

## Editorial

### “Winners are Grinners” - Premiers 2022

Victory over Williamstown in the Premiership match was an outstanding achievement for our growing Club. We had only 13 competitors on the day, with quite a number either not qualified or ill. However, the performance of the entire group with PBs and Club Records being smashed was simply amazing. Pictured below is a very happy group on the dais at presentation of the shield.



This summer season has been very successful for our growing Club. The AVSL season of 10 rounds was well supported by our athletes resulting in second place on the Final Ladder as shown below.

Individually, our athletes recorded many excellent PBs and our young girls team of Paige Bukovsan, Kate Bukovsan, Marli Brenner and Sami Rowe have been an absolute delight, performing way above expectation.

Winning the Division 5 Premiership remains a highlight to remember. The high quality of our performances certainly shows through with very high point scoring per individual athlete. Individual results later in this Edition.

Final Ladder at end of the 10 round season:

#### Division 5

1	Williamstown	73,660	118
2	Ivanhoe	62,257	110
3	Maccabi	38,879	96
4	Bendigo Uni.	25,643	80
5	Deakin	18,203	65
6	South Coast	17,518	62
7	Old Xaverians	12,433	52
8	South Melbourne	11,854	45
9	Richmond	9,041	38
10	Shepparton	2,359	12
11	St Stephens	1,076	6

## Victorian Championships

The Club was well represented at the Victorian Championships, a brief summary as follows:

Alex Linke	Under 18, 1500m final	4:27.87	15 <sup>th</sup>
David Greig	Open Men's 1500m	4:01.80	9 <sup>th</sup> in heat
Jack Harper	Under 20 Men's 400m	52.03	6 <sup>th</sup> in heat
Kate Bukovsan	Under 14 Girls' 400m	69.69 (PB)	qualified for final
		67.91 (PB)	8 <sup>th</sup> in final
Paige Bukovsan	Under 16 Girls' 400m	66.55 (PB)	
Harry Shaw	Under 20 Men's Steeple	10:24.56	7 <sup>th</sup> in final
Perrin Theocharides	Under 20 Men's 200m	23.54	
Finn Knight	Under 20 Men's 200m	24.57	
Kate Bukovsan	Under 14 Girls' 800m	2:40.99 (PB)	5 <sup>th</sup> in heat
Paige Bukovsan	Under 16 Girls' 800m	2:27.87 (PB)	Club Record

**Congratulations to all who competed.**

# AVSL Competition

## Round 9 Results

**Saturday, 5 February 2022 at Aberfeldie**

This was a good day with a small team. Our best performance was from Alex Linke with a massive PB in the 1500m of 4:18.7. Paige and Kate Bukovsan scored very well with Kate setting a new PB in the 400m with a 72.22.

Finn Knight had his first attempt at a long jump with a 4.98 and Jack Harper ran a nice 400m in 51.58.

### Female Under 16

400m: Paige Bukovsan 67.62

1500m: Paige Bukovsan 5:07.4h

Long Jump: Paige Bukovsan 3.19m

### Female Under 14

100m: Kate Bukovsan 16.10

400m: Kate Bukovsan 72.22

1500m: Kate Bukovsan 5:48.2h

### Male Under 20

400m: Jack Harper 51.58; Benjamin Morrison 61.48

1500m: Benjamin Morrison 4:23.3h

Long Jump: Finn Knight 4.98m

### Male Under 18

400m: Alex Linke 58.92

1500m: Alex Linke 4:18.7h

### Male Under 16

1500m: Harley Mileto 4:52.50

### Male 40+

100m: David Burke 13.55

400m: David Burke 64.94

400m Hurdles: David Burke 78.79

Long Jump: David Burke 4.75m

## Round 10 Results

**Saturday, 12 February 2022 at Albert Park**

### Female Under 16

100m: Paige Bukovsan 15.96 (-2.5)

400m: Paige Bukovsan 67.82

1500m: Paige Bukovsan 5:07.2h

4x100m: (Paige Bukovsan, Marli Brenner, Sami Rowe, Kate Bukovsan) 62.72

### Female Under 14

100m: Marli Brenner 15.86 (-2.4); Sami Rowe 16.57 (-1.3); Kate Bukovsan 16.68 (-2.9)

400m: Marli Brenner 69.87; Kate Bukovsan 72.11; Sami Rowe 77.25

1500m: Marli Brenner 6:05.8h

3000m: Kate Bukovsan 12:53.3h

Triple Jump: Sami Rowe 7.91m

### Male Open

1500m: David Greig 3:54.8h

### Male Under 20

100m: Charles Shea 13.29

400m: Jack Harper 50.83; Finn Knight 54.26; Perrin Theocharides 55.10

1500m: Josh Philip 4:10.8h; Thomas Langdon 4:11.5h; Benjamin Morrison 4:24.0h

### Male 40+

100m: David Burke 14.06

400m: David Burke 63.23

3000m: Barry Greig 10:49.0h

400m Hurdles: David Burke 78.29

Discus: David Burke 19.95m

Javelin: David Burke 25.59m

This was our best team performance of the season at this stage, with 15 athletes competing and some absolutely stunning PBs.

