CURSUS

The Newsletter of Ivanhoe Harriers Athletic Club Inc.



June 2025 Edition 111

Editorial

We held our AGM on Wednesday evening 14th May 2024 which was very well attended. The major focus this year has been on the adoption of a new Constitution which complies with the Associations Incorporation Reform Act 2012. This was achieved with a unanimous vote in favour of the new document. This was a pleasing result after all of the hard work and legal advice from Michael Linke and Mark Worsnop. Sincere thanks to both Michael and Mark for the extensive amount of research and input and assistance in bringing this matter to a conclusion.

We will now proceed to provide the document to Consumer Affairs for approval.

On the competition front, we have had an excellent start to the Cross Country season, full details later in this edition. (In addition, apologies for the somewhat lateness of this Edition of Cursus.)

AGM: 14th May 2025

Presidents address (a shortened version)

Dear Members and friends of Ivanhoe Harriers.

Our Annual Report this year is a "good news" report which concludes 10 years since I took on the Presidency (this to be my final year). Memberships continue to grow, largely thanks to the reach of Cursus, balance sheet growth of 43% this year, solid sponsorship growth, stable committee and excellent athletic results.

It is a very satisfying occasion for our Club. Over the past 10 years we have taken on a number of key strategies to return the Club to success; The relocation from Willinda Park, reconnecting with Ivanhoe, focussing on excellence, growing the balance sheet and better alignment with IGS. In addition, I have had fantastic support from our Committee over the journey. My personal thanks to: Richard, Barry, David, Anne, Glenn, Braden, Brenton, Michael and James.

John Edney, now retired, has also been a mighty contributor through his Trivia Nights.

However a special thank-you to Michael Linke, now retired from Committee and working in Singapore. Without

Michael's effort and legal expertise, I doubt that we would have finished the Constitution project.

Others heavily involved were Michael Wallis and John Edney, the Club is indebted to you for your willingness to take this on. It has been a big project.

In addition, Glenn Morrison has announced his retirement after 5 years of great service, Glenn, thank you, we will miss your contribution.

This year we have deepened our relationships with corporate sponsors:

Miles Real Estate has continued as a valuable partner, Bendigo Bank has come on board this season, Aspect Broking has continued its long term support of

Aspect Broking has continued its long term support of the Club, a big thank you to Michael Wallis,

Barr'd Tapas Bar in East Ivanhoe has recently come on board,

East Ivanhoe Grocers has maintained a long connection

I remind everyone to actively support our sponsors.

This season we celebrated our 110 year reunion which was very much appreciated by our older members and it was pleasing that we had the financial strength to subsidise the event. It was a great occasion with about 120 attending.

What have I learned along the journey?

Kids need leadership and hope. Teachers are overburdened with regulation...sport is not a priority, we can continue to supply a solution with our coaching at Chelsworth. Cyril Dixon has seamlessly taken over the coaching role from me, attendance and enthusiasm is very good.

Speaking of coaching, it is great to welcome Bruce Hutchins to the Club, a qualified coach and former member of SSH, a great competitor club from the past. Bruce will be able to take over my role as Coach of IGS athletes.

Welcome Bruce.

In conclusion, this has been a great year. The challenge ahead is still recruiting...in particular, recruiting young female athletes of the future.

That is the challenge for our new Committee.

AGM Continued...

Our AGM was well attended, 39 members present and a further 14 apologies.

Apologies were: Phil Ramsay, Chris Cole, Gary Honey, Neil Jenkins, Chloe Thomson, Anastasia Purcell, Josh Philip, Paige Bukovsan, Rob Craigie, Leonardo Donarelli, Stuart Hughes, Wendy Russell, Mary Langdon and Claude Aquino.

As mentioned above, the vote to adopt the new constitution was approved unanimously. In addition, two new Life Memberships were granted:

Michael Wallis and John Edney.

Both of these memberships were unanimously approved. Michael and John were previous competitors of note, both served lengthy terms on Committee and both contributed significantly to the Club's current, strong financial position.

