



Summer Competition

At the time of writing, Athletics Victoria has structured a 10 round program for the summer months. The program has been significantly modified in order to satisfy Government COVID-19 restrictions. Many events are not catered for at present.

This will be a summer we will not forget but at least, at this stage, we will have some competition over some events.

Provided there are no new breakouts, the first six competition dates are scheduled as follows:

DATE	EVENTS	VENUE
Sunday, 29th Nov	60m sprint, 600m, Long Jump, Discus	Doncaster
Sunday, 6th Dec	100m sprint, 400m, Triple Jump, Shot Put	Doncaster
Sunday, 13th Dec	200m, Walk, Long Jump, Discus	Doncaster
Sunday, 20th Dec	100m sprint, 800m, Triple Jump, Shot Put	Doncaster
Saturday, 16th Jan	100m sprint, 400m, Long Jump, Discus	Aberfeldie
Saturday, 6th Feb	200m, 1500m, Triple Jump, Shot Put	Doncaster

Please note the first four rounds are on Sundays.

We intend to update the program as more information comes to hand and hopefully COVID-19 restrictions ease further. Thankfully the easing of restrictions on Sunday 22nd November will assist.

We hope to see a solid attendance at the first round as we target some serious PBs over the 600m. If you want to have a crack....get your registration in.

New Members

Noel MacDonald has renewed his non-competing membership again, demonstrating his great support for our Club and his interest in our juniors. For those younger members, Noel has a fantastic series of Club records for you to aim for which will be very hard to beat.

As an Under 17, Noel set the following times in 1971/72 which still stand today.

5000m,	15:34
10,000m,	32:46
Marathon,	2hr 52:37
1500m steeple,	4:34

Then in December 1972, as an Under 18 he ran a 5000m in a very good 15:17.

Then later in 1974 he set a new Under 19 10,000m record of 31:12 which is also the current Under 20 Men's record.

Well done Noel, those excellent efforts have stood the test of time.

Super 6 Handicap Competition or "The COVID Cup"

Event number 2 in our Super Six series was the 3000m on the Yarra Trail. We had 13 athletes attempt the challenge with the best performance coming from Lennox Williams, the only athlete to beat his handicap time. Well done Lennox.

Fastest time was David Greig with a time of 9:49 and second fastest was Andrew Luscombe with a time of 9:55.

Handicaps were a bit tough on this round as the results show, with most runners between 1 minute and 2 minutes behind their handicap times. However our Chief Handicapper now has a body of good evidence for him to calculate competitive handicaps for the next event which is the 5km.



Coach, James Lynch, presenting the chocolates to Lennox after his great win.

Looking on from left: Flynn Deacon, Alex Linke, Jal Wishart, Charles Shea, James, Ben Morrison and Lennox.

Ivanhoe Harriers Super Six Handicap Series - Virtual Race Competition 2020

Event 2: 3km race - Yarra Flats Trail

Date: 5 – 25 October 2020

Course: Out and back marked course - between Burke Road bridge and Banksia Street

	Handicap Time	Actual Time	Diff.	Event Points	Total Points *
Lennox Williams	11:15	11:13	-0:02	10	11
Andrew Luscombe	9:50	9:55	0:05	9	12
Charles Shea	10:20	11:10	0:50	8	9
David Greig	8:50	9:49	0:59	7	15
Ben Morrison	9:10	10:17	1:07	6	12
Alex Linke	9:10	10:18	1:08	5	14
Luke Malara	9:50	11:12	1:22	4	8
Ella Rowe	12:15	13:38	1:23	3	5
Sami Rowe	12:15	13:44	1:29	2	12
Flynn Deacon	10:20	12:20	2:00	1	1
Jack Harper	9:10	10:41	1:31	1	8
Jal Wishart	10:15	12:05	1:50	1	1
James Lynch	11:00	13:47	2:47	1	1
Ben Phillip	10:00	DNR			1
Chris Branigan	10:35	DNR			1
Thomas Franklin	11:30	DNR			1
Tom Langdon	9:05	DNR			5
Will Franklin	13:50	DNR			1
Zac Phillip	11:15	DNR			1

* Total Series Points is the best 5 results of the 6 events.
DNR = Did Not Run

Trivia Night

We had a marvellous evening on Saturday 14th November, very skilfully hosted by John Edney. The competition was tight, the questions were evenly spread and we had a tie for first place.

