

## Editorial

This summer season consists of 10 Rounds of AVSL (ie. Interclub competition).

We have just concluded our third round at windy Keilor with reasonable results so far. We currently sit midfield in our Division 4 which looks like being a very even competition. Only a few points separate the top 6 clubs where we are grouped. We are a real chance of making the top 2 if we can regularly field a full team. No excuses...it's up to us!

## 110 Year Celebration Reunion

**Sunday, 9<sup>th</sup> February 2025**

We are planning to hold a 110 year reunion as a BBQ lunch and afternoon get-together for our members and past members. The venue will be Ivanhoe Bowling Club where bare-foot bowls will be on the agenda for those interested in a bit of fun.

Please save the date, more details to follow.

## Athletics Victoria

The highlighted text below is a precis/summary of a letter to Athletics Victoria members from CEO of Athletics Victoria. The letter outlines his views of the challenges we face in growing participation in Athletics. Clearly, amongst other things, he is of the view that Clubs need to aspire to do more in the community, including delivery of local competition in the Club's own locality.

This is a significant contradiction to the centralised approach adopted by AV over the last many years. The reduction in competition venues to two and their "toe the line" attitude did not encourage Clubs to use their initiative. We have always believed the greatest asset in athletics is the Clubs themselves. The Clubs are the gateway to community participation.

It reminds this Editor fellow of the power of our Club in the past. Many will remember the "All Star Meeting" held at Olympic Village Track on Sunday, 31<sup>st</sup> October 1971...now that was all about a Club showing initiative and getting things done.



**OLYMPIC VILLAGE TRACK**

OFFICIAL OPENING

Sunday 31st October 1971

**ALL  
STAR  
MEETING**

30c

The event was arranged and run by Ivanhoe Harriers at a time when we had Council support and occupancy of the Olympic Village Track in West Heidelberg.

A well sponsored event attended by the great national athletes of the day.

How times have changed...or have they? You be the judge, have a read of the following which I find quite a contradiction to recent years.

## Precis/Summary of a Letter from CEO Matthew Duck as follows:

The recently released AVSL Member Guide for Summer 2024-25 highlighted the changes you can expect to see as part of the forthcoming AVSL season.

Included in the communication at the time was the identification of a number of underlying challenges we collectively face in addressing what I described as a decades-long 'meandering' membership – up a bit one year, down a bit the next, but ultimately no marked uptick for the better part of 30 years, and a 19% decline over the past eight years – albeit a positive upward trend the past three.

...ultimately, the sport's growth objectives become increasingly tied to, and indeed limited by, its staff headcount.

To that end, while we continue to make significant inroads in diversifying our revenue streams, staffing is in large part funded by event entries and membership, which means there is a direct relationship between what a participant pays for their event entry/membership and any efforts we might make to expand our competition offering.

It has been suggested that our decision to pilot a 10-Round AVSL season indicates a desire for less community competition, a contention that could not be further from the truth. Indeed, we want to cultivate more opportunities for community participation and competition. Our Sport Development team's challenge over the next one to two years in particular is to bolster club capacity beyond running sustainable clubs from a governance and growth perspective, but to also increase capacity for more clubs and/or regions to deliver self-sustainable, local competition opportunities for a local market.

We know full well some clubs and regions already possess this capability and demonstrate it eminently well – our collective challenge is to further broaden that capacity.

Without pre-empting our Strategy, a large contingent of current Officials are or were once athletes themselves, emerging from the club environment, and it cannot be underestimated the capacity AV clubs have in promoting Officials from within your respective environments, hence in part the increasing incentives for clubs to promote and contribute Officials and other support to the AVSL program. The reality is that only when we move away from a lack of Officials being viewed as someone else's challenge (namely the state body) and recognise our own individual capacity to positively influence and

contribute to our collective pursuit in this space will marked inroads be made.

