

Season's Greetings

The Committee of our historic Club extends Season's Greetings to our members and friends and wish you all a very safe and prosperous New Year. 2024 seems to have flown past and the Club has continued to flourish. It is now 110 years since the inception of the Club, a significant achievement we should all be proud of.

The recent past 10 years has not been easy, particularly managing the impact of COVID on our lives. We have come through that challenge stronger than ever. The Committee is a resilient bunch who have worked together to ensure we achieved our collective goals. Everyone has contributed, my personal thanks to all.

The volunteer role undertaken by Committee cannot be overstated, without those individual contributions the Club would grind to a halt.

As a result of our collective efforts, membership has continued to increase, particularly our non-competing member support, the balance sheet has grown, cross country performance was exceptional, however, participation in athletics is still not as strong as it could be. We certainly need to work on a recruiting strategy in this area for the future. Our lack of significant growth in athletics is mirrored elsewhere in school, community and AV statistics.

Finally, sincere thanks to the parent volunteers who have acted as Club Helpers during the season to date: Phil Ramsay, Glenn Morrison, Chris Parris and Barry Greig.

Merry Christmas everyone and a happy, successful New Year.



110th Anniversary Reunion

As previously advised, we are planning a reunion/ gathering on Sunday, 9th February 2025. It is a great opportunity to catch up with long missed friends and Harriers from the past.

This Editor has taken the liberty of lifting some comments from a November 1974 Cursus...50 years ago!! To raise some enthusiasm and a bit of history from the past...see article below and some names from the past.

Preliminary details:

Date: Sunday, 9th February 2025

Venue: East Ivanhoe Bowling Club,
153 The Boulevard, Ivanhoe East 3079

Arrival time: 12.30pm

Function: Casual, buffet style carvery.

Entertainment: Barefoot bowls for the young at heart!!

Cost: To be finalised, but will be heavily subsidised by the Club. As soon as we are able to lock in catering costs we will forward a final advice for bookings and payment of your booking fee.

Bookings and numbers: we are expecting about 100+ but will need firm commitments from everyone. To that end, to ensure catering is accurate, and adequate for the numbers, this will be a ticketed event. We will require a booking fee from everyone attending, to secure your attendance. We will notify you of the amount once we are in possession of catering costs, hopefully in a couple of weeks.

In the meantime, please lock in the date. The venue should be ideal for a great afternoon celebration and plenty of tall stories.

ZÁTOPEK...oh what a night!!

The great long distance runner, Emil Zátopek would have been a proud man to watch the distance races on Saturday night. It was a fantastic night of racing with a couple of standout performances.

For the youngsters in the Club, Emil Zátopek was a Czechoslovakian long distance runner who changed training methods for long distance training. His training load was enormous. He was convinced that the long distance athlete needed to learn to run fast, he was quoted as saying "I already know how to run slow!"

In the mid-1950s he was doing up to 100 fast 400s a day with 150m jogs between. In other words, high volume interval training.

He went on to win 3 gold medals in the 1952 Summer Olympics at Helsinki, the 5000m, 10,000m and the Marathon. He was widely regarded at the time, as the greatest long distance runner in history.

It was great to see Jamie Blackburn feature in the Under 20, 3000m B race, our first Club representative at this meet for many years. Jamie ran a fine race and always remained in contention the entire race to record a PB of 8:26.27.

Congratulations Jamie, a great effort and a massive PB.

Final placings were:

1st	Kye Lowth	QLD	8:22.27
2nd	Thomas Cross	WA	8:22.29
3rd	Will Lovett	VIC	8:24.71
4th	Jacob Gardner	TAS	8:24.96
5th	Jamie Blackburn	IVA	8:26.27



This Editor fellow thought the race of the night was the Open Men's 3000m, won by the amazingly gifted, Cameron Myers from NSW in the time of 7:41.11. What a talent is this lad? He is only 18 years of age.

Just to put this time into context, let's take a look at our Club records over 3000m. The top 3 in our All Time Rankings are all international athletes;

1	Darren Wilson	7:50.59	1996	Olympic Park
2	Mal Norwood	7:54.5	1990	Sydney
3	Stephen Austin	7:56.7	1977	Olympic Park

We know how talented Darren, Mal and Steve were in their prime. Cameron Myers is something else again.

Overall, it was good to see Athletics Victoria trying a bit of creativity to promote attendance and the sport in general. It was a great night.

Sponsors

We love our sponsors and the community involvement they bring to our Club. The recent Trivia Night was a good example of their wonderful community support across many business interests in the Ivanhoe district.

We need to continue to support all of our sponsors in recognition of their support of the Club.

Bendigo Bank

Jon Hyatt and his team at East Ivanhoe look forward to meeting any of our members with Investment and/or borrowing requirements.

Bendigo Bank is very competitive with its rates and keen to grow its client base. So don't hesitate to contact Jon at Bendigo Bank, East Ivanhoe Branch to discuss your needs. Always remember to mention that you are a part of Ivanhoe Harriers.



