

# CURSUS

The Newsletter of  
Ivanhoe Harriers  
Athletic Club Inc.



December 2019

Edition 53

## Season's Greetings to All

The Committee wishes everybody a safe and happy Christmas and New Year and certainly a successful 2020. We know the new year brings many challenges and we hope that you succeed in your endeavours.

At the time of writing, we have made top of the Ladder for our Division, after 8 Rounds of competition with some outstanding recent performances from a young team. In reality we are an Under 20 team at the moment with enormous upside. All of the performances on Saturday 21st December were exceptional, with many PB's and wonderful team culture. I continue to be encouraged by the enthusiasm of the young team as we improve and take on the larger Clubs. We had 9 contestants in the 800m races on Saturday and 11 contestants in the 200m which was fantastic. Our Under 20 team is gradually showing that they are serious contenders.

John Boas, Barry Greig and I were very impressed with our performance on Saturday, collectively we felt it was the one of the best team efforts, by the Club, on the track for many years.

Our Club has grown and improved during 2019 with evidence being the massive improvement of our Cross Country Team during the winter and the recent success of the Trivia Night with over 100 in attendance at Ivanhoe Park. John Edney organized a great event which raised about \$2,500.00 for the Club which helps to strengthen our financial position going forward.

The Committee has achieved much during the year, all volunteers, with a love of the Club and what it means to them. We continue to explore ways to improve the foundations of the Club as we progress in a changing world. Our coaching at Chelsworth Park continues to grow substantially. The performance of our athletes is accelerating, we are now a "highly visible" club in the "A" grade heats in track and field competition.

We have recently approved an invitation to join with the Old Ivanhoe Grammarians' Association as a connected sporting club. This step, on the one hand, is logical, in that Sydney Buckley founded both Ivanhoe Harriers and the Ivanhoe Grammar School. In addition, about 80% of our current members are connected to the Grammar School. However, the opportunity for both parties to add value to their members is enormous. We are excited that this step will enhance, not only the School athletic performance but also the Club performances in the future.

Finally, we have four athletic meetings left during this season's competition with the first being on Saturday 11th January 2020. I hope you can attend these last four events, either as athletes or spectators (all parents welcome!) as we continue to grow our Club back to its former greatness.

## Season's greetings to all

Jeff Franklin - President

## Valuable Feedback

We received this lovely note from Andrew Potocnik after he received last month's Cursus Edition 52. Andrew, better known as "Potsy", was a very reliable and valuable member of our cross country team in the 80's and 90's.

*"Many thanks for keeping me in the loop.  
There's still a maltese cross beating in my chest."*

*Editor: Great to hear from you Potsy, we need more blokes like you around the Club today as we grow our numbers and influence.*

## F1 in Schools

Andrew Greig, younger brother of David and son of Barry and Dora Greig won a trip to Abu Dhabi as part of a Trinity Grammar School Grand Prix project. Readers may remember that older brother David Greig, was a member of his school team last year, pity poor Barry and Dora....think about all those extra school fees!!

Congrats to young Andrew, his team of 4 won the national championship in Melbourne, winning fastest lap and best manufactured car....so off to Abu Dhabi they went, Andrews team ended up placing fourth in the world...not bad for some local youngsters !!



## New Members

**Jack Harper**, a student at Ivanhoe Grammar School, has joined to improve his fitness for footy which is his focus at the moment.

Jack is a fine all-rounder, we welcome him to the Club and hope he enjoys the challenge.

Graeme Ching has rejoined as a non-competing member. Graeme was part of the reunion at Nick and Joan Hoogenraad's home which was mentioned in the November edition of Cursus.

Welcome back Graeme, hope you continue to enjoy Cursus and the fellowship of your old team.

## Summer Competition

### Round 6

Round 6 was held at Meadowglen and we performed reasonably well, placing 4th in our Division. Highlights were:

**Men's 4x200m Relay:** Sam Daniel, David Burke, Charles Shea and Harry Shaw placed 2nd in the time of 1:42.33.

### Men's Under 18

**100m:** Harry Shaw 12.40, Sam Daniel 12.49, Charles Shea 13.00.

**400m:** Josh Philip 55.94, Charles Shea 59.78 (PB)

**110m Hurdles:** Harry Shaw 17.84.

**Long Jump:** Sam Daniel 4.61

**Men's Under 14 – 400m:** Zac Philip 71.29.

**Women's Under 14 – 1500m:** Laila Cooke, 5:31, placed 1st in her age group after running a very good race.

**Men's 40+:** David Burke was again our best athlete competing as follows:

**100m** 13.85, **110m Hurdles** 22.41, **Discus** 19.63, **Javelin** 22.98, **Long Jump** 4.67, a fantastic effort.



Josh running the last bend in the 400m



Charles on the blocks for his 400m



Zac entering the back straight in his 400m race

### **Round7 (Nitro Round)**

**M20 Mile Race:** David Greig 4:51.6

#### **M18**

**60m sprint:** Harry Shaw 7.76

**600m:** Justin Cementon, 1:30.5, Josh Philip 1:29.3, Thomas Langdon, 1:30.3, Ben Morrison, 1:38.00, Harry Shaw 1:33.2, Charles Shea 1:36.6, Jack Harper 1:31.1

#### **M16**

**600m:** Alex Linke 1:45.8

**Javelin:** Christian Ishkan 25.47m

**Shot Put:** Christian Ishkan 8.00m

#### **M14**

**600m:** Zac Philip 1:59.2

#### **M40**

David Burke: **60m:** 8.63, **600m:** 1:55.1, **High Jump:** 1.50, **Javelin:** 20.23, **Long Jump:** 4.55, **Shot Put:** 6.48

### **Round 8**

#### **M20**

**200m:** David Greig: 25.68

**800m:** David Greig: 2:02.3

#### **M18**

**200m:** Justin Cementon: 27.23, Josh Philip: 26.18, Thomas Langdon: 26.98, Ben Morrison: 29.35, Harry Shaw: 25.24, Sam Daniel: 24.30 (PB), Charles Shea: 26.75

**800m:** Justin Cementon: 2:08.2, Josh Philip: 2:04.8 (big PB), Thomas Langdon: 2:02.7, Ben Morrison: 2:16.0

**400m Hurdles:** Harry Shaw: 63.16

#### **M16**

**200m:** Alex Linke: 30.23

**800m:** Alex Linke: 2:19.5 (big PB)

**Hammer:** Christian Ishkan 17.03, **Shot Put:** Christian Ishkan: 10.52

#### **M14**

**200m:** Zac Philip: 29.17, **800m:** 2:47 (big PB)

**800m:** Jal Wishart: 2:13.2 (a fantastic time and Club Record)

#### **M40**


David Burke: **200m:** 29.17, **800m:** 2:48.9, **400H:** 76.45, **High Jump:** 1.55, **Shot Put:** 6.52




**800m runners:-** Thomas Langdon (top), Ben Morrison (middle), Jal Wishart (bottom).



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