

Editorial

The 2022/23 season has come and gone very quickly. We improved as a Club in competition with promotion to Division 3 in Cross Country and held our position in Division 4 in Track and Field.

Our Cross Country performance was probably the “stand-out” for the season, finishing in second place in Division 4 on the ladder with marvellous contributions from David Greig and Ben Morrison. Ben in particular held the team together with solo efforts in the 15km at Ballarat and the half marathon.

Our track and field team produced a huge number of PBs. In addition, we increased our point scoring for the season by 15% over last season, significantly increasing the number of events contested.

As noted in the previous edition of Cursus, we had to contest the Promotion/Relegation match despite finishing 6th on the Ladder.

Full results later in this Edition, however our team performed very well indeed, securing a 4th placing in the 10 team competition.

Looking forward, the Cross Country competition commences on 22nd April 2023 with the cross country relays at Jells Park.

This is always an incredibly exciting event and a good indicator of our team ability for the season ahead. Everyone needs to step up for this one, the last few seasons we have done very well.

The full program is shown later in this Edition. Please note the school AGSV program is shown in red and the Athletics Victoria program is shown in black. We prepare the consolidated program for those students who compete in both programs.

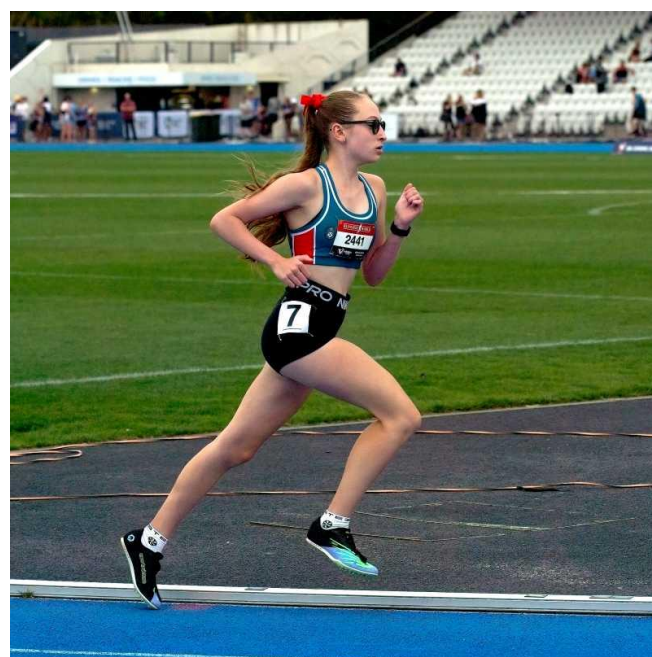
Finally, a call out to all of the Cross Country runners. We have a great list of maturing talent, please support your Club and get your registration done as soon as possible. Winning Division 3 is the challenge!!

Victorian Track and Field Championships

A few of our athletes contested the Championships this year.

Kate Bukovsan entered the Under 15 girls 400m and 800m, recording very good times but not quite qualifying for the finals.

Kate’s 400m time was 68.29, very close to her best and her 800m time of 2:41.24 was a season best.



Perrin Theocharides had a first time crack at the Open Men’s 100m.

Perrin ran 11.54 in his heat, not quite up to his best but great experience.

Alex Linke entered the Under 20 Men’s 800m. He has another year in this age group.

Alex was hoping to crack the magical 2 minutes but just missed with an official time of 2:02.09 in a very fast race.

Congratulations to these 3 very talented athletes.

High Velocity Meet 6 at Doncaster

Perrin Theocharides placed 5th in his heat to record a very good time of 23.30. Well done Perrin, he has been the quiet achiever this season.

Social Activity

As we continue to grow the Club and leave behind the antisocial impact of COVID, we are working hard to rebuild our Club social life.

On Sunday night 5th March we organised a pizza night at the local haunt, La Porchettas. About 30 of our active Club Members attended.

It was a lovely evening, food was good and the conversation was lively. In addition to a number of Committee members present, the event was well supported by our young athletes...great to see.

A couple of happy snaps of our Pizza Night in March.



Middle Distance Progression

The last few years has seen continuous improvement and growth in our middle distance running group. Not really surprising as the focus at Chelsworth Park has been middle distance training, probably out of necessity.

However, this Editor Fellow is becoming a little excited at our future prospects.

On March 9th at Box Hill, two of our young men raced in separate heats of the 3000m. David Greig ran an 8:43.76 after dialling back his training for a few weeks and Jamie Blackburn ran 8:42.91 after coming back from an illness. Both efforts look pretty good in my book.

In addition, our training group for the upcoming cross country season is looking awesome: Apart from the 2 boys mentioned above, Tom Langdon, Ben Morrison, Alex Linke, Will Franklin, Charles Shea, Harley Mileto, Owen Dumsday, and Jack Harper plus the girls who are doing cross country: Eliza Nelson, Theadora Hally, Macey Mileto, Kate Bukovsan and Amelia Ray.

The Cross Country Relays at Jells Park are always a fantastic event and a barometer for the winter season ahead. Judging by our current numbers we may well have 3 or 4 teams this year. Team selection will be tough.