David Greig set a massive PB in his 1500m in a time of 3:54.8, this time is also a National Qualifier for David. This great run followed a race at Milers Club on the Tuesday prior where he had a time of 4:22.4 for the Mile.

Not to be completely outdone, father Barry set a season's best in his 3000m with a handy time of 10:49.0.



Ben and Alex in the 1500m



*Marli setting a new PB in the 400m*

### Zone A Men Under 20 Ladder

1	Western Athletics	17,313
2	Ivanhoe	17,092
3	Diamond Valley	16,664
4	Keilor St Bernards	13,528
5	Essendon	10,634
6	Doncaster	9,444
7	Old Scotch	6,168
8	Collingwood	4,856
9	Old Melburnians	4,682
10	Preston	2,562
11	Williamstown	1,637
12	Melbourne Uni	1,542
13	Coburg	758



*Tom Langdon leading the pack with Josh not far behind in their 1500m*

Then the girls really stood up!! Paige Bukovsan set a big PB in the Under 16, 1500m with a time of 5:07.2, a new Club Record. Previous record was held by Freya Henriksen at 5:08.03 which was set in 2016. Then sister Kate took 37 seconds off her previous 3000m with a time of 12:53.3. Marli Brenner produced a fantastic 400m in 69.87 and Sami Rowe set a PB in the triple jump with a good 7.91m. This was a fantastic set of performances from the girls.

Jack Harper set a new PB in his 400m with 50.83, Finn Knight shaved a bit off his 400m PB with a 54.26, and then Josh Philip smashed his previous PB in the 1500m with a nice time of 4:10.8.

Everyone on the team performed close to or at their best. It was also great to see Charles Shea make it back from holidays to qualify for the Final on March 5th.

Total Team score was 8379 points, comfortably defeating Williamstown's score of 7210.

## Our Under 20 Men's Group

The table below illustrates where the strength of the Club lies at the moment. There are currently 2 zones in metro Melbourne, we are in Zone A. Based on performances over the season our lads ranked second in the Zone ahead of much larger Clubs like Diamond Valley, Essendon, Keilor and Doncaster. Well done guys on a great season.

## AVSL Grand Final Playoff - Premiership to Ivanhoe

In a wonderful afternoon of athletics Ivanhoe absolutely smashed the opposition to win the Division 5 flag.

Final points scores were:

<b>Ivanhoe</b>	<b>11,183</b>
Williamstown	5,075
Maccabi	4,198

This was easily our best team performance of the season with many PB's set under pressure. With the Course Commentator announcing Ivanhoe's re-emergence with high standard performances, our Under 20 men absolutely blitzed the field in the 4x400m Relay winning by a huge margin. In addition, Club Records were set by Paige Bukovsan and Marli Brenner with Kate Bukovsan also beating the previous Club Record in the Under 14 girls 800m.

Full individual results as follows:

#### **Female Under 16**

200m: Paige Bukovsan 31.27 (PB)

800m: Paige Bukovsan 2:24.0h (Club Record)

4x400m: (Paige Bukovsan, Marli Brenner, Sami Rowe, Kate Bukovsan) 4:45.85

#### **Female Under 14**

200m: Marli Brenner 31.11 (1.0); Kate Bukovsan 31.44 (PB)

800m: Marli Brenner 2:35.8h (Club Record); Kate Bukovsan 2:36.3h (PB); Sami Rowe 2:55.2h (PB)

Triple Jump: Sami Rowe 8.02m (PB)

#### **Male Open**

800m: David Greig 1:57.6h

3000m: David Greig 9:01.6h

4x400m: (David Burke, Harley Mileto, Barry Greig, David Greig) 4:21.33

#### **Male Under 20**

200m: Perrin Theocharides 23.81 (0.3); Jack Harper 24.68 (0.3); Charles Shea 26.01

800m: Benjamin Morrison 2:11.5h; Jack Harper 2:15.6h; Charles Shea 2:15.8h

3000m: Benjamin Morrison 9:31.8h (PB)

4x400m: (Perrin Theocharides, Benjamin Morrison, Alex Linke, Jack Harper) 3:51.10

Shot Put: Charles Shea 7.12m

#### **Male Under 18**

800m: Alex Linke 2:11.1h

3000m: Alex Linke 9:30.5h (PB)

#### **Male Under 16**

800m: Harley Mileto 2:25.6h

3000m: Harley Mileto 10:07.7h (PB)

#### **Male 40+**

200m: David Burke 29.09

800m: Barry Greig 2:28.1h

3000m: Barry Greig 10:50.1h

High Jump: David Burke 1.60m (Season Best)

Shot Put: David Burke 6.65m; Barry Greig 6.74m

Triple Jump: David Burke 10.10m



AVSL Division 5 Premiers for 2021/22

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