

Editorial

In this edition we have sad news of the passing of Life Member Peter Rule, and on the brighter side, pleasing news of another successful Trivia Night. We have 2 competition dates scheduled for December which will bring 2023 to a close. We are currently positioned midfield on the Division 4 ladder. Competition to date has been a high standard but our numbers have been low. We look forward to seeing better attendances from our athletes during 2024.

Obituary: Peter Rule

19/10/1946 - 26/11/2023

We deeply regret to advise of the passing of Peter on 26th November 2023 after a long illness. Peter made a significant contribution to the Club over many years, in particular his devotion and skill coaching our young athletes.

Peter was a very talented coach. Our junior athletes, in particular were the beneficiaries of his knowledge and patience.



Peter Rule's interest in athletics goes back a long way. As a boy he attended his first Olympic Games in Melbourne in 1956, inspiring him to attend all games between 1972 and 2000 excepting Moscow in 1980.

As an old Ivanhoe Grammarian, Peter was interested in the club and finally became associated in the late 1980s as a coach and team manager. His 1990-91 Under 14 team that he co-managed with Chris Lang, won both venue and association premierships.

Between 1988 and 2012, Peter served on the committee for 18 years, including four years as Vice President and three years as President, during a very difficult period for the club from 2009 to 2012.

Peter was instrumental in introducing the Bingo consortium to the club that netted significant income over a 15 year period, without which the club would probably not have survived

Peter's great passion however was coaching and in particular his enthusiasm and expertise in the pole vault, coaching many club athletes to state and national championship victories.

Peter was awarded life membership of the club in 2006 in recognition of his outstanding service to the club over the previous 20 years.

Sincere condolences from all at the Club to Peter's family.

Funeral service on Friday Dec 1st at 2.00pm
Bell Funeral Services, Preston

Trivia Night Success

Our Trivia Night on 10th November was a huge success with 115 attending. The Cricket Club pavilion was packed, everyone enjoyed a fabulous evening. It was wonderful to look around the room and see so many families and smiling faces enjoying good food, conversation and the challenge of tricky questions. John Edney was our MC, performing brilliantly once again. His format for the evening keeps everyone on their toes and the prizes were outstanding. Congratulations to John for a first class performance.

Our Club sponsors on the night excelled with a large number of excellent donations for the "silent auction" which raised almost \$3,000.

Special thanks to the following community organisations and individuals for their continued and generous support of the Club;

Foodworks, Ivanhoe East: donated a food hamper,
Dr. Ian Reynolds: Club supporter: donated framed photo of John Coleman
Kevin Davis: Club supporter: donated vintage wine,
Running Company, Clifton Hill: donated gift voucher,
Coles, Woolworths & Bunnings: donated gift vouchers,
Eaglemont Cellars: donated a fine Australian whisky for auction,
Michael Wallis, Committee: donated gift vouchers,
Braden Fraser, Committee: donated wine glasses,
Barry Greig, Committee: donated fine wine,
Greensborough Shopping Center: donated gift voucher,
Templestowe Cellars: donated a magnum of fine wine,
Terminus Hotel: donated several gift vouchers
Core Principles: donated a training package and gift items,
SA1NT Layers: donated compression tights, socks and a drink bottle,
Chemist Warehouse, Ivanhoe: donated gift items,
Aesthetics & Co.: donated beauty treatment vouchers,
Osteopaths of Ivanhoe: donated gift items and two treatment vouchers,
Covet & Co Hairdressers: donated gift voucher,
Ivanhoe Health Store: donated gift vouchers,
Perform Physio + Pilates: donated a fitness program,
Dentists of Ivanhoe: donated a treatment package,
Muscle Needs Myotherapy, Eaglemont: donated a treatment voucher,
All 4 Pets: donated a dog hamper

This list of donations shows fantastic support from the local community which is a credit to the standing of

the Club and the efforts of Committee members, in particular Anne Bukovsan.

The funds raised places the Club in a strong financial position, probably the strongest in its long history.

New/Renewed Members

Great to see loyal support from John Griffith rejoining again as a non-competing member. John was the original donor of the junior high jump trophy, the John Griffith Trophy, first awarded in 1978.

John enjoys receiving his Cursus each month and staying in touch with the Club.

