



# IVANHOE HARRIERS ATHLETIC CLUB INC.

*ESTABLISHED 1914*



## Annual Report 2022/23

# IVANHOE HARRIERS ATHLETIC CLUB INC.

Association Reg.No.A0016530V

Established 1914

Member of Old Ivanhoe Grammarians' Association

Affiliated with Athletics Victoria

## Season 2022/23

### COMMITTEE

#### Executive

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

#### General

Anne Bukovsan	James Lynch
John Edney	Glenn Morrison
Braden Fraser	Michael Wallis
Michael Linke	

### LIFE MEMBERS

Peter Bethell (dec), Dr. John Boas, George Bolwell (dec), David Burke, Noel Burrows, Ian Campbell, Chris Cole, John David, Andrew Edney, Tim Erickson, Jeff Franklin, Mal Gleeson (dec), Lew Hall (dec), Tom Hancock, Mike Hennessey, Brian Hodgson (dec), Gary Holliday, Gary Honey, Chris Lang, James Lynch, Jack McCann (dec), Ron Mill (dec), F.H. "Bill" Pizzey (dec), Phil Ramsay, Peter Rule, Richard Russell, Wendy Russell, Ron Stephens (dec), Jill Wallis, John Wallis, Alf Watson (dec)

### ATHLETICS VICTORIA LIFE MEMBERS

Brian Hodgson (dec), Bill Pizzey (dec)

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# Minutes of Previous AGM

MINUTES OF ANNUAL GENERAL MEETING	
<b>Date:</b> Wednesday, 25th May 2022	<b>Location:</b> Ivanhoe Park, 132 Lower Heidelberg Road, Ivanhoe
<b>Meeting Opened:</b> 7:40pm	<b>Meeting concluded:</b> 8:45pm
<b>Item 1</b>	<b>Present</b>
1.1	Jeff Franklin, Richard Russell, David Burke, Barry Greig, David Greig, Thomas Langdon, Michael Wallis, Paige Bukovsan, Kate Bukovsan, Harley Mileto, Tony Mileto, Ben Morrison, Theadora Hally, Braden Fraser, Mary Langdon, Alex Linke, John Boas, Mark Shea, Jack Harper, Charles Shea, Glenn Morrison, Michael Linke, James Lynch, Tony Hally, Chris Branigan, Gary Honey, Pam Brenner, Marli Brenner
<b>Item 2</b>	<b>Apologies</b>
2.1	Phil Ramsay, Noel Burrows, Anne Bukovsan, John Edney, Reg Jackson, Sami Rowe, Chris Cole, Perrin Theocharides, Josh Philp, Andrew Edney.
<b>Item 3</b>	<b>Welcome Remarks</b>
3.1	Barry Greig, standing in for Secretary John Edney, officially opened meeting and announced apologies. President, Jeff Franklin, welcomed attendees, noted life members and attendance of Gary Honey club Olympian, highlighted the clubs' achievements during the past year which included Division 5 Summer Championship, the clubs strengthening financial position, progress towards development of Chelsworth Park clubs rooms and another interrupted COVID year that impacted the cross country season. Jeff also acknowledged David Bourke for preparation of the Annual Report and John Edney who stepped down as secretary after 7 years.
<b>Item 4</b>	<b>Minutes from previous meeting</b>
4.1	Minutes from meeting dated 26th May 2021. No issues identified Moved Jeff Franklin – Seconded John Boas
<b>Item 5</b>	<b>Business arising from previous minutes</b>
5.1	Nil
<b>Item 6</b>	<b>President's report</b>
6.1	As tabled. Moved: Jeff Franklin – Seconded John Boas
<b>Item 7</b>	<b>Treasurer's report</b>
7.1	As tabled and prepared by David Burke. Jeff Franklin made additional comments to the report highlighting club income received from grants which included a 50% rebate on the purchase of club equipment, Trivia Night fund raising and the strong balance sheet the club has built over the last few years. Jeff also acknowledged David Burke's preparation and continued work as Treasurer.  Moved David Burke - Seconded Richard Russell
<b>Item 8</b>	<b>Election of office bearers and committee</b>
8.1	Election conducted by Barry Greig as stand in for Secretary John Edney, Committee nominated & accepted. <b>President</b> Jeff Franklin Nominated by Barry Greig - Seconded by Richard Russell <b>Vice President</b> Richard Russell Nominated by Jeff Franklin - Seconded by Glenn Morrison <b>Secretary</b> Barry Greig - Nominated by Jeff Franklin - Seconded by John Boas <b>Treasurer</b> David Burke - Nominated by Richard Russell - Seconded by Michael Wallis

