

## Editorial

Unfortunately, the depressing shut-down of our State continues. Based on current announcements it would appear that track and field competition, is unlikely before Christmas.

With the proviso that infection targets are met, public gatherings of up to 10 people and Under 18 competition could commence in a limited form in November. Then by 23rd November 2020, public gatherings of up to 50 people outdoors and organised sport with limitations on spectator numbers. These requirements would place severe limitations on track and field competition, as we know it. Of course, political pressure may force changes to these rules.

On the bright side, many of our junior middle distance runners are maintaining their fitness, training by themselves or in pairs along the Yarra trails. Keep up the good work, when racing does recommence you will be in good shape to crank out some PBs.

In the background, your Committee is working hard on a number of initiatives. A redesigned brochure is taking shape and the review of our uniform is making progress back to a closer resemblance of our original uniform. In addition, the resolution to a rebuild of clubrooms for Old Ivanhoe Grammarians clubs at Chelsworth Park is gaining pace. We have been lobbying Council on this matter for over 3 years. These are all big changes which take a great deal of time and effort but we are optimistic for the future.

## Sponsorship and Support from Members

I am delighted to announce that Michael Wallis has renewed his sponsorship of the Club once again. Michael runs an insurance business, Aspect Broking, which specialises in all forms of insurance in the domestic and business market.

Michael is very experienced in his field, I can attest to his skills. Michael was able to save me significant dollars on my house and contents premium last year. I encourage those with maturing insurance policies to contact Michael to review your insurance situation.

Jeff Franklin

Michael can be contacted on 1300 979 458 or email at [mike@aspectuw.com.au](mailto:mike@aspectuw.com.au)



## Trivia Night via Zoom

...save the date. John Edney, our entrepreneurial secretary will host another of our fantastic Trivia Night's on Saturday, 14<sup>th</sup> November 2020. Please note your diaries....more information to follow.

## A New Competition

### The Ivanhoe Harriers Super Six Handicap Series

In response to the COVID-19 shutdown and the cancellation of cross country the Club has decided to hold a "virtual" competition between now and Christmas.

Barry Greig will issue handicaps for the six events, which will be over 400m, 800m, 1000m, 1500m, 3000m, and 5000m.

Contestants must be current members, may either run by themselves or with a mate, then submit their time to Barry or Jeff. Each course will be set, either on the Yarra Trail or later in the year, on the Collingwood Track for the shorter events. Hopefully by then restrictions may allow us to have actual races for the shorter distances.

Barry will allocate handicap points to each contestant after each event and a league ladder will be published after each event is finished.

The first event is a 1000m time trial on the Yarra Trail which is to be completed by 30th September.

This should give us something to train for and will hopefully result in some excellent PBs. Good luck to all.

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## New Members

Brendan Ahern has rejoined as a non-competing member, wonderful to hear from Brendan.

Brendan, was a fine middle distance runner in our very strong cross country teams in the 1980s. See the example below:

Unfortunately, Brendan did suffer from injury setbacks during his career which was disappointing for Brendan.

Just to bring back some memories...From Cursus 1986, Ivanhoe won "B" Grade (now Division 2) at the Sandown Road Relays.

The Team at Sandown with lap times was:

	Lap 1	Lap 2	Total Time
Barry Greig	9:01	9:37	18:38
Damien Cook	9:18	9:22	18:40
Brendan Ahern	9:47	10:35	20:22
Mal Norwood	8:42	8:53	17:35
Michael Wonder	10:11	10:37	20:48
Cam Wyatt	10:05	10:18	20:23

Brendan was also a member of our winning cross country relay team in that very successful 1986 season.

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## Strength and Conditioning Exercises for Runners

The following 9 exercise workout routine helps endurance runners improve their strength and injury resilience. The exercises are basic but effective and can easily be done in the home.

The number of reps shown can be varied and increased over time. Exercises can be done as a "core strength" session once or twice a week.

You should expect some mild soreness the following day when you start these sessions, particularly if you are unfamiliar with some of the exercises.

### 1/ Single leg calf raise.

Can be done in bare feet, standing on a low step or stool facing a wall. Heels should overhang edge of the step with balls of foot on the step.

On one foot, raise hips as high as possible, tightening the calf hard and keeping the knee straight. Then lower the heel until stretch is felt. Go gently at the start.

Build up to 10 reps each leg.

### 2/ Side leg raise

Lie on one side, lift top leg as high as possible before lowering. Turn over and repeat with opposite leg.

Build up to 10 reps each leg, improves abductor muscle strength.

### 3/ Squat to shoulder press

With dumbbells held with bent arm in line with shoulders, squat to no lower than 90 degrees then push up to upright, pressing the dumbbells upwards to full height with arms straight up, then return to starting position.

Build up to 2 x 10 reps.

### 4/ Lunges

Stand upright, feet together, arms outstretched. Take a long step forward, try to keep 90 degree angle with both knees. Then push back through the heel of the lunging leg to return to start position. Repeat with other leg.

