

Editorial

Victorian Champions

The season highlight is our performance in this year's Victorian Championships which concluded on 3rd March 2024. We had 8 contestants of the highest quality and came away with two Victorian Championships... a massive result.

Jamie Blackburn won the Under 20 Men's 3000m final in the time of 8:34.24 with a very well judged race. He maintained good steady position during the race, moved up to control the pace with 2 laps to go and showed superior speed and endurance to win comfortably. Congratulations to Jamie.

Leonardo Donarelli won the Under 14 Boys 800m running a very patient race and showing superior speed to win in 2:09.02. Congratulations to Leonardo on a fine performance.

These victories are the result of a lot of hard work and diligent training. It is a milestone for the Club, success in these highly contested events is a great indicator of our progress.

Congratulations to all of our contestants in these Championships: Jamie, Kate Bukovsan, Leonardo, Liam Furlong, David Greig, Theadora Hally, Alex Linke and Carla Parris.

Full results including times, later in this Edition.

Team Performance

With the AVSL season drawing to a close we can reflect on our performance, but more importantly embrace our continuous improvement. Team performance and PBs indicate that we are on the right track with some wonderful PBs achieved this summer.

Last season, in Division 4 (or its equivalent), we placed 6th after winning the Division 5 flag the previous year. This season we finished an improved 4th, just behind Melbourne Uni., but well behind Williamstown (1st) and Ballarat YCW (2nd), so we still have some work to do. The Committee will need to be very creative to ensure that we increase our numbers for next season. Our personal performances have been outstanding this year but we still suffer with lower than acceptable numbers.

Final Ladder:

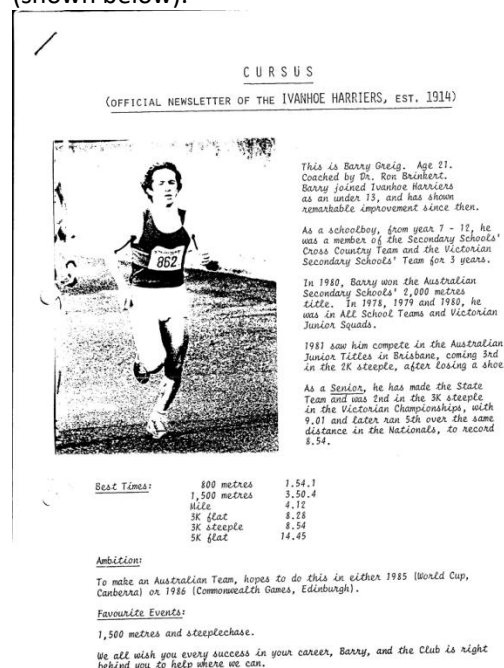
Division 4

1	Williamstown	181,014	126	AP
2	Ballarat YCW	155,224	119	AP
3	Melbourne Uni	99,465	86	
4	Ivanhoe	84,136	80	
5	Old Xaverians	90,240	78	
6	Frankston	74,521	65	
7	Coburg	63,966	53	
8	St Kevins	63,419	52	
9	Brunswick	49,054	39	AR
10	Maccabi	46,097	32	AR

AP: Automatic Promotion.

AR: Automatic Relegation.

One of the highlights of this season has been the outstanding performances of Barry Greig. Barry has been competing for the Club since he was an Under 13 and has had a marvellous career, gaining selection in our Team of the Century in 2014. This Editor fellow, found the November 1983 Edition of *Cursus* featuring a very young Barry on the front cover (shown below).



He might have aged a bit since then but to come out in the last Round of competition this season and run his 1500m in the very good time of 5:01.8 is a real credit to his determination and management of his fitness.

Congrats Barry, an absolutely awesome season.

Cross Country Jackets... Clearance Sale

We have 8 Jackets left in stock. They are a high quality item reduced to \$50.00 ea.

Pictured below is a younger David Burke wearing the jacket some years ago.

Sizes available are: X Small (2), Small (4), Medium (1), and XXL (1).

Contact this Editor fellow on 0419 499 711 to arrange fitting and purchase.



Competition Results

Round 10 - Doncaster

Saturday, 3rd February 2024

A very hot day at the office but some truly fantastic individual efforts.

Jack returned with a very good 200m and 400 points. Glen had another season best with a big 6.22 Long Jump. Carla jumped a new PB in the Triple Jump with 8.75.

