

CURSUS

The Newsletter of
Ivanhoe Harriers
Athletic Club Inc.



December 2017

Edition 32

CHRISTMAS GREETINGS

As 2017 draws to a close the Committee would like to wish everybody a very pleasant, happy and joyful Christmas and a great 2018. There are 3 rounds of competition left in the Track and Field season and we hope to see continued improved performances across the Club. There is no doubt that we have made progress on and off the field during the course of the year.

The track and field season so far has been successful, particularly at Under 18 level and we look forward to a few more personal bests during the last 3 rounds.

One of our primary aims as a small Club is to continue to develop and grow our "club family". We have been very pleased so far this season to see new families involved and making a contribution to the Club. This season our new families are the Branigan, Brightling, Cementon, Daniel, Di Censo, Ishkan, Jones, McAuley, McGillion and Philip families. We are delighted with our growth over the last couple of years and hope to see the positive trend continuing. Whilst membership growth this year is about 30% on last year, we need a contribution from everyone to encourage new members to rebuild our athletic performance.

It is also appropriate that we recognise the effort put in by the members of our Committee. We are all volunteers in our quest and very lucky to have such a cohesive group with plenty of positive debate and ideas for the future direction of the Club. Rebuilding from a low base is not easy but our collective strategies are starting to bear fruit. My sincere thanks to John David, David Burke, John Edney, Michael Wallis, Braden Fraser,

James Lynch, Richard Russell, Mary Langdon and Barry Greig.

Everyone has contributed and helped out where possible so we have been able to comfortably share the load of administering the Club.

Season's greetings to all.

Jeff Franklin - President



Breaking News

On Tuesday night 19th December, two of our youngsters, Thomas Langdon and David Greig raced at Vic Milers over 800m.

Thomas recorded a 2:08.1 which is a big PB and smashed through the 2:10 target. He ran laps of 65.5 and 62.6 which is a really good sign for the future. David recorded a 2:11.3 which is another big PB with lap times of 65.5 and 65.8, a very even race.

Both boys have been training very well and deserve congrats for this continued improvement.

Our future middle distance squad is looking very promising.

OUR GREAT SPONSORS



The Club is fortunate to have the support and positive continued contribution from our corporate sponsors.

Miles Real Estate has been involved in the Ivanhoe area for 85 years and prides itself on its contribution to the local community. Their contribution to our 100 year dinner and the introduction of our rain jacket has been greatly valued by the Club, as is their knowledge of real estate.

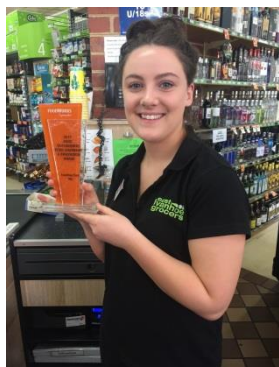
Miles Real Estate has also been a loyal supporter of Ivanhoe Grammar School over many years and as a consequence has a very solid understanding of local issues and of course, local property values and trends generally.

Should anyone from our wider Club family be considering buying or selling property in the area, they should first speak with a Director at Miles.



East Ivanhoe Foodworks is a family owned and operated independent supermarket. The owners are very proud of the old-fashioned service and variety of quality products they provide.

They have a wonderful deli where meals are prepared by their own in-house chef. The New York style range of pre-prepared meals are delicious and just perfect for the busy household. It is no surprise that they won the Foodworks award for "Most Outstanding Local Store" for 2016.



Remember, for every \$ spent by supporters of Ivanhoe Harriers, we receive a 1¢ credit i.e. 1% of sales which accrues to our account. In other words, if your shopping bill is \$150.00, we receive \$1.50. You must remember to remind the staff at check-out that you want your points awarded to Ivanhoe Harriers.



Aspect Insurance Broking is a family owned insurance business run by Michael Wallis. The Wallis family has a very long association with the Club over the past 30 years.

The role of an insurance broker remains significant, although not always the cheapest option. The online purchasing of insurance is available but often it's at the all important claim time where this purchasing decision can have a negative impact. It's at this time that your broker can assist you the most, making sure that the information you give your insurer is accurate and well presented and then making sure the Insurer responds correctly, based on the policy you've purchased. In an on-line purchasing environment, you're basically on your own.

Aspect broking is able to manage all of your general insurance needs, from car, home & landlord insurance to small businesses' and large commercial operations insurance needs. Support the Club and Aspect Broking by giving Michael Wallis a call on 03 9415 6091 to discuss your requirements, an alternative quote on your current insurance never hurts and it's easier than you think.



TRAINING NEWS

As outlined in previous editions of *Cursus* we have formalised additional training arrangements which provide much flexibility to our training options going forward. These arrangements not only provide additional scope but broaden recruiting opportunities. We are confident that expanding our training footprint to three locations will prove beneficial over time.

