

Editorial

The Club family is very diverse and well travelled. The Greig family has just returned from adventures in Europe and several others have been visiting in different corners of the world, I think Alex spent some time in Paris. Safe travelling everyone, the world is a very uncertain place at present. This Editor fellow is currently in Queensland (not quite as flash as Paris) on an extended holiday to re-charge the batteries and will return next month.

During my absence, our coaches, Cyril and Bruce have been doing a mighty job. The first Cross Country team has been holding its place in Division 2 and our Women's Division 5 and Men's Division 6 are performing very well (see attached reports).

Our coaching of IGS has ramped up as the school heads toward the AGSV athletics championship. Bruce has completely taken over my former role and is establishing solid relationships with the school athletes. The coaching of IGS students is our most important source of new recruits which has been the case for the past 10 to 12 years. This remains a priority. However, our depth is still a weakness, we certainly need to grow our recruiting going forward. I am hopeful we will see a further influx of students choosing athletics as a summer sport this season.

Round 1 of the athletic season is scheduled for Saturday, 11th of October 2025, so we need to turn our minds and our training towards that date.

Finally, a big thanks to Bendigo Bank for its continued sponsorship of the Club. The support of Manager, Jon Hyatt and his staff at East Ivanhoe Branch is very much appreciated.

Sponsorship

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Competition Results

XCR Round 7 – Lakeside 10km Road

Sunday, 27th July 2025

With the forecast of rain and cold temperatures for the early morning start at Albert Park Lake, it was with great relief and excitement to be greeted with still and cool conditions perfect for distance running. Welcome to Claudia, Juliet and Ben for their first runs with the club. Ben and Juliet as recreational runners and Claudia as dual Little Aths/AV member.

Male Open 10km:

Div 2: Owen Dumsday 30:52; Jamie Blackburn 32:13; Alexander Linke 34:51; Nicholas Dempsey 35:31; Oliver Gualano 36:16; Benjamin Morrison 36:20;

Our men's team was first out on course in the perfect conditions. Owen had a stunning race with a huge PB and the result of some super consistent and big kilometres leading into the race, running sub 31' and finishing 37th. The first 20 athletes went sub 30 in a remarkably quick race.

Jamie ran a good time as he continues to recover from Glandular fever. Another massive PB for Nick as his great form continues. Alex and Ollie returned from their overseas trips with solid runs first up. Ben completed the team with another strong run. With everyone turning up and our team re-establishing fitness we finished 9th on the day. The top 4 teams are very strong.



We slipped one spot with Melbourne Uni moving ahead of us. Collingwood having been on top for a while now being threatened by the strong finishing VCL and Diamond Valley.

Div 6: Brenton Hall 39:30; Peter Castaldo 39:34; Simon Rigoni 46:50; (Ben Cook 40:18; INV)

Only 3 runners, with a late withdrawal due to sickness, did a good job of securing 8th and enough points to stay close to Melbourne Uni at the top. Super runs from Brenton and Peter sub 40' and Simon worked hard all the way to the finish. Ben Cook had his first run for the club joining as a recreational runner and just missing sub 40, well done Ben.



Melbourne Uni have moved clear by 7 points at the top and we have a good gap to Ballarat in what should be a tight finish in the last 3 rounds.

Female Open 10km:

Div 5: Rachel Paterson 42:48; Chloe Thomson 54:43; Fiona Mitchell 57:02; (Juliet Clayton 57:23; INV)

Fantastic performances from our ladies to all run PBs and secure 2nd for the day. Welcome to Juliet Clayton who had her first run wearing the club colours, finishing just behind Fi. Well done Juliet.

The team has a 12 point lead on Williamstown and just needs to keep turning up to win the premiership.

Juniors:

Female 18 (3km):

Kate Bukovsan 12:52

Female 14 (3km):

Claudia Chugg 12:55

Tiny Claudia had her first run for the club also and finished just behind Kate as they both sprinted for the line. Congratulations Claudia on a fine first up run.



XCR Round 8 – Lake Wendouree 15km Road

Sunday, 10th August 2025

And another trip to Ballarat for an early start with the road closure. It was icy cold on the drive up and on arrival it was a beautiful sunny day and almost warm. I'm thinking they should have called this season the Ballarat XCR series...

Female 18 (6km):

Kate Bukovsan 27:01

The short junior race was first away and Kate had her new shoes on had a great run accordingly with a fast finish. Well done Kate.

