

Editorial

Last season concluded on 31st March 2026 and our AGM on Wednesday, 17th June 2026 went smoothly. Numbers were down a little this year with 23 in attendance but a quorum was achieved.

Apologies received from Caroline and Elizabeth Stevenson, Andrew Edney, Michael Hennessey, Chloe Thomson, Jen Jackson-Hall, Nicholas Dempsey, Phil Ramsay, Rob Craigie, Alex Linke, Jill Wallis, John Wallis, Wendy Russell, Fiona Mitchell, Chris Cole, John Boas, Owen Dumsday, Victoria Crane, Sadie Crane, Noel Burrows, Claude Aquino, Michael Wallis and Matt Peterson.

The meeting was ably conducted by Secretary, Barry Greig who managed the procedures of the new Constitution very well. The adoption of a new and up to date Constitution last season was a very positive step forward for the Club, bringing us in line with current requirements.

Election of Office bearers was smoothly handled and straight forward. Nominations unfortunately did not cover all positions with only one nomination being received for President and Treasurer and no nomination received for Secretary. We had 2 retirements from last year's Committee, Braden Fraser and Brenton Hall, sincere thanks for their service to the Club.

The new Constitution, which complies with current Govt. legal requirements, is very different to the past with nominations for positions closing 35 days prior to the AGM. However, the Committee is able to move forward quite capably in accordance with the Constitution. The Committee is empowered to appoint 2 additional committee members to fill vacancies as and when they arise.

Elected Committee to date, as follows:

President: Jeff Franklin
Vice President: Barry Greig
Vice President: Richard Russell
Secretary: TBA
Treasurer: David Burke

General Committee: Michael Wallis, Bruce Hutchins, Anne Bukovsan, and Nicholas Dempsey

Congratulations to all Committee members on their election and congratulations to Secretary Barry for his management of the election procedures this year. There was quite a lot of additional work involved.

Life Membership

At the conclusion of the election, your Editor tabled a special resolution on behalf of the retiring Committee, recommending Life Membership be awarded to Barry Greig for his long and sustained service to the Club. The recommendation was unanimously approved. Sincere congratulations to Barry from all at the Club.



The Citation for Barry is published below:

Ivanhoe Harriers Citation for Life Membership: Barry Greig

Barry first joined the club in September 1974, immediately making an impact as a key member of the Under 13 team that won the Venue Premiership and came second in the Association Premiership that year. (Barry will become the third life member from that team after Chris Lang & Andrew Edney.) By the late 70s Barry was representing the club in A grade distance events and in the early 80s was the club's leading distance runner, winning the Geoff

Legge trophy on 4 consecutive occasions between 1979 and 1982.

In 1980, Barry won the Australian Secondary Schools' 2000m title. In 1978, 1979 and 1980 he was in the All Schools Teams and Victorian Junior Squads.

From the late 70s through to the mid-90s Barry was a mainstay of our successful cross country team. As a junior regularly placing in the top 10 in Victorian Championships and also achieving top 10 finishes as a senior. Along with the likes of Mal Norwood, Richard Russell, Glenn Franklin, Darren Wilson and Damien Cook, Barry would help the club to be a dominant force in distance running.

On the track Barry particularly excelled in the gruelling Steeplechase, which took a toll on his body. In 1981 he placed 3rd in the Australian Junior 2k steeple and as a senior Barry placed 2nd in the 3k steeple in the Victorian Championships and 5th in the Nationals. His PB over the distance is 8:54.76. During the early 90s the club was regularly forced to compete in promotion relegation matches to remain in A grade. In 1993 we were staring relegation down the barrel; despite no longer competing in the Steeplechase and after running a 3:59 1500m, Barry ran a heroic second in the Steeple to help us come through on the night. Barry features in the Club All Time Rankings in 1500 (3:48), 1 mile (4:06.5), 5000m (14:31), 10km road (30:28) and Half Marathon (71:05).

In more recent years, Barry has made a return to the track and set a great many Club Records in the Over 40, Over 50, and Over 60 age categories in events from 400m, 800m, 1500m, One Mile, 3000m and the Over 50 men's Shot Put. A truly amazing performance spanning over 50 years.

Barry was selected in our team of the century in the 3000m steeplechase.

Barry joined the committee in 2017/18 and has been a valuable contributor over the past 9 years and over the last 4 years has held the position of Secretary. His contribution to the smooth running of the Committee has been exceptional.

Special mention of his efforts during the "down years" of COVID where we managed as a Club to hold time trial events on the bicycle track along the river. These events provided a challenge and an outlet for the young athletes at a time where formal racing was not permitted. This was a significant contribution.

