

Editorial

As we conclude season 2025/26, we embark on new challenges ahead for season 2026/27.

We have set the date of our **Annual General Meeting and Presentation of Trophies** for **June 17th 2026** at Ivanhoe Park. Please note your diaries. Detailed info to follow.

It is always a pleasure to praise great performances. This season Leonardo Donarelli qualified for the National Championships for 800m in Under 16 boys category. Leonardo has had a very good season, previously setting a new Club record for the Under 15 boys 800m with a time of 2:00.91.

At the National Championships, Leonardo qualified for the final with an excellent run of 2:01.09 in a very tactical race.

Then on Monday, 20th April 2026, Leonardo ran a brilliant race in a very competitive final to place 5th in 1:58.62, a massive PB and new Club Record for Under 15 boys. (Leonardo does not turn 15 until June.)

Final placings were:

1 st	Archie Grant	(Vic)	1:56.47
2 nd	Sunny Morse	(Qld)	1:57.61
3 rd	Ben Hooper	(Qld)	1:57.70
4 th	Nick Watkins	(NSW)	1:58.32
5 th	Leonardo Donarelli	(Vic)	1:58.62

Congratulations to Leonardo from all at the Club.

We started the Cross Country season in fine style with our historic 6k handicap race along the Yarra trail. Despite having to cancel the original date due to terrible weather, we reset on Saturday morning, 18th April 2026, and had an enjoyable and competitive race. (Full report later in this Edition.)

A major objective of this event is to enjoy the moment and encourage non-members to join and participate in a great club atmosphere. The challenge of improving personal fitness is also a major attraction. The importance of maintaining regular exercise is well known. Regular exercise is like a powerful drug which improves lifespan and overall health.

Recruiting new members is now our major priority.

We do need to continue to grow our numbers particularly given we won Women's Division 5 last season and held our place in Division 2 of the Men's competition which is a very competitive grouping. So this year, the Women move up to Division 4 and the Men again challenge in Division 2 and Division 5. As we all know, numbers are the key. We certainly need to grow our numbers to cover for the inevitable injury or unavailability to our athletes... so don't hesitate... join up and support your Club!!

Saturday, 10th May is the first event of the season, the 5k road race at Albert Park, closely followed by the Cross Country Relays at Jells Park on 16th May. Let's make sure that we have a great start to the season...please register asap to ensure we have competitive teams available.

Full season program is shown below:

Cross Country Program – XCR 2026

Date	Round	Location	Type	Distance
Sun, 10 May	1	Albert Park	Road Race	5km 5km
Sat, 16 May	2	Jells Park, Wheelers Hill	CC Relay	6km Legs 3km Legs
Sat, 30 May	3	St Anne's Winery, Bendigo	Cross Country	8km 4km/3km
Sat, 13 June	4	Cruden Farm, Langwarrin	Cross Country	12km 7km/4km
Sun, 28 June	5	Calder Park Raceway	Road Relay	7.2km Legs 3.6km Legs
Sat, 11 July	6	Bundoora Park	Cross Country	10km 8km/6km/3km
Sun, 26 July	7	Albert Park	Road Race	10km 3km
Sun, 9 Aug	8	Ballarat	Half Marathon	21.1km 6km
Sun, 6 Sep	9	Burnley	Road Race	15km 4km
Sat, 12 Sep	10	Tan Track, Melbourne	Tan Relay	3.8km Legs 3.8km Legs

Junior distances in yellow

New and Renewed Members

Just wonderful to see the continuing support of our past members from across the country. The listing below was based on memberships at 23rd April 2026. A big thankyou from the Club for the generous donations, we hope you continue to enjoy your Cursus.

Des White, a generous benefactor from sunny Queensland, thanks Des.
Noel Burrows, past President and inspirational Life Member,
Mike Wallis, our loyal and generous sponsor and Life Member,
John Edney, Life Member,
Mark Worsnop, our excellent lawyer from Kahns Lawyers,
Gary and Carole Holliday, loyal club members from the 70s
Glenn Morrison, former Committee Member, generous donor and club helper,
John Griffith, former coach and sponsor of the Woods Griffith award,
David Burke, Life Member and athlete
Bruce Hutchins, Coach and generous supporter
Tim Erickson, Life Member and former international athlete
Jeff Franklin, Life Member & coach
Anne Bukovsan, current Registrar
Cyril Dixon, Coach
Caroline Stevenson

and athletes...