Competition Results

Round 4 - Keilor Park

11th November 2023

Only 8 Harriers competed this week, with a great night beforehand at the Trivia Night which took out all of our middle distance men who failed to run Saturday. Apparently a big night out, some extra 400s at training should help their recovery. We still managed a very credible mid-table 5th in a tight battle with Coburg for 4th. Keilor wasn't a popular venue for a whole lot of other clubs' athletes as well.

Top Performances

A couple of great runs by Barry in windy conditions scoring 431 and 387 for his 800m and 3km. Glen Nicholson with a 8cm PB in the Long jump with 6.19m scoring 411. A very solid run by Carla in her 800m with a strong finish and 3 seconds quicker than her 800m earlier in the season.

But it was really all about the 200m with a dream tailwind. Kate beat her PB running 29.56, Jack ran a huge PB with 23.07 and scored 417 points. While Perrin scorched down the straight running an enormous PB in 22.02 and scoring a massive 472 points. Well done everyone.



Female 18

200m: Eliza Nelson 32.89
800m: Eliza Nelson 3:01.31
3000m: Eliza Nelson 13:08.6h

Female 16

200m: Kate Bukovsan 29.56
800m: Kate Bukovsan 2:45.14
3000m: Kate Bukovsan 13:22.3h

Female 14

200m: Carla Parris 31.97
800m: Carla Parris 2:43.70
Triple Jump: Carla Parris 8.22m

Male Open

200m: Perrin Theocharides 22.02; Jack Harper 23.07
Javelin: Glen Nicholson 31.09m
Long Jump: Glen Nicholson 6.19m

Male 40+

200m: David Burke 29.08
800m: Barry Greig 2:30.08
3000m: Barry Greig 11:39.8h
400m Hurdles: David Burke 83.20
Discus: David Burke 15.79m; Barry Greig 23.66m
High Jump: David Burke 1.55m
Shot Put: David Burke 6.58m

Female 14

200m: Carla Parris 31.64
800m: Carla Parris 2:38.15
Triple Jump: Carla Parris 8.10m

Male OP

100m: Perrin Theocharides 11.19
400m: Jack Harper 51.53; Perrin Theocharides 52.68

Male 20

200m: Alex Linke 25.58
800m: Alex Linke 2:00.60

Male 40+

200m: David Burke 28.93
800m: Barry Greig 2:28.87; David Burke 3:05.82
400m Hurdles: David Burke 82.63
Discus: Brenton Hall 13.07m
Javelin: Brenton Hall 12.81m
Shot Put: David Burke 6.64m; Barry Greig 7.46m
Triple Jump: David Burke 9.70m

All Time Rankings Top 10

Women 800m

#9 Carla Parris 2:38.15 on 18/11/2023
#10 Eliza Nelson 2:39.81 on 18/11/2023

Round 5 - Aberfeldie

18th November 2023

Once again more than half of the team was unavailable which was disappointing. However, on the bright side, those who did compete turned in some fantastic individual performances. PBs from Carla Parris in her 800m (2:38.15), Kate Bukovsan in her 200m (29.34) and Eliza Nelson in her 800m (2:39.81). Eliza and Carla now listed in the top 10 rankings for the 800m, well done girls. Perrin ran another very good 100m in the time of 11.19, Jack ran an excellent 400m in 51.53 and Alex ran his 800m in 2:00.60...sooo close to breaking the magic 2 minute barrier. Carla was our highest point scorer with a massive 927 points, congrats Carla on your rapid improvement.

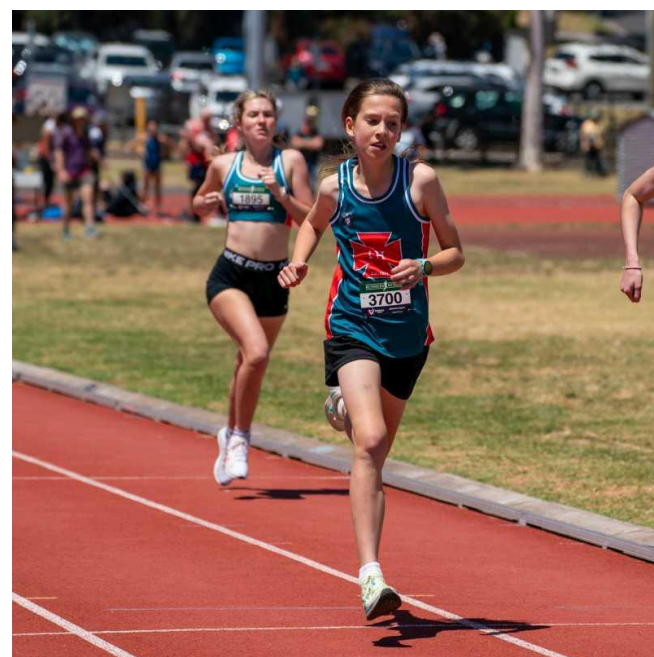
Total points leave us in 6th place on the Div. 4 ladder within striking distance of the top 4.

