



# IVANHOE HARRIERS ATHLETIC CLUB INC.

*ESTABLISHED 1914*



## Annual Report 2023/24

# IVANHOE HARRIERS ATHLETIC CLUB INC.

Association Reg.No.A0016530V

Established 1914

Member of Old Ivanhoe Grammarians' Association

Affiliated with Athletics Victoria

## Season 2023/24

### COMMITTEE

#### Executive

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

#### General

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

### 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 (dec), 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, 10th May 2023	<b>Location:</b> Ivanhoe Park, 132 Lower Heidelberg Road, Ivanhoe
<b>Meeting Opened:</b> 7:30pm	<b>Meeting concluded:</b> 8:17pm
<b>Item 1</b>	<b>Present</b>
1.1	<p>Jeff Franklin, Richard Russell, David Burke, Barry Greig, David Greig, Michael Wallis, Paige Bukovsan, Kate Bukovsan, Anne Bukovsan, Harley Mileto, Tony Mileto, Ben Morrison, Theadora Hally, Braden Fraser, Alex Linke, John Boas, Jack Harper, Michael Linke, James Lynch, Noel Burrows, Cyril Dixon, Claude Aquino, Glen Nicolson, Eliza Nelson, Adam Franklin, Will Franklin, Thomas Franklin</p> <p>Note Jamie Blackburn and Thomas Langdon were in attendance but omitted to sign the attendance book)</p>
<b>Item 2</b>	<b>Apologies</b>
2.1	Phil Ramsay, John Edney, Chris Cole, Andrew Edney, Pam Brenner, Marli Brenner, Wendy Russell, Glenn Morrison, John Wallis, Jill Wallis, Perrin Theocharides, Gary Honey, Mel Gilinas, Eva Gilinas
<b>Item 3</b>	<b>Welcome Remarks</b>
3.1	<p>Barry Greig, Secretary, officially opened meeting and announced apologies.</p> <p>President, Jeff Franklin, welcomed attendees, noted life members and Jeff also acknowledged Anne Bukovsan and David Burke for contribution in preparation of the Annual Report. Noted the club theme, "Pursuit of Excellence", commenting on the positive growth and contribution of the women's team members and increase of members, solid financial performance of the club and thanked John Edney, who stepped down from the committee, and thanked the committee of the club.</p>
<b>Item 4</b>	<b>Minutes from previous meeting</b>
4.1	<p>Minutes from meeting dated 25th May 2022. No issues identified</p> <p>Moved -Michael Wallis – Seconded Michael Linke</p>
<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	<p>As tabled.</p> <p>Moved: Jeff Franklin – Seconded Barry Greig</p>
<b>Item 7</b>	<b>Treasurer's report</b>
7.1	<p>As tabled and prepared by David Burke. Barry Greig made comments on the improved financial position of the club with a growth in bank balance funds over several years. This has enabled the club to fund purchase of equipment, uniforms and hold club events. It enables the club to position for further advancement such as establishment of a home base (subject to redevelopment of Chelsworth Park Facilities),</p> <p>Moved David Burke - Seconded Richard Russell</p>
<b>Item 8</b>	<b>Election of office bearers and committee</b>
8.1	<p>Election conducted by Barry Greig as Secretary, Committee nominated &amp; accepted.</p> <p><b>President</b>  <b>Jeff Franklin</b> Nominated by Barry Greig - Seconded by Richard Russell</p> <p><b>Vice President</b>  <b>Richard Russell</b> Nominated by Michael Wallis - Seconded by Jeff Franklin</p> <p><b>Secretary</b>  <b>Barry Greig</b> - Nominated by Jeff Franklin - Seconded by Michael Linke</p>

	<p><b>Treasurer</b>  <b>David Burke</b> - Nominated by Jamie Blackburn - Seconded by John Boas</p> <p><b>General Committee</b>  <b>Braden Fraser</b>, Nominated by Richard Russell - Seconded by John Boas  <b>Michael Wallis</b> Nominated by Richard Russell - Seconded by John Boas  <b>James Lynch</b> Nominated by Richard Russell - Seconded by John Boas  <b>Glenn Morrison</b> Nominated by Richard Russell - Seconded by John Boas  <b>Anne Bukovsan</b> Nominated by Richard Russell - Seconded by John Boas  <b>Michael Linke</b> Nominated by Richard Russell - Seconded by John Boas</p> <p>Noted that John Edney has stood down from the general committee after 8 years on the committee, 7 years as Secretary, acknowledging his contribution to the club during that time.</p>
<b>Item 9</b>	<b>Awards</b>
9.1	<p>Life memberships awarded. Nil.</p> <p><b>St James trophy</b> - First awarded in 1936 - Most improved athlete – Alex Linke  <b>FJ Holpen trophy</b> - Best A grade athlete – Perrin Theocharides  <b>Jack McCann trophy</b> - Most outstanding contribution to the club in the previous year – David Burke  <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 – Eva Gilinas  <b>Lew Hall trophy</b> - significant commitment by an under 23 athlete – Eliza Nelson  <b>Jeff Legg trophy</b> - most outstanding performance junior 800-10,000 – Jamie Blackburn  <b>Banyule Trophy</b> – Best Female athlete in the club – Kate Bukovsan  <b>Covid Cup</b> – Most point earned in events from 400k to 6km on a handicap basis – Kate Bukovsan  <b>6k Cross Country Handicap winner</b> – Harley Mileto (2023), Paige Bukovsan (2022)  <b>State Wide Trophy</b> – Most Cross Country Points – Ben Morrison  <b>Hugh Lowe Memorial Trophy</b> – The most outstanding senior athlete in winter competition – David Greig</p> <p><b>Medals awarded:</b>  <b>Australian Cross Country Championship</b>  – David Greig – represented Victoria, finalist.  <b>Victorian Track and Field Finalists</b>  – Braden Fraser – Mens 45+ 100m final (7th), Womens 4x 400 under 16 relay team, 8th in the final - Paige Bukovsan, Eliza Nelson, Marli Brenner, Kate Bukovsan, 26 November 2022 4m 38.10 sec</p> <p><b>Certificates Awarded:</b>  <b>Club Records –</b>  Womens Under 16/18/20 and Open 4 x 400m Relay Team - Paige Bukovsan, Eliza Nelson, Marli Brenner, Kate Bukovsan, 26 November 2022, 4m 38.10 sec</p>



