

CURSUS

The Newsletter of
Ivanhoe Harriers
Athletic Club Inc.



December 2018

Edition 41



Season's Greetings

Our last competition of the 2018 year was unfortunately a washout due to the very stormy weather experienced during December. We had a great turnout of athletes, particularly in the Under 18's, so were disappointed to be returning home soggy and wet before the 1500 metres and 100 metre sprints started.

The next Round of competition is scheduled for 12th January 2019 where we will travel to Glenhuntly for Program 2 events.

Our vibrant Committee wishes everybody a safe, pleasant and happy Christmas and a great New Year. I know many are heading off on holiday adventures, be careful on the roads and come back fit and ready for the last 4 rounds of track and field for this season.

The Club continues to make progress both on and off the field but we still have a long way to go in rebuilding our Club Family. Evidence of our progress was clear on the Trivia Night where we had over 100 in attendance and raised over \$2,500.00 in valuable funds for the future of the Club. It was a great night, brilliantly run by John Edney with everybody enjoying the fun and company. We intend to make the trivia night an "annual event" to continue the goodwill and social aspect of the Club.

It is also appropriate to recognise the great work done by the Committee members. We are all volunteers in our quest to grow our Club in a very competitive environment. Clubs these days are under immense pressure from social activities, social media and athletics in general has continued to suffer from some of the negative policies adopted by Athletics Victoria.

My sincere thanks for the input and effort of our Committee; John David, David Burke, John Edney, Barry Greig, Richard Russell, Mary Langdon, Michael Wallis, Braden Fraser and James Lynch. Everyone has been able to contribute and add value along the journey.

Thanks everyone and season's greetings to all.

Jeff Franklin

Obituary

It is with deep regret that we heard of the passing of Vlad Vizec on Thursday 1st November 2018.

A great friend and former Committee Member of the Club, Wayne Stanley, sent the following:

"It is on a sad note and with regret we record the passing of Dr. Vladimir Vizec. Vlad became associated with Ivanhoe Harriers around 1990 when his son Ben, joined and competed as a sprinter in the Under 14's. Vladimir became the Club Doctor in a voluntary capacity and provided great support to the under-age teams as well as some of our senior athletes at the time.

Our sincere sympathy and kind thoughts to the Vizec family. A great clubman who will be fondly remembered by some of our older members."

Many thanks Wayne for your sad obituary. Vlad was indeed a fine contributor to the Club. He joined the Club in his own right in 1991 and penned a number of very good articles for Cursus about drugs in sport during 1993. In addition Vladimir and family, Jill, Ben and Clare attended the Club 80th Anniversary Dinner on 14th May 1994 at Buckley Hall, Ivanhoe Grammar School.

Vlad will be sadly missed.

Sincere condolences from all at the Club to the family of Vladimir Vizec.

Trivia Night



As previously mentioned, the Trivia Night, which was held at Ivanhoe Park, was a wonderful success. The following few pics show what a great night everyone was having.

Andrew Edney (above) at the head of his table walked away with one of the big raffle prizes.

Phil Ramsay and his table were the big winners on the night, showing that they were clearly the best at trivia and must have been doing lots of practice beforehand. They were very pleased to take home the major prizes.



Barry Greig hosting his table with wife Dora on the right, and on the left of Barry, Meagan Sloan (former National distance Champ) with husband Ian from Box Hill Athletics Club.

Ian and Meagan are old friends of Ivanhoe and have been great supporters of our quest to rebuild.



On Table 1 is Adam Franklin enjoying the company of Sue (on the left), and wife Christina (on the right).

Competition



A nice picture above showing Sam Daniel having just passed the baton to Thomas Langdon, the boys were flying!!

Our Under 18 group is the strength of the Club at the moment, we need to make sure they continue to develop into the future. They have loads of talent.

Under 18 Ladder with 4 Rounds to go:

1 st	Diamond Valley	77 points
2 nd	Ivanhoe	59 points
3 rd	Diamond Valley 2	48 points
4 th	Doncaster	47 points
5 th	Collingwood	46 points
6 th	Preston	45 points



Our U18 4x400m Relay team in the Victorian Relay Championships recorded a 3:40.64 in the final, which was a fine result given we did not have a specialist 400m runner in the team.

From L-R: Sam Daniel, Thomas Langdon, David Greig and Rhys Rigoni and the old coach Jeff Franklin. Well done boys.

Track and Field Results

ROUND 5

M40

100m	David Burke	14.35
400m	David Burke	67.86
1500m	David Burke	6:22.1h
Long Jump	David Burke	4.65m
110m Hurdles	David Burke	23.15 (99cm)
Long Jump	David Burke	4.40m
Discus	Tom Hancock	26.17m (1kg)

M18

100m	Rhys Rigoni	12.96
400m	Rhys Rigoni	55.22
400m	Sam Daniel	56.08
400m	Thomas Langdon	57.08
400m	Josh Philip	60.28
800m	David Greig	2:06.92
1500m	Thomas Langdon	4:14.1h
1500m	Josh Philip	4:40.9h
Discus	Rhys Rigoni	44.51m (1.5kg)
Javelin	Rhys Rigoni	42.01m (700g)

ROUND 6

M40

200m	David Burke	29.85
800m	David Burke	2:53.3
400m H	David Burke	77.47
High Jump	David Burke	1.55m
Shot Put	David Burke	6.32m (7.26kg)

4x100m Relay - David Burke, Josh Philip, Sam Daniel and Thomas Langdon: 51.54

M18

100m	Rhys Rigoni	13.25
400m	Rhys Rigoni	57.3h
200m	Sam Daniel	25.80
200m	Thomas Langdon	27.69
200m	Josh Philip	28.71
800m	Thomas Langdon	2:03.9 (PB)
800m	Josh Philip	2:13.3 (PB)
Discus	Rhys Rigoni	40.82m (1.5kg)
Javelin	Rhys Rigoni	50.42m (700g)

ROUND 7

M40

200m	David Burke	28.47
800m	David Burke	2:53.3
400m H	David Burke	79.04
High Jump	David Burke	1.60m
Hammer	Tom Hancock	36.11m (3kg)
Shot Put	Tom Hancock	11.31m (3kg)
Shot Put	David Burke	7.15m (7.26kg)

M18

200m	Sam Daniel	24.86
800m	Thomas Langdon	2:08.3h
800m	David Greig	2:14.8h
800m	Josh Philip	2:17.9h

ROUND 8

M40

110m H	David Burke	21.99
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M18

Discus	Rhys Rigoni	36.80m (1.5kg)
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Competition abandoned due to wet weather.



Round 5 – Josh cruising at low altitude round the track in the 1500m at Williamstown.

