

CURSUS

The Newsletter of
Ivanhoe Harriers
Athletic Club Inc.



August 2019

Edition 49

Communication

In a small Club like ours with membership spread over several suburbs, communication is vital. This issue has always been well understood by your Committee as we have worked away at improving Cursus and also investigating other communication options.

Communication enables us to celebrate victories, publish results from our various competitions, stay in touch with our past members, promote the club and deliver news to our wider membership – all very important.

In the past, Cursus was the only vehicle at our disposal and continues to be our major communication tool. However, in recent times we have made greater use of the internet particularly for communication to Team members. In addition, we have seen the rise of Facebook and now Instagram which Braden Fraser has been diligently setting up for all to see and participate in.

Instagram enables the Club to post photographs of our athletes in action so they can be viewed quickly and by a wide audience. I believe it will be a great vehicle to promote the Club in the future. I invite all of our members to follow Ivanhoe Harriers on Facebook and Instagram.

The Links are:

www.facebook.com/IvanhoeHarriersAthleticClub/
www.instagram.com/ivanhoeharriersathleticclub/

Thanks Braden for a job well done.

Trivia Night

- Friday, 22nd November 2019

We are hoping that this event will become a fixture on our calendar. As with last year it will be held at Ivanhoe Park in the sports clubrooms, a very nice venue.

Last year we had an attendance of about 100 and we are hoping to replicate that effort. John Edney will be our Master of Ceremonies with plenty of questions to test our memories.

Please note your diaries, it is an important night for the Club and a lot of fun for everyone. More info to follow in coming months.

Sandown Road Relays

- Saturday, 6th July 2019

This event has long been one of the favourite events on the cross country calendar. For the uninitiated, each runner must complete 2 laps of the Sandown Motor Racing circuit, each lap being about 3.1km.

In Division 5 and 7 we are required to field teams of 4. This year we placed 2nd in Division 5 and 7th in Division 7; a very good result. Everyone competed to the limit of their ability with some outstanding times. There were also some very gutsy performances. Enrico Cementon and son Juston had just stepped off the plane from a holiday in Spain where Justin was researching Spanish war history. Can you imagine how well prepared they were for this relay race!!! They were almost asleep at the start line. Congratulations to both for fronting up and running so well.

David Greig was our fastest on the day, recording a sizzling time of 20:51 which is an excellent time in any Division.

James Lynch also ran a very good time, just over a minute quicker than he did in 2015!! Well done James.



Results as follows:

Division 5 Team: David Greig 20:51, James Lynch 24:48, Justin Cementon 23:50, and Josh Philip 24:01.

Total Team time 1:33:31.1, second place behind Maccabi Athletic Club 1:32:08.8.

Division 7 Team: Christopher Struve 29:37, Enrico Cementon 30:58, Thomas Heap 28:49, and David Burke 33:19. It was a very promising first up run for the Club by Thomas Heap. Thomas is in year 10 at Ivanhoe Grammar School.

Total Team time: 2:02:45.4, in seventh place. Good run from Chris Struve who ran 2 mins 13 sec faster than his time in 2016.

Special thanks to Mary and Thomas Langdon and John David for meeting our "Officials" obligations on the day.

As a result of this performance we moved into 2nd place on the Division 5 ladder, just 4 points behind the leader, Bendigo.



Enrico Cementon and Thomas Heap at the second change-over.



A great photo of David Burke as he powers towards the finish line.

From the past...

Ray Brown was one of the great distance runners for the Club back in the 60's.

In July 1965, Ray smashed the Club Record for the marathon when he ran 2 hours 30 minutes and 12 seconds in the Victorian Marathon championships, held in Preston.

Received this note from Noel Burrows.

"Many of you at Mike's funeral asked after Ray Brown, alias "The Brown Man".

I spoke with Ray today and he, like many has a few ailments, the main one is keeping on top of his heart condition. But as he said, "being on top of the ground is the main thing". We can all agree to that.

Ray doesn't drive a lot these days but is looking forward to an opportunity to catch up with everyone later this year. He has fond memories of the Hoe and we could have talked for a long time.

He has asked me to send his very best wishes and regards to all his old mates.

Cheers,

Noel Burrows 0419 365428.

I am sure that Ray would like to hear from some of his old friends, his email address is:

jennifer.jrb@gmail.com

Round 6, Albert Park 10km Road

- Sunday, 14th July 2019

This event is the opportunity to test oneself over 10k on a reasonably flat course.

Conditions on Sunday morning 14th July were cold but thankfully stayed dry.

In a large field of 469 runners, Harry Summers from Box Hill Athletic Club was first across the line in the excellent time of 28:35.51.

We had seven competitors, all of whom raced really well. The big news is we won Division 5, which is our second win for the season, we are firmly in second place on the Ladder, only two points behind Bendigo Team 2. This is a really great result for the Club, we hope we can continue with this good form.

Success breeds success and also helps us with future recruiting, in the words of John Boas, "success leads recruiting".