In recognition of his long, successful and sustained commitment to the Club, recommend that Barry Greig be awarded Life Membership of the Club.

Jeff Franklin

New and Renewed Members

(Since the May Edition)

Chris Cole, past President and Life Member.

Bob Cochrane, former long distance guru.

Andrew Edney, Editor of our history and Life Member.

Barry Greig, Life Member and athlete extraordinary.

Andrew Potocnik, fabled distance runner of Rosanna.

Bruce Meakin, Head of cross country in the 1980s.

Peter Carter, cross country in his bones.

Jill Wallis, Life Member and loyal Official.

Phil Ramsay, track and field Official and former Coach. **and Athletes...**

Jessica Abdul-Rahman, William Abdul Rahman, Sarah Abelskamp, Sarah Anand, Claude Aquino, Jamie Blackburn, Anne Bukovsan, Peter Castaldo, Juliet Clayton, Billy Crewes, Leonardo Donarelli, Matt Dooley, Owen Dumsday, Liam Furlong, Alex Gibson, Daisy Green, David Greig, Oliver Gualano, Mary Lypourlis, Ethan Mellor, Harley Mileto, Fiona Mitchell, Ben Morrison, Clemantine Oostermeyer, Ashleigh Palmer, Carla Parris, Elizabeth Paterson, Natalie Power, Max Quinlan, Simon Rigoni, Chloe Thomson, Glen Thomson, Andrew Tieman, Kristin Watkins, Adam Watts, Jason Zhang.

A big welcome to all in the Club Family...enjoy the season.

President's Report

A summary of the year 2025/26

We are a unique athletics club in Melbourne with a deep history, strong community connection, still striving for clubrooms in Ivanhoe.

Over the past year we have continued a disciplined approach to our funding and maintained a stable membership driven by good relations with local schools.

Our membership declined marginally from 105 members last year to 99 this year. Social membership inclusive of "Recreational Runners" increased but our actual participation in Track and Field declined. In 2023/24 our participation on the Track, ie number of events per athlete in AVSL was 16.2 events, this year that number fell to 10.17 events per athlete. The reduced levels of participation in the AVSL Track and Field program seems to be across most clubs which is a concerning trend for athletics generally.

From an administrative point of view, the Club functioned very well with our strong Committee operating efficiently. The Club finances are in good

shape with our Bank balance growing by 12.6% thanks largely to our Trivia Night fundraising, continued support of sponsors and control of costs.

The lack of progress with the redevelopment of clubrooms at Chelsworth Park remains a serious impediment. At this stage, it is expected that Ivanhoe Grammar School will be able to commence demolition of the old buildings and rebuild the new, towards the end of this year. Completion of the development will provide us with shared occupancy with the Old Ivanhoe Grammarians' Football club.

Our Cross Country team competed in Division 2 for the first time in a long time. We ended the season in 6th position in a very strong competition, our number 2 Team (Div 6) won the Premiership and our Women's Team comfortably won Div 5 which was a first ever Women's Premiership for the Club. By any measure, a very successful winter season. Outstanding individual performances from Owen Dumsday, Rachel Paterson and Leonardo Donarelli in the juniors. A number of outstanding new Club records were set during the year, details shown below.

In summer Track and Field competition the Club had 29 athletes competing in Division 4. Though light in numbers our girls in particular performed very well, underpinning our results. We ended the season in 8th place of the 11 clubs in Division 4.

Our close relationship with Ivanhoe Grammar School, our provision of training, coaching and mentoring of young athletes has continued. Bruce Hutchins has done a fine job building good connection with IGS and the students. Bruce is now officially "on board" at IGS as Coach of Athletics and Cross Country. It is hoped this initiative will benefit the Club in the years ahead.

Communication has played a big part in the growth of the Club. The re-booting of the Cursus mailing list in 2014 has been instrumental in achieving this goal. This past financial year we issued 10 Editions of Cursus to a circulation list of over 300. Sincere thanks to David Burke for formatting and production and Anne Bukovsan for her excellent photography. In addition, special thanks for the work done by Braden Fraser in supervising Facebook and Instagram. Braden retired from Committee this year after 14 years of continuous service. His selfless contribution has been very much appreciated by all at the Club.

As noted above, we have grown our balance sheet by 12.6% with total net worth of the Club circa \$55,000.00 which includes uniform stock and equipment. This pleasing progress over the past 10

years is due to the commitment and effort from members and Committee who have collectively worked to make this happen.

