

Editorial

Winter competition is well underway and our Club has been competing to a high standard. Despite many athletes being unavailable our increasing membership and talent has allowed us to score pretty well. After 5 rounds of cross country competition we sit in second place on the Division 3 ladder. Our steady performances indicate that we currently rank about the mid-point of Div. 2 teams which shows that our gradual progression is solid. We placed second at Lakeside and we won the 8km cross country at St Anne's but only managed a 10th place in the Sandown Road Relays, despite improving on last year's time.

At the time of writing, based on my calculations, we are sitting in second place on the Div. 3 Ladder, 6 points clear of third and 6 points behind top team, Melbourne Uni. A premiership tilt is a big possibility. Full competition results later this Edition.

Jeff Franklin OAM

We are very pleased to advise that Life Member and Club President, Jeff Franklin has been awarded the Medal of the Order of Australia in the King's Birthday 2024 Honours List for service to athletics.

Jeff has been involved in many different roles with the club since joining in 1977, firstly as a middle to long distance runner then as a team manager, coach and club administrator. Since joining the Committee in 1985 Jeff has been Secretary (1986-87), Vice President (1988-1994), and is the current President, which is a position he has held since 2015.

Beyond his roles at Ivanhoe Harriers, Jeff was actively involved in coaching at Rosanna Little Athletics Club in the late 1970s early 1980s, was President in 1981-1983. More recently, at Ivanhoe Grammar School, coaching athletics and cross country since 2014.

His continuous diligent efforts brought the club back to its feet from a slump that could have seen its end.

Recently, through many years of tireless effort, he has played a pivotal role in winning the Council's approval for a pavilion upgrade at Chelsworth Park, which will see a future home training ground and facilities for the Harriers' athletes.

His leadership has been instrumental in revitalising the club and securing its future.

Congratulations Jeff from all involved with the Ivanhoe Harriers, a very well earned recognition!



Trivia Night

SAVE THE DATE...SAVE THE DATE...SAVE THE DATE

Our now very famous Trivia Night will be held on
Friday night November 8th.

Lock the date in your diary.

New and Renewed Members

Just great to see the loyalty to the Club coming through.

Non-competing members renewing for the current year as follows:

Noel Burrows, Past President and great supporter, thanks Noel.

Gary and Carol Holliday, lovely to hear from you. Your continued support is incredibly valuable.

Renewed Members...since last Cursus

Leonardo Donarelli: after a very successful summer Leonardo is looking forward to a solid cross country season. As we all know, a good cross country season paves the way for a successful track season. At the time of writing, Leonardo has won each of his AGSV junior races with IGS. A great start.

New Members:

Max Quinlan: A very promising youngster in Year 8 at IGS, moves very well and looks to be a promising middle distance track athlete. Currently ranked 5th on the AGSV rankings for cross country

Grace Quinlan: younger sister of Max, currently in Year 7. Grace has loads of natural talent and will help bolster our female ranks.

Riley Palmer: A very promising middle distance runner in Year 8 at IGS. Currently ranked 12th of all schools in the AGSV rankings for Year 8.

Chelsworth Park

As noted in our previous Edition, Council approved the extension of the lease for Ivanhoe Grammar School which paves the way for the proposed rebuild and clubrooms for us.

Past President, Chris Cole sent the following note:

Greetings Jeff,

Chelsworth Park Pavilion

Congratulations on a achieving a successful result, to all the efforts which you have headed, in once again securing a place for the Club to call home!

I can quite imagine the amount of time you and others have already put into the matter, All Members are much indebted to each of you. Hopefully, the final design of the building will be to the Club's satisfaction and that the rebuilding process will proceed promptly.

"Go 'Hoe" !!!

Best wishes,
Chris Cole

Editor: Thanks Chris, your support and comments much appreciated.

Club Sponsor- Aspect Broking

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

We extend our sincere thanks to Michael, your loyalty and support is very much appreciated. We encourage our members to contact Michael should they have any insurance queries or matters which need advice.



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

Competition Results

Round 3: 10km Road Championship – Lakeside, Albert Park

Sunday, 2nd June 2024

A cold, still morning with a great turnout from Ivanhoe. Fantastic times from everyone with new benchmarks set for next year.

Our Division 3 team of Jamie, Alex, Thomas, Ben and Liam were incredibly even, dragging us into second place and second on the ladder.

Our Division 6 team also performed extremely well with a 4th placing of the 13 teams in that Division.

Owen, Nicholas, Matthew and Peter were also incredibly even, coming within 20 points of catching Ringwood.

Division 7 was a massive division on the day with over 30 teams entered. We had a full team which performed very well, gaining 14th place in a competitive race. Brenton, Charles, Murray and Simon would all be very happy with their times.

Wonderful PBs from many with Alex taking a minute off his previous best, Ben smashing his previous best, Nick setting a new PB and Brenton taking 51 seconds off his last year's time.

In the Under 14 boys 3km, Leonardo ran a well controlled race, to comfortably win in the very good time of 9:13. Leonardo continues to impress.

As for the girls, they were outstanding, with Eliza racing her first 10k for the Club in 45:47, Kate placed 22nd in her Under 16 3k and Carla placed 19th in her Under 14 3k.