We are delighted to announce the arrival of a new club sponsor, Barr'd Tapas Bar in East Ivanhoe Village.



Barr'd specialise in tapas style meals, provides private functions and is a hive of activity with great food and drink.

The team at Barr'd prides itself on quality service and a relaxed atmosphere.

Address: 240 Lower Heidelberg Rd, Ivanhoe East
Phone: 03 9499 3547

Hours: Tuesday-Thursday: 4.00pm – late.

Friday-Sunday: 3.00pm – late.

Don't hesitate to call in for a snack.

New/Renewed Members

Chloe Thomson

Alan Stone (welcome back Alan, great to see you rejoining)

A blast from the past!! 50 Years ago: Cursus November 1974

(A brief selection of items of interest taken from this old edition in our archives)

Temporary Editor: John Boas *(very funny John)*

Coming events:

Dec 7th 1974 – 7th Round of Interclub at OVT
A Grade at University at 1.00pm

Dec 14th 1974 - Ivanhoe Harriers Christmas Party – OVT

8th Round of Interclub at OVT
Jan 11th 1974 – 9th Round of Interclub at OVT
A Grade at Olympic Park at 1.30pm.

Ian Campbell – Congratulations – All members will have read with pride in their morning newspaper on Friday that Ian has been selected in the Australian team to compete in the New Zealand games at Christchurch in late January 1975. This is a very great honour, we believe that, at 17, Ian is one of the youngest Track and Field athletes ever to represent Australia.

State Records - While on the subject of congratulations, Ian has re-written the junior triple jump record this year.

On the 25th October at OVT in the first round of Interclub, Ian jumped 15.76 metres to smash the Australian and Victorian junior records, previously held by Mick McGrath at 15.63m. Unfortunately, with no wind gauge the record could not be allowed. However, Ian rectified this the following Saturday at Olympic Park jumping a staggering 16.08m.

Last Saturday Ian was joined in the record books by another outstanding young athlete, **Peter Keene**. Many members will have seen Peter in action when he runs the 400m, he has run 51.4 sec this season, but those who study the form will know that Peter also throws things a long way!! This time he threw the javelin 58.52 for a Victorian junior record and Club Under 17 record. Congratulations Peter

(Editor: Peter went on to set a Club Under 19 record at 65.36m)

A Grade does it again!!

Phew, 2 points this time, last Saturday defeating Power House in a close match.

Steve Austin ran a season's best in the 5000m after leading most of the way to turn on a 27 sec last 200m to win by 20m in 14:17.1, about 4 secs faster than the time he ran in the Australian Championship.

Steve was not the only one to do a personal best- **Gary Holliday** did a personal best in the 400 hurdles- 58.6sec. **Tim Erickson** walked 6:40 for the 1500m.

Our 200m runners all ran personal bests, **Ian Campbell** 21.5, **Bryan Humphrey** 21.7, **Ian Rogers** 21.9 and **James Tennant** ran a personal best by 3 secs in the 800m of 1:59.2. **Ian Brookes** ran a personal best in 110m Hurdles- 15.8 secs.

All in all, it was a very good win.

Report on All Schools Championships- Wed 6th Nov 1974.

Somewhere in the arena, an Ivanhoe Harrier is performing- your Editor is trying hard to keep the icy wind at bay, found the night almost as tiring as Interclub. Any time you looked up from your program an Ivanhoe Harrier was performing or about to perform. Never in the Editors memory have club members collected such a haul of medals and personal best performances, we don't think we got everyone's performances so help us fill out the records.

First place:

Ian Campbell- Open 100m 10.8, Open Triple jump 15.44.

Peter Keene- Under 17 Javelin, 54.50.

Second places:

Craig Dunshea- U 13 Discus 24.63,
Frank Jordan- Open 1500m 3:58.6,
Darryl Maher- Open Long jump 6:51,
Frank Dunshea- U 17 Triple jump,
Jason Wood- Under 13 Long jump,
Ian Keegan- U 17 Hammer, 147'6".

Third places:

Darryl Maher- Open Triple jump, 13.05
Ian Bathie- U 17 High jump, 1.75
Con Mylonas- U 17 Hammer, 144'2"
Jason Wood- U 13 Triple jump 10.96, U 13 200m 26.6
Chris Button- U 13 400m 61.7
Geoff Diamond- U 13 Discus 23.40

Plus finalists in their events: Bruce Ackland, Bill Baker, David Newton, Noel Roberts, David Hodgson, Darryl Maher, Michael Wonder, Peter Shaw, Greg Barnett, Frank Dunshea, Andreas Orth.

Editor: an amazing snapshot of our past history, many memories there.

AVSL Competition Dates Remaining

Saturday, 11 th January 2025	Meadowglen
Saturday, 18 th January 2025	Aberfeldie
Saturday, 1 st February 2025	Doncaster
Saturday, 8 th February 2025	Aberfeldie

Cursus Editor: Jeff Franklin

Production: David Burke



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