

CURSUS

The Newsletter of
Ivanhoe Harriers
Athletic Club Inc.



October 2025

Edition 115

Editorial

During my years of involvement in athletics I have seen many changes to the sport. Some positive and some negative. In his recent newsletter, Matthew Duck, CEO of Athletics Victoria, commented on the impact of Parkrun as follows:

"Official statistics indicate that 776,387 adult Victorians identify as runners, about 2% of those engage directly with Athletics Victoria or the Clubs. Many of these runners engage in Parkrun.

Parkrun sees more than 85,000 Australians participating each week. I acknowledge the challenges athletics clubs have in achieving any meaningful level of engagement or recruitment via Parkrun."

It's an interesting and somewhat negative summation of the current status of athletics by our CEO.

Changes in community values impact on community activities, ie sport. Cost is clearly a major factor in community acceptance, as is time. Parkrun provides individuals with an opportunity to have a run on Saturday mornings, at no cost, with usage of a public park free of charge. Despite our best efforts as a Club, we cannot control Athletics Victoria prices. Parkrun is a local event, easy to get to and all finished in 45 minutes. By comparison, the 5 hours time taken to hold an athletics meet, with all of its complications eg accurate timings, distances etc not to mention the large number of officials needed to run events is not appealing to busy parents. The long term impact of these challenges and impacts on our sport are yet to be seen.

In the end, it will be up to us and our members and future members to chart the right course for the Club. The structure of athletics in the future may well be totally different. The Club and its future activities will require sensible and strong management on our part to ensure we remain relevant for our members.

One item that has not changed is Cursus, your newsletter. First Edition was April 1961 with joint Editors, John Boas and Peter Carter. The newsletter was typed and mailed out to its members.....a significant undertaking in those days....remember kids, no computers!! The intent of Cursus has always been to provide its members with competition results of the Club and its members, notes on training, notes on coaching and individual performances of its members at special meetings eg the recent All Schools Championships, as noted below.

Cursus remains a very important part of the Club and a source of our past history. Correspondence with our diverse membership remains a critical issue, even to this day. Letters to the Editor are encouraged and I look forward to a little more feedback and correspondence in that regard. Thanks to Cyril and Bruce for their contributions in this Edition.

It was pleasing to see a good turnout of students in the Victorian All Schools Championships this year. Seven students from Ivanhoe Grammar School and Ivanhoe Girls Grammar School competed with distinction. I make mention of one performance in particular, the 400m run from Kate Bukovsan. Nobody in the Club is more determined than Kate. She has given her consistent best over a number of years. On this occasion she qualified for the Under 17 400m final in 8th fastest time then ran a massive PB in the final of 63.35 to eclipse our club record of 63.4 which was set by Kate Nayda in 1998. A great reward for effort and consistency. Congratulations Kate.

A Reminder

Our major fund raiser is the annual Trivia Night, hosted by our own, John Edney on Friday, 21st November 2025. It is a fantastic night with a bit of fun for all. Lock in the date and book in your table or seats via the link below...support your Club, see you there.

The annual Ivanhoe Harriers Trivia Night is on again, at a new venue the East Ivanhoe Bowling Club at Ivanhoe Park (153 The Boulevard, Ivanhoe), **7pm on Friday, 21st November 2025**.

Test your general knowledge. There will be lots of prizes to be won and silent auction items on offer including vouchers, food & wine, and hampers.

Tables seat 10 but if you don't bring a full table then we can easily slot you in with others.

Things to bring along:

- Food for your table (drinks are available to purchase from the bar)
- Coins/cash for games and raffle tickets

Entry is \$15 per person and \$5 for children 14 and under.

Tickets available at ivanhoeharriers.org.au/trivianight

Obituary: Jim Poulter

05.7.1941 – 16.10.2025

We regret to advise that Jim passed away on 16th October 2025.

Jim attended our recent Club 110 year Anniversary event and caught up with many of his old friends on that occasion.

Jim was a valued Committee Member in 1962/63 and again in 1976/77.

Jim, Alan Dawes and Rod Nagel were at the forefront of the Club's pole vault dominance in the mid-60s to the mid-70s. Between them they shared and held the club pole vault record for many years. Jim's best was 3:81 set in 1971, which was the Club Record at the time and remained in the all-time rankings until 1995. Jim coached and inspired young vaulters such as Cameron Cuthill. His contribution to the Club was significant, he was a reliable competitor with many friends.

