

Editorial

The performance of our athletes has been outstanding this season, particularly given the difficulties we have all faced. We are currently sitting in second place on the ladder, just behind Williamstown.

This Edition contains information on our great performance in the Vic. Relay Championships, details on the remainder of the season, Round 7 & 8 Competition results, and an obituary on the life of Colin Hamley.

Vic. Relay Championships

The Victorian Relay Championships on 26th January saw Ivanhoe win silver in the Open Men's Distance Medley Relay. We fielded 3 teams in the Relay Championships with every runner achieving PB or very close to PB performances.

Our girls competed in the Under 16, 4x400, placing 4th in the final, competing against older girls and taking 15 seconds off their previous best.

Congratulations to Paige Bukovsan, Marli Brenner, Sami Rowe and Kate Bukovsan.

Final time for the girls was 4:43.67, this is a new Club record, eclipsing the prior Under 16 girls 4x400 record of 4:46.62 which was set by Jemma Laffey, Grace Dicker, Hannah Laffey and Bethany Illingworth in 2013.

Our boys competing in the Open Men's Sprint Relay, also competed to a very high standard, placing 7th of the 10 Clubs entered and I am sure they all ran at, or close to PBs. Congrats to Perrin Theocharides, Finn Knight, Jack Harper and Owen Dumsday, with a team time of 3:46.70.

The Open Men's Distance Medley was the last event on the program with Keilor St. Bernard's winning in a time of 10:08.94.

Ivanhoe stormed home with a final blistering run from David Greig taking us into second place in a time of 10:22.21.

Third place: St Stephens 10:22.59

Fourth place: Glenhuntly 10:25.85

This is a notable achievement for the Club as it is certainly a long time since we have had the depth of

talent to medal in an Open Men's Relay in Vic. Championships.

Congratulations to Thomas Langdon, Jack Harper, Josh Philip and David Greig.

Whilst individual times in relays can be a bit uncertain, a rough estimate as follows:

Thomas Langdon	(1200m)	3:13
Jack Harper	(400m)	0:50 (possibly just under 50 secs)
Josh Philip	(800m)	2:00 (possibly just under)
David Greig	(1600m)	4:18 (approx.)

The photo below shows our very happy team after the medal presentation.



L-R: David Greig, Jack Harper, Thomas Langdon and Josh Philip.

The Program Ahead...

February 5 th	AVSL Round 9 Aberfeldie
February 12 th	AVSL Round 10 Lakeside Stadium (Twilight)
February 18-20	Vic. Championships (week 1)
February 25-27	Vic. Championships (week 2)
March 5 th	AVSL Playoffs (Finals) Lakeside Stadium

Training at Chelsworth



Back: Harley Mileto, Alex Linke, David Greig, Thomas Langdon, Harry Shaw, Josh Philip.

Front: Kate Bukovsan, Marli Brenner, Paige Bukovsan, Sami Rowe.

This group of regulars, at their first training session after the Festive Season break. It was a warm night but the group trained surprisingly well.

It was particularly pleasing to welcome back Harry Shaw after a long lay-off with an ITB injury. Harry was our highest ranked athlete last season before he was hit with injury during winter.

Competition

Round 7 Results

15th January 2022 at Lakeside Stadium

It was the first round back after the Christmas break, the highlights were from the youngest, our under 14 girls, and our oldest, Barry Greig who scored a massive 1079 points from 3 events.

Congratulations to all, a pity so many of our list were missing.

The Team came second on the day, well beaten by Williamstown. We will struggle to win the Grand Final in March unless we have a full list.

Female Under 14

100m: Marli Brenner 15.24; Kate Bukovsan 15.84; Sami Rowe 16.29

800m: Kate Bukovsan 2:44.1h; Marli Brenner 2:50.9h; Sami Rowe 3:04.1h

3000m: Kate Bukovsan 13:31.6h

Long Jump: Sami Rowe 3.08m

Male Under 20

100m: Perrin Theocharides 11.65; Jack Harper 12.26;

800m: Charles Shea 2:22.4h

Male Under 18

800m: Alex Linke 2:08.72

3000m: Alex Linke 10:02.42

Male Under 16

800m: Harley Mileto 2:28.1h

Male 40+

100m: David Burke 13.88

800m: Barry Greig 2:32.5h

3000m: Barry Greig 11:22.4h

110m Hurdles: David Burke 23.14

High Jump: David Burke 1.52m

Long Jump: David Burke 4.64m

Shot Put: David Burke 6.58m; Barry Greig 6.14m

Photography

Anne Bukovsan has been taking photographs of our competitors each week this summer with some marvellous results. Anne is very talented and obviously enjoys snapping our stars in action. Thank you Anne for your great work.

PBs, PBs and PBs

We all love to do a PB. It is a measure of improvement as we grow and train and compete.

Some PBs however seem to mean more than others. For example, to achieve a PB in an event where injuries or time out have interrupted progress can be particularly satisfying.

At Milers Club, Thursday night 20th January we had two very good PBs.

