

Editorial

Dear Reader,

Our winter cross country season is now past the halfway mark. With 4 Rounds to go we have been performing well, with both male and female teams in strong positions on the ladder.

It's just great to see Ivanhoe being recognised as a serious, competitive team again. We are not yet quite strong enough to contest Division 1, but we are closing the gap very quickly and performing well ahead of some of the much larger clubs.

Full competition details later in this Edition including the 10km Cross Country Championship at Ballarat last Saturday 12th July. This Editor fellow has difficulty understanding why the event and indeed the National Cross Country Championships later this year are at Ballarat. The course at Victoria Park, Ballarat is flat and does not compare to our classic track at Bundoora with its undulating terrain. The 2 hour drive certainly impacted the volume of competitors this year.

This season, our major weakness of low numbers remains. Our male competitors, currently 22, about the same numbers as last year but a modest increase in our female competitors is a step in the right direction. Whilst our top athletes are maturing very nicely, we do need to attract additional middle distance runners to bolster the group. Training is proceeding well with Cyril and Bruce doing a great job at encouraging enthusiasm. The natural progression of young students from IGS will continue into the future but finding an immediate injection of mature runners is our challenge.

Bruce Hutchins and Richard Russell have taken over your Editors role in coaching and organising IGS cross country. The next AGSV event for IGS students is scheduled for Saturday morning 26th July at Banyule Flats with the 10k Road Championship at Lakeside on the following Sunday morning 27th July. This is an exciting time of year, the final AGSV event will be on Saturday 2nd August at Marcellin. Your Editor is hoping we will see the transition of keen students to Club training nights as we move towards spring...Go Hoe!!

Competition Results

XCR Round 5 – Sandown Road Relays

Saturday, 28th June 2025

As usual, the racing at Sandown over 3.1km and 6.2km was very exciting.

Unfortunately for Ivanhoe we were hit with illness and quite a few of our stars were unavailable.

Despite that, we had some great performances.



Our under 14 girls placed 5th, with Grace, Sadie and Carla within 34 secs of each other, a very even team. Well done girls.

Our senior female team managed a very competitive 2nd, well done Victoria, Nat and Kate.

Our senior men raced above expectation in my view, given all circumstances. In particular, a fantastic effort from Max to record 22: 46 for his 6.2km in the senior team, terrific time for a 15 year old. Max has a big future ahead of him.

Our fastest times were excellent, Jamie, David and Owen, all in the 19s was fantastic to see with PBs everywhere.

Coach Cyril's comments:

First home was the boys U16. Leonardo was back to some good form, after a long rehab period, running right on 10 minutes. Jason and Billy both had good

runs in their first season running AV. 3x3.1km: (Leonardo Donarelli: 10:05, Jason Zhang: 11:57, Billy Crewes: 12:34) 34:36. The boys were all way under their age group and will be available for Under 16 again next season.



Next were the girls U14, with all the girls running very similar times, all around 13 minutes.

3x3.1km: (Grace Quinlan: 13:22, Sadie Crane: 13:24, Carla Parris: 12:50) 39:36

Our female teams hit by injury with both Rachel and Thea sick meant Victoria and Nat had to step up from team 2 to join Kate. The team all had a great run, Kate with a strong last lap brought the team from 5th to 2nd, a super result not far behind the winners Yarra Ranges. Fiona continues to make good improvement and earned 4 points on her own for team 2.

3x6.2km: Team 1: (Victoria Crane: 29:59, Natalie Power: 31:17, Kate Bukovsan: 29:34) 1:30:50

Team 2: (Fiona Mitchell: 34:03) 34:03



Our Div 6 team was pushed hard all day. Brenton worked hard in the last leg coming from 7th to claim 5th in a tight midfield battle.

4x6.2km: Div 6: (Peter Castaldo: 24:31, Charles Shea: 25:57, Simon Rigoni: 27:52, Brenton Hall: 23:29) 1:41:49; Div 7: (David Burke: 33:52) 33:52



This was always going to be a tough day for our top ranking Div 2 team, hoping for a mid-table finish, with Ben and Alex away and Liam sick. Jamie returning from Glandular fever ran a strong first leg, Max in his first Div 2 run was solid and did a good job along with Harley and Nick. David and Owen ran strong for the team to finish 10th for the day.

6x6.2km: (Jamie Blackburn: 19:33, Max Quinlan: 22:46, David Greig: 19:45, Harley Mileto: 23:53, Nicholas Dempsey: 22:15, Owen Dumsday: 19:14) 2:07:26

And a bit of history for this event...

