

CURSUS

The Newsletter of
Ivanhoe Harriers
Athletic Club Inc.



May 2023

Edition 89

Editorial

This Editor fellow is very pleased with the growth of our Club over recent years. Evidence of this progress can be seen in our increased numbers contesting major events like the 10km Road Championships. We entered a team of 13 this year which is our largest for many years, I think at least since the 90s.

Back in May 1993, exactly 30 years ago, we were incredibly strong in this event with Mal Norwood placing 2nd just behind Steve Monaghetti. We are not quite back to that brilliant standard yet, but we are closing the gap. Our young team was fantastic on Saturday 7th May in terrible conditions, full details later in this Edition.

A great photo below at the AGM...our future leaders!!



Jack Harper, Alex Linke, David Greig, Ben Morrison, Harley Mileto, Jamie Blackburn and Tom Langdon...an exceptional group.

Annual General Meeting

We had a reasonable attendance of 27 with apologies from Wendy Russell, Glenn Morrison, Gary Honey, Chris Cole, Andrew Edney, Phil Ramsay, John and Jill Wallis, Perrin Theocharides, Pam and Marli Brenner, Mel and Eva Gilinas and Brenton Hall.

Barry Greig, Secretary, chaired the meeting and the election of office bearers was carried out efficiently

with all of the outgoing committee continuing, except for John Edney who has retired (see note below).

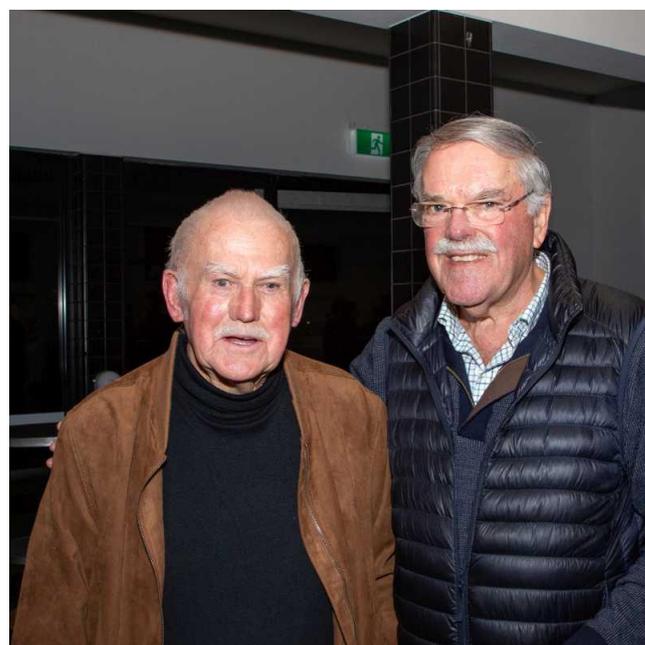
The new incoming Committee is:

Jeff Franklin	President
Richard Russell	Vice President
Barry Greig	Secretary
David Burke	Treasurer

General Committee:

Glenn Morrison,	James Lynch,
Braden Fraser,	Anne Bukovsan,
Michael Wallis,	Michael Linke.

Congratulations to the incoming committee, a group of individuals with wide ranging talents. We hope to continue our recent success as caretakers of the Club and preserve our significant history into the future.



Life Members Noel Burrows and Jeff Franklin

Retirement of John Edney

John has announced his retirement from Committee after an outstanding eight year contribution, seven years as Secretary. John's efforts have been valued and appreciated by his fellow committee members. His determination to "get things done" was a very positive influence on the team.

John has a very young family with rapidly growing family commitments which we all understand. His focus and priorities have naturally changed.

John should be very proud of his contribution to the development of the Club and will continue to stay in touch via his wonderful Trivia Night presentations.

Congratulations John for a mighty effort in challenging times.

Trophy Presentations

Life Member and Vice President, Richard Russell managed the presentation of trophies and various awards.

Trophy winners were:

David Greig	W.A. Rawlinson Trophy (best track and field athlete)
Alex Linke	St. James Trophy (most improved track and field athlete)
Kate Bukovsan	Banyule Trophy (best female athlete)
Ben Morrison	Statewide Trophy (most points in cross country season)
David Greig	Hugh Lowe Memorial Trophy (most outstanding winter athlete)
Kate Bukovsan	COVID Cup (most points from 6km – 400m on a handicap basis)
Perrin Theocharides	F.J. Holpen Trophy (most consistent A grade athlete)
David Burke	Jack McCann Trophy (most significant contribution to the Club)
Eva Gilinas	Athletes Foot Trophy (most improved junior)
Eliza Nelson	Lew Hall Trophy (most significant commitment to the Club)
Jamie Blackburn	Geoff Legge Trophy (most outstanding performance by a junior in any event from 800m -10,000m)
Harley Mileto	6km Handicap 2023

In addition to the major trophy awards the following medallions were awarded for outstanding performances.

