

Training at Chelsworth

We are developing a very fine group of athletes training together at Chelsworth Park in East Ivanhoe. The grounds are kept in fine shape thanks to the staff from Ivanhoe Grammar School and our middle distance group really appreciates the continuous improvement in the surface. The standard of training is rising and we hope to see the rewards for effort with plenty of big PB's this season. Below is this group of talented lads shown at training on Wednesday, 30th October 2019.



From left to right: Josh Philip, Tom Brightling, Alex Linke, Ben Morrison, Harry Shaw, David Greig, and Justin Cementon.

Recent Results

One of our promising young distance runners is Jal Wishart who trains at Chelsworth Park under the guidance of James Lynch. In the recent All Schools Championships, Under 14's, Jal came 7th in his 1500m with a time of 4:52.89 and 6th in the final of the 800m in 2:18.38. His Heat time in the 800m was slightly better at 2:15.33.

Jal is a nice looking middle distance runner with a big future.

Victorian Relay Championships

On Saturday 23rd November 2019 we fielded one team in the Under 18 Men's Medley Relay. Our boys all achieved PB's but we were not quite solid enough to threaten the top teams. The event was won by Old Scotch.

Sam Daniel ran the first leg 200m in 23.5 (approx.. at the change) and Harry Shaw also ran a 23.5 after a very good baton change, both solid PB's. Josh Philip was third runner recording 55sec for his 400m which was a massive PB followed by Justin Cementon with a 2:09 in his 800 which was just inside his previous best. Congratulations to the boys for a fine performance, they are a young team with loads of upside.

Summer Competition

Round 4 (Relay Round)

Men's Open 4x200 - David Burke, Thomas Hoogenraad, Josh Philip and Jal Wishart. 1:50.13

Men's Open 2x800 - Josh Philip and Justin Cementon.

Men's U18 4x100 - Sam Daniel, Josh Philip, Harry Shaw and Charles Shea. 49.95

Men's U18 4x200 - Sam Daniel, Charles Shea, Harry Shaw and Justin Cementon. 1:45.06

Men's U14 2x800 - Jal Wishart and Zac Philip. 5:23.30

Field Events: David Burke: High Jump 1.55, Javelin 20.37, Long Jump 4.69, and Shot Put 6.63.



Sam flying, new members Zac and Jal.



David looking good and Justin passing the pack.

Round 5

Men's Under 20: David Greig 200m in a PB of 25.08, and 800m 2:01.8 (big PB)

Men's U18: 200m: Harry Shaw 24.85, Sam Daniel 24.62, Charles Shea in 26.19

110 Hurdles: Harry Shaw in 17.39

800m: Ben Morrison 2:15.8 (a 6 sec PB)

Men's 40+: David Burke: 200m in 28.00, 800m in 2:39.0 (massive 4 year PB, congrats David), 110m hurdles in 22.41, High Jump 1.56, and Shot Put: 6.30.

Trivia Night

The Club had a fantastic evening on Friday night, November 22nd 2019. John Edney was our hero with his presentation and trivia questions testing everyone. We had 101 in attendance, plenty of fantastic prizes and hampers donated by sponsors and supporters of the Club. The feedback has been great, with many saying this was the best event of the year. Watch out for next year's event, the younger athletes in the Club are telling me they will organise their Under 20's table and take out first prize!!!

A wonderful night of fun for the Club, raising about \$2,600.00 as we continue to grow our financial position.



Bunnings Fairfield - 9th February

A reminder that we will be running the Bunnings sausage sizzle at Bunnings Fairfield.

Unfortunately, Bunnings moved us from the very lucrative Bunnings Northland location to the newer and smaller Bunnings Fairfield. We had no choice in the matter.

Therefore our takings will be significantly reduced but we will continue to support the program and hope we can grow the connection in the future.

Please note your diaries, we will be looking for some volunteers to donate a couple of hours on Sunday, 9th February 2020.

Past Members Get-together at St. Andrews

The passion of Ivanhoe Harriers lives on and our former members love to stay in touch.

That tireless worker for the Club, Noel Burrows, Life Member and former President, arranged for a gathering of his old team mates at the home of Nick and Joan Hoogenraad in St Andrews on Sunday, 3rd November 2019.

Not to be confused with St Andrews of golfing fame in Scotland, our St Andrews is 20 minutes northeast of Eltham. Famous for its weekly market, this sleepy, very scenic bush village is a charming spot.

Nick and Joan Hoogenraad have a beautiful mud brick and massive beam home with views across the valley out toward the ranges. The outlook is sensational. They very kindly welcomed the group of past members to enjoy a BBQ lunch and relive past memories.

