

CURSUS

The Newsletter of
Ivanhoe Harriers
Athletic Club Inc.



September 2022

Edition 83

Editorial

Cross country season 2022 has been one of our best for many years. We had a solid list of 20 athletes, finished in 2nd place on the Ladder and scored our highest number of competition points since 1999, we are making good progress.

The competition was very well supported after the COVID-19 cancellations of the previous 2 years. Our second place in the Division was the “cream” on the cake. Our team performance will promote the Club to Division 3 for next winter which achieves our objective.

Everyone in our team of 20 contributed to the points score with Ben Morrison and David Greig competing in 8 out of the 10 events – a fantastic contribution from both lads.

Given our growing strength we can approach next season with confidence. As an example, based on our times in the Tan Relay, our Division 4 Team would have placed 4th in Division 3bring on cross country 2023!!

Division 4 Final Ladder placings and Premiership Points:

1 st	Bendigo Region 2	148
2 nd	Ivanhoe	113
3 rd	Mornington 2	93
4	Ballarat Region 2	88
5	Glenhuntly 3	83
6	Collingwood 3	82
7	Sth Melbourne 2	76
8	Old Xavs 2	55
9	Essendon 2	53
10	Waverley 2	52
11	Melb Uni 4	42
12	Malvern 2	40
13	Vic Masters	25
14	St Kevins	20

The top 2 teams promoted to Div. 3 and bottom 2 relegated to Div. 5.

We can now turn our mind to summer track and field competition which will commence on Saturday 8th October 2022.

The program as follows:

Round	Date	Venue	Program
1	8 th October	Aberfeldie	1
2	15 th October	Doncaster	2
3	22 nd October	Aberfeldie	1
4	12 th November	Doncaster	2
5	19 th November	Meadowglen	1
6	3 rd December	Doncaster	2
7	17 th December	Aberfeldie (twilight)	1
8	21 st January	Doncaster	2
9	4 th February	Aberfeldie	2
10	18 th February	Keilor	1
Playoffs 1	18 th March	Doncaster	TBC
Playoffs 2	25 th March	Aberfeldie	TBC

Looking forward to some massive PBs this season!!



Ben Morrison maintaining a steady pace in the Burnley Half Marathon

Trivia Night

- Friday, 4th November 2022



Round 9 Results

- Burnley Half Marathon, 4th September 2022

This event is a classic, a level course along the Yarra. The Burnley Half Marathon is a great opportunity to test yourself, prove your fitness and resilience.

This year was no exception with a massive field of 424 runners, men and women of all ages having a go.

It was a cool cloudy morning with no wind, so perfect conditions for this event at about 9 degrees.

The event was won by Seth O'Donnell from Mentone in the good time of 64:56.

Ben Morrison was our sole representative having his first crack at the Half Marathon. Ben ran very well, maintained a steady pace to finish in the very respectable time of 83:21. He was pretty well spent at the finish and now has a time on the scoreboard to aim at in the future.

Well done Ben, he has been a rock for the Club this winter.

Letters to the Editor

From Damien Cook on Saturday, 3rd September 2022, the day before the Half Marathon.

G'day Jeff,
Burnley half tomorrow and I hit my historic button.

In September 1998 on the Burnley Boulie, Ivanhoe achieved our first (and only) A Grade Teams gold medal.

We had picked up a few silver and bronze at relays and CC but this was our only trip to the top of the podium.

After '98 it all fell away.

5 th	Richard Russell	68:00
7 th	Craig Semple	68:09
20 th	Damien Cook	71:41
21 st	Phil Bowes	71:45

Just thought it could make a story for Cursus.
Damien.



Editor: Thanks mate, great to hear from you. Also recently spoke to Phil Bowes at the Tan Relays, we both remembered that Club success very fondly. Phil still looks pretty fit...

Round 10 Results

- Tan Relays: Saturday, 17th September 2022

This was the final event for Cross Country season 2022 which has been very successful for our growing Club. We fielded three teams with every runner completing one lap of the historic Tan Track, about 3.87km. Weather conditions were good and an amazing 300 relay teams were registered to compete. I have never seen the competition so busy.

Division 4 Team: Ben Morrison, Leo Worsam, Josh Philip, Alex Linke and David Greig.

Division 6 Team: Harley Mileto, Charles Shea, Barry Greig, David Burke.

Women Under 18 Team: Eliza Nelson, Kate Bukovsan, Theadora Hally.

Division 4, (5 runners) was won by St Kevins in 59:59, second was Bendigo Region in 64:32 and third Ivanhoe in 65:34.

Division 6, (4 runners) was won by Ringwood in 54:11 with Ivanhoe placing 10th in 63:15.

Women Under 18, (3 runners) was won by Williamstown in 42:51 with our girls placing 11th in 54:13, a fine performance given two of our girls were "under 16".

Individual times as follows:

Ben Morrison 13:01, Leo Worsam 13:51, Josh Philip 13:42, Alex Linke 12:47, David Greig 12:13, Harley Mileto 13:09, Charles Shea 15:27, Barry Greig 15:32, David Burke 19:07, Eliza Nelson 17:29, Kate Bukovsan 18:49, Theadora Hally 17:55.

Fastest time: David Greig with a good 12:13.



New and Renewed Members

Phil Ramsay: One of our valued "Life Members" has renewed his membership at Athletics Victoria for another season. Phil is a wonderful supporter of the Club and continues to front up as an AV Official during the summer.

Noel and Christine McDonald: Have renewed their non-competing memberships once again. Sincere thanks to you both from all at the Club. Noel still holds significant records in Under 17, Under 18, Under 19 and Under 20 distance events. His time of 31:12 in the Under 19, 10,000m simply amazing. **Jaimie Blackburn:** Jaimie is new to the Club, was a member of the AGSV cross country representative team this year and raced for Trinity Grammar School in cross country over the winter. Jaimie is already

attending training and is keen to develop his middle distance running to a high level.

Arran Lessene: Arran is a student at Ivanhoe Grammar School and an excellent sprinter. Arran recently ran an 11.46 for the 100m and a 23.69 for the 200m at the AGSV combined sports. Arran has all of the makings of a very good sprinter.

Sami Rowe: Sami has rejoined from last season, is a very good triple jumper and a member of our Under 16 Women 4x400m team last year which set a new Club Record of 4:43.67.

Congratulations to all and a warm welcome from all at the Club.

Training continues...

With Cross Country now over, who has ramped up their training for track and field? The middle distance team of course.

A training session on the Russell St Hill, very demanding.



From left: Alex Linke, Ben Morrison, Will Franklin (obscured), Josh Philip, Harley Mileto, Macey Mileto (obscured) and Kate Bukovsan.

Well done guys, a tough session.

Cursus Editor: Jeff Franklin

Production: David Burke



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