## President's Report

It has been a great privilege to serve as President of our historic Club during the 2023/234 season. 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 season.

Our Cross Country team competed in Division 3 where we placed 4<sup>th</sup> of 16 Club Teams in our Division. Our 19 distance runners competed collectively 104 times, a 22% increase on the previous year. There is an obvious opportunity to win the Premiership next season and move up to Division 2.

In summer Track and Field competition the Club made solid progress with a large increase in performance points and events contested compared to the previous season. Increased participation was largely driven by the outstanding performances of a few individuals. Barry Greig, David Burke, Kate Bukovsan, Carla Parris and Eliza Nelson competed in almost every round of competition, scoring very high points for the Club. The Club finished 4<sup>th</sup> on the Division 4 Ladder which was a great result from a relatively small team.

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 as we strive to add value to the School programme.

We have grown our balance sheet by 11% with cash on hand of \$28,447.00 and total net worth of the Club circa \$38,000.00 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 \$5,242.00 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 of the evening 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. The much anticipated rebuild of clubrooms at Chelsworth Park was hoped to commence in 2023. That eventual rebuild will include a weight training room to be shared with other resident Old Ivanhoe Grammarians 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.

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 David Burke, Barry Greig, Michael Wallis, Braden Fraser, Richard Russell, Glenn Morrison, Michael Linke, Anne Bukovsan and James Lynch for their support and professionalism.

Finally, on a more sombre note, we remember the contribution to the Club of Life Member, Peter Rule, who sadly passed away on 26<sup>th</sup> November 2023. Peter was a past President and Coach of the Club who devoted much of his life to the coaching of junior athletes. His passion and enthusiasm for athletics was an inspiration to many. His advice with our selection of our Team of the Century was significant. Peter is sadly missed.

Jeff Franklin

## Recruiting and Membership

New members of the Club this season are: Peter Castaldo, Nicholas Dempsey, Cyril Dixon, Leonardo Donarelli, Matt Dooley, Liam Furlong, Brenton Hall, Matthew Keenan, Macey Mileto, Fiona Mitchell, Carla Parris, Angus Stabb and Olivia Stabb.

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	2023/24	2022/23	2021/22	2020/21	2019/20
Athletes	35	31	28	25	25
Coaches	3	4	4	6	5
Officials	3	3	4	4	6
Social Members	7	18	12	21	22
Life Members	21	21	21	19	19
<b>Total Members</b>	<b>64</b>	<b>66</b>	<b>61</b>	<b>61</b>	<b>64</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, Richard Russell, Adam Franklin, Anne and James Bukovsan, Chris Parris, Cyril Dixon, James Lynch, 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 eleven 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 2024/25 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	Owen Dumsday	Gary Holliday	Glenn Morrison
Jamie Blackburn	Andrew Edney	Gary Honey	Eliza Nelson
John Boas	Tim Erickson	Matthew Keenan	Glen Nicholson
Anne Bukovsan	Jeff Franklin	Chris Lang	Carla Parris
Kate Bukovsan	Will Franklin	Thomas Langdon	Josh Philip
David Burke	Braden Fraser	Arran Lessene	Philip Ramsay
Noel Burrows	Liam Furlong	Alex Linke	Peter Rule
Ian Campbell	Barry Greig	Michael Linke	Richard Russell
Bob Cochrane	David Greig	James Lynch	Wendy Russell
Chris Cole	John Griffith	Gianni Mancuso	Charles Shea
Peter Castaldo	Brenton Hall	Vincent Mancuso	Angus Stabb
John David	Theadora Hally	Bruce Meakin	Olivia Stabb
Nicholas Dempsey	Thomas Hancock	Harley Mileto	Perrin Theocharides
Cyril Dixon	Jack Harper	Macey Mileto	Jill Wallis
Leonardo Donarelli	Mike Hennessey	Fiona Mitchell	John Wallis
Matt Dooley	Carol Holliday	Benjamin Morrison	Michael Wallis

# IVANHOE HARRIERS ATHLETIC CLUB

## Athletes and Coaches for Season 2023-2024



Claude Aquino



Jamie Blackburn



Kate Bukovsan



David Burke



Leonardo Donarelli



Braden Fraser



Liam Furlong



Barry Greig



David Greig



Brenton Hall



Theadora Hally



Jack Harper



Thomas Langdon



Alex Linke



Gianni Mancusco



Vince Mancusco



Harley Mileto



Macey Mileto



Ben Morrison



Eliza Nelson



Glen Nicholson



Carla Parris



Charles Shea



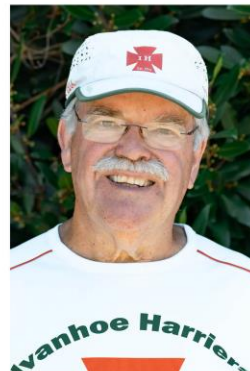
Perrin Theocharides



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, 2024.