David ran a superb 800m to just miss a PB, running down the field from near last on the second lap to score 463 points with 1:57 only to be beaten on points by his dad in a later race. Barry ran an age PB of 2:25 to score 466 points, great running from the Greigs. Brenton doing a superman from the photo finish box, ripped of his AV officials top to reveal his Ivanhoe Harriers kit to anchor the 4x400m Men's Open team. Thea arrived in the nick of time to get the girls' relay team on the start line. A highlight of the day for us to get two teams around, well done everyone.

Female Under 18

800m: Eliza Nelson 2:38.3h

3000m: Eliza Nelson 12:54.3h; Theadora Hally 14:18.29

4x400m: (Kate Bukovsan, Carla Parris, Eliza Nelson, Theadora Hally) 5:08.18

Female Under 16

200m: Kate Bukovsan 30.24 (-1.4)

800m: Kate Bukovsan 2:43.9h

3000m: Kate Bukovsan 13:58.1h

Female Under 14

200m: Carla Parris 31.34 (+0.0)

800m: Carla Parris 2:51.5h

Triple Jump: Carla Parris 8.75m

Male Open

200m: Jack Harper 23.40 (1.2)

800m: David Greig 1:57.0h

4x400m: (Jack Harper, David Greig, David Burke, Brenton Hall) 4:49.43

Javelin: Glen Nicholson 32.16m

Long Jump: Glen Nicholson 6.22m (+0.0)

Male 40+

200m: David Burke 27.97 (1.5)

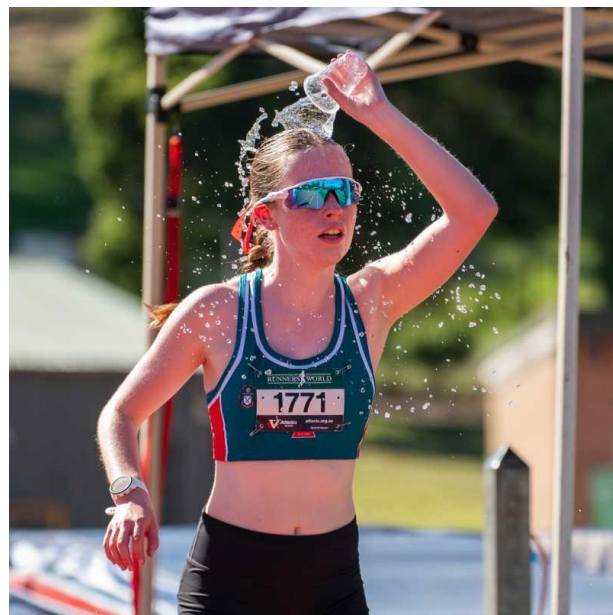
800m: Barry Greig 2:25.7h; David Burke 3:08.8h

3000m: Barry Greig 11:37.5h

400m Hurdles: David Burke 81.82

Shot Put: David Burke 6.50m; Barry Greig 7.68m; Brenton Hall 6.00m

Triple Jump: David Burke 9.52m



Round 11 - Aberfeldie

Saturday, 10th February 2024

Whilst the Club was officially competing at Aberfeldie a few in the team travelled to Knox to compete in 1500s and 400s. The weather was perfect and the team had an outstanding day with some very good performances. We comfortably finished 3rd defeating close rivals, Melbourne Uni, St Kevins and Old Xaverians.

This performance was one of our recent best leaving us clearly in 4th place on the Ladder with a slim chance of overtaking Melbourne Uni next week to take 3rd.

Female Under 18

1500m: Eliza Nelson 5:31.97

Female Under 16

100m: Kate Bukovsan 15.23 (-0.7)

400m: Kate Bukovsan 70.04

1500m: Kate Bukovsan 5:31.30

Female Under 14

200m: Carla Parris 32.35 (-0.7)

800m: Carla Parris 2:40.21

Triple Jump: Carla Parris 8.30m

Male Open

800m: David Greig 1:57.64

1500m: Benjamin Morrison 4:13.96

Male Under 20

100m: Jamie Blackburn 13.20 (+0.0)

400m: Jamie Blackburn 53.50; Liam Furlong 62.11

1500m: Jamie Blackburn 4:02.90; Liam Furlong 4:27.24

Male Under 18

1500m: Harley Mileto 4:28.01

Male Under 14

800m: Leonardo Donarelli 2:07.49

Male 40+

100m: Brenton Hall 19.54 (1.5)

200m: David Burke 28.19 (0.9)

400m: Brenton Hall 85.73

800m: Barry Greig 2:21.63; David Burke 2:57.02

1500m: Brenton Hall 5:40.92

400m Hurdles: David Burke 83.54

Discus: Brenton Hall 13.38m

High Jump: David Burke 1.53m

Javelin: David Burke DNS; Barry Greig 26.53m

Shot Put: David Burke 6.99m; Barry Greig 7.77m

Triple Jump: David Burke 9.62m

The individual performances shown above were of a high standard with Jamie Blackburn back to his best with a 4:02.9 in his 1500m, David Greig with a 1:57.6 in his 800m and a slashing run from our newest member, Leonardo Donarelli with a very mature 2:07.49 in his 800m as an Under 14. This effort smashed the previous Club record.

