

Editorial

Since our Christmas Edition we have now completed all Rounds of the season competition with only State Championships and Finals remaining.

The summer season in Division 4 has been successful with growth in our numbers and the quality of our athletic performances.

We finished 6th on the Ladder, well ahead of Old Scotch, Melbourne Uni, Brunswick and Dandenong/Springvale. Though our athletic performances have improved, we need to continue to increase our numbers, season by season, to move into the next Division.

This season, Athletics Victoria decided to introduce a Promotion/Relegation final series for the bottom 5 Clubs in each Division. This Editor believes it is a flawed concept. However, Athletics Victoria makes the rules so we need to rise to the occasion.

The dates for Promotion /Relegation matches are 18th March 2023 at Doncaster and 25th March at Aberfeldie. We have a solid team qualified, all we need to do is repeat our Saturday performances and we will easily succeed.

Please keep those dates free for competition

As an indicator of our Club performance, this season our point scoring has increased on last year by 12%. Given last season was a Premiership in Division 5, a 12% improvement is a great result.

Coaching

Cyril Dixon has joined our Coaching Panel as a sprints/middle distance coach.

Cyril has a fine personal athletic record, particularly over 400m, 800m and 1500m. He is very keen to add value to our young group and we are obviously delighted that Cyril has joined us.

Our Middle distance athletes are clearly a strength at present however we also have the foundations of a good sprinting group for the future. Cyril will add considerable value to the team.

Obituary: Dr Allen Russell

4/5/1938 - 9/2/2023

We deeply regret to advise the passing of Allen following a long period of illness.

Allen was a devoted husband to Life Member Wendy and father of Richard, who is a longstanding member of our Committee and also a Life Member of the Club. Allen supported the Club for many decades as he followed the athletic career of his son, Richard.

Allen had a long and distinguished career at Melbourne University where his contribution to mathematics worldwide has been significant and acknowledged.

Rest in peace.

World Cross Country Championships, Bathurst 2023

The World Cross Country Championships were held in Australia for the first time in history on the 17th to 19th February 2023.

The race was held on a very testing course, inside the Bathurst car racing circuit. The senior Men's and Women's events were 5 laps of a 2km loop which included a muddy section and a brutal hill. Many athletes struggled in the heat which was 35 degrees during the main races.

The races were fantastic to watch with thousands of spectators all around the hilly and difficult course. The east African nations of Kenya, Ethiopia and Uganda dominated the team races. Jacob Kiplimo from Uganda won the gold in 29:17 in the men's event

and Beatrice Chebet from Kenya won the women's 10km in a dramatic finish when the leader and current 10,000m world champion, Letesenbet Gidey collapsed about 30m from the finish line.

Ky Robinson was the leading Australian in the senior Mens race, placing 23rd and Ellie Pashley was the best Australian woman placing 19th however, Leanne Pompeani, Rose Davies, Caitlin Adams and Izzie Batt-Doyle all finished inside the top 30, a great result.

The most exciting race on the program was the 4x2km, mixed relay. Each runner completed one lap of the 2k course in extreme heat.

The Australian quartet of Oliver Hoare, Jess Hull, Stewart McSweyn and Abbey Caldwell came 3rd to take a bronze medal in a race where the lead changed several times. Jess Hull ran a fantastic leg as second runner, putting Australia into the lead. The crowd noise during the event was deafening.

A pre-race reunion was held with many of the distance running community attending. There were many well known faces including Rob DeCastella, Steve Monaggetti and many others who had represented Australia in this event over the years.

Master of Ceremonies was Lord Sebastian Coe, current Head of World Athletics and arguably one of the greatest middle distance runners of all time.

Richard Russell and Glenn Franklin attended the reunion. They had raced in the junior men's event in 1989 which was held in Stavanger, Norway.

Richard, Glenn and this Editor fellow were the only Ivanhoe Harrier members in attendance. Richard and Glenn enjoyed themselves immensely, catching up with their old team mates.



Members of the Under 20 Team of 1989, Dean Rose, Richard Russell, John Kavanagh and Glenn Franklin.

