

Editorial

Community involvement in our sport is a critical element in the long-term growth and success of our Club. We rely on our local, aspiring, youngsters as new athletes and the parents they bring to the Club. The parents assist on Saturdays and at training. We also rely on our sponsors, generally local business interests providing their financial support of our sporting programmes. None of this is earthshattering news. However, we are currently managing the process better than most. This year our growth, financial performance and athletic results are excellent. We can consider ourselves back in the top 20 athletic clubs in Victoria... we are flying.

Trivia Night



With an attendance of about 110 local people, many athletes, parents and friends, coupled with the support of local business, we had a fantastic night. Everyone in attendance enjoyed the evening. Our MC, John Edney, did a wonderful job entertaining us. This is the 7th successive year that John has run the Trivia Night and probably the best. Each year seems to improve on the previous. The amount of goodwill generated was infectious.

Ivanhoe Park was jammed to the rafters, making for a cosy night. Sincere thanks to the Cricket Club for enabling usage of the Pavillion.

From a community sport perspective this is a real positive. Local families, local businesses and growing friendships around the Club and Community. The recipe makes for a stronger and very successful Club.

Everyone involved should be very proud and pleased with their contribution. Earnings from the event also had a very positive impact on our balance sheet.

Significant contributions from Committee, in particular, very generous donation from Michael Wallis and massive time contribution from Anne Bukovsan.

Donations of prizes were many and we acknowledge the following very generous non-member donations to our Trivia Night:

Dr. Ian Reynolds, East Ivanhoe Grocers, The Running Company Clifton Hill, Woolworths, Dan Murphys, Templestowe Cellars, Greensborough Plaza, Terminus Hotel Clifton Hill, Kew Golf Club, Sage Bulk Wholefoods, Osteopaths of Ivanhoe, Muscle Needs Myotherapy, Ivanhoe Health Store, La Porchetta, Aesthetics & Co, Dentists of Ivanhoe, Covet and Co Hairdressing, Sub 4, Perform Physio, Core Principles Ivanhoe, Ladyhawke Bookstore Ivanhoe, Anna Cordell, All 4 Pets, BBQ's R Us, and Chemist Warehouse. Fantastic support from our local community, success breeds success.

Committee Retirement

Michael Linke has announced his retirement from Committee after serving since 2022.

Michael is an accomplished lawyer having added enormous value since joining Committee. Michael has given a significant amount of his time and skills in drafting a new Constitution for the Club. Our existing old constitution no longer conforms with current recommended guidelines and the standards set out in the Associations Incorporation Reform Act 2012. We are planning to table the new constitution for approval at the next AGM.

Best wishes to Michael as he embarks on his international career in Singapore.

Michael will be sorely missed.

New/Renewed Members

It is just great to see the new and renewed memberships rolling in. The level of loyalty and support of the Club is fantastic. In addition, this Editor fellow has been amazed at the generosity of various individuals who have donated and continued to donate to the Club in recent times.

Des White, Mark Hennessy, John Griffith, Phil Ramsay and Gary Holliday have been very generous with their continued support of the Club over many years. Sincere thanks from the wider Club family. Since last Edition, the following have also renewed their memberships:

**Peter Carter,
Andrew Potocnik,
Rob Craigie,
Andrew Edney.**

Correspondence

Letter received from Bob Cochrane, an old running mate of mine.

Bob writes:

Greetings Jeff,

Thanks for organising a reunion of us oldies (and not so oldies) in February next year. Barring death or disaster (neither of which appear imminent!) I'll be there.

Looking forward to catching up with a lot of people in February!

Regards
Bob Cochrane.

Editor:

Thanks Bob, judging from the success of the Trivia Night, it will be a big occasion. Not many Clubs reach 110 years since inception, so we have a bit to celebrate.

Anniversary Reunion

As a reminder, the date of the **110 Year reunion** will be **Sunday, 9th February 2025**.

Start time: **12.30pm**

Location: **East Ivanhoe Bowling Club,
The Boulevard, East Ivanhoe**

Full details to follow, please note your diaries.

New Training Shirts to Celebrate Our 110 Year Anniversary



Jack Harper, Liam Furlong and Jamie Blackburn

The Club is very grateful for the long-term support of Miles Real Estate. Our new training shirt project was generously funded by Miles Real Estate and we welcome their continued support of the Club. A terrific result.

Obviously, should any of our members be seeking real estate advice, do not hesitate to contact Miles Real Estate for assistance.



Competition Results

Victorian All-Schools Championships

Following his win in the Under 14, 1500m on 3rd November 2024, Leonardo Donarelli ran an excellent race to win the Under 14 800m in 2:04.53, just inside his previous Club Record of 2:05.74

Results were:

1st	Leonardo Donarelli	2:04.53
2nd	Archie Sideridis	2:05.23
3rd	Oscar Woodhouse	2:10.24

Well done Leonardo, this has been a very successful campaign.
Congrats from all at the Club.



