

CURSUS

The Newsletter of
Ivanhoe Harriers
Athletic Club Inc.



March 2024

Edition 99

Editorial

We hope everyone has enjoyed the Easter break, weather was fantastic and the students are no doubt enjoying their holidays, resuming on Monday 15th April 2024. The month of March marks the end of another financial year for the Club and we look forward to 2024/25 as we celebrate 110 years since the inception of Ivanhoe Harriers.

This year the Club has performed very well, we have a young list and everyone has enjoyed the social life, competition and PBs. Congratulations to all athletes, we hope you have been satisfied with your improvement.

Jamie Blackburn and Leonardo Donarelli are off to the Australian Championships in Adelaide, best of luck from everyone at the Club.

AGM and Presentation Night

Our AGM and Presentation night will be held on Wednesday, 15th May 2024 at Ivanhoe Park Pavilion. This will be a big night to celebrate with our annual Perpetual Trophies and election of office bearers. This year, 2024, we will celebrate 110 years since the original formation of our Club. Hopefully we will celebrate with a Premiership!! Please note your diaries.

Cross Country

We are all looking forward to Cross Country season which commences with our 6km All Comers Handicap on 20th April 2024... be there!! See poster below.

We have a potential list of about 20 for Cross Country this season, so sign up now and join the party. We are quite capable of winning a Division Premiership. Last winter we were very competitive, let's improve on that very good performance. Amazingly, last season we fielded a team of 16 at the Sandown Relays. Best effort for over 20 years.

Don't delay, join up now. Package details are shown below.

E.g. Senior Cross Country (XCR) \$365 + Club fee \$50 = \$415.00, covers all events.

Junior Cross Country \$280+ Club Fee \$30 = \$310.00.

Max Package covers summer and winter.



Fees

This coming season, Athletics Victoria has decided to marginally increase fees to remain competitive with the fee structure of other sports. Base schedule of AV fees is attached below.

We have held our Club fees at very modest levels now for 10 years. The Committee discussed the fact that most other Clubs charge more than we do. In addition, we have increased social activities funded by the Club and are conscious that we are still saving for weight training equipment in the future. Whilst an increase to our fees is easily justified by \$10.00 or more, we have decided to subsidise and absorb that potential increase. Therefore, we will maintain the current, very low level of fees i.e. Senior: \$50.00 and Junior: \$30.00. Our uniform costs will also remain unchanged with plenty of stock held at the moment.

We will review the fee structure again next year but, at present, the Club is in a strong position with very attractive fees compared to others. We believe we hold a marketing advantage over competitor clubs.

ATHLETICS VICTORIA FEES 2024/25

ALL PRICING INCLUDES GST

BASE MEMBERSHIP

Must pay an entry fee for each round you wish to compete in, (excludes relays which the Club pays for).

Type	Price
Junior Athlete (12-19 years)	\$145
Open Athlete (20+ years)	\$185
Recreational Runner	\$10
Coach / Official	\$0

- Open/Junior Athletes are full competing members with access to personal accident insurance, membership offers and discounts, can earn points in all club competitions.
- Recreational Runners hold a reduced membership with access to limited personal accident insurance and 10% discount non-member pricing for XCR events, cannot score points in club competitions.
- Coaches must be financial members of Athletics Australia.
- RevSPORT will also charge a transaction fee to every purchase to cover charges. Please contact revSPORT for further details.

XCR PACKAGE

WINTER SEASON – 4 relay rounds and 6 individual rounds
Includes Base Membership and entry in to all rounds of XCR.

Type	Price
Junior Athlete (12-19 years)	\$280
Open Athlete (20+ years)	\$365

AVSL PACKAGE

SUMMER SEASON – 10 rounds
Includes Base Membership and entry in to all rounds of AVSL.

Type	Price
Junior Athlete (12-19 years)	\$270
Open Athlete (20+ years)	\$330

MAX PACKAGE

BOTH SEASONS
Includes Base Membership and entry in to all rounds of XCR and AVSL.

