

CURSUS

The Newsletter of
Ivanhoe Harriers
Athletic Club Inc.



June 2021

Edition 70

Editorial

The Cross Country season started with much promise and good results.

As noted in previous editions, good performances in the cross country relays and the 8km cross country at Lardner Park lifted our confidence. We currently sit in 2nd place on the ladder, very pleasing.

Unfortunately, the impact of COVID restrictions resulted in Athletics Victoria postponing the Cruden Farm 12km until Saturday 10th July and cancelling the Sandown Relay which was due to be held on Saturday 10th July. This is incredibly disappointing for our young team. Sandown is one of the best events of the winter competition and is a unique test of ability for all.

The next event is the now rescheduled Cruden Farm race, on Saturday 10th July followed by Bundoora Park, on 17th July, fingers crossed for these events.

Amended Combined AV and AGSV Cross Country programme shown later in this edition. Look on the bright side, we have 7 Rounds left in the season.

Memberships and the Impact of COVID on Community Sport

We often mention the importance of memberships to the Club. Memberships are “gold” at the moment as we struggle to manage the various impacts of COVID.

The cancellation of events on the cross country calendar, as noted above have a negative effect on recruiting as you can imagine. Community sport of all persuasions is struggling in this environment of COVID lockdowns and event cancellations etc.

In addition, it has almost been impossible for us to host social events and encourage fellowship amongst our young members. Our AGM and pizza night was a classic example. We eventually managed to obtain clearance to host the event with only days to spare.

Understandably the event only attracted low numbers, and then the very next day, we were in a State lockdown again...not a positive environment at all.

Your Committee is doing all in its power to promote and encourage participation in a tough and uncertain environment.

We have been successful in securing Government grants for the Club.

We are seeing good numbers at training but memberships are thin. Our cross country team numbers 15 at the moment which is an improvement on last year. The team is very talented but we do need the support of our older members as “non-competing members” as well as additional youngsters.

We remain hopeful of arranging a reunion luncheon this summer...COVID willing.

The planned Trivia Night date is 29th October....**SAVE THE DATE.**

Chelsworth Park: Pavilion Re-development

Discussions with Council have been very slow and frustrating. We have been directly and actively involved since 2017. IGS has also been very pro-active and it seems that we now have a new timeline:

Detailed design completed by August 2022.
Construction completed by September 2023.

Our involvement as a “user Club” at Chelsworth is critical for our future and the establishment of a shared clubhouse resource for Ivanhoe Harriers and the other Old Ivanhoe community clubs. We desperately need this to happen.

To support this once in a generation action, we need everybody on board as members. We should aim to get our active membership back to 100. We currently have over 290 on our Cursus mailing list who enjoy

staying in touch with the news. The more members we can demonstrate, the greater power to our voice.

Please rejoin through the link below and show your support for our Club during this testing time. Numbers are critical.

[Membership Form](#)

New Members

Robert Cochrane, wonderful to see the continued loyalty to the Club from Rob. Still remember those days running in the Graeme Wise mini marathons with Rob out at Whittlesea.

Flynn Deacon, is a talented youngster training with James Lynch down at Chelsworth. Flynn has been a training member now for several years.

Our Loyal Sponsors

ASPECT BROKING

Once again Michael Wallis has renewed his sponsorship of the Club.

We are absolutely delighted that Michael has continued to support the Club and I hope our members will consider using Michael's insurance business in the future.

Michael runs Aspect Broking, an insurance business that specialises in all forms of insurance, both domestic and business.

Michael is very experienced in his field, and fully understands the many issues that can arise with insurance cover and claims. He is available, no obligation, to give advice to our members and recommend insurance strategies for the home, office or business.

I encourage any members with maturing insurance policies to contact Michael to review your particular insurance coverage and/or premium costs.

Michael can be contacted on 1300 979 458 or email Mike at: mike@aspectuw.com.au

Olympic Legend: Rick Mitchell

(Taken in part from an article published in the Sun on 1st June 2021)

Olympic silver medallist, Rick Mitchell, the last Australian male to win an Olympic track medal, died on Sunday night 30th May 2021 from prostate cancer. Mitchell's crowning moment in a brilliant career came in the 400m final at the 1980 Moscow Olympics where he finished second behind Soviet, Viktor Markin in a personal best time of 44.84 sec.

While Australian male athletes have collected Olympic medals in relays, walks and field events, no male track athlete has been on the Olympic podium since Rick Mitchell.

Rick Mitchell represented Australia at three Olympics, he was 6th on debut at the 1976 Montreal Games, and won multiple medals at Commonwealth Games, including gold in the 400m in Edmonton in 1978.

Mitchell was Australia's flag bearer at the 1982 Brisbane Commonwealth Games where he won silver medals in the individual 400m and the 4x400m relay.

He was selected for his third Olympics in Los Angeles in 1984 as part of the relay team which created history but fell shy of a podium finish. The Team ran a national record of 2 min 59.70 sec but became the first team in Olympic history not to win a medal after breaking three minutes.

Rick Mitchell was a member of Athletics Australia Hall of Fame.

Editor comment: It was my great privilege to see Rick competing, he was a wonderful 400m runner with a smooth, graceful action and a lovely bloke as well. Some in the Club may remember Rick doing a presentation at Ivanhoe Grammar School, probably in the mid-80s. I suspect the event was organised by fellow Olympian and IGS Teacher at the time, Peter Van Miltenberg. Buckley Hall was packed with students and parents as we listened to his stories of Olympic drama and the pressure of Moscow in 1980 where he won his silver medal.