In the March communication, I wrote that while AV delivered a high portion of the Victorian athletics calendar, so too must we be increasingly discerning and data-driven as to where we focus our finite capabilities to maximise our equally finite opportunities, particularly when we look to introduce new, research-informed initiatives, as indeed we will do this summer. Importantly, this does not preclude clubs and regions staging competition of your own that caters to your local market – to the contrary, such efforts should increasingly complement those of Athletics Victoria, in a symbiotic event relationship that only serves to bolster community participation and opportunity.

Matthew Duck  
Chief Executive Officer

## Club Sponsors



We are very fortunate to have a number of loyal sponsors who have supported the Club over many years. Miles Real Estate has been a longstanding supporter of our Club assisting us back in 2014 with our Centenary dinner. We have a close connection which is highly valued. This season, Miles has provided financial assistance for production of training shirts for our athletes. This valuable support is evidence of the ongoing commitment of Miles to the local community in this, their centenary year. Congratulations to Miles for their continued support of our Club.

Should any of our Club family require assistance in real estate matters, they should not hesitate to contact Miles.

✉ [info@milesre.com.au](mailto:info@milesre.com.au)

Ivanhoe | Rosanna  
☎ 03 9497 3222 | ☎ 03 9459 5666



Community Bank  
East Ivanhoe

**B** Bendigo Bank

Jon Hyatt and his friendly staff at Bendigo Bank in East Ivanhoe are keen to meet any of our members who may have Banking queries. Current interest rates at the time of writing are very competitive.

- Term deposits of \$5,000.00 out to \$5,000,000.00 currently attract a rate of 4.40% over 9 months.
- Owner occupier home loan, principal and interest, 2 year fixed rate of 5.54%
- Owner occupier home loan, principal and interest where LVR is <60%, variable rate is currently 6.14%

Thanks Jon for providing that up to date info for our members.

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## Victorian All-Schools Championships

We are very pleased to note the recent success of Leonardo Donarelli at the All Schools.

Leonardo won the final of the Under 14 boys 1500m in the very smart time of 4:15.15, just outside his Club Record which stands at 4:14.70. Second was his major rival, Archie Sideridis in 4:18.46. Third was Joshua Field in 4:27.27

A very mature race from Leonardo, congrats from all at the Club.

## Memories of 1992 from Damien Cook – the Marathon Teams Championship

“Hi. With the Melbourne Marathon on last weekend I was taken back to 1992 when Ivanhoe took out the AV teams gold. To mark the event the club presented each of the team with a rosette. Thought it might be useful for Cursus or online whatever. Go Hoe.”



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## Past President Noel Burrows continues his loyal support

Noel has been a wonderful supporter over many years and decided he would write to our past members. Noel is very dedicated to the cause of keeping the Club family together. His letter as follows:

Hi ....., quite a while since we spoke or communicated, time to remedy that. I know you still contribute to the club but I have a job to do so here goes.

As someone still very interested in Hoe I have landed the great chance to do something positive for the club.

You may or may not know that I live about 2 ½ hours from Melbourne (closer than for many many years) but my opportunity to physically contribute is still restricted.

I am hoping to persuade you to renew your acquaintance with the club, bring your non competing listing into a current situation and contribute the relative small annual sub of \$30.00.

Payment can be made by bank transfer to; Ivanhoe Harriers, 633 000 1 4067 0480 Ensure you reference your name.

From a possible 40 previous financial non competing members we are down to 10 at present. Come on folks let's do better!

This fee will ensure you continue to see how the club is progressing via our unique Cursus publication regularly circulated by e-mail.

An example is our Cross Country team which has shaken the competition this winter and achieved promotion to Division 2, a truly great achievement."

Not only will your sub contribute to the coffers but it also encourages the current competing members to see past members are interested in watching improving performances and the club growth. It might also facilitate the long anticipated get together of past members.

And yes I paid my sub some time ago!!  
Any questions please give me a call.

Best Regards and cheerfully remember, never forget the Hoe.