Michael and John have been steadfast in their support of our strategies and were congratulated on the night for their substantial contribution over many years.

Committee elections were held with a minimum of fuss.

New Committee for the 2025/26 Financial Year:

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

General Committee: Anne Bukovsan (Registrar), Braden Fraser, Brenton Hall, Michael Wallis, James Lynch, and we welcome new additions to Committee: Caroline Stevenson and Cyril Dixon (Coach).

The overall committee number of 11 members accords with the requirements of the new Constitution.

Outgoing members:

Michael Linke and Glenn Morrison were thanked for their loyal service and valuable contribution to the success of the Club.

Jeff Franklin

New and Renewed Members

Claude Aquino. Jamie Blackburn, Anne Bukovsan, Kate Bukovsan, Paige Bukovsan, David Burke, Peter Castaldo, Lucia Cordell, Ruth Cordell, Nick Dempsey, Cyril Dixon, Owen Dumsday, Jeff Franklin, Braden Fraser, Liam Furlong, Barry Greig, David Greig, Oliver Gualano, Brenton Hall, Theadora Hally, Stuart Hughes, Bruce Hutchins, Thomas Langdon, Alex Linke, James Lynch, Harley Mileto, Fiona Mitchell, Ben Morrison, Matthew Nolan, Ashleigh Palmer, Carla Parris, Rachel Paterson, Matthew Peterson, Anastasia Purcell, Grace Quinlan, Max Quinlan, Simon Rigoni, Caroline Stevenson, Elizabeth Stevenson, Chloe Thomson, Michael Wallis, John Edney, Noel Burrows, Chris Cole, Bruce Meakin, David McCulloch, Glenn Morrison, Victoria Crane, Sadie Crane, Billy Crewes, Leonardo Donarelli, Jason Zhang, Alexander Gibson, Matthew Keenan, Cameron Power, Natalie Power, Charles Shea, Natanya Thrift.

Welcome everyone to a new season ahead, we have started the cross country competition in fantastic fashion with a 2nd place in Division 2. (See report below)

As mentioned in the previous edition, we have reset membership fees to \$40.00 for everyone...juniors and seniors alike. We hope the great support of our older members continues. Simply credit the Club Bank Account:

BSB: 633000

Account number: 140670480 and state your name,

Given the fantastic attendance at our 110 year reunion, the Club is hopeful of holding similar subsidised events more often in the future. We also encourage our retired athletes to attend the occasional event to lend some vocal support to the Team. Noel Burrows has been to several cross country events in recent times.

Should anyone be interested in attending an event as a spectator, please let me know...we are on a roll at the moment.

Letters to the Editor

Always good to hear from our Life Members. Received a nice note of congratulations from Chris Cole together with a donation to the Club. Many thanks Chris, we hope you are keeping well and enjoy staying in touch via Cursus.

As we all know, with our diverse membership, Cursus is our lifeblood.

Competition Results

XCR Round 1 – Hanging Rock

Saturday, 10th May 2025

With our first cross country round final arriving it was a beautiful warm day at Hanging Rock, such a stunning location. Everyone was excited to finally be racing after a long training build-up to get to our first race.

This season we have two significant progressions as a club with our first ever female open team and the return to Division 2 for our top men's open team. Our day started with Carla and Kate running in the junior 5k race with both putting in solid performances to get around the course. It was dry and dusty in the warm conditions and a tough finish once they were over the hill.

The Men's Open followed, where we had hopes of a top half finish with our best team all there. As the race unfolded after the first 3k lap we were clearly in a strong position with most of our team in the top half of the field. As they finished off the second lap after the hill it was clear we were going to have a good day with our team running on strongly passing other athletes in the last 2 kilometres. Jamie and Owen lead the way with top 30 finishes. David and Alex were strong not too far behind inside the first 100, with Ben and Liam finishing off just behind. A fantastic result, 2nd overall behind APS, holding off South Melb, Collingwood, Yarra Ranges and Melb Uni.



