

Editorial

Winter is here and we are 3 rounds into Cross Country season. Mixed results at present with our girls leading the charge, congrats to the girls for some fine performances, hoping to see the return of our “gun” male runners very soon. Commitment to your Club is required. Results to Round 3 later in this Edition. Our AGM and Presentation of Trophies is on Wednesday, 17th June 2026, so please note your diaries and attend to support your Club. The Formal notice with details is shown below.

Last season is now done and dusted. Total membership was 99 but participation in AVSL during summer was down on previous years. Cross Country was a highlight with our girls winning the Division 5 Premiership and our boys number 2 Team won Division 6. As a result, our girls are now promoted to Women’s Division 4 and our boys No 1 team remains in Division 2 with our second men’s team promoted to Division 5.

Remaining Cross Country program inclusive of the AGSV schools program is also attached below. Unfortunately, this season we need to manage a number of clashes with the fixture. For example, on Saturday 30th May the AGSV schools event was held at Cruden Farm and the main AV cross country 8km event was held at Bendigo...hopeless planning. Not ideal for the Club or our Officials.

Cross Country Program 2026

DATE	SPONSOR	VENUE	EVENT
Sat 13 th June	AGSV (R4)	Yarra Bend	Camberwell Grammar (9.00am)
Sat 13 th June	AV (R4)	Cruden Farm, Langwarrin, Cranbourne/Frankson Rd	12km Cross Country
Sat 20 th June	Aths Vic	Bundoora Park	All Schools CC Championships
Sat 28 th June	AV (R5)	Calder Park Raceway	Road Relay Championships
Sat 11 th July	AV (R6)	Bundoora Park	10km CC Champs (Open, U20)
Sat 18 th July	AGSV (R5)	Braeside Park	Mentone Grammar. (9.00am)
Sat 25 th July	AGSV (R6)	Banyule Flats	Ivanhoe/Trinity
Sun 26 th July	AV (R7)	Albert Park, Lakeside 10	10km Road Championship
Sun 9 th Aug	AV (R8)	Lake Wendouree, Ballarat	Half Marathon & 6km Champs
Fri 21 st Aug	Rep Sport v APS		APS Host
Sun 6 th Sept	AV (R9)	Kevin Bartlett Reserve, Yarra Blvd, Burnley	4km & 15km Road
Sat 12 th Sept	AV (R10)	The Tan Track	Club Relays (3.8km Legs)
Sun 11 th Oct	Fun Run	Albert Park, Lakeside	Melbourne Marathon

Black Text Athletics Victoria XCR
Red Text All Schools incl AGSV
Green Text Various other events

Annual General Meeting

To be held at Ivanhoe Football Club, Ivanhoe Park, 153 The Boulevard, Ivanhoe, 7pm for 7:30pm start, Wednesday, 17th June 2026.

The annual awarding of perpetual trophies and election of the 2026/27 committee will occur.

A pizza dinner and soft drinks will be provided. Please advise of any dietary requirements.

RSVP to club secretary, Barry Greig, by emailing secretary@ivanhoeharriers.org.au, by 7th June 2026 for attendance and catering purposes.

*Kind regards,
Barry Greig
Secretary – Ivanhoe Harriers Athletic Club*

Competition Results

XCR Round 1: 5km Road Race

Sunday, 10th May 2026

Pleasing to see new and returning faces for Cross Country. A great return on investment in the Recreational Runners with 10 new athletes pinning on a number to race in this year’s XCR. Welcome Jen, Sarah, Mary and Kris to our female teams, and Adam, James, Glen, Alex G, Stuart and Matt D for their first runs in our men’s teams. Great to see Matt P and Murray return from injuries.

Female Open 5km:

As the team achieved promotion to Division 4 for this season, Rachel lead the Div 4 team home with a great sub 19’ time, Kate a very consistent run, and a fantastic first up run from Sarah in her first race, placed us a solid 5th in the first round.

Rachel Paterson	18:51
Kate Bukovsan	23:50
Sarah Abelskamp	24:46

Div 4

Natalie Power	25:23	Div 5
Jen Jackson-Hall	25:54	
Fiona Mitchell	29:08	



Fiona, Sarah, Natalie, Jen, Kate and Rachel.

Male Under16 - 5km:

Ethan Mellor 18:24, an excellent result from Ethan.