Following the closure of the Olympic Village Track in West Heidelberg, Jim transferred to Doncaster Club where he continued to compete for many years.

Sincere condolences to the family from all at the Club.

Jim will be sadly missed.

Funeral service was held on Thursday 30th October 2025 at Tobin Bros Doncaster.

Victorian All Schools Track & Field Championships

25 October – 2 November 2025

The Victorian All Schools Track & Field Championships were held over two weekends, the last weekend of October and the first of November. Ivanhoe Harriers was well represented by athletes from both Ivanhoe Grammar and Ivanhoe Girls Grammar.

Jack Dowling, Year 10 student who made a strong debut, competing in both the 100m and 200m. Jack placed 5th in the 100m with an impressive 11.42, and ran a personal best (PB) of 23.14 in the 200m. A fantastic start to his Harriers journey!

Sibling Success

It's great to see siblings Mabel and Arthur Taylor returning for the Summer Track & Field season.

- Mabel Taylor recorded a PB of 13.66 in the U16 100m, an excellent result.
- Arthur Taylor placed 4th in the Discus, throwing 31.96m — a strong early-season performance.

Strong Runs from Kate Bukovsan

Kate Bukovsan ran an impressive 400m, finishing 8th with a PB of 63.35. Hard training clearly pays off — well done, Kate!



Leaps from Nat Power

Nat Power finished 4th in triple jump (9.24m) and 7th in the Long Jump in a highly competitive field, with a best jump of 3.93m. Great effort, Nat!

Gutsy Middle-Distance Efforts

Sadie Crane produced strong performances in both the 800m and 1500m, showing determination and grit in both races. Sadie has a bright future in athletics — one to watch!

Leo Donarelli – A Standout Performer

What can we say about Leo Donarelli? A determined and tactical athlete, Leo placed 2nd in the 1500m with a time of 4:11.99, and followed it up with a 3rd place finish in the 800m, running 2:04.51 in the final. Outstanding results — congratulations, Leo!

Building for the Future

A number of other athletes from Ivanhoe Grammar and Ivanhoe Girls Grammar, who currently compete with other clubs, also achieved excellent results. Our goal remains to make Ivanhoe Harriers the club of choice for athletes from these two schools.

Ivanhoe Harriers Performances – Victoria All Schools Championships

Category	Event	Athlete	Result	Notes
Female U17	400m	Kate Bukovsan	63.35	8 th - Final (PB)
			64.50	Prelim
Female U16	100m	Mabel Taylor	13.66	Prelim (PB)
Female U14	1500m	Sadie Crane	5:33.66	27 th - Final
Female U14	800m	Sadie Crane	2:49.46	Prelim
Female U20	Long Jump	Nat Power	3.93m	7 th
Female U20	Triple Jump	Nat Power	9.24m	4 th
Male U20	Discus	Arthur Taylor	31.96m	4 th
Male U17	100m	Jack Dowling	11.42	5 th - Final
			11.44	Prelim
Male U17	200m	Jack Dowling	23.18	7 th - Final
			23.14	Prelim (PB)
Male U15	1500m	Leonardo Donarelli	4:11.99	2 nd – Final (PB)
Male U15	800m	Leonardo Donarelli	2:04.51	3 rd - Final
			2:05.32	Prelim

The note below, circulated at Ivanhoe Grammar School, shows Stuart Adderley and Leonardo. Interestingly, Stuart still holds the Harriers Under 15 1500m record with an amazing 4:09.5 and the Under 15 3000m record in 9:12.41, both records set in late 1998.



Gerard Foley likes this



Ivanhoe Grammar School

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Back in 1998, Stuart Adderley from the Class of 2001, now Deputy Head of House Lincoln at Ridgeway Campus, set the U/15 1500m School Record with a blazing 4:15.00.

Recently, that long-standing mark was broken by Year 8 student Leonardo, who clocked an incredible 4:11.99 at the All Schools Victorian Championships, earning a silver medal.

Leonardo is also in Lincoln House and trains with Ivanhoe Harriers outside of school, just like Stuart did in his youth. A legacy continued, a new chapter written.

#youngpeopleofcharacter #learningtogether



(from Bruce Hutchins)

New/Renewed Members

It's just wonderful to see the continuing support of our past members renewing.