	<p><b>General Committee</b>  <b>John Edney</b> Nominated by Jeff Franklin - Seconded by Richard Russell  <b>Braden Fraser</b> Nominated by Glenn Morrison - Seconded by Barry Greig  <b>Michael Wallis</b> Nominated by Barry Greig - Seconded by Richard Russell  <b>James Lynch</b> Nominated by Glenn Morrison - Seconded by David Burke  <b>Glenn Morrison</b> Nominated by James Lynch - Seconded by Richard Russell  <b>Anne Bukovsan</b> Nominated by Jeff Franklin - Seconded by Barry Greig  <b>Michael Linke</b> Nominated by Jeff Franklin - Seconded by Glenn Morrison  All positions accepted by nominated persons without any objection to any appointment</p>
<b>Item 9</b>	<b>Awards</b>
9.1	<p>Life memberships awarded. Nil.  Gary Honey, Club Olympian, assisted in presenting some of the awards.</p> <p><b>St James trophy</b> - First awarded in 1936 - Most improved athlete – Jack Harper  <b>FJ Holpen trophy</b> - Best A grade athlete – David Burke  <b>Jack McCann trophy</b> - Most outstanding contribution to the club in the previous year – Jeff Franklin  <b>W.A. Rawlinson trophy</b> - Best track and field athlete – David Greig  <b>Buffalo Sports/Athletes Foot Trophy</b> – The most improved junior athlete – Harley Mileto  <b>Lew Hall trophy</b> - significant commitment by an under 23 athlete – Ben Morrison  <b>Jeff Legg trophy</b> - most outstanding performance junior 800-10,000 – Alex Linke  <b>Banyule Trophy</b> – Best Female athlete in the club – Paige Bukovsan  <b>COVID Cup</b> – Most point earned in events from 400m to 6km on a handicap basis – Kate Bukovsan  <b>6km Cross Country Handicap winner</b> – Cormac Skaliotis (2021)</p> <p><b>Medals awarded:</b>  <b>Championship Team</b> – Division 5 Track and Field in recognition of a great victory.  Paige Bukovsan, Kate Bukovsan, Marli Brenner, Sami Rowe, David Greig, Barry Greig, David Burke, Harley Mileto, Perrin Theocharides, Jack Harper, Ben Morrison, Charles Shea and Alex Linke.</p> <p><b>Victorian Track and Field Finalists</b> - Alex Linke, Kate Bukovsan, Harry Shaw.</p> <p><b>Club Records</b> (including a certificate) –  Paige Bukovsan: Under 16, Under 18 and Open Womens 800m record, 2:24.0. on 5<sup>th</sup> March 2022  Paige Bukovsan: Under 16, Under 18 and Open Womens 1500m record, 5:07.2 on 5<sup>th</sup> March 2022.  Marli Brenner: Under 14 Womens 800m record, 2:35.8 on 5<sup>th</sup> March 2022.  Under 16 Womens 4x400m Club Record 4:43.67 set on 26<sup>th</sup> January 2022.  Paige Bukovsan, Marli Brenner, Sami Rowe and Kate Bukovsan.</p>



## President's Report

It has been a privilege to serve as President of our historic Club during the 2022/23 season. We have made steady progress over the past few years and managed to navigate through the COVID interruptions of the recent past. Ivanhoe Harriers Athletic Club is a unique community club having the ability to bring many people together through local schools, community, physical fitness and the sport of athletics.

There were a number of highlights during the 2022/23 season. From an athletics performance point of view, our second placing in Division 4 Cross Country was a great achievement. The final Ladder position gained us promotion to Division 3 for next season. A very satisfying result, emphasizing our current strength in middle distance running.

In summer Track and Field competition the Club made solid progress with a 15% increase in performance points and a 37% increase in events contested compared to last season. The team competed in 343 events, significantly up on recent years. This increase in participation was largely driven by the growth in our girls' team which also added enthusiasm, noise and vitality to the athlete group. A very exciting summer.

Our close relationship with Ivanhoe Grammar School, our provision of training, coaching and mentoring of young athletes has also been very pleasing. We enjoy solid support from the senior management at the school, in particular, Chris Branigan, Anna Geoghegan, Luke Lochrane and Emma Linke.

In terms of our finances, we have grown our balance sheet by 17% with cash on hand of \$25,578.00 and total net worth of circa \$35,000.00 which is inclusive of uniform stock and equipment. This progress is due to the commitment and effort from parents and Committee who have collectively worked to make this happen. I sincerely thank my Committee for their support and hard work during the past few years.

The trivia night profit of \$3,665.00 was a record for the Club. Support of our Members and sponsors was fantastic. Every member of Committee contributed to the running of the Club but in particular, the contribution of John Edney in running the Trivia Night was, once again, outstanding. Apart from the fund-raising, the fun and social aspect was a highlight.