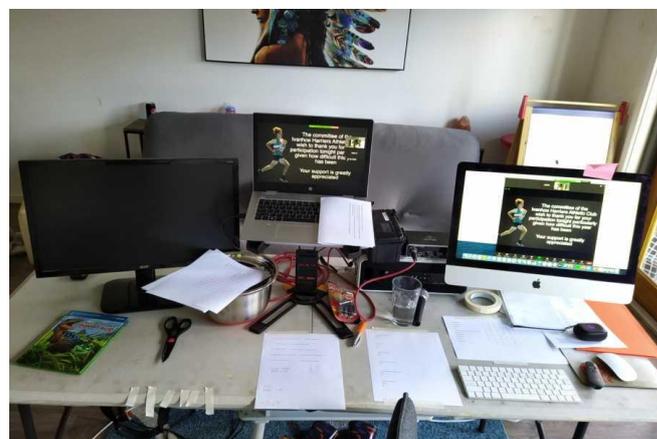
“Team Morrison” (Morrison Family) and “The Weather Stations” (the Edney family) were joint winners....congratulations.

Amazingly, we had almost 100 attending and everyone thoroughly enjoyed the “Zoom” competition, while relaxing at home.

Congratulations to John Edney who simply excelled, with his programming, questions and overall management of the event.

The event raised circa \$2,500.00, a fantastic effort given the COVID-19 conditions.

It was very popular and may well become a fixture in our annual diary.



Quiz Master John Edney's control centre for the Trivia Night.



Grateful thanks to our sponsors and donors of Trivia Night prizes

East Ivanhoe Grocers- is a local Foodworks supermarket with a fantastic array of fresh foods and take-away meals. They have been a very generous supporter of the Club for some years now. We have been supplied with lovely food hampers and other

goodies from time to time to assist the Club with its fundraising efforts.

We very much appreciate their support.



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In addition to our sponsors, we are very grateful for the ongoing support from, the Wallis family, the Edney family, the Greig family, the Franklin family, Mary Langdon, Braden Fraser and Bonnie Esposito, Melanie West, and Lauren West.

Your generous support has been wonderful and is very much appreciated. Fund raising on the night was exceptional, largely driven by donations from all of the above loyal supporters.

Hill training on Russell Street



A few of our promising youngsters shown here, working away at their fitness and their form. Alex Linke followed by Charles Shea, Ella Rowe, Luke Malara and Sami Rowe in the background. The boys did 6x 400m hills and the girls did 4x 300m hills in a tough session. Well done to all, a fine workout.

Injury: Bruce Meakin

Sorry to report that Bruce has needed an operation on his back after a nasty crash whilst out riding.

Bruce is recovering at home and we hope to see him up and about very soon.

The older members of the Club will remember Bruce as the backbone of the cross country team back in the 70s and early 80s.

Back in those days we would venture out to Yarrambat for our 6k or 8k handicap races at the start of each cross country season. Typically, the course was hilly on unmade roads and in those days, very little traffic.



Taken in the late 70s out at Yarrambat after one of our handicap races.

From left: Jeff Franklin, Bruce Meakin, Bruce Ackland, Steve Griffiths, Glenn Franklin, Bob Carroll, Gerard Cronly (from Tassie), Adam Franklin, Noel Roberts, Anthony Griffiths, Bob Cochrane.

A bit of History

from Ross Wilkinson who competed in the 60s

Thanks Ross for your effort and interest. I have split your article into segments and added a photo. The second part of your article will be in the next Edition of Cursus.

"My earliest recollection of an athletics meet was the 1956 Australian Championships at Olympic Park. I was 8 years of age so much of it is a blur. Dad was keenly interested and took the family along to see the premier athletes in Australia compete in what were the trials for the 1956 Australian Olympic Team.

Whilst I don't recall anything of the actual athletic events, I have quite vivid recollections of where we were standing and my surroundings. And of course, something very special happened that day as regards Australian sport and sportsmanship- the John Landy/Ron Clarke incident.

We were standing on the tiered bank at the northern end of the park adjacent to the bottom bend of the track. There was a large crowd there that day, probably because it was an Olympic year, being small in a crowd of adults is probably why I don't recall much of actual events. But now that I'm 73, I am allowed to say "I was there and I remember it well."

Editor: The statue recognising this amazing incident is at the site of the old Olympic Park and is shown below.



An account of the incident from Wikipedia:
At the 1956 Australian National Championships, prior to the Melbourne Olympic Games, in the final of the mile race, Landy stopped and doubled back to check on fellow runner Ron Clarke who had been leading the race and had fallen. Another runner had clipped Clarke's heel causing him to fall early in the third lap. Clarke, who was then the junior mile world record holder, got back to his feet and started running again, Landy followed. In the final laps Landy caught the field and went on to win the race....a spontaneous gesture of sportsmanship which has never been forgotten.

