

## Editorial

This winter has certainly been a wet one judging by the condition of the various cross country courses we have competed on. Despite the muddy tracks we have performed well as a unit and held down our second position on the ladder. With two Rounds to go, one of which is the Tan Relay, our second place seems assured. Promotion to Division 3 next season will follow, we just can't "ink it in" yet!

Our winter cross country team is a blend of emerging juniors and a group of older, longer distance runners keen to maintain their fitness. This mature group of Claude Aquino, Chris Branigan, Barry Greig, James Lynch, Gianni Mancuso, and Vince Mancuso are incredibly important for the team. They provide the ability within our group to handle longer events like the 10k, 15k and the half-marathon. To continue our success next season, we need to grow our mature age running group to provide support for our maturing juniors.

Should you know of anyone who fits the description of a 30-60 y.o. individual who simply runs for fitness and enjoyment, please encourage them to join the Club.

## Trivia Night

**- Save the date: Friday, 4<sup>th</sup> November 2022**

This is our single, most important fund raiser of the year.

Please put this date in your diary!!

John Edney is our Trivia Night organiser, he does a fantastic job with great questions and great prizes. So plan ahead, support your Club, and enjoy the fun. We are hoping to see over 100 participants, just like last year.

## Cross Country Ladder

**- After 8 Rounds**

	Division 4 Teams	Points by Round								Total
1	Bendigo Region 2	15	15	15	15	15	15	15	15	120
2	Ivanhoe	13	13	13	13	13	13	12	8	98
3	Mornington 2	11	7	11	8	12	-	13	12	74
4	Ballarat Region 2	-	12	-	12	10	9	10	13	66
4	Glenhuntly 3	10	10	9	9	11	6	11	-	66
6	Collingwood 3	8	11	10	-	6	12	9	9	65
7	South Melbourne	9	8	12	-	-	11	8	11	59
8	Waverley 2	6	9	7	-	8	10	2	6	48
9	Old Xaverians 2	-	4	8	10	7	-	7	10	46
10	Essendon 2	-	-	5	11	9	8	6	4	43
11	Malvern 2	7	6	6	-	5	-	1	5	30
12	Melbourne Uni 4	12	5	-	-	4	-	4	-	25
13	Vic Masters	-	3	-	-	-	7	3	7	20
14	St Kevins	-	-	-	-	-	-	5	-	5

## Round 8 Results

**- 15km Road at Ballarat: Saturday, 20<sup>th</sup> August 2022**

On a typically cool Ballarat day, Ben Morrison was our sole competitor.

Unfortunately, injuries and depth prevented a full team.

This was Ben's first attempt at the longer 15km distance, he ran a very even race with a solid time of 55:27, securing vital points for the Club.

Well done Ben.



## Round 7 Results

- Albert Park, Lakeside 10km Road, 7<sup>th</sup> August 2022

On a crisp but still Sunday morning, in perfect conditions, we had 6 competitors in the men's 10km and Eliza Nelson was the sole competitor for Ivanhoe in the women's 3k event.

Our Men's team performed well placing third in the Division with a standout performance from young Harley Mileto breaking through the 35 minute barrier. Times were: David Greig 32.07, Harley Mileto 34.45, Claude Aquino 41.03, Barry Greig 43.29, Chris Branigan 47.53 and James Lynch 52.11.

This race was incredibly competitive and a huge field with David Greig coming very close to breaking the 32 minute barrier.

1 <sup>st</sup>	Sam McEntee	St Kevins
2 <sup>nd</sup>	Andre Waring	Box Hill
3 <sup>rd</sup>	Seth O'Donnell	Mentone
63 <sup>rd</sup>	David Greig	Ivanhoe
151	Harley Mileto	Ivanhoe
379	Claude Aquino	Ivanhoe
426	Barry Greig	Ivanhoe
483	Chris Branigan	Ivanhoe
511	James Lynch	Ivanhoe



Chris Branigan in the 10km road race with a strong finish.