Des White	All the way from Queensland
Ashley Woods	Staying in touch from London, great to hear from you Ashley.
Mark Worsnop	Our excellent lawyer from Kahns Lawyers
Tony Williams	A great middle distance runner
Rob Craigie	Past President, good to hear from you Rob.
Mary Langdon	Former Committee member and Mother of Tom who is currently working with CBA Treasury in Sydney.
Phil Ramsay	Our excellent and loyal Official at AVSL.
Glen Nicholson	Long-time long jumper
Matt Wood	Rec runner
Ashleigh Palmer	A very promising athlete from IGS.
Mabel Taylor	Student at IGS renewed from last year
Arthur Taylor	Promising athlete and student at IGS

Just a reminder, in particular to our non-competing members, you can renew directly with the transfer of \$40.00 to the Club Bank Account as follows:
BSB: 633 000 Account number: 140670480
Details: include *your name*.

Committee News

We are delighted to welcome Bruce Hutchins to Committee. Bruce has been assisting with our coaching during the winter months and has taken over the IGS coaching role from Jeff Franklin. Bruce is a well-qualified coach, has been working very closely with Chris Branigan at IGS and has been formally appointed as Coach of athletics and cross country at the school for next season. This is an incredibly important role for both IGS and the Club. Bruce is committed to working with the young students to provide them with a pathway to senior athletics. Welcome Bruce.

In addition, we advise that Cyril Dixon and Caroline Stevenson have both resigned from Committee for personal reasons. We thank them for their contribution to the Club.

Competition Results

AVSL Round 1 – Newport

Saturday, 11th October 2025

Welcome back to summer athletics. Round one was at Newport (Williamstown). It was windy, real windy! Not many travelled down to compete next to the beautiful Newport Power Station. We had two new athletes making their debut for the club. Ashleigh after a few years training stepped onto the track for the first time wearing the Harriers singlet and Jack from the Ivanhoe Grammar Track Club initiative in its second year. Wyndham and Bellarine relegated from Div 3 and Echuca promoted from Div 5 will be hard to beat. We did well to beat our regular rivals Melb Uni, Frankston, Whittlesea and Old Xav and finish 4th.



Performances

With the strong wind blowing there were some quick times run in the 200m with Burkey getting the biggest recorded tail wind at 4.5m/s. Jack had a quick start

and held on in his first run to score a massive 429 points in 22.92. Carla just short of the 400 points with 28.93 and Kate with 28.45. The triple jump also saw some good jumps with Elizabeth a PB 9.08m and 373 points, Carla with a big jump of 8.90m giving her another good score of 384. The best race of day was the open 800m. Alex executed a great race to win in 2:00.8, with a strong last 300m it was a super result in the very difficult windy conditions. Leonardo also in the first heat had a very good run of 2:04.6 for our other 400 plus points score for the day, super first up run Leonardo. Rachel ran a quick 3k at the end of the day, running a minute PB despite the conditions, showing how far she has come in a short time.



Female Open

3000m: Rachel Paterson 11:37.0h [331]

Female Under 18

200m: Kate Bukovsan 28.45 (+3.9) [364]

800m: Kate Bukovsan 2:39.4h [328]

Shot Put: Kate Bukovsan 6.11m (3kg) [225]

Female Under 16

200m: Elizabeth Stevenson 30.79 [320]; Ashleigh Palmer 31.24 (+3.7) [308]

800m: Ashleigh Palmer 3:13.9h [213]

Shot Put: Ashleigh Palmer 4.96m (3kg) [217]

Triple Jump: Elizabeth Stevenson 9.08m [373]

Female Under 14

200m: Carla Parris 28.93 (+3.2) [394]

800m: Carla Parris 2:38.2h [380]

Triple Jump: Carla Parris 8.90m [384]

Male Open

800m: Alexander Linke 2:00.8h [366]

3000m: Liam Furlong 9:54.0h [278]

Male Under 18

200m: Jack Dowling 22.92 (+3.2) [429]

Male Under 16

800m: Leonardo Donarelli 2:04.6h [410]

Male 40+

200m: Peter Castaldo 30.18 (+3.8) [235]

800m: Peter Castaldo 2:37.8h [206]

3000m: Peter Castaldo 12:08.9h [195]

Male 50+

200m: David Burke 29.67 (+4.5) [Score Limit]

400m Hurdles: David Burke 78.79 [292]

High Jump: David Burke 1.46m [345]

Shot Put: David Burke 7.37m (6kg) [Score Limit]

Triple Jump: David Burke 8.93m [290]

Male 60+

800m: Barry Greig 2:32.9h [352]

3000m: Barry Greig 11:47.4h [319]

Shot Put: Barry Greig 7.63m (5kg) [271]

We had 5 athletes complete the maximum 3 scoring events. Carla will be hard to beat again and has jumped away with a good opening day scoring high 300s for her events. Great to have Barry back and Burkey getting a points kick with the step to M50+ age group. They will have a good competition if Barry can stay fit. Kate right behind in 4th and in the more difficult F18 age group this season.