Vale Rick Mitchell



Australian Rankings

Men's Under 20, 3000m Steeplechase

It must be quite a while since an Ivanhoe Harrier made it onto the National rankings listing. Harry Shaw is listed in the Under 20 Men's 3000m steeplechase, well done Harry. A great effort, particularly given you have only recently had a crack at this event.

Rankings in the Under 20 Men's Steeplechase as follows:

8:41.81	Ky Robinson
9:11.37	Aidan Roberts
9:19.22	Riley Konecny
9:20.61	Bailey Crabtree
9:39.40	Liam Morgan
9:49.40	Archibald Lawrence
9:56.29	Harry Shaw
9:58.59	Jaco Jansen van Rensburg
9:59.28	Hamish Longworth

Injury news on Bruce Meakin

In our November 2020 Edition we mentioned that Bruce had a nasty accident and was concussed after a serious fall while out riding just before Christmas 2019. As mentioned in that article, Bruce was the backbone of the cross country team back in the 70s and 80s. He was my running mate for many years, we would regularly run in Rosanna Parklands after work, sometimes with Potsy and others. Bruce has had a difficult recovery which has gone on for much longer than first thought.

I quote from a note Bruce supplied to Noel Burrows:

"Orthopaedic spine specialist suggested the only viable solution was a spinal fusion T4 to T8. So this is what I had at Warringal Hospital in October 2020. One week in hospital, surgeon said most people are reasonably okay at 3 months after this procedure, but I am still having persistent muscle pain in the back.....so at 7 months post op. am still having this back pain and seeing a physio. I am diligently doing the prescribed exercises which I had to scale back due to pain aggravation. Physio thinks there is probably some nerve damage and recovery could take 12 months or more.

Have started some short sessions on the stationary bike, so this is a step in the right direction.

It's been very frustrating that I have been unable to do normal domestic chores due to the injury, poor Corrine has had to carry the can a fair bit."

Bruce has certainly had a tough time, we wish him well and hope his recovery continues as quickly as possible.

Training Continues...

The picture below shows some of our young stars on a long training run on Sunday morning 27th June 2021. The boys ventured out to Sugarloaf Reservoir for an easy 80 minute cruise in the scenic countryside.



From left: Josh Philip, David Greig, Thomas Langdon and Harry Shaw.

This group is now in that 18-20 year old age bracket where we are expecting to see some big performances in coming years.

The photo below in the twilight shows Ben Morrison and Justin Cementon after a tough training session on Tuesday 29th June.



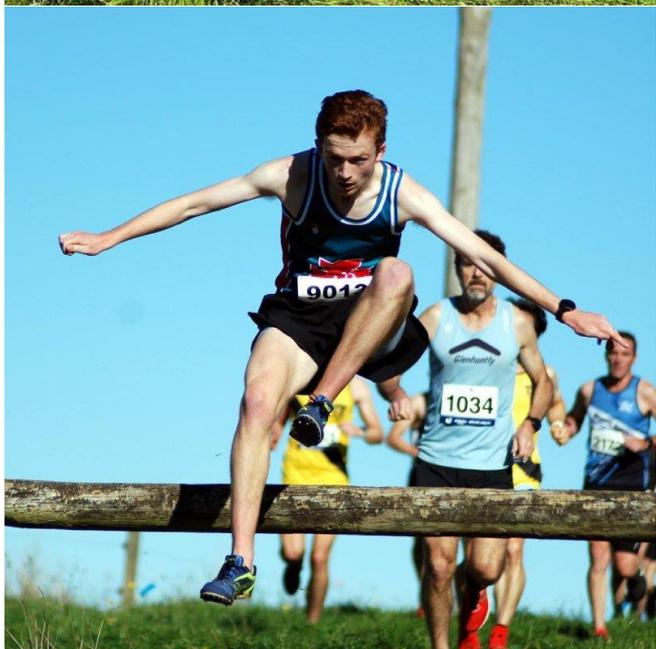
It was great to see Justin back on mid-year leave from Canberra Uni. He is maintaining a very solid level of fitness and is a great inspiration to the younger members. I know he is looking forward to racing and smashing his PB's in the future.

We remember Justin was the first of our current group of young middle distance runners to break the 2:10 barrier a few years ago, he was crowned the “2:10 King” at the time, much to the delight of his running mates.

Competition Results

As you would expect, there are no competition results, given no competition!!

However, a couple of great pics from our last race in the 8km cross country at Lardner Park on 22nd May.



Top: Chris Branigan and Vince Mancuso
Bottom: Thomas Langdon successfully negotiating an obstacle.



Top: Josh Phillip
Middle Left: Charles Shea
Middle Right: David Greig
Bottom: Claude Aquino

Amended Cross Country Program from June

DATE	SPONSOR	VENUE	EVENT
Sat. 5th June	AGSV	Banyule Flats Melway 32 C4	AGSV Round 5 (Cancelled) Ivanhoe/Trinity
Sun. 6th June	Aths Vic (R3)	St Anne's winery, Myrning	Ekiden Relays (Rescheduled to 7th August)
Sat. 26th June	Aths Vic (R4)	Cruden Farm, Langwarrin	12km Cross Country (Rescheduled to 10th July)
Sat. 10th July	Aths Vic (R5)	Sandown Race Track	Road Relays (Cancelled)
Sat. 10th July	Aths Vic (R4)	Cruden Farm, Langwarrin	12km Cross Country
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
Sun. 7th August	Aths Vic (R3)	St Anne's winery, Myrning (Moved from 6th June)	Ekiden Relays 8.8k, 8k, 7k, 6.1k, 4.7k (34.6)
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 5 x 3.8km

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