Reflecting on our excellent times this year and the fact that we had 3 runners in the 19s for the first time in a long time. This Editor fellow dug around in the archives to find when we did better than this and how good was very good!!

Of course, I did not need to look much further than our fantastic 1989 team which placed 3rd in A Grade (ie Division 1).

The slowest individual time that day was Darren Wilson who ran 19:42!

The others in that fantastic grouping were: Glenn Franklin 18:35, Damien Cook 19:16, Barry Greig 19:21, Richard Russell 19:38 and of course Mal Norwood 17:43...amazing!

Even our No. 2 team that day was not too shabby. David Errington 20:24, Andrew Potocnik 21:02, Graham Leticq 21:36, Graham Cooper 21:32, Charles Gilbert 20:47 and Gavin Duke 21:33....an incredibly even performance.

So...the future is ahead of us, can our present group of lads continue their current rate of improvement to attain that level? Let's hope they can.

Footnote: 1989 was the year that Darren, Glenn, Damien, Richard and Mal were all selected to represent Australia....incredible effort for a single club!

Gold Coast Marathon

Saturday, 5th July 2025

Jamie was representing the Victorian team in the Australian ½ Marathon Championships at Gold Coast. It was remarkable that Jamie even got to the start line after his recent Glandular Fever illness and with such a short time to build for the race struggled with an upset stomach and a few stops at the toilets along the way. Well done Jamie on getting to the finish line and being selected as part of the Vic team even though the race didn't turn out how you wanted. 1:15:23.



Ben ran the 10k race and just snuck inside 37 minutes.

David McCulloch, at the age of 55, completed the ½ in 1:22:04 finishing 3rd in his age group. David recently signed up after last competing for Ivanhoe as a junior in the 1980s. He travelled back from the US to run.

XCR Round 6 – Ballarat

Saturday, 12th July 2025

And off to Ballarat again, and still a few more times this season. This time running the state CC Championship on the new National course, strange not being at Bundoora Park the traditional home of

this event. With school holidays and needing to travel, numbers were very low across all competitions. As always in Ballarat it was cold and even a light shower for a few minutes threatened to make it very cold. The course required 2x2km laps then 2x3km laps so you got to see the runners 4 times as they came past.

Female Open

Even though the course was flat the team found it a tough course to run, with difficult terrain and obstacles to navigate. Every one found it hard and you could see the whole field struggling on the last lap. The girls all pushed on and had a tremendous result, finishing first and maintaining their 1st spot on the ladder.

10km: Rachel Paterson 45:42; Chloe Thomson 54:53; Fiona Mitchell 57:49; Williamstown with just the one runner finished 2nd.

Women's Division 5

		Pts by Round						Total
1	Ivanhoe	12	12	9	9	10	12	64
2	Williamstown	10	9	12	12	-	10	53
3	Wellington	-	-	7	-	9	9	25
4	Bendigo Region 3	-	10	-	3	-	8	21
5	Western Athletics 4	-	-	5	7	8	-	20
6	Melbourne Uni 3	9	-	10	-	-	-	19
7	Ivanhoe 2	8	-	6	-	4	-	18
8	Yarra Ranges 3	-	-	4	-	12	-	16
9	Malvern 2	-	-	8	-	7	-	15
10	Box Hill 3	-	-	3	8	-	-	11
11	Sandringham 3	-	-	-	10	-	-	10
12	Diamond Valley 3	-	-	-	4	5	-	9
13	Coburg 2	-	-	-	-	6	-	6
13	Glenhuntly 4	-	-	-	6	-	-	6
15	Western Athletics 5	-	-	-	5	-	-	5
15	Essendon 3	-	-	-	-	3	-	3
17	Sandringham 4	-	-	-	2	-	-	2
17	Traralgon 3	-	-	2	-	-	-	2
19	APS United 2	-	-	-	1	-	-	1



Male Open

It was looking pretty desperate during the week with illness and holidays meaning we were struggling to put a team together. With 3 of our Div 6 team needing to run in Div 2 it looked like we were in for a tough day in both Div 2 and drop points in our top of the table Div 6 team. Like the girls, the boys found the course hard to get around. Nick and Brenton executed good races and finished strong, Charles and Peter battled on to record good times. Remarkable with such low numbers we finished 6th, which was tremendous to watch. Everyone stepping up, wearing the Harriers singlet with pride. Diamond Valley moved ahead of us on the ladder with Collingwood and South Melbourne now equal on top. We now sit in equal 5th place in a very tight competition for the top 6. The run home will be very competitive but we are confident of a top 4 finish.