Male Open (15km):

Div 2: Owen Dumsday 50:23; David Greig 51:43; Alexander Linke 54:27; Benjamin Morrison 55:32; Nicholas Dempsey 56:51; Peter Castaldo 1:01:11;

Both men and women were away together today. Our Div 2 team all had good races with tempo running for first part and solid finishes. Lots of good race pacing execution. Davo ran a fantastic race returning from overseas and also illness this week. Peter had a superb run just outside the hour, stepping up to Div 2 as the 6th finisher.

We hold 6th spot and it will be difficult to catch Melb. Uni these last 2 rounds. We should be able to hold off APS. Vic Cross Country have gone to the top, jumping past Collingwood, with Diamond Valley continuing to close in a late surge from them.

Men's Division 2

		Pts by Round								Total
		8	9	10	13	12	13	15	15	
1	Vic Cross Country	8	9	10	13	12	13	15	15	95
2	Collingwood	11	11	13	8	15	10	12	10	90
3	South Melbourne	12	15	12	9	9	11	9	12	89
4	Diamond Valley	4	8	5	12	13	15	13	13	83
5	Melbourne Uni 2	9	12	4	11	8	12	11	11	78
6	Ivanhoe	13	13	6	10	5	9	6	6	68
7	APS United	15	7	15	4	1	7	2	8	59
8	Frankston	2	1	11	15	11	1	10	4	55
9	Yarra Ranges	10	10	9	6	4	4	4	7	54
10	Box Hill 2	7	6	8	7	7	6	8	2	51
11	Mornington	5	3	7	1	10	3	5	9	43
12	Glenhuntly 2	3	4	3	3	6	8	7	1	35
13	Richmond	6	5	2	5	3	5	3	5	34
14	Doncaster	1	2	1	2	2	2	1	3	14

Div 6: Brenton Hall 1:01:49; Harley Mileto 1:04:23;
Simon Rigoni 1:12:43;

Late sickness left us with only 3 runners again for Div 6 and with good runs from the team managed to secure enough points with a 4th place finish.

We jumped back to the top with a 7 point lead over Melbourne Uni and 9 to Ballarat. Ballarat have been very good, winning the last 3 rounds, and continue to close the gap to us.

A good result at Burnley is important to have enough points for the Tan relays which will be tough.

Men's Division 6

		Pts by Round								Total
		18	14	16	15	13	14	10	14	
1	Ivanhoe 2	18	14	16	15	13	14	10	14	114
2	Melbourne Uni 5	16	13	10	18	18	16	16	-	107
3	Ballarat Region 3	12	-	15	13	11	18	18	18	105
4	Western Athletics 4	14	18	12	9	12	-	12	16	93
5	North East Region 2	10	12	18	5	16	-	14	15	90
6	Keilor St Bernards 2	15	16	-	7	-	15	13	13	79
7	Maccabi 2	11	11	14	14	14	-	8	-	72
8	Mentone 4	-	-	13	12	15	-	11	-	51
9	Geelong Region 3	-	-	8	16	10	-	15	-	49
10	Sandringham 3	13	15	9	4	-	-	6	-	47
11	Essendon 3	9	-	-	6	-	-	7	-	22
12	Doncaster 2	-	-	-	10	-	-	9	-	19
13	Richmond 3	-	-	7	11	-	-	-	-	18
14	Glenhuntly 4	-	-	-	8	9	-	-	-	17
15	Mornington 3	-	-	11	-	-	-	-	-	11

Female Open (15km)

Div 5: Rachel Paterson 1:06:51; Chloe Thomson 1:24:38; Fiona Mitchell 1:29:07;

Our female team continues to keep delivering with another easy win being the only full team, our 4th win of the season. Well done to Rachel, Fi and Chloe who just keep turning up. Rachel looks in great form and ready for the ½ at Burnley.

With no points to Williamstown the premiership is won if the team continue to score any points in the last 2 rounds.