Owen and Jamie

The cross country courses suit our team more than the road races and we will score our best points in these upcoming races. The Men's Div 6 was led by Nick and then Harley, who are both part of our Div 2 squad, easily winning by over 300 points. Brenton and Peter rounded out the Div 6 result with strong performances and there are still a few athletes to return to the team. Our Div 7 team got around the course in difficult circumstances. Barry with a sore calf got to the finish line, so good to see Claude return after his terrible injuries of last year, well done Claude on a mighty effort to get around the course. Simon who had spent 2 weeks in medical clinics after his knee injury at Ballarat Marathon got to the start line but was unable to get to more than 1 km with his knee just too painful.

The other success story came next with our first ever Female Open team, it was so exciting to finally see this happen. Lead by Rachel and Thea they dominated Div 5 and would have won Div 4! Rachel, having her first ever XCR run, was dominate finishing in 70th and Thea just missing a top 100. Chloe and Fiona battled around also running their first ever cross country run, fantastic effort everyone.

Special thanks to Glenn for his club helper duties, stuck out on the back of the course. Also thanks to Rachel's mum for looking after all her kids, a super effort, and the rest of the supporters who were there to cheer on all our runners.

Female Open

8km: Rachel Paterson 36:52; Theadora Hally 40:57; Chloe Thomson 43:30; Fiona Mitchell 49:56;

Female Under 18

5km: Kate Bukovsan 25:08;

Female Under 14 5km: Carla Parris 24:10;

Male Open

8km: Jamie Blackburn 26:04; Owen Dumsday 26:14; David Greig 27:28; Alexander Linke 28:25; Benjamin Morrison 29:56; Liam Furlong 30:06; Nicholas Dempsey 30:42; Harley Mileto 31:52; Brenton Hall 33:23; Peter Castaldo 34:18; Barry Greig 36:57; Claude Aquino 47:22;

Recreational – Ballarat Marathon

Saturday, 26th April 2025

It was a cool day with a fresh wind blowing from the south across the lake. Peter ran a big PB 3:15:09 to hit his target, super effort after an injury earlier in the year. Stuart put in another super consistent effort running 3:36:36. Simon got to around 18km and was running super consistent, right on target pace, before he then had terrible knee pain, he battled on another 10km but then could go no further.

In the 10km race that followed Nick ran a big PB going 36:07 in a super run in the tough conditions around the lake. Rachel also with a great PB 44:07 showing continued improvement and Fiona another PB 57:53.

All Schools Road Relays 2025

The youngsters at Ivanhoe Grammar School competed in the road relays on Saturday morning 3rd May 2025. The course was 4x3km at Princes Park, Carlton. They acquitted themselves very well, the Under 14 girls being the standout.

Under 14 Girls

6th of 26 Teams

Gracie Wells 11:52, Isla Tang 15:37, Sadie Crane 12:35, Grace Quinlan 13:18.

Under 14 Boys

15th of 24 Teams

Oliver Thackwray 14:09, Lucas Andrews 16:41, Ethan Mellor 13:27, Alex Thompson 14:23.

Under 16 Boys

18th of 37 Teams

Jason Zhang 11:58, James Craven 12: 26, Liam Watkins 13:15, Charlie Fennessy 13:29.

Under 18 Boys

26th of 41 Teams

Max Quinlan 10:28, Alby Dunbar 15:24, Jonah Lowe 14:23, James Iwasaki-Farrell 12:08.

Under 20 Boys

11th of 30 Teams

Nicholas Tomkins 11:16, Alexander Tomkins 11:15, Hugh Park 13:02, Lachie Warwick 9:54

All Schools Cross Country Relays

A bit of miserable weather did not stop Ivanhoe Grammar School athletes from racing really well at Jells Park.

Big thank you to Richard Russell for bringing the tent (which was very popular in the wet) and to Coach, Bruce Hutchins, and Assistants, Alex Linke, Owen Dumsday and Thea Hally.

A huge congratulations to Alex Thompson, Max Wake and Jonah Lowe, our emergencies, who turned up and supported the Team, very well done guys (and parents). Great team spirit.