Our Trivia Night was, once again a significant success. Profit of \$5,559.60 was a 6% increase on last year, obviously a great result. The personal contribution of Life Member John Edney in running the Trivia Night was, once again, outstanding. Apart from the fund-raising, the fun and social aspect of the evening was a real highlight.

The Club needs to continue to grow its financial strength in order that we are in a healthy position to finance future equipment. The much anticipated rebuild of clubrooms at Chelsworth Park will require equipping of a weight training room upon completion. Therefore, we will have a future funding obligation estimated at \$40,000.00 for weight training equipment at that time.

Our partnership with Old Ivanhoe Grammarians' continues to develop and we are working together to improve our visibility on Facebook and Instagram. We are confident this deepening of our relationship with Ivanhoe Grammar School is improving the visibility of athletics at the school, particularly as we strive to promote female participation in athletics. We continue to enjoy solid support from the senior management at the school as we strive to add value to the School athletics and cross country program.

As noted last year, I was intending to retire this season. However, the volume of unfinished business and a lack of committee numbers meant that our existing Committee would not have been able to manage the workload. We are a small Committee and some of the major tasks in the pipeline include our new home at Chelsworth Park, our continuing efforts to build a foundation with Trinity Grammar School and the completion of a new relationship at Charles LaTrobe College. All significant matters, requiring "hands-on" involvement.

As a consequence, and with agreement of Committee members, I have decided to carry on for another year to hopefully enable a seamless handover at that time to a stronger group.

Trophy Presentations 2025-26

ST.JAMES IVANHOE TROPHY: Most improved track & field athlete	Rachel Paterson
STATEWIDE TROPHY: The most winter Cross Country points earned.	Owen Dumsday
HUGH LOWE MEMORIAL TROPHY: The most outstanding senior athlete in winter competition.	Owen Dumsday
W.A.RAWLINSON TROPHY: Best track & field athlete in the Club.	Leonardo Donarelli
ALF WATSON MEMORIAL TROPHY The most outstanding sprinter, sprint hurdler in summer competition.	Mabel Taylor
BANYULE TROPHY: Best female athlete in the Club	Carla Parris
COVID CUP: Most points earned in events from 6km to 400m on a handicap basis.	Alex Linke
F.J.HOLPEN TROPHY: The most consistent A Grade athlete.	Alex Linke
JACK McCANN TROPHY: The most significant contribution to the Club.	David Burke
BOAS/HANCOCK TROPHY: Most outstanding field event athlete.	Glen Nicholson
BUFFALO SPORTS / ATHLETES FOOT TROPHY: The most improved junior athlete	Ashleigh Palmer
LEW HALL TROPHY: The most significant commitment by an under 23 athlete.	Kate Bukovsan
GEOFF LEGGE TROPHY: Most outstanding performance by a junior in any event from 800m-10,000m	Leonardo Donarelli
WOODS/GRIFFITH TROPHY: Most outstanding junior jumper.	Carla Parris



New Club Records set during this period including some prior records recognised.

Club Records

Name	Event	New Record	Date Set
Rachel Paterson	Open Women - Half Marathon	1:38:32	7/09/2025
Rachel Paterson	Open Women - 10000m	41:56.0h	25/09/2025
Rachel Paterson	Open Women - 5000m	18:57.09	20/11/2025
Rachel Paterson	Open Women - 3000m	10:57.89	29/11/2025
Rachel Paterson	Open Women - 1500m	5:00.7h	21/02/2026
Carla Parris	U16, U18, U20 Women - 400m	62.94	7/03/2026
Brenton Hall	50+ Men – Half Marathon	1:29:06	7/09/2025
David Burke	40+ Men – 110m Hurdles (1.067m)	22.54	31/10/2015
David Burke	40+ Men – 110m Hurdles (0.991m)	21.86	12/01/2018
David Burke	50+ Men – 400m Hurdles (0.838m)	75.25	31/01/2026
David Burke	50+ Men – 100m Hurdles (0.914m)	19.59	8/02/2026
David Burke	50+ Men – Shot Put (6kg)	7.57m	28/02/2026
David Burke	50+ Men – Javelin (700g)	27.18m	18/10/2025
David Burke	50+ Men – Discus (1.5kg)	21.28m	8/02/2026
Leonardo Donarelli	U15 Men - 800m	1:58.62	20/04/2026

Competition Results

XCR Round 4: 12km Cross Country – Cruden Farm

Saturday, 13th June 2026

Female Open 12km:

Place	Name	Time	
42	Mary Lypourlis	53:00	Div 4
52	Rachel Paterson	54:13	
86	Kristin Watkins	59:46	
105	Victoria Crane	1:04:08	Div 5
114	Chloe Thomson	1:07:01	
129	Juliet Clayton	1:15:11	

Female Open - 7km:

Jen Jackson-Hall 43:21, ran well and placed 25th in the short course race.



