

News and Views

Since our last Edition of Cursus the cross country season has been flourishing with events held at Bundoora on 16th June 2018, the Sandown Road Relays on 7th July 2018, the Albert Park 10km on 22nd July 2018 and the 15km road race at Ballarat on 4th August 2018. Unfortunately I was overseas during this period and missed some of my favourite sporting events. John David's report follows later in this edition.

While the Athletics Victoria program has produced some fine performances, the AGSV, inter-school program should also be mentioned. Thomas Langdon, David Greig, Josh Philip, Cooper Rush and Louis Ajani have all competed in this competition to a high standard. In particular, Thomas Langdon won the AGSV award for the leading points scorer, across all schools for year 10 students... well done Thomas. In addition, David Greig, was selected in the AGSV Representative Team to compete against the APS Schools which is also a fantastic honour.



A very happy Thomas Langdon after receiving his award at the final race at Yarra Bend

Training has been well attended at Chelsworth during the winter months with James Lynch holding the fort during my absence. The Club will, once again, assist

the Grammar School with coaching over the next 5-6 weeks as the focus turns to AGSV athletics with the finals being held on 12th September 2018. We are hopeful that our input and effort will continue to reward us with new members for the summer track season.

Jeff Franklin

New Members

So far this winter our new members have added a great deal of strength to the Club and its performance on and off the track.

Monty Frankish and Vince Mancuso have added vitality to our training. Gianni Mancuso and Claude Aquino have been great acquisitions to our cross country performance and it is great to welcome back Chris Struve, rejoining after a period of injury. Our cross country team is growing thanks to the influence of Chris Branigan at IGS, our winter numbers are the best for years.

In addition, we welcome a new member from year 12 at IGS, Alberto Cocchis. Alberto has been training with us for a few months now and shows a great deal of promise as a middle distance runner. Please welcome Alberto to the Club.



Alberto Cocchis in action



*Rear, from Left: Calum Rothnie, Finn Abbott, Kip Abbott, Thomas Heap, Hamish Morrison, Cooper Rush, Josh Philip, Thomas Langdon, Alberto Cocchis, Ben Brunton.
Front: Gus Crawford, Angus Duske, Francesco Basile, Amelie Gilchrist, Tom Graham, Alexander Linke, and Luke Malara.*

The photo above shows the Ivanhoe Grammar School cross country team at the last race of the winter season at Yarra Bend. The teacher in charge is Neil Holden on the right and your old team coach is on the left.

We have put in a huge amount of time and energy into cross country this winter, the students are a wonderful group to work with and of course they represent many of our future members.

Training Program

As with last season, the training assistance for Ivanhoe Grammar School includes a few Saturday mornings at various tracks from 9.00am until 11.00am. The Collingwood track is currently not available and Willinda Park is expected to close sometime in September. At the time of writing, School bookings for Saturday mornings are as follows:

Saturday morning, 11th August 2018 Willinda Park
Saturday morning, 18th August 2018 Willinda Park
Saturday morning, 25th August 2018 Doncaster

Assistance from any available coaches, particularly jumps and hurdles, would be appreciated. Please notify Jeff Franklin on 0419 499711 if you are able to assist.

Athletics Victoria

On Wednesday 25th July I attended the Athletics Victoria AGM as our official representative.

The meeting was well supported with the Annual Report tabled for approval. Of concern, AV reported a trading loss for the year of \$117,000.00 with costs rising about 8% and revenues falling about 10%. Obviously these numbers are showing a dangerous trend and are not helpful in encouraging growth in athletics. In fact the attitude of AV seems to be focussed on reduction of venues with concerns expressed that lack of Officials limits the scope of the sport. In my humble opinion, I believe the sport needs to expand its footprint with many venues available for use, not contract exposure, which is happening right now.

Ivanhoe Harriers remains one of the smallest Clubs with 34 members at March 2018. Other clubs with similar numbers include Richmond Harriers (45), Whittlesea (21), Dandenong (27), and Preston (41). The biggest Clubs are, not surprisingly Essendon (256), Box Hill (251), and Glenhuntly (264), all of whom have their own track in their own geographic locality. You can see that we still have lots of work to do to continue to grow.

Of interest, we were one of only 5% of Clubs that maintained its membership numbers. A very large % of Clubs went backwards with 23% losing up to 10% of their membership.

Jeff Franklin

Fundraising at Fairfield Grill'd



Ivanhoe Harriers have been selected to participate in Local Matters at Grill'd Fairfield this August!

What does this mean? It means that if you buy a burger at Grill'd Fairfield in August and put your Local Matters token in our jar; at the end of the month Ivanhoe Harriers will be rewarded with a \$300 or \$100 gift depending on whether or not our jar receives the most tokens.

Each month the Grill'd community donation program sees each Grill'd restaurant donate \$500 back into the community. The donation is split between 3 local community groups \$300 / \$100 / \$100.

We would love your support in receiving the highest \$300 donation!

You can find our Local Matters jar at Grill'd Fairfield, 126 Station Street, Fairfield. Thanks for your continual support!

Mike Carter

Chris Cole sent a note that one of our great older members, Mike Carter, is going through a tough program of chemotherapy at the moment. Mike was unfortunately diagnosed with bladder cancer and the treatment is quite arduous.

The Carter family were the first, third generation members of the Club. Mike's father Harold competed for the Club in the 30's, Mike and his brother Peter in 60's and Mike's son Roger in late 70's early 80's.