The Club needs to continue to grow its financial strength in order that we are in a healthy position to finance future equipment. At this stage, we understand the rebuild of clubrooms at Chelsworth Park is hoped to commence in 2023. That rebuild will include a weight training room to be shared with other resident Old Ivanhoe Grammarian clubs at Chelsworth Park. Therefore, we will have a future funding obligation for weight training equipment in the next 2-3 years.

Our partnership with Old Ivanhoe Grammarians' continues to develop and we are working together to improve our visibility on Facebook and Instagram. We are confident that this deepening of our relationship with Ivanhoe Grammar School is improving the visibility of athletics at the school, particularly as we strive to promote participation in female athletics.

The support of past members has been wonderful. This season we had 18 non-competing members in our ranks, 31 athletes a total of 66 members inclusive of Life Members.

Our Committee over these past few years has been very stable with each individual donating their valuable time to the Club. We are a very diverse group and have achieved much on our journey as Club caretakers. My sincere thanks to John Edney, David Burke, Barry Greig, Michael Wallis, Braden Fraser, Richard Russell, Glenn Morrison, Michael Linke, Anne Bukovsan and James Lynch for their support and professionalism.

Jeff Franklin  
President

## Recruiting and Membership

New members of the Club this season are: Jamie Blackburn, Will Franklin, Eva Gilinas, Theadora Hally, Arran Lessene, Eliza Nelson, Charles Rankin, and Amelia Ray.

Our partnership with Ivanhoe Grammar School remains critical as we strive to rebuild the number of young families involved in the Club. We are gradually achieving that aim which was evident in the large number of new families who attended our Trivia Night.

Our "Club Family" is growing, on our estimation, our loose Club family group would now number approximately 50.

In an environment of declining numbers in athletics, our number of athletes registered with Athletics Victoria this season was a slight increase on last year, obviously a healthy sign.

Total members as follows:

Season	2022/23	2021/22	2020/21	2019/20	2018/19
Athletes	31	28	25	25	24
Coaches	4	4	6	5	5
Officials	3	4	4	6	4
Social Members	18	12	21	22	2
Life Members	21	21	19	19	19
<b>Total Members</b>	<b>66</b>	<b>61</b>	<b>61</b>	<b>64</b>	<b>54</b>

**There is some overlap in the numbers, for example, some Life Members are also social members, officials or coaches. Therefore the Total Membership number is correct.**

A full listing of our current membership is detailed below.

## Sponsors and supporters

We have been very fortunate to maintain a number of loyal sponsorships in recent years. This is an important issue for the Club as sponsors not only support the Club financially, but also help to expand our sphere of influence.



Michael Wallis via his insurance broking business, Aspect Broking, has been a great club sponsor now for several years. Michael has been very generous and has continued to provide valuable donations, assisting the Club to grow.

Michael is available to assist members with general insurance products including home, car, property and business insurance. We encourage members to contact Michael should you have an insurance matter to resolve.

East Ivanhoe Grocers- is a local Foodworks supermarket with a fantastic array of fresh foods and take-away meals. They have been a supporter of the Club for many years now. We have been supplied with lovely food hampers and other goodies from time to time to assist the Club with its fundraising efforts.

We very much appreciate their ongoing support.



In this report we recognise contributions of time and effort from many in our wider family group. This is particularly the case on competition days where the Club has an obligation to help out: Barry Greig, Phil Ramsay, Glenn Morrison, David Burke, Mark Shea and Michael and Emma Linke, Richard Russell, Adam Franklin, Anne and James Bukovsan, Pam Brenner, Troy Rowe, James Lynch, Melissa

Gilinas, Mary Langdon, Hamish Nelson and Sean Blackburn all volunteered on numerous occasions, donating their valuable time to ensure that the Club could meet its obligations.

Sincere thanks to all for your time and effort. Our usual obligation each Saturday is to provide 3 Club Helpers, this season we were able to share that load ....our Club Family is gradually growing....many hands make light work! Also thanks once again to Jill Wallis for officiating over countless weeks as an AV Official.

In addition, a special thanks to Anne Bukovsan, our resident photographer. Anne has attended every week and taken hundreds of great photos of our athletes in action. The photos find their way on to Instagram, Facebook and Cursus.

I know everyone has appreciated Anne's work with those action shots adding a fresh dimension to our Club.

Cursus is the lifeblood of the Club keeping us in touch with our past membership, our new membership, news and results. Cursus is circulated to about 300 families in the broader Ivanhoe area and remains one of our best assets. We have produced ten editions of Cursus this season, and on occasions have delved into the archives to produce historic recollections of the past. We hope we can continue to provide interesting and historic content into the new season.

Finally, we encourage everyone to re-register for the 2023/24 season whether athletes or non-competing members and make a difference to your Club. It is your loyalty and support of the Club that we need to continue to grow in the future. Our membership is power, particularly when dealing with Council.