10km: Div 2: (Jamie Blackburn 34:01; Liam Furlong 37:00; Nicholas Dempsey 38:26; Brenton Hall 39:35; Peter Castaldo 39:59; Charles Shea 43:54)

Men's Division 2

	Pts by Round						Total
1 Collingwood	11	11	13	8	15	10	68
1 South Melbourne	12	15	12	9	9	11	68
3 Vic Cross Country	8	9	10	13	12	13	65
4 Diamond Valley	4	8	5	12	13	15	57
5 Ivanhoe	13	13	6	10	5	9	56
5 Melbourne Uni 2	9	12	4	11	8	12	56
7 APS United	15	7	15	4	1	7	49
8 Yarra Ranges	10	10	9	6	4	4	43
9 Box Hill 2	7	6	8	7	7	6	41
9 Frankston	2	1	11	15	11	1	41
11 Mornington	5	3	7	1	10	3	29
12 Glenhuntly 2	3	4	3	3	6	8	27
13 Richmond	6	5	2	5	3	5	26
14 Doncaster	1	2	1	2	2	2	10



Simon had a good run and amazingly scored 14 points on his own, with so few runners no one else was able to fill a full team other than Ballarat. Melb Uni will move above us and we will drop to 2nd with both teams clear of 3rd placed Western who scored no points. 10km: Div 6: Simon Rigoni 48:27

Men's Division 6

	Pts by Round						Total
1 Melbourne Uni 5	16	13	10	18	18	16	63
2 Ivanhoe 2	18	14	16	15	13	14	57
3 Ballarat Region 3	12	-	15	13	11	18	53
4 Western Athletics 4	14	18	12	9	12	-	50
5 Maccabi 2	11	11	14	14	14	-	45
6 North East Region 2	10	12	18	5	16	-	41
7 Keilor St Bernards 2	15	16	-	7	-	15	40
8 Sandringham 3	13	15	9	4	-	-	38
9 Mentone 4	-	-	13	12	15	-	25
10 Geelong Region 3	-	-	8	16	10	-	24
11 Richmond 3	-	-	7	11	-	-	18
12 Glenhuntly 4	-	-	-	8	9	-	15
13 Essendon 3	9	-	-	6	-	-	11
14 Mornington 3	-	-	11	-	-	-	10
15 Doncaster 2	-	-	-	10	-	-	8

Remaining XCR Rounds

Date	Round	Location	Type
Sun, 27 Jul	7	Albert Park	10km Road Race
Sun, 10 Aug	8	Ballarat	15km Road Race
Sun, 7 Sep	9	Burnley	Half Marathon
Sat, 20 Sep	10	Tan Track, Kings Domain	Tan Relays

Memoirs of John Boas an Olympic Coach and Life Member

The attached article has been provided by JB for inclusion in Cursus. The article commences with a great snapshot of the attack on the 4 minute mile in the 1950s and the emergence of Franz Stampfl who was still coaching in Melbourne from his wheelchair in the 1980s. Many of our readers will remember Franz Stampfl.

The second part of JB's article (in the next Edition of Cursus) covers the emergence of Ivanhoe Harriers, amazing, horizontal jumps success which JB is rightly very proud of. Whilst it is now over 40 years ago that Gary Honey secured the Olympic Silver medal in the long jump at Los Angeles, the article does illustrate the importance of determination, passion, hard

training and the pursuit of excellence. These are the traits that this Club aspires to achieve.
Many thanks John for your contribution.

Editor.

Out of the wastepaper bin of history

(Apologies to Leon Trotsky, who said to the Russian parliament in March 1917, “you belong in the dustbin of history.”)

Just following up some historical notes triggered by the latest Cursus (of November last year).

Emil Zatopek (aka The Czech Locomotive)...

Emil Zatopek first emerged in the 1946 European Championships. Then in the London Olympics of 1948 he won the 10,000m and was narrowly beaten in the 5000. By 1952 Zatopek was regarded as the best in the world, establishing world records at 5000m and 10,000m. His training regime was legendary and followed the interval training methods of the German coach/physiologist Woldemar Gerschler. In 1952, while in Finland for the 1952 Olympics, some of the Australian middle-distance runners (including John Landy), journeyed out to where the Russians and other East Europeans were based and joined in with Zatopek in some of his training sessions. Zatopek won the 10,000m, the 5,000m and then the marathon — a treble that has never been repeated.

