

Dr Brian Hodgson

It was with much sadness that the club noted the passing of life member Brian Hodgson this week.

Brian first became involved with the Ivanhoe Harriers athletic club in 1972 as a coach at the time his sons Martin and David joined the club (another son Nicholas joined in 1975).

Brian was an accredited coach with AAA in Great Britain and subsequently obtained the status of Level 3 (now level 5) within Australia.

From 1972 Brian not only coached sprint athletes from Ivanhoe Harriers but from any club; and despite his qualifications was prepared to coach all athletes irrespective of ability. He coached at many locations; on Sunday mornings his group could be seen running around the surrounds of Warringal Park and Banyule Flats. Athletes Brian coached had great success at Victorian and Australian Championships. Athletes from the club he coached included:

- Peter Crane
- David Hodgson
- Braden Fraser
- James Lynch
- Ian Rogers

At club level Brian served on the general committee of the club from 1973 to 1994. During that period Brian represented Ivanhoe Harriers as a delegate at Athletics Victoria (at that time VAAA) for many years. It was through this representation that Brian commenced an active role within Athletics Victoria.

Brian went on to hold the position of President with Athletics Victoria for @ 5 years at a difficult time in the Association's history and was made a life member of the association @ 1992.

Brian was also chief marshal/track referee at major athletic championships including the Sydney Olympic Games in 2000; an official at "grass root" competitions for both cross country and track and field; yet still managed to officiate for the club in this capacity for many years.

On a personal note Brian was one of the first people I met when I joined the club in 1974. My high jump coach didn't arrive one Sunday morning at the old OVT track and Brian seeing me at a loose end invited me to train with his squad which included his sons Martin and David; his daughter Julia; Ian Rogers and a few other club members of the time. Boy did I get a workout!

I subsequently trained with Brian and his squad in the early to mid 80's – meeting James Lynch for the first time; and then again @1990 where I trained alongside a very talented junior named Braden Fraser.

Later still Brian coached my daughter Kate and son John in the early 00's

Brian made a significant contribution to athletics in Australia and he will be sadly missed.

Andrew Edney

PRESIDENT'S MESSAGE

At the time of production of this edition of Cursus the summer Track and Field season has commenced with four rounds completed and one round washed out. Competition results are promising and I am confident that our new group of juniors will perform very well this year. There is a broad mix of talent from Under 14, Under 16 and Under 18 age groupings, which bodes well for the future.

The growth of the Club naturally flows through the ranks from junior to senior levels and I am delighted with the enthusiasm and performances to date which has seen many PB's achieved. Congratulations to all of our newer members.

Our group of younger members has grown strongly this year, largely through our rapidly expanding training group at Chelsworth Park in East Ivanhoe. This group of mostly middle distance runners, now comprises about 15 athletes across all age groups with most coming through the Ivanhoe Grammar School connection. Training on the grass surface has been very impressive to date as the volume and intensity has gradually increased. The group now has a few weeks of training under the belt and I am confident we will see many more PB's in the weeks and months ahead.

New members since last Edition of Cursus are as follows:

Stella Ajani, is a very fit 19 year old keen to maintain her fitness for the skiing season. Stella is the older sister of Louis who is working at improving his 400 and 800 times.

David Greig, the 15 year old son of Barry, a member of our Team of the Century, is very keen to emulate his Dad's performances.....maybe he might even beat some of Barry's times!!!

Andre Pinto, is a young sprinter from Ivanhoe Grammar who is showing a great deal of promise over 100m.

Antony Willison, a 17 year old from Ivanhoe Grammar who is keen to get his 400m times into the low 50's. In his first outing for the Club he ran a very nice 0.58sec which was a great start to his programme.

Ethan Hunt is a 16 year old from Ivanhoe Grammar. Ethan is keen to improve his performances over 400 and 800 also with the view to improve his fitness for football next year.

A very warm welcome to the Club and we hope all of the new members enjoy the experience and achieve their aims. I encourage all of our existing Club Family to make our new members very welcome.

SPONSORS

You will recall that in our last edition of Cursus we advised that FOODWORKS supermarket at 220 Lower Heidelberg Road, East Ivanhoe has come on board. For every \$ spent by Ivanhoe Harriers supporters, we receive a one cent credit.