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, 2024.



John W Wallis  
FCPA  
Honorary Auditor  
1<sup>st</sup> May 2024

### IVANHOE HARRIERS ATHLETIC CLUB INC Statement of Receipts & Payments for the Year Ended 31st March 2024

	2024	2023
<b>Opening Balance</b>		
- General Account Brought Forward	\$ 25,578.00	\$ 21,711.10
	<u>\$ 25,578.00</u>	<u>\$ 21,711.10</u>
<b><u>Plus Receipts</u></b>		
<b>Competition</b>		
Club Fees	\$ 1,480.00	\$ 1,800.00
Uniforms	\$ 330.00	\$ 470.00
AV Registration Fees	\$ 408.90	\$ 4,233.30
Membership Fee Rebate		\$ 100.00
Club Fees for 2023/24 paid early		\$ 50.00
AV Registration Fees for 2023/24 paid early		\$ 399.30
<b>Fundraising/Social</b>		
Trivia Night <sup>2</sup>	\$ 5,542.10	\$ 4,054.94
Donations	\$ 2,250.00	\$ 180.00
IH Caps	\$ 80.00	\$ 420.00
IH Jackets	\$ 300.00	
<b>Sponsorship</b>		
Aspect Broking - Michael Wallis	\$ 500.00	\$ 250.00
<b>Total Receipts</b>	<u>\$ 10,891.00</u>	<u>\$ 11,957.54</u>

**Less Payments****Competition**

Cross Country Relay Entry	\$ 1,113.47	\$ 725.06
Track Relay Championships Entry	\$ 100.00	\$ 41.20
A.V. Affiliation	\$ 650.00	\$ 605.00
AV Online Registration Fees Refunded	\$ 728.20	\$ 4,313.30
AV Online Transaction Fees	\$ -	\$ 22.40
Uniforms	\$ 1,320.00	\$ -

**General**

Collingwood Track Rent	\$ 600.00	\$ 500.00
Annual Return	\$ 63.60	\$ 61.20
Trophies	\$ 398.40	\$ 405.50
Website	\$ 135.72	\$ 99.00

**Fund Raising/Social**

Room Hire for Trivia Night	\$ 100.00	\$ 100.00
Cash Float for Trivia Night	\$ 200.00	\$ 290.00
Committee Christmas Dinner	\$ 181.69	\$ 160.38
Pizza Night (Sep, Dec, Mar)	\$ 1,593.20	\$ 527.60
AGM Catering/Expenses	\$ 260.00	\$ 240.00

**Miscellaneous**

Tribute Notice for Peter Rule	\$ 477.00
Flowers for Peter Rule's family	\$ 100.00
Transfer to Term Deposit <sup>3</sup>	\$ 15,000.00

<b>Total Payments</b>	<b>\$ 23,021.28</b>	<b>\$ 8,090.64</b>
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**Club Funds as at 31st March**

General Account	\$ 13,447.72	\$ 25,578.00
Term Deposit	\$ 15,000.00	
	<b>\$ 28,447.72</b>	<b>\$ 25,578.00</b>

**Notes:**

















1. Listed separately is an Asset Inventory report which contains off-balance sheet items valued at \$9,707.00.
2. Trivia Night profit is \$5242.10 a 43% increase on last year.
3. The Term Deposit is for 12 months at 4.75% and matures on 26/Jun/2024.

David Burke  
IH Treasurer  
6 April 2024

# Cross Country Report

Winter of 2023 was another successful season, finishing 4<sup>th</sup> on the Division 3 Ladder. Our team competed individually 104 times which was a 22% increase on season. Our best team performances were 3<sup>rd</sup> at the Lakeside 10, 4<sup>th</sup> at Sandown Road Relays and 3<sup>rd</sup> at the Tan Relays.

## Men Division 3 Ladder

Place	Team	Points by Round										Total
		1	2	3	4	5	6	7	8	9	10	
1	 Bendigo Region 2	15	12	17	15	17	15	17	17	17	17	159
2	 South Melbourne	10	9	12	13	12	13	15	14	15	15	128
3	 Traralgon	12	7	13	12	14	14	14	13	14	11	124
4	 Ivanhoe	9	14	11	8	13	10	5	10	12	14	106
5	 Western Athletics 2	17	17	15	17	5	9	3	-	9	13	105
6	 Collingwood 2	13	11	10	11	10	11	12	9	8	3	98
7	 Box Hill 3	11	10	14	14	11	12	2	-	10	9	93
8	 Old Xaverians	8	13	9	10	7	8	8	8	7	8	86
9	 Geelong Region 2	14	15	2	3	15	17	6	-	13	-	85
10	 Keilor St Bernards	6	2	8	7	8	7	13	15	5	12	83
11	 Melbourne Uni 3	7	8	5	-	9	6	7	11	11	10	74
12	 Coburg	3	4	6	4	4	3	11	12	4	6	57
13	 Waverley	2	5	3	9	2	5	10	6	6	4	52
14	 Malvern	4	6	7	5	6	2	9	5	3	5	52
15	 Nunawading	5	3	4	6	3	4	4	7	2	7	45
16	 St Stephens 2	-	1	-	-	-	-	-	-	-	-	1