Jeff Franklin

## Membership List

Claude Aquino	Will Franklin	Arran Lessene	Charles Rankin
Jamie Blackburn	Braden Fraser	Alex Linke	Amelia Ray
John Boas	Eva Gilinas	Michael Linke	Sami Rowe
Chris Branigan	Barry Greig	James Lynch	Peter Rule
Marli Brenner	David Greig	Christine MacDonald	Richard Russell
Anne Bukovsan	Matthew Hall	Noel MacDonald	Wendy Russell
Kate Bukovsan	Theadora Hally	Vincent Mancuso	Charles Shea
Paige Bukovsan	Thomas Hancock	Gianni Mancuso	Mark Shea
David Burke	Jack Harper	Bruce Meakin	Perrin Theocharides
Noel Burrows	Mike Hennessey	Harley Mileto	Jill Wallis
Ian Campbell	Carol Holliday	Benjamin Morrison	John Wallis
Bob Cochrane	Gary Holliday	Glenn Morrison	Michael Wallis
Chris Cole	Gary Honey	Eliza Nelson	Des White
John David	Skye Jenkins	Glen Nicholson	Leo Worsam
Andrew Edney	Chris Lang	Ray Owens	Mark Worsnop
Tim Erickson	Mary Langdon	Josh Philip	
Jeff Franklin	Thomas Langdon	Philip Ramsay	



# IVANHOE HARRIERS ATHLETIC CLUB

## Athletes and Coaches for Season 2022-2023



Claude Aquino



Jamie Blackburn



Chris Branigan



Marli Brenner



Kate Bukovsan



Paige Bukovsan



David Burke



Will Franklin



Braden Fraser



Eva Gilinas



Barry Greig



David Greig



Theadora Hally



Jack Harper



Tom Langdon



Arran Lessene



Alex Linke



James Lynch



Gianni Mancuso



Vince Mancuso



Harely Mileto



Ben Morrison



Eliza Nelson



Glen Nicholson



Josh Phillip



Amelia Ray



Sami Rowe



Charles Shea



Perrin Theocharides



Leo Worsam



Coach  
John Boas



Coach  
Cyril Dixon



Coach  
Jeff Franklin



# Treasurer's Report

## Ivanhoe Harriers Athletic Club - Audit Report

I have carried out the audit of the Statement of Receipts and Payments of the Ivanhoe Harriers Athletic Club for the year ended 31<sup>st</sup> March, 2023.

In carrying out my audit, it has not been practicable to confirm all receipts from various sources of income beyond accounting for amounts received as shown in the Committee's books. With this qualification, I am of the opinion that the attached Statement of Receipts and Payments is properly drawn up so as to show a true and fair view of the results of the Committee's operations for the year ended 31<sup>st</sup> March, 2023.



John W Wallis  
FCPA  
Honorary Auditor  
26<sup>th</sup> April 2023

### IVANHOE HARRIERS ATHLETIC CLUB INC Statement of Receipts & Payments for the Year Ended 31st March 2023

	2023	2022
<b>Opening Balance</b>		
- General Account Brought Forward	\$ 21,711.10	\$ 21,799.55
	<u>\$ 21,711.10</u>	<u>\$ 21,799.55</u>
<b><u>Plus Receipts</u></b>		
<b>Competition</b>		
Club Fees	\$ 1,800.00	\$ 1,580.00
Uniforms	\$ 470.00	\$ 530.00
AV Registration Fees	\$ 4,313.30	\$ 5,605.00
Membership Fee Rebate	\$ 100.00	
Club Fees for 2023/24	\$ 50.00	
AV Registration Fees for 2023/24	\$ 319.30	
<b>Fundraising/Social</b>		
Trivia Night	\$ 4,054.94	\$ 2,902.76
Donations	\$ 180.00	\$ 1,240.00
IH Caps	\$ 420.00	
IH Centenary Book Sales		\$ 30.00
<b>Sponsorship</b>		
Aspect Broking - Michael Wallis	\$ 250.00	\$ 250.00
<b>Other</b>		
Government Grants (COVID-19)		\$ 2,500.00
AV Trust Grant		\$ 2,550.00
<b>Total Receipts</b>	<u>\$ 11,957.54</u>	<u>\$ 17,187.76</u>

**Less Payments****Competition**

Cross Country Relay Entry	\$ 725.06	\$ 195.00
Track Relay Championships Entry	\$ 41.20	\$ 122.40
A.V. Affiliation	\$ 605.00	\$ 550.00
AV Online Registration Fees Refunded	\$ 4,313.30	\$ 5,934.10
AV Online Transaction Fees	\$ 22.40	
Uniforms		\$ 1,710.50