Male Open 12km:

Place	Name	Time	
30	Jamie Blackburn	39:55	Division 2
81	Liam Furlong	43:16	
116	Andrew Tieman	45:14	
151	Adam Watts	47:26	
171	Harley Mileto	48:39	
198	Ben Morrison	50:49	Division 5
211	Alexander Gibson	51:35	
216	Brenton Hall	52:11	
238	Matt Dooley	54:03	
278	Stuart Hughes	57:52	
288	Matt Peterson	59:35	Division 7
298	Simon Rigoni	1:01:51	
306	Murray Playfair	1:03:50	



XCR Round 5: Road Relays – Calder Park Raceway

Sunday, 28th June 2026

Female Open – Division 4 (3 x 7.4km)

1	Mary Lypourlis	27:55	
2	Kristin Watkins	31:19	
3	Rachel Paterson	27:32	
		1:26:46	(2 nd place)

Female Open – Division 5 (3 x 7.4km)

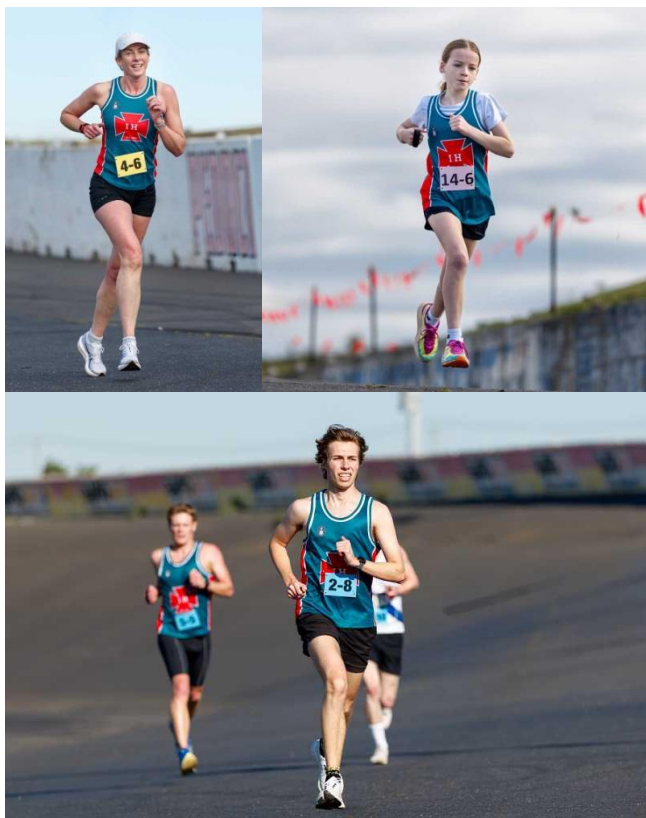
1	Sarah Abelskamp	34:29	
2	Natalie Power	36:18	
3	Kate Bukovsan	37:08	
		1:47:55	(3 rd place)

Female Open – Division 5 (3 x 7.4km)

1	Juliet Clayton	38:57	
2	Jen Jackson-Hall	38:31	
3	Fiona Mitchell	42:39	
		2:00:07	(7 th place)

Female Under 14 (3 x 3.7km)

1	Sarah Anand	15:57	
2	Clementine Oostermeyer	17:15	
3	Claudia Chugg	15:24	
		48:36	(6 th as Invitation)



Male Under 16 (3 x 3.7km)

1	Jason Zhang	12:40
2	Ethan Mellor	12:50
3		
		25:30 (7 th place)



Male Open – Division 2 (6 x 7.4km)

1	Jamie Blackburn	21:49
2	Liam Furlong	23:35
3	David Greig	23:47
4	Harley Mileto	26:26
5	Max Quinlan	25:45
6	Ben Morrison	24:54
		2:26:16 (11 th place)

Male Open – Division 5 (4 x 7.4km)

1	Andrew Tieman	24:57
2	Glen Thomson	27:09
3	Alexander Gibson	27:15
4	Peter Castaldo	27:09
		1:46:30 (3 rd place)

Male Open – Division 7 (4 x 7.4km)

1	Simon Rigoni	32:58
2	Matt Dooley	29:29
3	Murray Playfair	34:00
4	Brenton Hall	27:36
		2:04:03 (2 nd place)

Male Open – Division 7 (4 x 7.4km)

1	David Burke	38:53
2	Claude Aquino	35:02
3	Elizabeth Paterson	38:56
4		
		1:52:51 (12 th as Invitation)

We love our sponsors!!