Opening Cross Country: All-Comers 6km Handicap 1st April 2023

On a fine and cool Saturday morning we held our historic 6km handicap, with Barry Greig once again officiating with the Handicaps.

Twelve runners participated, which was a bit down on expectations, however the standard was very high.

Fastest time was Jamie Blackburn, setting a new course record of 19:20. First past the post and beating the handicapper was Harley Mileto with a great time of 20:41, beating his time from last year by a whopping 4 minutes 47 seconds.

Full results as follows:

Name	Handicap Time	Placing	Actual Time
David Burke	31:00	10	31:00
Theadora Hally	31:00	6	30:12
Alister Hsu	29:30	9	29:23
Kate Bukovsan	27:50	4	26:56

Claude Aquino	25:00	12	25:30
Nick Mitsinikos	25:00	3 rd	24:05
Charles Shea	25:00	7	24:40
Harley Mileto	24:00	1 st	20:41
Ben Morrison	21:00	8	20:48
Alex Linke	20:50	2 nd	19:53
Tom Langdon	20:30	11	20:34
Jamie Blackburn (backmarker)	20:10	5	19:20

A great day with a sausage sizzle after, thanks to the helpers, Barry, Michael Wallis, Tony Hally, Michael Linke, Anne Bukovsan, Adam Franklin and Cyril Dixon.



AVSL Finals - Promotion/Relegation

It was a solid team performance with some excellent contributions across the group. We had a team of 14 for week 1, scoring 9465 points, our second highest of the season. For week 2 we were safe from relegation but finished the season off in style with high standards from just 10 competitors.

Team scores for Division 4 finals as follows:

1	Preston	33,572
2	Yarra Ranges	27,900
3	Ballarat YCW	22,746
6	Ivanhoe	15,577
4	St Kevins	14,326
5	Williamstown	12,131
7	Melbourne Uni.	8,196
8	Brunswick	7,529
9	Old Scotch	6810
10	Dandenong/ Springvale	306

The Div. 4 Premiers Preston together with Yarra Ranges move up to Division 3, Old Scotch and Dandenong/Springvale are relegated to Division 5.

Week 1: Doncaster, 18th March 2023

Individual performances are listed below, however a couple of exceptional performances are:

Jamie Blackburn recorded a 4:00.9 in his 1500m, a massive PB. Jamie has shown considerable improvement this season and has a bright future as a middle distance runner. Jamie is in Year 12 at Trinity Grammar this year so has a busy year ahead of him.

Perrin Theocharides ran a very fine 100m in 11.33 an excellent run, 0.21 seconds quicker than his Vic Championship effort.



Our biggest single contributor to points earned was our evergreen, Barry Greig, scoring 1101 points, a fantastic performance from Barry who has taught himself how to throw the javelin, well done Barry.

Results:

Female Under 18

400m: Theadora Hally 81.56

1500m: Theadora Hally 6:24.4h

4x100m: (Eliza Nelson, Eva Gilinas, Theadora Hally, Kate Bukovsan) 61.99

Female Under 16

100m: Eva Gilinas 15.07

400m: Eva Gilinas 73.39; Eliza Nelson 74.68

Female Under 14

100m: Kate Bukovsan 15.00

400m: Kate Bukovsan 69.40

1500m: Kate Bukovsan 5:47.5h

Male Open

100m: David Greig 12.61

400m: Charles Shea 59.87

1500m: David Greig 4:10.3h; Charles Shea 5:16.0h

4x100m: (Perrin Theocharides, Charles Shea, David Burke, Alex Linke) 50.69

Male Under 20

100m: Perrin Theocharides 11.33

400m: Perrin Theocharides 54.52; Ben Morrison 58.05

1500m: Ben Morrison 4:10.7h

Male Under 18

400m: Alex Linke 55.79; Harley Mileto 64.19

1500m: Jamie Blackburn 4:00.9h; Alex Linke 4:08.8h;
Harley Mileto 4:40.7h

Male Under 16

400m: Will Franklin 69.43

1500m: Will Franklin 5:01.9h

Male 40+

100m: David Burke 13.81

400m: David Burke 65.64

1500m: Barry Greig 5:06.6h

Discus: Barry Greig 22.87m

Javelin: David Burke 21.70m; Barry Greig 27.61m

Long Jump: David Burke 4.73m



Eva and Eliza in the 4x100m

Week 2: Aberfeldie, 25th March 2023

Collectively the Team scored 6112 points but once again some outstanding individual performances. Perrin ran an excellent 200m into a head wind, recording a 23.24, his best run for the season. Heat 1 of the 800m was a fantastic race with Alex recording 2:00.93 and Ben 2:02.30, just marginally off their PBs.

Will recorded a PB in his 800m with a 2:28.6, just shaded by the evergreen Barry who scored a season's best 2:25.94.

The best of the girls was Kate scoring a whopping 1045 points, our biggest contributor. Well done Kate.