Official results below:

Female Under 20 (10km)

Eliza Nelson: 45:47

Female Under 16 (3km)

Kate Bukovsan: 12:53

Female Under 14 (3km)

Carla Parris: 12:09

Male Open (10km)

Jamie Blackburn 31:46

Alex Linke 32:32

Thomas Langdon 33:47

Ben Morrison 33:57

Liam Furlong 33:58

Owen Dumsday 35:41

Nicholas Dempsey 37:02

Matthew Peterson 41:35

Peter Castaldo 42:22

Division 3

Div. 6

Brenton Hall	42:38
Charles Shea	43:12
Murray Playfair	47:12
Simon Rigoni	49:46
Barry Greig	DNF

Div. 7

Male Under 14 (3km)

Leonardo Donarelli 09:13



Top to Bottom: Alex, Eliza and Liam

Round 4: 8km Cross Country – St Anne's Winery, Bendigo

Saturday, 15th June 2024

A fine day with no wind and a classic cross country course through the vines. This is a very scenic course with plenty of hills, twists and turns. Eventual winner was Edward Marks (GHY) with Andy Buchanan (BEN) second and Seth O'Donnell (MEN) third, it was a fantastic race to watch, the contest between the first 3 was intense.

We had a team of 10 runners which was a good turnout for us. Everyone performed really well, showing the benefit of consistent training with Coach Cyril.



Jamie and Nick

Our top team in Division 3 had a fantastic win despite a few absentees due to Uni study etc. Jamie Blackburn had a brilliant race, moving steadily through the field

to place 23rd, an excellent result for Jamie. A special mention to Nick Dempsey who made the top 5 and had absolutely nothing left in the tank at the end. Nick was so determined to make our top team, his time of 31:42 achieved a placing of 172 in a field of 359. Well done Nick.

Everyone on the Team ran to their absolute limits, camaraderie is very high and everyone should be really satisfied with their efforts.
Official times as follows:

Jamie Blackburn	26:23
David Greig	28:10
Thomas Langdon	29:01
Alex Linke	29:22
Nicholas Dempsey	31:42
Charles Shea	36:48
Peter Castaldo	37:00
Matthew Peterson	37:03
Murray Playfair	41:13
Simon Rigoni	41:15

Editor notes the gutsy run from Peter Castaldo who was not well but turned up for the Team. Well done Peter.

This team performance moved us to top of the ladder, equal with Melbourne Uni.

Round 5: Sandown Road Relays

Saturday, 29th June 2024

Despite the cold, wet and arctic conditions an extremely good performance from all of us. Very proud of our juniors in particular, they have much to look forward to, the start of a talented group I think.

We had 15 athletes competing and quite a few for the first time. Grace Quinlan, Max Quinlan and Riley Palmer put on our famous singlet for the first time and showed guts and talent. Particularly Riley who had been sick for a couple of weeks with a cold but he still supported the team. Hopefully we will see all three of these talented youngsters back at Sandown over the next few years and when they are 18, competing in the senior teams. That would be great to see. Congratulations, a tough baptism. The Quinlan family had just returned from holiday in Fiji, to a freezing afternoon on Saturday at Sandown, what an effort!!

The high standard at Sandown was set by our Captain of the day, Ben Morrison, who ran a very good first leg in 20:28, a big PB for Ben and everyone else followed his example.

Very good individual times from everyone with our **Div 3 team almost one minute quicker than last year**, unfortunately, even with that result we could only manage 10th.

Our girls team placed 9th out of 14 teams. An amazing result when you consider Grace and Carla are both under 14. Eliza led the girls with a fine 13:06. Our boys Under 16 team placed 9th out of 16 teams, with all of our team able to compete in this age group next season, so again a very fine result. We will go close to winning this age group next season. Leonardo was a bit sore and ran conservatively, still recording a very good 10:10.

Men's Open Div 3 placed 10th of 15 teams in an incredibly close finish...we move to 2nd place on the ladder.

Men's Open Div 6 placed 10th of 13 teams with everyone running really well.

Official Times:

Female Under 18

3x3.1km: (Eliza Nelson: 13:06, Grace Quinlan: 13:55, Carla Parris: 13:46) **40:47**

Male Open

5x6.2km Div.3: (Ben Morrison: 20:28, Owen Dumsday: 21:14, Nicholas Dempsey: 22:09, Harley Mileto: 21:54, Liam Furlong: 21:08) **1:46:53**

4x6.2km Div.6: (Matthew Peterson: 24:51, Murray Playfair: 29:02, Simon Rigoni: 29:23, David Burke: 33:11) **1:56:27**

Male Under 16

3x3.1km: (Max Quinlan: 10:52, Riley Palmer: 12:07, Leonardo Donarelli: 10:10) **33:09**

Note of thanks: Big thank you to Glenn Morrison and Barry Greig for standing in the wet and carrying the load of "Club Helpers"...and also to Cyril, holding the umbrella while the boys tried to record times in the rain...it was difficult.

Cursus Editor: Jeff Franklin

Production: David Burke



Max Quinlan's first run for the club

Program Ahead

This is the halfway mark of the season where the going gets tough for the senior men.

With a Premiership a possibility we need commitment from everyone in the longer events, even if you simply turn up and cruise the 15k for example. Every point will count.

Sat 20 th July	Bundoora	10km Cross Country
Sun 4 th Aug	Lake Wendouree	15km Road (we need commitment here)
Sat 17 th Aug	St Anne's Myrning	Ekiden Relays (a must win)
Sun 8 th Sept	Burnley	Half Marathon (this will be exciting)
Sat 14 th Sept	Tan Track	Relays

Note your diaries and plan your training with Coach Cyril...



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