

Editorial

Growing the “Club Family” is a task we can all contribute to. It is important individually and collectively as we extend our reach in the community.

Readers will note some of the family articles in this edition, which will no doubt help to keep them in touch with the activities of current and former members. We have recently celebrated a 21st and a birth and some of our young athletes have travelled overseas.

This Editor is excited about the continued growth in the talent of our young members. We need this to continue to build our resources and competitiveness. Later in this issue are the competition results, the most recent being the Bundoora 10km cross country. I was really excited to see that we came 2nd in our Division 4, and as a team, our score would have placed us 3rd in Division 3. This steady improvement is very pleasing.

Speaking of improvement, on Saturday we saw the continued emergence of two of our talented juniors. Harley Mileto and Leo Worsam both contested the All Schools Under 17, 6km cross country. This age group is always very competitive and this race was a ripper. Harley demonstrated good strength to finish 12th and Leo was not far back in 29th. These two are showing a great deal of promise. Depending on cancellations, Harley may find himself in the Nationals which are being held in South Australia on 27th August.

Round 5 Results

- Sandown Road Relays, Saturday 9th July

This event is one of the best events on the winter calendar. Unfortunately the last 2 seasons were cancelled due to COVID which was a great pity. This year we entered two teams with reasonable optimism as our young talent is starting to mature.

Our previous most recent attack on this event was in 2019 where we placed 2nd in Division 5 and 7th in Division 7. Our best individual time back then was a 20:51 from David Greig.

The day dawned overcast but no rain and only a light breeze so conditions were very good. All of our runners raced really well.

Our Division 4 Team included 3 “first timers” in this event, Leo Worsam, Harley Mileto and Ben Morrison. This group, all under 20, were fantastic and now have high quality PBs in this event to aim to beat in future years.



Harley receives the timing chip from Leo

Our best two on the day were David Greig (breaking 20 mins for the first time) and Thomas Langdon, not far adrift of David.

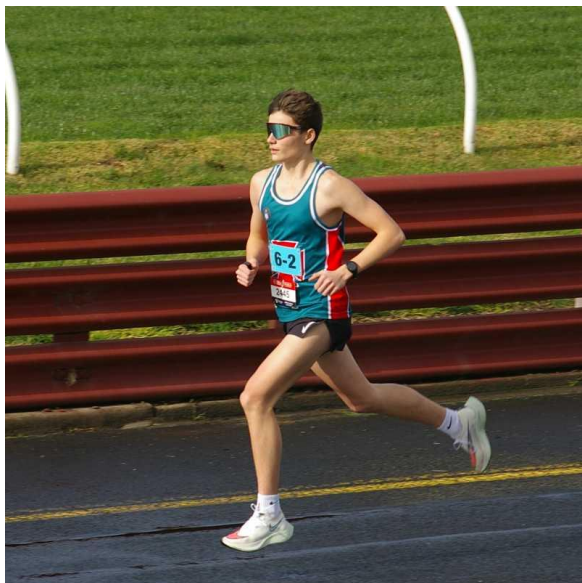
The Division 4 team placed 2nd, just 3 minutes behind the all-powerful Bendigo outfit. This was an outstanding result, very even performances from the boys as you can see below...bring on next year!!

5x6.2km: (David Greig: 19:55, Thomas Langdon: 20:31, Leo Worsam: 21:59, Harley Mileto: 21:41, Benjamin Morrison: 21:32) **1:45:38**

In addition, we won Division 6....yes we won it!! The team raced exceedingly well with a fantastic first lap from Alex Linke who was returning from a spate of foot injuries. Alex took us to the lead and we finished in front. The rest of the team, Gianni, Claude and

Barry all ran very well to maintain pressure, great Team effort.

4x6km: (Alex Linke: 21:47, Gianni Mancuso: 29:09, Claude Aquino: 25:29, Barry Greig: 25:07) **1:41:32**



Alex off to a fast start in Div. 6

An interesting comparison: Our Div. 4 Team would have placed 3rd in Division 3.

When we add in Alex to our Div. 4 Team score, to make a team of 6, we would have placed 9th against Division 2 teams and 10th out of 12 teams in Division 1, defeating both the Collingwood and Doncaster Div. 1 teams.

It's still early days in our development but we are closing in on the top clubs, our talented juniors have enormous upside.