Not to be outdone, Theadora Hally from our current girls team, managed to catch up with Lord Sebastian Coe before the race. What a lovely photo. Theadora and her Dad, Tony, ran the course on Sunday after the main races...what an experience!



Letters to the Editor

Our article published in December Edition 86, sourced from Bruce Meakin attracted a bit of comment. Just to recap, Bruce provided a historic listing of Handicap results in the 4k, 6k and 8k events run by the Club in the 70s and 80s out at Arthurs Creek and Yarrambat.

Andrew Potocnik responded as follows:

Thanks Jeff,

Wonderful to see those results from times gone by when we ran for a team, and as you say, we ran uphill and down dale.

There was an event almost every week, car pooling and even when there wasn't competition for the AAHV, it might be APSOB, or just what was known as a pack run. And as you point out, some of the best runners in Victoria and Australia came to participate in club events.

Great to see some names from the past on Bruce's list, but I can't believe the dates that accompany names and times.

Huge thanks to you and members of the Committee in keeping the (once) mighty 'Hoe going!

Andrew

Editor:

Thanks Andrew, yes the handicap events and pack runs back then were fantastic. I have been looking around trying to find a location that might replicate those runs out in the bush.

If anyone has any bright ideas please let me know. The big problem these days is traffic.

Victorian Masters Championships

Big congratulations to Braden Fraser who made the final of the 100m in the 45-49 year age category. Braden recorded 12.52 to finish 7th in the final. This is a great achievement for Braden as injuries have made racing difficult for him over the past few years. Hopefully we will see him competing regularly next season.

Obituary: Thomas Watson

1/6/1929 - 17/1/2023

We deeply regret to advise our readers of the passing of Thomas Watson who competed for the Club during the 1940s.

Thomas's daughter Michelle, advised us of the sad news that he passed away on 17th January 2023 from a stroke, aged 93. Michelle confirmed that his time at the Club and our recent sharing of memories was a highlight for Thomas. One of his treasured possessions was a silver trophy, presented by Ivanhoe Harriers for his performances in 1947/48. (Photo below taken in June 2019)

Thomas remained interested in the Club from his home in Geelong and enjoyed reading his Cursus every month during his retirement years.

Readers may remember Thomas was very generous in allowing the Club to borrow and review his significant collection of athletic history which dated from about 1912. Much of the history featured articles about his very famous uncle, Alf Watson, Captain of our Team

of the Century and Olympian in 1928 and 1936. Michelle confirmed that Alf had a big influence on Thomas's life.

Vale Thomas Watson, a life well lived.

A funeral service was held on Wednesday 25th January 2023 at Kings Funerals, Newcomb.



AVSL Round 8 Results

- Doncaster: Saturday, 21st January 2023

It was a lovely fine day at Doncaster but only half a team available. Disappointing numbers but some fine performances.

David Greig produced a nice PB in his 800m with a 1:56.9 and Jamie Blackburn also ran an excellent 800 in a massive PB of 2:00.1 (Editor cannot believe that he missed breaking 2:00!)

Eva Gilinis also ran a big PB in her 200m with a fine 32.13, congrats to Eva.

Results:

Female Under 16

200m: Eva Gilinas 32.13 (PB); Eliza Nelson 33.84

800m: Eliza Nelson 2:49.08

4x400m: (Eliza Nelson, Marli Brenner, Eva Gilinas, Kate Bukovsan) 5:01.96

Female Under 14

200m: Marli Brenner 31.08; Kate Bukovsan 31.22;

Sami Rowe 35.49

800m: Kate Bukovsan 2:51.48

Triple Jump: Sami Rowe 7.85m



Marli and
Eva in the
4x400m
Relay

Male Open

800m: David Greig 1:56.9h (PB)

3000m: David Greig 9:34.4h

Male Under 18

800m: Jamie Blackburn 2:00.1h (PB)

3000m: Jamie Blackburn 9:27.6h

Male 40+

200m: David Burke 28.51

800m: David Burke 3:00.8h

400m Hurdles: David Burke 81.63

Shot Put: David Burke 6.88m

Triple Jump: David Burke 9.41m



Jamie and David enjoying their 3000m run

AVSL Round 9 Results

- Aberfeldie: Saturday, 4th February 2023

There were windy conditions and a fine performance from the team. We suffered once again from injuries, Jack Harper (hamstring) and Paige Bukovsan (Achilles). The team scored 8,692 points placing us 7th which was a bit disappointing. Old Scotch and Williamstown defeated us by a handful of points so we will remain in

6th position on the Div. 4 Ladder. Our talent is undoubted, our performances are very good, the teams ahead of us simply have greater numbers. Excellent performances in the 800m with a number of the boys hovering around the magical 2 minute mark, who will break the benchmark first? Jamie Blackburn, Alex Linke or Ben Morrison, this is a serious contest!!