Female Under 18

800m: Theadora Hally 3:00.64

3000m: Theadora Hally 14:05.12

Female Under 16

200m: Eliza Nelson 33.03

800m: Eliza Nelson 2:50.89

Female Under 14

200m: Kate Bukovsan 29.77

800m: Kate Bukovsan 2:37.42

3000m: Kate Bukovsan 13:20.16

Male Open

200m: Charles Shea 25.41

800m: Charles Shea 2:17.29

Male Under 20

200m: Perrin Theocharides 23.24

800m: Benjamin Morrison 2:02.30

Male Under 18

800m: Alex Linke 2:00.93

Male Under 16

200m: Will Franklin 30.10

800m: Will Franklin 2:28.60

Male 40+

200m: David Burke 28.55

800m: Barry Greig 2:25.94

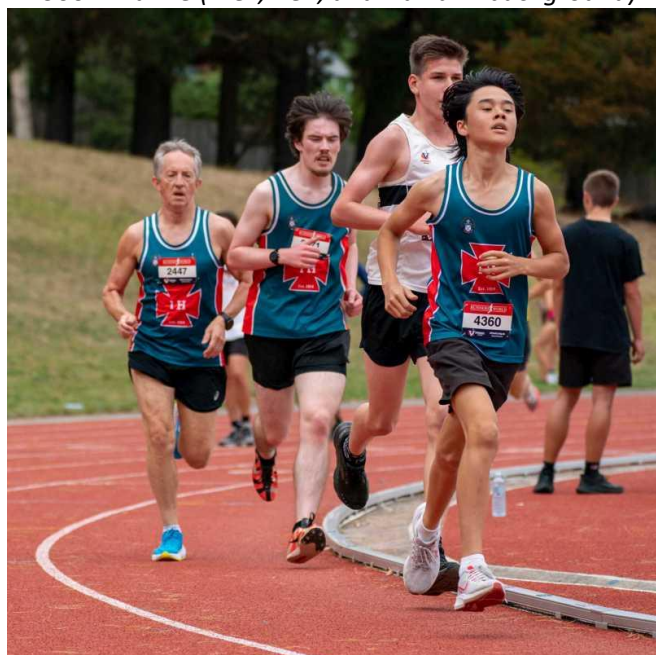
High Jump: David Burke 1.53m

Shot Put: David Burke 6.87m; Barry Greig 7.32m

Triple Jump: David Burke 9.56m



1500m: Jamie (Alex, Ben, and David in background)



Barry, Charles, and Will

Cross Country Program for 2023

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
Sat. 1st April	Ivanhoe Harriers	Eaglemont Tennis Courts	6km All comers Handicap
7th-25th April			School Easter Holidays
Sat. 22nd April	Aths Vic (R1)	Jells Park	Cross Country Relays
Fri. 28th April (3:45pm)	AGSV	Marcellin/Trinity Fields Melway 32 D9	AGSV Round 1 6k opening CC
Sat. 6th May	AGSV	Peninsula Grammar 20 Wooralla Dve Mt. Eliza	AGSV Round 2 (9:00am) Peninsula Grammar
Sun. 7th May	Aths Vic (R2)	Albert Park	10km Road Race
Sat. 13th May	Aths Vic	Princes Park, Carlton	All Schools Road Relays
Sat. 20th May	Aths Vic	Jells Park, Wheelers Hill Melway 71 K6	All Schools CC Relays (12:30pm start)
Sat. 27th May	AGSV	PEGS Fields, Keilor Park	AGSV Round 3 (9:00am)
Sat. 27th May	Aths Vic (R3)	St Anne's Winery, Bendigo 3 Belvoit Park Road, Ravenswood (1hr 45)	8km Cross Country (Girls 3km CC)
Sat. 3rd June	AGSV	Banyule Flats Melway 32 C4	AGSV Round 4 (9:00am) Ivanhoe/Trinity
Sat. 17th June	AGSV	Yarra Valley Grammar Melway 36 D12	AGSV Round 5 (9:00am)
Sat. 17th June	Aths Vic (R4)	Cruden Farm	12km Cross Country
Sat. 8th July	Aths Vic (R5)	Sandown Race Track	Road Relays
Sat. 15th July	AGSV	Braeside Park Melway 88 D8	AGSV Round 6 (9:00am) Mentone Grammar
Sat. 22nd July	Aths Vic (R6)	Bundoora Park	All Schools CC Championships 3, 4, 6 & 10km Cross Country XCR 10km CC
Sat. 29th July	AGSV	Yarra Bend, Fairfield Melway 30 H12	AGSV Round 7 (9:00am) Camberwell Grammar
Sun. 6th August	Aths Vic (R7)	Lake Wendouree, Ballarat	15km & 6km Road Race
Sat. 12th August	AGSV	PEGS Fields, Keilor Park	Rep. Sport, AGSV v APS
Sat. 19th August	Aths Vic (R8)	St Anne's Winery, Myrniong	Ekiden Relays
25th-28th August		Canberra	Aust All Schools CC Champs
Sun. 3rd September	Aths Vic (R9)	Kevin Bartlett Res Burnley Yarra Boulevard	Half Marathon
Sat. 16th September	Aths Vic (R10)	The Tan Track	Club Relays 5 x 3.8km

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