

CURSUS

The Newsletter of
Ivanhoe Harriers
Athletic Club Inc.



September 2021

Edition 72

Editorial

It was with great disappointment we received the news that Athletics Victoria has cancelled the winter season. This was bad news for us but not really unexpected given the state of COVID lockdown. It is a real pity for Ivanhoe as we have assembled our strongest cross country team in years with 17 in the squad, we would have performed really well. The three events contested for the season were all outstanding results with the highlight being our victory in the 12km cross country at Cruden Farm.

Just for the record, I have listed our cross country team below. We hope all are available for next season. I know there are also others in our community keen to join our talented group. And, yes, we have some unfinished business to attend to next season!!

The Team:

Claude Aquino,	Vince Mancuso,
Chris Branigan,	Gianni Mancuso,
David Burke,	Ben Morrison,
Justin Cementon,	Glenn Morrison,
Enrico Cementon,	Josh Philip,
David Greig,	Harry Shaw,
Thomas Langdon,	Charles Shea and
Alex Linke,	Leo Worsam.
James Lynch,	

What I love about this group is the mix of seasoned veterans and youthful exuberance. All of our youngsters have bright futures and the veterans provide the toughness to manage the 15k and half marathon events.

We can only look forward to next winter season....Go Hoe!



A great shot of David Greig working his way through the field in the 12km cross country.

Super-Six Series: The COVID Cup

We started this initiative last winter season in the hope that we could encourage individual training and fitness during lockdown. We did not really expect the lockdown environment to continue to rear its head in 2021.

We are now pushing on with the program for this season, our first event was the 6km handicap which replaces the original planned 5km event.

The current event is the 1000m on the Yarra Trail, same course as last season with times to be registered by end September.

Last year's times and handicap results for the 1000m are shown below:

Barry Greig is working on resetting the handicaps for this year. In the meantime, send in your times to me at jeffjoan@bigpond.net.au. Naturally, Barry will reset the handicaps prior to seeing your times.

So send in those times, I have received some excellent performances already.

Who will beat the handicapper?

Ivanhoe Harriers Super Six Handicap Series - Virtual Competition 2020 (Last year's details)

Event 1: 1km race - Yarra Flats Trail

Date to complete Course: **30-Sep-2020**

Course: One way marked course - **Banksia Street end/Mid way to Ivanhoe end**

	Handicap Time	Actual Time	Diff.	Event Points	Total Points*
Sami Rowe	4:40	4:02	-0:38	10	10
Alex Linke	3:20	2:55	-0:25	9	9
David Greig	3:05	2:45	-0:20	8	8
Jack Harper	3:10	2:54	-0:16	7	7
Ben Morrison	3:08	2:54	-0:14	6	6
Tom Langdon	3:05	2:54	-0:11	5	5
Luke Malara	3:20	3:11	-0:09	4	4
Andrew Luscombe	3:13	3:10	-0:03	3	3
Ella Rowe	3:55	3:53	-0:02	2	2
Chris Branigan	3:25	3:25	0:00	1	1
Ben Phillip	3:10	3:11	0:01	1	1
Lennox Williams	3:35	3:36	0:01	1	1
Charles Shea	3:10	3:19	0:09	1	1
Zac Phillip	3:25	3:35	0:10	1	1
Thomas Franklin	3:25	3:38	0:13	1	1
Will Franklin	4:00	4:21	0:21	1	1

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



A photo of the COVID Cup taken earlier this year down at the Yarra Trail.

New Members

We welcome **Leo Worsam** to the Club. Leo is a 15 year old student at Ivanhoe Grammar School and is a promising tri-athlete and middle distance runner. Leo competed in 3 cross country events for the school this winter, recording a 5th placing in the final race at Yarra Valley Grammar. This was a great result given his inexperience at cross country. Well done Leo, we look forward to watching your progress.

New Zone and Club Helpers

This coming track season the Melbourne Metro area has been divided into two Zones. Previously it was four zones.

In essence, our Zone includes the Clubs in the North-East in a big arc through to the West. In other words from Doncaster in the east, Diamond Valley, Ivanhoe, Collingwood, Coburg, Brunswick, Preston, Richmond, Essendon through to Keilor St. Bernards, Western Athletics to South Melbourne and Williamstown. In addition we also have Old Melbourne, Old Scotch, St. Kevins and MUAC.

