

Editorial

The reach of our Club continues to amaze. In this Edition we have correspondence from Life Member, Tom Hancock, currently residing in MacLean, northern NSW and a visit from Ashley Woods, a non-competing member from London, UK.

Articles on both members are in this edition.

In the meantime, Summer competition has started with 3 rounds completed and new records being set. Our attendance has not been great, largely due to exams but our performances have been quality. Despite the low attendances we are sitting in 6th position in Division 4, within striking distance of 3rd.

At the time of writing, the Committee has been busy preparing for our Annual Trivia Night on 10th November which is our major fund raiser for the season. The event is fully sold out which is very pleasing and illustrates the progress the Club has made over recent years.

We now look forward to seeing some substantial personal best performances this summer as our group of athletes gradually matures.

Letters to the Editor

Received this note from Tom Hancock

“Dear Jeff,

I hope the Club is going well. There are many good results through the winter and your hard work is bearing fruit.

I have been doing some coaching and trying to coach myself which is difficult.. I am only getting 2 Masters competitions a year. Also, because I am heading for 88 there are few competitors, so it's me against the tape measure.

Hope the Harriers see these results from their oldest competitor.

Kindest regards

Tom Hancock
Go Hoe!”

Editor:

Tom has enclosed a lengthy newspaper article from his home of Maclean in northern NSW. The article details his dominance of the Australian Masters Throws Championships in Brisbane where he won every event of the ten he entered.

A precis of the article as follows:

Tom competed in the Throws Pentathlon, 56 pound and 100 pound, shot put, javelin, discus, hammer throw, weight throw, Heavyweight Pentathlon and Superweight Pentathlon.

Tom won every event setting four Australian records. In the heavyweight pentathlon he threw 5 different weights from 3 kilos up to 7 kilos, recording 3156 points, beating the previous Australian record by 556 points.

Tom is still chasing the Australian record for the Hammer which has stood for 15 years at 32.66, he has thrown 31.97.

Tom is quoted as saying he would like to make it to 90 and have a go at the over 90 records.

Tom has been honoured this year for his achievements with an area of Wherrett Park Maclean declared the Tom Hancock Athletics Throwing Area.

Congratulations from all of us Tom, you have done amazingly well. Hope you continue to enjoy your time living in the Northern Rivers area of NSW.

Spotlight on Ashley Woods

Caught up with Ashley recently while he was in Melbourne for a few days. Ashley is a practicing lawyer in London, maintaining his connection to the Club with his non-competing membership despite the tyranny of distance.

Ashley competed in the late 1980s to the early 90s, mostly high jump, sprints and 400m hurdles. He was awarded the John Griffith Trophy (for most improved Junior High Jumper) on 4 occasions winning a bronze medal in the Under 18, Vic Championships High Jump in 1991 with a jump of 1.90m.

Ashley also recorded a 52.5 seconds run in a State League 400m in 11/93 and a 59.21 in the 400m Hurdles Vic Championships in 2/94.

Ashley departed for University life in Japan in late 1994, later to settle in London.

Ashley wrote to this Editor fellow after our recent meeting as follows:

"Good to see you today, appreciate you making the time to catch up. Really does not seem that long since I had seen you. As I said, I remember the days at the Club very fondly and looking back over the Handbook and the Club History Book bought back lots of great memories.

Went back to look at a few things and found my 1994 Victorian Championship 400m Hurdles! Just managed to break one minute at 59.21 secs in the heat. Was glad to break the one minute, which was my PB. I keep telling my kids my 400m time was closer. Rohan Robinson from Glenhuntly won the final in 51.54 seconds, another name that I remember.

My sister had a good laugh when she saw my photo with the Under 18 Premiership Team in 1995/96. They were such a great group, including Peter Bate and Lachlan McArthur breaking lots of records that year. Peter Rule and I looked after the team that year, something that I had forgotten entirely."



Under 18 Association Premiership Team- 1995/96

Standing: Ashley Woods, Lachlan McArthur, Steven Brooks, David Iliff, Peter Rule (Coach)

Seated: Michael Condon, Benn Spoor, Jay Parks, Peter Bate.

Editor:

Great to catch up with Ashley after so many years. Ashley's comments emphasise just how important our Club is to so many.

Competition Results

Round 1 - Aberfeldie

7th October 2023

Notes from Cyril.

Great effort by everyone who was at Aberfeldie for Round 1. Only a small team with athletes being away due to sickness and exams. Loved the way everyone competed in multiple events, some great efforts.