Noel Burrows (Life Member) and getting bloody old!  
0419 365 428

Editor: Many thanks Noel, you are amazing and a great inspiration to the Club and its older members. Many familiar names in the group below who have renewed their membership as non-competing members.

We hope to see you at the planned reunion on 9<sup>th</sup> February 2025 when we can remember how talented we were!!

## New/Renewed Members

John Griffith	Tim Erickson
Phil Ramsay	Tony Williams
John Edney	Peter Kadar
Mark Hennessy	Andrew Young
Mark Worsnop	Graeme Ching
Nick Hoogenraad	Emily Stevens
Ashley Woods	Lucia Cordell
Colin Jenkins	Ruth Cordell
Joe Anderson	Maxim Lewis
Brendan Ahern	Corbin Scott
Noel MacDonald	Mabel Taylor
Ray Owens	Elizabeth Stevenson
David Carolane	Perrin Theocharides & Jack Harper (the speed twins)

## Competition Results

### AVSL Round 1 – Aberfeldie

Saturday, 5<sup>th</sup> October 2024

#### Female Under 16

200m: Kate Bukovsan 31.10 (-0.4)

800m: Kate Bukovsan 2:48.9h

Shot Put: Kate Bukovsan 4.69m

#### Female Under 14

200m: Carla Parris 32.33 (1.0)

800m: Carla Parris 2:40.8h

Triple Jump: Carla Parris 8.14m

#### Male Open

200m: Perrin Theocharides 23.32 (-2.1)

800m: David Greig 1:59.8h; Ben Morrison 2:04.2h

3000m: David Greig 9:07.8h

#### Male Under 20

800m: Liam Furlong 2:14.2h

3000m: Liam Furlong 9:25.4h

#### Male Under 18

200m: Lachlan Warwick 27.30 (-0.1)

800m: Lachlan Warwick 2:07.9h

#### Male Under 16

3000m: Riley Palmer 10:51.7h

#### Male Under 14

800m: Leonardo Donarelli 2:11.1h

#### Male 40+

200m: David Burke 29.87 (-3.5)

400m Hurdles: David Burke 84.7h

Discus: David Burke 17.98m

High Jump: David Burke NM

Shot Put: David Burke 6.50m

Triple Jump: David Burke 9.27m

#### Male 50+

5000m: Simon Rigoni 23:02.4h

Shot Put: Simon Rigoni 5.21m





*Carla leading and Kate closing the 800m in torrential rain*

## AVSL Round 2 – Doncaster

Saturday, 12<sup>th</sup> October 2024

### Female Under 16

100m: Kate Bukovsan 15.11 (-1.8)

400m: Kate Bukovsan 67.22

Long Jump: Kate Bukovsan 3.21m

### Female Under 14

400m: Carla Parris 69.50

Long Jump: Carla Parris 3.93m

### Male Open

100m: Perrin Theocharides 11.52 (+0.0)

400m: Jack Harper 53.38; Perrin Theocharides 54.78

1500m: Owen Dumsday 4:05.3h; David Greig 4:13.6h;  
Ben Morrison 4:13.9h

4x100m: (Perrin Theocharides, Jack Harper, Jamie  
Blackburn, David Burke) 49.75

### Male Under 20

100m: Jamie Blackburn 13.35 (-0.9)

400m: Jamie Blackburn 54.52

1500m: Jamie Blackburn 4:04.7h

### Male Under 16

400m: Riley Palmer 61.97

1500m: Riley Palmer 4:43.5h

4x100m: (Leonardo Donarelli, Riley Palmer, Kate  
Bukovsan, Carla Parris) 56.34

### Male Under 14

1500m: Leonardo Donarelli 4:16.5h

### Male 40+

100m: David Burke 14.48 (+0.0)

400m: David Burke 68.63

110m Hurdles: David Burke 23.69 (-2.4)

