

Editorial

The impacts of COVID-19 continue to make life difficult for community sport. The latest casualties to our cross country program are the cancellation of the 15km Road race which was to be held around Lake Wendouree in Ballarat and the change of the St Anne's Relay to a straight 8km Cross Country.

We are not alone in rolling with the punches as all sports including AFL and school sport have been impacted quite severely. So, our current motto is "to take one week at a time"...I think we have heard that before!

Unfortunately, social activities are not possible, even hosting a pizza night is high on impossible. We simply need to do what we can and enjoy what we can in this very negative environment.

On a positive note, the cross country group continues to train at a high standard with the boys looking at all sorts of options to improve fitness in readiness for competition.

A revised program has been prepared and is included later in this Edition. We are still hopeful of achieving a top 2 position on the ladder in what will certainly be seen as a real achievement in an interrupted season.

Trivia Night

- 29th October 2021

All members and friends of the Club are invited to attend this event which may be held on-line as we did last year. Please note your diaries.

It is a fantastic event with great prizes, our Trivia Guru is John Edney aka Club Secretary. John has done a great job hosting this event over the past few years. We regularly attract about 100 participants and raise valuable dollars for the Club.

You can join the night by accessing the trivia system at www.triviascore.com its only \$15.00 a ticket and \$5.00 for kids under 15.
So get on board early, it is always a fun night.

Competition

Cruden Farm

On Saturday 10th July we drove down to Cruden Farm for the 12km cross country. Our numbers were thin with over 50% of our list being unavailable. We were lucky with the weather, overcast and cool and the course was soft but firm enough for racing flats.

Team Managers and photographers on the day were David Burke, Barry Greig and Jeff Franklin.

Prior to the race we realised that we had two sets of father and son combos, Enrico and Justin Cementon, and Glenn and Ben Morrison. The writer wondered if this had ever been achieved before. Our Club historian, Andrew Edney later advised that he suspected there may have been a Franklin/Bryant combo in the 1990s and there was definitely a David/Worsnop combo in the early 2000s. So we really are a "family club".



L-R: Enrico Cementon, Justin Cementon, David Greig, Ben Morrison, Thomas Langdon, Glenn Morrison, Vince Mancuso.

The team performed way over expectation. Everyone in the group raced exceedingly well. We placed 1st in Division 4. Based on our points score, we defeated all Clubs in Division 3, and would have placed midfield in Division 2, a great effort. The result underlines our current reserves of emerging young talent, to achieve 4 placings inside top 80, against the best in the State, is very exciting. Congratulations to the team.



Justin Cementon, currently at Canberra Uni, had his first run of the season and recorded a blinder, placing 51st, an exceptionally strong performance. Times and placings over the 12km course as follows:

Place	Name	Time
51	Justin Cementon	42:02
61	David Greig	42:32
62	Thomas Langdon	42:33
77	Ben Morrison	43:54
194	Vince Mancuso	51:50
226	Glenn Morrison	54:44
270	Enrico Cementon	64:25

In addition, Alex Linke had his first run in the Under 18s, coming back from injury. Alex was pleased with his run and apparently no problems with his troublesome foot. His time for the 8km race was 30:57.

Division 4 points, first four Clubs, as follows:

1 st	Ivanhoe	445
2 nd	Bendigo	447
3 rd	Glenhuntly	1028
4 th	South Melb.	1094

Division 4 Ladder after 3 Rounds:

Bendigo	40
Ivanhoe	37
Glenhuntly	34
Mornington	32
South Melbourne	30
Collingwood	25
...	



Top: Ben and Thomas; **Middle:** David with Thomas not far behind; **Bottom:** Vince.

New Members

Justin Cementon has rejoined despite currently studying at Canberra Uni. Justin is very fit at the moment and is keen to set some very high standards in the future. His performance at Cruden Farm was fantastic.

From the Past...

Thought we should take a look at cross country as reported in Cursus, exactly 40 years ago.

Cross Country Cursus July 1981, Editor: Bruce Meakin.

I have taken a few items from this Edition to remind us of the past, even some of the names are familiar...

Team placings from the **1981 Sandown Relays** as follows:

B Grade

1.	Glenhuntly	118:49
2.	Box Hill	120:00
3.	Williamstown	120:43
4.	Ballarat YCW	121:00
5.	Ivanhoe	121:23
6.	Old Xaverians	122:23
7.	Old Scotch	123:19
8.	Knox-Sherbrooke	124:37
9.	Sandringham	126:09
10.	Richmond	126:30
11.	Collingwood	131:29

Lara 25k Road 13/06/81

For this event, it was a case of third time lucky as the weather conditions turned out to be ok. The previous two years this event has been held at Lara and the weather has been atrocious.