Fantastic to see Carla make the transition from Littles to AV with some very strong performances. Kate lead the way scoring 1 more point than Carla with Ben third. Perrin's 23.21 in the 200m was the highest score of the day ahead of Harley's 3km and Ben's 800m. Harley took a PB in his 800m but that is a bit soft still, more improvement to come there. As always Burkey seemed to be in every event with his best a 6.58m Shot Put. Eliza and Thea competed well returning to training after illness and injury. Ben executed a superb 3km as did Harley, both backing up following their 800m. Everyone showed great enthusiasm for the day and it was great to be back at the track.

	Athlete	Club	Points	Grade
1	Kate Bukovsan	IVA	793	F16
2	Carla Parris	IVA	792	F14
3	Benjamin Morrison	IVA	698	MOP
4	David Burke	IVA	671	M45
5	Harley Mileto	IVA	662	M18
6	Perrin Theocharides	IVA	614	MOP
7	Eliza Nelson	IVA	544	F18
8	Theadora Hally	IVA	520	F18

Female 18

200m: Eliza Nelson 33.81; Theadora Hally 35.73

800m: Eliza Nelson 3:05.70; Theadora Hally 3:14.05

3000m: Eliza Nelson 14:17.5h; Theadora Hally 14:24.6h

Female 16

200m: Kate Bukovsan 30.32

800m: Kate Bukovsan 2:42.66

3000m: Kate Bukovsan 13:07.7h

Female 14

200m: Carla Parris 31.57

800m: Carla Parris 2:46.04

Triple Jump: Carla Parris 7.37m

Male Open

200m: Perrin Theocharides 23.21

800m: Benjamin Morrison 2:06.28

3000m: Benjamin Morrison 9:42.0h

Shot Put: Perrin Theocharides 7.06m

Male 18

800m: Harley Mileto 2:16.92

3000m: Harley Mileto 9:55.9h

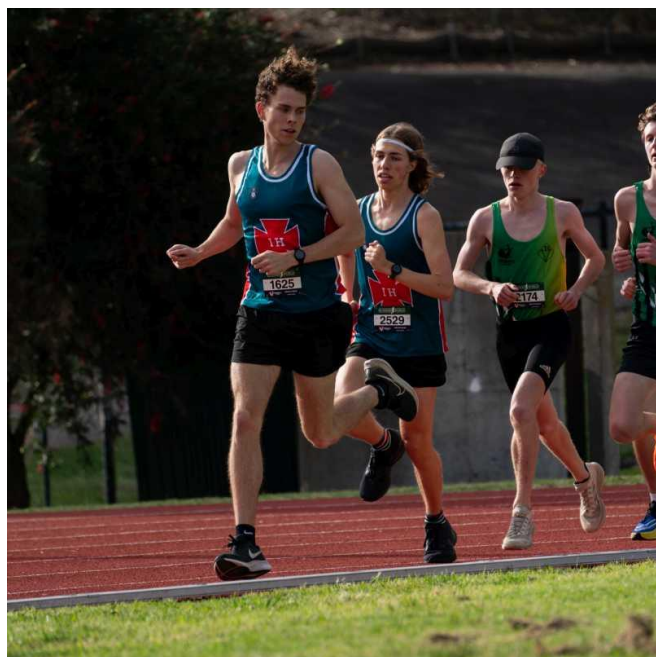
Male 40+

200m: David Burke 29.33

800m: David Burke 3:00.81

400m Hurdles: David Burke 81.88

Shot Put: David Burke 6.58m



Ben and Harley

Round 2 - Doncaster

14th October 2023

A good turnout of the Harriers resulted in some great results with PBs, club records and new club top 10s. We scored 8,053 points and placed 4th this week. Lead by the return of Barry Greig in his first AVSL for the season. Carla and Kate were again both in our top 3 scorers with Burkey as always maxing out his points. Our girls team of Kate, Carla, Eliza and Thea all competed in 3 events and our only relay for the day laying the foundation for our 8,000 point score, well done girls. Special thanks to our club helpers on the long jump pit and hurdles, well done Hamish, Glen, Richard and Jeff. As always thanks Anne for working super hard all day behind the camera.

The outstanding performance of the day came from Braden Fraser. Braden scorched down the front straight with a 12.11s to take the Club record for Men over 40 from Joe Tennant (72/73) which was 51 years ago. Braden now holds Club Records for Open, Under 16 and Over 40 in the 100m, super effort, well done Braden.