	Name	Points	Grade
1	Carla Parris	1,158	F14
2	Barry Greig	942	M60
3	David Burke	927	M50
4	Kate Bukovsan	917	F18
5	Ashleigh Palmer	738	F16
6	Elizabeth Stevenson	693	F16
7	Peter Castaldo	636	M40
8	Jack Dowling	429	M18
9	Leonardo Donarelli	410	M16
10	Alexander Linke	366	MOP
11	Rachel Paterson	331	FOP
12	Liam Furlong	278	MOP

Melbourne Marathon

Sunday, 12th October 2025

We had a lot of our team not get to the start line. Ollie had a good run to easily be sub 3 hours. Davo a super result given he had the flu for the 2 weeks prior. The father daughter combination of Cam and Nat had a super result with both getting very good times.

Marathon

Oliver	2:53:47	443 of 12,142
Cameron	3:32:49	3,392 of 12,142

Half Marathon

David	1:14:53	78 of 12,156
Natalie	2:00:24	5,976 of 12,156

AVSL Round 2 – Doncaster

Saturday, 18th October 2025

A warm sunny afternoon greeted the team for our first round at Doncaster. We had 16 athletes compete and scored our first 10,000+ points to finish 3rd and another good result. Melbourne Uni turned up having used their PowerPlay for an easy win with 15k points and doubling their ladder points. Our early competition we won't see too much at the track with Wyndham, Bellarine and Echuca Moama. The first 2 rounds we have been able to easily account for our traditional competition Frankston, Old Xavs, Old Scotch and Whittlesea. Special thanks to our club helpers on the long jump pit Phil, Paige, Gavin, Victoria, Jeff and Chris, with Anne as always taking some great pics and Brenton officiating on photo finish.



Melbourne Uni jumped to the top with their double point round. Wyndham with another strong score will be hard to catch this season. While we dropped a place, with Melb. Uni jumping to the top, we drew level on ladder points with Bellarine and Echuca. Second to fifth look likely to be very close all season, it is expected that Melbourne Uni will fall back to the pack and Wyndham will finish top.

Current Ladder after 2 Rounds:

AVSL Division 4

Place	Team	Points Scored	Ladder Points	
1	Melbourne Uni	22,979	(PP) 29	AP
2	Wyndham	26,925	21	AP
3	Bellarine	19,979	17	
4	Echuca Moama	19,670	17	
5	Ivanhoe	18,646	17	
6	Coburg	13,056	10	
7	Frankston	13,286	9	
8	Old Xaverians	11,260	7	
9	Old Scotch	10,982	7	
10	Brunswick	10,874	7	AR
11	Whittlesea	7,249	2	AR

AP: Automatic Promotion

AR: Automatic Relegation

(PP): Power Play used

Performances

We had 13 scores greater than 350 and four of those were 400 plus. Alex and Owen had good runs in the 1500m. Leonardo running a good time leading all the way in heat 2 4:15 and 419 points. Mabel and Jack had good 100m runs scoring 385 and 416 points. At the other age group end Barry had a superb 5:04 to score 403 points. A very good 400m run from Carla with a big 428 points, the best score of the day. The run of the day was Kate's 400m with a big PB, leading from lane 8 was passed in the straight and then fought on to win her heat, super run. Owen a strong 54.82 for his 400, Liam rolling a solid 3k to finish. Glen a 6m+ long jump was back after a season off, a good return. Sadie a good 1500 and working towards her PB. Ashleigh with her first 100m and 319 points. Claude having hurt his hamstring and withdrawing from the 1500m lined up in the 100m instead...well-done Claude. A good relay from Ashleigh, Carla, Sadie and Kate just under the minute. Burkey's best event the long jump and 300 points.



