



Editorial

The heart and soul of the Club revolves around training and competing. Good numbers at training usually convert to good results on the track. Our objectives as a club are to encourage improvement, enjoyment and excellence. We are certainly achieving in those areas.

With only 3 Rounds of competition so far, the dedicated training group has compiled a solid number of PBs which is a reflection on the group. They have trained incredibly hard and been very consistent... as our Life Member and great athlete of the Club, Gary Honey once said "no excuses". Gary is 100% correct on that great piece of advice.

Full results are later in this Edition, however some individuals deserve a special mention. Jamie Blackburn, Arran Lessene, Alex Linke, Harley Mileto, Ben Morrison, Kate Bukovsan, Charles Shea, Eliza Nelson and Theadora Hally have all achieved PBs early in the season. This is a reflection on their hard training, we should see some exceptional performances later in the year. Well done to all.

Melbourne Marathon

- October 2nd 2022

One of our newer members, Chuck Rankin, completed the Melbourne Marathon in the time of 3: 49: 44. Chuck advised that he was happy with his result, his time was a bit slower than he had hoped, he thought he ran a little too fast early in the journey. Ended up cramping in the last few kilometres.

Congratulations Chuck from all at the Club, it is a massive achievement.

New and Renewed Members

Glen Nicholson, Great to welcome Glen back after a few years absence. Glen is an excellent sprinter and long jumper. Glen competed in the early 2000s and at his best was a 7m+ long jumper.

Perrin Theocharides, rejoined from last season where he was a member of our Premiership winning team. Perrin had a best 100m time last season of 11.51 and a very good 200m best of 23.11.

Jack Harper, rejoined from last season after a very good year. Jack won the St. James Ivanhoe Trophy last season recording a 50.8 over 400m and was a member of our Distance Medley Relay team in the Vic Championships, winning silver in the Open Men's event.

Eva Gilinas, is a student at Ivanhoe Grammar School and was a member of the girls 4x100m winning relay team at the AGSV Championships earlier this year. Eva is looking to improve her fitness and running skills and will enjoy the company of the girls in our growing team.

Matt Hall, is a past excellent thrower for the Club and has rejoined as a non-competing member. Matt competed from Under 14 through to A Grade back when the athletics structure was totally different in the 80s ,90s and early 2000s.

Will Franklin, has joined as a new member, is a student at Ivanhoe Grammar School and a promising middle distance runner. Will has just completed a very good cross country season with the school and is very keen to develop his middle distance skills and ability.

Please welcome our new members.

Life Member: Tom Hancock OAM

Tom is now living in Maclean in northern NSW. He is still competing in Masters throwing events at 86 years of age....amazing.

Tom forwarded a newspaper article detailing his latest achievements at the Australian Masters Athletic Throws Championship.

Tom broke 4 Australian records in his age group and was awarded the trophy for Champion Male Thrower for the event.

Congratulations Tom from your "Team" at Ivanhoe, great to hear from you.

Round 1 Results

- Aberfeldie: Saturday, 8th October 2022

It was a fine and cool day with only eleven athletes competing. Unfortunately this impacted our team scores and we only placed 8th in the team competition.

We need to remember, we are in a higher Division this season and the Team Competition is a bit tougher. Everyone needs to be committed.

We welcomed Jamie Blackburn and Arran Lessene for their first run for the Club and they did not disappoint. Jamie ran a PB of 4:19 for his 1500m and Arran ran a very good 100m into a head wind recording 11.84. Theadora Hally also had her first run on the track running very nicely in her 1500m and 400m. Former long jump champion, Glen Nicholson recorded a 6.08m in the long jump but hurt his hamstring in the 100m which is a real pity for Glen. He is hoping to be back in a couple of weeks.

Massive PBs recorded by Alex Linke in his 1500m with a 4:14.7 and Harley Mileto with 4:41.2. Ben Morrison sliced about 5 seconds off his PB recording 4:16.7 and Kate Bukovsan ran a good PB in her Under 14, 100m with a time of 15.4.

Full results as follows:

Female Under 18

400m: Theadora Hally 80.21

1500m: Theadora Hally 5:58.7h

Female Under 14

100m: Kate Bukovsan 15.45

400m: Kate Bukovsan 73.69

1500m: Kate Bukovsan 5:57.9h

Male Open

100m: Glen Nicholson 12.65

1500m: Charles Shea 4:53.3h

Long Jump: Glen Nicholson 6.08m

Male Under 20

1500m: Benjamin Morrison 4:16.7h

Male Under 18

100m: Arran Lessene 11.84

1500m: Alex Linke 4:14.7h; Jamie Blackburn 4:19.0h;
Harley Mileto 4:41.2h

Male 40+

100m: David Burke 14.32

400m: David Burke 68.03

1500m: Barry Greig 5:04.2h

Discus: David Burke 18.64m

High Jump: David Burke 1.53m

Javelin: David Burke 25.48m



Arran and Jamie

Round 2 Results

- Doncaster: Saturday, 15th October 2022

This was a great day for the Club, some wonderful individual performances and high point scoring. We placed 4th in the Teams competition, convincingly beating Melbourne Uni, St Kevins, Brunswick and Old Scotch.