**General**

Collingwood Track Rent	\$ 500.00	\$ 1,000.00
Annual Return	\$ 61.20	\$ 60.10
Trophies	\$ 405.50	\$ 248.50
Website	\$ 99.00	\$ 118.90

**Fund Raising/Social**

Room Hire for Trivia Night	\$ 100.00	
Cash Float for Trivia Night	\$ 290.00	
Committee Christmas Dinner	\$ 160.38	\$ 186.76
End of Season Pizza Night	\$ 527.60	\$ 443.50
AGM Catering/Expenses	\$ 240.00	\$ 170.00

**Miscellaneous**

Brochures		\$ 615.64
Equipment for AV Trust Grant		\$ 4,720.81
Membership Fee Rebate		\$ 1,200.00

<b>Total Payments</b>	<b>\$ 8,090.64</b>	<b>\$ 17,276.21</b>
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**Club Funds as at 31st March**

General Account	\$ 25,578.00	\$ 21,711.10
	<b>\$ 25,578.00</b>	<b>\$ 21,711.10</b>

**Notes:**

1. Listed separately is an Asset Inventory report which contains off-balance sheet items.

David Burke  
IH Treasurer  
24 April 2023

## Cross Country Report

The Cross Country season was a huge success with the team finishing the season in 2<sup>nd</sup> place on the ladder and gaining promotion to Division 3 for next season.

The Cross Country team consisted of:

Claude Aquino, David Burke, Chris Branigan, Paige Bukovsan, Kate Bukovsan, David Greig, Barry Greig, Theadora Hally, Tom Langdon, Alex Linke, James Lynch, Vince Mancuso, Gianni Mancuso, Harley Mileto, Ben Morrison, Eliza Nelson, Josh Philip, Charles Shea, Leo Worsam.

The table below shows the entire listing of performances inclusive of a few non-members who ran in the 6km handicap only.

### 2022 CC Season Performances

Athlete	IH 6km Handicap	Jells Park CC Relays	Bendigo 8km	Cruden Farm 12km CC	Myrniong Ekiden Relay	Sandown Road Relays	Bundoora 10km	Ballarat 15km	Lakeside 10km	Burnley Half Marathon	Tan Relays
Claude Aquino		27:28	38:37		21:24	25:29	48:13		41:03		
Charlie Baker	33:25										
Chris Branigan									47:53		
Paige Bukovsan	25:16	13:01	13:15		25:07						
Kate Bukovsan	28:00	12:56	18:30								18:49
David Burke	33:12	31:33	44:08		37:44						19:07
Anawyn Foulds	34:35										
Barry Greig					37:14	25:07	45:52		43:29		15:32
David Greig		19:57	27:28	41:00	30:11	19:55	32:12		32:07		12:13
Theadora Hally											17:55
Jeremy Kerner	22:29										
Tom Langdon		20:06	28:21	44:32		20:31	34:51				
Alex Linke						21:47					12:47
James Lynch	28:50								52:11		
Luke Malara	27:54										
Vince Mancuso		25:10	36:44								
Gianni Mancuso				64:18	46:07	29:09	DNF				
Harley Mileto	25:28	22:47			23:00	21:41			34:45		13:09
Macey Mileto	30:49										
Ben Morrison	22:07	22:21		45:24	27:52	21:32	37:36	55:27		83:21	13:01
Eliza Nelson	28:11	14:01							12:51		17:29
Hamish Nelson	32:30										
Josh Philip		23:03		52:49	33:29						13:42
Charles Shea		25:42					45:40				15:27
Cormac Skaliotis	33:07										
Leo Worsam		22:20				21:59					13:51

Some of the performances were outstanding, David Greig competed in 8 events and Ben Morrison competed in 9. Ben, in particular was our lone competitor at Ballarat and in the Half Marathon. He carried the team on his shoulders in those 2 events, single handedly earning 11 premiership points - a mighty effort.















David Greig had a fine season, just doing enough to earn a spot in the National Cross Country Championships where he placed 30<sup>th</sup>. He placed 20<sup>th</sup> in the Bundoora 10km CC in the time of 32:12 and placed 47<sup>th</sup> in the 12km CC in a time of 41:00, both performances very good. Claude Aquino competed in 6 rounds of competition and Tom Langdon in 5 rounds before he went overseas and the evergreens, Barry Greig and David Burke also managed 5 events.

Four of our girls contested some relays and 3km events during the winter culminating in a successful Tan Relays at the end of the season. Paige, Kate and Eliza competed 4 times which was a good effort.

Special mention to Paige Bukovsan who ran in the Ekiden Relay to ensure we had a team on the day, well done Paige.

Overall, a great team effort, everyone contributed.

