



Editorial

This is the final edition of Cursus for the 20/21 season.

It will be remembered as the season where cross country was completely cancelled due to the impact of COVID-19 and the summer season was reduced to only four full rounds. It was a very disappointing year for sport generally. Under these difficult circumstances Athletics Victoria should be congratulated for holding any events at all.

On the positive side we survived this calamity and grew. We have seen significant development in our young athletes, we have grown our balance sheet by 35%, we have introduced a new uniform which reflects our 107 year history and we have continued to work very well with Ivanhoe Grammar School and Old Ivanhoe Grammarian's.

Coaching at Chelsworth has continued throughout the lockdown period, sometimes via email. Attendance at Chelsworth training has varied from 5-6 athletes per session up to 15-20 depending on school demands. The Committee has continued to function well with all committee meetings held via Zoom.

Our numbers are down but the support of our past members has been outstanding with 20 "non-competing members" rejoining to support the Club, total membership at the time of writing being 60.

We gladly close the chapter on the COVID year and now look forward to a new season, hopefully a COVID free season... bring on Cross Country!!

Thank you all for your continued support of our historic Club.

Competition

The last three rounds of summer competition showed our high level of talent over many events, however, we were severely disrupted by injury.

AVSL Round 8 at Doncaster - 6th March 2021

Men's Under 20

200m: Charles Shea 25.90

800m: David Greig 1:57.2 (PB), Thomas Langdon 2:06.9, Charles Shea 2:14.6

3000m: Thomas Langdon 9:59.5

Shot Put: Charles Shea 6.04, David Greig 4.44.

Men's Under 18

200m: Perrin Theocharides 23.57

800m: Ben Morrison 2:05.3, Jack Harper 2:05.8

3000m: Ben Morrison 10:01.2

Men's 40+

David Burke: **800m** 2:58.4, **3000m** 15:50.8, **400m Hurdles** 82.74, **High Jump** 1.55, **Shot Put** 6.77.

This was Perrin's first event for the Club with a very fine performance in his 200m and David Greig's 800m in 1:57.2 was outstanding.

AVSL Round 9 at Aberfeldie - 13th March 2021

Unfortunately this event was washed-out which seemed to sum up our season.

However, a number of excellent performances were recorded in lousy conditions. Josh Philip made his comeback from injury.

Men's Under 20

1500m: David Greig 4:00.5 (PB) , Thomas Langdon 4:21.5, **Josh Philip** 4:44.8, Charles Shea 4:47.2

Long Jump: Josh Philip 4:01.

Men's Under 18

100m: Perrin Theocharides 11.66 (into a massive headwind)

1500m: Ben Morrison 4:20.8 (PB), Harry Shaw 5:07.3

3000m Steeple: Harry Shaw 10:11.4 (an under 20 men's qualifier for the Nationals)

AVSL Round 10 at Doncaster - 20th March 2021

This was the last round for this interrupted season. With a small team, reduced by injuries, we only had a slim chance of avoiding relegation. We scored 5229 points on the day which was a credit to the team. Tom Langdon was in Bendigo on the day and still ran a 1500m up there to earn some points.

Men's Under 20

200m: Josh Philip 25.86,

800m: David Greig 2:01.0, Charles Shea 2:15.9

Shot Put: Josh Philip 8.08, Charles Shea 5.44

Triple Jump: David Greig 7.08

Men's Under 18

200m: Perrin Theocharides 23.85

800m: Harry Shaw 1:58.3

3000m: Harry Shaw 9:33.6

Shot Put: Harry Shaw 6.86, Perrin Theocharides 6.55

Triple Jump: Perrin Theocharides 10.44

Men's Under 16

Shot Put: Alex Linke 6.78

Men's 40+

David Burke: **200m** 29.41, **400m Hurdles** 78.00, **High Jump** 1.50, **Shot Put** 6.69, **Triple Jump** 9.13



Harry Shaw in action at Doncaster

Despite a season of massive PBs and excellent performances, our team was lacking in numbers and suffered badly with injuries.

However, as a group, we can look forward in the knowledge that we are producing a very talented group of athletes with a great future.

Our New Trophy

The "COVID Cup" will be awarded to the winner of the Club's Super Six Handicap Series, which was created during the past highly interrupted season. The recipient will be the best all round middle distance runner over their best 5 of 6 events.



Injury Woes

We have not had many injury issues over the past few years, but unfortunately, as we approached the end of this summer competition we were smashed.

Ben Eddings: after having set excellent PBs in the Victorian Championships, 100m in 10.99 and the 200m in 22.58, Ben tore his ACL at footy training. Unfortunately for Ben, he will be absent for some time, we wish him well with his recovery.

