

## Editorial

The season that was...2024/25, was a great year for the Club with many highlights and good performances to reflect on.

The support of OIGA (Old Ivanhoe Grammarians') continues to inspire us and our sponsors have been great throughout the year. Miles Real Estate, Bendigo Bank, Aspect Broking, East Ivanhoe Grocers and recently Barr'd Tapas Bar have all added strength and support to the Club.

This kind of community support leads to higher standard performances and a stronger Club.

Highlights for the year in summary are many:

- Our 110 year reunion was a memorable occasion,
- Our cross country team achieved promotion to Div 2,
- Victory in an Open Men's medley relay in the Vic Championships,
- Very good performances of Jamie Blackburn, Owen Dumsday and Leonardo Donarelli in championships,
- Overall member numbers over 100,
- Club finances in good shape.

We can look forward to the year ahead with confidence.

## A New Competition Year Begins - Welcome to season 2025/26

As usual, Athletics Victoria has made changes to fees and various of their terms and conditions for the year ahead. As a growing Club we need to manage these changes with our Members being our priority.

Most members would not be aware, we pay AV their "affiliation fee" each year, this year \$650.00, a significant amount in my view.

In addition, competition fees have increased by various amounts as shown below:

### XCR Package (Cross Country):

|         |          |                        |
|---------|----------|------------------------|
| Seniors | \$395.00 | (last season \$365.00) |
| Juniors | \$335.00 | (last season \$280.00) |

### AVSL Package (Track and Field):

|         |          |                        |
|---------|----------|------------------------|
| Seniors | \$335.00 | (last season \$330.00) |
| Juniors | \$275.00 | (last season \$270.00) |

### Max Package (ie both XCR and AVSL):

|         |          |                        |
|---------|----------|------------------------|
| Seniors | \$455.00 | (last season \$420.00) |
| Juniors | \$395.00 | (last season \$350.00) |

Most of these increases are relatively minor but still *an increase is an increase*, which we need to manage. In addition to the above, your Committee has been working to simplify our processes. This season we have decided to adopt a single Membership Fee for all members. That fee will be \$40.00 per season covering junior or senior membership, whether competing or not competing. The previously noted "non-competing" members will be "Members" with full voting rights. Our Life Members will not be required or requested to pay an annual fee, as the term "Life Membership" implies. Our \$40.00 annual membership fee is a reduction of \$10.00 for senior athletes in recognition of significantly increasing AV fees. Our fee reduction is a small but genuine way to assist with the overall cost to athletes.

The Committee recognises that we are charging way under the market at present (some club annual joining fees exceed \$100). However, we believe our fee structure will be an incentive for recruiting in a competitive market.

We trust our loyal, formally known as "non-competing members" will support this initiative as "Members" as we continue to grow the Club.

## Opening Cross Country 6km Handicap

Saturday, 5<sup>th</sup> April 2025

This is an historic event for our Club with races over the years in various locations in the countryside including Yarrambat and Arthurs Creek over 50 years ago.

This year was a "cracker", a great turnout with Jamie Blackburn setting a new course record and Owen Dumsday also breaking the previous course record. Below commentary from Barry Greig, our Chief Handicapper:

"Great turn out and event today. Thanks to those who assisted both spreading the word and helping on the day."

Attached are the results for the 6km handicap.

Record turnout with 42 runners, back in 2021 we had 24. The other years since 2018 have been under 20 attending to run.

A run-away winner today in Max Small who ran 31m 43s, a massive 7m 17s under the handicap time.

Second was Theodora Halley in a time of 31m 50s, 3m 10s under the handicap time

Third was Victoria Crane in a time of 29m 50s, 2m 50s under the handicap time.

Apart from some outliers (or form hidlers), the handicap times were relatively close to actual times ran.

- 35 out of 42 runners ran within 2 minutes of their handicap time.
- 27/42 ran within 1 min of their handicap time.
- 14/42 ran within 30 secs of their handicap time.

A new course record was run by Jamie Blackburn in 18m 46secs, 34 secs quicker than his prior course record set in 2023.

Owen Dumsday also broke the previous course record running 18m 56secs.

Very fast times today in excellent conditions.