Our registered, competing team members were: Claude Aquino, Jamie Blackburn, David Burke, Kate Bukovsan, Liam Furlong, David Greig, Barry Greig, Brenton Hall, Theadora Hally, Jack Harper, Tom Langdon, Alex Linke, Vince Mancuso, Gianni Mancuso, Harley Mileto, Macey Mileto, Ben Morrison, Eliza Nelson and Charles Shea.

Our overall results were somewhat impacted by unavailability of some of our stars at different times. David Greig competed 6 times, but on each occasion showed his class. Alex Linke just 4 times (Yr 12) and Liam Furlong 2 times (Yr 12) were all impacted by study pressure. Jamie Blackburn started the season in ripping form with fastest time in our cross country relays followed up with a very good 31:40 in the Lakeside 10 before being hit with a stress fracture, a real blow for Jamie and the Team.

Our very best performers in terms of quantity and quality were Ben Morrison and Tom Langdon, both having fantastic seasons, competing 9 times. Tom recorded PBs in Lakeside 10 (33:40), Ballarat 15km (51:33), Half Marathon (73:07), fastest time in the Tan Relay with a 12:02 and second fastest in the cross country relays with a 20:20.

Ben Morrison was his usual reliable best, always there with PBs in Lakeside 10 (34:30) and cc relays (21:17).

However, the backbone of the team were the tough guys...Claude Aquino, Brenton Hall, the Mancuso brothers, Harley Mileto and Charles Shea who competed an amazing 10 times for the Club. Harley did incredibly well to compete 6 times given his Year 11 obligations.

Our under 18 girls of Eliza Nelson, Theadora Hally, Macey Mileto and Kate Bukovsan managed a very creditable 13<sup>th</sup> of 23 teams, well under their age-group, doing particularly well in the cross country relays and the Lakeside 10 which was a 3k event for Under 18 girls.

Kate competed on 5 occasions which was a solid effort.

Individual results shown in the table below.

Congratulations to the entire team, every contribution counted.

## 2023 CC Season Performances

Athlete	IH 6km Handicap	Jells Park CC Relays	Lakeside 10km (Girls 3km)	Bendigo 8km	Cruden Farm 12km CC	Sandown Road Relays	Bundoora 10km	Ballarat 15km	Myrniong Ekiden Relay	Burnley Half Marathon	Tan Relays
Claude Aquino	25:30	26:45	42:30		60:46	27:44					17:54
Jamie Blackburn	19:20	19:19	31:40								
David Burke	31:00	33:57				34:07			41:24 (6.9km)		19:56
Kate Bukovsan	26:56	13:22	13:07	13:53	23:53						17:12
Liam Furlong						24:15					13:07
David Greig			31:57	27:21	42:20	20:22	32:34				12:13
Barry Greig						26:43			37:30 (7.7km)		15:53
Brenton Hall			43:29	36:04	55:24	24:43	41:30	63:03	30:06 (6.9km)	90:16	14:28
Alister Hsu	29:23										
Theadora Hally	30:12	14:14	13:23			14:45					18:59
Jack Harper		26:04		37:40		28:12					
Tom Langdon	20:34	20:20	33:40	29:16		20:52	34:56	51:33		73:07	12:02
Alex Linke	19:53		33:32			21:13					12:38
Vince Mancuso		27:18		39:27		25:24	46:47		35:46 (6.9km)	104:07	17:22
Gianni Mancuso		33:47		44:42		31:06					18:14
Harley Mileto	20:41		34:19			21:04			29:21 (7.7km)	76:12	13:02
Macey Mileto						14:55					
Nick Mitsinikos	24:05										
Ben Morrison	20:48	21:17	34:30	31:14	46:55		38:03		32:02 (8.4km)	83:12	12:35
Eliza Nelson		13:47	13:12			13:33					18:12
Charles Shea	24:40	25:04	39:10	34:41	58:00	24:38		65:24	27:52 (6km)	107:16	14:5

### Ivanhoe Harriers 6km Handicap

Saturday, 1st April 2023

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

Finish Place	Name	Handicap Time	Actual Time	Handicap Difference
1	Harley Mileto	24:00	20:41	-3:19
2	Alex Linke	20:50	19:53	-0:57
3	Nick Mitsinikos	25:00	24:05	-0:55
4	Kate Bukovsan	27:50	26:56	-0:54
5	Jamie Blackburn	20:10	19:20	-0:50
6	Theadora Hally	31:00	30:12	-0:48
7	Charles Shea	25:00	24:40	-0:20
8	Ben Morrison	21:00	20:48	-0:12
9	Alister Hsu	29:30	29:23	-0:07
10	David Burke	31:00	31:00	0:00
11	Tom Langdon	20:30	20:34	0:04
12	Claude Aquino	25:00	25:30	0:30

In perfect conditions we had a very high standard 6k run. Only 12 runners, we were expecting a few more than that, but had a few last minute cancellations with illness etc. Overall winner and first past the post was Harley Mileto who ran a very good time of 20:41 and completely beat the handicapper. Watch out next year Harley, the Handicapper will be out for revenge!!