Claudia Chugg,
Kate Bukovsan,
Sadie Crane,
Vic Crane,
Nick Dempsey,
Jen Jackson-Hall,
Brenton Hall,
Stuart Hughes,
Rachel Paterson,
Matt Peterson,
Murray Playfair,
James Rickard,
Elizabeth Stevenson

Just a reminder, if you are a non-competing member and wish to continue to support the Club, the joining fee is \$40.00. Our Cursus newsletter continues to circulate each month with news, photos and results, our current circulation is about 300 families. Simply credit the Club Bank account with \$40.00, noting your surname.

Account number details as follows – BSB: 633 000

Account number: 140670480

Competition Results

Ivanhoe Harriers Annual 6km Handicap Race

Saturday, 18th April 2026

The Ivanhoe Harriers Annual 6km Handicap Race was held in fine running conditions along the picturesque Yarra Trail, with 29 runners taking up the challenge of racing the clock and the handicapper. With staggered starts based on recent form and past performances, the aim was simple: beat the allocated handicap time and chase down the runners ahead.

First across the line and overall handicap winner was **Jen Jackson-Hall**, who ran from scratch and produced a commanding performance to finish in **33 minutes 24 seconds**. Jen more than justified her top billing, bettering her handicap time of **35:40** by an impressive **2 minutes 16 seconds**, drawing clear of the field in the closing stages.

Second place went to **Liam Furlong**, continuing his return to form, finishing strongly in **34:35**. Liam also beat the handicapper, running **1 minute 05 seconds** inside his set handicap, with an excellent actual running time of **20:45**.

A close third was claimed by **Lachie Warwick**, who crossed the line in **34:48**, finishing **52 seconds** inside his handicap time of **27:30**. Lachie's consistent pacing saw him hold off several fast finishers late in the race. Congratulations to our top three handicap placegetters who were presented with their trophies by Ivanhoe Harriers President, **Jeff Franklin**.

The **fastest actual time** over the course was recorded by **David Greig**, a welcome sight back racing after a period of injury and illness. David completed the 6km in **20:20**, averaging a sharp **3:23 per kilometre**, and also beat his handicap by **40 seconds**.

The **fastest female performance** was achieved by **Rachel Paterson**, who ran **23:10** for the course, also finishing **40 seconds** inside her handicap. Rachel was enthusiastic afterward, noting how much she enjoyed chasing down runners in front of her—something she did very successfully.

There were many other notable performances on the day, particularly from the club's younger runners including **Henry Barr**, **Ethan Young**, **Ethan Mellor**, **Zoe Tieman**, **Sadie Crane** and **Matt Doyle**. It was also great to see **Murray Playfair** returning after injury,

along with several seasoned campaigners sharpening up ahead of the upcoming cross country season, including **Brenton Hall, Victoria Crane, Fiona Mitchell, Ben Morrison and Peter Castaldo.**

The spread of finish times again highlighted the effectiveness of the handicap system:

- **23 of 29 runners (79%)** finished within **two minutes** of their handicap time
- **13 runners (45%)** finished within **one minute**

Only six runners (21%) were more than two minutes from their allocated handicap, leaving some room for improvement next time.

Thanks are extended to all the volunteers whose efforts ensured another successful event: **Richard Russell, Jeff Franklin, Michael Wallis** (chief BBQ chef), **Glenn Morrison, Anne Bukovsan** (photography), **Bruce Hutchins, Nick Dempsey**, and handicapper **Barry Greig**. A special thank you to **Mark Lecane from Timit**, who generously donated his time and provided the professional timing equipment.

Overall, the 2026 Ivanhoe Harriers 6km Handicap delivered a competitive and thoroughly enjoyable race, capped off with plenty of post-race stories and a BBQ.