Every time you shop at Foodworks just remind the check-out staff that the "points" are for Ivanhoe Harriers.

It is up to us to spread the word amongst our Club Family to shop at Ivanhoe East Foodworks and crank up points for Ivanhoe Harriers. This is particularly relevant for shoppers who live in the area.

This Foodworks business is a great business and as previously mentioned, they employ a chef several days a week to prepare yummy "take home" meals for the busy family. Their fresh produce is second to none and they also run a great deli with quality meats, cheeses and other delicious items prepared by their in-house chef. My family shop here and can vouch for the quality and variety of chef prepared meals. They also carry a wide and unusual array of wines in their liquor shop.

Please encourage everyone in the Club to spread the word within your family to shop at this great business. Not only good food but 1% of your purchase will go towards helping the Club.



FUND RAISING BUNNINGS BBQ- 5th FEB 2017

Running the Club is not an easy business. Our major cost is our rental to Council each month to retain Willinda Park for training purposes on Mondays and Wednesdays. Many of you would be surprised to know that our annual cost for this asset is \$3,000.00 pa.

Apart from sponsors, our major fundraiser this year is our Bunnings BBQ to be held on 5th February 2017.

Please note your diaries, we will need plenty of volunteers to make the day "light work" for the Committee.

More detail on this important fund-raiser will follow in the next month or so.

SECURITY AT WILLINDA PARK

There have been instances recently where people using the track and/or weight room have failed to lock up, lock gates and turn off lights.

The last person out is responsible.

Please ensure that all members using the facility carefully ensure that everything is locked and alarmed and lights are off before leaving.

COMPETITION RESULTS

Legend of the Club, Tom Hancock, has once again achieved a fantastic performance in international competition. Competing in the World Masters Championships in Perth from 26th October to 6th November, Tom competed in the men's 80-84 age group.



Tom showing one of his World Masters 2016 Silver medals.

His excellent results as follows:

Hammer (3kg)	39.61m	2 nd place
Javelin (400g)	32.88m	2 nd place
Discus (1kg)	31.88m	2 nd place
Shot Put (3kg)	11.66m	2 nd place
Weight Throw(5.45kg)	14.97m	3 rd place
Throws Pentathlon	4741points	2 nd place
High Jump	1.22m	2 nd place

Throws Pentathlon Results

Hammer	38.51m	1041points
Shot Put	11.44m	927 points
Discus	32.27m	934 points
Javelin	30.31m	791 points
Weight Throw	15.67m	1048 points
Total Points		4741

In addition, during AV Shield on 29th October Tom threw an Australian 80+ Record in 1kg discus with a throw of 33.63m.

Congratulations to Tom for his great achievements over many years.

Victorian All-Schools Championships

We have an exceptional young talent in our ranks, Rhys Rigoni.

Rhys competed in the All-Schools with 3 very good performances.

Pole Vault	3.50m	2 nd
Javelin	38.00m	2 nd
Discus	44.31m	4 th

As a result Rhys will be off to Canberra in a few weeks to compete in the All-Schools Nationals. Well done Rhys, keep up the great work.

Summer Track & Field

We are really pleased to see PB's being achieved at this early stage of the season.

A selection of early season PB's from our new members as follows:

Antony Willison (U18) ran a smart 0.58.31 for his first 400m.

Louis Ajani (U18) ran a 5.09 1500 in his first outing and his older sister ran a very well controlled 5.16. The big PB's to date were a

4.52 from Thomas Langdon (U16) and a great 5.19 from Freya Henriksen (U14) which was a slashing run.

Well done to everyone, keep up the good work.



David Greig & Thomas Langdon in the 800m – Round 1



Phil Carydis with half a lap to go in the 800m – Round 1



Freya Henriksen running an 800m at Doncaster

OUR NEW SPRAY-JACKET

As mentioned in our last Edition, our new jackets are available at the very reasonable price of \$65.00 each for a quality item. The jackets have been in demand over the cross country season. They are well made, are lightweight and brilliantly show off the Club insignia for all to see. It is also great publicity for the Club with many people commenting on the jackets around the streets of Ivanhoe. Come on....all those older ex athletes and team mates of mine, put your hand in your pocket, buy a jacket and wear your old Club colours with pride.



Contact Jeff Franklin for sizes and fitting.
0419 499 711