

CURSUS

The Newsletter of
Ivanhoe Harriers
Athletic Club Inc.



December 2020

Edition 64

Season's Greetings

The Committee of Ivanhoe Harriers Athletic Club wishes all of our members and friends a safe and happy Christmas and New Year. We certainly look forward to 2021 in the hope that it will be a prosperous and happier year than 2020. We will all remember 2020 as the COVID year when community activity stopped and social isolation became a legal requirement.

Unfortunately for athletics, the winter cross country season was cancelled and the summer season had to be severely restricted. At the time of writing, the pre-Christmas season of only 4 limited meetings has been held. Compare this with the same time last season, where 8 rounds of competition had concluded and Ivanhoe stood on top of the ladder for our division. How things have changed.

Despite all of the difficulties, the Club has continued to grow. The membership support of our "non-competing members" has been wonderful as is our new membership of Old Ivanhoe Grammarians. The Committee has achieved growth in our balance sheet and John Edney has once again organized a wonderful trivia night on Zoom which raised \$2,500.00 for the Club. The feedback from the 100 participants in the trivia night was incredibly positive, a real credit to John.

As we head towards a well-earned Christmas Break, future competition dates for 2021 are scheduled as follows:

Round 5	Saturday, 16th January 2021
Vic. Relay Championships	Sat 30 - Sun 31 January 2021, Box Hill
Round 6	Saturday, 6th February 2021

Round 7	Saturday, 13th February 2021
Round 8	Saturday, 6th March 2021
Round 9	Saturday, 13th March 2021
Round 10	Saturday, 20th March 2021
Finals	Saturday, 27th March 2021

Full details of the extent of competition and venues etc. will be advised to you as soon as they come to hand.

Our new uniform has been received and it looks fantastic. We plan to issue the uniform during late January with "launch date" being Saturday, 6th February.

Uniform cost is:

Black shorts (if not already owned) \$20
Singlet.....\$30

It will be the old "maltese cross" front and centre as it used to be.

This is a heavily discounted uniform cost thanks to the generosity of our partners The Old Ivanhoe Grammarians' Association. The new singlet now shows their historic badge confirming our partnership.

Trophy Presentation for season 2019-20

Finally, we have been able to get together as a group and present some well-deserved awards from last season. It has been very frustrating for the Club, all Clubs for that matter, not being able to get together during COVID-19 restrictions.



A group of the winners down at Chelsworth Park
From Left: Jal Wishart, Ben Morrison, Harry Shaw, David Greig, Ben Philip, Josh Philip, and Christian Ishkan.

Medallions were awarded to the following athletes who competed in:

The Victorian Athletics Championships

David Greig: Under 20 5000m, 13th in final 15:48.96

Harry Shaw: Under 18 400H, 6th in final 61.89

Jal Wishart: Under 15 800m 9th in prelims 2:17.45

Victorian Medley Relay Championships, 6th in final

Sam Daniel (200m), Harry Shaw (200m), Josh Philip (400m), Justin Cementon (800m)

Club Records 2019-20

Belinda Cooke, Women's marathon 13/10/19
3:56.04

Laila Cooke, Women's 3000m 19/10/19
11:50.33

Jal Wishart, Under 14 Men's 800m 21/12/19
2:13.2

Victorian Division 5, Athletics Finalists 2019-20

David Burke, Harry Shaw, David Greig, Thomas Langdon, Christian Ishkan, Josh Philip, Ben Morrison, Charles Shea, Jal Wishart, Zac Philip.



Harry Shaw and David Greig looking very pleased with themselves after receiving their medallions and trophies. The silverware will look very nice on show in the lounge room.

Perpetual Trophy Winners

W.A.RAWLINSON TROPHY: David Greig
Best athlete in the Club.

ST.JAMES IVANHOE TROPHY: Harry Shaw
Most improved track & field athlete

STATEWIDE TROPHY: Chris Struve
Awarded to the athlete scoring the most Cross Country points

HUGH LOWE MEMORIAL TROPHY: David Greig
The most outstanding senior athlete in winter competition.

F.J.HOLPEN TROPHY: David Burke
The most consistent A Grade athlete in Shield competition.

JACK McCANN TROPHY: John Edney
The Club Member making the most significant contribution to the Club.

BUFFALO SPORTS / ATHLETES FOOT TROPHY: Ben Morrison
The most improved junior athlete

BOAS/HANCOCK TROPHY: Christian Ishkan
Most outstanding field event athlete.

LEW HALL TROPHY: Thomas Langdon
The most significant commitment to the Club by an under 23 athlete.

GEOFF LEGGE TROPHY: Jal Wishart
The most outstanding performance by a junior in any event from 800m-10,000m

6K CROSSCOUNTRY HANDICAP: Mary Langdon



A nice shot of Ben Morrison receiving his award for the most improved junior athlete.

Competition Results

Round 1 – Sunday, 29th November 2020

Men's Under 16

600m: Alex Linke 93.69

Men's Under 18

60m sprint: Jack Harper 7.80, Harry Shaw, 7.82
600m: Harry Shaw 88.31 (club record), Jack Harper 89.82, Ben Morrison 93.5

Men's Under 20

60m sprint: David Greig 8.24,
600m: David Greig 88.34, Charles Shea 96.0

Men's 40+

60m sprint: David Burke 8.84
600m: David Burke 1:57.21
Discus: David Burke 19.39
Long Jump: David Burke 4.58

Round 2 – Sunday, 6th December 2020

Men's Under 16

100m: Alex Linke 13.68
400m: Alex Linke 59.47 (PB)

Men's Under 18

100m: Jack Harper 11.96 (PB), Harry Shaw 12.36 (PB),
Ben Morrison 13.81 (PB)
400m: Jack Harper 54.51 (PB), Harry Shaw 55.73 (PB),
Ben Morrison 58.97 (PB).