Male Open 5km:

Jamie Blackburn	14:52	Division 2
David Greig	15:10	
Liam Furlong	16:26	
Adam Watts	17:29	
James Rickard	18:03	
Brenton Hall	18:35	Division 5
Harley Mileto	18:43	
Glen Thomson	18:44	
Nicholas Dempsey	19:00	Division 7
Peter Castaldo	19:05	
Alexander Gibson	20:24	
Barry Greig	20:44	Division 7
Stuart Hughes	20:49	
Simon Rigoni	22:03	
Murray Playfair	23:18	Division 7
Claude Aquino	23:27	

With strong runs across the team 12th in Division 2 was a good result missing Owen, Alex L, and Ben. Adam having his first run for the club and building fitness a good run. David and Liam really strong efforts. Jamie fast as always and James and Brenton pushing home hard to step up from Div 5 team to fill the final two spots.

Division 5 Team placed 5th which was a great result with Harley, Glen, Nick and Peter all performing really well. First run for the Club from Glen with a handy 18:44.

Division 7 team placed 9th with Alex and Stuart both having first runs for the Club, Simon and Barry also ran well ensuring the team scored points. Murray and Claude did well to get around the course on their return from injury.



XCR Round 2: Cross Country Relays at Jells Park

Saturday, 16th May 2026

Female Open

4th for our Div 4 team. Mary with a super first run for the club, Rachel who had been sick all week with gastro a very gutsy run and Kate finishing off with another strong effort.

Female Open – Division 4 (3 x 6km)

1	Rachel Paterson	26:00
2	Mary Lypourlis	25:15
3	Kate Bukovsan	30:33
		<u>1:21:48</u>

Female Open – Division 5 (3 x 6km)

1	Claudia Chugg	32:24
2	Victoria Crane	31:05
3	Kristin Watkins	27:36
		<u>1:31:05</u>

Female Open – Division 5 (3 x 6km)

1	Jen Jackson-Hall	35:56
2	Fiona Mitchell	38:25
3	Chloe Thomson	29:55
		<u>1:44:16</u>

Our Div 5 Team had a super win coming through the field with Claudia, Vic and Kristin. Our second Div 5 team also finished well with a 7th place, well done Jen, Fi and Chloe.



A very happy group of runners including Noel Burrows (former President) who loves coming to Jells Park to see Ivanhoe in action.

Our Division 2 men's team finished 9th which we were pleased with under the circumstances.

Owen ran particularly well with an 18:48 with the team recording 2:04:49.

Interestingly, last year, in similar conditions we recorded a team time of 2:06.18 so despite missing a couple of athletes this year, we still improved on last season. A good sign for the future.

Our Division 5 Team had a top3 finish which was a great result. A very even spread of times from Alex, Adam, Brenton and Peter.



Male Open – Division 2 (6 x 6km)

1	Owen Dumsday	18:48
2	David Greig	19:39
3	Liam Furlong	20:31
4	James Rickard	23:17
5	Harley Mileto	23:24
6	Jamie Blackburn	19:10
		2:04:49

Male Open – Division 5 (4 x 6km)

1	Alexander Gibson	24:23
2	Adam Watts	23:03
3	Brenton Hall	23:35
4	Peter Castaldo	23:26
		1:34:27

Male Open – Division 7 (4 x 6km)

1	Matt Dooley	25:22
2	Simon Rigoni	27:45
3	Barry Greig	28:00
4	Murray Playfair	29:50
		1:50:57

Male Open – Division 7 (4 x 6km)

1	David Burke	34:32
2	Juliet Clayton	35:01
3	Matt Peterson	30:24
4	Matt Nolan	26:33
		2:06:30

XCR Round 3: 8km Cross Country at St Anne's Bendigo

Saturday, 30th May 2026

This round was highlighted by the excellent performance of our female teams. Our Division 4 girls won their Division and our Division 5 girls placed 2nd. This is an excellent start to the season for our female distance runners.

Female Open 8km

Times as follows:

Mary Lypourlis	34:31
Rachel Paterson	35:19
Chloe Thomson	41:44
Natalie Power	44:02
Fiona Mitchell	50:17
Jen Jackson-Hall	51:05

Div 4
Div 5

Female Division 4 Ladder

		Pts by Round			Total
1	Box Hill 2	16	16	14	46
2	Diamond Valley 2	14	13	13	40
3	Ivanhoe	11	12	16	39
4	Collingwood 2	13	-	11	24
5	Western Athletics 3	12	11	-	23
6	South Melbourne 3	10	-	12	22
7	Essendon 2	7	14	-	21
8	Old Xaverians 2	9	10	-	19
9	Williamstown	8	-	10	18
10	Ringwood	5	-	9	14
11	Waverley 2	3	-	8	11
12	Ballarat Region 2	6	-	-	6
13	North East Region 2	4	-	-	4