The big news was a new course record of 19:20 by Jamie Blackburn, smashing the previous record by 27 seconds. Well done Jamie, an excellent run.



## Track & Field Report

Full list of performances of the 2023/24 season is covered in the spreadsheet in this Annual Report.

In summary, our athletes contested an increase on the number of events compared with last season. Point scoring was exceptional which illustrates the high quality of the team. Our relatively small team of 20 track and field athletes managed to secure 4<sup>th</sup> position on the Division 4 ladder, a very pleasing result. The team scored 84,136 total points compared with 72,000 points the previous season. However, the previous season comprised 2 less rounds so the improvement is not quite as impressive as the numbers illustrate.

Final ladder as shown below:

### AV Shield League Ladder

Division 4 (after 12 rounds)

Place	Team	Cumulative Score	Ladder Points		
1	Williamstown	181,014	126	AP	Division 4 Premiers
2	Ballarat YCW	155,224	119	AP	
3	Melbourne Uni	99,465	86		
4	Ivanhoe	84,136	80		
5	Old Xaverians	90,240	78		
6	Frankston	74,521	65		
7	Coburg	63,966	53		
8	St Kevins	63,419	52		
9	Brunswick	49,054	39	AR	
10	Maccabi	46,097	32	AR	

AP Automatic Promotion

AR Automatic Relegation

Twenty of our athletes contested events during the summer season. They were:

Barry Greig, David Burke, Kate Bukovsan, Carla Parris, Eliza Nelson, Perrin Theocharides, Jamie Blackburn, Glen Nicholson, Alex Linke, Ben Morrison, Jack Harper, Theadora Hally, David Greig, Brenton Hall, Harley Mileto, Liam Furlong, Leonardo Donarelli, Braden Fraser, Charles Shea and Thomas Langdon.

Our leading point scorers for the season were Barry Grieg, David Burke, Kate Bukovsan, Carla Parris and Eliza Nelson, all scoring more than 5,000 points, a great achievement.

A number of notable achievements are outlined below as new Club records and Victorian Track and Field finalists. However, very special congratulations to young, Leonardo Donarelli.

Leonardo contested the Victorian Championships then travelled to Adelaide for the Australian Championships, where he won Gold in the Under 14 Men's 800m and silver in the Under 14 Men's 1500m. Congratulations Leonardo from all at the Club.

Jeff Franklin

## Records Set

Age Group of Record	Name	Event	New Record	Date Set	Competition	Location
U18, U20, Open Women	Eliza Nelson, Theadora Hally, Carla Parris, Kate Bukovsan	4x800m	10:59.97	25/11/2023	Victorian Track Relay Championships	Doncaster
U16, U18, U20, Open Women <sup>1</sup>	Kate Bukovsan	1 Mile	5:57.18	14/12/2023	Collingwood Classic	Clifton Hill
U14 Women	Carla Parris	1 Mile	6:07.01	1/12/2023	AVSL Round 6	Doncaster
U18, U20, Open Women	Theadora Hally	5000m	23:21.0h	16/12/2023	AVSL Round 7	Meadowglen
U18, U20, Open Women	Theadora Hally	5000m	22:25.25	21/03/2024	Box Hill Burn	Box Hill
U14 Boys	Leonardo Donarelli	400m	55.55	9/03/2024	High Velocity Club Meet 4	Albert Park
U14 Boys	Leonardo Donarelli	800m	2:05.74	14/03/2024	Vic Milers Club Meet 5	Doncaster
U14 Boys	Leonardo Donarelli	1500m	4:14.70	4/04/2024	Box Hill Classic	Box Hill
40+ Men	Braden Fraser	100m	12.11	14/10/2023	AVSL Round 2	Doncaster
60+ Men <sup>2</sup>	Barry Greig	400m	65.46	17/02/2024	AVSL Round 12	Doncaster
50+,60+ Men	Barry Greig	800m	2:21.63	10/02/2024	AVSL Round 11	Aberfeldie
50+,60+ Men	Barry Greig	1500m	5:01.8h	17/02/2024	AVSL Round 12	Doncaster
40+,50+,60+ Men	Barry Greig	1 Mile	5:42.01	1/12/2023	AVSL Round 6	Doncaster
60+ Men	Barry Greig	3000m	11:37.5h	3/02/2024	AVSL Round 10	Doncaster
60+ Men	Tom Hancock	Long Jump	4.23	15-16/3/1997	VVAC Champs	Aberfeldie
60+ Men	Tom Hancock	High Jump	1.52	1997	AAVAC Champs	Melbourne
60+ Men	Tom Hancock	Pole Vault	2.15	15-16/3/1997	VVAC Champs	Aberfeldie
60+ Men	Tom Hancock	Javelin	43.47	1997	AAVAC Champs	Melbourne
60+ Men	Tom Hancock	Discus	46.10*	22/3/1998	Vic Weight Pentathlon Champs	Murrumbeena, Duncan McKinnon Park
60+ Men	Tom Hancock	Shot Put	12.72	22/3/1998	Vic Weight Pentathlon Champs	Murrumbeena, Duncan McKinnon Park
60+ Men	Tom Hancock	Hammer	44.24	31/3-1/4/2001	VVAC Champs	Murrumbeena
Open Men <sup>3</sup>	Darren Wilson	3000m	7:50.59	19/11/1996	Olympic Park Classic	Olympic Park, Melbourne

