

CURSUS

The Newsletter of
Ivanhoe Harriers
Athletic Club Inc.



January 2019

Edition 42

New Year Greetings and a bit of Cursus History

Happy New Year to our readers, let's hope we enjoy a successful and healthy 2019. We certainly look forward to the Club continuing to put in place solid foundations for the future. Some of the building blocks are now in place with much to do in the pipeline for the next 3 years.

The Club is in good shape financially. The departure from Willinda Park means we can now concentrate on training at Chelsworth Park and the Collingwood track. This tough decision by the Committee has not only assisted with our Ivanhoe Grammar School relationship, but has saved the Club thousands of dollars in annual rental. We now need to build our local profile back to where it once was in the Community. The wonderful support we achieved for the Trivia night was a step in the right direction.

Departing from Willinda Park required us to collect our belongings including 104 years of history and records. It was decided that it would be a good idea to review all the records, save and properly file the historical matters and toss out the rubbish. Well, the process is very time consuming, sorting through boxes of stuff, old bank statements, chq butts etc. However, we are confident that when this consolidation of records is finished we will have a concise set of records that should be easy to access.

During the search through our records we have consolidated our old Cursus editions from various boxes and old files including finding a precious original of our first edition in April 1961. (Copy front page shown) The price was one shilling (ten cents to you youngsters), and the joint Editors were John Boas and Peter Carter. The first Edition ran to 28 pages and included All-Time Rankings at that time. As an example, the best performance for one mile was listed as R Brown in 4min. 22sec. in 1959-60.

Inside this first edition is this explanation: "CURSUS" our title comes from the Latin verb "CURO" "I run" and can be translated as running, race, speed and like variants. Pronunciation (but we hope not prediction) is the same as in curse."

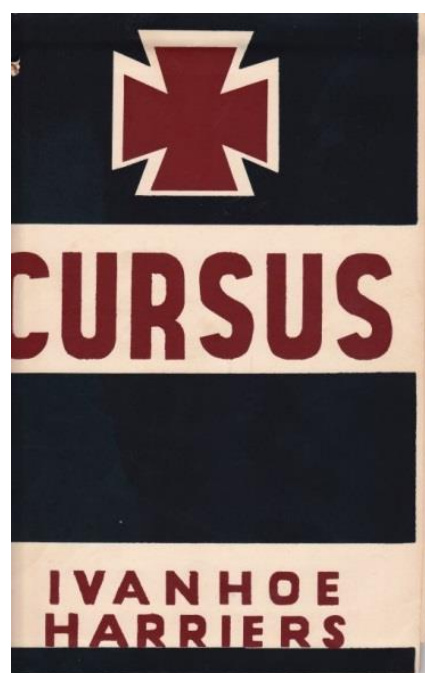
Well, I think it is just fantastic that this little publication lives on after almost 58 years...and still going strong.

This track and field season has been a mixed bag for all Clubs as we strive to manage the Athletics Victoria program of only 2 venues each week and significant travel obligations.

The feedback I receive from every other Club remains very negative.

However, with that background our Under 18 Men's Team has continued to perform well, comfortably holding down second place on the ladder with a Shield Final ahead of us. With 3 Rounds to go at the time of writing we now need to concentrate on making sure that we can cover all events with our small team.

Jeff Franklin



New Member

We are delighted to announce another new member this season. **Ben Eddings** is a student at Ivanhoe Grammar School with a good turn of speed. This season Ben was second in the All Schools Under 16 100m and will add to our growing band of very talented juniors.

Please welcome Ben to the Club, we look forward to seeing him develop into a fine sprinter in the future.

Speaking of our very talented band of junior athletes, the photo below shows some of Ben's new team mates. Our boys trying to look "cool" in their sunnies down at Chelsworth Park.



From Left: Josh Philip, David Greig, Thomas Langdon and Sam Daniel.

Milers Club Race Results

Thomas Langdon and David Greig ran in the Milers Club 800m at Box Hill track on Thursday night 17th January 2019.

Thomas recorded 2:02.1 (a big PB) and David 2:03.5 (also a big PB).