R to L: Jamie, Alex and Ben in a fast finish to the 800m

Female Under 18

200m: Theadora Hally 35.18

800m: Theadora Hally 2:54.10

4x100m: (Eliza Nelson, Theadora Hally, Eva Gilinas, Kate Bukovsan) 63.65

Female Under 16

200m: Eva Gilinas 33.83; Eliza Nelson 34.50

800m: Eliza Nelson 2:46.66; Eva Gilinas 3:09.02

Female Under 14

200m: Kate Bukovsan 31.17; Marli Brenner 31.68

800m: Marli Brenner 2:41.35; Kate Bukovsan 2:41.56

Long Jump: Kate Bukovsan 3.04m

Male Open

800m: David Greig 2:01.6h

4x100m: (Perrin Theocharides, David Greig, David Burke, Alex Linke) 51.53

Male Under 20

200m: Perrin Theocharides 23.48;

Benjamin Morrison 27.03

800m: Benjamin Morrison 2:04.2h

Male Under 18

200m: Jamie Blackburn 26.17; Alex Linke 26.47;

Harley Mileto 29.28

800m: Jamie Blackburn 2:01.8h; Alex Linke 2:02.3h;

Harley Mileto 2:20.8h

Male Under 16

200m: Will Franklin 29.92

800m: Will Franklin 2:35.0h

Male 40+

200m: David Burke 29.26

800m: Barry Greig 2:36.0h; David Burke 3:03.6h

400m Hurdles: David Burke 83.68

Javelin: David Burke 23.79m; Barry Greig 18.63m

Long Jump: David Burke 4.50m



Kate, Eliza, and Marli in the 800m

AVSL Round 10 Results

- Keilor: Saturday, 18th February 2023

A small team was present but good scoring from everyone. Kate was top points scorer with 969 points closely followed by the ageless David Burke with 964 points.

Well done from everyone, Amelia has now qualified for finals. Well done Amelia.

Results:

Female Under 16

100m: Eliza Nelson 16.56

400m: Eliza Nelson 70.51; Eva Gilinas 74.94;
Amelia Ray 85.16

1500m: Eliza Nelson 5:50.3h

4x200m: (Eva Gilinas, Eliza Nelson, Amelia Ray,
Kate Bukovsan) 2:16.68

Female Under 14

100m: Kate Bukovsan 14.93

400m: Kate Bukovsan 69.43

1500m: Kate Bukovsan 5:45.2h

Cursus Editor: Jeff Franklin

Production: David Burke

Male Open

100m: Charles Shea 12.72

400m: Charles Shea 61.14

1500m: Charles Shea 5:04.7h

Male Under 20

100m: Perrin Theocharides 11.76

400m: Perrin Theocharides 54.29

1500m: Benjamin Morrison 4:08.0h

Male Under 18

1500m: Alex Linke 4:04.3h

Male 40+

100m: David Burke 13.75

400m: David Burke 66.21

110m Hurdles: David Burke 22.65

Discus: David Burke 19.30m

High Jump: David Burke 1.54m

Shot Put: David Burke 7.03m

Final AVSL Ladder (Division 4)

1	Yarra Ranges	136,703	97
2	Preston	122,863	96
3	Ballarat YCW	125,981	92
4	St Kevins	90,184	73
5	Williamstown	92,993	69
6	Ivanhoe	72,004	54
7	Old Scotch	55,195	42
8	Melbourne Uni	50,697	41
9	Brunswick	38,359	28
10	Dandenong-Springvale	29,054	17

	Promotion Playoff
	Relegation Playoff



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