Men's Under 20

100m: Charles Shea 12.85 (PB),
400m: Charles Shea 59.05 (PB)
Shot Put: Charles Shea 6.43 (PB)

Men's 40+

David Burke: 100m 14.07, 400m 67.60, Shot Put 7.11

Round 3 – Sunday, 13th December 2020

Men's Under 18

200m: Jack Harper 23.47 (PB), Harry Shaw 24.66 (PB),
Ben Morrison 26.76 (PB).
Long Jump: Harry Shaw 5.30, Jack Harper 4.96, Ben
Morrison 4.42

Men's Under 20

David Greig: 200m 26.63, Long Jump: 4.15

Men's 40+

David Burke: 200m 28.31, Long Jump 4.30, Discus
17.86

Round 4 – Sunday, 20th December 2020

Men's Under 20

100m: Charles Shea 12.96
800m: Charles Shea 2:16.52, David Greig 2:06.19

Men's Under 18

800m: Jack Harper 2:02.83(PB), Harry Shaw 2:04.31 (PB), Ben Morrison 2:05.84 (PB)

Men's Under 16

800m: Alex Linke 2:12.12 (PB)

Men's 40+

David Burke: 100m 13.87, 800m 2:52.21, Shot Put 6.40.

The last day of competition before Christmas.

This great shot was taken by Barry Greig showing six of our boys making a big statement at the start of the 800m at Doncaster.



From left: Alex Linke, David Burke, David Greig, Jack Harper, Harry Shaw and Ben Morrison.

New Members

Avjay Bhar has joined us as a member of our training group. Avjay is a student at Ivanhoe Grammar School and is interested in improving his running skills and general fitness.

Welcome Avjay to our historic Club.

Ben Eddings has rejoined, congratulations Ben. We look forward to seeing you compete in the sprint events during January, February and March.

Historical Recollections

Part 2 from Ross Wilkinson

In the 60s it was only if a runner was good enough to be selected to represent his or her school at the Inter School Athletics that the introduction to running on cinders at Olympic Park occurred. However, I got my introduction to Olympic Park through Inter-Club athletics.

Cinders tracks were constructed from crushed volcanic pumice stone and required a lot of maintenance to retain firmness suitable for high level competitive running. Through the number of track events occurring each Saturday it was usual for the inside lane to be churned into a soft black sand by mid-afternoon.

Whilst running at Olympic Park was the outcome, all of our training was on grass whether at school on the South Ground or at the Harriers' training venue at Warringal Park, Heidelberg, on the main football oval. In those days the main oval had a sand trotting track around it and our coach, John Boas, would occasionally take us for a swift circuit of the trotting track on the different surface for variation.

Once at the Olympic Park venue each Saturday, competitors would commence their warm ups by going out the Batman Avenue gate and running laps of the Yarra River banks between the Swan Street and Punt Road bridges. Of course one had to be aware of being ready for each event and this was made easy because the Nylex clock on the silos at Richmond were easily seen from wherever you were inside or outside the park.

I knew that I was never going to be an Australian Champion but that didn't stop me trying and enjoying my running at whatever level. So this gets to one of the highlights of my athletics career – the day that the Ivanhoe D Grade 4x100 yards relay team beat the Australian Champions!

I can remember that Collingwood was our opponent that day however, as we were on the ground getting ready, it was announced that the East Melbourne Harriers A Grade Team were going to run by invitation in our event and attempt to break the Australian record. They were going to use the outside Lane 8 which was largely unused during the day and still very firm.

Their team consisted of Olympians Gary Holdsworth who held the 100 yards record, Greg Lewis who held the 100 metres record and Peter Norman who was the Olympic 200 metre Silver medallist. I forget who their fourth runner was. And, to be truthful, I can't remember who our team was except that I was changing over to Neville McWhinney who was to run the final leg.

Whilst that was the first we knew of this development I'm now sure that others were in the know because there were suddenly press photographers at the fence. I was running the third leg around the bottom bend to hand over to Neville and became aware that Gary Holdsworth would also be running that leg after receiving the baton from Peter Norman.

We were called onto the track to take our lanes for the race and I went back about 10 metres from the changeover box and commenced limbering up. Holdsworth took up a similar position in Lane 8 next to the fence and the several cameramen started focussing on him. And then the Starter's gun went. Whilst focussing on our own race I couldn't help but be aware of what was happening elsewhere. Down the back straight Norman had cleared out and was well ahead. Holdsworth was limbering up and preparing to receive the baton but became distracted by the photographers. Norman approached rapidly and cannoned into the back of him and the baton was dislodged and flew back about five metres. By that stage my team mate was approaching and I took off, received the baton cleanly and ran the bend and passed off to Neville who went on to win the race.

Not only did we beat our direct opponents, Collingwood, but we beat the Australian Champions. On the Monday morning I became a minor celebrity at the City office where I worked as there was a photograph, in the sporting pages of the Sun, of me handing over the baton to Neville. That's my story and I'm sticking to it!

Editor: Thanks again Ross for your contribution, much appreciated. It's a pity that our old "Olympic Park" was taken off us!