Josh Phillip ran a 2:00.36 time in his 800m which is a 4 second PB for Josh. He is to be congratulated as during the past 12 months, he has had to deal with firstly a foot problem, then a hamstring strain and of course the restrictions of COVID. Josh has been chasing that 2:00 barrier for a couple of interrupted seasons, his target is now within reach.

David Greig has been relentless in his pursuit of a 1500m time of 3:55 or better. He set this challenge for himself pre-season and is closing in fast. His time of 3:57.97 was in a good race and shows that David is very close to achieving his goal. His previous best was 3:59.9.

In addition, in Round 8 of competition we saw some very fine PBs.

Jack Harper ran a 23.46 PB in his 200m, Perrin Theocharides ran a big PB in his 200m with a 23.11 and Finn Knight also got into the 23s with a 23.71 PB. Well done to the sprinters.

Not to be outdone, our distance runners also achieved some PBs in the 200m. David Greig with a 24.98, Josh Philip with 25.35, and Alex Linke with 26.62. Finally, a season best from David Burke, recording a 27.96 for his 200m.



Jack Harper in action (Round 7) recording a 12.26 in the 100m.



David Burke in his 100m



Kate taking on the older girls with confidence in her first ever 3000m.

Competition

Round 8 Results

22nd January 2022 at Aberfeldie

The team performed really well in hot conditions. Overall we scored 6975 points to place second again behind Williamstown who scored 8251 points. The difference being roughly equivalent to 4 events, so we are closing the gap.

With 2 Rounds to go it is really a 2 horse race between Williamstown and Ivanhoe, the other teams are slipping further behind. We will need a full list to beat Williamstown on 5th March.

Female Under 16

200m: Paige Bukovsan 33.37

1500m: Paige Bukovsan 5:17.4h

4x400m: (Paige Bukovsan, Marli Brenner, Sami Rowe, Kate Bukovsan) 4:58.28

Female Under 14

200m: Kate Bukovsan 34.44

1500m: Marli Brenner 5:45.5h; Kate Bukovsan 5:46.3h

Triple Jump: Sami Rowe 7.81m

Male Open

200m: David Greig 24.98

Male Under 20

200m: Perrin Theocharides 23.11; Jack Harper 23.46; Finn Knight 23.71; Josh Philip 25.35; Thomas Langdon 27.18

1500m: Thomas Langdon 4:18.3h; Josh Philip 4:38.7h

Male Under 18

200m: Alex Linke 26.62

1500m: Alex Linke 4:26.8h

Male Under 16

1500m: Harley Mileto 4:54.0h; Charlie Baker 5:33.3h

Male 40+

200m: David Burke 27.96 (-0.6)

1500m: David Burke 6:28.7h

400m Hurdles: David Burke 78.04

Javelin: David Burke 21.03m

Triple Jump: David Burke 9.76m



A great shot of the girls 4x400 relay team at the 2022 Victorian Relay Championships.

Kate Bukovsan, Marli Brenner, Paige Bukovsan and Sami Rowe.

Vale - Colin Hamley OAM

30/06/1922 -24/01/2022.

VX 14157, Ex. POW.



Colin Hamley, a notable and highly respected member of our Club family, sadly passed away on 24th January 2022. Colin is survived by his wife Val and two sons, Neil and Trevor.

Colin had a long association with the Club in the 70s with son Neil being coached in field events by club legend, Tom Hancock.

Over the next decade Colin and his wife Val carried out various roles for the Club, always ready to contribute. Most notably Colin acted as an official during the halcyon days of Interclub at the old Olympic Village Track.

Colin enlisted in the Australian Imperial Forces in May 1940 and served in 2/2nd Pioneer Battalion. During

WW2 he was captured by the Japanese, transported to Thailand and put to work on the infamous Burma-Thailand railway.

Colin was an amazing man, his Order of Australia citation reveals a long history of contribution to community. His support over many years to, 2/2nd Pioneer Battalion Association, the Weary Dunlop Foundation, and a host of other community organisations is very inspiring.

A note from past President Chris Cole, "Col was one of the most charming and modest men I had the pleasure of meeting. He was excellent in his roles as an Official on behalf of Ivanhoe Harriers on the athletic field, as was his dear Val, excellent and lovely in her contribution as one of the team of ladies running the canteen and social events.

It was many years later that I learnt that he was a survivor of the dreadful POW camps of WW2. He is to be so admired for not holding bitterness, but quietly and so pleasantly got on with his life."

Comments from past President Noel Burrows and Michael Hennessy echo the above sentiments and remember the hikes to Mt. Bogong with Colin. In those days, the Club held an annual hike to Mt. Bogong for the young members of the Club, an experience enjoyed by all.



A gathering at Noel Burrows house, early 1980s.

Back: David Lynch, Mike Hennessy, Noel Burrows, Ray Brown, Noel Roberts, Phil Ramsay, Noel McDonald, Ian Brooks, John Griffiths.

Front: John Boas, Ken Carolane, Michael Carter, Bruce Meakin, Gary Holliday and Col Hamley.

A Service to celebrate the life of Colin Hamley will be held at Le Pine Funerals, 741 High St Kew East on Monday 7th February at 2:00pm.



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