Women's Division 5

		Pts by Round								Total
		12	12	9	9	10	12	10	12	
1	Ivanhoe	12	12	9	9	10	12	10	12	86
2	Williamstown	10	9	12	12	-	10	9	-	62
3	Malvern 2	-	-	8	-	7	-	12	10	37
4	Wellington	-	-	7	-	9	9	8	-	33
5	Western Athletics 4	-	-	5	7	8	-	5	-	25
6	Bendigo Region 3	-	10	-	3	-	8	-	-	21
7	Box Hill 3	-	-	3	8	-	-	-	9	20
8	Melbourne Uni 3	9	-	10	-	-	-	-	-	19
9	Ivanhoe 2	8	-	6	-	4	-	-	-	18
10	Sandringham 3	-	-	-	10	-	-	7	-	17
11	Yarra Ranges 3	-	-	4	-	12	-	-	-	16
12	Diamond Valley 3	-	-	-	4	5	-	-	-	9
13	Coburg 2	-	-	-	-	6	-	-	-	6
13	Glenhuntly 4	-	-	-	6	-	-	-	-	6
13	South Coast	-	-	-	-	-	-	6	-	6
16	Western Athletics 5	-	-	-	5	-	-	-	-	5
17	Essendon 3	-	-	-	-	3	-	-	-	3
18	Sandringham 4	-	-	-	2	-	-	-	-	2
18	Traralgon 3	-	-	2	-	-	-	-	-	2
20	APS United 2	-	-	-	1	-	-	-	-	1



Remaining XCR Rounds

Date	Round	Location	Type
Sun, 7 Sep	9	Burnley	Half Marathon
Sat, 20 Sep	10	Tan Track, Kings Domain	Tan Relays

National Cross Country Championships

Saturday, 23rd August 2025

It was another stunning Ballarat day for the Australian Athletics Cross Country Championships on August 23, 2025.

The course in Victoria Park had been tested by a number of Ivanhoe Harriers as part of the Athletics Victoria Cross Country Championships in July. Despite having an almost flat profile, the various obstacles, twists and turns were a real challenge for competitors. For the Nationals, however, there were two large mud pits installed, which served to sap the strength of competitors and cause many slips and spills.

After two exciting Open races, it was time for the day's main event, as far as the Harriers were concerned. Leonardo Donarelli went in the Boys Under 15 4km event, racing two laps of the 2km loop. Leonardo has had a tough last year, with an arduous recovery from injury keeping him from his best in the summer. At the Nationals in Tasmania in 2024, Leonardo battled to 24th position, so hopes were high for an improved placing and maybe even a Top 10 finish.

After the requisite frenetic start, two athletes broke away from a chase pack of 8-10 runners. Leonardo had settled well into the back of the chase pack, but late in the first lap made a bold move to strike out after the leaders. With a mile to go, he had broken up the chase group and with the eventual winner, fellow Victorian Oscar Woodhouse, had given himself a chance to medal.

Leonardo's gallant efforts in the middle of the race, and toughness over the last kilometre, saw him holding on for a fabulous 4th place finish, just 9 seconds from a tightly packed podium. It was a super result for a young talent who has been patient in his rebuild.

GSV Athletic Sports

Good to see our girls doing very well in inter school competition. Carla, Elizabeth, Kate and Natalie competed with distinction in a number of events as follows:

Carla:

- Year 8 - Long Jump - 2nd place with a distance of 4.47m (PB)
- Year 8A - 200m - 3rd place, 29.38s (also a PB)
- Year 7-8C - 1500m - 4th place, 5:55.98

Elizabeth:

- Year 7 Triple Jump - 1st place with a distance of 8.77m
- Year 7C - 100m - not placed, but a PB of 15.37s
- Year 7B - 80m Hurdles - not placed, 21.18s (first time competing in hurdles)

Kate:

- Year 11A - 100m - 3rd place with 14.73s
- Year 11A - 400m - 1:07.85
- Year 11A - 200m - 5th place with 29.95s

Natalie:

- Year 12A - Triple Jump - 5th place at 8.68m
- Year 12B - 100m - 15.25s
- Year 12B - 200m - 31.99
- Year 12A - Long Jump - 5th place at 4.19m

Well done girls.

Memoirs of John Boas an Olympic Coach and Life Member

Very interesting to read the first part of JB's memoirs. He certainly is a wealth of knowledge regarding Track & Field and is a fantastic asset for Ivanhoe Harriers. John virtually grew up through that golden era of middle and long distance running that saw the global race to the first 4 minute mile. A very exciting time. In regard to Percy Cerutti, I thought it very ironic that the disciple of "no pain no gain" should succumb to Motor Neuron disease in 1975 at the age of 80. Looking forward to part 2.

Bruce Meakin.