It was great to see the old Harriers banner hanging on the gate for all to see. Of course, all of those previous athletic performances from the 50's 60's and 70's get better with age, it's amazing how good we were!!

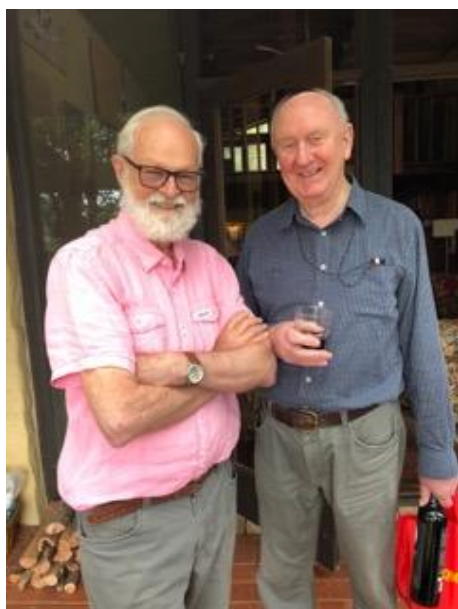
In attendance were: John Boas, Ray and Jennifer Brown, Noel and Janice Burrows, Graeme Ching, Chris Cole, Jeff and Joan Franklin, Anne Gleeson, John and Pam Griffith, Tom and Margaret Hancock, Mark and Michael Hennessy and Margaret, Gary and Corole Holliday, Nick and Joan Hoogenraad, Colin and Anne Jenkins, Noel and Christine MacDonald, Jim and Barbara Poulter, Lawrie and Judy Rikus, Alan Stone and Tony and Marnie Williams.



John Boas and Tom Hancock.



Noel Burrows, Jenny Brown, Tony Williams and Alan Stone



Nick Hoogenraad and Chris Cole



Gary Holliday (past Secretary and Cursus Editor) and Judy Rikus



Joan Hoogenraad and Graeme Ching

Received a nice note from Gary Holliday:

*“Dear Editor,
Just a short note to offer my congratulations on the latest edition of Cursus and also on the fantastic effort that has gone into the website.
As a past Cursus editor, I can certainly appreciate the work that has been put into it. It is clearly worth it and pays dividends with the promotion of that great Ivanhoe Harriers spirit of community which has always been the secret to what it is all about.*

I also like the style and layout of the website. It’s more informative than ever and communicates very well.

In the day we hand typed Cursus onto blank waxed Gestetner sheets, Roneo-ed Cursus by hand with a spirit copier, patched up corrections with some weird pink paint, hand addressed and hand wrapped every copy. Thank goodness we never had to lick hundreds of stamps! The weekly publication of Cursus in the warm season so that we could get out every Saturday's selections made this operation one hell of a sausage machine. Times have changed for the better and I envy the tools at your disposal today. If we had these new tools back in the 70's I reckon we would have raised hell.

Keep up the great work.

Warm regards
Gary Holliday"

(Editor's note: Thanks Gary for your kind words of encouragement, much appreciated by all)

New Members

Charles Shea, a student from Alphington Grammar School who has already competed in relays and a 200m.

Christian Ishkan (a young member from last season rejoining). Christian is a very promising and very strong young thrower with a great future.

It is lovely to welcome back **Stella Ajani** to training at Chelsworth.

Absolutely delighted to see further additions to our "non-competing members" list which has grown past 20 so ...past members not yet on the list, "get on board".

New additions are: Chris Cole, Colin Jenkins, Noel MacDonald, John Griffith, Alan Stone, Olan Boer. Now that is a fine group of athletes from the past! Well done guys, our strategy is gathering pace. Apart from the continuing growth of Cursus, as previously mentioned, we will be striving to set in place an annual reunion luncheon to add to our Club Family activities. Details to follow...

World Championships



Life Members, John Wallis, Jill Wallis and Peter Rule enjoying the scenery at the Doha World Championships.

Sponsor Support for the Club - East Ivanhoe Foodworks

Local community support and indeed local sponsorship is incredibly important for small community clubs like ours. East Ivanhoe Foodworks has been supporting the Club for a number of years. This business is a Foodworks supermarket with a fantastic array of fresh foods and a huge range of pre-prepared, take-away meals. Their in house chef does a wonderful job preparing and cooking great meals that we have tried and loved, reminded us of a past holiday in New York and the classic New York deli! The business has won many awards for excellence and is a real gem in East Ivanhoe. Every \$ spent by Ivanhoe Harriers supporters accrues 1 cent towards the Club, but you must mention Ivanhoe Harriers at the check-out. Please remember to go out of your way to support them as they support us.

Photo below shows the latest range of Christmas puddings and the friendly staff waiting to serve you at the deli.

