

Editorial

Another summer season has come and gone with our final AVSL meet at Aberfeldie on 28th February 2026. The season has delivered some fine individual performances but from a team perspective we struggled with low numbers. Whilst our overall cross country numbers were up, track and field competitors were down. Our first decline in a number of years. The Committee needs to review this decline to try to identify the major issues that impacted attendance at track and field competition. Some discussion has focussed on the quality of the program however, other Clubs have grown and we have not.

The Club finished the season in 8th position on the ladder, see table below. We comfortably escaped relegation with Brunswick and Whittlesea being demoted back to Division 5. The top 3 teams, Wyndham, Melbourne Uni and Old Xaverians achieved significant point totals, well ahead of the rest including Ivanhoe. It was disappointing to note that almost 50% of our athletes from last season did not compete this season for a variety of reasons. Our highly credentialed middle distance group was limited to good performances from Alex and Leonardo and a few solid appearances from Owen and Liam. This needs to be addressed by all at the Club. The Committee is hopeful that our Club support of "Park Run" will result in new members for cross country this winter. Time will tell in that regard. Committee members, Richard, Brenton, Anne and Coach Cyril have invested a lot of time in this event.

Last winter we placed 6th in Division 2 cross country with a pretty good list at the time. Division 2 is a very high standard, hopefully it is a challenge we are up for. However, I suspect we need to find a few mature runners to bolster the team. Our recruiting focus at secondary schools is naturally a longer term strategy, I think we need both long and short term strategy to succeed at Division 2 level at present.

Final AVSL Ladder

Division 4

Place	Team	Points Scored	Ladder Points
1	Wyndham	137,428	(PP) 109 AP
2	Melbourne Uni	131,294	(PP) 106 AP
3	Old Xaverians	114,316	(PP) 90
4	Old Scotch	85,709	(PP) 76
5	Bellarine	80,155	(PP) 74
6	Echuca Moama	85,388	(PP) 73
7	Frankston	80,348	(PP) 66
8	Ivanhoe	78,047	(PP) 64
9	Coburg	50,202	(PP) 32
10	Brunswick	44,039	(PP) 26 AR
11	Whittlesea	43,563	(PP) 23 AR

AP: Automatic Promotion

AR: Automatic Relegation

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

Competition Results

AVSL Round 9 – Doncaster

Saturday, 21st February 2026

This Round was a tough day in the heat. Particular thanks to our Club Helpers, Phil Ramsay, Richard and Barry who shouldered the load.

Highlights of the day were an excellent 1500 from Rachel with a nice time of 5:00.7, not only a big PB but a well deserved Club Record. Followed up by Leonardo, setting an Under 15 Men's record in the 1500m in 4:06.5, taking over the previous record of Stuart Adderley of 4:09.5 set in 1998.

Great to see new faces at AVSL for the first time on a warm day at Doncaster. We used our PowerPlay and Anne did a great job of getting some new athletes along. With some injury and sickness we didn't have enough athletes to score the 10,000+ points needed to maximise our Powerplay.

Having spent most of the day in 7th Bellarine pipped us late for us to finish in 8th for the day. Our new athletes with some great performances.



Female Open

1500m: Rachel Paterson 5:00.7h [375]

Female Under 18

100m: Kate Bukovsan 14.72 (-2.0) [310]

400m: Kate Bukovsan 66.46 [364]

Long Jump: Kate Bukovsan 3.07m [255]

Female Under 16

100m: Mabel Taylor 13.54 (1.3) [393];

Ashleigh Palmer 14.92 (0.4) [314]

1500m: Sarah Abelskamp 6:38.7h [Invitation]

Female Under 14

100m: Carla Parris 14.73 (1.0) [347];

Jessica Abdul-Rahman 15.72 (1.9) [294]

400m: Claudia Chugg 89.46 [217]

1500m: Claudia Chugg 6:33.4h [251]

Long Jump: Carla Parris 3.83m [360]

Female 50+

400m: Juliet Clayton 1:46.07 [Inv.]

