

Season's Greetings

The Committee of our historic club wish all of our members and friends a safe and happy Christmas and New Year. We look forward to 2023 with enthusiasm and confidence. We have managed to navigate through difficult times over the past 3 years, coming through the turbulence of COVID in good shape.

The Committee has been rock solid over recent years, working together as a good team. Everyone has contributed to the growth of the Club and helped where they have been able. It's a volunteer role and the Club relies on those individual contributions to add value.

My personal thanks go to the Committee for their loyalty and creative efforts on the journey. Our membership continues to increase, our balance sheet is much stronger, our participation in athletics events has grown, a Premiership last summer and promotion to higher grades verifies our athletic talent. Congratulations on a fine job, in no particular order, committee members are:

Richard Russell, Barry Greig, David Burke, Michael Wallis, Michael Linke, Glenn Morrison, Anne Bukovsan, John Edney, Braden Fraser and James Lynch.

Competition

The Club contribution to the athletic development of the students at Ivanhoe Grammar School has continued during the year. A big commitment to Cross Country and the AGSV athletics training was successful and appreciated. The connection with the School remains strong, six of our current committee being alumni or parents of former students. Approximately, two thirds of our membership is connected to IGS, a statistic we value and intend to grow.

The summer athletic season has now passed the halfway mark with three competitions remaining in January/February and two finals scheduled for March 2023 (see details below).

Our athletic squad is stronger than last season, in particular our girls team which continues to thrive. We are currently just outside the Four in Division 4 with a good chance of making finals. We have suffered from a few injuries to date, fingers crossed we have a full list for early 2023.

The Club is indebted to the many parents, friends, committee and past members who have assisted as Club Helpers this season. Our Club Family is growing and many volunteers make the job so much easier. We are a good group, big thankyou to: Phil Ramsay, Glenn Morrison, Mark Shea, James Bukovsan, Michael Linke, Pam Brenner, Melissa Gilinas, Adam Franklin, Barry Greig, David Burke, Mary Langdon, Hamish Nelson, Troy Rowe and James Lynch.

Remaining Athletic Calendar Season 2022/23

Round 8	21 st January 2023	Doncaster
Round 9	4 th February 2023	Aberfeldie
Round 10	18 th February 2023	Keilor Park
Finals	18 th March 2023	Doncaster
Finals	25 th March 2023	Aberfeldie

Put these dates in your diary, we will decide which of the last 3 Rounds to nominate as our Powerplay week depending on numbers, we will need a full list!

Letters to the Editor

Received this note from team-mate Bruce Meakin. Bruce managed our cross country teams during the late 70s early 80s and did a fantastic job back then raising the profile of Ivanhoe.

Hi Jeff,
I found this the other day. Memories for our old timers. Probably meaningless for anyone else.

It doesn't feel like Track and Field weather.
Good to see another Franklin on the list.

Cheers Bruce

Editor:

Thanks Bruce, great memories.

Back in those cross country days we really looked forward to those handicap events, racing over dirt roads, up hill and down dale.

Arthurs Creek and Yarrambat courses were tough and a great training ground for our stars of the future.

Just take a look at Malcolm Norwood's times below:

HANDICAP EVENTS - FASTEST TIMES		
ARTHURS CREEK 8K		
1978	27.15	RAY OWENS
1979	27.46	BRUCE MEAKIN
1980	26.53	STEVE GRIFFITHS
1981	26.54	BARRY GREIG
1982	28.18	ANDREW POTOCNIK
1983	25.53	BARRY GREIG
1984	26.26	NEIL BARNARD
1985	25.56	DAMIEN COOK
1986	25.03	DAMIEN COOK
1987	26.01	ANDREW POTOCNIK
1988	23.25 *	MALCOLM NORWOOD
1989	25.00	GLENN FRANKLIN

ARTHURS CREEK U18 4K		
1984	15.47	DARRYL CAREY
1985	15.58	ADAM FRANKLIN
1986	14.41	RICHARD RUSSELL
1987	15.50	GLENN PETERS
1988	15.39	ANDREW SEIFFERT
1989	15.30	ANDREW SEIFFERT