### Notes:

1. New event added to the records; Women's Mile
  2. New age group added to the records; Men's 60+ (Compiled from available historical results)
  3. The record is being corrected after it accidentally reverted to the previous record sometime in the early 2000s
- \* Victorian Record at the time

## Unofficial Club Records (Unusual Distances)

Age Group of Record	Name	Event	New Record	Date Set	Competition	Location
<b>Men</b>						
MU18,U20,Open	Harry Shaw	60m	7.76	13/12/2019	AVSL Round 7	Doncaster
M40+	David Burke	60m	8.63	13/12/2019	AVSL Round 7	Doncaster
Men Open	David Greig	150m	19.21	16/12/2023	AVSL Round 7	Meadowglen
MU20	Jamie Blackburn	150m	19.25	16/12/2023	AVSL Round 7	Meadowglen
M40+	David Burke	150m	21.25	16/12/2023	AVSL Round 7	Meadowglen
MU18,U20,Open	Josh Philip	600m	89.3h	13/12/2019	AVSL Round 7	Doncaster
MU16	Alex Linke	600m	1:45.8h	13/12/2019	AVSL Round 7	Doncaster
MU14	Zachary Philip	600m	1:59.2h	13/12/2019	AVSL Round 7	Doncaster
M40+,50+,60+	Barry Greig	600m	1:47.67	1/12/2023	AVSL Round 6	Doncaster
MU20,Open	Jamie Blackburn	1000m	2:39.15	16/12/2023	AVSL Round 7	Meadowglen
M40+,50+,60+	Barry Greig	1000m	3:12.55	16/12/2023	AVSL Round 7	Meadowglen
<b>Women</b>						
WU16,U18,U20,Open	Kate Bukovsan	60m	9.09	1/12/2023	AVSL Round 6	Doncaster
WU16,WU18,U20,Open	Kate Bukovsan	150m	22.44	16/12/2023	AVSL Round 7	Meadowglen
WU14	Carla Parris	150m	24.03	16/12/2023	AVSL Round 7	Meadowglen
WU18,U20,Open	Eliza Nelson	600m	1:53.25	1/12/2023	AVSL Round 6	Doncaster
WU16	Kate Bukovsan	600m	1:53.64	1/12/2023	AVSL Round 6	Doncaster
WU14	Carla Parris	600m	2:07.01	1/12/2023	AVSL Round 6	Doncaster
WU18,U20,Open	Eliza Nelson	1000m	3:24.30	21/3/2024	Box Hill Burn	Box Hill
WU16	Kate Bukovsan	1000m	3:33.47	16/12/2023	AVSL Round 7	Meadowglen
WU14	Carla Parris	1000m	3:34.85	16/12/2023	AVSL Round 7	Meadowglen

## All Time Club Rankings

Event	Name	Time	Ranking	Date	Location	Competition
Women 400m	Kate Bukovsan	65.82	#7	24/02/2024	Lakeside Stadium, Albert Park	Victorian Track & Field Championships
Women 800m	Kate Bukovsan	2:33.01	#5	14/3/2024	Doncaster	Vic Milers Meet #5
Women 800m	Carla Parris	2:35.93	#7	14/3/2024	Doncaster	Vic Milers Meet #5
Women 800m	Eliza Nelson	2:39.81	#10	18/11/2023	Aberfeldie	AVSL Round 5
Women 1500m	Eliza Nelson	5:27.5h	#5	13/1/2024	Doncaster	AVSL Round 8
Women 1500m	Kate Bukovsan	5:31.30	#7	10/2/2024	Knox	AVSL Round 11
Women 1500m	Carla Parris	5:37.0h	#9	14/10/2023	Doncaster	AVSL Round 2
Women Mile	Kate Bukovsan	5:57.18	#1	14/12/2023	Clifton Hill	Collingwood Classic
Women Mile	Eliza Nelson	5:58.13	#2	14/12/2023	Clifton Hill	Collingwood Classic
Women Mile	Theadora Hally	6:05.38	#3	6/2/2024	Aberfeldie	Vic Milers Meet #4
Women Mile	Carla Parris	6:07.01	#4	1/12/2023	Doncaster	AVSL Round 6
Women 3000m	Eliza Nelson	12:27.26	#2	16/12/2023	Meadowglen	AVSL Round 7
Women 3000m	Kate Bukovsan	12:31.99	#3	16/12/2023	Meadowglen	AVSL Round 7
Women 3000m	Theadora Hally	13:06.0h	#5	3/12/2022	Doncaster	AVSL Round 6
Women 5000m	Theadora Hally	22:25.25	#1	21/03/2024	Box Hill	Box Hill Burn

## Australian T&F Championships

14-19/04/2024, Mile End, South Australia

Name	Age Group	Event	Place	Performance
Leonardo Donarelli	Under 14 Men	800m	2nd - Heat 1	2:12.76
			1st - Final	2:05.81
	U14 Mixed	1500m	2nd - Final	4:16.60
		4x200m	4th - Final	1:47.75