1500m: Juliet Clayton 7:32.7h [Inv.]

Male Open

100m: Jamie Blackburn 14.44 (-1.9) [184];

Nicholas Dempsey 17.25 (-1.1) [132]

400m: Alexander Linke 53.39 [341];

Jamie Blackburn 55.66 [298]

1500m: Alexander Linke 4:07.3h [376];

Jamie Blackburn 4:08.5h [371];

Nicholas Dempsey 5:45.8h [162]

Male Under 20

Javelin: Arthur Taylor 32.79m [264]

Male Under 16

1500m: Leonardo Donarelli 4:06.5h [456]

Male 40+

1500m: James Rickard 4:53.1h [275]

Male 50+

100m: David Burke 14.28 (+0.0) [264]

400m: David Burke 66.94; Claude Aquino 73.68 [204]

100m Hurdles: David Burke 19.94 (-0.7)

High Jump: David Burke 1.50m [360]

Javelin: David Burke 24.23m

Long Jump: David Burke 4.52m [336]



AVSL Round 10 – Aberfeldie

Saturday, 28th February 2026

Another moody and humid day with the threat of a thunderstorm was how the final day of AVSL went, the rain never came and Ivanhoe Harriers never got going, finishing 8th with only 8 competing athletes and Brenton on Photo finish at Casey. Melbourne Uni with a dominate win scoring 20k points. Frankston turning up for their PowerPlay meant that they jumped over us into 7th position pushing us to 8th. A disappointing finish after some super performances on the last round. After a very consistent start to the season, when we were stuck mid table 5th and 6th, we then drifted in the new year once we lost Barry to injury and the 1000 points he scored each week. Burkey, Kate and Carla scoring nearly all our points again.

Performances

A few good runs from Kate in the 800m and 200m, Ashleigh also a quick 200m, Claudia and Carla also good 800m runs. Owen and Alex both finished in heat 1 with 1:57. Leonardo another M15 club record in the run of the day and his first time sub 2 in heat 2 with a 1:59.3 scoring a massive 459 points. Carla not to be outdone smashed around her 200m in 28.01s, almost a second quicker than her previous best of 28.9, scoring 421 points and then had a massive triple jump, for her second 400 point score of the day, with a distance of 9.27m.

Female Under 18

200m: Kate Bukovsan 29.30 (+0.0) [341]

800m: Kate Bukovsan 2:46.64 [295]

Shot Put: Kate Bukovsan 5.46m [211]

Female Under 16

200m: Ashleigh Palmer 30.75 (1.5) [321]

Shot Put: Ashleigh Palmer 4.51m [205]

Female Under 14

200m: Carla Parris 28.01 (+0.0) [421]

800m: Carla Parris 2:36.75 [387];

Claudia Chugg 3:05.54 [268]

Triple Jump: Carla Parris 9.27m [400]

Male Open

800m: Owen Dumsday 1:57.51 [394];

Alexander Linke 1:57.60 [393]

Male Under 16

800m: Leonardo Donarelli 1:59.39 [459]

Male 50+

200m: David Burke 28.87 (+0.0) [304]

400m Hurdles: David Burke 82.37 [261]

3000m Steeple: David Burke DNF

Discus: David Burke 18.98m

Shot Put: David Burke 7.57m

Triple Jump: David Burke 9.47m [314]

Officials

Photo Finish: Brenton Hall [600]

Articles for Cursus

This Editor fellow has noticed that we rarely have interesting articles submitted from our readers. This was mentioned recently at Committee meeting and "lo and behold" ...an article submitted from Bruce headed Hutch's High Performance Corner" see in this Edition.
Thank you Bruce, a nice contribution.