Richard Russell (Vice President) and your Editor attended the Bendigo Bank Economic breakfast on 24th June 2026 in support of Bendigo Bank (our sponsor).

The East Ivanhoe branch of the Community Bank Bendigo has proudly awarded sponsorships to a wide range of local charities, sporting clubs, community groups etc. Throughout the year, an incredible \$358,478.00 was invested back into the community supporting dedicated volunteers including our Club. We are most grateful for this level of support. Please remember to consider Bendigo Bank, East Ivanhoe for your banking needs and support the Bank that supports you.

Community Bank
East Ivanhoe

 Bendigo Bank

Great to see 4 of our Year 7 athletes compete for the first time, Mihela Silva, Anu Jenzen, Tilly Crane and Lily Russell. Mihela finished 25th out of a field of 129.

Strong performances in Year 8 from Heidi Mitchell finishing 10th. Gracie Wells and **Sadie Crane** raced hard and Milana Gilinas in the age group above being U/16 finished an impressive 13th.

The highlight of the day was the boy's U/15 team. Sammy Gordon 4th, Mike Simm 5th, **Jason Zhang 25th**, and **Ethan Mellor 45th**. This produced a Gold Medal for the team for Ivanhoe Grammar. A huge effort and congratulations to the boys.

The other highlight was Ruby Callahan finishing 3rd in the Female U/18 and **Leo Donarelli finishing 5th** in the Male U/16. Outstanding achievements.

Nick Tomkins and **Max Quinlan** ran their guts out in a highly competitive field in extremely muddy conditions in the Male U/18. Nick finished 17th and **Max 29th** out of a field of 74 athletes.

A big thank you to Lachie Warwick and Rachel White for their mentorship, coaching and commitment to the athletes. Thanks as always to Jeff Franklin for being the God Father of IGC XC and Don Hanly stepping in for Richard Russell with his encouragement and advice to our athletes. Great to have Don on board. A big thank you to all the parents also.

Finally, a huge congratulations to the following athletes for making it through to the national championships representing Victoria in August,

Ruby Callahan
Sammy Gordon
Mike Simm
Leonardo Donarelli
Heidi Mitchell

Editor Note: **Kate Bukovsan** ran for Ivanhoe Girls Grammar School placing 48th in the Under 18 girls 4k.

Full Results can also be viewed at <https://athsvic.resultshub.com.au>

Remaining XCR program

Cross Country Program 2026

DATE	SPONSOR	VENUE	EVENT
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

Victorian All Schools Cross Country Championships, Jells Park

Saturday, 23rd May 2026

The following article was written by Coach, Bruce in his role as Coach at IGS. Highlighted names are current members of Ivanhoe Harriers.

A huge day and fantastic results from the Victorian All Schools XC Championships held at Bundoora Park in cold, wet, windy and extremely muddy conditions.

5 of the schools 19 competitors will represent Victoria in the National Championships in August. An outstanding result for the School.

Hutch's High Performance Corner

Race Day Routine: Keep It Simple

The final 12 hours can help set the tone for a good performance.

The Night Before

Keep things simple. A familiar pasta meal is a popular choice, providing plenty of carbohydrate without being overly heavy. Avoid experimenting with new foods and resist the temptation to "carbo-load" excessively. Get your race gear organised before bed so there's no last-minute rush in the morning. Australian marathon legend Steve Moneghetti was known for his practical approach to racing, emphasising consistency and sticking to routines that worked.

Race Morning

The golden rule is simple: stick to what works. For many runners, a very light breakfast is all that's needed—perhaps a couple of slices of toast with Vegemite and a cup of tea or coffee. Whatever you choose, it should be something you've used successfully before training runs. Allow enough time to eat, stay hydrated, and do a short warm-up before the start. Four-time Olympian Robert de Castella often spoke about the importance of preparation and confidence. Race day is not the time to make changes—trust the training you've already done. The best race-day routine is usually the simplest one: familiar food, organised gear, a calm start, and confidence in your preparation.

Run well. You've done the work.

Coach Hutch.



Miles

EST. 1924



FOODWORKS
EAST IVANHOE



Cursus Editor: Jeff Franklin
Production: David Burke



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