## Victorian T&F Championships

23/02/2024 - 3/03/2024, Lakeside Stadium, Albert Park

Name	Age Group	Event	Place	Performance
Jamie Blackburn	Men Under20	3000m	1st - Final	8:34.24
		1500m	6th - Heat 1	4:04.55
			4th - Final	3:58.53
Leonardo Donarelli	Men Under14	800m	1st - Final	2:09.02
David Greig	Men Open	1500m	11th - Heat 3	4:20.75
Alex Linke	Men Under20	800m	5th - Heat 2	2:01.27
Liam Furlong	Men Under20	3000m	13th - Final	9:28.34
Theadora Hally	Women U20	1500m	12th - Final	5:50.57
		3000m	13th - Final	12:41.20
Kate Bukovsan	Women U16	400m	6th - Heat 2	65.82
		800m	10th - Final	2:36.45
Carla Parris	Women U13	800m	5th - Final	2:42.91

## Victorian Track Relay Championships

25/11/2023 - Doncaster

Team	Age Group	Event	Place	Performance
Eliza Nelson, Theadora Hally, Carla Parris, Kate Bukovsan	Women Under 18	4x800m	10th - Final	10:59.97
Ben Morrison, Charles Shea, Harley Mileto, Thomas Langdon	Men Open	4x1500m	5th - Final	18:44.16

## Victorian 5000m Championships

Thu, 16 Nov 2023 - Lakeside Stadium, Albert Park

Name	Age Group	Event	Place	Performance
David Greig	Men Open	5000m	7th - Heat C	15:48.28
Thomas Langdon	Men Open	5000m	8th - Heat C	15:52.93



Leonardo - Australian Under 14 800m Champion



Photo by: Neal Conder - @eh\_n\_sea  
Jamie - Victorian Under 20 Men's 3000m Champion



## AVSL Results 2023-24

Name	Event	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6 <sup>*</sup>	Rnd 7 <sup>†</sup>	Rnd 8	Rnd 9	Rnd 10	Rnd 11	Rnd 12	Events (Rounds)	Points (Relay Pts)
Carla Parris (U14)	200m/150m	31.57			31.97	31.64		24.03			31.34	32.35		37 (11)	9,165 (+940)
	400m/600m		75.52	78.39			2:07.01			77.75			77.30		
	800m/1000m	2:46.04			2:43.70	2:38.15		3:34.85			2:51.5h	2:40.21			
	1500m/1 Mile		5:37.0h	5:35.9h			6:07.01			5:56.27			5:29.6h		
	Long Jump		3.66m	3.46m						3.88m			4.04m		
	Triple Jump	7.37m			8.22m	8.10m		8.18m			8.75m	8.30m			
	2x100m Relay (U16)						30.29								
	4x100m Relay (U18)		63.67												
	4x200m Relay (U18)			2:16.36								(Open Men)	2:17.65		
Kate Bukovsan (U16)	4x400m Relay (U18)										5:08.18				
	100m/60m		14.82	14.88			9.09		14.67	15.46		15.23	14.98	41 (12)	9,749 (+940)
	200m/150m	30.32			29.56	29.34		22.44			30.24				
	400m/600m		68.47	68.11			1:53.64		70.51	70.07		70.04	67.34		
	800m/1000m	2:42.66			2:45.14	2:43.60		3:33.47			2:43.9h				
	1500m/1 Mile		5:34.3h	5:38.2h			6:16.87		5:38.9h	5:55.17		5:31.30	5:33.4h		
	3000m	13:07.7h			13:22.3h			12:31.99			13:58.1h				
	Shot Put					5.35m									
	2x100m Relay (U16)						30.29								
	4x100m Relay (U18)		63.67												
Theadora Hally (U18)	4x200m Relay (U18)			2:16.36								(Open Men)	2:17.65	19 (8)	2,485 (+655)
	4x400m Relay (U18)										5:08.18				
	200m/150m	35.73						28.67							
	400m		85.43	84.07									82.28		
	800m/1000m	3:14.05				3:01.70		4:05.23							
	1500m/1 Mile		6:32.7h	6:26.0h			6:40.73						5:53.4h		
	3000m	14:24.6h									14:18.29				
	5000m							23:21.0h							
	4x100m Relay		63.67												
Eliza Nelson (U18)	4x200m Relay			2:16.36								(Open Men)	2:17.65	27 (10)	4,752 (+655)
	4x400m Relay										5:08.18				
	100m		16.35						15.96						
	200m/150m	33.81			32.89	33.66		28.57							
	400m/600m		77.63	76.23			1:53.25		69.88						
	800m/1000m	3:05.70			3:01.31	2:39.81		3:30.86			2:38.3h				
	1500m/1 Mile		6:12.2h	6:19.9h				6:07.58	5:27.5h			5:31.97			
	3000m	14:17.5h			13:08.6h			12:27.26			12:54.3h				
	4x100m Relay		63.67												
	4x200m Relay			2:16.36											
	4x400m Relay										5:08.18				

