



Editorial

The growth of the Club over recent years has been steady with performances improving and memberships increasing, in particular our cross country group.

The financial year ends on 31st March 2025. We rule off the balance sheet and start afresh with solid savings set aside to assist with the purchase of weight equipment in the new pavilion at Chelsworth Park.

However, we have one very important issue to finalise at our AGM on Wednesday 14th May – The approval of a new constitution for the Club.

Our current Constitution is very dated and does not meet the current requirements of the Model Rules as outlined in the Associations Incorporation Reform Act 2012. Nor does it meet the preferred standards set out for Clubs by Athletics Victoria. So it's well and truly time for an upgrade.

Fortunately for the Club, Michael Linke (recently retired committee member) took on the project prior to his departure to Singapore with his business commitments. Michael is a highly qualified corporate lawyer and has done an enormous amount of work to finalise a new document. The new Constitution abides by the requirements of the Act and adopts the broad criteria of our old document. It is a significant step forward for the Club and Michael is to be commended for his detailed work. In addition, Michael recommended that we obtain independent peer review from another lawyer in this field. Accordingly, your Committee has obtained the services of Mark Worsnop, Partner at Kahns Lawyers of Bourke St Melbourne, who has now reviewed the document and is very satisfied with the outcome.

Following the sign-off by Committee, the proposed document will be sent out electronically to those members who are entitled to vote under our existing Constitution. A vote to replace the old constitution with the new constitution will take place at the AGM on Wednesday 14th May 2025.

Annual General Meeting and Presentation Night

As noted above the AGM will be held at the East Ivanhoe Bowling Club pavilion Ivanhoe Park at 153 the Boulevard Ivanhoe. The evening will commence at 7.00pm for a 7.30pm official start on Wednesday 14th May 2025.

The annual awarding of perpetual trophies will be followed by pizza and soft drinks.

Cross Country 2025

The below Cross Country program is a merged document covering school events (in red) and Athletics Victoria events (in black).

Remember...this is the season where we slosh through the mud and grind up the hills in order to have a really great time!!

The first event on our calendar is our historic 6k handicap on Saturday morning 5th April 2025.

We meet at Eaglemont Tennis Courts car park with a sausage sizzle after the run. This is plenty of notice for everyone, please note your diary and be there. You can treat the run as a warmup run, an easy jog or race against the clock for a PB...just be there to support the Club and your team.

The 110 Year Reunion...keeps on keeping on!

Still receiving messages about our 110 Year celebration. It was certainly a great occasion with many memories rekindled from the past. The number of older members attending, who competed in the 1960s and 70s was a feature of the day.

We have shown below some of the photos taken and hopefully put correct names to the faces.



Left to Right: Andrew Young, Bob Cochrane, Gary Holliday, Tim Erickson, Graeme Balaam, Graeme Ching, Alan Stone, Ray Brown, Ian Brooks, Noel Burrows, Mike Hennessy, Des White, John Boas, Frank Ricco, Noel MacDonald, Colin Jenkins, Nick Hoogenraad, John Griffith, Mark Hennessy, Alby Rain, Phil Ramsay, Alex Tarr, Bruce Meakin, Joe Anderson



Alan Stone, Bob Cochrane and Graeme Balaam modelling some of their old Harriers gear.



L to R: Stephen Pegg, Glen Nicholson, Gary Honey, John Boas, Gary Pegg, Ethan O'Connor

Competition Results

(Commentary provided by Coach Cyril Dixon)

Victorian Track & Field Championships

Fri-Sun, 21-23 February 2025

With only 2 runners in this year's Vic Champs we didn't need to do any club helper duties. Both Owen and Jamie had their first run in Men's Open Vic Champs. Jamie ran first on the Friday night 21st February in the 1500m. Jamie was in heat 3 of 4, the fastest heat, with 15 starters in each heat running at 10:15pm, it was late and the conditions warm and still. Jamie settled to the back of the big bunch and the pace was wound up each lap with the last 2 laps a big kick down. Jamie ran on strong to finish 9th in 4:00.30.