Build up to 2 x 10

### 5/ Hip Raise

Lie on back with knees bent, legs and feet flat on floor. Lift hips until a straight line is reached from knees to upper back. Hold, then lower slowly.

Build up to 2 x 10 increasing "hold" period over time.  
Good exercise for glutes and core strength.

### 6/ Kickback

On hands and knees, bring one knee into chest, then extend that leg back, straighten and lift and as high as possible before returning to start position.  
Then to other leg, this exercise targets glutes.  
Build up to 2 x 10 reps.

### 7/ Superman

Lie face down with arms outstretched in front.  
Lift body upwards with arms and legs leaving the floor. Hold and return.  
Focus on the stretch with slow movements.  
Build up to 10 reps, good for lower back, hamstrings and glutes.

### 8/ Knee Crunch

Lie on back, arms across chest and knees slightly bent.  
Curl body up, lifting head and shoulders to squeeze abs, keeping lower back on floor and return  
Build up to 2 sets of 30.

### 9/ Press-up

One of the oldest and simplest of exercises. Good for chest, deltoids triceps and core strength.  
Horizontally on floor, face down, with hands placed slightly wider than shoulder width. Press upwards to a straight arm with toes pointed to floor. Legs, bottom and back should be straight and in alignment. Then lower the body by bending elbows and repeat the next push-up  
Build up from 3 sets of 10 to 3 sets of 20.

## Communication & Member News

Some news from Tom Hancock.

As many would know, Tom and wife Margaret moved up to northern New South Wales where the climate is a little more forgiving than our winters in Melbourne. Tom is still doing his weights and apparently plays a bit of tennis to keep fit. Not bad for a bloke who is approaching 85.

Tom and Margaret have settled into their new home at No. 15 Taloumbi Street Maclean 2463. Once we are done with this Corona-virus shutdown, Tom would love to see any of his old mates should they be

holidaying up north, so take note of the above new address.

Tom has been a wonderful asset to the Club over the years with his coaching of juniors being a highlight. Photo below shows Tom at work teaching a young Christian Ishkan down at the Collingwood track in about 2019.



Received this note from Andrew Potocnik:

"Greetings Jeff,

A question you may be able to answer. Has there ever been a history of three generations of Ivanhoe Harriers members? I can think of numerous cases of two generations; however I can't think of three generations other than the Franklins.

I did catch up with young Thomas in the Golf Links on Monday. He's stretched out as if someone stood on his toes, grabbed him by the ears and added a couple of centimetres to his height, at the expense of his girth. How lucky they are at that age!

I did something silly last week and "cracked the ton" running 100 miles in the week for the first time since 1988.

Keep up the great work you and your fellow coaches, and committee members are doing, to resurrect the proud legacy of Ivanhoe Harriers."

**Editor:** Thanks Andrew. With that performance, you are definitely in the cross country team next season! And yes, young Thomas is growing fast and running faster.

Hope the following note from Andrew Edney, our Chief Historian, answers your question.

From Andrew Edney:

“The first third generation Harriers were actually the Carter’s.

Harold, his sons Mike, Peter, and Hugh, and then Mike’s son Roger who first competed in 1975. My memory is that Roger bought his son down but he never joined.

I actually make mention of it on page 91 of the (Club history) book.

Three generations at the Club at one time would definitely be a record though.”

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Received this note from Mark Hennessy following our publication in our last Edition, of parts of his 1970 Edition of Cursus.

“Thank you Editor!

Here is a pic of me (below/right) after finishing the Lorne Mountain to Surf 8k Fun Run in January this year, along with orienteering friends Don and Fiona Fell, showing off our “Mountain Goat” medals for having completed more than 10 Mountain to Surf runs. That is the only running race I compete in each year- the rest of my efforts are put into competing in orienteering events, preferably in the bush, but also on urban streets during daylight saving time. Former Harrier, Alex Tarr is also very active in orienteering. The Australian part of the sport was founded in 1970 by Richmond Harriers. The aforementioned Don Fell (in the photo) participated in the first event.

The Cursus newsletter drove the growth of the Club in those days. And appears to be helping to do the same now. I was 21 at the time those articles you reproduced were written.

During track and field season we used to do a weekly snail mail newsletter to about 200 addresses, all handwritten on a Monday night by “Schraeders boys” (all then students: coach Chris Schraeder, Noel McDonald, GusMcDonald, David Caroline, David Brett and others) and posted on Tuesday morning.

Peter Bethell, who worked at Australia Post, had helped introduce a special postage rate for “Periodical Category B” mail (about 1 cent per item), which included not for profit club newsletters. The newsletter contained every single persons result and performance on the previous Saturday and listed the selected teams for the next week. I think we had about 8 or so teams from U13 upwards.

Email and internet has made organising our sports, especially communicating, a lot less labour and cost intensive. But these days each sport faces more competition from other sports and activities. People tend to sample sports rather than making a long term commitment.

Keep up the good work, we are all going to be restricted in various ways for a long time, I think.

Mark Hennessy  
Woodend.”



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