Jack Harper: starting to excel in the 400m and 800m until he recently damaged his PCL playing cricket. Jack is obviously very disappointed but will not require surgery. The injury is expected to repair itself with no longer term issues.

Alex Linke: A troublesome foot/toe injury was diagnosed which required Alex to rest from running which would have been a difficult pill to swallow. Alex had been training to a very high standard.

Josh Philip: had a stress fracture in his foot some time ago and is now back to running very well. However, we badly missed his presence on the track.

Thomas Langdon: has had foot problems for the past 12 months. After repeated changes to orthotics he is now starting to run very well indeed.

New Members

We are delighted to welcome four new members, all of whom have been coming down to Chelsworth for training.

Greta Brown and **Mia Dickson** are both doing year 12 at IGS and have committed to running cross country for the school during the winter months.

Kate Bukovsan and **Paige Bukovsan** attend Ivanhoe Girls Grammar School and have joined the Club with an interest in racing cross country during the winter.

Please make the girls very welcome and we hope they enjoy the cross country season ahead.

Note: We need to work very hard on recruiting some team-mates for the girls so we have enough numbers for relays during the winter... put your recruiting hats on!!

Cross Country Season 2021

We are very much looking forward to the upcoming cross country season, particularly given the cancellation last winter.

We have a solid number of up and coming athletes who are destined to do very well. We need everyone on board to enjoy the friendships and the challenge.

The full program is attached which shows the Grammar School comp. in red/grey and the Athletics Victoria comp. in black/blue.

It is a fantastic season with some really great events, particularly the relays.

First event this season is our historic 6k handicap on Saturday morning 17th April 2021.

Start/finish line is Eaglemont Tennis Courts carpark, The Boulevard, East Ivanhoe.

Meet by 10.00am, race time is 10.30am.

Last year we had about 20 competitors, let's see if we can do 30 this year.



Josh in action at Doncaster



Cross Country Programme for 2021

DATE	SPONSOR	VENUE	EVENT
Sat. 17th April	Ivanhoe Harriers	Eaglemont Tennis Courts	6km All comers Handicap
Fri. 23rd April (3:45pm)	AGSV	Marcellin/Trinity Fields Melway 32 D9	AGSV Round 1 6k opening CC
Sat. 1st May	AGSV	Keilor Park Melway 15 A5	AGSV Round 2 (9:00am) PEGS
Sat. 1st May	Aths Vic (R1)	Jells Park	Cross Country Relays
Sat. 8th May	AGSV	Braeside Park Melway 88 D8	AGSV Round 3 (9:00am) Mentone Grammar
Sat. 15th May	Aths Vic	Jells Park	All Schools Relays
Sat. 22nd May	AGSV	Ballam Park, Frankston Melway 103 B3	AGSV Round 4 (9:00am) Peninsula Grammar
Sat. 22nd May	Aths Vic (R2)	Lardner Park, Warragul	8km Cross Country
Sat. 29th May	Aths Vic	Princes Park, Carlton	All Schools Road Relays
Sat. 5th June	AGSV	Banyule Flats Melway 32 C4	AGSV Round 5 (9:00am) Ivanhoe/Trinity
Sun. 6th June	Aths Vic (R3)	St Anne's winery, Myrning	Ekiden Relays
Sat. 26th June	Aths Vic (R4)	Cruden Farm	12km Cross Country Heritage Round
Sat. 10th July	Aths Vic (R5)	Sandown Race Track	Road Relays
Sat. 17th July	Aths Vic (R6)	Bundoora Park	All Schools CC Championships 3, 4, 6 & 10km Cross Country XCR 10km CC
Thu. 22nd July (11:30am)	AGSV	Yarra Valley Grammar Melway 36 D12	AGSV Girls Championship
Sat. 24th July	AGSV	Yarra Bend Melway 30 H12	AGSV Round 6 (9:00am) Camberwell Grammar
Sat. 31st July	AGSV	Yarra Valley Grammar Melway 36 D12	AGSV Round 7 (9:00am)
Sat. 31st July	Aths Vic (R7)	Lake Wendouree, Ballarat	15km Road Race
Sat. 7th August	AGSV	Yarra Valley	Representative sport v APS
Sun. 15th August	Aths Vic (R8)	Albert Park	10km Road Championships
20th-23rd August	Aths Vic	Adelaide	Australian All Schools
Sun. 5th September	Aths Vic (R9)	Kevin Bartlett Res Burnley Yarra Boulevard	Half Marathon
Sat. 18th September	Aths Vic (R10)	The Tan Track	Club Relays 4 x 3.8km