Jamie - Men's Open 1500m

Owen's 800m heat was on the Saturday at 6:30pm, it was hot and windy. Owen was super nervous as he lined up for his first Vic Open Champs. It was a quick start and Owen settled in third then went through 200 in 27" and stayed the same at 400 going through in 54", with 200m to go Owen moved out wide to challenge the leaders and couldn't sustain the effort. In a tough run to the line Owen ran a huge PB 1:54.15 continuing his great progression through the season and just missing the small q to get to the final.



Owen - Men's Open 800m

Pictures courtesy of Ezra Chan and Joanna Margiolis

AVSL Wrap

Below is the table with correct MVP totals and the missing athletes. It was a great effort by Carla to win from Kate and David, with all 3 athletes competing in every round. It came down to the last 2 events to decide the winner. Owen closed late but couldn't make up the gap of missing the first two rounds.

| | Athlete | Total | Rounds |
|---|---------------------|-------|--------|
| 1 | Carla Parris | 8,913 | 9 |
| 2 | Kate Bukovsan | 8,750 | 9 |
| 3 | David Burke | 7,752 | 9 |
| 4 | Owen Dumsday | 5,050 | 7 |
| 5 | Jamie Blackburn | 4,608 | 6 |
| 6 | Brenton Hall | 4,496 | 7 |
| 7 | David Greig | 4,185 | 7 |
| 8 | Elizabeth Stevenson | 3,633 | 6 |

| | | | |
|----|---------------------|-------|---|
| 9 | Liam Furlong | 3,351 | 5 |
| 10 | Perrin Theocharides | 3,073 | 6 |
| 11 | Mabel Taylor | 2,510 | 7 |
| 12 | Emily Stevens | 2,103 | 3 |
| 13 | Leonardo Donarelli | 1,754 | 3 |
| 14 | Jack Harper | 1,556 | 3 |
| 15 | Riley Palmer | 1,503 | 3 |
| 16 | Nicholas Dempsey | 1,367 | 4 |
| 17 | Lachlan Warwick | 1,233 | 3 |
| 18 | Simon Rigoni | 1,179 | 3 |
| 19 | Benjamin Morrison | 1,055 | 3 |
| 20 | Rachel Paterson | 1,012 | 2 |
| 21 | Peter Castaldo | 926 | 2 |
| 22 | Maxim Lewis | 531 | 1 |

In a fantastic season where we regularly outperformed the bigger clubs in our division we finished 5th. Of our 22 athletes who competed across the season, 9 athletes competed in AVSL for the first time. A great effort by everyone.

Final Ladder

Division 4

| Place | Team | Points Scored | Ladder Points |
|-------|---------------|---------------|---------------|
| 1 | Sandringham | 128,553 | (PP)101 AP |
| 2 | Corio | 104,285 | (PP) 87 AP |
| 3 | Old Xaverians | 97,642 | (PP) 87 |
| 4 | Frankston | 78,009 | (PP) 69 |
| 5 | Ivanhoe | 73,983 | (PP) 66 |
| 6 | Old Scotch | 72,294 | (PP) 65 |
| 7 | Whittlesea | 70,060 | (PP) 64 |
| 8 | Melbourne Uni | 60,195 | (PP) 53 |
| 9 | Coburg | 59,219 | (PP) 49 |
| 10 | South Coast | 35,106 | (PP) 25 AR |
| 11 | St Kevins | 20,062 | 9 AR |

AP: Automatic Promotion

AR: Automatic Relegation

PP: Power Play used (double points for 1 round)

Up Coming events to close out the summer

| | |
|------------------------|--|
| 6 th March | Box Hill Burn: 1000m/5000m |
| 13 th March | Milers: Doncaster 800m/1500m |
| 22 nd March | High Velocity: Lakeside 100m/400m/Long Jump |
| 27 th March | Box Hill Classic: 800m/1500m/3000m |
| 30 th March | High Velocity: Lakeside 2x100m/400m/Triple Jump |

We Love Our Sponsors...



