

# CURSUS

The Newsletter of  
Ivanhoe Harriers  
Athletic Club Inc.



December 2021

Edition 75

## Season's Greetings

The Committee of Ivanhoe Harriers Athletic Club extends greetings and best wishes to all of our members and friends during this festive season.

We hope everyone has a safe and happy Christmas and New Year. We certainly hope the impact of COVID infections diminishes during 2022 and we can return to more normal pursuits like athletics and cross country.

We have experienced two years of restricted activity since 2020 and community sport has suffered. Despite these negative conditions, the Club has continued to grow and deliver training services to our members, Ivanhoe Grammar School and the general community. Training at Chelsworth Park has been well attended during the year with everyone benefitting.

This summer season has now passed the halfway mark with 6 rounds of competition held to date around Melbourne and provincial cities. The Club is competing very well, participation is high and the standard of our athletes is very good. It is very pleasing to report that we have just attained top position on the ladder in Division 5.

With only 4 rounds left in the season, we know we will be competing in the finals on 5<sup>th</sup> March 2022, so our athletes need to note this date in their diaries. We have the talent to win a Premiership, provided everyone on the list is available and qualified.

Many thanks to the parents and friends who have assisted as "Club Helpers" during the season so far. We are a good group and many hands make light work...thanks to Richard Russell, Barry Greig, Emma Linke, Michael Linke, James Bukovsan, James Lynch, David Baker, Glenn Morrison, Pam Brenner and Mary Langdon.



## Competition

### Future key dates for competition in 2022:

January 15 <sup>th</sup>	AVSL Round 7 (Twilight meet) Lakeside
January 22 <sup>nd</sup>	AVSL Round 8 (Twilight meet) Aberfeldie
January 26 <sup>th</sup>	Australia Day / Relay Champs. Lakeside
February 5 <sup>th</sup>	AVSL Round 9 Aberfeldie
February 12 <sup>th</sup>	AVSL Round 10 (Super Saturday) Lakeside (Twilight)
February 18-20	Track and Field Championships
February 25-27	Track and Field Championships
March 5 <sup>th</sup>	AVSL Playoffs (Premiership match)

### Round 5 Results

#### Saturday, 11<sup>th</sup> December at Aberfeldie

This round was highlighted with a number of very good PBs and performances to a high standard. Paige Bukovsan continued with her very good spell of form with an excellent Under 16, 400m time of 67.34. Younger sister Kate also excelled with PBs in the Under 14, 100m 15.66 and Under 14, 400 in 75.01. Competing in Geelong, Alex Linke smashed his 800m PB with a time of 2:06.46, this is a very good indicator for Alex.

In the sprint department, Perrin Theocharides' 100m time of 11.51 was a PB and Jack Harper also secured a PB with a good time of 11.68.

Overall, we scored 6,467 points to place second just behind ladder leaders Williamstown who scored 6,721 points.

#### Female Under 16

100m: Paige Bukovsan 15.72

400m: Paige Bukovsan 67.34

1500m: Paige Bukovsan 5:14.8h

Long Jump: Paige Bukovsan 3.38m

#### Female Under 14

100m: Kate Bukovsan 15.66

400m: Kate Bukovsan 75.01

1500m: Kate Bukovsan 5:46.5h  
 Long Jump: Kate Bukovsan 2.79m

**Male Open**

1500m: David Greig 4:10.9h

**Male Under 20**

100m: Perrin Theocharides 11.51 (2.1); Jack Harper 11.68 (2.2); Finn Knight DQ-False start 11.71 (2.1);  
 400m: Perrin Theocharides 55.41; Benjamin Morrison 60.43

1500m: Benjamin Morrison 4:21.3h  
 3000m: Josh Philip 9:50.35

**Male Under 18**

800m: Alex Linke 2:06.46  
 3000m: Alex Linke 9:47.98

**Male 40+**

100m: David Burke 14.11 (1.9)  
 400m: David Burke 66.94  
 1500m: Barry Greig 5:07.0h  
 110m Hurdles: David Burke 23.09 (2.0)  
 Javelin: David Burke 19.98m  
 Long Jump: David Burke 4.25m

**Round 6 Results**  
**Saturday, 18<sup>th</sup> December at Meadowglen**

This round of competition was arguably our best in recent history, with a fantastic team performance littered with PBs. We defeated ladder leaders, Williamstown, by 2000 points and clearly showed that we are a force when everyone turns up.