### Men Division 4 Ladder

Place	Team	Points by Round										Total
		1	2	3	4	5	6	7	8	9	10	
1	 Bendigo Region	15	15	15	15	15	15	15	15	15	13	148
2	 Ivanhoe	13	13	13	13	13	13	12	8	3	12	113
3	 Mornington	11	7	11	8	12	-	13	12	13	6	93
4	 Ballarat Region	-	12	-	12	10	9	10	13	11	11	88
5	 Glenhuntly	10	10	9	9	11	6	11	-	7	10	83
6	 Collingwood	8	11	10	-	6	12	9	9	12	5	82
7	 South Melbourne	9	8	12	-	-	11	8	11	10	7	76
8	 Old Xaverians	-	4	8	10	7	-	7	10	9	-	55
9	 Essendon	-	-	5	11	9	8	6	4	2	8	53
10	 Waverley	6	9	7	-	8	10	2	6	4	-	52
11	 Melbourne Uni	12	5	-	-	4	-	4	-	8	9	42
12	 Malvern	7	6	6	-	5	-	1	5	6	4	40
13	 Vic Masters	-	3	-	-	-	7	3	7	5	-	25
14	 St Kevins	-	-	-	-	-	-	5	-	-	15	20

### Ivanhoe Harriers 6km Handicap

Saturday, 9th April 2022

Eaglemont Tennis Club carpark – out and back along Main Yarra Trail

Finish Place	Name	Handicap Time	Actual Time	Handicap Difference
1	Paige Bukovsan	25:30	25:16	-0:14
2	Jeremy Kerner	22:30	22:29	-0:01
3	Kate Bukovsan	27:30	28:00	0:30
4	Ben Morrison	21:30	22:07	0:37
5	Eliza Nelson	27:00	28:11	1:11
6	David Burke	31:30	33:12	1:42
7	Macey Mileto	29:00	30:49	1:49
8	James Lynch	27:00	28:50	1:50
9	Luke Malara	25:30	27:54	2:24
10	Harley Mileto	22:30	25:28	2:58
11	Cormac Skaliotis	30:00	33:07	3:07
12	Hamish Nelson	29:00	32:30	3:30
13	Anawyn Foulds	30:00	34:35	4:35
14	Charlie Baker	25:00	33:25	8:25

The handicaps worked out pretty well, thanks to Barry Greig. Our winner was Paige Bukovsan with a very good time of 25:16, beating her handicap time by 14 seconds. Jeremy Kerner had his first run for the Club and was the only other runner to beat his handicap time, by just one second, to record the very good time of 22:29. Ben Morrison was our fastest time with an excellent 22:07.



# Track & Field Report

Full results for the 2022/23 season are covered in detail, in a spreadsheet in this report.

In summary, our athletes contested 343 events during the 10 Round season and the finals. This is a significant increase on previous years and shows a great deal of improvement, determination and team spirit.

The AVSL system allocates points to athletes based on a formula which measures the quality of the performance, having regard to the age and sex of the athlete etc. As a rule of thumb, any performance earning 300 points and above is considered a creditable performance, over 400 points is considered a high standard.

Our athletes consistently achieved scores at or above those benchmarks which indicates a very talented squad.

The contribution of our athletes to point scoring was outstanding. Over the season Kate Bukovsan was our top points earner with 11,493, just ahead of our evergreen David Burke with 10,908, Alex Linke 7850, Barry Greig 6964, Ben Morrison 5456, Perrin Theocharides 6266 and Eliza Nelson 6491.

We had a number of athletes contest the Victorian Championships and the Victorian Track Relay Championships (see charts below).

However, our finest result was a new Club Record in the Women's U16, U18, U20 and Open 4x400m relay in a time of 4:38.10.

Very well done, Paige Bukovsan, Eliza Nelson, Marli Brenner and Kate Bukovsan.

The Club finished the season in 6<sup>th</sup> place on the Division 4 Ladder but was still required to compete in the Relegation Playoff due to Athletics Victoria making a change to their rules. The Club found the rule change somewhat illogical, however we went on to dominate the Playoffs which saw us finish with the 4<sup>th</sup> highest points score of the ten teams in Division 4.

The format of the current AVSL points competition rewards volume performances which benefits the very large Clubs with large memberships. Our current numbers of athletes, no matter how talented, will never be able to earn enough points to defeat those larger clubs. Despite our significant improvement this season, we do need to find a way to increase our numbers of competing athletes to enable us to close that gap.

This was our best season for many years, based on quality of performances, number of events contested and the Clubs we defeated.  
Congratulations to all in the team, a great season.

Jeff Franklin

## Records Set

Age Group of Record	Name	Event	New Record	Date Set	Competition	Location
U16, U18, U20, Open Women <sup>1</sup>	Paige Bukovsan, Eliza Nelson, Marli Brenner, Kate Bukovsan	4x400m	4:38.10	26/11/2022	Victorian Track Relay Championships	Hagenauer Reserve, Box Hill

### Notes:

1. The previous U16, U18, U20 and Open records of 4:38.32 were set by Hannah Laffey, Bethany Illingworth, Jemma Laffey, Grace Dicker on 29/11/2014.

