

Editorial

The Club has enjoyed an outstanding winter season. Our first crack at Division 3 was very successful, finishing top 4 with a very young and talented squad. Congratulations to all in the team, we had 19 competitors across the season with everyone contributing valuable points towards the team result. Last year was our best cross country performance since 1988/89 and this season we improved on that performance by about 23%.

Summer track and Field competition will commence on Saturday 7th October at Aberfeldie. There will be 12 Rounds of competition for the season, concluding on 17th February 2024, followed by Championships. The top 2 clubs in each Division will be promoted and bottom 2 relegated to the lower Division - similar arrangements to Cross Country.

As with last season, athletes must pre-register for each event with the registrations closing on the Wednesday before competition.

Club Duty: We are responsible for providing Club Helpers on 6 of the 12 rounds of competition. I trust we will continue to see great support from parents in this regard. Our obligations this year will mostly be assisting at long jump and triple jump on alternate weeks. Our first week for Club Helpers will be at Doncaster on 14th October 2023.

The power of Cursus: It is nearly 10 years ago at our Centenary celebrations that we ramped up our Cursus production. We strive to issue 10-12 editions each year to maintain contact with our current members and past members. This strategy has been successful, even in this modern age of "social media". We have a current circulation of about 300 families.

A good example of the reach of Cursus: Received a request from Chris Schrader, in Texas, USA, for an Ivanhoe Harriers racing singlet. ..wow! Chris is a former long standing member and a notable middle

distance coach at University in Texas. Chris very kindly provided me with his coaching models when I first started coaching our young middle distance squad 10 years ago. This was the "Club Family" at work, we are delighted that Chris still reads his Cursus, we will make sure he gets his singlet!

Cursus is an important asset of the Club. It is also probably time this Editor fellow hung up his pen after nearly 10 years on the job. We are looking for someone who has the time and interest in the Club to step up and take over the role of Cursus Editor. Any interested journalists out there?

Summer Competition

Summer competition is about to start...make sure you are registered. Enjoy the challenge and use the program to improve your fitness. We are looking forward to seeing loads of PBs this season after our successful cross country season.

Program as follows:

Round	Date	Venue	Program
1	7 th October	Aberfeldie	2
2	14 th October	Doncaster	1
3	21 st October	Aberfeldie	1
4	11 th November	Keilor	2
5	18 th November	Aberfeldie	2
6	1 st December	Doncaster (twilight)	1a
7	16 th December	Meadowglen	2a
8	13 th January	Doncaster	1
9	20 th January	Werribee	1
10	3 rd February	Doncaster	2
11	10 th February	Aberfeldie	2
12	17 th February	Doncaster	1

New and Renewed Members

A big welcome to the following new members:

Fiona Mitchell is a recreational runner looking to improve her fitness

Carla Parris is a promising young middle distance runner. Carla has been regularly attending training at Chelsworth Park.

Rejoining once again are husband and wife, **Gary and Carol Holliday**, longstanding members of the Club. It is wonderful to see the loyalty of our older members and their interest in supporting the Club.

Many thanks Gary and Coral.

Glen Nicholson, a seriously good long jumper in his prime has also rejoined. Well done Glen.

Welcome everyone to our great club.



Cross Country Competition Results

Round 9 - Half Marathon

Sunday, 3rd September 2023

In almost perfect conditions the club had a very good result with our athletes finishing 5th out of 15 teams in Division 3. A very good team result given we still have some of our athletes injured.

This was our best representation in the Half for many years with 6 runners in the Ivanhoe singlet, a great first up Half Marathon from Tom Langdon.

Some fast times were run with about 500 athletes completing the 21.1 km course.

Ivanhoe results:

Place	Name	Time
65 th	Tom Langdon	1:13:07
103	Harley Mileto	1:16:12
219	Ben Morrison	1:23:12
340	Benton Hall	1:30:16
445	Vince Mancuso	1:44:07
457	Charles Shea	1:47:16



Round 10 - Tan Relays

Saturday, 16th September 2023

This was the final round of the winter season and a great performance for the Club.

We were able to field 4 teams, competing in ideal conditions and great results with many PBs on this course.

Female Under 18

3 x 3.83km:

Kate Bukovsan	17:12
Eliza Nelson	18:12
Theadora Hally	18:59
	<u>54:23</u>

The Team finished 9 of 10 in the Under 18s, a competitive run from our girls against older teams.

Male Open Div 3

5 x 3.83km:

Thomas Langdon	12:02
Alex Linke	12:38
Ben Morrison	12:35
Harley Mileto	13:02
David Greig	12:13
	<u>1:02.30</u>

Finishing 3rd, this was our best relay result for the season and an equal best team result (Sandown Relays we were 4th and the 10k Road race we were 3rd).