(Part 2) The start of the Ivanhoe Harriers horizontal jumps story (1972 - 1984)

I arrived back in Melbourne in mid- November 1972, having spent the previous 4 years doing post-doctoral research in England. (I'd finished my Ph.D. thesis the last Saturday in September 1968, before stepping onto a plane to go to England via Peru, Bolivia, the Mexico Olympics and the USA). I'd kept in touch with the progress of Ivanhoe Harriers (through Cursus, thanks to Mike Hennessy, Chris Cole and others) while I'd been away, so on the Friday before my first weekend back home, arranged for Chris Cole to come and pick me up to take me out to Interclub (the predecessor of AVSL) at our recently established home base on the site of the training track for the 1956 Olympic Village at West Heidelberg.

Chris had been the driving force behind the regeneration of the OVT and escorted me around the new clay- scoria track (pre synthetics- the fastest track in Australia), a new

pavilion with a canteen, change rooms, meeting and store rooms, and most impressive, an up-to-date weight training room, well ahead of anything I'd encountered at any of the English Universities I'd visited. When Chris finished his guided tour, Andrew Young, whom I remembered as a 14-years old 880 yards runner in our Under 15 team in the 1967-68 season, approached me...

"Hello John. Welcome back. Are you still interested in coaching?" I was somewhat taken aback and explained that I was only 3 days off the plane (after a crazy trip from England via Groningen (in Holland to finalise a paper), Teheran and then Shiraz in Iran to visit one of my former colleagues from my PhD days at Monash. (This wasn't a wine tasting trip, the local product was not great and alcohol consumption somewhat frowned upon— even in the days of His Imperial Majesty the Shah of Iran and before the Islamic Revolution took the country back 1500 years.) I remember saying to Andy that I needed to get myself sorted, restart my research career (I'd landed yet another post-doc at Monash) and critically, get a car. After a couple of weeks I'd got myself sorted, got a car (the red rocket – a Toyota Corolla) and went out again to OVT. Andy approached me again and I agreed to come out to OVT and have a chat. He brought along David Bartlett, also a 400 m runner with Ivanhoe and we started training on the OVT on Tuesdays and Thursdays. After a couple of weeks, Dave brought along a mate of his, who had been a triple jumper but had got injured and switched to 400s with the intention of moving up to the 800. This was Colin Campbell and when we started winter training in about May 1973, Colin brought along his younger brother, a very skinny just 16 year old who wanted to be a triple jumper. That was Ian Campbell, who was already showing promise of being something very special.

So we started training together (me included), following some of the ideas I'd picked up in England. When we ran 600s, Ian ran 300s and when we ran 300s, Ian ran 150s. After a few weeks Ian pulled me aside and said something like "I'm really enjoying the training, but I want to be a triple jumper. Can you give me a training program for triple jump?" I protested that I didn't know anything about triple jump – not entirely true – but I didn't want to be side-tracked from the 400/800. Ian repeated his request a couple of weeks later and I asked him "Isn't there anyone else you can ask for help with your triple jump?" Ian's response was "Well, maybe there is, but I want you to coach me". Eventually I gave in and did what every scientist does (or should do) when confronted by a new problem – read the literature. In the UK athletics coaching magazine (Athletics Coach) I came across an article (translated from the Russian) by the coach of Valeriy Borzov, the Soviet Union (actually Ukrainian) sprinter who had shocked the USA sprinters by winning the 100/200 double at the Munich Olympics the year before.

This detailed the multiple jump/bounding training Borzov had done. My thinking was that this looked like the sort of training that might be useful for a triple jumper. I reasoned that since a triple jumper needed to be fast, so it couldn't do any harm! So I started Ian off doing a mixture of 150s, bounding and work in the gym. (The origin of the gym

program is a story for another time, thanks to Tom Hancock who had set up the gym at OVT).

