

## PRESIDENTS REPORT

By Jeff Franklin

### *Miles Real Estate Sponsorship Update*

Miles Real Estate Continues its Corporate Sponsorship We are delighted to announce the Miles Real Estate has agreed to continue as our major sponsor during season 2016-17. Over the last two seasons, Miles has assisted us with a funding contribution to two major projects. The Centenary Dinner and the Sprayjacket project. Both of these projects have been very successful. This year we approached Miles with a proposal to deepen our relationship by allowing them to provide a quarterly real estate commentary to be published in Cursus in return for an annual fee. We have undertaken to continue to promote Miles on our website and in Cursus to encourage our readership to consider using Miles for real estate transactions. Should one or more of our readership appoint Miles to sell their property they should advise Miles of their connection with Ivanhoe Harriers. Assuming the property sells, Miles will agree to pay the Club a success fee. Therefore, it is very important to tell Miles that you are part of the Ivanhoe Harriers Club family should you appoint Miles as your selling Agent. This is a great opportunity to generate some income for the Club. Miles is now a great supporter of the Club. Miles advised that they like to be associated with "local" organizations, showing good leadership in the



Community. They have been very pleased with our first two projects and value the connection. Following these negotiations, three Directors have purchased our spray-jackets. This speaks volumes of the relationship and is great indirect promotion of the Club.

### *New coach!*

We started providing coaching services to the School in 2015 by arranging four coaching clinics which were very much appreciated by the School and its staff. Our clear strategy being to redevelop the once very strong relationship between Ivanhoe Harriers and Ivanhoe Grammar School leading to a natural progression of new athletes each year. Our efforts last year did

not achieve any new recruits however, we have persisted to increase our involvement in order to achieve our goals. Jeff Franklin and Calista Castles have been appointed as middle distance coaches for the School to develop training programmes and supervise training at Willinda Park, Collingwood Track and at the School Campus. This is a huge increase to our workload from last season as we are now committed to 18 training sessions in the lead-up to the Associated Grammar Schools athletic finals on 7th September. We believe Ivanhoe Harriers is once again, a well known associate of the School and we are delighted to have the support and confidence of staff involved. We are determined to achieve improved results this year, better performances for the School and better recruiting outcomes for the Harriers.

### **New Female Coach- Calista Castles**

Calista has joined the Club which will greatly assist Jeff Franklin with the Ivanhoe Grammar School programme, and also help develop relationships with the students to bring them along to Ivanhoe Harriers as a squad for the future. Calista is married to Simon, a Telecommunications Engineer, she runs her own business as a Women's Health and Fitness Professional and has coached women recovering from serious illness to run in events of varying distances. Calista loves yoga and runs classes for all abilities and ages in Watsonia. More recently, Calista developed and implemented a fitness club at MLC in Kew to encourage teenage girls to be more physically active. Her passion for women's health has led her to the challenge to run 2,200km for endometriosis awareness. So far she has completed 1,142km and raised \$945.00 for the Mercy Hospital for Women in Heidelberg. Well done Calista.

Calista is a middle to long distance runner but her favourite event is half marathon which she hopes, one day to run in one hour fifteen minutes. Her idol is Lisa Weightman who many at the Club will know is married to former great Ivanhoe athlete Lachlan McArthur. We are hoping Calista will be a great asset at the Club and a catalyst for the young female students at Ivanhoe Grammar School to join the Club. Calista is currently running about 50km per week and really enjoys her running and the fitness programs she is involved in with Watsonia Neighbourhood House, NEAMI and Berry Street. Her qualifications are as follows:

- Personal Trainer ( Diploma in Fitness-Rehab/ Strength & Conditioning
- Level 2 Athletics Coach/ Middle Distance Running
- Yoga Instructor
- Pilates Instructor
- Level 1 & 2 Boxing Instructor

• Level 1 Kettlebells Instructor

Her past experience includes coaching U12's, U14's and U16's at Little Aths in Qld and at Diamond Valley. Please extend a warm welcome to Calista, we hope she has a long career with Ivanhoe Harriers.

### UPCOMING EVENTS

- Sunday 25th September, 1pm - XCR Season's end & T&F launch BBQ at Wilinda Park.
- Late November/ Early December - Ten-pin Bowling at Ricochet on Grimshaw Street Bundoora. TBC

### COMPETITION REPORT

By John David - Winter team manager

#### *Round 5 - 18th June 2016: Bundoora Park 10km Race*

Pleasant conditions on the day for this usually cold, wet and windy race. Not much mud apart from some tricky parts close to the lap and finish lines. What was really great about this race was that the distance had been reduced from 12km to 10km to cater for the selection trial for the Australian Cross Country Championships. The field was fast with our Division 5 Men's team finishing 8th out of 10 competing teams. Our team results were:

James Lynch 47:43.9  
Travis McIntosh 47:45.2  
Chris Struve 53:45.0  
John David 57:34.7

#### *Round 6 - 9th July 2016: Sandown Racecourse 6.2km Relay*

It must be true about global warming as even at Sandown where it is always windy and wet, the conditions on the day were perfect - some may say too mild for a winter race! Each of our athletes completed two laps of the racecourse which is 3.1km per lap. James Lynch had an excellent run with a time of 23.48. Chris Struve came second beating David Burke by only one second. Results were:

James Lynch 23:48  
John David 32:42  
David Burke 31:51  
Christopher Struve 31:50

Thanks very much to Jeff Franklin for being an official for our club for this race.



