

Season's Greetings

The Committee of Ivanhoe Harriers Athletic Club extends our best wishes and Christmas greetings to our members and friends for this coming festive season. Enjoy the break, travel safely and let's prepare for a big 2024.

Summer track and field has now passed the halfway mark and the Club has continued to prosper. With 5 rounds of competition to go we are a chance of making top 4. We are very excited to welcome 2024 which will celebrate 110 years since the formation of the Club.

Despite the lingering impacts of COVID we have managed to significantly grow the Club during 2023 and finish top 4 in Cross Country Division 3, our best ladder position since the 90s. Hopefully we will see our athletes storm home in the last 5 rounds of summer track and field competition.

The Committee has been functioning very well over many years now. We are a good team and have achieved much. My personal thanks to everyone on Committee for their creative efforts and contributions. It is a volunteer role and the Club does rely on our collective inputs for success.

Speaking of volunteers, many thanks to the following who have volunteered as "Club Helpers" during the first 7 rounds of track and field; Phil Ramsay, Hamish Nelson, Richard Russell, Glenn Morrison, James Bukovsan and Chris Parris. We have comfortably managed our AV obligations thanks to your efforts.

Remaining Summer Competition Dates

Round 8	13 th January 2024	Doncaster
Round 9	20 th January 2024	Werribee
Round 10	3 rd February 2024	Doncaster
Round 11	10 th February 2024	Aberfeldie
Round 12	17 th February 2024	Doncaster

Training

My how we have grown!!

Below is a pic of seven of the boys after a hard session of training. Many in this group have been training together at Chelsworth Park since Year 8 or 9.



From left: Jamie, Alex, Ben, Liam, David, Josh and Jack.

We are looking forward to seeing the benefits of some great training in their personal performances in the next year or so. Do not be surprised to see some massive PBs.

You will note the condition of our "changerooms" shown above. We have been patiently waiting for the Council to finalise arrangements with IGS for a rebuild of the facilities at Chelsworth Park. Thankfully, after many years, the Council has now agreed terms with IGS and the project has been "listed" for public discussion on Banyule Council website.

Hopefully we will see some progress and finally a rebuild in the next couple of years.



Our Very Important Club Sponsors

The financial support of our Club Sponsors has been incredibly valuable to us over recent years as we rebuild our brand. One of our long term sponsors is "Focus on Family", a family legal practice run by Braden's partner, Bonnie Esposito.

Bonnie has recently moved to new premises at Unit 1, 366 Sydney Road, Coburg. Focus on Family helps people navigate through a host of legal issues including issues arising from separation and/or divorce. Bonnie has 14 years of experience as a lawyer and offers expert but practical advice on parenting, property and child support matters. With a presence in Darebin and Banyule, Focus on Family tailors legal solutions to each family's unique circumstances.

Should anyone in our wider Club Family require assistance or advice on a legal matter, do not hesitate to touch base with Bonnie.

Contact details are:

Phone: 0423 249 474

Email: info@focusonfamily.com.au

Web: focusonfamily.com.au



Competition Results

Round 6 - Doncaster

Friday, 1st December 2023

In the only twilight round for the season, Barry led the way with 400+ points in both the 600m and mile. A whole host of club records and age group records for the girls with the alternative distance program. Kate, who was in heat one, was very quick in her 60m to take the female club record, Eliza took the 600m and Carla the Mile. Well done girls. Jack ran a very fast 600m just outside the existing club record of 88 secs.

Female Under 18

600m: Eliza Nelson 1:53.25

Mile: Eliza Nelson 6:07.58; Theadora Hally 6:40.73

Female Under 16

60m: Kate Bukovsan 9.09

600m: Kate Bukovsan 1:53.64

Mile: Kate Bukovsan 6:16.87

2x100m: (Kate Bukovsan, Carla Parris) 30.29

Female Under 14

600m: Carla Parris 2:07.01

Mile: Carla Parris 6:07.01

Male Open

600m: Jack Harper 1:29.73; Ben Morrison 1:32.63

Mile: Thomas Langdon 4:38.52; Ben Morrison 4:39.12

Male 40+

60m: David Burke 9.10

600m: Barry Greig 1:47.67; David Burke 1:54.95

Mile: Barry Greig 5:42.01

2x100m: (David Burke, Barry Greig) 29.99

High Jump: David Burke 1.53m

Long Jump: David Burke 4.20m

Shot Put: David Burke 6.20m; Barry Greig 7.56m



Ben and Thomas in the mile



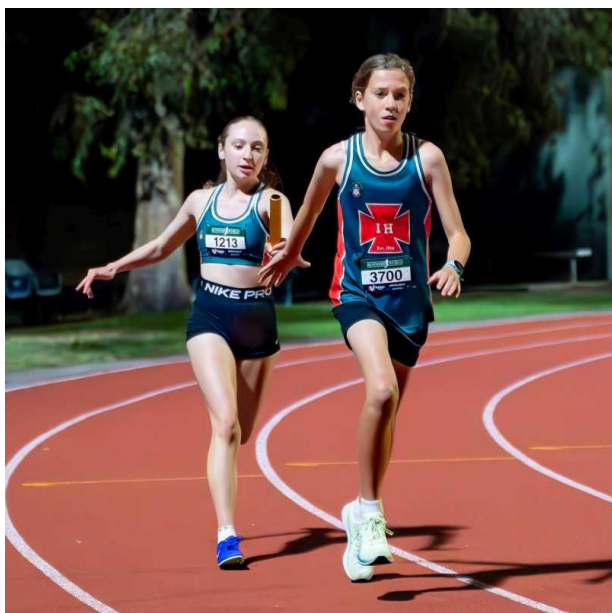
The girls setting off for the mile race



Ben and Jack in the 600m



David and Barry in a 2x100m Relay!?



