

CURSUS

The Newsletter of
Ivanhoe Harriers
Athletic Club Inc.



September 2019

Edition 50

Summer Competition

Track and Field is fast approaching with Round 1 of the Shield competition due to start on Saturday, 5th October 2019.

A number of far reaching changes have been made by Athletics Victoria, one of which is the introduction of Promotion/Relegation matches at the end of each season. However, as with last season Clubs will compete at a different venue each week.

A brief table below outlines the draft Shield Competition dates and venues which all should take note of.

Round	Date	Venue
1	Saturday, 5th October	Aberfeldie
2	Saturday, 12th October	Doncaster
3	Saturday, 19th October	Williamstown
4	Saturday, 9th November	Doncaster
5	Saturday, 16th November	Aberfeldie
6	Saturday, 30th November	Meadowglen
7	Friday, 13th November (twilight)	Doncaster
8	Saturday, 21st December	Werribee
9	Saturday, 11th January	Meadowglen
10	Saturday, 18th January	Keilor Park
11	Saturday, 1st February	Doncaster
12	Saturday, 8th February	Aberfeldie
Final	Saturday, 22nd February	Lakeside

Four rounds at Doncaster and three at Aberfeldie and two at Meadowglen is reasonably convenient for us this season.

Membership ...Join Up ...Join Up ...Join Up.

As we continue to grow the Club and position ourselves for the future, memberships and our Club Family remain critical. Please remember to renew your membership as soon as possible. Every single

membership is very important, particularly when we negotiate with Council etc. ...**we need numbers.**

If you are receiving this Cursus and no longer compete, take advantage of our non-competing membership and help the Club. Only \$30.00 puts you back on the membership list...be a part of our journey.

Membership moneys can be deposited into the Club Bank Account:

BSB: 633-000, Account Number: 1406 70480,
Description: your surname

Trivia Night

- Friday, 22nd November 2019

Please ensure that you have this date in your calendar.

We had a fantastic night last year with over 100 in attendance. There was much enjoyment for all as we tested our general knowledge and plenty of great prizes to go around.

John Edney will once again be Master of Ceremonies. We have already booked the venue at Ivanhoe Park, detailed information to follow.

Sponsorship

We are delighted to announce that 3 members of our Club Family have donated funds to the Club to assist with production of a new "Training T-Shirt" which will be free to Competing Members joining this season. The Training Shirts are a quality item, John Edney has done a lot of work putting this production together. The shirts are bold and bright and will add a bit of exposure for the Club this season.

The three loyal sponsors who made this happen are:

Wallis Family:

Michael Wallis has been a great club sponsor in recent years via his Insurance broking company, Aspect Broking. Please try to support Michael with your insurance needs or queries.

Insurance products are generally for basic coverage e.g. home, car, property and business. However, insurance cover is often done in a haphazard manner with different insurance companies and simply rolled over each year without thinking or reviewing. Michael’s role is to ensure that you have the right cover at the best possible price, however, “right cover” and “best price” don’t always match and cheaper cover can mean flawed cover. Michael will review your cover and advise you whether your cover is adequate or not.

Michael will welcome your call should you be seeking insurance advice on any insurance matter, large or small.

Call Michael on: 1300 979 458
Or email: mike@aspectuw.com.au



Edney Family:

John Edney, has recently commenced a new business “Edney Celebrations”. John is a fully qualified celebrant for all of those life events we encounter, big or small. John conducts weddings, engagement parties, funerals, milestone parties, kids’ parties, sporting events, trivia nights, school events, charity events, and corporate events.



John is an accomplished and passionate public speaker having provided DJ services to approximately 1000 events over the years. His performance at last year’s Trivia Night for the Club was outstanding. His attention to detail, knowledge of music and access to resources enables him to host ceremonies ranging from intimate to those attended by thousands.

Please remember to support John when you are next planning an event.

John can be contacted on: 0407 877 232

Fraser Family:

Bonnie Esposito, wife of Braden, runs a family friendly legal practice “Focus on Family”. Focus on Family provides solutions for the legal problems that arise in families and relationships. Bonnie understands that obtaining legal advice can be daunting, so she is able to deliver legal services around busy people’s lives and budgets. Every family is unique, so Focus on Family works with you to tailor child-focused, interest-based outcomes. Bonnie also provides expert advice with preparation of Wills and Family Court matters.

Contact details: email: bonnie@focusonfamily.com.au
Or phone Bonnie on: 0423 249 474



National Cross Country Championships

Thomas Langdon competed in the National All Schools Cross Country Championships on Saturday, 24th August 2019 at Woolongong.



Thomas competed in the Under 18 race in a massive field of 120 where he placed 72nd. He was happy with his run but unfortunately, he came down with a cold a few days before the race which would have robbed him of considerable energy.

It is a great achievement by Thomas to be selected in the Victorian team and just shows the importance of consistency and dedication with training. Thomas has hardly missed a training session over the past 3 years and was appointed Captain of Cross Country at Ivanhoe Grammar School this year, a nice acknowledgement.

Cross Country

We are having a very good cross country season this year. The mix of our older seasoned runners with our up and coming juniors has been good to see. Results have been excellent. We have won our Division twice which is a great sign for the future.

We have a highly talented group of juniors coming through at the moment but will not see the real impact they bring for a couple of seasons. Quite a few of the boys, Thomas Langdon, Justin Cementon, Josh Philip, Thomas Heap will still have school obligations next year so will still only be available for a few events, depending upon the timetable. David Greig completes year 12 this year so will step up next season and add considerable talent to the team.

Half Marathon Results

The hard men of the Club contested the half marathon on Sunday morning 8th September 2019. We started with 5 runners but unfortunately Vince Mancuso was ill during the race and could not finish.