Braden Fraser: Club medallion in recognition of Vic. Championship finals qualifier in Men's 45+ 100m.

David Greig: Club medallion in recognition of finalist in National Cross Country Championships.

Paige Bukovsan, Marli Brenner, Eliza Nelson and Kate Bukovsan:

Club medallion and certificate in recognising the achievements of finalist in Under 16, Women's 4x400 and a new Club Record of 4:38.10.

Note: New Club record covers Under 16, 18, 20 and Open age groupings.

Some of our talented girls at the AGM



Eliza Nelson, Theadora Hally, Kate Bukovsan and Paige Bukovsan

New/Renewed Members

New Members

Brenton Hall
Cyril Dixon

Renewed Members

Claude Aquino	David Greig	Harley Mileto
Jamie Blackburn	Theadora Hally	Ben Morrison
Anne Bukovsan	Jack Harper	Glenn Morrison
Kate Bukovsan	Tom Langdon	Eliza Nelson
David Burke	Alex Linke	Charles Shea
Jeff Franklin	Gianni Mancuso	Jill Wallis
Barry Greig	Vince Mancuso	Michael Wallis

Rising Stars

It's nice to see some rewards and recognition for our young members.

Alex Linke has been selected as Captain of Cross Country for IGS for the 2023 season and Jamie Blackburn has been selected Captain of Cross Country at Trinity Grammar School. Alex is following in the

footsteps of current members, Thomas Langdon and Ben Morrison who have held the honour at IGS in recent years.

Eliza Nelson and Theadora Hally have also been selected as Joint Captains of Cross Country for the IGS girls team. This is the first year that a separate girls team will contest the AGSV cross country competition.

Sincere congratulations to Alex, Jamie, Eliza and Theadora.

Letters to the Editor

From Potsy...referring to our results in the Finals.

Hey Jeff,
Looking at those results, if that Barry Greig bloke takes his training seriously, he might end up being a decent runner, one day!!!

Andrew Potocnik

Thanks Andrew,
Yes indeed, he should try harder.
Seriously, Barry's longevity in the sport is incredible. He was peaking as a middle distance runner in 1983, 40 years ago!

He currently ranks 6th in our Club all time rankings for the 1500m (3:48 set in 1985), 4th in our rankings for the Mile (4:06.5 set in 1983), 8th in the 10km road (30.28 set in 1989), 9th in the Half Marathon (71:05 set in 1991), 4th in the 2k steeple (5:52.7 set in 1981 as a junior) and 3rd in the 3k steeple (8:54.76 set in 1983).

A fantastic record and significant achievement. To be able to overcome injuries and compete again to a high standard shows enormous dedication, training consistency and determination. He was our second highest point scorer in the Finals.
Congrats Barry.

Editor.

From Tom Hancock...referring to more records and life in Maclean NSW.

Dear Jeff,
I was thrilled to see the runners results in Cursus and also sad that I can't be there to coach field events. Our decision to come north 3 years ago was for Margaret to have a better life. She can't walk now and needs care.

Maclean is a great town. We have a hospital, an Olympic pool, aths arena and tennis courts. I still train hard at almost 87 and enclose a local article from the Vic Masters Championships at Doncaster in February.

I thought the club members may be interested in what, perhaps their oldest athlete is doing...Love the new singlet.

Tom.

For the younger readers, Tom is a Legend of our Club both as a competitor and a coach. Tom competed in 6 events at the recent Vic Masters Championships at Doncaster, picking up 2 Australian Records and 2 Victorian Records competing in the 85-90 year old age group.

Tom claims his longevity in athletics is due to his training regime, playing tennis, weight training and eating a healthy, balanced diet.

Well done Tom from all at the Club. We are in awe of your determination and dedication, please extend our best wishes to Margaret.

Editor.

Condolences

Received a sad note from Ashley Woods who is living in London.

Ashley's Dad passed away in early May. Ashley made the urgent trip back to Ivanhoe but did not have time to catch up at the AGM.

Ashley was a very good junior high jumper in the late 80s and 90s. He is a very loyal member despite the tyranny of distance and continues to maintain contact, following the Club via Cursus.
Sincere condolences from all at the Club to Ashley and family on their sad loss.

Competition Results

Justin Cementon ran in the Canberra Half Marathon on Sunday 16th April and recorded the very good time of 74:42.