The results were excellent, in particular our Under 14 girls who came so close to medalling.

Our Under 18 boys team which included the Under 16 James Iwasaki-Farrell was the surprise result, placing 9th in a massive field of 42 teams.

Well done everyone.

Girls Under 14 - 4x3km, 16 Teams.

1st Ruyton 44.41 2nd Firbank 44.45 3rd Firbank 47.31 4th Ivanhoe 47.36

Alegra Tieman 11:23, Grace Quinlan 12:13, Gracie Wells 11:42 and Sadie Crane 12:18.

Boys Under 14 - 4x3km, 26 Teams

1st Caulfield Grammar	41:58
2nd Haileybury College	42:25
3rd Marcellin	42:59
11th Ivanhoe	49.19

Jason Zhang 11:33, Xavier Wong 12:31, Ethan Mellor 12:28, Oliver Thackwray 12:47

Boys Under 16 - 4x3km, 44 teams

1st Wesley College	39:31
2nd St Bedes College	40:19
3rd Camberwell Grammar	40:34
18th Ivanhoe	49:10

Charlie Fennessy 11:56, James Craven 11:47, Liam Watkins 12:39 and Billy Crewes 12:48.

Boys Under 18 - 4x3km, 42 Teams.

1st Wesley College	37:06
2nd Marcellin	37:19
3rd Brighton Grammar	38:09
9th Ivanhoe	41:21

Nicholas Tomkins 9:26, Max Quinlan 10:07, Ky Luscombe 10:33, James Iwasaki-Farrell 11:15

XCR Round 2 - Myrniong

Saturday, 24th May 2025

The team headed to St Anne's Winery at Myrniong for round 2 and it was another sunny day with a cool wind. With no Ekiden relay this year St Anne's hosted the long CC run over 12km for the Open and 4km for the juniors. Kate was our only junior and took on the 4k race as she starts to build good fitness and ran 20:17 on the tough course.



Next was our Women's team with Rachel leading the way and Thea not far behind her and Fiona our 3rd runner and our team scoring another easy win. The course was super hard with the long hill and rough ground, well done girls on getting around. The girls are now sitting on top of the ladder after 2 wins from the first 2 rounds.

Female Under 18: 4km: Kate Bukovsan 20:17;

Female Open Div5: 12km: Rachel Paterson 57:56; Theadora Hally 1:02:42; Fiona Mitchell 1:14:41;

Our Men's Open teams were the last event of the day. Owen and David ran super strong races. Owen took it out hard and then was strong to hold onto his effort for another top 30 finish. David positioned himself well for a super race as he builds into the season. Jamie ran sick off the back of his half and it was a struggle to get to the finish. Alex, Ben and Ollie all pushed on hard to round out another stellar team effort for our second 2nd place in a row. South Melb were very strong with their last three runners and managed to beat us in a pretty tight finish. After 2 rounds we sit 2nd on the ladder.

Male Open Div2: 12km: Owen Dumsday 40:16; David Greig 41:36; Alexander Linke 43:26; Jamie Blackburn 44:32; Benjamin Morrison 47:15; Oliver Gualano 47:26;



Our Div 6 team all ran well and, with one runner short after a late sickness withdrawal, finished 3rd. Nick, Brenton and Peter all running with strong form.

Male Open Div 6: Nicholas Dempsey 48:24; Brenton Hall 51:06; Peter Castaldo 51:09;

After 2 rounds our Div 6 team is equal top with Western Athletics. And Keilor 1 point behind in a very tight competition.

XCR Round 3 – Jells Park Relay

Saturday, 7th June 2025

What a day, it started out wet and rainy in the morning and cleared just as everyone was setting up for the afternoon. The day stayed clear for the athletes on what is always a tough 2 lap course at Jells Park. We had 7 teams entered in a huge day for Ivanhoe Harriers with 3 female and 4 male teams, super exciting to see so many representing Ivanhoe. We had 5 runners representing the club for the first time (in both juniors and female open).