This was a solid run from everyone, excellent times, many PBs. Great start from Tom and fast finish from David G coming back from an injury.

Our third placing lifted us to 4th on the ladder.

Male Open Div 6

4 x 3.83km:

Liam Furlong	13:07
Charles Shea	14:50
Brenton Hall	14:28
Vince Mancuso	17:22
	<u>59:47</u>

Team result: 5th of 10, with a solid run from everyone. Second best team result for the season, the best being the 10km Road race where we finished 4th in Div 6. A fast run from Liam and consistency from everyone to get under 60 minutes.

Male Open Div 7

4 x 3.83km:

Barry Greig	15:53
Claude Aquino	17:54
David Burke	19:56
Gianni Mancuso	18:14
	<u>1:11.57</u>

Finished 11th of 14 teams.

This was only the second time this season we have fielded a Div 7 team, the previous time was the Sandown Road Relays.

Very good results from everyone.

Final Ladder below shows how well we have done in our first crack at Div 3. We have been very competitive and look forward to the chance at a Premiership next season.

Men Division 3

Place	Team	Points by Round										Total	
1	Bendigo Region 2	15	12	17	15	17	15	17	17	17	17	159	AP
2	South Melbourne	10	9	12	13	12	13	15	14	15	15	128	AP
3	Traralgon	12	7	13	12	14	14	14	13	14	11	124	
4	Ivanhoe	9	14	11	8	13	10	5	10	12	14	106	
5	Western Athletics 2	17	17	15	17	5	9	3	-	9	13	105	
6	Collingwood 2	13	11	10	11	10	11	12	9	8	3	98	
7	Box Hill 3	11	10	14	14	11	12	2	-	10	9	93	
8	Old Xaverians	8	13	9	10	7	8	8	8	7	8	86	
9	Geelong Region 2	14	15	2	3	15	17	6	-	13	-	85	
10	Keilor St Bernards	6	2	8	7	8	7	13	15	5	12	83	
11	Melbourne Uni 3	7	8	5	-	9	6	7	11	11	10	74	
12	Coburg	3	4	6	4	4	3	11	12	4	6	57	
13	Waverley	2	5	3	9	2	5	10	6	6	4	52	
14	Malvern	4	6	7	5	6	2	9	5	3	5	52	
15	Nunawading	5	3	4	6	3	4	4	7	2	7	45	
16	St Stephens 2	-	1	-	-	-	-	-	-	-	-	1	AR

Legend: AP: Automatic Promotion. AR: Automatic Relegation.



A team photo at the conclusion of the last cross country race for the season.

Communication

In order to improve communication, particularly amongst our young athletes, Cyril Dixon (Coach) and Anne Bukovsan (Committee Member) have set up a "WhatsApp" community.

See message below which was sent by Cyril, on 15th September to our training group.

"We want to improve our communication to our members actively involved in training and competition. To improve the speed and ease of distributing information and providing updates, we will begin to use messages to mobile phones. This will also ensure that more urgent communications are readily received by those who need them. For this purpose we have set up the Ivanhoe Harriers WhatsApp community with subgroups for Training, Winter Cross Country and Summer Athletics. The

Training and Winter Cross Country groups are currently active and the Summer Athletics group will be activated when the season commences. We have added only individuals that are currently active in training and the cross country competition so we avoid spamming members that aren't currently involved in those groups. If you think you should be in a group and are not, please let us know. Email will still be used to communicate with members. However, any last minute training changes or day of competition information will only be distributed by coaches/team managers in these groups - eg. training cancellation or location changes due to weather conditions, competition venue/timing updates, location of the competition day tent etc. Please also feel free to send your own messages in the chat groups you are involved in - but please make sure it is relevant to the group - eg. Attendance, requests for transport to training/competition, lost property, venue details etc. Cyril (Coach and Summer Team Manager) is also able to be contacted directly via WhatsApp if you want to notify him that you are unable to attend training/competition or have a personal query. Occasional WhatsApp broadcasts will also be made to the community regarding club events - including the Trivia Night and AGM/Trophy Presentation Night etc. Anyone who is unable to use WhatsApp to let Anne or Cyril know. Any questions, reach out."

Thanks Cyril and Anne for taking the initiative.

Trivia Night

Friday, 10th November 2023

This is our single, most important fund raiser of the year.

John Edney is our Trivia Night organiser, he does a fantastic job with great questions and great prizes. So plan ahead, support your Club, and enjoy the fun. We are hoping to see over 100 participants, just like last year.

Entry is \$15 per person and \$5 for children under 14. 7:00pm at Ivanhoe Park, Cricket Club rooms, corner of Wamba Rd & The Boulevard, Ivanhoe. Tickets available at ivanhoeharriers.org.au/trivianight Hope to see you there!

Cursus Editor: Jeff Franklin

Production: David Burke



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