

A New Beginning

With the problems of 2020 behind us we start the new year full of optimism.

Our COVID Cup Super Series was contrived to give the athletes something to strive for during lock-down. We will need to tweak the format a little but we think it served its purpose and will continue as a meaningful series in future years.

The 6km Handicap event was contested by 24 athletes, mostly youngsters and “the young at heart”, and all enjoyed a quick BBQ afterwards.

The first AV event for winter, the Cross Country Relays was run in perfect conditions and was a huge success. Results later in this Edition.

We look forward to a fantastic Cross Country season.

Annual General Meeting

The Annual General Meeting and presentation of some trophies will be held on Wednesday night 26th May at Ivanhoe Park.

Secretary, John Edney will send out a formal notification.

Should you wish to nominate for Committee or any position on the Executive please notify John at: john.p.edney@gmail.com

National Track and Field Championships

Harry Shaw was our sole representative at the Nationals this year, competing in the 3000m steeple for Under 20 Men where he placed 5th in the final.

Incredibly, Harry had only competed in one 3000m steeple before this race. He ran a national qualifier at Aberfeldie, recording a time of 10:11.4, and then decided to have a crack at the Nationals.

The challenge was always going to be a tall order as Coach and athlete embarked on a very tight 4 week training program. Harry came through some tough training in good shape and on the day he recorded a time of 9:56.29, a 15 second PB. Congratulations Harry on a fine effort.

Ivanhoe Harriers 6km Handicap



Cormac Skaliotis, our winner, finishing the 6km Handicap.



Winners are grinners.

Cormac Skaliotis (1st); Thomas Franklin (2nd); Kate Bukovsan (3rd); Sami Rowe (winner of the COVID Cup series); David Greig (2nd fastest time); and Thomas Langdon (fastest time).



Tom Langdon and David Greig at the start of the 6km Handicap.

We had 24 contestants in the race, a full listing of results is included below.

New and Renewed Members

Competing Members

David Greig
David Burke
Claude Aquino
Charles Shea
Josh Philip
Vince Mancuso
Gianni Mancuso
Chris Branigan
Glenn Morrison
Ben Morrison
Thomas Langdon
James Lynch
Alex Linke
Harry Shaw
Enrico Cementon

Non-Competing Members

Paige Bukovsan
Kate Bukovsan
Barry Greig
Noel Burrows
Brendan Ahern
Ashley Woods
Gary Holiday
Mark Worsnop
Mary Langdon
Joe Anderson
Bruce Meakin

It's wonderful to have cross country back and all of our distance runners enrolling for what should be a great season.

The younger members of the group are now 18-20 years of age so we have maturity and talent going forward. Now that we have been promoted to Division 4 we are hopeful of challenging for top spot in this Division.

Of our Non-Competing members it is wonderful to see the loyalty to the Club over so many years.

Ashley Woods rejoining from London is just a fantastic gesture. We do hope to catch up with Ashley in the future when travel resumes around the World.

It is also great to see renewed memberships from Noel Burrows (former President), Brendan Ahern, Gary Holiday, Mark Worsnop, Joe Anderson and Bruce Meakin.

Received a lovely note from Joe as follows:

"Hi Jeff, I hope you are all well. I have just renewed my IH non-competing membership and added \$50.00 as a donation to be used as the Club sees fit. I enjoy reading Cursus and relive those days of competing as I check back on my running diary. Also seeing some names from the past still having a go is wonderful, Regards
Joe"

ED: Many thanks from The Club Joe, we very much appreciate your generosity and continued support.

Competition Results

Round 1 - Cross Country Relays

The Cross Country Relays is a fantastic event and this year, in fine conditions at Jells Park, we had a solid result with our new positioning in Division 4. The event consists of 2 x 3km laps over undulating grassy terrain. Thirteen teams contested the Division and we placed 5th, within striking distance of the top teams.

1 st	Essendon	1: 47:32
2 nd	Mornington	1:51: 10
3 rd	Bendigo	1: 51:41
4 th	St Kevins	1:54:29
5 th	Ivanhoe	1:56:04
6 th	Glenhuntly	1:56:38
	...	
13 th	Malvern	2:28:34

The **Division 4** team was very even: **Thomas Langdon** 23:45, **Josh Philip** 21:50, **Charles Shea** 25:12, **Ben Morrison** 23:13, and **Harry Shaw** 22:04.

Harry and Ben had also run for Ivanhoe Grammar School in the morning, so their effort was notable indeed. An excellent run from Josh, probably his best for the Club.



Josh Philip coming through the start/finish line after one lap, looking good.



