closest friends today are those I trained with on cold winter nights in Hobart. Our coach was the anchor point for all of these friendships. I will always be grateful for his support.

I am now experiencing the importance of coaching as I watch my teenage child (for the record, not Claudia) train and compete as a junior athlete under an excellent club coaching team here in Victoria.

Coaching is about helping people achieve their goals and improving what they do. While the Olympics, Paralympics and World Under 20s are all coming up very soon, I know that coaching is about our broad group – whether it be at the elite, club, casual, school, squad or community level.

I'm looking forward to engaging with the coaching community in this role. It is a great privilege to lead our sport, and our ambition is to grow and see it thrive into the future. Your role in this will be critical.

Regards,
Simon Hollingsworth OLY
CEO Athletics Australia

From the Past...

Caught up with Life Member and Olympic Coach, John Boas early in July. John has moved to a new residence at Apartment 25, 2-6 Malmsbury Street, Kew, 3101. It's on the corner of Malmsbury and Princess Streets, entrance on Malmsbury. No doubt John would be pleased to see any of his past colleagues.

John has donated some of his old photos to the Club for safe keeping in the Club archives. Decided to scan a couple, just for old times sake.

Take a look at these 4 below, hamming it up for the camera at OVT in 1977, nearly 47 years ago, how time flies by.

Your Editor could barely recognise them:

From Left: Gary Honey, Ian Campbell, Fred Holpen and Darryl Maher.



Gary went on to 3 Olympics, 1980, 84 and 88 and Commonwealth Games in 1982, 1986, and 1990. Ian competed in the Commonwealth Games in Edmonton, Canada in 1978 and Moscow Olympics in 1980 where he was cheated out of a medal. Fred was Victorian and Australian long jump champion in 1977 and Darryl competed in an Australia V New Zealand comp in the triple jump in 1979.

Not bad for a bunch of young lads!!

Cursus Editor: Jeff Franklin

Production: David Burke



This is one of our favourite photos, Ian Campbell absolutely flying at the 1979 Victorian Championships, Olympic Park in Melbourne, winning the triple jump in 16.86m.

If you look carefully at the crowd in the background... back row, dark glasses is the Coach himself, John Boas. Just in front of John, (white shirt) is Darryl Maher. Darryl placed 4th in the Nationals 4 weeks later with a 15.62 and was selected, with Ian in the Australian team for the Oceania trial for the 1979 World Cup in Montreal.

Seated in the front row just above Ian's left foot is Ross Beames; seated behind Ross is Peter Beames, both excellent triple jumpers for Ivanhoe and John Smith, long jumper in the dark singlet.