Our junior teams were first to finish. The Female U14s with Sadie, having her first run for the club, had a great first up effort handing over to Carla, who also got around the 1 lap junior course well, both in under 13 mins. The Male U14 team followed and it was great to see Leonardo back after a long injury lay off running strong again. Jason and Billy both having their first runs for Ivanhoe made great efforts.

Female Under 14: 3x3km: (Sadie Crane: 12:58, Carla Parris: 12:38) 25:36; (12th)

Male Under 16: 3x3km: (Leonardo Donarelli: 10:10, Jason Zhang: 11:56, Billy Crewes: 13:05) 35:11; (14th)



Our two Female Open teams finished next. Our first team finished in 3rd with Rachel, Kate and Chloe all having strong runs on the tough course. Our second team finished 6th lead by Fiona off first and then Victoria (Sadie's mum) and Nat both having their first run for the club. Well done to everyone on their first runs.

After 3 rounds our 2 female teams are 1st and 4th with a 2 point lead to Williamstown and big gap to Melb Uni in 3rd.

Our Men's Div 6 team finished in 2nd and the best result for the day. Peter and Brenton had good runs and continued their strong form with well executed races. Max having his first open race was super in 22:41 and Liam back from sickness with a 21:51 a good return to form.

The Div 6 team sit top of the table and look super strong with the overflow of Div 2 runners making a real difference supported by our regular Div 6 runners.

Our Div 7 team ran with one runner short. Simon, Matt and Charles all had good runs for a 13th place finish.



Last to finish was our Div 2 team and what a finish it was. Davo was superb and tore up the course coming from 13th and 3 minutes behind to catch Diamond Valley on the line to snatch 9th place. Owen had a good time of 19:12 after going out too hard at the start and paying the price on the 2nd lap. Alex, Ben, Ollie and Harley all had good runs on the tough course. We had hoped to finish higher today and our main competition from APS, Collingwood and South Melbourne all had good results. Ollie having his second run for the club after his first up effort at St Anne's showed real determination to get around the course.

The Div 2 team dropped a few places and sit just behind Collingwood in what is going to be a close competition between the top 5 clubs this season.

XCR Round 4 – Albert Park Lake

Sunday, 15th June 2025

Wow, what a day! Conditions were perfect, cool but not cold and no wind. It was super fast with the first 61 Open men running under 15 minutes, I think the fastest ever 5k in Australia. First, we had the Men's Open teams racing at the early start time of 8:30am then the female races at 9:30am, everyone was excited to race and times reflected the great training everyone has done over the last few weeks with nearly everyone running a PB.

Male Open Div 2: 5km: Owen Dumsday 14:37; Alexander Linke 15:39; David Greig 15:52; Benjamin Morrison 15:59; Jamie Blackburn 16:12; Liam Furlong 16:27;

Our first highlight of the day was the great run by Owen going sub 15 for the first time over 5k following a great opening to the season. Superb execution by Owen resulting in a top 20 finish was a great result rewarding his hard work and dedication over the last 12 months. The rest of the team ran on well all finishing in the top 150 and scoring good points for the team. A few teams who had been struggling at the bottom of the ladder turned up with some good runners and so while we finished 5th we only were beaten by Vic Cross Country and Melb Uni 2 who were near us on the ladder. Finishing ahead of both 5th Melb and Collingwood was a great result.

We moved up to 3rd after our strong performance in Div 2. We are 1 point behind Collingwood and it is very tight from 2nd to 5th with only 3 points separating those 4 teams. Sth Melb with a good lead will be hard to catch.