We had the bare minimum of 6 for a B Grade team and fortunately everyone went on to finish. Bruce Ackland ran a well-judged race to come in 1st for us and break 90 minutes.

In the Under 20 10k Barry Greig ran a superb race to finish sixth in 31:48.

Results: Open 25k

1 st	G Bentley	SSH	77:43
2.	N De Castella	Old Xav	77:45
62.	Bruce Ackland	Ivanhoe	89:32
77.	Bruce Meakin	Ivanhoe	91:13
80.	Steve Griffiths	Ivanhoe	91:22
151.	M Noonan	Ivanhoe	98:18
193.	A Twomey	Ivanhoe	102:25
201.	John Freeman	Ivanhoe	103:03

Under 20 Mens 10k

1 st	Steve Moneghetti	Ballarat YCW	30:26
2.	J Chambers	Doncaster	30:44
3.	M Boucher	Sandringham	31:24
6 th	Barry Greig	Ivanhoe	31:48
27 th	Anthony Griffiths	Ivanhoe	35:07

Club 6k Yarrambat 20th June 1981.

On an ideal sunny afternoon, 10 Harriers took part in a close fought handicap race. It would have been even closer if Andrew Potocnik, Aidan Twomey and Gordon Beith hadn't taken a wrong turn.

Joe Anderson ran a finely judged race to be the handicap winner, just catching John Walker before the finish line. Barry Greig starting from scratch ran 21:25 to record fastest time.

One unpleasant incident which interrupted the flow of the race for some, was a small horse pulling a cart which acted up when we ran past. The woman in the cart got very irate because we were running on the road. Seems to me that the horse was the one that shouldn't have been on the road if it gets spooked that easily...apart from that it was a good day.

RESULTS

	Finish time	Actual time
1. Joe Anderson	31:34	23:34
2. John Walker	31:38	31:38
3. Anthony Griffiths	31:54	23:54
4. Barry Greig	32:05	21:25
5. Bruce Ackland	32:23	22:23
6. Bruce Meakin	32:34	23:04
7. Aidan Twomey	32:58	25:28
8. Andrew Potocnik	33:20	25:50
9. Rob Cochrane	33:26	25:26
10. Gordon Beith	35:55	28:25

WALKING

After a short spell at running, Tim Erickson is back into walking in a big way. On the Queen's Birthday long weekend, Tim took part in a 20 mile walk in Canberra and finished second to Willi Sawall. Tim's time of 2:27:20 was a PB by 6 minutes over this distance. His time at the 30k mark was 2:16, which would rank him second in the Commonwealth, Willi Sawall is of course, No.1.

Editor's note: Tim is a Life Member of the Club, representing Australia in many international walking events over 10km, 20km and 50km from 1976 through to 1983.

Amended Cross Country Program from August

DATE	SPONSOR	VENUE	EVENT
Sat. 7th August	IGS	Collingwood	Training (a.m.)
Sat. 7th August	Aths Vic (R3)	St Anne's winery, Myrniong (Moved from 6th June)	Ekiden Relays Now 8km Cross Country Start time 12:40, 2:05 or 3:30 depends on seeding. Seeding applications by 4th August
Sat. 14th August	IGS	Box Hill	Training/trials
Sun. 15th August	Aths Vic (R8)	Albert Park (<i>No changes yet!</i>)	10km Road Championships
Sat. 21st August	IGS	Doncaster	Training/trials
Sat. 28th August	IGS	Collingwood	Training/trials
Sat. 28th August	Aths Vic (R6)	Bundoora Park (Moved from 17th July) <i>More info to follow</i>	All Schools CC Championships 3, 4, 6 & 10km Cross Country XCR 10km CC
Sat. 4th September	IGS	Lakeside	AGSV
Sun. 5th September	Aths Vic (R7)	Kevin Bartlett Res. Burnley, Yarra Boulevard (Ballarat race relocated from 31st July)	Half Marathon 5km and 15km Road Race
Sat. 11th September	Aths Vic (R10)	The Tan Track	Club Relays 5 x 3.8km
Sun. 19th September	Aths Vic (R9)	Kevin Bartlett Res. Burnley, Yarra Boulevard (Moved from 5th Sept.)	Half Marathon

* IGS track program shown in red for students benefit.