Kate Bukovsan excelled, competing in 3 events, the Under 14, 200m, 800m and 3000m earning 964 individual points, the most in the Team. Well done Kate.

Kate also ran a leg of the successful 4x200 relay just for good measure!!

We had some excellent sprinting in the 200s with Perrin running a 23.74 and Arran Lessene running a PB with a very good 23.53.



Right: Perrin

In the 800s, David Greig ran inside 2 minutes with a 1:59.4.

Ben Morrison was just a split second outside his PB for the 800m with a 2:04.9, but PBs were achieved by Alex Linke with a 2:04.1 and Jamie Blackburn 2:07.2, well done guys.



At the end of the program it was great to see three Ivanhoe girls battle out the 3000m, a first time effort over 3000m by Theadora and Eliza. Only a few seconds between them, a great effort girls.

Full results as follows:

Female Under 18

3000m: Theadora Hally 13:10.8h

4x200m: (Kate Bukovsan, Marli Brenner, Theadora Hally, Eliza Nelson) 2:08.14

Female Under 16

800m: Eliza Nelson 3:01.0h

3000m: Eliza Nelson 13:03.3h

Female Under 14

200m: Marli Brenner 30.79; Kate Bukovsan 30.92

800m: Kate Bukovsan 2:42.2h

3000m: Kate Bukovsan 12:58.8h

Male Open

200m: Charles Shea 26.08

800m: David Greig 1:59.4h; Charles Shea 2:20.4h

3000m: David Greig 9:20.4h

4x200m: (Perrin Theocharides, Charles Shea, Alex Linke, Arran Lessene) 1:41.49

Male Under 20

200m: Perrin Theocharides 23.74; Jack Harper 24.95

800m: Benjamin Morrison 2:04.9h

Male Under 18

200m: Arran Lessene 23.53

800m: Alex Linke 2:04.1h; Jamie Blackburn 2:07.2h; Harley Mileto 2:23.4h

3000m: Alex Linke 10:09.0h; Harley Mileto 10:15.5h; Jamie Blackburn 9:27.0h

Male 40+

200m: David Burke 29.48

800m: David Burke 2:54.4h

3000m: Barry Greig 11:06.7h

400m Hurdles: David Burke 80.31

Shot Put: David Burke 6.71m; Barry Greig 7.63m

Triple Jump: David Burke 9.17m



Marli to Theadora in the relay

Round 3 Results

- Doncaster: Saturday, 22nd October 2022

With floods closing the Aberfeldie track we were back at Doncaster.

Some outstanding individual performances notably: Alex Linke recording a massive PB in his 1500m with a fine 4:10.4 followed closely by Ben Morrison with another PB of 4:14.2. Perrin Theocharides ran a well-judged 400m recording a 55.25.

There were great team performances with high point scoring from David Burke (903 points), Kate Bukovsan (831 points), Perrin (758 points), Eliza Nelson (721 points) and evergreen Barry Greig (673 points).

However, we were disappointing as a "Team", a couple of injuries and a number of athletes only managing one event leaves us in 7th place on the ladder. One or two more events would have seen us in 5th!!

Melbourne Uni. beat us by 45 points, a fraction of one event.

Female Under 18

400m: Theadora Hally 76.76

1500m: Theadora Hally 5:58.4h

Female Under 16

100m: Eliza Nelson 15.89

400m: Eliza Nelson 72.52

1500m: Eliza Nelson 5:52.2h

Female Under 14

100m: Kate Bukovsan 15.73

400m: Kate Bukovsan 72.23; Sami Rowe 82.99

1500m: Kate Bukovsan 5:51.6h

Long Jump: Sami Rowe 3.31m

Male Open

100m: Charles Shea 12.70

1500m: David Greig 4:15.8h; Josh Philip 4:21.1h;
Charles Shea 4:47.9h

Male Under 20

100m: Perrin Theocharides 11.76

400m: Perrin Theocharides 55.25

1500m: Benjamin Morrison 4:14.2h

Male Under 18

400m: Harley Mileto 65.00

1500m: Alex Linke 4:10.4h; Jamie Blackburn 4:20.7h;
Harley Mileto 4:41.1h

Male 40+

100m: David Burke 15.62

1500m: Barry Greig 5:04.4h

110m Hurdles: David Burke 22.69

Discus: Barry Greig 21.56m

High Jump: David Burke 1.54m

Javelin: David Burke 18.60m

Long Jump: David Burke 4.45m

Other Competition

It was good to see some of our younger members having a crack at the Victorian All Schools Track and Field Championships.

Alex Linke made the final of the Under 18 boys 1500m recording a 4:16. Unfortunately, Alex had a very tough race the previous day which flattened him a bit. Arran Lessene continues to impress, qualifying for the semi-finals of the Under 16 boys 100m with a big PB in his heat of 11.39. He was not quite able to repeat that time in his semi-final recording 11.52.

Eliza Nelson recorded a time of 5:55.3 in her heat of the Under 16 girls 1500m and Theadora Hally recorded a 6:08.2 in her heat of the Under 17 girls 1500m. Unfortunately, neither of the girls progressed to the finals but both will benefit from the experience.

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