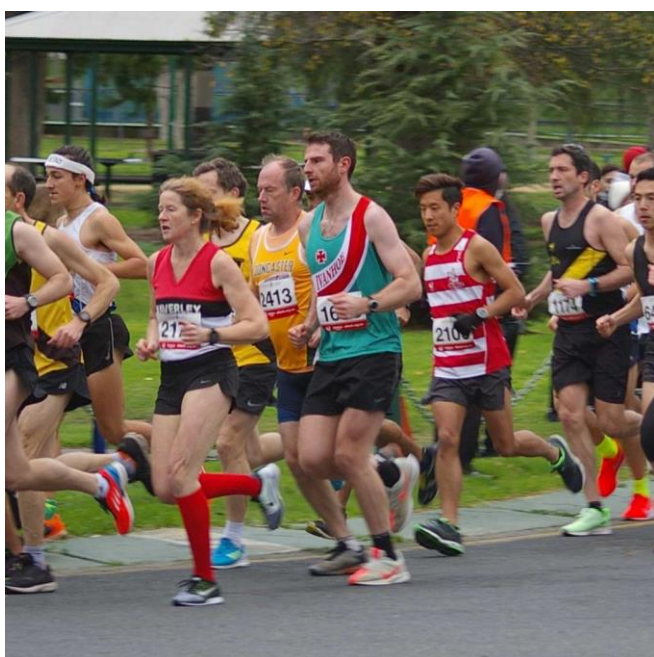
Individual times in order of finishing were:

David Greig	34:29	a massive PB
Thomas Langdon	35:23	also a big PB
Justin Cementon	36:32	a great run, first race over 10k
Josh Philip	39:12	also a great run, first effort
Vince Mancuso	39:40	a gutsy effort from Vince recovering from injury.
James Lynch	41:25	Mr reliable again
Chris Struve	49:04	a great run, beating his time from last year.

At the time of writing, there are only 4 events left for this cross country season. We are a real chance at bringing home a Premiership, but need everyone in our relatively small team to contest these last events. Good luck and good running.



Tom Langdon leading a pack on the first lap



Vince Mancuso early in the race. Who is that 2000 Olympian from Doncaster that Vince is running with? ...a clue, his Christian name is "Rod".

Round 7 at Ballarat

- Saturday, 27th July 2019

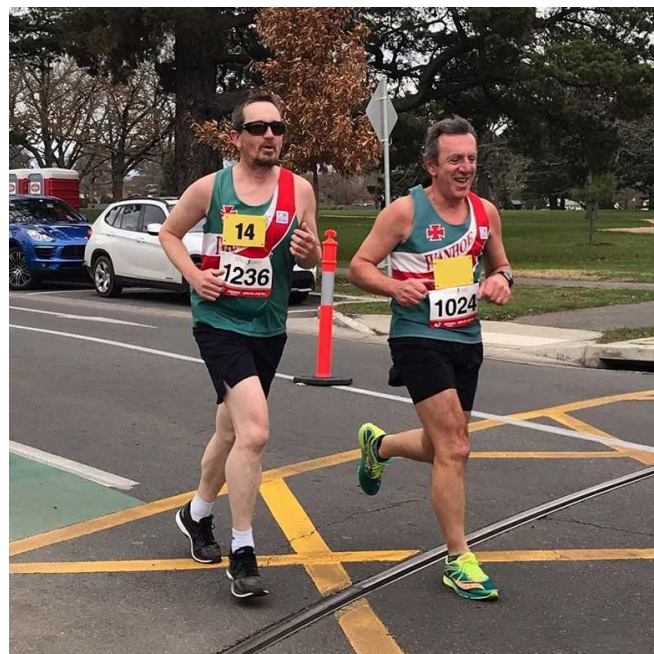
A lot of our athletes were not available for this gruelling (but not as cold as usual) 15km Road race around Lake Wendouree.

However we managed to fill a full team for our Division 5 Men and achieved some good results. Vince Mancuso had a great run with an impressive time of 56:33 followed by James Lynch with 1:03:30. Chris Struve ran a nice solid pace throughout the race and achieved a time of 1:18:42 followed by John David who brought the team home with 1:23:48. Our team came 4th out of 8 teams which is a good result.

XCR'19 Ladder after 7 of the 10 rounds

Men Division 5

Place	Team	Points
1	Bendigo Region	97
2	Ivanhoe Harriers	91
3	Richmond Harriers	88
4	Williamstown	71
5	Western Athletics	61
6	Collingwood Harriers	60
7	Maccabi	50
8	Coburg Harriers	49
9	Mentone	42
10	Athletics Nunawading	38
11	Box Hill	37
12	Diamond Valley	29
13	Yarra Ranges	24
14	Melbourne University	20
15	South Melbourne	9



Chris and John enjoying the 15km run at Ballarat

Fundraising at Fairfield Grill'd



Ivanhoe Harriers have again 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!