When the 1973/74 season opened, Ian showed significant improvement in school competitions in both the triple jump and over 100. By the end of the season, he had improved his triple jump to somewhere around 15.30m, which broke the Victorian record and his 100m time to 10.7 seconds (hand timed). During the season Ian was approached by Grant Sargent, also a long/and triple jumper whom Ian jumped against in the Northern Zone High Schools competition. So Grant joined my emerging horizontal jumps group, even though he belonged to Collinwood (and still does!). At the trials for the under 17 Shell East Coast meet Ian won both the 100 and the triple jump. Second and also making the team in the TJ was Darryl Maher, who belonged to Ivanhoe but didn't have a coach. I approached Darryl about joining in with Ian and Grant and so the JB jumps squad began. The 3 of them began training together, particularly on Sunday mornings during the 1974 winter on the Tartan synthetic runway at the Olympic Village track. Because the only other synthetic surface in Victoria was that at Olympic Park, the Sunday morning sessions attracted attention from other horizontal jumps athletes and coaches and word soon spread that we were doing exercises and training loads quite different to anyone else in Victoria and across most of the rest of Australia. Some other coaches thought I was mad and would destroy Ian, but we all watched the workloads very carefully and had a "tame" physio who lived across the street from Ian. I got my training ideas from the British Athletics instruction book on triple jump and also from access through Paul Jenes (then, as now, the AA statistician) to the (West) German athletics magazine (Leichtathletik) and the Russian Lekaya Atletika. A major influence on my programming ideas were the articles on program planning and "Periodising the Athlete's Year", written by Frank Dick (the UK athletics Head Coach from about 1975 through to the mid-1990s). Some other Australian coaches thought that Periodisation was "pseudo-Marxist gobbledegook" but when I and my associates in the Monash University Athletics lunchtime club went through the results of Australian athletes in recent international competitions, the reasons for our failures became obvious. In 1981 (the late) Norm Osborne and I wrote two articles for the Australian magazine "Modern Athlete and Coach" that are (in my opinion at any rate) the recipe for success by Australian athletes in international competition.

When the 1974-75 season opened, the first missile into the coaching establishment was launched by Ian Campbell, who ran a 10.3 100m in the Northern Zone High Schools finals. The word that Ian, a 17-year-old and only a triple jumper-had run a 10.3 100m on a clay/scoria track deep in the Northern Suburbs spread like wildfire, perhaps somewhat akin to the sensation caused by Gout Gout (more correctly, perhaps Guot Guot) in the last 12 months. The next Saturday was the first round of Interclub (the predecessor of AVSL) at the Olympic Village track, our home track, Ivanhoe v the hated Box Hill. It was Ian's first appearance in the Ivanhoe colours – he had moved across from (I think) Camberwell- YMCA to compete in A Grade competition.

Box Hill's number 1 sprinter was Australian champion and Commonwealth Games representative Graeme Haskell, who tried all the tricks to try to put Ian off. They didn't work. When the gun went, Ian got a rocket-like start and was 1 metre up on Haskell at the 10-metre mark. Ian was 3 metres up at 30 metres and the same at 60m. Haskell drew level by 90 metres and won by about 1 metre, yelling out as he crossed the line "Back to the weightroom, kid". The crowd erupted into a chorus of boos – Ivanhoe had over 200 members, most of whom were on the fence. If it had been a soccer match, there would have been a track invasion and a riot. We managed to get Ian off the track and into the weightroom to prepare for his triple jump. Competing for Box Hill in the TJ were Don and David Commons – Don was a Commonwealth Games TJ representative and David had won the Australian under 19 TJ the previous year. Ian was still seething from Haskell's comment and all he could see when he walked onto the runway were the Whitehorse emblems on the Commons' brothers' singlets. Ian walked past them and shook his fist in Don's face. Don didn't know what had come over Ian – they had all been friendly up to that point. But this was now war...provoked by Haskell. When the competition started, Ian was still "hopping mad" and bounced out to a jump of 15.75m, which destroyed the Australian junior (Under 19) record of 15.63m set some 10 years earlier by Mick McGrath (1972 Olympian and dual Commonwealth Games TJ representative). But there was no wind gauge in operation, so the record could not be recognised. Ian solved the problem a week later, at the Victorian All High Schools Athletics finals at Olympic Park. He not only got the officials to provide and operate a wind gauge but also allowed him to jump from the 13 m board. His first jump was a monster, 16.08m, breaking the Australian Junior record by 45 cm. The officials were stunned and it was fortunate that the AV chief technical official was operating the wind gauge and gave Ian's jump the "all clear". Ian later won the 100m, but his triple jump performance hit the headlines on the sports pages of the Melbourne evening newspaper, "The Herald". The local triple jumpers and their coaches (none of whom were actually at the track) couldn't believe it and cast doubts on the legitimacy of Ian's performance. It got to the point where another athlete, backed by his club, wrote to the predecessor of Athletics Victoria, requesting that the record be disallowed and the matter be investigated. I was the Ivanhoe delegate at the meeting where this was discussed. Things got somewhat heated, but the VAAA officials stuck to their guns and Ian's record was ratified. But the uproar didn't end there.