The team placed 8th in a gutsy effort, ensuring that we earned points in the race for the Premiership. We will hold down second place on the ladder with one event to go on the program.

Our 4 finishers were:

Chris Branigan	1:29:44.8
James Lynch	1:41:43.0
John David	1:58:06.7
Chris Struve	1:58:11.2

Well done guys, it is a hard event. Big congrats to Chris Branigan who has taken over 4 minutes off last year's time to break the 90 minute barrier – a great run.



Burnley Half Marathon (top to bottom): Chris Branigan; Vince Mancuso; Chris Struve and John David; James Lynch.

AGSV- Associated Grammar Schools athletics championships.

The Club has invested a considerable amount of time in assisting with the coaching of students at Ivanhoe Grammar School. This is time well spent as IGS continues to improve its athletic performance and many students have joined the Club.

At the AGSV sports meet on Wednesday 11th at Lakeside, Ivanhoe Grammar School performed very well to claim second in both the girls and boys championship.

Chris Branigan was justifiably very proud of this result but also a bit disappointed that both teams came so very close to winning a premiership.

A number of our star juniors were prominent in the competition:

David Greig (competing for Trinity), and competing for Ivanhoe were Thomas Langdon, Josh Philip, Justin Cementon, Thomas Brightling, Ben Eddings and Sam Daniel. All of the boys performed to a very high standard.

Team results as follows:

BOYS TEAM SCORES

1st	Marcellin College	488.5 points
2	Ivanhoe Grammar	473.5
3	Trinity Grammar	434.5
4	Camberwell Grammar	406
5	Penleigh & Essendon	397.5
6	Mentone Grammar	385.5
7	Peninsula Grammar	327.5
8	Yarra Valley Grammar	287
9	Assumption College	213

GIRLS TEAM SCORES

1st	Mentone Grammar	327 points
2	Ivanhoe Grammar	318
3	Yarra Valley Grammar	289.5
4	Penleigh & Essendon	280.5
5	Peninsula Grammar	201.5
6	Assumption College	83.5

Congratulations to the students for a great result...perhaps next year!!

From the past...

Given the focus on cross country at the moment, I delved into our archives and found an edition of Cross Country Cursus, dated September 1979, exactly 40 years ago.

Here are some interesting snippets from the past.

Editor was Bruce Meakin.

Cross Country Committee was: John Walker, Noel Roberts and Bruce (a great group of cross country blokes).

Editorial

With under 12 months to go to the Moscow Olympics, the would-be contenders for the Australian team will now have to start shaping up.

As far as the distance events are concerned, the "most-likely-to-make-it" contenders at this stage would seem to be, Gerard Barrett, David Fitzsimons, Robert DeCastella, Steve Austin, Chris Wardlaw, Bill Scott, David Chettle and Max Little.

At the recent Spartakiad Games in Moscow, both Barrett and Fitzsimons performed well, with Barrett taking the bronze medal in the 10,000 metres.

Both of them made it through their heats of the 5000m but were subsequently unplaced in the final. Since then, Fitzsimons has run a sizzling 13.19, in 5000m to beat an international field in Stockholm.

On the home front, DeCastella has won everything he's started in this cross country season and is in slashing form with a 2.14 in the Victorian Marathon Championship and a subsequent 2.13 in the Australian Championship in Perth. Both times are world class and the Perth run was the eighth fastest recorded in the world this year.

McDougall Relay 28/7/1979

After all our Saturdays of blustery conditions, we at last came up with a good day for this event. There were just enough members present to fill 3 teams. Our number one team was somewhat weakened due to 3 of our top runners being unable to compete. So, under these circumstances, we did well to finish second overall to Old Xaverians.

Old Xaverians winning time of 56.14 was a course record and 5 of their 6 runners ran fastest leg times. Our second place time was 59.02 with Old Melbournians third in 60.08, St Kevins fourth in 60.49. It was good having Mark Hennessy down for this event as he ran solidly for us over the tough hilly No. 2 section.

After all the teams were in, everyone crammed into the Arthurs Creek Hall for afternoon tea which was quickly

Thanks to Noel Burrows for organising the hall again and making a fine speech and thanks to the girls who came along and did a magnificent job in organising afternoon tea.

Ivanhoe Teams

LEG	Team1	Team2	Team3
1	J Franklin	B Ackland	G Brereton
2	M Hennessy	N Fraser	G Beith
3	B Meakin	R Carroll	R Beith
4	N Barnard	A Griffiths	M Hodgson
5	N Roberts	R Buchanan	G Stewart
6	R Owens	R Cochrane	M Hennessy

Composite number 2 team: Noel Burrows and John Walker

Tim's Trip

Congratulations to Tim Erickson who has been selected in the 50km walk team to represent Australia in the world walking championships at Frankfurt, Germany on 29th and 30th September.

Cursus Quote

Quitting in the face of actual or potential injury is wisdom, but giving up to moderate inconvenience or mild discomfort is defeat.

Traralgon Marathon 11/08/1979

The race was an out and back course which undulated over most of the course with long hills at the start and finish. The weather did not hold much hope for a pleasant race as the wind was very strong. As if the wind was not enough it was soon accompanied with rain and hail.

To warm up the runners at the end of the race were hot showers, hot tea coffee, soup and sandwiches.

Ninety six starters, sixty four finishers:

First:	M Thompson Traralgon Harriers	2.33.44
Second:	A Clarke, Waverly	2.39.15
Third:	J Seymon, Old Paradians	2.40.08
Eleventh:	Bob Carroll, Ivanhoe	2.50.12

Editor's Note: Congratulations to Bob on a fine run, he has really worked hard to achieve that sub 3 hour time and probably would have run faster had the conditions been better.