YARRAMBAT 6K		
1977	23.30	ROD BUCHANAN
1978	?	?
1979	22.26	RAY OWENS
1980	22.30	NEIL BARNARD
1981	21.25	BARRY GREIG
1982	22.17	ANTHONY GRIFFITHS
1983	20.36	BARRY GREIG
1984	21.27	NEIL BARNARD
1985	20.46	DAMIEN COOK
1986	19.26*	MALCOLM NORWOOD
1987	21.27	TIM ERICKSON
1988	20.09	BARRY GREIG
1989	20.03	GLENN FRANKLIN

Spotlight on Thomas Langdon

Thomas has been a member of the Club for a number of years now, enjoying success as a middle/longer distance runner. Thomas is currently studying at Melbourne Uni. and enjoying a "study abroad" semester at University of Manchester. His email as follows:

At the moment I am in Manchester, UK, a sunny -2°C! I am currently studying at The University of Manchester in a study abroad semester from The University of Melbourne, continuing my studies in Economics/Finance and Mathematics. I have been in Europe for the last few months and have been lucky enough to travel a fair bit in continental Europe and throughout the UK. Before arriving in Manchester in Sept. 2022, I backpacked around Europe during their

summer; spending a lot of time in Italy, Croatia, Hungary, Spain and Portugal. I had a lot of fun with friends and saw some absolutely stunning places and experienced many different cultures. Whilst in Manchester, I have been very involved with the Hiking Society at the University, which has been great fun exploring the more remote parts of the UK. I have done many day trips and weekends away in Wales, the Lake District (many times), Yorkshire Dales and the Peak District. I have also climbed many 'mountains' such as Scafell Pike, Helvellyn, the Yorkshire Three Peaks Challenge and Conistone, to name a few! Pretty cold weather but amazing views, especially given there are barely any trees anywhere. I've also kept up my running, however I haven't had such a great group as Ivanhoe Harriers, nonetheless I raced in the Edinburgh Braids Hill Race in November and ran well. A very tough run on single track trails with over 250m elevation in 10km. The UK really knows what proper cross country is!

Until I head home to Melbourne in February 2023, I plan to travel to Prague for Christmas and up to Sweden to visit a friend from home, who is also on Exchange from Melbourne University. We plan on seeing the Northern Lights before I head back to Manchester to finish my exams. So far, I have had a fabulous time abroad!

Merry Christmas to you all and see you in the New Year!

Cheers, Tom





Editor:

Thanks Thomas, great to hear from you. Love the photos, I'm sure all of your mates are very envious of your wonderful travel exploits. We look forward to catching up on your return. Merry Christmas from all at the Club.

AVSL Round 6 Results

- Doncaster: Saturday, 3rd December 2022

Warm conditions, about 32 degrees, gave us our first real taste of summer. Our team on the day included 8 girls, with the girls outscoring the boys in team points – now that might be a first!



Alex and Ben in the 800m

A host of PBs was the reward for some good recent training. A highlight of the meet was Heat 1 of the Men's 800m with Alex Linke and Ben Morrison being prominent in the race. Both boys ran significant PBs with Alex at 2:00.2 and Ben at 2:01.3. That magic 2 minute barrier is getting closer.

Everyone on the day performed very well and we welcomed Amelia for her first run in club colours. Despite an injury to her quad, Amelia raced in a 200m, very well done Amelia, hope that injury heals very quickly.



Amelia being cheered on by her team-mates

Some of the PBs were of an excellent standard, it was great to see Josh achieve a PB in his 200m and our elder statesman, Barry Greig nailed a PB in his shotput.

Overall the team scored 7672 points which placed us 5th on the day.