Thomas Langdon leading out the Div. 4 Team at the start of the first leg.

Team 2, competed in **Division 6** placing 6th of 8 teams.

Vince Mancuso 28:23, Gianni Mancuso 31:54, Claude Aquino 26:59, and Chris Branigan 29:40.

Excellent efforts from these guys, Vince coming back from injury, Chris with an injured heel, Gianni also returning after we missed last year. The great time from Claude Aquino shows that Claude is in for a good season, he is looking very fit and ran a super time.



Claude Aquino and Chris Branigan

Team 3 competed in **Division 7** which was a very competitive Division.

The boys placed 6th of the 17 teams which they should be very pleased with.

Enrico Cementon 32:28, Glenn Morrison 26:54, James Lynch 28:52, and David Burke 34:35.



David Burke working hard on his last lap

Overall, an excellent first-up result. We will need everyone on board during the season to ensure success. The older guys will be needed to bolster the team results in the longer events and we expect the younger guys will continue to improve, particularly in the shorter events.



The COVID Cup: Super Six Series

Ivanhoe Harriers Super Six Handicap Series - Virtual Race Competition 2020/21

Final Ladder

Name	Event 1 1km	Event 2 3km	Event 3 5km	Event 4 1500m	Event 5 800m	Event 6 400m	Total Series Points*
Sami Rowe	10	2	7	10	10	10	47
David Greig	8	7	9	9	7	8	41
Ben Morrison	6		6	8	6	6	32
Lennox Williams	1	10	8		4	9	32
Alex Linke	9	5	10		5		29
Harry Shaw				7	9	7	23
Charles Shea	1	8		5	8		22
Andrew Luscombe	3	9	3				15
Tom Langdon	5			6	3		14
Luke Malara	4	4	6				14
Jack Harper	7	1					8
James Lynch		1	5				6
Chris Branigan	1		4				5
Ella Rowe	2	3					5
Ben Phillip	1						1
Flynn Deacon		1					1
Jal Wishart		1					1
Thomas Franklin	1						1
Will Franklin	1						1
Zac Phillip	1						1

* Total Series Points is the best 5 results of the 6 events.

Ivanhoe Harriers 6km Handicap

Date: Saturday, 17th April 2021, 10:30am race start.

Location: Eaglemont Tennis Courts car park, off The Boulevard, Ivanhoe

Course: Out and back from path entrance off carpark along Yarra Trail heading north towards Banksia St for 3km and return

Course Record: David Greig 19m 47 sec - 2020

Name	Handicap Time	Start Time	Finish Time	Placing - finishing order	Actual Time	Placing - time ran order	Handicap Time Difference
Cormac Skaliotis	36:00	1:00	33:05	1	32:05	22	-3:55
Thomas Franklin	26:30	10:30	35:12	2	24:42	6	-1:48
Kate Bukovsan	30:00	7:00	35:14	3	28:14	14	-1:46
Will Franklin	28:00	9:00	35:30	4	26:30	8	-1:30
Max Robertson	33:00	4:00	35:44	5	31:44	21	-1:16
Jal Wishart	24:30	12:30	36:00	6	23:30	5	-1:00
Marcia Wishart	28:00	9:00	36:20	7	27:20	10	-0:40
Charles Shea	24:00	13:00	36:27	8	23:27	4	-0:33
Glenn Morrison	27:00	10:00	37:04	9	27:04	9	0:04
David Burke	31:30	5:30	37:10	10	31:40	20	0:10
Thomas Langdon	20:00	17:00	37:12	11	20:12	1	0:12
Christina Lew	37:00	0:00	37:14	12	37:14	24	0:14
Alex Linke	22:00	15:00	37:27	13	22:27	3	0:27
Will Sinnett	27:00	10:00	37:34	14	27:34	12	0:34
David Greig	20:00	17:00	37:37	15	20:37	2	0:37
James Lynch	27:00	10:00	37:47	16	27:47	13	0:47
Enrico Cementon	29:50	7:10	38:19	17	31:09	18	1:19
Claude Aquino	24:00	13:00	38:34	18	25:34	7	1:34
Lavane Mahajan	27:00	10:00	39:45	19	29:45	16	2:45
Luke Malara	24:30	12:30	39:58	20	27:28	11	2:58
Sami Rowe	27:30	9:30	40:05	21	30:35	17	3:05
Ella Rowe	27:30	9:30	40:40	22	31:10	19	3:40
Mary Langdon	31:30	5:30	40:46	23	35:16	23	3:46
Rachael White	22:00	15:00	43:24	24	28:24	15	6:24



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