Andrew Edney believes it was Peter Carter who named our famous newsletter "Cursus" and Mike was co-writer of the first edition.

We wish Mike all the best with his treatment and recovery. Mike is as "tough as old boots" and his contribution to the Ivanhoe Harriers was exceptional.

Should any of his old mates wish to contact Mike, please do so.

His address is 4 Astley Street. Montmorency Vic 3094
Email: mcicartlaw@mcarter.com.au

Officials

One of the big issues facing our sport, particularly summer track and field, is the shortage of officials.

Athletics Victoria has been contracting for some time and the major reason put forward is lack of officials.

In the past our Club was a significant contributor to running the athletics program, I think of the magnificent contributions made by Dr. Brian Hodgson, Peter Bethell and Lew Hall over the years and many, many others. However, with the reduction of our numbers over recent years our ability to call on a wide group of family and friends has diminished.

Cursus strives to keep in touch with our former members with our circulation list now about 320 families. We work hard to get this publication out to you. We would love to hear from some of you who enjoy staying in touch via Cursus. Helping out as an Official can be an enjoyable social experience and can be a great contribution to the Club, even on a part time or occasional basis.

I invite you to have a look at Athletics Victoria website, free seminars are available for all levels of experience or alternatively call Athletics Victoria on: 8646 4513 and ask for Andrea Hallett.

Jeff Franklin

Cross Country Report

Round 4 - Bundoora 10km - 16/6/2018

We had some of our Ivanhoe Harriers junior members running in the All Schools Cross Country event at Bundoora competing in the combined U/18 and U/17 Junior boys 6km race.

Thomas Langdon and Josh Phillips competed in the U17's category with David Greig and Cooper Rush in the U18's category. There were a total of 175 runners all up with 104 runners U17 and 71 runners U18.

Conditions were a cool 12°C with the usual blustery cold wind making it feel more like 5°C. The course was however reasonable dry, soft with some mud patches but not the typical mud heap.

Overall the boys ran well in tough conditions. Well done for getting out and running today.

Results:

David Greig, 21m 00secs, placing 42nd overall and 26th in the U18 category.

David ran for Trinity Grammar which he was part of the 4 member team that finishing 2nd in the U18 team category.



David after being presented with his team medal

Thomas Langdon, 21m 09 secs, placing 49th overall and 22st in the U17 category. Unfortunately Tom experienced a stitch during the run but kept going to finish the race.

Josh Phillip, 22m 57 secs, placing 86th overall and 44th in the U17 category. Big run by Josh despite recent sickness. It would have to be his best run for the season to date.

Cooper Rush, 25m 37 secs, placing 135th overall and 54th in the U18 category.

Not feeling the best today, Cooper pushed through and completed the run. Solid effort.



Claude (above) and Chris (below)



Our Division 5 Men competed in the 10km race and came 9th out of 11 participating teams.

Results were:

Vincent Mancuso:	38:36
Claude Aquino:	43:46
Chris Struve:	52:52
John David:	56:30

Round 5 - Sandown Relays - 7/7/2018

We had 3 teams competing on the day being Div 5 & Div 7 senior men's and U18 men's team. Weather conditions were predicted to be cold, blustery high winds and rain, so AV reduce the senior race down to 1 lap (3.1km) for each runner for safety reasons. It turned out to be windy and cold but no rain. Could have still done two laps but they know best. It did produce closer racing amongst the teams.



Vince tagging James at the change-over

Results (in order of each leg run):

Div 5

Chris Branigan	11:38
Vincent Mancuso	11:09
James Lynch	12:18
Claude Aquino	12:02

Team finished 6th out of 12 participating teams which was a good result.

Div 7

Gianni Macuso	13:17
Chris Struve	14:02
John David	16:01
David Burke	14:43

Team finished 10th out of 11 teams.

Overall, good consistent running by each senior team member.

U18

David Greig	10:28
Thomas Langdon	10:44
Josh Philip	12:16 <i>(just arrived back from Cambodia Friday and unable to train so a very good effort)</i>

Team placed 8th out of 12 teams that finished. A very hot field of teams with national level runners competing.

Round 6 - Albert Park 10km - 22/7/2018

Great conditions at Lakeside Drive, with some very impressive results from our athletes who competed on the day.



Vincent, Thomas and David off to a great start

Div 5 Men's results were:

Vincent Mancuso	35: 57 - an excellent time
Claude Aquino	42:34 - ran with a crook hammy
Giani Mancuso	47:15 - solid run
Chris Struve	49.38 - happy with his run
John David	54.06 - a very good run

Our two juniors ran some massive PB's (well done)

David Greig	37:11 a big PB
Thomas Langdon	36:53, also a huge PB

Both boys are starting to show the benefit of longer work in their training programs.



Giani nearing the finish

Round 7 - Ballarat 15km Road Race - 4/8/2018

This was a tough race with cold and windy conditions which you would expect in Ballarat for this time of the year.

Our Div. 5 men tackled the 2 laps + a loop around Lake Wendouree with some good results being:

Vincent Mancuso	55:25 - great time Vince
Chris Branigan	1:07:41
Gianni Mancuso	1:15:08
Chris Struve	1:22:44
John David	1:25:42

Overall we finished 5th out of 6 participating teams in our Division.

At this stage Div. 5 is sitting 7th out of 14 teams for the season and our U18 men are 8th out of 18 teams.

The next round will be the Anglesea Surf Coast Ekiden Relay to be held on the 18/8/2018.

Barry Greig & John David.