Results:

Female Under 18

200m: Theadora Hally 33.25 (PB)

800m: Theadora Hally 2:50.47 (PB)

3000m: Theadora Hally 13:06.0h (PB)

Female Under 16

200m: Paige Bukovsan 31.77; Eva Gilinas 33.38;
Amelia Ray 36.25

800m: Paige Bukovsan 2:30.39;
Eliza Nelson 2:44.81(PB); Eva Gilinas 3:04.33

Triple Jump: Paige Bukovsan 6.73m

Female Under 14

200m: Kate Bukovsan 29.97(PB);
Marli Brenner 30.50(PB); Sami Rowe 33.30

800m: Kate Bukovsan 2:46.42

3000m: Kate Bukovsan 13:41.0h

Triple Jump: Sami Rowe 7.04m

Male Open

200m: Josh Philip 25.27 (PB)

Male Under 20

800m: Benjamin Morrison 2:01.3h (PB)

3000m: Benjamin Morrison 10:22.1h

Male Under 18

800m: Alex Linke 2:00.2h (PB)

3000m: Alex Linke 10:16.3h

Male Under 16

200m: Will Franklin 29.77 (PB)

800m: Will Franklin 2:31.6h

Male 40+

200m: David Burke 28.53

800m: David Burke 2:58.5h

400m Hurdles: David Burke 81.11

Shot Put: David Burke 6.75m; Barry Greig 7.74m (PB)

Triple Jump: David Burke 9.40m

Perrin Theocharides also set a new PB in the 100m with a time of 11.24 and a new PB in the 400m with 54.77.

Ben Morrison set a new PB in his 1500m with a time of 4:12.

Alex Linke equalled his PB in the 1500m with 4:10.4

Our major point scorers were Kate with 980 points, David Burke with 951, Perrin with 834, David Greig with 753 and Eliza with 723.



Kate setting a new PB in the 100m



Perrin also setting a new PB in the 100m



Eliza and Paige at the start of the 1500m

AVSL Round 7 Results

- Aberfeldie: Saturday, 17th December 2022

This was a twilight meet which creates attendance problems. However, most Clubs seemed to manage with very good attendances and point scoring. Unfortunately we suffered from many unavailable and injuries with Amelia and Paige suffering injuries on the day and Josh not making the start line with a recurring calf problem. Arran remains unavailable as he recovers from a foot problem, hopefully we will see him back early next year.

On the positive side of things we still managed some fine performances and a number of PBs.

Kate Bukovsan set a new PB in the 100m with a time of 14.69.

Results:

Female Under 16

100m: Eva Gilinas 14.93 (0.6); Eliza Nelson 15.93;

Paige Bukovsan 16.26; Amelia Ray 17.26

400m: Eliza Nelson 72.90; Eva Gilinas 74.98

1500m: Paige Bukovsan 5:15.0h; Eliza Nelson 5:49.0h

Female Under 14

100m: Kate Bukovsan 14.69

400m: Kate Bukovsan 70.57

1500m: Kate Bukovsan 5:42.3h

Long Jump: Kate Bukovsan 3.00m

Male Open

100m: David Greig 12.40

1500m: David Greig 3:59.9h

Male Under 20

100m: Perrin Theocharides 11.24

400m: Perrin Theocharides 54.77

1500m: Benjamin Morrison 4:12.0h

Male Under 18

1500m: Alex Linke 4:10.4h

Male Under 16

1500m: Will Franklin 5:08.4h

Male 40+

100m: David Burke 13.84

400m: David Burke 65.58

Discus: David Burke 19.92m; Barry Greig 23.19m

High Jump: David Burke 1.53m

Javelin: David Burke 22.93m; Barry Greig 19.98m

Long Jump: David Burke 4.31m

Current AVSL Ladder (Division 4)

1	Yarra Ranges	77,422	63
2	Preston	74,773	63
3	Ballarat YCW	70,390	56
4	Williamstown	53,102	39
5	St Kevins	51,416	38
6	Ivanhoe	43,084	30
7	Old Scotch	32,994	21
8	Melbourne Uni	29,965	20
9	Brunswick	24,031	19
10	Dandenong-Springvale	19,724	13



Cursus Editor: Jeff Franklin

Production: David Burke



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