Excellent baton change by Kate and Carla

Round 7 - Meadowglen

Saturday, 16th December 2023

Some excellent performances on an unusual program which featured a 150m sprint and a 1000m middle distance event. The quality of effort was great to see with many in the team competing in 3 events on the day. Overall, we covered 36 events and finished third behind Williamstown and Ballarat.

Female Under 18

150m: Eliza Nelson 28.57; Theadora Hally 28.67

1000m: Eliza Nelson 3:30.86; Theadora Hally 4:05.23

3000m: Eliza Nelson 12:27.26

5000m: Theadora Hally 23:21.0h

Female Under 16

150m: Kate Bukovsan 22.44

1000m: Kate Bukovsan 3:33.47

3000m: Kate Bukovsan 12:31.99

Female Under 14

150m: Carla Parris 24.03

1000m: Carla Parris 3:34.85

Triple Jump: Carla Parris 8.18m

Male Open

150m: David Greig 19.21; Glen Nicholson 19.29

1000m: Ben Morrison 2:41.55; David Greig 2:42.13

3000m: David Greig 9:28.29; Ben Morrison 9:30.73

Shot Put: Glen Nicholson 8.19m

Triple Jump: Glen Nicholson 11.75m

Male Under 20

150m: Jamie Blackburn 19.25; Alex Linke 22.55

1000m: Jamie Blackburn 2:39.15; Alex Linke 2:39.41;

Liam Furlong 2:49.49

3000m: Jamie Blackburn 9:27.82; Alex Linke 9:30.94;

Liam Furlong 9:48.56

Male 40+

150m: David Burke 21.25

1000m: Barry Greig 3:12.55

400m Hurdles: David Burke 80.11

Discus: David Burke 20.69m; Barry Greig 25.89m

High Jump: David Burke 1.54m

Javelin: Brenton Hall NM;

Shot Put: David Burke 6.50m; Barry Greig 7.63m

Individual Performances

Barry Greig, Jamie Blackburn and Alex Linke ran fantastic 1000m races, each scoring over 400 points in their age group.

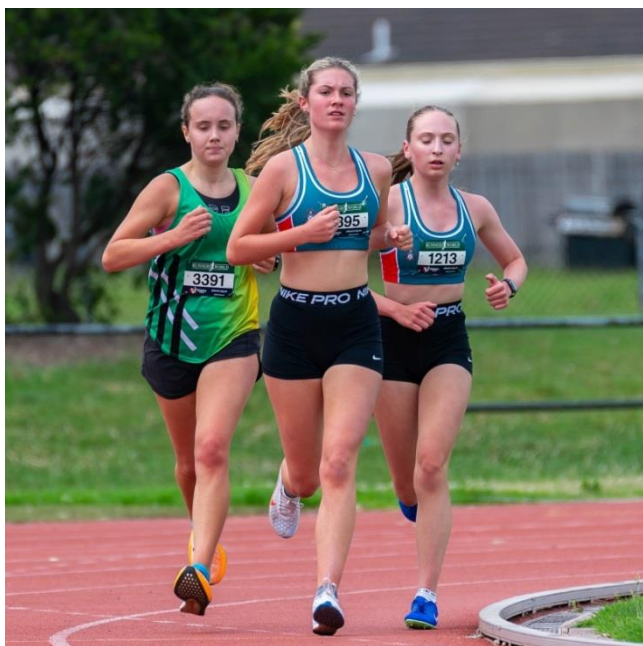
Triple Jump was a highlight with Glen Nicholson back in action with an 11.75m and young Carla Parris almost getting a PB with a jump of 8.18m.

We ran a "Team Race" in the 3000m with Alex, Jamie, Ben, David Greig and Liam, all running together in single file, alternating the lead in "Kenyan" style, fantastic to see.

The girls also had a great meet with Kate taking the 150m, Eliza the 1000m and a massive PB in her 3000m in a time of 12:27.26, which ranks second in our all time rankings for the Women's 3000m. Theadora was determined to have a crack at the 5000m and set a first up Women's Club record, with her first attempt over 5000m in a time of 23:21. Congratulations to all, a fantastic team performance.

Division 4 Ladder after 7 Rounds

1	Williamstown	66
2	Ballarat YCW	65
3	Melbourne Uni	62
4	Ivanhoe	50
5	Old Xaverians	39
6	Frankston	36
7	Coburg	30
8	St. Kevins	20
9	Brunswick	18
10	Maccabi	16



Training Camp at Anglesea

Tom Langdon and David Greig took the initiative of setting up a training camp at Anglesea with Cyril organising the training program. The camp was a great success with a very strong focus on middle distance running. The Sunday morning long run was held with Julian Spence and Ellie Pashley, Australian marathoners, providing inspiration. The girls did an hour long run on Sunday and the boys, with Julian, did a 90 minute run through the trails and hills... I am told it was very tough!!

Many thanks to Tony Hally (Theadora's Dad) for providing accommodation for the girls at his beach house. Tom and David organised an Airbnb for the boys... can you imagine the noise? Overall, it was a great success, also nice to see "The Phantom" aka Justin Cementon, down from Canberra for the event.



L to R: Justin, Alex, Harley, Jamie, Ben, Liam, Tom and David



From Left: Theadora, Eliza and Kate

Cursus Editor: Jeff Franklin
Production: David Burke



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