Len Johnson’s book “The Landy Era: From Nowhere to the top of the World” covers this episode and the impact it had on Landy’s training. He’d been “coached” before Helsinki by Percy Cerutti, but afterwards did very much his own thing. Landy didn’t make it through his heat of the 1500 in Helsinki, but on his return followed many of the ideas he’d picked up from Zatopek. Results were not long in coming. On December 13 at Olympic Park, Landy ran 4:02.1 (actually rounded up to 4:02.2). This was the fastest mile in the world since 1946 and just outside the world record of 4:01.6 held by the Swede, Gunder Haag of 4:01.4. And the race for the 4-minute mile was ON. The 3 main protagonists were Landy himself, the American Wes Santee and the English medical student Roger Bannister. All 3 were chasing redemption after “failing” in Helsinki. The chase for the first 4-minute mile captured the imagination of a generation of wannabe middle distance runners, including the 11-years old yours truly. The first sub 4-minute mile was run by Bannister in a blatantly setup paced race in Oxford, England, on May 6th 1954. The English (specifically the Oxbridge) athletics establishment — led by Harold Abrahams (of Chariots of Fire fame) ignored the blatant pacing, with the comment “The first 4-minute mile MUST be run by an Englishman, preferably by an Oxbridge man.” Bannister claimed he did not have a coach, but after Helsinki trained with the group of Oxford University athletes advised by Franz Stampfl.

In 1955 Franz Stampfl came to Melbourne University to be the coach at the newly established Beaurepaire Centre at the University. He coached both track and field events from his base at Melbourne University. Prominent names were Merv Lincoln (the 3rd Australian after Landy and the American based Jim Bailey to break the 4-minute barrier), Ralph Doubell (800m gold medallist at the 1968 Olympics), Peter Bourke who won the 800m at the 1982 Commonwealth Games in Brisbane, and a host of field event stars, too many to list here. Franz was involved in a serious car crash in late 1980, becoming a paraplegic, but still coached from his wheelchair until he passed away in 1995. I first encountered Franz in a May 1957 school holidays training clinic for schoolboy wannabe middle distance runners and then became part of his Friday afternoon and Saturday mornings schoolboy’s squad.

Of the other protagonists...

Wes Santee fell foul of the US college system and then was absorbed into the US military service. He never broke the 4-minute barrier. Roger Bannister’s world record lasted 6 weeks — being broken by Landy in a genuine race in Finland. Bannister and Landy raced for the only time at the 1954 Empire Games in Vancouver- in my mind the ONLY ever “Mile of the Century”. Bannister won in 3:58.8 to Landy 3:59.6. Bannister then won the European 1500m championship and promptly retired. Landy temporarily retired but made a comeback in early 1956. Injuries derailed his preparations for the 1956 Olympic games in Melbourne, but he still managed to finish 3rd. Both Bannister and Landy reached high positions in life after athletics. Dr Sir Roger Bannister became chairman of the UK Medical Research Council and John Landy became Governor of Victoria.

Age caught up with Zatopek. He broke the world records for both the 5000 and 10000m in 1954 and won the European 10000m in 1954. He ran the marathon at the 1956 Olympics but was a shadow of his former self, finishing 6th. In 1968 he was one of the leading figures in the Prague Spring — the movement that attempted to bring democracy to Czechoslovakia, after nearly 25 years of Soviet Union (i.e. Russian) domination and control of Eastern Europe. He was sent into internal exile but reclaimed his national hero status after the Soviet Union collapsed. The “Zatopek 10” meet was first staged in the late 1950s or early 1960s and commemorates the influence Zatopek had on generations of Australian middle and long distance runners.

After Helsinki, most of Cerutti’s athletes went elsewhere, including Landy. But like most people (again including yours truly, after 1 weekend at Portsea in about 1960 or ‘61), couldn’t tolerate his insensate rantings. As time went on, Percy descended increasingly into bitterness and senility. Percy coached Herb Elliott to the gold medal in the 1500m at the 1960 Rome Olympics. Elliott then went to Oxford or Cambridge to do a science degree and retired. (He’d done 1 year at Melbourne Uni in 1959, but I don’t remember meeting him in any of my classes or on the track.)

As regards the November 1974 Cursus, I can't remember how or why I ended up as a temporary editor of Cursus in 1974 or who my immediate predecessors or successors were. Peter Carter and I produced the first Cursus in 1960 or 1961, following up an idea I'd picked up from one of my associates in the 1960 Pure Maths II Honours class at Melbourne University. My memory tells me that Geoff Legge edited it in the early 1960s, followed by Mike Carter.

(To be continued...)

John Boas

Sponsorship

Our corporate sponsors remain a very important part of the Club family. We are very proud of the ongoing support and hope our membership will, in turn, support our sponsors.

This year we have received a very generous sports grant from Woolworths which allows the Club to obtain Woolworths produce for use on game day e.g. food products etc.



We are very grateful for this generous donation from Woolworths.

Cursus Editor: Jeff Franklin
Production: David Burke