Female Division 5 Ladder

		Pts by Round			Total
1	Melbourne Uni 3	12	7	9	28
2	Ivanhoe 2	-	12	10	22
3	Diamond Valley 3	7	9	4	20
4	South Melbourne 4	3	-	12	15
5	Bendigo Region 3	6	-	8	14
6	Malvern 2	-	6	7	13
7	Box Hill 3	10	2	-	12
8	Knox	5	-	6	11
9	Coburg 2	-	10	-	10
10	Melbourne Uni 4	9	-	-	9
11	Wellington	8	-	-	8
11	Western Athletics 4	-	8	-	8
13	Diamond Valley 4	2	4	-	6
14	APS United 2	-	-	5	5
14	Ivanhoe 3	-	5	-	5
14	Mornington 2	4	1	-	5
17	Coburg 3	-	3	-	3
18	Glenhuntly 3	1	-	-	1



Male Open 8km

In the men's Divisions we were down in numbers with several unavailable at the last minute.

We just managed to fill our two teams and placed remarkably well under the circumstances. Our Div 2 Team placed 8th of 14 teams in the comp with Jamie running particularly well to place 20th and David managing a fine 71st on little training.

In Men's Division 5 we managed a creditable 4th place out of 13 teams in the comp. which was a great result, particular thanks to Nick who ran "injured" and took one for the team. Well done Nick, hope you recover quickly.

Times as follows:

Jamie Blackburn	26:28
David Greig	28:39
Adam Watts	31:28
Peter Castaldo	33:46
Alexander Gibson	34:15
Brenton Hall	37:15
Nicholas Dempsey	38:26
Simon Rigoni	40:54
Matthew Peterson	41:25
Murray Playfair	43:17

Division 2

Division 5



Male Division 2 Ladder

		Pts by Round			Total
1	Yarra Ranges	15	15	13	43
2	St Kevins	12	13	12	37
3	Geelong Region	9	9	15	33
4	South Melbourne	10	12	8	30
5	APS United	11	11	3	25
5	Diamond Valley	7	7	11	25
7	Collingwood	5	10	9	24
8	Melbourne Uni 2	13	5	4	22
9	Richmond	4	3	10	17
10	Ivanhoe	3	6	7	16
10	Mornington	6	4	6	16
12	Essendon	8	2	2	12
13	Frankston	1	8	1	10
14	Box Hill 2	2	1	5	8

Male Division 5 Ladder

		Pts by Round			Total
1	Vic Cross Country 2	18	18	9	45
2	Yarra Ranges 2	14	16	13	43
3	Ivanhoe 2	13	15	14	42
4	Ringwood	15	12	10	37
5	Waverley 2	10	8	16	34
6	Coburg 2	7	9	15	31
7	Melbourne Uni 5	16	13	-	29
7	South Melbourne 3	8	14	7	29
9	Western Athletics 3	6	10	12	28
10	Bendigo Region 3	5	-	18	23
11	Collingwood 3	4	6	11	21
11	Williamstown	9	7	5	21
13	Old Xaverians 2	3	11	6	20
14	Mentone 3	12	5	-	17
15	Traralgon 2	2	4	8	14
16	APS United 2	11	-	-	11

Teamwork between OIGA sporting clubs

Jeff Franklin, President of Ivanhoe Harriers Athletic Club, pictured presenting football boots to Chris Branigan, President of Old Ivanhoe Grammarians Football Club.

Ivanhoe Harriers via its close association with Skechers, sporting footwear manufacturer, was able to secure 13 pairs of high quality football boots for the footy club. Chris Branigan absolutely delighted.

Special thanks to Skechers and Bruce Hutchins (IGS Athletics Coach) for making this happen.

A strong relationship between both Clubs.



A Bit of History...

Below is a great photo supplied by Bruce Hutchins, taken at Olympic Park during the 1980s.

Mike Hillardt (SSH) leading the pack with a very young Barry Greig in 5th place. Our older members will remember that Mike joined Ivanhoe late in his career after competing for our Legends Track Club following the demise of SSH.



Victorian All Schools Road Relays

Some outstanding results for the Victorian All Schools Road Relays.

Names highlighted indicate members of Ivanhoe Harriers.

Boys - U/16 Team

Finished 13th out of 44 Teams

2nd AGSV Team

Billy Crewes 11.38, **Eddie French** 12.24, **James Craven** 12.38, **Ethan Mellor** 11.13.

Ethan Mellor had the fastest time in our team and is in Year 8. Incredible effort.