Female Open

1500m: Rachel Paterson 5:22.7h [327]

Female Under 18

100m: Kate Bukovsan 14.10 (0.9) [346]

400m: Kate Bukovsan 64.47 [385]

4x100m: (Ashleigh Palmer, Carla Parris, Sadie Crane, Kate Bukovsan) 59.59 [325]

Long Jump: Kate Bukovsan 3.51m [290]

Female Under 16

100m: Mabel Taylor 13.68 (0.8) [385];

Ashleigh Palmer 14.84 (0.4) [319]

400m: Ashleigh Palmer 75.71 [295]

Female Under 14

100m: Carla Parris 14.18 (0.9) [377];

Sadie Crane 15.33 (-0.5) [314]

400m: Carla Parris 65.32 [428];

Sadie Crane 76.51 [316]

1500m: Sadie Crane 5:31.6h [361]

Long Jump: Carla Parris 4.21m [396]

Male Open

400m: Owen Dumsday 54.82 [314]

1500m: Alexander Linke 4:05.8h [382];

Owen Dumsday 4:08.0h [373];

Liam Furlong 4:25.2h [308]

Long Jump: Glen Nicholson 6.06m [358]; 6.12m

Male Under 18

100m: Jack Dowling 11.43 (1.7) [416]

Male Under 16

1500m: Leonardo Donarelli 4:15.4h [419]

Male 50+

100m: David Burke 14.47 (-0.2) [Score Limit];

Claude Aquino 16.60 (-0.8) [186]

400m: David Burke 66.90 [259]

1500m: Claude Aquino DNF

100m Hurdles: David Burke 20.85 (1.0) [Score Limit]

Discus: David Burke 19.56m (1.5kg) [Score Limit]

Javelin: David Burke 27.18m (700g) [265]

Long Jump: David Burke 4.14m [300]

Male 60+

1500m: Barry Greig 5:04.9h [403]

Discus: Barry Greig 24.04m (1kg) [242]

Javelin: Barry Greig 20.80m (600g) [245]

Officials

Photo Finish: Brenton Hall [600]

MVP

Carla, Kate and Sadie led the way finishing top 3 all with over 1000 points and Carla nearly at 1300. Barry and David also just under 900 points. Carla leads overall in what is looking like a repeat from last year with Kate close behind. Barry has started well and is just ahead of Burkey in the battle for 3rd place.

	Name	Points	Rounds
1	Carla Parris	2,440	2
2	Kate Bukovsan	2,019	2
3	Barry Greig	1,832	2
4	David Burke	1,751	2
5	Ashleigh Palmer	1,433	2
6	Sadie Crane	1,072	1
7	Jack Dowling	845	2
8	Leonardo Donarelli	829	2
9	Alexander Linke	748	2
20	Elizabeth Stevenson	693	1
11	Owen Dumsday	687	1
12	Rachel Paterson	658	2
13	Peter Castaldo	636	1
14	Brenton Hall	600	1
15	Liam Furlong	586	2
16	Mabel Taylor	385	1
17	Glen Nicholson	358	1
18	Claude Aquino	186	1



AVSL 2025/26 Calendar

Round	Date	Venue
3	Saturday, 8 Nov 2025	Keilor Park
4	Saturday, 15 Nov 2025	Doncaster
5	Saturday, 22 Nov 2025	Keilor Park
6	Saturday, 29 Nov 2025	Doncaster
7	Saturday, 17 Jan 2026	Meadowglen
8	Saturday, 31 Jan 2026	Aberfeldie
Reserved	Sunday, 8 Feb 2026	
9	Saturday, 21 Feb 2026	Doncaster
10	Saturday, 28 Feb 2026	Aberfeldie

New York Marathon

Sunday, 2nd November 2025

Victoria and Kristin both ventured to New York for the marathon of a lifetime. Having trained all year to get there and completing the marathon right on their 4 hour goal. Well done on a super effort.

Marathon

Victoria Crane	4:00:41	20,338 of 59,129
Kristin Watkins	3:58:51	19,362 of 59,129

Cursus Editor: Jeff Franklin
Production: David Burke

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IAU 24-Hour World Championships

Stuart Hughes has been selected to represent New Zealand at the 2025 IAU 24-Hour World Championships, 390 runners from 40+ countries. The IAU (International Association of Ultrarunners) event was on a 1,500 m loop course, featuring a mix of bitumen and track surfaces. Stuart achieved his goal - completing 208.038km in 24 hours! – beating his 188km from his last 24hr event. He was 91 of 205 men, 6th in 50 to 54 year olds, and the NZ men were 27th of 41 teams with 3 or more runners. The winning male achieved 294km and the winning female a world record 277km. The Australian women were amazing and came second.

(from Cyril Dixon)

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