Paige Bukovsan broke her Under 16 800m record with a fine 2:33.6 and younger sister Kate had PBs in the 200m, 32.91 and the 800m 2:43. Alex Linke set a new PB in the 1500 with a time of 4:28.87, David Burke cleared 1.55 in the Men's 40+ high jump to secure 431 points and our 4x100 relay team of Perrin Theocharides, Owen Dumsday, Finn Knight and Jack Harper won their Under 20 division in 47.15.

It was great to see a collection of our more experienced athletes back from exams etc, Tom Langdon, Josh Philip, Ben Morrison and Charles Shea all performed very well. Possibly our best single performance on the day was a very fine 800m from David Greig, in 1:57.6 just outside his PB. It was also great to welcome new member, Owen Dumsday who ran a very good 800m for his first outing for Ivanhoe with a time of 2:08.2

The table below shows our total points earned on the day and on the extreme right hand side, the "Ladder points" allotted after the use of our Power Play. Our great team performance moves us to the top of the ladder.

IVA	Ivanhoe	8,703	<b>22</b>
WTN	Williamstown	6,503	10
MAC	Maccabi	2,636	9
DKN	Deakin	1,413	8
BEU	Bendigo Uni	1,233	7
OLX	Old Xaverians	921	6
SCA	South Coast	827	5
SME	South Melbourne	791	4
SSH	St Stephens	539	3

**Female Under 16**

200m: Paige Bukovsan 32.49 (-4.0)  
 800m: Paige Bukovsan 2:33.6h

**Female Under 14**

200m: Kate Bukovsan 32.91; Marli Brenner 33.12 (-4.9)  
 800m: Kate Bukovsan 2:43.0h; Marli Brenner 3:00.7h

**Male Open**

800m: David Greig 1:57.6h  
 3000m: David Greig 9:35.9h



David Greig; Kate Bukovsan; Finn Knight

4x100m: (Perrin Theocharides, Owen Dumsday, Finn Knight, Jack Harper) 47.15

**Male Under 20**

200m: Jack Harper 24.04 (-4.1); Perrin Theocharides 24.41 (-3.8); Charles Shea 26.69 (-3.3); Finn Knight DQ-False start 24.86 (-4.4)

800m: Josh Philip 2:05.7h; Benjamin Morrison 2:07.7h; Owen Dumsday 2:08.2h; Jack Harper 2:08.7h;

3000m: Josh Philip 10:16.0h; Benjamin Morrison 10:34.9h; Thomas Langdon 9:33.5h

Shot Put: Charles Shea 6.07m;

**Male Under 18**

1500m: Alex Linke 4:28.87

**Male Under 16**

800m: Harley Mileto 2:24.8h

3000m: Harley Mileto 11:17.9h

**Male 40+**

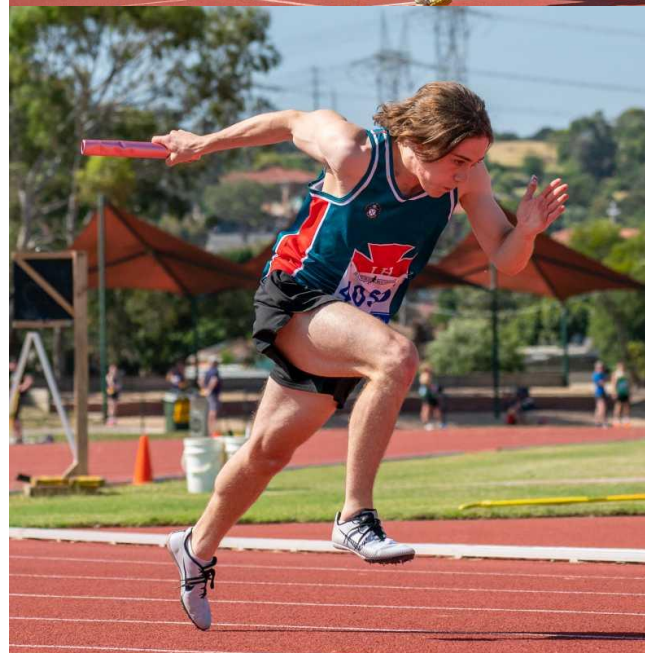
200m: David Burke 29.25 (-4.0)

800m: David Burke 2:50.3h

110m Hurdles: David Burke 23.21 (-3.6)

High Jump: David Burke 1.55m

Shot Put: David Burke 6.72m



Jack Harper; Perrin Theocharides

Cursus Editor: Jeff Franklin

Production: David Burke



Josh Philip and Owen Dumsday; Harley Mileto



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