In the gap between the All-Highs and his selection for New Zealand was the 1974 Victorian All Schools. As I recall it, Ian won the under19 TJ very comfortably distance-wise, but not without another argument with the officials who wanted him to jump from the 11 metre board, like all the others in the event. Ian nearly stepped into the pit on his first jump, stepped into it on his 2nd, didn't take his 3rd jump and then walked off to concentrate on the 100. He didn't come back to where the Ivanhoe jumpers were sitting, near the pit, for quite some time. I thought he'd been called up by the officials for a please explain about his

performance in the TJ. However, when he came back to where we were sitting, he said something like "I've been talking to the father of one of the young kids who competed in the under16 triple jump earlier tonight. Wanted to know where we train and whether the kid could join us." I said "No problem. 11am Sunday morning at OVT." (Olympic Village Track).

I got to the track just before 11. Ian, Grant and Darryl were already there – stretching both muscles and mouths. A couple of minutes later, proud father walks up to us with this skinny, little kid with very long fair hair in tow. My (unspoken) reaction was "Am I now running a nursery?" But the little kid joined in the warmup (jogging, stretching, run throughs) before they all headed to the jumps runway to do some bounding drills and then technique jumping. The key drills were 4 hops and jump, 2 hops+2 steps+ jump from a 1 step run-up. Darryl and Grant were very good at these – but Ian was off the charts. Then it was the little kid's turn. Bounce, bounce, bounce, bounce and jump – like a rubber ball. We all thought "what have we got here!?" To be continued below, but in the meantime, back to the Ian Campbell story.

About 3 weeks later I was woken at 7 am by a call from Ian. "John, it's Ian. Have you seen the paper?"

"No, what's up?"

"I'm in the team"

"You mean the Victorian schools team?"

"No, THE AUSTRALIAN SENIOR team for the New Zealand Games!!!"

Ian had been chosen as the only triple jumper ahead of the 3 senior athletes who had gone to the 1974

Commonwealth Games in Christchurch in January 1974. They had all under-performed and it emerged that the Australian selectors had decided it was time for new faces. Ian, at 17, was the youngest Australian male athlete ever selected to represent Australia. But the uproar from most of the jumps establishment about his selection relegated the fuss over Ian's record to a minor skirmish. The media even managed to track me down to the depths of the Research Labs in the School of Physics at Monash! As well as an exposition on the role of the hop in triple jump, I could have given them a similar one on the role of the cobalt-radical complex in Vitamin B12r. The paper eventually made it to J. Phys Chem?, the one on the role of the hop has never been published.

To cut even shorter, a very long story that's essentially Ian's to tell, he performed above all expectations in his first international competition, finishing 2nd with 16.05 m to the 1968 and 1972 Olympic champion and world record holder Viktor Saneyev of the USSR and ahead of one of the top European TJers and the top USA jumper. As Ian said to me when he called after the competition "that should shut a few mouths!" It did!

But back to the little kid with freakish ping who did the work and became a valued member of the group. When it came to the Victorian Championships in February 1975, he competed in the under 16 triple jump. The event was

conducted into a strong headwind – disadvantageous conditions for one so small and slight. Nevertheless, he led after 3 rounds with a PB. But then the bigger and stronger 15-year-olds took over and he found himself being shunted out of the medals by the time it came to his 6th and final jump – the last jump of the competition. But he wasn't done yet – charged the board then a hop, a step and a jump. And he's done another PB (13.28m) and he's WON! On the presentation dais, he's on the top step and the kids who were 2nd and 3rd are looking down at him, wondering how they had let themselves get beaten by this skinny little kid.

Fast forward nearly 10 years, to 6th August 1984. Los Angeles Olympic Games. Victory Ceremony, Men's Long Jump. And Gary Honey, the once little kid, is on a presentation dais once more, with an Olympic Silver Medal around his neck. And it's come with a PB on his 6th and final jump, having done a PB (8.18m) in round 3 to move into 2nd place behind Carl Lewis only to lose that 2nd spot to Giovanni Evangelisti (Italy) who jumped 8.24 m in the 1st jump of the final round. Gary was the next jumper – and did it again – 8.24m and another PB to claim the silver medal on the countback.

John Boas

Committee Resignation

We regret to advise that Life Member, James Lynch, has taken a footy coaching role in Darwin and has accordingly resigned from Committee. James has donated his time as a Committee member and coach of the juniors for many years. We wish him well on his new adventure up north.

Cursus Editor: Jeff Franklin

Production: David Burke