Javelin: David Burke 27.84m

Long Jump: David Burke 4.53m

### Officials

Photo Finish 1: Brenton Hall

## AVSL Round 3 – Keilor

Saturday, 19<sup>th</sup> October 2024

With the Club being split between venues the atmosphere was a bit thin and we did miss a bit of group support. However, despite this shortcoming, we did welcome two new girls for their first-up performances. Mabel Taylor (IGS student) ran a very good 100m to score 348 points, well done Mabel. Then later in the meet, Emily Stevens (IGS student) ran her first 400m in the very good time of 65.55 which scored an excellent 374 points for the Club. Emily went on to race in our "mixed" 4x200m, running an excellent leg in this relay which won us the Under 18 contest...fantastic.

Big congratulations to our new girls, both have a great future.



*4x200 (Leonardo, Kate, Emily, Carla)*



*Mabel and Emily's first runs*

Elsewhere, good performances across the board, good 800s from Jamie and David, slipping under 2 minutes and a very nice 1500m from Leonardo recording a massive 441 points.

Overall, we scored 9267 points to place 3rd which is a great result with so many missing.

Full results below:

### Female Under 18

400m: Emily Stevens 65.55

### Female Under 16

100m: Mabel Taylor 14.33 (1.1);

Kate Bukovsan 14.90 (+0.0)

400m: Kate Bukovsan 68.00

Long Jump: Kate Bukovsan 3.30m

## Female Under 14

400m: Carla Parris 73.37

1500m: Carla Parris 5:35.4h

Long Jump: Carla Parris 3.62m

## Male Open

200m: Jack Harper 23.76 (-1.0)

800m: David Greig 1:59.86; Jack Harper 2:18.72

3000m: David Greig 9:25.27

## Male Under 20

800m: Jamie Blackburn 1:59.28; Liam Furlong 2:17.79

3000m: Jamie Blackburn 9:05.49; Liam Furlong 9:53.25

## Male Under 18

1500m: Lachlan Warwick 4:41.2h

4x200m: (Leonardo Donarelli, Kate Bukovsan, Emily Stevens, Carla Parris) 1:58.95

## Male Under 16

400m: Riley Palmer 60.28

1500m: Riley Palmer 4:45.7h

## Male Under 14

400m: Leonardo Donarelli 59.40

1500m: Leonardo Donarelli 4:20.6h

## Male 40+

100m: David Burke 14.26 (1.8)

400m: David Burke 67.84

110m Hurdles: David Burke NT

High Jump: David Burke 1.52m

Javelin: David Burke 26.54m

Long Jump: David Burke 4.41m

## Male 50+

Shot Put: Brenton Hall 6.11m

## Officials

Photo Finish 1: Brenton Hall



Leonardo grits his teeth to finish strong in the 1500m

It was another tight competition where we were mid table for most of the day and then everyone just went home. Old Xav's, shot to the top late in the day for a comfortable win after Whittlesea lead all day. We were looking like a 5<sup>th</sup> finish and then our 400m crew and junior 4x200m team pushed us to 4<sup>th</sup> and with the

end of day points from Brenton's official duties lifted us to a surprise 3<sup>rd</sup> place. Great result for the club, well done everyone.

## Club Scores – Division 4

Old Xaverians	11,400	11
Whittlesea	9,515	10
Ivanhoe	9,267	9
Sandringham	8,967	8
Corio	8,847	7
Frankston	6,672	6
Coburg	6,366	5
Old Scotch	5,715	4
Melbourne Uni	4,013	3
South Coast	3,132	2
St Kevins	780	1

## Performances

Mabel ran a strong 100m in her first event 14.33 scoring 348 points. Emily also a strong run in her first event 400m with 65.55 scoring 374 points our 3rd highest score for the day, great run Emily. Carla and Kate both jumped well after a couple of weeks training with John Boas, Kate with a new PB 3.30. Riley and Lachie toughed out difficult 1500m races. Jamie's 800m in 1:59.28 and Davo's 1:59.86 both scored well just under the 400 points. Our best performance and score for the day was Leonardo with a huge 441 points for his strong 1500m in the difficult windy conditions.