Perrin Theocharides, David Greig, Owen Dumsday and Jamie Blackburn

Our girls also performed very well in the **Under 16 Sprint Medley Relay** (200m, 200m, 400m, 800m) recording a time of 4:53.86.



Elizabeth Stevenson, Carla Parris, Mabel Taylor and Kate Bukovsan

Victorian 5000m Championships

Thursday, 28/11/2024

Two of our lads contested the 5000m Championship races on 28th.

Jamie Blackburn placed 3rd in the Under 20 5000m in the solid time of 14:42.25. This was an excellent run from Jamie who has been showing consistent improvement after a good cross country season.

Placings were as follows:

1st	Charles Barrett (Essendon)	14:37.08
2nd	Caleb Gilbert (Albury)	14:41.60
3rd	Jamie Blackburn (Ivanhoe)	14:42.25

In the Men's Open "D" 5000m, **Liam Furlong** placed 5th in the good time of 16:08.87.

Liam should be very pleased with his time as he has had to deal with injury interrupted training.

Congratulations to both of our up and coming distance stars.

Victorian Relay Championships

Sunday, 24/11/2024

A great photo of our gold medal team after winning the **Open Distance Medley Relay** in the time of 10:25.55.

This event consists of 1200m, 400m, 800m, and 1600m. Winning this event does show our depth and ability in middle distance running at present. This is our first senior gold medal in many years, congratulations boys.

AVSL Round 4 – Doncaster

Saturday, 9th November 2024

(Thanks to Team Manager Cyril for his comments)

Performances

Welcome to Maxim (M16) and Elizabeth (F14) both competing for the first time at AVSL. Both had good first up performances with Elizabeth scoring 368

points for her 8.47 Triple Jump and Maxim having very good first up attempts at Shot Put and 200m. They will both go very well with more training and competition over the rest of the season. Peter had a big week successfully returning as councillor for Banyule (well done Peter) and having his first run on the track at AVSL and dusting off his marathon legs from last month and zipping around in the 200 and 800m.



Maxim and Elizabeth

Carla ran a PB in her 200m after being sick all week and just missed a PB in her Triple Jump as well. Kate and Burkey were very consistent again. Mabel with a good 200m in her second run. Liam, Lachie, David and Brenton all had good performances.

It was great to see both our 4x400m teams put in a great effort to score valuable points. The 800s were a highlight with Owen having his first run over the distance and going sub 2 minutes, Ben just missing out. Jamie running a blistering second lap to score 405 points with the top performance of the day 1:58 and just pipping Perrin's very slick 200m 22.58 for 403 points.



Owen running the first leg of the 4x400m

Full Team results as follows:

Female Under 16

200m: Kate Bukovsan 29.77 (-1.7);

Mabel Taylor 29.95 (-1.7)

800m: Kate Bukovsan 2:40.16

Shot Put: Kate Bukovsan 4.92m

Female Under 14

200m: Carla Parris 31.33 (-1.2)

Triple Jump: Carla Parris 8.05m; Elizabeth Stevenson 8.47m

Male Open

200m: Perrin Theocharides 22.58 (-3.1); Owen

Dumsday 25.00 (-3.6); David Greig 25.49 (0.1)

800m: Owen Dumsday 1:59.47; Benjamin Morrison 2:00.78; David Greig 2:02.08

4x400m: **Ivanhoe 1** (Owen Dumsday, Liam Furlong, David Greig, Jamie Blackburn) 3:49.52;

Ivanhoe 2 (Lachlan Warwick, Kate Bukovsan, Carla Parris, David Burke) 4:26.79

Male Under 20

200m: Liam Furlong 28.55 (0.3)

800m: Jamie Blackburn 1:58.21; Liam Furlong 2:09.65

Male Under 18

800m: Lachlan Warwick 2:16.47

Male Under 16

200m: Maxim Lewis 27.90 (0.3)

Shot Put: Maxim Lewis 9.65m

Male 40+

200m: David Burke 29.24; Peter Castaldo 30.09

800m: Peter Castaldo 2:33.99

400m Hurdles: David Burke 82.83

Shot Put: David Burke 6.68m

Triple Jump: David Burke 9.18m

Male 50+

Shot Put: Brenton Hall 6.08m

Officials

Brenton Hall 500pts

AVSL Round 5 – Aberfeldie

Saturday, 16th November 2024

Aberfeldie was hot, very hot and windy making for difficult conditions. A great effort by all our athletes who did multi events resulting in a fantastic 4th place for the day. It was super tight with Corio and Frankston all day and we were able to edge ahead following some good efforts in the 400m late in the day. We had snuck up to 3rd but that was before Old Xav's had the 3k to end their program late at Frankston. Our 6 athletes who all did 3 events really made a big difference on the day with 4 of those scoring 1000+ points, supported by our high scoring 1500m men.