In the women's 3k event Eliza Nelson ran very well to place 17<sup>th</sup> in the good time of 12:51.

Overall, a good day for the Club with notable PBs set by many.

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## New Members

A big welcome to new member Charles (Chuck) Rankin.

Chuck has joined us as a mature aged marathon runner. Good luck in your quest Chuck, we hope to see you achieve your goals with the support of all at the Club.

We have a great marathoning history.

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## Australian Cross Country Championships

- 10km Open Men's cross country, Oakbank Racecourse SA, 27<sup>th</sup> August 2022.

David Greig competed in his first Australian Cross Country Championship on this picturesque racecourse, some 40kms from Adelaide.

The course was 2km per lap with 5 laps or 10k for the seniors. It was a demanding track with winding sections through the centre of the racecourse and a long heavy hill at the back.

The day prior to the race, athletes could inspect the course, which many did, including coaches, officials and parents. On race day there were about 16 races prior to the main race so you can imagine the state of the course by the time the seniors ran after all of the traffic.

Barry Greig described the course as "in horse racing terms the course would be described as 'heavy', a grass surface that has received an extremely large amount of water and is in almost bog-like condition." Officials were seen retrieving spikes out of the mud after each race had passed through one section of the course!

David ran a good race finishing 30<sup>th</sup> in a time of 35:54, placing 10<sup>th</sup> in the Under 23 category. He had a strong start holding a steady pace throughout to maintain his position in the field and had a good finish. A great first up result at National level, congratulations David.



1 <sup>st</sup>	Seth O'Donnell	Vic	32:19
2 <sup>nd</sup>	Riley Cocks	SA	32:33
3 <sup>rd</sup>	Ed Goddard	NSW	32:35
30 <sup>th</sup>	David Greig	Vic	35:54

The women's race was won by Georgia Hansen in the smart time of 37min. 01sec.



*The Victorious Vics after winning the Teams race, South Australia a close second.*

**From Left:** David Greig, Josh McLeod, Andre Waring, Seth O'Donnell (winner), Nathan Stoate, Nick Baggott, Andy Buchanan, Nathan Pearce, Lachlan Herd, Will Collins, Jesse Dunsmore, Liam Adams.



## AGSV Cross Country

- match against APS, 20<sup>th</sup> August 2022

As many would know, Ivanhoe Grammar School is a member school of the Associated Grammar Schools of Victoria (AGSV). Each year there is a challenge race between AGSV and APS (Associated Public Schools). This year Ivanhoe Grammar School had 2 boys selected in the AGSV combined cross country team, Thomas Diamond and Harley Mileto.

This was a great achievement for Harley, a Year 10 student. Most competitors selected usually comprise Year 11 or 12 students.

Well done Harley.

Unfortunately for AGSV, APS was too strong on the day.

Harley joined Ivanhoe Harriers last season and was a member of our successful Division 5 premiership team.



## Final Events on the Winter Program

### Round 9: The Burnley Half Marathon

Sunday morning, 4<sup>th</sup> September 2022

A relatively level course along the banks of the Yarra River.

There is also the Burnley 5km held at the same location.

The 5k starts at 8.00am.

The Open Half Marathon over 21.1km starts at 8:02am



### Round 10: The Tan Track Relays

Saturday morning, 17<sup>th</sup> September 2022

Each athlete completes one lap of the Tan Track 3.8km circuit.

Our Division 4 Team will consist of 5 runners.

Our Division 6 Team will consist of 4 runners.

Our Junior Girls' Team will consist of 3 runners.



**This event is critical for our season** as we may not have sufficient starters in the previous event, the Half Marathon. It is an opportunity for us to challenge Bendigo and win if we are good enough.

**Make sure everyone is available...no excuses!!**

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Cursus Editor: Jeff Franklin

Production: David Burke



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