It was great to see everyone performing so well, with particular mention of Barry Greig. His return to competition over the last couple of seasons has been growing from strength to strength. As an "over 60", Barry ran his 800m in 2:21.63 which is a phenomenal performance and earned him a mammoth 500 points in the competition, the highest

we have seen in a number of years. Then along came Leonardo who scored 503 points for his Club Record to just pip Barry on the points scoring table.

Everyone turned up to play! Harley and Kate also ran good PBs. Ben and Liam duelled out a nice 1500m as did Eliza and Carla. Carla, our sole female at Aberfeldie scored a massive 898 points, well done Carla.

David Burke and Brenton competed all day, racking up the points, ensuring that we held on to our third place.



Round 12 - Final Round at Doncaster

Saturday, 17th February 2024

There were some excellent PBs again from the team. Glen with his best Long Jump of the season at 6:45m, fantastic. Kate knocked out a very strong 400m in 67.34 and Carla had PBs in both the 1500m 5:29 and Long Jump 4.04m with her first ever 4 metre plus jump. Theadora, Alex, and Liam all had good results and competed well.

Barry set another age PB with a 5:01 scoring 468 points in the 1500m. Leonardo ran his first 1500m for the club and destroyed the U14 record by 4 seconds, running an incredible 4:23 to just beat Liam – coming from 8th at the top of the bend to win with a scintillating kick that destroyed the field. Three races, 3 club records, a great start for Leonardo. The run of the day was with Jamie, who set a new PB for the 1500m running under 4 minutes for the first time with a 3:58s 6th in heat 1 scoring a huge 491 points, so close to 500.

We had 2 Men's Open teams in the 4x200m, both in the first heat. Thanks to everyone for getting out and around to support the club. Brenton again jumped out of the photo finish booth to anchor home the girls so they could get a run.

Female Under 18

400m: Theadora Hally 82.28

1500m: Theadora Hally 5:53.4h

Female Under 16

100m: Kate Bukovsan 14.98

400m: Kate Bukovsan 67.34

1500m: Kate Bukovsan 5:33.4h

Female Under 14

400m: Carla Parris 77.30

1500m: Carla Parris 5:29.6h

Long Jump: Carla Parris 4.04m

Male Open

100m: Glen Nicholson 12.51

4x200m: (David Burke, Alex Linke, Jamie Blackburn, Liam Furlong) 1:50.02

(Kate Bukovsan, Carla Parris, Theadora Hally, Brenton Hall) 2:17.65

Long Jump: Glen Nicholson 6.45m

Male Under 20

100m: Jamie Blackburn 13.27

400m: Jamie Blackburn 54.27; Alex Linke 54.70; Liam Furlong 61.77

1500m: Jamie Blackburn 3:58.4h; Alex Linke 4:10.5h; Liam Furlong 4:23.7h

Male Under 14

1500m: Leonardo Donarelli 4:23.3h

Male 40+

100m: David Burke 14.13

400m: David Burke 64.86; Barry Greig 65.46

1500m: Barry Greig 5:01.8h

110m Hurdles: David Burke 22.61

Javelin: David Burke 23.71m; Barry Greig 25.23m

Long Jump: David Burke 4.49m

Victorian Championships

A mixed bag of performances with a couple of stand-outs:

Week One (23-25th February 2024)

Leonardo Donarelli was ill after a school camp, unfortunately missed his 400 and 1500.

(What is it about school camps and illness?)

David Greig placed 11th in his heat of the 1500m.

Theadora Hally ran a steady race in her 1500m heat with a 5:50.57.

Jamie Blackburn qualified for the final of the Under 20, 1500m in the time of 4:04.55.

Kate Bukovsan ran a massive PB of 65.82 in her heat of the Under 16, 400m.

Jamie Blackburn became our sole finalist in week one of the Championships running a very mature and quite brilliant 3:58.53 in the 1500m final. The race was tactical and tough with Jamie holding for a well-deserved 4th place. Congrats to Jamie.

Week Two (1-3rd February 2024)

A couple of Victorian Titles to brag about!!