Some may have noticed, we were missing Josh Philip from the line-up on Saturday, Josh is currently in USA. Received this note from Josh:

"I'm very happy to see this Jeff (Sandown results). Congrats, I'm having a great time in Yosemite National Park."



Round 6 Results

- Bundoora 10km Cross Country, 23rd July 2022

This was a busy day with the All Schools comp. in the morning followed by the main event.

This race was Thomas Langdon's last before departing to England for a six month stint at University.

The Bundoora course was damp and unfortunately we had light rain during the afternoon. The racing though was hot and our boys were up to the challenge.

Results as follows:

1st	Seth O'Donnell	Mentone	30:06
2nd	Andre Waring	Box Hill	30:14
20th	David Greig	Ivanhoe	32:12
70th	Thomas Langdon	Ivanhoe	34:51
117	Ben Morrison	Ivanhoe	37:36
241	Charles Shea	Ivanhoe	45:40
242	Barry Greig	Ivanhoe	45:52
266	Claude Aquino	Ivanhoe	48:13
DNF	Gianni Mancuso	Ivanhoe	retired/injured

This was a great team effort from everyone including an excellent run from David, one of his best so far.

However, conditions were tough, the course was soft and the going underfoot slippery. Charles Shea's performance was fantastic given he has hardly done any training and stepped up for the team. Claude slipped and injured his ankle but continued on. Barry was amazing at 60 to run 45:52 in those conditions. In the end a second placing in Div. 4 was well deserved. Congratulations to all the boys for a mighty effort.



David Greig



Tom, just ahead of Ben in the early stages of the race



Charles Shea



Barry Greig and Claude Aquino

Letters to the Editor

Received this lovely note from Wayne Stanley and family:

“Thank you for your kind words and thoughts expressed following the recent passing of my daughter Jacqui.

Your note brought back memories of, when on occasions the family would roll up to Box Hill for the afternoon. It was a very important and enjoyable time in our lives, including the time spent on the

Committee by both myself and my late wife Claire. As a family we made many friends during that time and we are still in touch with quite a few of them to this day.

We still like to keep in touch with the Club news through Cursus. The bar has certainly been lifted in the production of Cursus and the team are to be congratulated on their efforts.

We wish the Club and members all the best in their future endeavours.

Kind regards

Wayne, Andrew and John Stanley and families.”

Editor: Thanks Wayne, great memories. So pleased that you still enjoy Cursus, it remains one of the great assets of the Club.

Best wishes to you and the Family from all at the Club.

Recovery News

Noel Burrows, former President, recently had quadruple bypass surgery at Cabrini. Noel is back at home recovering.

John Wallis, long serving Treasurer and Life Member, recently had not been feeling well but had no obvious heart symptoms. John was admitted to hospital and found he was suffering a heart attack. A stent was inserted almost immediately and he was back on track within a few hours.

A big scare for the family but son Michael says “His recovery has been quite amazing and he’s already back to his old, happy self.”

Best wishes to Noel and John from all at the Club.

Non-Competing Members Rejoining

Ray Owens
Mark Shea

A big welcome to Mark and Ray, we really appreciate your loyalty and support.

We are slowly growing our non-competing member numbers which adds to our strength in the future.

David Greig's 21st

The Greig family had a great time celebrating David's 21st with many of his training mates attending. This Editor fellow left before mid-night, he understands the party finished at about 4:00am, leaving Barry and Dora with a bit of cleaning up to do.

Rumour has it that young David left the house at 8:00am and went for a 20k run!! Not sure that a 4:00am party was good preparation for the Bundoora 10k but it seemed to work.

Photo below shows David, Thomas Langdon, Andrew Greig and Dominic DiCenso during the speeches and before they devoured the cake.

Congratulations David from all at the Club.



Cursus Editor: Jeff Franklin
Production: David Burke

Growing the family

Welcome to a new member of the Edney clan and future recruit of the Ivanhoe Harriers!
Committee Member, John Edney, proudly showing off new baby son, Arthur Kurt Edney to his brother Rupert.



Congratulations from all at the Club and particularly to Lauren, we understand all are well with baby Arthur tipping the scales at 3.64kg.
This Editor fellow thinks John is going to be a very busy man over the next few years.



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