We are not exactly re-inventing the wheel here. Some 30 years ago the Club had training arrangements at Bundoora, Warringal Parklands Heidelberg as well as the Olympic Village Track at West Heidelberg. At that time, the Club was a very powerful unit. Formal training rights are now in place at Chelsworth Park Ivanhoe East, Collingwood Harriers Track at Clifton Hill together with our existing training rights at Willinda Park. The short term impact on recruiting has been substantial and demonstrates the success of our change in strategy. We are confident that the added flexibility will prove to be very valuable, even in the short term.

During the next 15 months or so a number of Athletic Tracks across Melbourne will be demolished and resurfaced which will cause disruptions to training.

The Box Hill track resurfacing project is currently underway, The Collingwood track resurfacing is scheduled to commence in January and Willinda Park is scheduled for summer of 2018. The advice I have received is that each track project usually takes about 4-5 months subject to weather and they must be done in the heat of the summer.

Our training rights at Collingwood will continue until demolition commences which is expected during January. The precise timings for Willinda Park and its closure are not yet known however my understanding is that Little Aths will be relocated to Meadowglen next summer. Accordingly, our training options will be very valuable in the short to medium term. When Willinda closes down next season we will have a fully operational Collingwood Track at our disposal. The Committee will continue to review

our positioning and strategy as these matters evolve.

The photo below shows Coach, James Lynch and part of our training group at Chelsworth Park which includes a few local Little Aths that James has been nurturing.



The boys in the rear of the photo, from L to R, are Cooper Rush, Justin Cementon, Thomas Langdon, David Greig and Josh Philip.

You will note the boys are having a bit of fun with Justin wearing his "2:10 crown" which signifies the first athlete to break 2:10 for an 800m this season.

Well done Justin. His PB of 2.09.8 remains the best time this seasonso far!!

OFFICIALS and CLUB HELPERS

During the season we are required to provide assistance to Athletics Victoria on competition days. Usually, we are requested to provide 3 people, the jobs are not difficult, nor too time consuming and we would certainly welcome some additional volunteers from the parents from time to time.

So far this season, our champions have been: Mary Langdon, Barry Greig, Phil Ramsay, Richard Russell, Simon Rigoni and Andrew Edney. Sincere thanks for your collective assistance which has enabled Ivanhoe to fulfil 100% of its obligations.

COMPETITION RESULTS

Round 7: Ringwood/Doncaster (2nd Dec 2017)

Round 7 was cancelled due to wet weather.

Round 8: Williamstown/Casey Fields (10th Dec 2017)

Team	Pts	Name	Perf.	Spec
200m				
M40+	184	David Burke	31.01	
800m				
MU18	351	Thomas Langdon	2:11.5h	
MU18	334	David Greig	2:12.8h	
MU18	205	Domenic Di Censo	2:29.2h	
MOP2	249	Kieran McAuley	2:22.9h	
1500m				
MU18	213	Rhys Rigoni	4:58.4h	
4x200m Relay				
MOP2	277	David Burke, Thomas Langdon, David Greig, Domenic Di Censo	1:47.67	
400m Hurdles				
M40+	259	David Burke	77.75	91cm
High Jump				
M40+	427	David Burke	1.60	
Discus				
MU18	450	Rhys Rigoni	39.53	1.5kg
MU18		Rhys Rigoni (Extra Throws)	40.10	1.5kg
Javelin				
MU18	444	Rhys Rigoni	47.13	700g
MU18		Rhys Rigoni (Extra Throws)	47.55	700g
Shot Put				
M40+	203	David Burke	6.58	7.26kg

Round 9: Albert Park/Meadowglen (15/16th Dec 2017)

Team	Pts	Name	Perf.	Spec
100m				
M40+	194	David Burke	14.05	
200m				
M40+	266	David Burke	27.77	
400m				
M40+	199	David Burke	66.17	
800m				
MOP2	258	Kieran Mcauley	2:21.6h	
M40+	191	David Burke	2:43.6h	
FU16		Freya Henriksen	2:39.2h	
1500m				
MU18	364	Thomas Langdon	4:25.5h	
MU18	269	David Greig	4:44.7h	
M40+	113	David Burke	6:51.7h	
110m Hurdles				
M40+	192	David Burke	22.71	99cm
400m Hurdles				
M40+	275	David Burke	76.02	91cm
Long Jump				
M40+	232	David Burke	4.20	
Pole Vault				
MU18	396	Rhys Rigoni	3.60	
Discus				
MU18	447	Rhys Rigoni	39.23	1.5kg
M40+	423	Thomas Hancock	27.74	1kg
Javelin				
MU18	441	Rhys Rigoni	46.42	700g
M40+	439	Thomas Hancock	29.15	600g

Rhys Rigoni is having a very impressive season. His all-round capabilities are outstanding. A review of the last 2 rounds shows Rhys performing to a very high standard across discus, javelin, and pole vault with a gutsy effort in the 1500m. Keep up the good work Rhys.



A very happy photo of some of the boys after a successful day on the track.

L-R: Justin Cementon, David Greig, Thomas Langdon, Dom Di Censo and Andrew Greig.