Some of our readers may know that Bruce competed for St Stephens Harriers or SSH as the Club was known. SSH combined with Ivanhoe in 1985 to form an A Grade track team known as "Legends" so we have a bit of combined history. Legends was born out

of the need to maintain A Grade status for both Clubs and at the time neither Ivanhoe or SSH could manage that alone. In its first year, 10 of the Legends team made National Championship finals, and 4 went on to represent Australia at the Commonwealth Games. They were, Peter Beames (Ivanhoe - triple jump), Mike Hillardt (SSH - 1500m), Gary Honey (Ivanhoe - long jump), and Neil Honey (Ivanhoe - pole vault). Unfortunately the Legends dream did not last and SSH folded a few short years ago. However, post Legends, during the late 1980s some of its greatest athletes joined Ivanhoe along the way eg Mike Hillardt and Michael Hawkey (high jump).

Both SSH and Ivanhoe share similar stories with both clubs commencing pre WW1 at their local community Church and both Clubs having achieved a proud 100 year history.

Just to keep the ball rolling and encourage you to submit something, I have found a couple of items from the past. The next couple of articles come from Cursus in 1979, I hope you enjoy as it reflects the attitude and team spirit of the time.

McDougall Relay

28/07/1979

Dear reader, this event was incredibly popular at a time when you could race on country roads without fear of being run over. It was a 6 man relay event (only male in those days) with legs over various distances and would finish at the local Hall for a great supper. Unfortunately, as with all of these events, they became redundant due to restrictions by local councils, Police, Vicroads, insurance, health and safety requirements, etc, etc.

This Editor fellow and John Walker tried to keep the event going in parkland for a couple of years but it was never the same ...just became too difficult.

The following article from Cursus 1979

After all our Saturdays of blustery conditions we at last came up with a good day for this event. There were just enough members present to fill 3 teams. Old Xaverians winning time of 56:14 was a course record and 5 of their 6 runners ran fastest leg times. Our second place time was 59:02 with Old Melburnians third in 60:08. It was good having Mark Hennessy down for this event as he ran solidly for us over the tough, hilly No. 2 section. After all the teams were in, everyone crammed into the Arthurs Creek Hall for afternoon tea which was quickly devoured by the hungry multitudes.

Thanks to Noel Burrows for organising the Hall again and making a fine speech and to all the girls who came along and did a magnificent job in organising afternoon tea. Also thanks to those who came along to help with timekeeping, and transporting runners around the course.

Finishing Order:

- 1/ Old Xaverians
- 2/ Ivanhoe,
- 3/ Old Melburnians,
- 4/ St. Kevins,
- 5/ Old Xaverians No. 2,
- 6/ Ivanhoe No.2,
- 7/ Old Scotch,
- 8/ Ivanhoe No.3,
- 9/ Old Scotch No. 2,
- 10/ Old Carye,
- 11/ Old Xaverians,

Ivanhoe Teams

Leg	Team 1
1	J Franklin (7.08)
2	M Hennessy (10.15)
3	B Meakin (12.40)
4	N Barnard (8.50)
5	N Roberts (10.32)
6	R Owens (9.37)

Leg	Team 2
1	B Ackland (7.09)
2	N Fraser (10.26)
3	R Carroll (12.56)
4	A Griffiths (9.35)
5	R Buchanan (11.14)
6	R Cochrane (10.27)

Leg	Team 3
1	G Brereton (8.36)
2	G Beith (11.10)
3	R Beith (15.29)
4	M Hodgson (9.32)
5	G Stewart (11.44)
6	M Hennessy (11.22)

...and finally as we remember the past, a poem, yes a poem from the same period.

Ode to a frustrated poet (or a reply to "The Ivanhoe Boys," a very long poem penned by my running mate Bruce Meakin who was our cross country Captain and organiser for 10-12 years)

A distance runner of some reputation,
Put pen to paper in the railway station,
To increase morale, no doubt was his aim,
More fartlek training should be his game,
Worse rhyme and verse I never have seen,
From Meakin who wears the red, white and green.
This Ivanhoe boy who got quite a mention,
Does not hesitate to raise his objection,
Rain, hail and snow?? if you don't mind
It's by the fireside most of us he'll find,

Sitting and sipping on cool amber ale,
Listening to the patter of cold rain and hail,
So next time you're out on the road for a run,
And you see "our Bruce" heading into the sun,
Take the short cut through the park and wait,
To burn him off to his garden gate...if you can!