Leonardo Donarelli came back from illness to win the Under 14 Boys 800m in the very good time of 2:09.02.

Massive congratulations Leonardo.

Alex linke placed 5th in his heat of the 800m in the time of 2:01.27

Carla Parris placed 5th in the Under 13 girls 800m final in a time of 2:42.91

Kate Bukovsan placed 10th in the final of Under 16 girls 800m, within a whisker of a PB

Theadora Hally ran a steady race in the Under 20 girls 3000m to record a PB of 12:41.20

Jamie Blackburn provided the highlight of the meet with a massive win in the Under 20 Men's 3000m. Jamie's winning time of 8:34.24 was a significant PB. In the same race, **Liam Furlong** also ran a well controlled race to record a sizeable PB of 9:28.34, great experience for Liam as he looked remarkably fresh after the race and has a very bright future.

Photo below of Jamie after receiving his Victorian Championship medal.



From Left: C Kyberd (Peninsula) 8:41.69, Jamie Blackburn (Ivanhoe) 8:34.24, J Pizer-DiCiero (Mentone) 8:44.94

A Bit of History

Our previous edition of Cursus featured a photo of our 1953, C Grade Premiership Team, shown again below. The photo created a bit of interest and Reg Jackson wrote back to the Editor, suggesting that the unknown seated athlete next to Bill Lyon might have been Fred Barker.

Any confirming comments or otherwise are welcome. Commentary from Reg also shown below. Thanks Reg for your input and interest.

[Dear Editor](#)

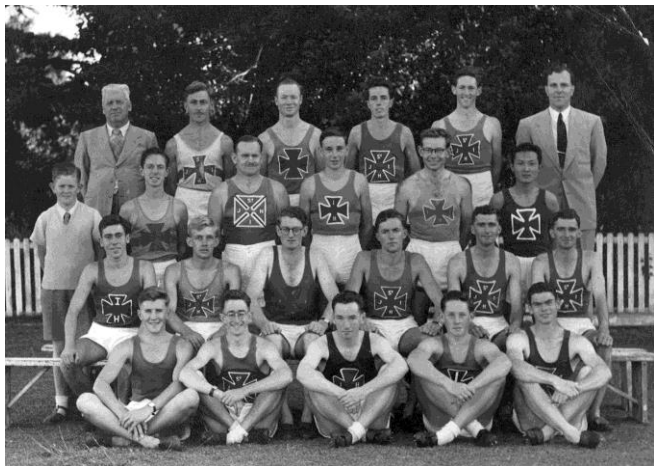
[I figure in the back row of the photo C Grade Premiers, looking significantly younger than now.](#)
[Two comments –](#)

* In 1953, there were three sides, in C, F and H grades; both the C and the F teams were in the finals and the photo contains members of both; I was in the F squad.

* The ? between Bill Lyon and the Anderson twins might be Fred Barker (like me, a short term career) if I have the name right. Members were scarce in those days; Heffernan, O'Connor and some others were the 'new young lads' in the club.

Cheers
Reg J

C Grade Premiers 1953



Back Row: J McCann, P Bethell, B Sloan, R Jackson, B Coulson, J Osborn.

Second Row: P Evans, R Stephens, B Evans, I O'Connor, V Brooks, P Tanchareon.

Seated: C Gronn, R Bailey, W Lyon, ?, M Anderson, J Anderson.

Front Row: P Lowe, D Carolane, A Heffernan, D Pemberton, K Duke.

Training Notes

The Club has continued to grow its middle distance group with several showing an inclination to do a marathon.

Frank Shorter was a world famous marathon runner from the USA who became a household name for his training and racing. He won an Olympic gold medal in the marathon in 1972 and a silver medal in the 1976 Olympics. In the 1972 Olympics he had already competed in the 10,000metres but went on to win the marathon by over 2 minutes

The following is a summary of an article published in 1979, but much of it is still relevant today.

BUILDING FOR SPEED by Frank Shorter

"Most runners understandably avoid training on the track. Running in circles around a 400m oval offers none of the aesthetic appeal of a workout through the wooded trails of an uncrowded park. Also, tracks are less accessible than neighbourhood streets. But mostly, runners are simply unaware of the physical

and mental benefits to be accrued from making occasional track sessions part of a well-rounded running program.

Although an important aspect of running on a track is the diversion it provides from the tedium that affects all road runners, the main reason is simple, to run fast. I never take an easy distance run on a track. When I take a track session, it is to run intervals, which are repeated fast runs of a given distance such as 400m. I run these intervals at a specific pace and with a specific amount of recovery time after each one.