Grade	Event	Name	Perform:	Points	Notes	Venue
Officials	Photo Finish 1	Brenton Hall		500		MountEvelyn
M14	1500m	Leonardo Donarelli	4:20.6h	441		Keilor
M20	800m	Jamie Blackburn	1:59.28	395		MountEvelyn
F18	400m	Emily Stevens	65.55	374		Keilor
M20	3000m	Jamie Blackburn	9:05.49	374		MountEvelyn
MOP	800m	David Greig	1:59.86	374		MountEvelyn
F16	400m	Kate Bukovsan	68.00	370		Keilor
F14	1500m	Carla Parris	5:35.4h	353		Keilor
MOP	200m	Jack Harper	23.76	352		MountEvelyn
F16	100m	Mabel Taylor	14.33	348		Keilor
F14	400m	Carla Parris	73.37	346		Keilor
M14	400m	Leonardo Donarelli	59.40	346		Keilor
F14	Long Jump	Carla Parris	3.62m	341		Keilor
M40	High Jump	David Burke	1.52m	337		Keilor
MOP	3000m	David Greig	9:25.27	321		MountEvelyn
F16	100m	Kate Bukovsan	14.90	315		Keilor
M16	1500m	Riley Palmer	4:45.7h	310		Keilor
M18	1500m	Lachlan Warwick	4:41.2h	296		Keilor
M20	3000m	Liam Furlong	9:53.25	296		MountEvelyn
M40	Long Jump	David Burke	4.41m	296		Keilor
M16	400m	Riley Palmer	60.28	289		Keilor
F16	Long Jump	Kate Bukovsan	3.30m	288		Keilor
M20	800m	Liam Furlong	2:17.79	256		MountEvelyn
M40	Javelin (800g)	David Burke	26.54m	254		Keilor
MOP	800m	Jack Harper	2:18.72	236		MountEvelyn
M40	100m	David Burke	14.26	234	Score Limit	Keilor
M50	Shot Put (6kg)	Brenton Hall	6.11m	224		MountEvelyn
M40	400m	David Burke	67.84	217	Score Limit	Keilor
M18	Relay (4x200m)	(Leonardo Donarelli, Kate Bukovsan, Emily Stevens, Carla Parris)	1:58.95	194		Keilor
M40	110m Hurdles (0.991m)	David Burke	NT	0	Timing Error	Keilor



Kate and Carla learning from John



Riley and Lachie working hard in their 1500m

## Calendar for next 7 rounds

### AVSL 2024/25

Round	Date	Venue
1	Sat, 5 Oct 2024	Aberfeldie
2	Sat, 12 Oct 2024	Doncaster
3	Sat, 19 Oct 2024	Keilor
4	Sat, 9 Nov 2024	Doncaster
5	Sat, 16 Nov 2024	Aberfeldie
6	Sat, 30 Nov 2024	Doncaster
7	Sat, 11 Jan 2025	Meadowglen
8	Sat, 18 Jan 2025	Aberfeldie
9	Sat, 1 Feb 2025	Doncaster
10	Sat, 8 Feb 2025	Aberfeldie

## Current Ladder (after Round 3)

### Division 4

Place	Team	Points Scored	Ladder Points	
1	Sandringham	29,776	29	AP
2	Old Xaverians	27,739	27	AP
3	Whittlesea	25,679	25	
4	Frankston	24,824	24	
5	Corio	28,419	23	
6	Ivanhoe	24,003	22	
7	Melbourne Uni	17,521	14	
8	Coburg	17,283	13	
9	Old Scotch	15,620	12	
10	South Coast	9,681	6	AR
11	St Kevins	3,961	3	AR



Cursus Editor: Jeff Franklin  
Production: David Burke

