



Editorial

Success breeds success

An outstanding finish to the Cross Country season has resulted in promotion to Division 2. This is our most successful cross country performance in 25 years since our unfortunate relegation from A grade in 1999. Congratulations to the entire team and coach Cyril Dixon.

This season has seen steady improvement, a little more depth in numbers and the maturing of our young list. In addition, we have some outstanding juniors emerging. The Cross Country performance this winter is evidence of us now ranked in the top 20 clubs in Victoria, a fantastic performance.

The resounding victory in the Tan Relays shows that we are ready to take on the large Clubs in Division 2 next season.

Final Cross Country Ladder

Men's Division 3

	Points by Round										Total
1 Melbourne Uni 2	14	14	13	12	12	13	12	13	16	13	132
2 Ivanhoe	7	16	14	16	6	9	13	14	8	16	119
3 Mentone 2	11	13	11	13	5	12	5	7	11	9	97
4 Western Athletics 2	16	4	2	2	14	11	9	11	14	6	89
5 Box Hill 3	13	9	12	6	13	14	4	2	5	10	88
6 Collingwood 2	4	6	10	14	9	10	11	10	7	7	88
7 Ballarat Region 2	-	2	6	10	10	1	16	16	13	11	85
8 Traralgon	9	10	1	8	4	8	10	9	12	12	83
9 Old Xaverians	8	11	9	9	11	2	6	3	9	14	82
10 Geelong Region 2	3	3	16	1	16	16	14	-	10	-	79
11 Keilor St Bernards	10	12	7	7	7	6	7	12	1	4	73
12 North East Region	12	-	8	11	8	7	8	5	4	2	65
13 Malvern	6	8	5	4	3	5	2	6	6	8	53
14 Coburg	5	7	3	5	2	3	1	8	3	5	42
15 Waverley	2	5	4	3	1	4	3	4	2	3	31

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.

National Cross Country Championships

Saturday, 31st August 2024

Ivanhoe Harriers had two representatives at Nationals XCR this year following some great performances in this seasons Vic XCR, Jamie in the male U20 and Leonardo in the Male U14. Jamie finished 4th in the Vic XCR Championship to make the Victorian team and Leonardo won his race in a close and controversial finish at Bundoora. This year's National XCR race was at Simmons Plain in Tasmania. The weather leading up to the race was atrocious, raining heavily for 3 days, the course was essentially a bog and with the forecast for the day wind, rain and thunderstorms! Leonardo's race was up early in the day, and he had arrived the night before with a cold. Leonardo struggled to warm up after a poor night's sleep and somehow got to the start line struggling to breath and slogged his way around the 3km course for a gallant 24th place (12:09). Not the result he wanted but well done for getting out giving it your all Leonardo. Jamie's race was the last of the day and the wind was blowing hard as they warmed up on the exposed course. With last minute notice that there was a

thunderstorm about to hit, AA moved the race forward 10 minutes and reduced it by 1 lap to be 6km. With the course so difficult to run and the wind making it impossible to front run, the front group ran around together until the 3rd lap and then went for it. Jamie toughed out the last lap, pulling his feet out of the mud, finishing in 12th place (22:26) and the third Victorian. Congratulations to Jamie and Leonardo on your performances and fantastic seasons, it was great to have athletes representing the club at Nationals.

Old Ivanhoe Grammarians' Association

Ivanhoe Harriers is an active member of OIGA and is very grateful for the support we receive from OIGA and the wider sporting group. We extend our congratulations to the OIGA Football Club, for the recent Premiership success of their Thirds Footy Team. Looks like success all around at the moment.

Bendigo Bank Sponsorship

We are delighted that Bendigo Bank has provided sponsorship to the Club as a part of its community sport program. We encourage our membership to consider Bendigo products as an option to automatically dealing with the big 4 Banks.

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



New/Renewed Members

Chris Schrader: I am delighted to advise that Chris has rejoined the Club and purchased his new singlet. Chris was a former, very successful, middle distance coach at the Club, I think in the 70s. Chris ended up in Texas as a senior athletics coach at University. In my early days of rebuilding the Club middle distance group, Chris was able to provide me with much of his coaching material which was the foundation of our current middle distance team.

