

Editorial

We are just through the halfway mark of the winter season with four events to go. The Lake Wendouree 15km road race at Ballarat, the Ekiden relays at St Anne's winery, the Half Marathon which a few of the boys are targeting this year, and finally the Tan relays on 16th September.

The Club is currently sitting at midpoint on the Ladder with our young team continuing to grow. Ideally, we will need to recruit a few more middle distance runners to have a realistic tilt at Division 2 Cross Country next season. We are well placed at the moment but we do suffer when our young distance runners need to run for their school which naturally takes priority over Club.

It is also pleasing to note that a number of our student athletes are ranked very high on the AGSV rankings list at the end of the AGSV season. Jamie Blackburn (ranked 1st), Alex Linke (3rd), Liam Furlong (9th), Harley Mileto (2nd in year 11). We are expecting to recruit a few more very promising lads for a summer season of interval training and racing.

We look forward to some great distance running over the next few weeks.

New and Renewed Members

We welcome **Liam Furlong** to the Club.

Liam is a Year 12 student at Trinity Grammar School and has come under our notice with a very good current ranking inside the top 15 in the AGSV cross country competition. Liam is a very keen middle distance runner with a bright future.

Macey Mileto, younger sister of Harley is a student at Ivanhoe Grammar School. Macey is a very strong middle distance runner and currently sits in second place in the AGSV rankings for Year 9/10 girls cross country.

Arran Lessene has rejoined from last season. Arran is a very talented sprinter who unfortunately suffered a stress fracture last season. He only ran a couple of Under 18 events for the Club before his injury. However his 11.84 for the 100m and 23.53 for the 200 showed how much talent he has. We are looking forward to seeing Arran compete over the summer without having to deal with injury.

Will Franklin has also rejoined from last season and is looking forward to improving his PBs on the track.

Round 5 - Sandown Road Relays 8th July 2023

In very cold and blustery conditions we journeyed out to Sandown for one of the great races of the winter. Unfortunately, an incredibly strong headwind in the front straight hampered times. Despite this, our four teams performed really well.

We welcomed Liam Furlong and Macey Mileto for their first race in Club colours, well done to everyone. Considering the conditions, our times showed continued improvement with our Div. 3 Team placing 4th in the Premiership tussle with a Team time of 107min. 46sec.

For our growing Club to field 4 teams in this event was a fantastic effort.



Alex Linke

Individual times as follows:

Female Under 18

3 x 3.1km:

Eliza Nelson:	13:33
Macey Mileto:	14:55
Theadora Hally:	14:45
	<u>43:13</u>

Male Division 3

5 x 6.2km:

Alex Linke:	21:13
Harley Mileto:	21:04
Liam Furlong:	24:15
Thomas Langdon:	20:52
David Greig:	20:22
	<u>1:47:46</u>

Male Division 6

4 x 6.2km:

Charles Shea:	24:38
Brenton Hall:	24:43
Vince Mancuso:	25:24
Jack Harper:	28:12
	<u>1:42:57</u>

Male Division 7

4 x 6.2km:

Barry Greig:	26:43
Gianni Mancuso:	31:06
Claude Aquino:	27:44
David Burke:	34:07
	<u>1:59:40</u>

Harley improved on his time from last year by 37 seconds, and Alex improved his last year's time by 34 seconds, amazing considering the conditions.

David Greig was our fastest time with a solid 20:22, just 27 seconds slower than last season.



Liam and Harley

I was incredibly proud of our girls in their first hit-out at this event. They were competing out of their age-group. Eliza, Macey and Theadora were very strong in the tough conditions, recording very good times, leaving nothing in the tank at the end. Well done girls.



Round 6 - Bundoora 10km and All-Schools Championships

22nd July 2023

This is a great day of cross country racing on a tough course and this year the weather was fine.

Winner of the men's race was Andy Buchanan (Bendigo) in 29:00, with David McNeill (Old Xav) 2nd in 29:42 and Lachlan Herd (Knox) 3rd in 29:53.

We just had enough numbers for our team of five and placed 7th of 15 teams in our division:

Men's 10km Cross Country

39 th	David Greig	32.34
106	Tom Langdon	34.56
183	Ben Morrison	38.03
248	Brenton Hall	41.30
319	Vince Mancuso	46.47



The All-Schools was also very well attended with seemingly thousands on the course.
Harley Mileto placed 16th in the Under 18, 6km in 20:40.
Will Franklin placed 64th in the under 16, 4km in 14:26.
Alex Linke placed 18th in the Under 20, 8km in 29:33.