Thanks to Jeff F, the organiser of the event, Michael Wallis the BBQ master, those that assisted at the finish line with the mass of runners coming through (Claude Aquino, Richard Russell, Bruce Hutchins, Gavin Dumsday, Cyril Dixon, Glenn Morrison and others. Special thanks to the course marshall, James Bukovsan, photographer Anne Bukovsan and everyone else who assisted today."

|    | Name              | Handicap Time | Actual Time | Diff. |
|----|-------------------|---------------|-------------|-------|
| 1  | Max Small         | 39:00         | 31:43       | -7:17 |
| 2  | Theodora Halley   | 35:00         | 31:50       | -3:10 |
| 3  | Victoria Crane    | 32:40         | 29:50       | -2:50 |
| 4  | Alex Thompson     | 32:00         | 29:48       | -2:12 |
| 5  | Simon Rigoni      | 29:10         | 27:05       | -2:05 |
| 6  | Alex Lett         | 39:00         | 37:53       | -1:07 |
| 7  | Jamie Blackburn   | 19:20         | 18:46       | -0:34 |
| 8  | Owen Dumsday      | 19:30         | 18:56       | -0:34 |
| 9  | Hiedi Mitchell    | 23:50         | 23:01       | -0:49 |
| 10 | Alex Linke        | 22:00         | 21:26       | -0:34 |
| 11 | Sadie Crane       | 28:20         | 27:47       | -0:33 |
| 12 | Peter Houwen      | 35:00         | 34:29       | -0:31 |
| 13 | Brenton Hall      | 23:00         | 22:30       | -0:30 |
| 14 | Ben Morrison      | 20:30         | 20:06       | -0:24 |
| 15 | David Greig       | 22:00         | 21:47       | -0:13 |
| 16 | Kate Bukovsan     | 29:10         | 29:04       | -0:06 |
| 17 | David Burke       | 32:50         | 32:48       | -0:02 |
| 18 | Sarah Garfirth    | 39:00         | 38:59       | -0:01 |
| 19 | Belinda Blackburn | 26:30         | 26:30       | 0:00  |
| 20 | Liam Watkins      | 27:50         | 27:51       | 0:01  |
| 21 | Nic Dempsey       | 21:00         | 21:02       | 0:02  |
| 22 | Kristen Watkins   | 27:50         | 27:53       | 0:03  |
| 23 | Peter Castaldo    | 26:20         | 26:31       | 0:11  |

|    |                   |       |       |       |
|----|-------------------|-------|-------|-------|
| 24 | Matthew Petterson | 24:30 | 24:45 | 0:15  |
| 25 | Alex Gibson       | 24:00 | 24:19 | 0:19  |
| 26 | Andrew Tieman     | 20:30 | 20:53 | 0:23  |
| 27 | Liam Furlong      | 20:10 | 20:43 | 0:33  |
| 28 | Antony Van Eaton  | 26:20 | 26:55 | 0:35  |
| 29 | Ben Auer          | 25:00 | 25:43 | 0:43  |
| 30 | Allegra Tieman    | 23:30 | 24:15 | 0:45  |
| 31 | Stuart Hughes     | 26:20 | 27:06 | 0:46  |
| 32 | Natalie Power     | 31:30 | 32:23 | 0:53  |
| 33 | Rachel Paterson   | 24:50 | 25:44 | 0:54  |
| 34 | Matt Keenan       | 22:30 | 23:25 | 0:55  |
| 35 | Samuel Heywood    | 36:00 | 37:07 | 1:07  |
| 36 | Sean Blackburn    | 27:30 | 28:46 | 1:16  |
| 37 | Xavier Kwong      | 24:50 | 26:07 | 1:17  |
| 38 | Jason Kwong       | 24:50 | 26:16 | 1:26  |
| 39 | Cloe Thompson     | 30:00 | 31:30 | 1:30  |
| 40 | Hamish Nelson     | 31:30 | 33:08 | 1:38  |
| 41 | Fiona Mitchell    | 33:20 | 35:05 | 1:45  |
| 42 | Ros Kelsall       | 39:00 | 53:32 | 14:32 |





## Parkrun Domination

Saturday, 22<sup>nd</sup> March 2025



*Cameron Power, Stuart Hughes, Matt Peterson, Nick Dempsey, Rachel Paterson, Brenton Hall, Peter Castaldo.*

Various club members have been competing in Parkrun events in recent times. As can be seen from the photo, good visibility with our new training shirts and a good 5k run to start the weekends.

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## Constitution News

Prior to the new Constitution being sent out we thought it relevant to briefly outline some of the more significant changes and inclusions.

We have had the new Constitution drafted by Michael Linke, former Committee member and corporate lawyer. The document has now been thoroughly vetted by independent lawyer Mark Worsnop and will be despatched to those members entitled to vote under the existing Constitution at our AGM on 14<sup>th</sup> May 2025.

The Committee has voted unanimously in favour of adoption of the new Constitution. We hope that you, the Members, fully agree and support this important update to our Club.

A snapshot of inclusions are:

- The constitution now complies with the Associations Incorporation Reform Act 2012 (Vic)
- The existing IHAC constitution deeming Members to be financial who have been financial at any point during the previous 12 months has been retained...this enables voting at the AGM at the start of each year.
- Age threshold for juniors (for voting purposes) has been lifted from 16 to 18 years of age in line with wider societal thresholds.
- Objects of the Club are identical with IHAC's existing constitution.