The volumes of spread sheets with training formats for boys and girls was a great assistance to me from about 2014. I am sure Chris would be very pleased with the progress we are currently seeing.

Chris has been on the Cursus mailing list for many years and made contact on a recent visit to Melbourne.

Photo below of Chris, proudly showing off his new singlet!!



Competition Results

Round 8 - St Anne's Myrning Ekiden Relays

Saturday, 17th August 2024

(Provided by Barry in the absence of your Editor)

A good result for the club with 3 teams competing, Div 3 finished 2nd, Div 6 4th and over 50s 7th and a gold star effort by Glenn Morrison as our club helper. After some rain overnight and in the morning the Ekiden relays at Myrning turned out to be relatively dry with a sprinkling of rain during the event and soft underfoot with some muddy patches thrown in on a modified course this year.

Our Div 3 team running 5 legs totalling 35.8 km finished in 2nd place with some consistent running throughout. Ballarat finished in 1st place, 1 min 44 sec ahead of Ivanhoe with Melbourne Uni 3rd 3 min 30 sec behind Ivanhoe.

We gained 1 point on Melbourne Uni, 8 points behind with two events left. We can close the gap with favourable results for the half marathon and Tan relays. Melbourne Uni is top of the Div 3 ladder and Ivanhoe 2nd.

Owen Dumsday led out and ran a solid first leg to put Ivanhoe in a good position of 4th place, with Harley Mileto holding ground and Ben Morrison gaining a place during their legs. Alex Linke ran down 3rd place to pass over the change to Jamie Blackburn in 2nd place, who held on, gaining 30 secs on 1st place. The gap of over 2 minutes was too big to close.



Div 6 team, running 26.9 km, finished in a close 4th position, 24 secs behind 3rd, with a strong first leg by

Nick Dempsey, a great come back run from Tom Langdon, Matt Peterson performing very well despite some illness and bringing home the result was Riley Palmer (who is under 16) running an exceptional first up run.



Our over 50s team, running 20.3km, had a good day out with a top 10 finish to be in 7th place. Murray Playfair ran well in his first outing at Ekiden as did Simon Rigoni, after returning 2 days prior from an overseas tour, while Brenton Hall brought the team home without those hamstrings popping.

A gold star performance from Glenn Morrison who was there officiating from start to the end waiting for one of the last runners to finish. A long day and deserved thanks to Glenn for persisting all day. Much appreciated Glenn.

Male Open – Division 3

1	Owen Dumsday	8.6km	29:42
2	Harley Mileto	7.9km	28:01
3	Ben Morrison	6.6km	23:44
4	Alex Linke	6.6km	23:38
5	Jamie Blackburn	6.1km	19:51
		<hr/>	
		35.8km	2:04:56

Male Open – Division 6

1	Nicholas Dempsey	8.6km	34:28
2	Thomas Langdon	6.6km	23:53
3	Matthew Peterson	6.1km	26:18
4	Riley Palmer	5.6km	24:12
		<hr/>	
		26.9km	1:48:51

Male 50+

1	Murray Playfair	8.6km	43:07
2	Simon Rigoni	6.1km	31:08
3	Brenton Hall	5.6km	27:08
		20.3km	1:41:23

Round 9 – Burnley Half Marathon

Sunday, 8th September 2024

(The final rounds of XCR 2024 provided by Cyril in the absence of your Editor)

The Burnley ½ was a cool start with a little wind. Our team of 4 for Div 3 all set out well. Owen making his ½ debut ran a fantastic first up effort just over 74', Tom returning from injury after his blistering 73' last year and Hayley also on the road back following illness earlier in the year had good runs. Ben finished off as 4th place to make sure we got the points. Ivanhoe trailed Melbourne Uni by 8 points leading into this round with hope of finishing above them to make it close for the last round. Unfortunately, Melb Uni put in their best performance of the season to win and move to a 16 point lead.

The Div 6 team lead by Peter also had good runs with Murray and Simon working hard to make sure they got to the finish. It was great to see the support on the side of the road cheering everyone home by those who were unable to run.