Braden and Perrin both scored 448 points in their 100m with Barry not far behind with his 407 points in his 1500m.

	Athlete	Club	Points	Grade
1	Barry Greig	IVA	1,086	M60
2	Carla Parris	IVA	893	F14
3	Kate Bukovsan	IVA	883	F16
4	David Burke	IVA	858	M45
5	Perrin Theocharides	IVA	723	MOP
6	Eliza Nelson	IVA	603	F18
7	Braden Fraser	IVA	448	M45
8	Brenton Hall	IVA	421	M45
9	David Greig	IVA	407	MOP
10	Glen Nicholson	IVA	405	MOP
11	Theadora Hally	IVA	390	F18
12	Harley Mileto	IVA	355	M18
13	Charles Shea	IVA	197	MOP

Female 18

100m: Eliza Nelson 16.35

400m: Eliza Nelson 77.63; Theadora Hally 85.43

1500m: Eliza Nelson 6:12.2h; Theadora Hally 6:32.7h

4x100m: (Kate Bukovsan, Carla Parris, Theadora Hally, Eliza Nelson) 63.67

Female 16

100m: Kate Bukovsan 14.82

400m: Kate Bukovsan 68.47

1500m: Kate Bukovsan 5:34.3h

Female 14

400m: Carla Parris 75.52

1500m: Carla Parris 5:37.0h

Long Jump: Carla Parris 3.66m

Male OP

100m: Perrin Theocharides 11.16

400m: Perrin Theocharides 57.23

1500m: David Greig 4:09.2h; Charles Shea 4:57.9h

Long Jump: Glen Nicholson 6.11m

Male 18

1500m: Harley Mileto 4:31.8h

Male 40+

100m: Braden Fraser 12.11 (1.7); David Burke 14.37

1500m: Barry Greig 5:10.0h

3000m: Brenton Hall 11:22.90

110m Hurdles: David Burke 22.94

Discus: David Burke 18.35m; Barry Greig 23.58m

High Jump: David Burke 1.54m

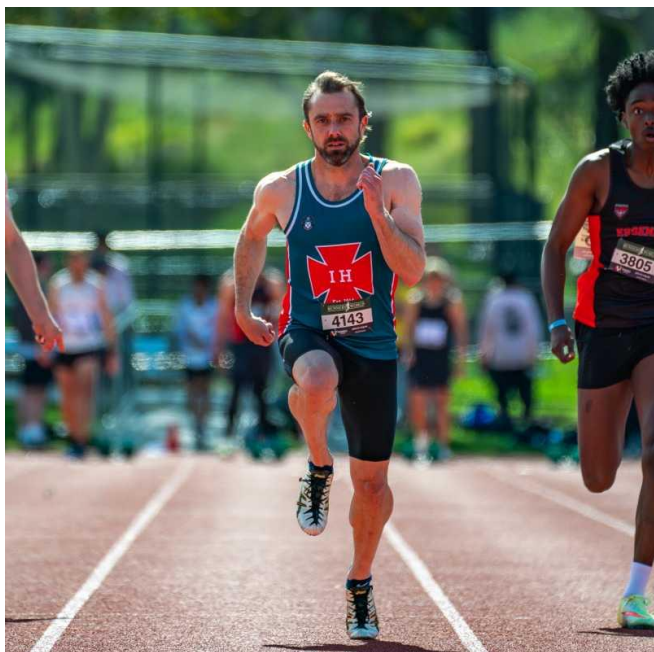
Javelin: David Burke 20.99m; Barry Greig 22.87m