Club Scores – Division 4

Sandringham	12,827	11
Old Scotch	11,177	(PP) 20
Old Xaverians	10,985	9
Ivanhoe	8,499	8
Corio	8,448	7
Frankston	7,934	6
Whittlesea	7,759	5
Coburg	5,554	4
Melbourne Uni	4,648	3
South Coast	3,256	2
St Kevins	2,579	1

PBs for Elizabeth in her Long Jump, Emily in her first ever High Jump with 1.43 for 369 points and 1500m and Owen in his 1500m 4:04 for 385 points. Mabel had another fast 100m, Liam competed hard in all his events. David had a solid 1500 (4:06) after his 3k on Thursday. Kate was super strong in her 400 scoring 373 points and a PB in her 100m. Carla a good 3.93 Long Jump for 370 points and a PB in the 100m. Burkey completed in just 6 events this round, with his best a 1.53 High Jump for 340 points. Perrin scorched down the track for a big PB in the 100m with 11:04 scoring 413 points into a slight head wind. The best performance of the day was a great win from Jamie leading from the front in the hot windy conditions for 3:59 and a massive 429 points. Well done everyone on some great performances.

Female Under 18

400m: Emily Stevens 74.02

1500m: Emily Stevens 5:22.6h

High Jump: Emily Stevens 1.43m

Female Under 16

100m: Kate Bukovsan 14.38 (-1.0); Mabel Taylor 14.49 (1.6)

400m: Kate Bukovsan 67.76

Long Jump: Kate Bukovsan 3.30m

Female Under 14

100m: Carla Parris 14.76 (-1.0)

400m: Carla Parris 71.19

Long Jump: Carla Parris 3.93m; Elizabeth Stevenson 3.63m

Male Open

100m: Perrin Theocharides 11.04 (-0.2); David Greig 12.35 (2.8); Owen Dumsday 12.56 (1.9)

400m: Owen Dumsday 53.43

1500m: Owen Dumsday 4:04.9h; David Greig 4:06.5h

Male Under 20

100m: Jamie Blackburn 13.91 (1.7); Liam Furlong 14.02

400m: Liam Furlong 60.11

1500m: Jamie Blackburn 3:59.6h; Liam Furlong 4:27.9h

Male 40+

100m: David Burke 14.43 (1.8)

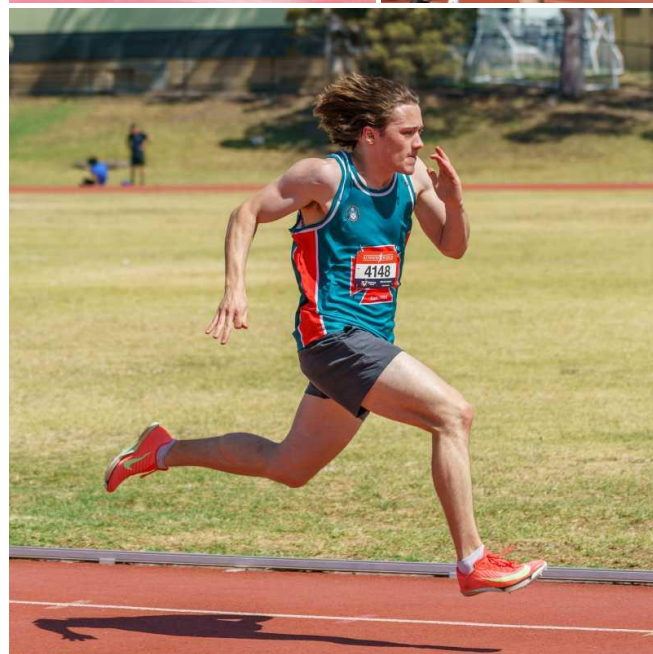
400m: David Burke 68.16

110m Hurdles: David Burke 22.6h (3.6)

Discus: David Burke 18.55m

High Jump: David Burke 1.53m

Long Jump: David Burke 4.36m



AVSL Round 6 – Doncaster

Saturday, 30th November 2024

Competition for Round 6 was a washout unfortunately.

With only 4 Rounds to go we are placed 6th on the Ladder with a realistic chance of making 3rd. The team is performing well on the training track with a number of new girls showing a great deal of ability. We just need commitment from everyone.

Provided we compete well over the last four rounds we can certainly create some chaos on the Ladder.

The next competition is not until 11th January 2025 so we have plenty of time to practice our skills and build fitness. Future competition dates as follows:

Saturday, 11th January Meadowglen

Saturday, 18th January Aberfeldie

Saturday, 1st February Doncaster

Saturday, 8th February Aberfeldie

Ladder with 4 Rounds to go:

Division 4

Place	Team	Points Scored	Ladder Points
1	Sandringham	62,366	51 AP
2	Old Xaverians	50,737	46 AP
3	Corio	47,316	39
4	Frankston	42,731	38
5	Old Scotch	34,166	(PP) 38
6	Ivanhoe	41,485	37
7	Whittlesea	38,037	33
8	Coburg	29,303	22
9	Melbourne Uni	28,281	21
10	South Coast	14,791	10 AR
11	St Kevins	8,497	5 AR

AP: Automatic Promotion

AR: Automatic Relegation

PP: Power Play used (double points for 1 round)

Cursus Editor: Jeff Franklin

Production: David Burke