Riley stepped out for the MU16 5k and ran a blistering 2 minute PB to record a super-fast time of 17'36', a great run by Riley who has been improving all season.

Male Open (21.1km)

Owen Dumsday	1:14:06	Div. 3
Thomas Langdon	1:15:29	
Harley Mileto	1:20:57	
Ben Morrison	1:30:43	Div. 6
Peter Castaldo	1:34:25	
Murray Playfair	1:47:24	
Simon Rigoni	1:53:36	
Brenton Hall	DNF	

Male Under 16 (5km)

Riley Palmer 17:36

Round 10 – Tan Relays

Saturday, 14th September 2024

The last week of XCR, the now iconic Tan Relay.

With close to our best team competing in Div 3 it was a cold, wet and windy greeting for runners on Saturday morning. We had 6 teams on the start line with Male and Female juniors, Male 50+ and 3 Open teams. It was great to see everyone so excited for our last event for the season despite the terrible weather conditions.



The Div 3 team led out by Ben, David, Owen and Tom all had times less than 10" apart before handing the baton to Jamie to cruise to a 2 minute win. Ben was 4th after his leg, Davo closed down to be 2nd behind Old Xavs, Owen put us in first at the change for Tom. Tom thought Old Xavs were up the road in front and so chased after them to extend the led to over a minute! A dominant victory secured the team 2nd place on the Div 3 ladder with our third win of the season.

Carla led the FU18 team with a quick 16'29' with Eliza and Kate also having good runs. Leonardo was quickest in the MU16 with a nice 13'03" while he still recovers from his cold. Riley and Max both had good runs in the high 13'.



Brenton had a good return after missing the season with a hamstring injury recoding a 15'47" in the M50+ with Murray and Simon finishing off great seasons having competed in every round, fantastic effort. Claude had his first run for the season after returning from an accident at the start of the year, well done on getting back Claude, great to see you out there with

Burkey in Div 7. Peter, Barry, Liam and Harley all had good runs to close out the Div 6 team and the season.

Female Under 18 (3 x 3.83km)

1	Carla Parris	16:29
2	Eliza Nelson	17:05
3	Kate Bukovsan	17:45
		<u>51:19</u>

Male Open – Division 3 (5 x 3.83km)

1	Ben Morrison	12:06
2	David Greig	12:08
3	Owen Dumsday	12:03
4	Thomas Langdon	12:12
5	Jamie Blackburn	11:49
		<u>1:00:18</u>

Male Open – Division 6 (4 x 3.83km)

1	Peter Castaldo	14:35
2	Barry Greig	15:37
3	Liam Furlong	13:05
4	Harley Mileto	12:59
		<u>56:16</u>

Male Open – Division 7 (4 x 3.83km)

1	David Burke	19:20
2	Claude Aquino	18:17
3		
4		
		<u>37:37</u>

Male 50+ (3 x 3.83km)

1	Simon Rigoni	17:22
2	Murray Playfair	17:21
3	Brenton Hall	15:47
		<u>50:30</u>

Male Under 16 (3 x 3.83km)

1	Riley Palmer	13:50
2	Max Quinlan	13:47
3	Leonardo Donarelli	13:03
		<u>40:40</u>



The 2024 Cross Country Squad

Calendar for 2024/25 Summer Track & Field Season

AVSL 2024/25

Round	Date	Venue
1	Sat, 5 Oct 2024	Aberfeldie
2	Sat, 12 Oct 2024	Doncaster
3	Sat, 19 Oct 2024	Keilor
4	Sat, 9 Nov 2024	Doncaster
5	Sat, 16 Nov 2024	Aberfeldie
6	Sat, 30 Nov 2024	Doncaster
7	Sat, 11 Jan 2025	Meadowglen
8	Sat, 18 Jan 2025	Aberfeldie
9	Sat, 1 Feb 2025	Doncaster
10	Sat, 8 Feb 2025	Aberfeldie

Cursus Editor: Jeff Franklin

Production: David Burke

 facebook.com/IvanhoeHarriersAthleticClub

 instagram.com/IvanhoeHarriersAthleticClub