## Victorian T&F Championships

Name	Age Group	Event	Place	Performance
Kate Bukovsan	Women Under 15	400m	7th - Heat 1	68.29
		800m	6th - Heat 2	2:41.24
Perrin Theocharides	Men Open	100m	6th - Heat 5	11.54
Alex Linke	Men U20	800m	8th - Heat 3	2:02.09

## Victorian Track Relay Championships

Team	Age Group	Event	Place	Performance
Paige Bukovsan, Eliza Nelson, Marli Brenner, Kate Bukovsan	Women Under 16	4x400m	4th - Heat	4:38.10
			8th - Final	4:39.32

## Victorian Masters T&F Championships

Name	Age Group	Event	Place	Performance
Braden Fraser	Men 45+	100m	4th - Heat 1	13.25
			7th - Final	12.52

## AVSL Division 4 Ladder

Place	Team	Cumulative Score	Points
1	Yarra Ranges	137,103	97
2	Preston	122,863	96
3	Ballarat YCW	125,981	92
4	St Kevins	90,184	73
5	Williamstown	92,993	69
6	Ivanhoe	72,004	54
7	Old Scotch	55,295	42
8	Melbourne Uni	50,697	41
9	Brunswick	38,359	28
10	Dandenong-Springvale	29,054	17

CP Championship Playoff

RP Relegation Playoff

### Division 4 Championship Playoff

1	Preston	33,572
2	Yarra Ranges	27,900
3	Ballarat YCW	22,746
4	St Kevins	14,326
5	Williamstown	12,131

Premiers  
Promoted

### Division 4 Relegation Playoff

6	Ivanhoe	15,577
7	Melbourne Uni	8,196
8	Brunswick	7,629
9	Old Scotch	6,810
10	Dandenong-Springvale	306

Relegated  
Relegated

## AVSL Results 2022-23

Name	Event	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Rnd 7	Rnd 8	Rnd 9	Rnd 10	Playoffs	Events (Rounds)
Marli Brenner (U14)	100m					14.69							11 (6)
	200m		30.79		30.67		30.50		31.08	31.68			
	400m					77.7h							
	800m									2:41.35			
	4x100m Relay (U18)				61.25								
	4x200m Relay (U18)		2:08.14										
Kate Bukovsan (U14)	4x400m Relay (U16)								5:01.96				41 (12)
	100m	15.45		15.73		15.64		14.69			14.93	15.00	
	200m		30.92		30.65		29.97		31.22	31.17		29.77	
	400m	73.69		72.23		78.5h		70.57			69.43	69.40	
	800m		2:42.2h		2:46.46		2:46.42		2:51.48	2:41.56		2:37.42	
	1500m	5:57.9h		5:51.6h		6:18.0h		5:42.3h			5:45.2h	5:47.5h	
	3000m		12:58.8h				13:41.0h					13:20.16	
	Long Jump						3.00m			3.04m			
	4x100m Relay (U18)				61.25					63.65		61.99	
	4x200m Relay (U18)		2:08.14							(U16) 2:16.68			
Paige Bukovsan (U16)	4x400m Relay (U16)								5:01.96				8 (3)
	100m					16.18		16.26					
	200m						31.77						
	400m					71.3h							
	800m						2:30.39						
Eva Gilinas (U16)	1500m					5:33.4h		5:15.0h					19 (8)
	Triple Jump						6.73m						
	100m					14.83		14.93		False start		15.07	
	200m				32.76		33.38		32.13	33.83		73.39	
	400m					79.1h		74.98			74.94	61.99	
	800m						3:04.33			3:09.02			
Theadora Hally (U18)	4x100m Relay (U18)				61.25					63.65			22 (9)
	4x200m Relay									2:16.68			
	4x400m Relay								5:01.96				
	200m				33.64		33.25			35.18		81.56	
	400m	80.21		76.76		81.5h						3:00.64	
	800m				2:52.69		2:50.47			2:54.10		6:24.4h	
Eliza Nelson (U16)	1500m	5:58.7h		5:58.4h		5:57.0h						14:05.12	27 (10)
	3000m		13:10.8h				13:06.0h					61.99	
	4x100m Relay				61.25					63.65			
	4x200m Relay		2:08.14										
	100m			15.89		15.59		15.93			16.56	33.03	
	200m								33.84	34.50		74.68	
Eliza Nelson (U16)	400m			72.52		76.6h		72.90			70.51	2:50.89	27 (10)
	800m		3:01.0h				2:44.81		2:49.08	2:46.66			
	1500m			5:52.2h		5:48.1h		5:49.0h			5:50.3h		
	3000m		13:03.3h										
	4x100m Relay (U18)									63.65		61.99	
	4x200m Relay		(U18) 2:08.14									2:16.68	
Eliza Nelson (U16)	4x400m Relay								5:01.96				27 (10)