Runners who race are always interested in improving, whether it be to race faster or merely to cover a distance in less time. In my opinion, steady aerobic running can improve a runners conditioning only up to a point. At that point, which is about 50 miles [80 km] per week, he will reach a plateau where his improvement will level off. In order to accelerate progress, I believe every runner should add some form of anaerobic training to the schedule. These sessions should be done at least twice a week and total about 10% of the weekly mileage.

Adjustment to speed work must be gradual, running too fast too early can cause injury. To minimise the possibility of injury I usually run intervals on a soft surface, either resilient track or grass. Speed training to me is running at any pace faster than what is expected in competition.

In the weeks prior to the 1972 Olympic Games in Munich, I had conditioned myself to the point where I was able to run a speed workout of 5X 800m in each of 2:01 or 2:02 with recovery jogs of 200m in between. Another of my favourites to determine how ready I am before a major competition, is to run 16X 400m in about 60 secs with a recovery jog of about 200m.

The late Abebe Bikila of Ethiopia, winner of the Olympic Marathon in 1960 and 1964, frequently ran an interval workout of 5X 1500m."

You should consider using different distances for your intervals from 50m out to 3000m depending on your capacity and progress

The best way to feel good about your running is to be able to run a little faster or a little further than you intended when you started out. Anaerobic training is one key to improvement.

Note your diaries – Draft Cross Country Program for 2024

The combined program for the season is shown below. The Athletics Vic program is shown in black/blue and the Ivanhoe Grammar (AGSV) school program is shown in red/grey.

DATE	SPONSOR	VENUE	EVENT
Sun. 17th March		CBD	Run for the Kids
29th Mar -14th April			School Easter Holidays
Sat. 20th April	Ivanhoe Harriers	Eaglemont Tennis Courts Car Park	6km All comers Handicap (9:30am)
Fri. 26th April (3:45pm)	AGSV	Yarra Valley Grammar Melway 36 D12	AGSV Round 1 6k opening CC
Sat. 27th April	Aths Vic (R1)	Jells Park, Wheelers Hill	Cross Country Relays
Sat. 4th May	Aths Vic	Jells Park, Wheelers Hill Melway 71 K6	All Schools CC Relays (10:00am start)
Sat. 11th May	AGSV	Peninsula Grammar 20 Wooralla Dve Mt. Eliza	AGSV Round 2 (9:00am) Peninsula Grammar
Sat. 11th May	Aths Vic (R2)	Hanging Rock 139 Sth Rock Rd, Woodend	12km Cross Country
Sat. 18th May	AGSV	Banyule Flats Melway 32 C4	AGSV Round 3 (9:00am) Ivanhoe/Trinity
Sat. 25th May	Aths Vic	Princes Park, Carlton	All Schools Road Relays
Sat. 1st June	AGSV	Braeside Park Melway 88 D8	AGSV Round 4 (9:00am) Mentone Grammar
Sun. 2nd June	Aths Vic (R3)	Albert Park	10km Road Race
Sat. 15th June	AGSV	PEGS Fields, Keilor Park	AGSV Round 5 (9:00am)
Sat. 15th June	Aths Vic (R4)	St Anne's Winery, Bendigo 3 Belvoit Park Road, Ravenswood (1hr 45)	8km Cross Country (Girls 3km CC)
Sat. 29th June	Aths Vic (R5)	Sandown Race Track	Road Relays
Sat. 20th July	Aths Vic (R6)	Bundoora Park	All Schools CC Championships 3, 4, 6 & 10km Cross Country XCR 10km CC
Sat. 27th July	AGSV	Yarra Bend, Fairfield Melway 30 H12	AGSV Round 6 (9:00am) Camberwell Grammar
Sat. 3rd August	AGSV	Marcellin/Trinity Fields Melway 32 D9	AGSV Round 7 (9:00am)
Sun. 4th August	Aths Vic (R7)	Lake Wendouree, Ballarat	15km & 6km Road Race
Fri. 9th August	AGSV	Caulfield Grammar Wheelers Hill	Rep. Sport, AGSV v APS APS Host
Sat. 17th August	Aths Vic (R8)	St Anne's Winery, Myrniong	Ekiden Relays
Sun. 8th September	Aths Vic (R9)	Kevin Bartlett Res Burnley Yarra Boulevard	Half Marathon & 5km
Sat. 14th September	Aths Vic (R10)	The Tan Track	Club Relays 5 x 3.8km

Cursus Editor: Jeff Franklin

Production: David Burke