Type	Price
Junior Athlete (12-19 years)	\$350
Open Athlete (20+ years)	\$420

Competition Results

AVSL is over for another year, however a few of our athletes have contested additional events on the calendar. The opportunity to improve on PBs and/or qualify for National Championships is a motivating factor and a few of our young stars had great success. The following notes are from Coach, Cyril Dixon.

High Velocity Club

Saturday, 9th March 2024

- Lakeside Stadium, Albert Park

Windy as always at Lakeside helped Glen Nicholson to a very good series of jumps and landed the biggest jump of the season with 6.49m (443 points).

Leonardo Donarelli stepped out for a national 400m qualifier, having been sick for the Vic Champs race 2 weeks earlier, and scorched around the track in 55.55 (463) which is a new Club Record.

Congratulations Leonardo.

Victorian Milers Club

Thursday, 14th March 2024

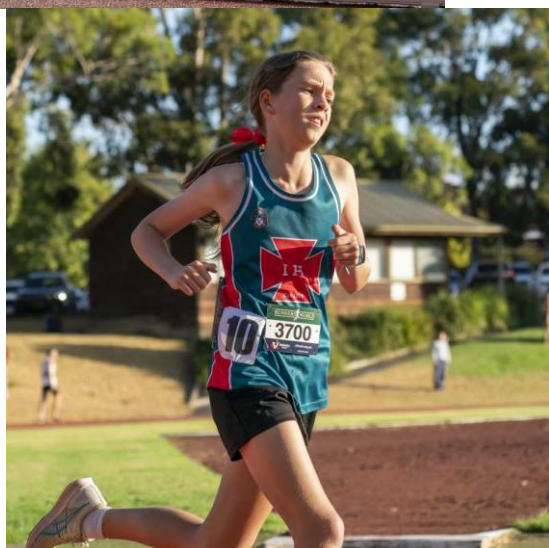
Every Milers event has been windy, and finally at Doncaster a little protection allowed some fast times.

Leonardo stepped out for his first 800m going hard from the start and landed a huge PB of 2:05.74 (516 points) and breaking his own club record by 2 seconds from earlier in the season. Eliza Nelson broke her PB in the 1500m with a 5:25.95, (267 points) and Thea Hally another solid 5:55.92. Alex Linke had a go in the 1500 and tired over the final 250m for 4:08.89 (437 points).

Jamie ran super strong 800m for a PB 1:56.98 (483) and David run a super race off limited training in 1:59.87 (434).

The best performances of the night though were from our junior girls in the 800m, Kate and Carla running huge PBs, Kate with 2:33.01(386) and Carla 2:35.93 (410) was a deserved outcome from some super weeks of training leading in to the race, well done girls.





The previous record of 4:27.1 was set by Lachlan McArthur in 1991 and was beaten by Leonardo earlier this season with a 4:23.3. Congratulations to Leonardo for a wonderful performance and a very high standard 1500m Club record. Eliza raced in a 1500m event, placing 13th in her heat in the time of 5:28.96, just 4 secs outside her PB.

Park Run

The Club sponsored the Park Run at Warringal Park on Saturday morning 23rd March 2024. This is our second, high visibility attendance.

A good turn-out from the Club for the 8:00am start with our marquee up and plenty of “pacers” to assist the 350 runners. Good exposure for us, we are hopeful of recruiting a few more numbers for upcoming cross country season. At this stage, the Park Run exercise looks positive and our middle distance athletes have enjoyed participating.

Cross Country Jackets

Still a few available at the discounted price of \$50.00. The jackets are high quality, contact this Editor for details or fitting on 0419 499 711.

Box Hill Burn

Thursday, 21st March 2024

To Box Hill we went for the burn and to watch Stewart McSweyn try for a NR over 1000m with the newly installed pacing lights. The pacing lights were a highlight and great success for some excellent running on the night. Stewy didn't get to the record but it was a super fast race running 2:20 for 2nd behind the 2:19 winner.

Eliza and Thea went record hunting and both ran PBs and club records for F18 1000m and 5k respectively. Eliza with a very strong 2nd in her heat 3:24.30 (325) and Thea running on her own for 22:25.25 (219).