- Definition of Members has been amended and clarified to mirror corresponding provisions within IHAC's existing constitution.
- Subscriptions and fees remain subject to Committee decision,
- Composition of the Committee is reduced to 11 with President, VP (up to 2), Secretary, Treasurer, and up to 6 ordinary Committee members,
- Annual elections remain,
- Committee Meetings no longer require to be held 10 times per year,
- Various requirements required to conform with the Act including resolutions, notices, conflict of interest, disclosures, delegations, voting at AGMs, proxy voting has been retained, grievance procedures and in the case of alterations to the constitution. They are to be by Special Resolution (ie  $\frac{3}{4}$  of members present to vote in favour.) This strengthens the previous provision of a "simple majority."

We are confident that the document brings the Club up to date with modern provisions and of course conforms with the Act.

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## Annual General Meeting and Presentation Night

A reminder notice that our very important AGM will be held on Wednesday 14<sup>th</sup> May 2025 at 7.00pm for an official start of 7.30pm.

The venue this year will be the East Ivanhoe Bowling Club pavilion at Ivanhoe Park, 153 the Boulevard, Ivanhoe.

The annual awarding of perpetual trophies will be followed by pizza and soft drinks.

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## Competition Results

### Cross Country 2025

As noted above, our season started with a terrific roll up of runners in the 6km handicap race on April 5<sup>th</sup> 2025.

Our first real test will be Hanging Rock on 10<sup>th</sup> May. We need to "harden up" our training in readiness for this fantastic venue. Make sure you are getting in some long runs over Easter.

The full calendar is shown below, please note your diaries.

| Date        | Round | Location                  | Type                 |
|-------------|-------|---------------------------|----------------------|
| Sat, 10 May | 1     | Hanging Rock, Woodend     | 8km Cross Country    |
| Sat, 24 May | 2     | St Anne's Winery, Myrning | 12km Cross Country   |
| Sat, 7 Jun  | 3     | Jells Park, Wheelers Hill | Cross Country Relays |
| Sun, 15 Jun | 4     | Albert Park               | 5km Road Race        |
| Sat, 28 Jun | 5     | Sandown Racecourse        | Road Relays          |
| Sat, 12 Jul | 6     | Ballarat                  | 10km Cross Country   |
| Sun, 27 Jul | 7     | Albert Park               | 10km Road Race       |
| Sun, 10 Aug | 8     | Ballarat                  | 15km Road Race       |
| Sun, 7 Sep  | 9     | Burnley                   | Half Marathon        |
| Sat, 20 Sep | 10    | Tan Track, Kings Domain   | Tan Relays           |

A red hot training group on Tuesday night, 8<sup>th</sup> April 2025, with the inclusion of Justin Clementon back from Canberra. Those regular readers of this newsletter will remember Justin as a skinny young kid who was the first in the group to break 2:10 for the 800m, many years ago. He was crowned the 2:10 King!!



*Ben Morrison, Justin, Nick Dempsey, Liam Furlong, Alex Linke, Josh Philip, David Greig, Harley Mileto, Jamie Blackburn*

## Vale – Murray Lang

Just received the sad news from Life member, Chris Lang. His Dad, Murray, passed away on 8<sup>th</sup> April 2025. Sincere condolences Chris to you and your family from all at the Club.

Letter from Chris attached:

Hi Jeff,

Thank you for the great afternoon recently for the club's 110th anniversary celebration. It was a fantastic afternoon catching up with everyone.

I also wanted to let you know that dad - Murray Lang, passed away this morning at age 88 (just shy of 89 in fact). Dad was a former club member, mostly competing in the walks, but he tells a story of one day being asked to do the high hurdles. He told me that Peter Bethel was responsible for recruiting him to the club, and it was through dad of course, that I also joined.

There were a few at the 110th asking after dad which was very pleasing to still be remembered. Funeral arrangements have not yet been made, but I will pass these on as soon as I know.

I regularly keep up with all the happenings around the club through Cursus. I hope you are well and wish everyone at the club my best.

Kind regards  
Chris Lang

### **Funeral Arrangements now to hand.**

Tobin Bros. Diamond Creek Chapel  
49-55 Main St Diamond Creek  
Wednesday 16th April 2025.  
Commencing at 2.00pm

## Sponsors are our lifeblood

Barr'd Tapas Bar is a local and enthusiastic sponsor.

The place has a terrific feel about it, very friendly and a great place to meet for a drink, coffee or snack. Remember to support Barr'd as they are supporting us.



As previously mentioned in Cursus, Barr'd specialise in Tapas style meals and private functions with great food and drink. The range of dishes includes salads, burgers, tapas plates, paellas and desserts.

The business is located at 240 Lower Heidelberg Rd, Ivanhoe East.

**Hours:** Tuesday-Thursday: 4.00pm-late

Friday-Sunday: 3.00pm-late

**Phone:** 03 9499 3547

Don't hesitate to call in for a late night snack.



Cursus Editor: Jeff Franklin

Production: David Burke



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