

CURSUS

The Newsletter of
Ivanhoe Harriers
Athletic Club Inc.



June 2023

Edition 90

Editorial

We are almost halfway through the cross country season with 6 rounds of competition to go.

Our list of athletes is quite healthy with 17 available. Hopefully we will see all of the Team in action in the three months from July through to September. Please look at the Program, later in this Edition of Cursus, and commit to racing.

Next event is the Sandown Road Relays, one of our favourites. This event is the opportunity to measure ourselves against the very best and hopefully come away with a raft of PBs. Given this is a relay race, the Club will enter and finance the teams. We need everyone available and hopefully will match it with the teams in the next higher Division, i.e. Division 2...bring it on!!

Year to date has been a little difficult this season as the program has clashed with AGSV on a few occasions. Apart from Bundoora, we are in the clear. A few of the students will need to decide whether to run Bundoora in the "All Schools" Under 20, 8km or run the 10km with the club, either way it will be a great event.

New coach, Cyril Dixon, has settled in well and the squad is training with great enthusiasm. This Editor fellow is very pleased with the progression of the group. The students, Jamie Blackburn, Alex Linke, Harley Mileto have all been racing very well in the AGSV competition and are all ranked near the top of their year level. Our talent is clearly evident and the Club is taking some initiatives to broaden the training group.

Eliza Nelson and Theadora Hally, joint Captains at IGS are also racing well and are ranked near the top of the Year 11/12 girls grouping. The standard of these girls is incredibly high with Claudia Hollingsworth from Mentone, the standout competitor, a future Olympian in my opinion.

Recruiting and Park Run

The Club sponsored a Parkrun on Saturday morning 24th June at Warringal Park, Heidelberg. Many thanks to Richard Russell, Brenton & Jen Hall, Barry Greig, Cyril Dixon, Tony Mileto, Mark Shea, David Burke, Hamish Nelson and Anne Bukovsan. Special thanks to Brenton for showing great initiative, supplying fruit for the finishers... a nice touch. The race started at 8:00am and was well attended, my guess is about 150 runners including Club members Kate Bukovsan, Charles Shea, Harley Mileto, Brenton Hall, Claude Aquino and Eliza Nelson. Well done all, we will do it again, maybe September, a little closer to the commencement of summer competition.



Renewed Members

Bruce Meakin has rejoined as a non-competing member.

For the benefit of the newer members, Bruce ran our Cross Country group in the 80s and was the glue that held the Cross Country team together back then. Thanks for your continued loyalty Bruce.

Bob Cochrane has also rejoined as a non-competing member.

Letters to the Editor

Bob Cochrane writes...

Good to see Barry Greig still so active, I'm envious. (I had a knee replacement three years ago and have been told not to run on it... *@#.)

As for Tom Hancock, what can one say - phenomenal! Apart from the abovementioned knee I'm in reasonable shape for an old bloke- no major concerns.

Good to see the young blokes and girls doing well. (Why weren't there girls in the Club back in the dark ages when we were running?) Things are certainly a lot better now compared to the darkening climate back in the last years at Greensborough. The move has paid off.

Cheers
Bob

Editor: Great to hear from you Bob and many thanks for your continued support. You are right about having the girls around, they have made a huge difference. Their enthusiasm is infectious.

Club Sponsor- Aspect Broking

Michael Wallis has once again renewed his sponsorship of the Club through his insurance broking business, **Aspect Broking**.

Sincere thanks Michael, your loyalty and support is very much appreciated

Aspect Broking specialises in all forms of insurance, both domestic homeowners insurance and business insurance requirements. Aspect Broking is very experienced in its field with a capability of arranging and advising on insurance policies. Should the reader require a second opinion, Michael can provide advice covering insurance strategies, insurance cover options, claims and renewals.

Michael is a well-regarded insurance specialist and is available to give advice to club members, particularly where policies are maturing and premiums have risen.

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



Round 3 - St Anne's Winery, Bendigo

27th May 2023

A cool day on this scenic and hilly course greeted a very high standard field, with some of the best middle distance runners in Australia competing in this event.

Several of our best were unavailable, however individual performances exceeded expectations. David was not 100% and Jack, our 400m champ, was having his first real crack at a cross country. A great effort from Brenton and Gianni on a tough course. It was also great to see Vince back in action.



Wonderful performances all round with our points result moving us to equal 4th on the ladder...very pleasing.