Congratulations boys, that 2:00min benchmark target is now within reach.

Victorian Track and Field Championships

A reminder that the closing date for entries in the Vic. Championships is Monday 18th February 2019.



Bunnings Sausage Sizzle on Sunday 27th January 2019

As with previous years we have secured this valuable opportunity to raise some funds for the Club. Our recent trading efforts have been very well supported by our members and we have raised about \$2,000.00 each year.

Mums and Dads, members, athletes and friends, please volunteer a bit of your time for Sunday 27th January 2019.

Please phone Jeff Franklin on 0419499711 to let him know when you can volunteer a couple of hours of your valuable time helping to sell some snags and drinks at Bunnings Northland.

We will open our trading at 9:00am on Sunday morning and trade until about 4pm and expect to arrange about 3 shifts of volunteers during the day.

Please support your Club in this important fund raiser. We hope to sell 1,000 snags on the day.

Pier to Pub Swim 2019

Our Club Legend, Barry Greig once again turned out for the Pier to Pub swim having one of his best results. His time of 17 minutes 35 seconds had him place 82nd out of the 626 in his age group and 710 out of the 4756 competitors, placing Barry in the top 15% of all swimmers.

Not bad for an old distance runner I reckon. For those with a long memory, Barry is a member of our Team of the Century. He achieved a best time of 3.48 for the 1500m, 4.06.5 for the mile, 8.54.76 for the 3000m steeple and a very good 71.05 for the half marathon.

Barry took up swimming after injuries curtailed his running, so now instead of looking after his knees, feet and hips he now has to manage a troublesome shoulder.

Congratulations Barry from all at the Club.

New address details for Noel Burrows

Address: 1 Eton Avenue, Traralgon, VIC. 3844
Telephone: 03 5174 7478
Noel: 0419 365 428
Janice: 0409 101 494

Our Sponsors - Please remember to support them!!

We have received wonderful support from East Ivanhoe Foodworks, part of the IGA group. This business is a Foodworks supermarket with a fantastic deli. Their in-house Chef pre-prepares a huge range of meals, for take away...New York style!

They have won many awards for quality and service including "The most outstanding local store 2016" and "the most outstanding leadership and innovation award 2017". This is a great business with excellent produce, please remember to support them as they support us.

Every \$ spent by Ivanhoe Harriers supporters accrues 1cent in points when you mention Ivanhoe Harriers at the check-out.

The photo below shows the extensive deli in operation with the friendly staff and Head Chef proudly showing off their fresh produce.



**east
ivanhoe
grocers**



Competition Results

ROUND 9

M40

100m	David Burke	14.29
400m	David Burke	67.53
400m Hurdles	David Burke	77.77 (91cm)
Long Jump	David Burke	4.76m
Javelin	David Burke	21.54m (800g)
Discus	David Burke	20.00m (2kg)
Discus	Tom Hancock	28.45m (1kg)

Men's Open Div. 2

4x200m Relay - David Burke, Felix Esperson, Thomas Langdon and David Greig: 1:49.86

M18

400m	David Greig	56.80
400m	Thomas Langdon	59.15
1500m	Thomas Langdon	4:18.0h
2000m Steeple	David Greig	6:58.7h (91cm)
	Felix Esperson	7:50.7h (91cm)
Long Jump	David Greig	4.70m

ROUND 10

M40

100m	David Burke	13.65
400m	David Burke	62.41
400m Hurdles	David Burke	77.01 (91cm)
Long Jump	David Burke	4.71m
Discus	Tom Hancock	28.36m (1kg)
Javelin	Tom Hancock	25.23m (400g)

M18

100m	Benjamin Eddings	11.54
100m	Felix Esperson	12.92
100m	Thomas Langdon	13.46
400m	Rhys Rigoni	54.18
1500m	Josh Philip	4:38.4h
Long Jump	Josh Philip	4.26m
Discus	Rhys Rigoni	41.92m (1.5kg)
Javelin	Rhys Rigoni	48.05m (700g)
4x100m Relay - Rhys Rigoni, Thomas Langdon, Josh Philip and Ben Eddings: 49.41		



ASPECT
BROKING