Barr'd Tapas Bar has come on board as a sponsor of the Club.

As previously mentioned in Cursus, Barr'd specialise in Tapas style meals and private functions with great food and drink. The range of dishes includes salads, burgers, tapas plates, paellas and desserts.

The business is located at 240 Lower Heidelberg Rd, Ivanhoe East.

Hours: Tuesday-Thursday: 4.00pm-late
Friday-Sunday: 3.00pm-late

Phone: 03 9499 3547

Don't hesitate to call in for a late night snack.

Bendigo Bank

Jon Hyatt and his friendly team at East Ivanhoe are keen to meet our members and discuss any of their Banking queries.

Interest rates are very competitive, as an example:

Term Deposits of \$5,000.00 upwards to \$5,000,000.00:

- 6 months term, interest at maturity 4.3%
- 9 months term, interest at maturity 4.2%
- 12 months term, interest at maturity 4.2%

Owner occupier home loans have just reduced by 0.25%

As an example, a variable rate, principal and interest loan where the loan/value ratio is 60%-80%, the new interest rate is 5.99%. Pretty good rate we think.



Cross Country Program for 2025

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 |
|---------------------|------------------|--|---|
| 5th-21st April | | | School Easter Holidays |
| Sat. 5th April | Ivanhoe Harriers | Eaglemont Tennis Courts Car Park | 6km All comers Handicap (9:30am) |
| Sun. 6th April | | CBD | Run for the Kids |
| Thu. 25th April | | | Anzac Day |
| Sat. 3rd May | Aths Vic | Princes Park, Carlton | All Schools Road Relays |
| Sat. 10th May | Aths Vic (R1) | Hanging Rock 139 Sth Rock Rd, Woodend | 8km Cross Country |
| Sat. 10th May | AGSV | Yarra Bend, Fairfield Melway 30 H12 | AGSV Round 1 (9:00am) Camberwell Grammar |
| Sat. 17th May | Aths Vic | Jells Park, Wheelers Hill Melway 71 K6 | All Schools CC Relays (10:00am start) |
| Sat. 24th May | Aths Vic (R2) | St Anne's Winery, Myrniong | 12km Cross Country |
| Sat. 24th May | AGSV | PEGS Fields, Keilor Park | AGSV Round 2 (9:00am) |
| Sat. 31st May | AGSV | Braeside Park Melway 88 D8 | AGSV Round 3 (9:00am) Mentone Grammar |
| Sat. 7th June | Aths Vic (R3) | Jells Park, Wheelers Hill | Cross Country Relays |
| Sat. 14th June | AGSV | Peninsula Grammar 20 Wooralla Dve Mt. Eliza | AGSV Round 4 (9:00am) Peninsula Grammar |
| Sun. 15th June | Aths Vic (R4) | Albert Park | 5km Road Race |
| Sat. 21st June | Aths Vic | Bundoora Park | All Schools Cross Country |
| Sat. 28th June | Aths Vic (R5) | Sandown Race Track | Road Relays |
| Sat. 12th July | Aths Vic (R6) | Ballarat | XCR 10km CC (Open & U20) |
| Sat. 26th July | AGSV | Banyule Flats Melway 32 C4 | AGSV Round 5 (9:00am) Ivanhoe/Trinity |
| Sun. 27th July | Aths Vic (R7) | Albert Park | 10km Road Race |
| TBD | AGSV | Marcellin/Trinity Fields Melway 32 D9 | AGSV Round 6 (9:00am) |
| Sun. 10th August | Aths Vic (R8) | Lake Wendouree, Ballarat | 15km & 6km Road Race |
| Fri. 15th August | AGSV | | Rep. Sport, AGSV v APS APS Host |
| Sun. 7th September | Aths Vic (R9) | Kevin Bartlett Res Burnley Yarra Boulevard | Half Marathon & 5km |
| Sat. 20th September | Aths Vic (R10) | The Tan Track | Club Relays 6 x 3.8km |

Cursus Editor: Jeff Franklin
Production: David Burke



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