Men's Division 2

		Pts by Round				Total
1	South Melbourne	12	15	12	9	48
2	Collingwood	11	11	13	8	43
3	Ivanhoe	13	13	6	10	42
4	APS United	15	7	15	4	41
5	Vic Cross Country	8	9	10	13	40
6	Melbourne Uni 2	9	12	4	11	36
7	Yarra Ranges	10	10	9	6	35
8	Diamond Valley	4	8	5	12	29
8	Frankston	2	1	11	15	29
10	Box Hill 2	7	6	8	7	28
11	Richmond	6	5	2	5	18
12	Mornington	5	3	7	1	16
13	Glenhuntly 2	3	4	3	3	13
14	Doncaster	1	2	1	2	6



Nicholas and Oliver

Male Open Div 6: Nicholas Dempsey 16:59; Oliver Gualano 17:05; Brenton Hall 18:18; Peter Castaldo 19:39;

Great runs from our Div 6 team with Nick for the first time sub 17 and Brenton with a superb 18:18. Ollie another strong run just missing out on a sub 17. The team finished in 3rd place for the day behind Melb Uni and Geelong.

The Div 6 team remain on top after another strong result and it's surprising to see Western fall away who have been strong so far and our main competition.

Men's Division 6

		Pts by Round				Total
1	Ivanhoe 2	18	14	16	15	63
2	Melbourne Uni 5	16	13	10	18	57
3	Western Athletics 4	14	18	12	9	53
4	Maccabi 2	11	11	14	14	50
5	North East Region 2	10	12	18	5	45
6	Sandringham 3	13	15	9	4	41
7	Ballarat Region 3	12	-	15	13	40
8	Keilor St Bernards 2	15	16	-	7	38
9	Mentone 4	-	-	13	12	25
10	Geelong Region 3	-	-	8	16	24
11	Richmond 3	-	-	7	11	18
12	Essendon 3	9	-	-	6	15
13	Mornington 3	-		11		11
14	Doncaster 2	-	-	-	10	10
15	Glenhuntly 4	-	-	-	8	8

Male Open Div 7: Charles Shea 19:55; Matthew Peterson 20:08; Simon Rigoni 22:13;

Charles a great PB, running sub 20 for the first time, lead home the Div 7 team.

Female Open: 5km: Rachel Paterson 19:47; Kate Bukovsan 22:49; Chloe Thomson 25:58; Fiona Mitchell 27:32;

Super run from all the girls with PBs. Rachel brilliantly executed her 5k to run sub 20 for the first time. The team finished 3rd behind Sandringham and Williamstown.

The team dropped to 2nd behind Williamstown with a clear break back to Melb Uni. It will be a super tight competition with Williamstown through the rest of the season. Our 2nd team is 4th and scoring good points which should result in a high finish.



Rachel

Women's Division 5

		Pts by Round				Total
1	Williamstown	10	9	12	12	43
2	Ivanhoe	12	12	9	9	42
3	Melbourne Uni 3	9	-	10		19
4	Ivanhoe 2	8	-	6	-	14
5	Bendigo Region 3	-	10	-	3	13
6	Western Athletics 4	-	-	5	7	12
7	Box Hill 3	-	-	3	8	11
8	Sandringham 3	-	-	-	10	10
9	Malvern 2	-	-	8	-	8
10	Wellington	-	-	7	-	7
11	Glenhuntly 4	-	-	-	6	6
12	Western Athletics 5	-	-	-	5	5
13	Diamond Valley 3	-	-	-	4	4
13	Yarra Ranges 3	-	-	4	-	4
15	Sandringham 4	-	-	-	2	2
15	Traralgon 3	-	-	2	-	2
17	APS United 2	-	-	-	1	1

Thanks to all the support crew, parents and friends who came to support and have been super strong over the last few weeks. Anne as always taking great photos that you will find on our Facebook and Instagram accounts. A special thanks to Glenn, Barry and Claude for club helpers over the first 4 rounds. It would be great to see everyone who comes to support help out at least once with being a club helper as this helps spread the load.







Date	Round	Location	Туре
Sat, 28 Jun	5	Sandown Racecourse	Road Relays
Sat, 12 Jul	6	Ballarat	10km Cross Country
Sun, 27 Jul	7	Albert Park	10km Road Race
Sun, 10 Aug	8	Ballarat	15km Road Race
Sun, 7 Sep	9	Burnley	Half Marathon
Sat, 20 Sep	10	Tan Track, Kings Domain	Tan Relays









Cursus Editor: Jeff Franklin Production: David Burke