Jamie is just getting better and better as the summer goes on, chasing a 5k qualifier for nationals in Adelaide next month, was super strong out in front and easily went under 15 minutes with a 14:53.20 (511). He joins Leonardo to head to Adelaide. Jamie was challenged right on the line and found something extra to keep the win and take home the \$100 1st prize.

Box Hill Classic

Thursday, 4th April 2024

Leonardo Donarelli placed 2nd in the D Grade 1500m as an Under 14. Leonardo smashed the previous Club Record with a fantastic time of 4:14.70.



Ivanhoe Harriers

Annual 6km Run for all comers

Saturday 20th of April

Registration: 8.30am



Start Time: 9.30am

Meet at the Eaglemont Tennis Club Carpark
The Boulevard, Ivanhoe East

Suitable for runners of all levels
Beginners to advanced
Teenagers to over 50's

BBQ After

email: registrar@ivanhoeharriers.org.au
www.ivanhoeharriers.org.au

Find us on:  

Cross Country Program for 2024

The combined program for the season is shown below. The Athletics Vic program is shown in black/blue and the Ivanhoe Grammar (AGSV) school program is shown in red/grey.

DATE	SPONSOR	VENUE	EVENT
Sun. 17th March		CBD	Run for the Kids
29th Mar -14th April			School Easter Holidays
Sat. 20th April	Ivanhoe Harriers	Eaglemont Tennis Courts Car Park	6km All comers Handicap (9:30am)
Fri. 26th April (3:45pm)	AGSV	Yarra Valley Grammar Melway 36 D12	AGSV Round 1 6k opening CC
Sat. 27th April	Aths Vic (R1)	Jells Park, Wheelers Hill	Cross Country Relays
Sat. 4th May	Aths Vic	Jells Park, Wheelers Hill Melway 71 K6	All Schools CC Relays (10:00am start)
Sat. 11th May	AGSV	Peninsula Grammar 20 Wooralla Dve Mt. Eliza	AGSV Round 2 (9:00am) Peninsula Grammar
Sat. 11th May	Aths Vic (R2)	Hanging Rock 139 Sth Rock Rd, Woodend	12km Cross Country
Sat. 18th May	AGSV	Banyule Flats Melway 32 C4	AGSV Round 3 (9:00am) Ivanhoe/Trinity
Sat. 25th May	Aths Vic	Princes Park, Carlton	All Schools Road Relays
Sat. 1st June	AGSV	Braeside Park Melway 88 D8	AGSV Round 4 (9:00am) Mentone Grammar
Sun. 2nd June	Aths Vic (R3)	Albert Park	10km Road Race
Sat. 15th June	AGSV	PEGS Fields, Keilor Park	AGSV Round 5 (9:00am)
Sat. 15th June	Aths Vic (R4)	St Anne's Winery, Bendigo 3 Belvoit Park Road, Ravenswood (1hr 45)	8km Cross Country (Girls 3km CC)
Sat. 29th June	Aths Vic (R5)	Sandown Race Track	Road Relays
Sat. 20th July	Aths Vic (R6)	Bundoora Park	All Schools CC Championships 3, 4, 6 & 10km Cross Country XCR 10km CC
Sat. 27th July	AGSV	Yarra Bend, Fairfield Melway 30 H12	AGSV Round 6 (9:00am) Camberwell Grammar
Sat. 3rd August	AGSV	Marcellin/Trinity Fields Melway 32 D9	AGSV Round 7 (9:00am)
Sun. 4th August	Aths Vic (R7)	Lake Wendouree, Ballarat	15km & 6km Road Race
Fri. 9th August	AGSV	Caulfield Grammar Wheelers Hill	Rep. Sport, AGSV v APS APS Host
Sat. 17th August	Aths Vic (R8)	St Anne's Winery, Myrning	Ekiden Relays
Sun. 8th September	Aths Vic (R9)	Kevin Bartlett Res Burnley Yarra Boulevard	Half Marathon & 5km
Sat. 14th September	Aths Vic (R10)	The Tan Track	Club Relays 5 x 3.8km

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Production: David Burke

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