Detailed results are listed below and are also available at:

<https://timit.pro/events/results/?page=results&lang=en&eventid=390164>

Ivanhoe Harriers 6km Handicap Race 2026

Course Record:

Jamie Blackburn, 5th April 2025, 18m 46secs

Finish Order	Name	Handicap Time	Actual Time	Difference
1	Jen Jackson-Hall	35:40	33:24	-2.16
2	Liam Furlong	21:50	20:45	-1.05
3	Lachie Warwick	27:30	26:38	-0.52
4	Alex Gibson	24:20	23:29	-0.51
5	Henry Barr	25:30	24:40	-0.50
6	Rachel Taylor	35:00	34:12	-0.48
7	David Greig (Fastest Time)	21:00	20:20	-0.40
8	Rachel Paterson (Fastest Female)	23:50	23:10	-0.40
9	Ethan Young	27:00	26:46	-0.14
10	Alice Liang	30:30	30:21	-0.09
11	Andrew Tieman	21:20	21:23	0:03
12	Tomas O'Kane	23:40	23:55	0:15
13	Ethan Mellor	23:50	24:09	0:19
14	Stuart Hughes	26:40	27:08	0:28
15	Zoe Tieman	26:40	27:18	0:38
16	Kate Bukovsan	29:00	30:02	1:02
17	Brenton Hall	22:20	23:24	1:04
18	Sadie Crane	27:10	28:15	1:05

19	Matt Doyle	21:00	22:07	1:07
20	Fiona Mitchell	34:30	35:44	1:14
21	Murray Playfair	28:00	29:15	1:15
22	Victoria Crane	30:00	31:16	1:16
23	David Burke	32:30	34:06	1:36
24	Ben Morrison	20:00	21:59	1:59
25	Liam Watkins	27:00	30:02	3:02
26	Peter Castaldo	23:00	26:03	3:03
27	Simon Rigoni	27:10	33:26	6:16
28	Jamie Blackburn	19:30	27:33	8:03
29	Michael Chung	33:00	43:08	10:08



First AGSV Cross Country Race for the season

On Wednesday night 22nd April at Marcellin College we saw cross country under lights. Fortunately the weather was kind and all schools were well represented. Some fantastic racing.

IGS was well represented with quite a few potential Ivanhoe Harriers showing some good form.

Year 7's Mihela Silva was impressive. Year 8's Jason Zhang, Ethan Mellor and Bochen Yang were well placed and in the Year 9/10's Max Quinlan also ran very well, as did Alby Dunbar, Jonah Lowe, Billy Crewes and Edward French.

Our best middle distance runner, Year 9's Leonardo Donarelli, was rested after his mighty performance at the National Championships in Brisbane

In the senior boys IGS is very thin with a standout performance from Nick Tomkins.

The IGS girls performed very well but unfortunately several train elsewhere with attachment likely to Clubs other than Ivanhoe. Sadie Crane was our standout, though not feeling 100% still ran well.

In the teams competition, IGS boys placed 5th of 9 schools and IGS girls placed 1st.

Hutch's High Performance Corner

The Art of the 1500m: Tactics that Win Races

The 1500m is chess at speed—positioning, patience, and precision.

Few rivalries defined race craft better than Sebastian Coe and Steve Ovett. Coe mastered the controlled build—relaxed early, poised at the bell, devastating over the final 300m. Ovett, by contrast, trusted rhythm and strength, often increasing pressure gradually to break the field before the sprint began. Both styles remind us: know your strengths and commit to them.

Ivanhoe Harriers' own Mike Hillardt exemplified tactical awareness on the world stage. He understood the importance of positioning—staying off the rail, avoiding boxed-in traffic, and conserving energy while remaining alert.

Key race principles:

- First 300m: Establish position without fighting the race.
- Middle laps: Stay relaxed but engaged—cover moves without overreacting.
- Bell lap: Commit. Hesitation costs more than effort.
- Final 200m: Lift posture, quicken cadence, and run through the line.

The 1500m rewards courage—but only when paired with composure. Run smart. Run brave.

Coach Hutch.

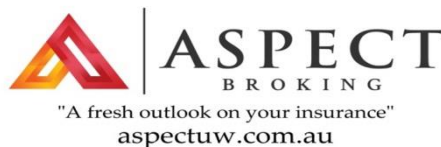


Miles

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