Our girls were well represented but found the going pretty tough.

Kate Bukovsan placed 53rd in the Under 15 girls 4km in 17:41.
Macey Mileto placed 58th in the Under 16 girls 4km in 20:01.
Eliza Nelson placed 54th in the Under 17 girls 4km in 18:29.

Overall a fantastic day of racing in a very competitive event.



From the past - Sandown Relays, 1993

This Editor fellow thought he might look back in time and just see how our current athletes compare to the times of the past.

For those who can remember 30 years ago....

We searched our archives and found these results from 1993. It's an interesting comparison, with our current team. We had a very high standard team back then with Australian representatives. We placed 6th in A Grade in this race with our leading athlete at the time, Malcolm Norwood, recording a super time of 17: 50.

Our current team is a very young outfit, but is not far away from catching up to the exploits of 30 years ago. I am incredibly proud of our current group which compares quite well with our team in 1993. That team consisted of “seasoned veterans”.
The results from 1993 as follows:

A Grade (now Premier Division)

Richard Russell	19:20
Rolf Zimmerman	19:45
Mal Norwood	17:50
Damien Cook	19:41
Phil Bowes	20:14
Greg Webster	18:59

C Grade (now Division 3)

Mark Ritter	21:15
Peter Cole	21:13
Andrew Potocnik	21:06
Charles Gilbert	21:16
Tim Erickson	20:48
Craig Rayner	20:06

D Grade (now Division 4)

Andrew Edney	22:39
Adam Franklin	21:48
John Freeman	22:27
Chris Jones	24:16
Steve Bryant	25:10
Cam Wyatt	22:06

E Grade (now Division 5)

Roy Bryant	25:16
Ian Porter	25:42
Cam Jackson	27:02
Jeff Franklin	25:11

F Grade (now Division 6)

Michael Bishop	27:21
Geoff Peters	27:20
Robert Cochrane	27:22
John Walker	36:05

Talking about the old days...

Spoke to John Boas about his memories of the past hoping to give us some insights of the 1960s. John delved into his excellent filing system which showed we have been competing at Sandown for a very long time.
A quote from John:

“I found the results for the Sandown relays on Saturday 14th August 1965. Ivanhoe finished 5th in C grade. The team and their times were
Hugh Carter 24:09
Nick Hoogenraad 20:01
Andy(?) McInnes 24:59
Bob Cochrane 21:46
Ray Brown 19:57
Trevor Whitehead 23:08

Hugh, Andy and Trevor were juniors (under 19).

Total time (6 x 2 laps) 134m.00 s

For interest, the A grade race was won by Glenhuntly with a time of 109 m 38 secs. Some notable individual times: Pat Clohessy 18:19; John Coyle 18:03; Trevor Vincent 18:32; Henk Van Winjgarden 18:54; Ron Clarke 17:30; Tony Cook 18:20. Second were St Stephens 114m.13s (Derek Clayton 18:19). For those who know their history of Australian athletics, Ron Clarke and Derek Clayton should be recognisable names, but Trevor Vincent and Tony Cook were 1964 Olympians (3000m steeple and 10 000m respectively) and Pat Clohessy was a 1962 Commonwealth Games representative (and later the driving force as the coach behind the revival of Australian distance running from the mid-1970s onwards).

Ivanhoe won the 1966 C grade Road Premiership- our first for a very long time (If not the first ever). We won all 3 events. “

Editor note: Thanks John for those memories. In those times there was a separate “Road Racing Premiership” over 3 events and a separate Cross Country Premiership. These days the winter Premiership is contested over ten events, both road racing and cross country racing.

Trivia Night

Save the date: Friday, 10th November 2023

This is our single, most important fund raiser of the year.

Please put this date in your diary!!

John Edney is our Trivia Night organiser, he does a fantastic job with great questions and great prizes. So plan ahead, support your Club, and enjoy the fun. We are hoping to see over 100 participants, just like last year.

Overseas News

Our jet-setting Josh Philip has been off to the UK for the World Frisbee Championships.

Shown below is Josh receiving his No. 8 jersey in true Australian colours.

Congrats Josh, we hope the Championships went well.



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