Times and placings as follows:

1 st	Andre Waring	Box Hill	24:17
2 nd	Edward Marks	Glenhuntly	24:20
3 rd	Brett Robinson	APS	24:40
4 th	Andy Buchanan	Bendigo	24:41
52 nd	David Greig	Ivanhoe	27:21
112	Tom Langdon	Ivanhoe	29:16
173	Ben Morrison	Ivanhoe	31:14
255	Charles Shea	Ivanhoe	34:41
286	Brenton Hall	Ivanhoe	36:04
311	Jack Harper	Ivanhoe	37:40
326	Vince Mancuso	Ivanhoe	39:27
363	Gianni Mancuso	Ivanhoe	44:42

Kate was our sole female representative in the Under 18 3km event, placing 27th in 13:53, a very good time for Kate.

Round 4 - Cruden Farm

17th June 2023

This was a tough day with very windy conditions. We were again missing a few which made our task more difficult.

This was a really tough performance from the team, congratulations to all.

Men's 12km Cross Country

1 st	Andy Buchanan	Bendigo	36:21
2 nd	Liam Cashin	West/A	36:49
3 rd	Lachlan Herd	Knox	37:03
68	David Greig	Ivanhoe	42:20
154	Ben Morrison	Ivanhoe	46:55
274	Brenton Hall	Ivanhoe	55:24
292	Charles Shea	Ivanhoe	58:00
312	Claude Aquino	Ivanhoe	60:46

Team placing was 9th of 14.

All of the runners were absolutely spent at the finish. Special mention for David who gave himself every opportunity, placing well early and showed a lot of guts to hang on in the middle part of the race.

Women's 5km Under 18

Kate was once again our sole performer in this event, placing 26th in the good time of 23:53. Kate is just 14 and held her own in the Under 18 race, well done Kate.



L to R: Claude Aquino, Ben Morrison, David Greig, Kate Bukovsan, Brenton Hall and Charles Shea.

This hardy bunch represented the Club at Cruden Farm. The wind was so strong a tree blew over onto some runners half way through the race, fortunately no serious injuries.

This is definitely the tough part of the season, the next month or so will test our mettle. We need everyone on board. You all know the old saying "When the going gets tough, the tough ..."

Well done Team!!



Cross Country Ladder

After four Rounds of competition Ladder below shows us in 7th position almost level with a gaggle of other Clubs i.e. South Melbourne, Traralgon, Old Xaverians. A good performance at Sandown could lift us to 4th. In addition, with the maturity of the lads, we are sure to massively improve later in the season in the 15km and the Half Marathon. We know a few of the boys are secretly aiming at the "Half".

Men Division 3 Ladder

Pos	Team	1	2	3	4	Total
1	Western Athletics 2	17	17	15	17	66
2	Bendigo Region 2	15	12	17	15	59
3	Box Hill 3	11	10	14	14	49
4	Collingwood 2	13	11	10	11	45
5	South Melbourne	10	9	12	13	44
5	Traralgon	12	7	13	12	44
7	Ivanhoe	9	14	11	18	42
8	Old Xaverians	8	13	9	10	40
9	Geelong Region 2	14	15	2	3	34
10	Keilor St Bernards	6	2	8	7	23
11	Malvern	4	6	7	5	22
12	Melbourne Uni 3	7	8	5	-	20
13	Waverley	2	5	3	9	19
14	Nunawading	5	3	4	6	18
15	Coburg	3	4	6	4	17
16	St Stephens 2	-	1	-	-	1

Cross Country Program for 2023

The combined program for the season is shown below. The Athletics Vic program is shown in black/blue and the Ivanhoe Grammar (AGSV) school program is shown in red/grey.

DATE	SPONSOR	VENUE	EVENT
Sat. 8th July	Aths Vic (R5)	Sandown Race Track	Road Relays
Sat. 15th July	AGSV	Braeside Park Melway 88 D8	AGSV Round 6 (9:00am) Mentone Grammar
Sat. 22nd July	Aths Vic (R6)	Bundoora Park	XCR 10km CC Championships All Schools CC Championships 3, 4, 6 & 10km Cross Country
Sat. 29th July	AGSV	Yarra Bend, Fairfield Melway 30 H12	AGSV Round 7 (9:00am) Camberwell Grammar
Sun. 6th August	Aths Vic (R7)	Lake Wendouree, Ballarat	15km & 6km Road Race
Sat. 12th August	AGSV	PEGS Fields, Keilor Park	Rep. Sport, AGSV v APS
Sat. 19th August	Aths Vic (R8)	St Anne's Winery, Myrning	Ekiden Relays
25th-28th August		Canberra	Aust All Schools CC Champs
Sun. 3rd September	Aths Vic (R9)	Kevin Bartlett Res Burnley Yarra Boulevard	Half Marathon/5km
Sat. 16th September	Aths Vic (R10)	The Tan Track	Club Relays 5 x 3.8km

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Production: David Burke