Name	Event	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Rnd 7	Rnd 8	Rnd 9	Rnd 10	Rnd 11	Rnd 12	Events (Rounds)	Points (Relay Pts)
David Burke (40+)	100m/60m		14.37	14.47			9.10		14.23	14.39			14.13	67 (12)	9,965 (+764)
	200m/150m	29.33			29.08	28.93		21.25			27.97	28.19			
	400m/600m			68.85			1:54.95		69.18	69.29			64.86		
	800m	3:00.81				3:05.82					3:08.8h	2:57.02			
	110m Hurdles (99cm)		22.94						22.87	22.90			22.61		
	400m Hurdles (91cm)	81.88			83.20	82.63		80.11			81.82	83.54			
	High Jump		1.54m		1.55m		1.53m	1.54m		1.50m		1.53m			
	Long Jump		4.22m	4.29m			4.20m		4.43m	4.44m			4.49m		
	Triple Jump					9.70m					9.52m	9.62m			
	Discus (2kg)		18.35m	18.79m	15.79m			20.69m		18.85m					
	Shot Put (7.26kg)	6.58m			6.58m	6.64m	6.20m	6.50m			6.50m	6.99m			
	Javelin (800g)		20.99m	22.44m					23.01m	21.18m			23.71m		
	2x100m Relay						29.99								
	4x100m Relay (Open)									54.61					
	4x200m Relay (Open)												1:50.02		
	4x400m Relay (Open)										4:49.43				
Braden Fraser (40+)	100m		12.11											1 (1)	448
Barry Greig (60+)	400m/600m						1:47.67						65.46	31 (10)	11,381 (+375)
	800m/1000m				2:30.08	2:28.87		3:12.55			2:25.7h	2:21.63			
	1500m/1 Mile		5:10.0h	5:04.2h			5:42.01			5:10.90			5:01.8h		
	3000m				11:39.8h						11:37.5h				
	Discus (1kg)		23.58m	25.39m	23.66m			25.89m		24.83m					
	Javelin (600g)		22.87m	22.96m						24.12m		26.53m	25.23m		
	Shot Put (5kg)					7.46m	7.56m	7.63m			7.68m	7.77m			
	2x100m Relay						29.99								
	4x100m Relay (Open)									54.61					
Brenton Hall (40+)	100m											19.54		14 (8)	1,782 (+156)
	400m											85.73			
	1500m											5:40.92			
	3000m		11:22.90												
	Discus (2kg)					13.07m						13.38m			
	Javelin (800g)					12.81m		NM							
	Shot Put (7.26kg)		5.29m	5.17m						5.62m	6.00m				
David Greig (Open)	4x200m Relay (Open)												2:17.65	7 (4)	2,348 (+156)
	4x400m Relay (Open)										4:49.43				
	150m							19.21							
	800m/1000m							2:42.13			1:57.0h	1:57.64			
Jack Harper (Open)	1500m		4:09.2h											8 (6)	2,783 (+156)
	3000m							9:28.29							
	4x400m Relay										4:49.43				
	100m			11.64											
Thomas Langdon (Open)	200m				23.07					23.59	23.40			8 (6)	2,783 (+156)
	400m/600m			52.06		51.53	89.73								
	4x400m Relay										4:49.43				
Thomas Langdon (Open)	1 Mile						4:38.52							1 (1)	365
Ben Morrison (Open)	600m						1:32.63							8 (5)	2,903
	800m/1000m	2:06.28						2:41.55							
	1500m/1 Mile						4:39.12		4:13.7h			4:13.96			
	3000m	9:42.0h						9:30.73							

Name	Event	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6 *	Rnd 7 †	Rnd 8	Rnd 9	Rnd 10	Rnd 11	Rnd 12	Events (Rounds)	Points (Relay Pts)
Glen Nicholson (Open)	100m/150m Long Jump Triple Jump Shot Put (7.26kg) Javelin (800g)		6.11m		6.19m			19.29 11.75m 8.19m	NM		6.22m		12.51 6.45m	12 (6)	3,747
Charles Shea (Open)	1500m		4:57.9h	4:58.6h										2 (2)	393
Perrin Theocharides (Open)	100m 200m 400m Discus (2kg) Shot Put (7.26kg)	23.21	11.16	11.12		11.19								10 (5)	3,599
Jamie Blackburn (U20)	100m/150m 400m 1000m 1500m 3000m 4x100m Relay 4x200m Relay							19.25 2:39.15 9:27.82		13.55 54.63 4:18.26 54.61		13.20 53.50 4:02.90	13.27 54.27 3:58.4h	14 (4)	4,166 (+430)
Liam Furlong (U20)	400m 1000m 1500m 3000m 4x200m Relay (Open)							2:49.49 9:48.56				62.11 4:27.24	61.77 4:23.7h	7 (3)	1,806 (+233)
Alex Linke (U20)	200m/150m 400m 800m/1000m 1500m 3000m 4x100m Relay (Open) 4x200m Relay (Open)					25.58 2:00.60		22.55 2:39.41 9:30.94		54.87 4:11.1h 4:21.35 54.61			54.70 4:10.5h 1:50.02	12 (5)	3,656 (+430)
Harley Mileto (U18)	800m 1500m 3000m	2:16.92 9:55.9h		4:31.8h 4:30.0h								4:28.01		5 (4)	1,755
Leonardo Donarelli (U14)	800m 1500m											2:07.49	4:23.3h	2 (2)	990

\* Round 6 included 60m, 600m, 1 Mile and 2x100m Relay

† Round 7 included 150m and 1000m