Girls - U/16 Team

Finished 26th out of 51 Teams

2nd AGSV Team

Isla Tang 14.33, **Grace Quinlan** 14.09, **Mali Calleja** 14.02, **Sadie Crane** 14.12

Boys - U/18 Team

Finished 5th out of 31 Teams

1st AGSV Team

Considering the team was made up of 1xY8, 1xY9, 1xY10, 1xY11 this is a fantastic result.

Max Quinlan 10.40, **Jason Zhang** 11.38, **Nick Tomkins** 9.43, **Leonardo Donarelli** 9.29.

Girls - U/18

Finished 4th out of 41 Teams.

1st AGSV Team

The team was made up of 3xY8 and 1xY11. This is a spectacular achievement and each team member ran under 12 minutes with Ruby Callahan running an incredible 11.05.

Heidi Mitchell 11.31, **Allegra Tieman** 11.59, **Gracie Wells** 11.18, **Ruby Callahan** 11.05.

Victorian All Schools Cross Country Championships, Jells Park

Saturday, 23rd May 2026

Highlights were Girls Under 18 (2nd) and boys Under 18 (6th).

Girls U/14: **Lily Russell**: 15.10, **Matilda Crane**: 16.26, **Anu Jenzen**: 15.56.

Girls U/16: **Milana Gilinas**: 12.22, **Sadie Crane**: 14.04, **Mali Calleja**: 13.42.

Girls U/18: **Heidi Mitchell**: 11.17, **Allegra Tieman**: 12.08, **Gracie Wells**: 11.42, **Ruby Callahan**: 10.56. (Team placing 2nd of 25)

Boys U/16 Team 1: **Mihela Silva**: 11.31, **Billy Crewes**: 12.06, **Eddie French**: 12.46, **Ethan Mellor**: 11.24. (Team placing 17th of 58)

Boys U/16 Team 2: **James Craven**: 12.44, **Liam Watkins**: 13.03, **Alex Thompson**: 13.05, **Jonah Lowe**: 14.18. (Team placing 30th of 58)

Boys U/18: **Leonardo Donarelli**: 9.36, **Jason Zhang**: 11.05, **Max Quinlan**: 10.40, **Nick Tomkins**: 9.54. (Team placing 6th of 35)

Hutch's High Performance Corner

Stretching: A Simple Habit That Pays Dividends

One of the most important habits a runner can develop is a sensible stretching routine after training. Whether you're preparing for the track season or building strength through cross country, flexibility plays a valuable role in maintaining healthy muscles and helping prevent injuries.

A common mistake athletes make is believing that more stretching is always better. In reality, overstretching can be just as problematic as not stretching at all. The goal is not to force muscles beyond their natural range but to gently improve flexibility and assist recovery after hard sessions.

Static stretching, performed after training when muscles are warm, remains an important part of an athlete's routine. Taking a few minutes to stretch the major muscle groups used in running—calves, hamstrings, quadriceps, hip flexors and glutes—can help maintain mobility and reduce the risk of tightness developing into injury.

For many years I have given my athletes a copy of Bob Anderson's classic 1984 book *Stretching*. Although first published more than 40 years ago, it remains one of the most practical and easy-to-follow guides available. The book contains excellent stretching routines specifically suited to runners, with clear illustrations and sensible advice that has stood the test of time.

The key message is simple: stretch regularly, stretch gently, and stretch consistently. A few minutes after each training session can make a significant difference over the course of a season. Good flexibility won't make you faster overnight, but it may help keep you healthy enough to enjoy the training that does.

Cross Country Racing

Cross country season isn't a break from track—it's the foundation for it. For Ivanhoe Harriers, committing to winter training and racing is one of the most effective ways to set up a strong track season.

Cross country builds aerobic strength through longer efforts and varied terrain, developing endurance and resilience that translate directly to the track. Hills and uneven surfaces also improve strength and efficiency, making race pace feel more sustainable later on.

It also sharpens mental toughness. Unpredictable conditions and tactical racing teach athletes to adapt, push through discomfort, and stay focused—key skills in competitive track races.

Just as importantly, cross country promotes consistency and a strong team culture. Athletes arrive at track season with a solid fitness base, ready to add speed on top of it.

In short, the work done over winter is what sets up success when it matters most.

Coach Hutch.

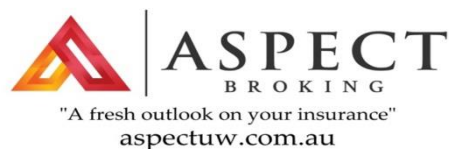


Miles

EST. 1924



FOODWORKS
EAST IVANHOE



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Production: David Burke



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