Long Jump: David Burke 4.22m

Shot Put: Brenton Hall 5.29m



Glen leaping in the Long Jump



Braden setting a new 100m record

Club Record

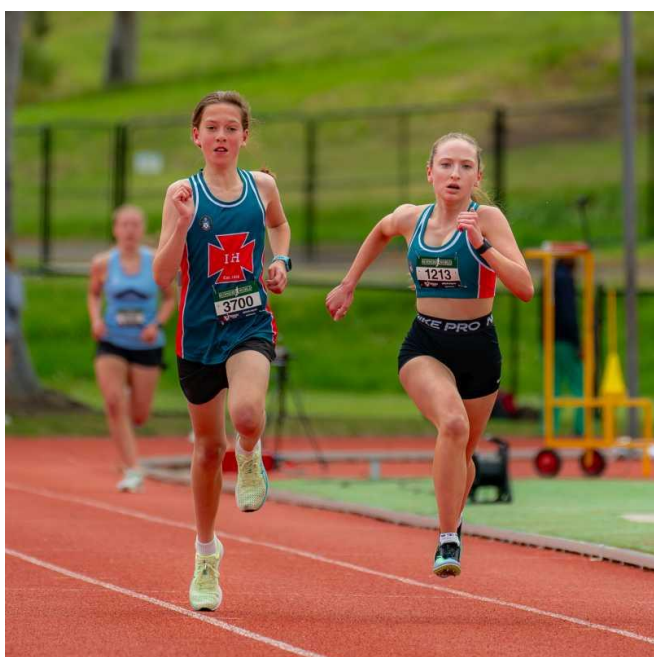
Men 40+ 100m: Braden Fraser 21.11 on 14/10/2023

All Time Rankings Top 10

Women 1500m

#7 Kate Bukovsan 5:34.3h on 14/10/2023

#8 Carla Parris 5:37.0h on 14/10/2023



Carla and Kate running a fast 1500m

Round 3 - Aberfeldie

21st October 2023

What threatened to be a windy and rainy Saturday turned out to be quite nice conditions for round 3 of AVSL as we again travelled to Aberfeldie and doubling up with program one same as last week. With a

number of injuries, athletes away and school exams impacting our numbers we again relied on our junior girls and some great performances from our open and 40+ men. With our limited numbers we were able to finish mid table in 6th position with a good gap to 7th but a long way off the top 5. Again our only Relay was the junior girls with a great effort in the 4x200m.

Barry backed up his round 2 result with another 1,000+ points improving by 50 points. Perrin completed 3 events for the first time this season and ending up just short of the 1,000 points. Kate and Carla for the third week in a row swapping points, having a great competition. Jack's superb first up 100m and 400m of the season netting some good points following his footy grand final win and BOG, great to have you running Jack. A lot of very good performances this week pushed Burkey down the table after competing in nearly every event again, well done David.

	Athlete	Club	Points	Grade
1	Barry Greig	IVA	1,138	M60
2	Perrin Theocharides	IVA	951	MOP
3	Kate Bukovsan	IVA	871	F16
4	Carla Parris	IVA	820	F14
5	Jack Harper	IVA	792	MOP
6	David Burke	IVA	771	M45
7	Eliza Nelson	IVA	418	F18
8	Theadora Hally	IVA	394	F18
9	Harley Mileto	IVA	364	M18
10	Charles Shea	IVA	196	MOP
11	Brenton Hall	IVA	170	M45

Female 18

400m: Eliza Nelson 76.23; Theadora Hally 84.07

1500m: Eliza Nelson 6:19.9h; Theadora Hally 6:26.0h

4x200m: (Kate Bukovsan, Carla Parris, Theadora Hally, Eliza Nelson) 2:16.36

Female 16

100m: Kate Bukovsan 14.88

400m: Kate Bukovsan 68.11

1500m: Kate Bukovsan 5:38.2h

Female 14

400m: Carla Parris 78.39

1500m: Carla Parris 5:35.9h

Long Jump: Carla Parris 3.46m

Male OP

100m: Perrin Theocharides 11.12; Jack Harper 11.64

400m: Jack Harper 52.06; Perrin Theocharides 54.64

1500m: Charles Shea 4:58.6h

Discus: Perrin Theocharides 14.44m

Male 18

1500m: Harley Mileto 4:30.0h

Male 40+

100m: David Burke 14.47

400m: David Burke 68.85

1500m: Barry Greig 5:04.2h

Discus: David Burke 18.79m; Barry Greig 25.39m

Javelin: David Burke 22.44m; Barry Greig 22.96m

Long Jump: David Burke 4.29m

Shot Put: Brenton Hall 5.17



Jack with a strong finish to his 400m

Division 4 Ladder

1	Williamstown	47,207	29	AP
2	Ballarat YCW	42,799	27	AP
3	Melbourne Uni	32,684	23	
4	Old Xaverians	24,520	20	
5	Frankston	21,643	19	
6	Ivanhoe	20,839	17	
7	St Kevins	15,429	10	
8	Coburg	13,331	8	
9	Brunswick	11,594	8	AR
10	Maccabi	7,531	4	AR

AP: Automatic Promotion

AR: Automatic Relegation

Cursus Editor: Jeff Franklin

Production: David Burke