Banjo Franklin

Hutch's High Performance Corner

with Bruce Hutchins

Coach Bruce Hutchins is providing insights into racing/training for inclusion in Cursus.

We thank Bruce for his initiative and efforts, it is much appreciated by all.

Mastering the 400m: Train Smart, Race Braver

The 400m is a unique blend of speed, strength, and controlled aggression. To run it well, you must train like a sprinter—with the endurance of a middle-distance athlete.

Drawing inspiration from Peter Coe's training philosophy, sessions should combine quality and precision. Coe believed in structured intervals at specific paces to build both aerobic capacity and speed endurance. For 400m athletes, this means split runs (e.g., 2×200m at race pace with short recovery), 300m repeats slightly faster than goal pace, and controlled tempo work to build resilience. Strength training and drills reinforce mechanics under fatigue—because the final 100m demands posture and power.

Australian Olympian Rick Mitchell, an SSH athlete, exemplified smooth aggression—relaxed through 200m, composed at 300m, then fiercely committed down the home straight.

Racing strategy is everything.

Attack the first 50m with intent, settle into rhythm down the back straight, commit through the bend, and drive off it. The real race begins at 300m—when form fades and courage takes over.

Train with purpose. Race with belief. The 400m rewards those who respect it—and dare to challenge it.

Corporate Sponsorship - Valuable Community Supporters

During this season we have grown our key sponsors and established closer relationships to existing sponsors which only adds strength to both parties. We love our sponsors and encourage our growing membership to support them where possible. Our corporate sponsors enable the Club to undertake projects which would otherwise be unachievable. Sincere thanks from the Committee for this great local community support.

Miles Real Estate has been with us for many years and over the past 12 months has assisted with production of our "Centenary" training shirt, celebrating Miles Real Estate's 100 year anniversary and Ivanhoe Harriers 110 year anniversary. We are very proud of our longstanding relationship with Miles. Do not hesitate to consult with Miles Real Estate for your property advice.



Bendigo Bank

Bendigo Bank, our Banker, is a more recent sponsor and has been actively participating in and showing a genuine interest in the Club. Manager of East Ivanhoe Branch, Jon Hyatt, is a wonderful supporter and his staff provide competitive interest rates for both borrowing and investment products. When attending the Branch, please remember to mention your connection with Ivanhoe Harriers. We have been absolutely delighted to be supported by Bendigo Bank this year.



Barr'd Tapas Bar, our newest club sponsor, specialises in tapas style meals, private functions and quality service. Barr'd is located in East Ivanhoe Village at 240 Lower Heidelberg Road and is open Tuesday -Thursday from 4.00pm and Friday-Sunday from 3.00pm. We encourage all of our members to support Barr'd and enjoy the casual atmosphere and quality meals.



Aspect Broking, thanks to Michael Wallis, has been supporting the Club for many years. Aspect Broking specialises in all forms of insurance and business insurance requirements. Very experienced in its field with ability to advise or arrange all manner of coverage. Members are encouraged to contact Michael should they require assistance or advice with insurance matters.

East Ivanhoe Grocers-Foodworks: our local community supermarket has been supporting the Club for many years. This local business reminds us of the classic New York deli. A fantastic array of fresh foods and prepared take-away meals prepared by their in-house chef. The business has won many awards for excellence.



IVANHOE HARRIERS ATHLETIC CLUB

ANNUAL 6KM FUN RUN

HANDICAP STARTS FOR ALL COMERS

MAIN YARRA TRAIL

SATURDAY REGISTRATION: 8.30 AM
28 MARCH 2026 RUN START: 9.30 AM

REGISTRATION
RUN START
RUN FINISH

EAGLEMONT TENNIS CLUB CARPARK
THE BOULEVARD, IVANHOE EAST 3079

FREE ENTRY & FINISH LINE BBQ

TEENS TO
OVER 50'S

ALL WELCOME

BEGINNERS
TO ELITE

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IH
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IVANHOE HARRIERS
Athletic Club

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