#### *Round 7 - 17th July 2016: Albert Park 10km Road Relay*

This race is a very fast and flat 10km starting near the Lakeside Athletics stadium and finishing on the track at Lakeside. We only had one athlete competing in this race (James Lynch) so unfortunately no team points were gained for our Men's Division. James ran a nice pace (just over 4 mins per km) to achieve a time of 42.24.

#### *Round 8 - 6th August 2016: Angelsea Surf Coast Ekiden Relay*

Ideal conditions on the day with no wind and some sunny breaks. What a beautiful scenic course which is over some rough terrain near Angelsea beach finishing off on the top of a hill overlooking the beach and then back to the finish line at the Angelsea Caravan Park. Our team completed this relay over a distance of 31.7 km however each leg was extended by 300m due to a track diversion because a section of the course was too dangerous.

James Lynch ran the 10.1km leg with an excellent time of 45.33 which was 7 minutes faster than last year. Travis McIntosh also had an excellent result with a time of 45.26 for his 9.1km leg. Chris Struve ran well for his 8.2km section with a time of 46.01, and John David who unfortunately had a fall half way through his run finished off the relay with a time of 31.09 for the 5.5km leg. Our team did a great job finishing 6th out of 10 teams. Well done to everyone who competed on the day, and also for the supporters (some with 4 legs) who were cheering on our athletes to the finish line.





## ENJOYING THE RIO OLYMPICS IN AUSTRALIA

By Matt Hall

During the Olympics, have some online fun with trivia and games. Open these links for free, easy and fun Olympic trivia games:

- <http://www.syvum.com/cgi/online/mult.cgi/quiz/olympics.tdf?0>
- <https://www.britannica.com/quiz/the-olympics-fact-or-fiction>

Test your athletic skills online

Practice your favourite event or compete in the full heptathlon in the Denise Lewis Heptathlon game (just like the 1980s Hyper Olympics) at this link.:

- [http://news.bbc.co.uk/sol/shared/spl/hi/fun\\_and\\_games/games/heptathlon/heptathlon.stm](http://news.bbc.co.uk/sol/shared/spl/hi/fun_and_games/games/heptathlon/heptathlon.stm)

Official Rio Australian Olympic Team website link:

- <http://rio2016.olympics.com.au/>

### *A look back at the 1956 Melbourne Olympics*

The Melbourne 1956 Games was the first time Australia hosted the Olympics. In many ways, it was the Games that took the Olympics to the world. It was the first Games held outside of Europe or the United States, the first Games held in the southern hemisphere, the first Games where live television broadcasts captured the public's imagination, and the first Games in which all the athletes walked together as one in the Closing Ceremony. This change to procedure had been suggested to organisers by an Australian schoolboy, John Ian Wing, and remains a much-loved tradition of togetherness and friendship.

- Opening date: 22 November 1956
- Closing date: 8 December 1956
- Host nation: Australia (AUS)

*Medal tally as at end of Games:*

1. USSR 37 29 32
2. United States of America 32 25 17
3. Australia 13 8 14
4. Hungary 9 10 7
5. Italy 8 8 9

The Melbourne Olympics also heralded the arrival of Australia as a real sporting force at the Olympics, with stars such as swimmers Dawn Fraser and Murray Rose and sprinters Betty Cuthbert and Shirley Strickland helping Australia rise to third on the medal table.

### *Australia at these Games*

Australia's team at the 1956 Olympics was a record-breaking crew that remains one of the greatest collections of athletic talent ever to compete under the Australian flag. With 325 athletes participating, including 46 women, the team was almost equal to the combined total of athletes Australia had sent to the previous 12 Olympics. Hence, it was remarkable for both quality and quantity, and its third place on the overall medal table with 35 medals (13 gold, 8 silver, 14 bronze), remains the highest place ever achieved by an Australian team. Rower Merv Wood, competing at

his fourth Olympics, was again chosen to carry the Australian flag

in the Opening Ceremony. He remains the only person ever to twice receive this honour. Wood added a bronze medal to his Olympic collection in the double sculls with Murray Riley.

Source: <<http://corporate.olympics.com.au/games/melbourne-1956>>

## UPCOMING AV SHIELD DATES

- October 8 - Round 1 - (Programme 1)
- October 15 - Round 2 - (Programme 2)
- October 22 - Round 3 - Zone v Zone 1 - (Programme 1)
- October 29 - Round 4 - (Programme 2)
- November 12 - Round 5 - (Programme 1)
- November 19 - Round 6 - Country Region - (Programme 2)
- November 20 - Round 6 - Metro Region - (Programme 2)
- December 3 - Round 7 - (Programme 1)
- December 10 - Round 8 - Zone v Zone 2 - (Programme 2)
- December 15 - Round 9 - Twilight Meet - (Programme 1)
- January 7 - Round 10 - (Programme 2)
- January 14 - Round 11 - Zone v Zone 3 - (Programme 1)
- January 21 - Round 12 - (Programme 2)
- February 11 - Final - (Programme 2)

END OF NEWSLETTER