Justin has been attending Canberra University for a few years and has continued his training, occasionally turning up at Chelsworth Park for a run with the boys when he is back in Melbourne to see the family. He tells me he often trains in the Stromlo Forrest which, from memory, is where Rob DeCastella used to train years ago.

Readers might remember, Justin ran in the Cruden Farm Cross Country on 10th July 2021 where he placed 51st, a great first up performance over 12km. His Dad, Enrico, also ran on the day...a big family effort. It was a huge result for the Club at the time as we won Division 4 and defeated all Clubs in Division 3, so a great team performance.

Well done Justin, keep up the good work, not far away from securing a top 10 in our All Time Club Rankings.

Round 1 of Cross Country

Jells Park Relays over 6km

This is a fantastic event, the course was tough but in great condition and the weather perfect. We were missing some of our best athletes which was a pity but everyone performed to their best.

A large crowd attended, and despite missing a few, we filled three teams – Div. 3, Div. 6 Men and Under 18 girls.

PBs on this course to Claude Aquino (26:45), Ben Morrison (21:17) and Charles Shea (25:04).

Fastest time was a scintillating run from Jamie Blackburn (19:19) which put our Div. 3 Team in second place after his leg of the race, a really great start, followed by excellent runs from Ben Morrison, Jack Harper, Tom Langdon and Charles Shea. Special congrats to Jack, he is better known as a 400m/ 800m runner. Jack stepped up to fill the void and ran a very gutsy 26:04 which got the boys to 8th place on the ladder. Well done Jack.



Jamie setting a cracking pace

Not to be outdone, the girls teamed together really well to place 8th in this Under 18, 3km event and now hold down 8th position out of 15 Teams on the Under 18 girls ladder. Not a bad effort given Eliza & Theadora are 16 and Kate is 14. All of the girls way under the age limit.

The girls times in the 3km event were Eliza (13:47) a PB by 14 seconds, Theadora Hally (14:14) and Kate Bukovsan (13:22).

Our Division 3 times were: Jamie (19:19), Ben (21:17), Jack (26:04), Tom (20:20), and Charles (25:04) for a Team Time of 1: 52: 04.

Our Division 6 Team placed 8th of 10. It was great to see the Mancuso brothers return to racing, individual times were:

Claude Aquino (26:45), Vince Mancuso (27:18), Gianni Mancuso (33:47) and David Burke (33:57).

Round 2 of Cross Country

The Lakeside 10km Championships

In freezing and wet conditions the Lakeside 10 was incredibly well supported with over 1,000 entrants over all events.

Our Under 18 Girls Team raced in the 3km and placed 4th of the 16 teams, well done girls.

Kate Bukovsan ran 13:07, Eliza Nelson 13:12 and Theadora Hally 13:23 in a very even team performance.



Theadora running on a wet track

In the 10km main event we had excellent performances as follows:

Jamie Blackburn 31:40
 David Greig 31:57 (PB)
 Alex Linke 33:32 (PB)
 Thomas Langdon 33:40 (PB)
 Harley Mileto 34:19 (PB)
 Ben Morrison 34:30 (PB)
 Charles Shea 39:10 (PB)
 Claude Aquino 42:30
 Brenton Hall 43:29

Unfortunately Barry Greig strained a calf and had a DNF.



Alex hot on the heels of Thomas

The teams placed 3rd in Division 3 and 4th in Division 6. Our scoring performance would have placed us in 7th place in Division 2, clearly our improvement is quite impressive at the moment.

This result moves us 3 places up the ladder so we are within striking distance of the top 2/3 clubs.

Men Division 3 Ladder

Place	Team	Rd1	Rd2	Total
1	Western Athletics 2	17	17	34
2	Geelong Region 2	14	15	29
3	Bendigo Region 2	15	12	27
4	Collingwood 2	13	11	24
5	Ivanhoe	9	14	23
6	Box Hill 3	11	10	21
6	Old Xaverians	8	13	21
8	South Melbourne	10	9	19
8	Traralgon	12	7	19
10	Melbourne Uni 3	7	8	15
11	Malvern	4	6	10
12	Nunawading	5	3	8
12	Keilor St Bernards	6	2	8
14	Waverley	2	5	7
14	Coburg	3	4	7
16	St Stephens 2	-	1	1

Cursus Editor: Jeff Franklin

Production: David Burke



ASPECT
BROKING

"A fresh outlook on your insurance"
aspectuw.com.au

 facebook.com/IvanhoeHarriersAthleticClub

 instagram.com/IvanhoeHarriersAthleticClub