Name	Event	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Rnd 7	Rnd 8	Rnd 9	Rnd 10	Playoffs	Events (Rounds)
Amelia Ray (U16)	100m 200m 400m 4x200m Relay						17.26 36.25				85.16 2:16.68		4 (3)
Sami Rowe (U14)	200m 400m Long Jump Triple Jump			82.99 3.31m			33.30 7.04m		35.49 7.85m				6 (3)
David Burke (40+)	100m 200m 400m 800m 110m Hurdles (99cm) 400m Hurdles (91cm) High Jump Long Jump Triple Jump Discus (2kg) Shot Put (7.26kg) Javelin (800g) 4x100m Relay (Open)	14.32 68.03 2:54.4h 22.69 1.53m 18.64m 25.48m	29.48 80.31 9.17m 6.71m	15.62 22.69 1.54m 4.45m 18.60m	28.96 2:48.43 84.61 9.22m 6.56m	13.88 67.22 22.63 1.50m 4.50m 18.78m	28.53 65.58 81.11 1.53m 4.31m 22.93m	13.84 28.51 3:00.8h 81.63 4.50m 19.92m 6.88m	29.26 3:03.6h 83.68 4.50m 19.30m 7.03m	13.75 66.21 22.65 1.54m 4.73m 9.56m 51.53	13.81 28.55 65.64 1.53m 4.73m 9.56m 6.87m 21.70m 50.69		63 (12)
Barry Greig (60+)	800m 1500m 3000m Discus (1kg) Javelin (600g) Shot Put (5kg)	5:04.2h 11:06.7h 21.56m 7.63m		5:04.4h 21.56m	2:29.42 5:13.5h 22.49m 7.19m		23.19m 19.98m 7.74m		2:36.0h 18.63m		2:25.94 5:06.6h 22.87m 27.61m 7.32m		19 (10)
David Greig (Open)	100m 800m 1500m 3000m 4x100m Relay		1:59.4h 4:15.8h 9:20.4h				12.40 3:59.9h 5:08.4h	1:56.9h 2:01.6h			12.61 4:10.3h		11 (6)
Jack Harper (U20)	200m 400m		24.95				55.47						2 (2)
Will Franklin (U16)	200m 400m 800m 1500m			30.35 67.70 2:28.70 5:05.8h			29.77 2:31.6h 5:08.4h		29.92 2:35.0h		30.10 69.43 2:28.60 5:01.9h		13 (7)
Arran Lessene (U18)	100m 200m 4x200m Relay (Open)	11.84 23.53 1:41.49											3 (2)
Ben Morrison (U20)	200m 400m 800m 1500m 3000m					60.38 2:01.3h 4:12.0h			27.03 2:04.2h		58.05 2:02.30 4:10.7h		14 (10)
Glen Nicholson (Open)	100m Long Jump	12.65 6.08m											2 (1)



Name	Event	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Rnd 7	Rnd 8	Rnd 9	Rnd 10	Playoffs	Events (Rounds)
Josh Philip (Open)	200m 800m 1500m				2:03.80		25.27						3 (3)
Charles Shea (Open)	100m 200m 400m 800m 1500m Shot Put (7.26kg) 4x100m Relay 4x200m Relay	4:53.3h	2:20.4h	4:47.9h	7.14m	5:13.1h				5:04.7h	12.72	12.94 25.41 59.87 2:17.29 5:16.0h 50.69	19 (8)
Perrin Theocharides (U20)	100m 200m 400m 4x100m Relay (Open) 4x200m Relay (Open)		23.74	11.76 55.25	23.31	11.25		11.24		23.48	11.76	11.33 23.24 54.52 50.69	16 (9)
Alex Linke (U18)	200m 400m 800m 1500m 3000m 4x100m Relay (Open) 4x200m Relay (Open)	4:14.7h	2:04.1h	4:10.4h	2:02.76	57.49 4:15.1h	2:00.2h	4:10.4h		2:02.3h	4:04.3h	55.79 2:00.93 4:08.8h 50.69	19 (11)
Jamie Blackburn (U18)	200m 800m 1500m 3000m	4:19.0h	2:07.2h	4:20.7h				2:00.1h		2:01.8h		4:00.9h	9 (6)
Harley Mileto (U16)	200m 400m 800m 1500m 3000m	4:41.2h	2:23.4h	65.00 4:41.1h	2:19.71	66.82 4:43.1h				29.28 2:20.8h		64.19 4:40.7h	12 (7)