

# CURSUS

The Newsletter of  
Ivanhoe Harriers  
Athletic Club Inc.



February 2021

Edition 66

## Competition

Since last edition of Cursus, Round 7 was unfortunately cancelled due to Corona-virus lockdown. The summer season has been restricted and disrupted this year as we all know. It has been difficult to manage but our athletes have performed to a very high standard. As mentioned in last Edition, "we are punching above our weight."

There are now only 3 Rounds left plus finals for us to show our talent:

Saturday, 6th March	Round 8	Doncaster
Saturday, 13th March	Round 9	Aberfeldie
Saturday, 20th March	Round 10	Doncaster
Saturday, 27th March	Finals/Playoffs	Albert Park

All members of the team are looking to set new PBs over this 4 week period, the Coach is quietly confident that we will see some outstanding performances.

As for the team, we worked hard last season to achieve promotion to Division 4, we now need to ensure that we earn enough points to stay in Div. 4, so everyone has a responsibility to enter 3 events each week, even if it is a non-preferred event. Good luck to everyone.

## New Members

We welcome two new members to the Club during this COVID year.

Lavane Mahajan and Perrin Theocharides, both are students at Ivanhoe Grammar School with slightly different skillsets.

Lavane is keen to improve his fitness and has been training at Chelsworth Park for a few months. Showing great improvement already, Lavane may have a crack at cross country during the winter.

Perrin is a sprinter, in year 12 who is keen to improve and hopefully will be an important member of the IGS Athletics Squad for the AGSV later in the year.

Please make the boys very welcome, we hope they enjoy the Club and improve their fitness and skills over coming seasons.

## Victorian Championships

We had two of our lads compete in the Vic. Championships this year in the "COVID-safe environment." Given the early cancellations and restricted competitions it is a great credit to Athletics Victoria that the championships were held at all.

Ben Eddings has grown his reputation from a "promising" sprinter to a "highly rated" young sprinter, moving his PBs down to 10.99 in the 100m and 22.58 in the 200m. These are excellent performances.

Ben ran 11.02 in his heat of the 100m to automatically qualify for the final, then recorded a 10.99 in the Final to place fourth, (a dead heat for the silver gave Ben an official "third").

In the 200m, Ben recorded a PB of 22.71 to automatically qualify, then placed 6th in the final with another PB of 22.58.

These performances show that Ben has a good temperament under pressure, producing successive PBs at the highest level. Well done Ben.

Harry Shaw has had a meteoric rise as a middle distance runner. Last season, Harry was racing 400m hurdles, making the Under 18 Final in the Victorian Championships. His best 800m time last season was 2:20. This season, Harry has pulled his PB down to 2:04, then 2:02, then 1:59.6 at Milers Club. An amazing progression of improvement.

Harry ran 1:59.74 in his heat to qualify for the final but the challenge was always going to be a "big ask". He faded in the final to 7th placing. Harry should be

congratulated on this performance, his improvement over the year has been outstanding. Harry is very determined and plans to run cross country this winter to improve his strength.



## Recent Results

### AVSL Round 6 at Doncaster - 6th February 2021

#### *Men's Under 20*

**200m:** Charles Shea 24.96 (PB), David Greig 25.54, Josh Philip 26.18 (PB), Thomas Langdon 27.53

**800m:** David Greig 1:59.0 (PB), Charles Shea 2:11.0 (PB)

**3000m:** Thomas Langdon 9:24.15, Josh Philip 10:41.32

**Shot Put:** Josh Philip 6.97, Charles Shea 6.94

#### *Men's Under 18*

**100m:** Ben Eddings 11.31

**200m:** Harry Shaw 25.66, Ben Morrison 26.70 (PB)

**800m:** Harry Shaw 2:02.9 (PB), Ben Morrison 2:04.6 (PB)

#### *Men's Under 16*

**200m:** Alex Linke 27.67 (PB)

**800m:** Alex Linke 2:11.3 (PB)

#### *Men's 40+*

David Burke: **200m:** 28.20, **3000m:** 15.08.50, **400H:** 81.88, **High Jump:** 1.60, **Shot Put:** 6.95

Interestingly, point scoring was very even across the board with David Burke once again our leading point scorer.

David scored 1032 points, Ben Eddings 481, David Greig 766, Harry Shaw 794, Ben Morrison 724, Charles Shea 890, Alex Linke 702, Josh Philip in his comeback performance, 782 and Thomas Langdon 635.

Total points scored for Ivanhoe 6806

Our next 3 weeks need to be just as good to avoid relegation.

## The COVID Cup: Super Six Series

As noted in the previous Edition of Cursus, Alex Linke won the 5k handicap with a fine time of 17:32, which was 0.48 seconds faster than his handicap time of 18:20.

Below: Coach, Jeff Franklin, is presenting Alex with his chocolates down at Chelsworth Park.



The league ladder below shows total handicap points earned to date with just 3 events to go. We will close the contest on 31st March so there are many athletes still in the contest with a chance of victory.

The COVID Cup is up for grabs!!



### Ladder Points after Event 3

Name	Event 1 1km	Event 2 3km	Event 3 5km	Total Points*
Alex Linke	9	5	10	24
David Greig	8	7	9	24
Lennox Williams	1	10	8	19
Sami Rowe	10	2	7	19
Andrew Luscombe	3	9	3	15
Luke Malara	4	4	6	14
Ben Morrison	6	6		12
Charles Shea	1	8		9
Jack Harper	7	1		8
James Lynch	0	1	5	6
Chris Branigan	1	0	4	5
Ella Rowe	2	3		5
Tom Langdon	5	0		5
Ben Phillip	1	0		1
Flynn Deacon	0	1		1
Jal Wishart	0	1		1
Thomas Franklin	1	0		1
Will Franklin	1	0		1
Zac Phillip	1	0		1

\* Total Series Points is the best 5 results of the 6 events.

Here is the personal challenge for the rest of the season.

Handicaps have been issued for the final 3 events, the 1500m, the 800m, and the 400m.

You have until the 31st March to improve your PBs and beat the handicapper. Your best times for each distance will then be used to determine the points winner over each distance.

Good luck.

### Ivanhoe Harriers Super Six Handicap Series - Virtual Race Competition 2020/21

#### Handicaps for events 4-6

Competitors can submit times for any event between 1 January 2021 to 31 March 2021.

All times submitted must have been done on an athletics track.

Name	Event 4 1500m	Event 5 800m	Event 6 400m (secs)
Alex Linke	4:16	2:11	60.0
Andrew Luscombe	4:25	2:20	67.0
Ben Morrison	4:20	2:05	57.5
Charles Shea	4:23	2:14	58.8
Chris Branigan	4:55	2:25	70.0
David Greig	4:01	2:00	56.0
Ella Rowe	5:50	2:40	68.0
Flynn Deacon	5:00	2:20	65.0
Harry Shaw	4:15	2:02	55.2
Jack Harper	4:10	2:02	53.0
Jal Wishart	4:50	2:12	62.0
James Lynch	5:00	2:30	70.0
Lennox Williams	4:50	2:15	64.0
Luke Malara	5:00	2:10	56.0
Sami Rowe	7:30	3:30	90.0
Thomas Franklin	4:50	2:20	62.0
Tom Langdon	4:05	2:02	56.5