Female 18

200m: Eliza Nelson 33.66
800m: Eliza Nelson 2:39.81; Theadora Hally 3:01.70

Female 16

200m: Kate Bukovsan 29.34
800m: Kate Bukovsan 2:43.60
Shot Put: Kate Bukovsan 5.35m



Carla and Eliza finishing well in the 800m

Victorian 5000m Championships

Thursday, 16th November at Lakeside

David Greig and Thomas Langdon ran in the same race, both producing solid times.

David Greig: 15.48.28
Thomas Langdon: 15.52.93

Well done lads, the 5k is a tough gig!

Victorian Relay Championships

Saturday, 25th November 2023

We only contested 2 events this year:

Men's Open - 4x1500m

Ben Morrison, Charles Shea, Harley Mileto and Thomas Langdon.

The boys placed 5th with Old Scotch winning, Glenhuntly second. Our time was 18:44.16.

First time in a long time that we have had a crack at this one.



Charles, Ben, Harley and Thomas

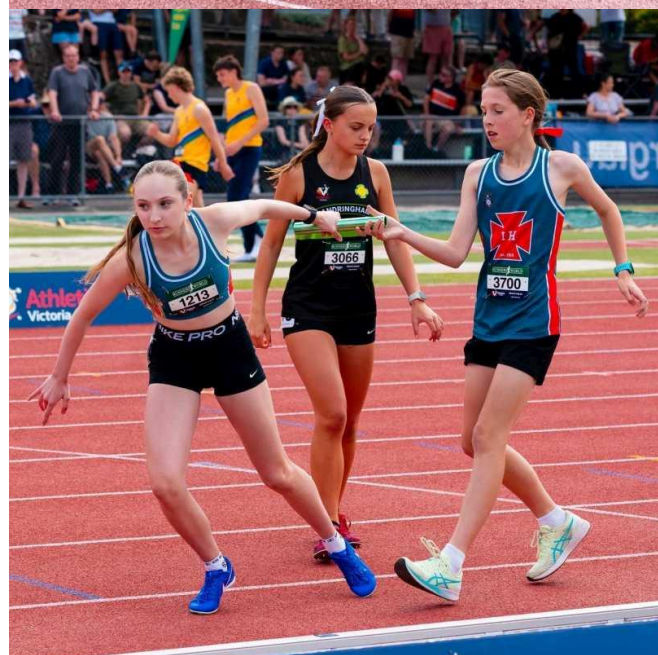
Women's Under 18 - 4x800m

Eliza Nelson, Theadora Hally, Carla Parris and Kate Bukovsan.

The girls placed 10th in a competitive race with a time of 10:59.97.

Note: As this is our first attempt at this Women's 4x800m event, the girls and their time will go into our Club Records. Well done girls.

Cursus Editor: Jeff Franklin
Production: David Burke



Ivanhoe Harriers partners with SA1NT Layers

Ivanhoe Harriers is proud to announce a partnership with SA1NT Layers to bring you access to technically advanced training, recovery and sportswear at a special discounted price.

SA1NT Layers is an exciting new brand based in Fitzroy that launched this year. The founder, Aidan Clarke, is renowned for his groundbreaking work in sportswear and compression through the brand 2XU.

The SA1NT Layers range exploits the latest research and technology to produce exceptional performance fabrics and garments that offer comfort, moisture management and medical grade compression.

We invite you to visit the SA1NT Layers website at www.saintlayers.com or shop instore and use the DISCOUNT CODE: IVANHOE20 to receive 20% off all items.



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