We will be called upon to assist and provide Club Helpers each week to enable the program to run efficiently. Certainly, over the last few years we have always met our obligations, with the last couple of years mostly helping out with long jump and high jump.

It is expected that numbers may be down as a consequence of COVID-19, however AV will still endeavour to run a full program which will require our help each week.

More details to follow when they become available.

Amended date for Trivia Night

- Saturday, 13th November 2021

Given the constant lockdowns impacting on our ability to plan, the Committee has decided to hold our annual Trivia Night **via Zoom**, as we did last year.

Please note your diaries.

All members and friends of the Club are invited to attend this event which carries with it, lots of great prizes.

The main man is Club Secretary, John Edney, our trivia night guru.

John has hosted the event over the past few years with great success so please get on board and help to raise a few \$'s for the Club. We regularly attract about 100 participants and have a lot of fun without having to travel.

You can join the night by accessing the trivia system at www.triviascore.com its only \$15.00 a ticket and \$5.00 for kids under 15.

Look forward to seeing you on the night.

Sponsor Support for the Club - East Ivanhoe Foodworks

Local community support and indeed local sponsorship is incredibly important for small community clubs like ours. East Ivanhoe Foodworks has been supporting the Club for a number of years. This business is a Foodworks supermarket with a fantastic array of fresh foods and a huge range of prepared, take-away meals. Their in house chef does a wonderful job preparing and cooking great meals that we have tried and loved, reminded us of a past holiday in New York and the classic New York deli! The business has won many awards for excellence and is a real gem in East Ivanhoe.



A bit of history...

The history of our Cursus goes back to its formation in 1961.

Edition No.1 was dated April 1961 and priced at 1/- translated for the younger readers that means “one shilling” or, in today’s currency.... ten cents.

Editors were John Boas and Peter Carter.

In the commentary of Edition No. 1 are two items of interest to the readers today and I quote:

“CURSUS” our title comes from the Latin verb “Curo”, I run and can be translated as running, race, speed and like variants. Pronunciation (but we hope not prediction) is the same as in curse.

We feel that Cursus should be a place for you to express your views on athletics, hence a “Letters to the Editor” section will be initiated in the next issue.

The foresight of John, Peter and the Committee at the time has provided the vehicle for current members and past members to stay in touch with the Club. So here we are, 60 years later with another edition. Many subsequent editors have contributed to the continuance of Cursus since 1961. This Editor fellow will celebrate his 50th edition with publication of the next edition. David Burke has been my right hand man during this period, looking after all technical issues

that are beyond my sphere of competence. Sincere thanks to David on a mighty job over this journey. His contribution to this Club has been enormous.

The desire expressed in that first Edition, 60 years ago, encouraging “Letters to the Editor” is something we should develop and foster. I encourage all of our members and past members to contribute with news items or comment on matters relating to athletics. After all, this was and still remains a key plank in the purpose of Cursus and being able to stay in touch with each other.

On that subject, we received a nice note from Mark Worsnop following our article in the last edition about Father and Son combos in the same race. Mark wrote:

Hi Jeff,

It made me smile to read about the David/Worsnop combination back in the early 2000s – they were the glory days!
Keep up the good work.

Regards,
Mark

Lockdown Training

Under the lockdown rules we have not been permitted to hold formal training sessions. In addition, exercise can only be carried out in pairs for a max of 2 hours per day.

However, despite the hurdles, the athletes have continued to build fitness and strength in the hope of a decent Track & Field Season.

Shown below, Josh Philip and Alex Linke hammering out eight hill reps on the Russell St Hill just beside IGS.



Both boys looking in fine shape.

Ivanhoe Grammar School Cross Country competition “AGSV”

We are pleased to report that the school team had a very successful winter season despite some cancellations due to COVID-19.

At the end of each season the AGSV selects its representative team of the 12 best senior boys from the nine competing Grammar schools in the AGSV.

This representative team would normally, in non COVID times, compete against APS.

This year, three of the lads from Ivanhoe Grammar School were selected in the top 12, Thomas Diamond, Harry Shaw and School Cross Country Captain, Ben Morrison. This is an outstanding result for the school to achieve 3 in the top 12.

Harry and Ben had very good track seasons last summer and look to have promising careers with Ivanhoe Harriers ahead. Thomas Diamond is a member of Box Hill A.C.

