

Editorial

The highlight of our winter season continues to be the steady performance of our women's team.

Our number 1 team currently sits in second place on the Division 4 Ladder. (See ladders below)

Assuming we can hold that position, we can achieve promotion to Women's Division 3, which would be a great result.

Unfortunately our Men's number 1 team (Division 2) has struggled this season, currently sitting in 10th position, just ahead of Mornington, Essendon and Frankston. We have certainly missed a few of our key athletes this year, which illustrates the importance of depth in our list of available athletes. With 3 rounds to go we are hopeful that we can hang tight and avoid relegation.

Our juniors continue to impress. We can look forward to the future careers of Leonardo Donarelli, Max Quinlan, Jason Zhang, Ethan Mellor and hopefully Hugh Park, Captain of Cross Country at IGS. This influx of junior talent should occur over the next couple of years.

Summer competition programme dates shown below.

2026-27 SUMMER CALENDAR as at 31/07/26

Please note: Information, including dates and locations, may change.

SEPTEMBER 2026

Wed 2	Victorian All Schools Track Relays	Lakeside
Sun 6	XCR Rd 9: Burnley 15km	Burnley
Thu 10	Victorian All Schools Challenge	Lakeside
Sat 12	XCR Rd 10: Tan Relays	The Tan

OCTOBER 2026

Thu 1 –	Vic All Schools Track & Field	Lakeside
Sun 4	Championships	
Sat 17	AVSL – Round 1	Various
Sat 24	AVSL – Round 2	Various
Sat 31	AVSL – Round 3	Various

NOVEMBER 2026

Sat 7	AVSL – Round 4	Various
Sat 14	AVSL – Round 5	Various
Thu 19	Victorian 5,000m Championships	Lakeside
Sat 21	AVSL – Round 6	Various
Sat 28	AVSL – Round 7	Various

DECEMBER 2026

Fri 4 –	National All Schools Track & Field	Perth
Sun 6	Championships	
Mon 7	National Schools Team Challenge	Perth
Fri 11	Zatopak:10	Lakeside
Sat 12 –	Victorian Track & Field Relay	Lakeside
Sun 13	Championships	
Sat 12 –	LAVic State Relay Championships	Lakeside
Sun 13		

JANUARY 2027

Sat 9	AVSL – Round 8	Various
Sat 16	AVSL – Round 9	Various
Fri 22 –	Victorian Country Championships	Ballarat
Sun 24		
Sat 30	National Short Track Championships	Lakeside

FEBRUARY 2027

Sat 6	AVSL – Round 10	Various
Thu 11 –	Victorian Junior Track & Field	Lakeside
Sun 14	Championships	
Sat 20 –	Victorian Combined Event	Lakeside
Sun 21	Championships	

MARCH 2027

Sat 6 –	LAVic State Track & Field	Lakeside
Sun 7	Championships	
Thu 11 –	Victorian Track & Field Champs	Lakeside
Sun 14	(U20, Open & Overage Champs)	

Legend

Red Text – Not an Athletics Victoria Event

Green Text – AVSL Meet

Gold Text – Athletics Victoria Championship Meet

Navy Text – XCR Meet

Alex Linke's 21st

Your Editor attended Alex's 21st which turned out to be a gathering of our athletes from the past and present. It was a wonderful occasion with lots of banter and tall stories. Tom Langdon was down from Sydney and Justin Cementon from Canberra. I was delighted to catch up with the boys, most of whom I

had coached for many years, particularly during their time at School. They are all doing incredibly well and pleasingly, have maintained their good friendships over the journey. Hopefully we will see some on the track this summer.

Happy birthday Alex from all at the Club.



Back Row: Josh Philip, Alex Linke, Tom Langdon, Justin Cementon, Jeff Franklin, Ben Morrison, Harley Mileto.
Front Row: Liam Furlong, Jamie Blackburn, David Greig and Nick Dempsey.

Owen Dumsday's European Adventure

During July, Owen travelled to Europe to support Seth O'Donnell's Commonwealth Games campaign. While in Belgium, Owen managed to schedule some of his own races.

First up was a 1500 which was held at the fascinatingly named Guldensporenmeeting. Owen ran his 1500 in 3:51.08 for a new PB. Then just one week later Owen raced (and won) a 5000m in 14:18.46, also a new PB and an international win. His 5000m time is 7th in the Club rankings which is an excellent achievement considering the high quality names on our list. Congratulations Owen from all at Ivanhoe Harriers. Very proud of your achievements.

In addition, we wish Owen and partner Jess, all the best with the birth of their child, expected in November.

Competition Results

XCR Round 6 – Bundoora 10km Cross Country

Saturday, 11th July 2026

Female Open 10km:

Place	Name	Time
54	Rachel Paterson	44:46
119	Fiona Mitchell	1:00:38
120	Juliet Clayton	1:00:41
122	Jen Jackson-Hall	1:01:08

Div 4
Div 5



Male Open 10km:

Place	Name	Time
48	Jamie Blackburn	34:16
109	Andrew Tieman	37:16
112	Adam Watts	37:22
136	Harley Mileto	38:35
151	Ben Morrison	39:28
178	Peter Castaldo	40:35
191	Brenton Hall	41:47
197	Glen Thomson	42:21
198	Alex Gibson	42:21
269	Stuart Hughes	47:32
283	Simon Rigoni	49:56
289	Murray Playfair	51:25

Division 2
Division 5
Division 7



XCR Round 7– Lakeside 10km Road Race

Sunday, 26th July 2026

Female Open 10km:

Place	Name	Time	
74	Rachel Paterson	40:24	Div 4
80	Mary Lypourlis	40:37	
126	Kristin Watkins	45:22	
178	Juliet Clayton	56:18	Div 5
179	Fiona Mitchell	57:00	
183	Jen Jackson-Hall	58:25	

Female Under 14 – 3km:

30	Claudia Chugg	13:14
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Male Open 10km:

Place	Name	Time	
45	Jamie Blackburn	31:26	Division 2
137	David Greig	33:49	
154	Andrew Tieman	34:20	
165	Adam Watts	34:41	
221	Ben Morrison	36:40	
261	Peter Castaldo	38:03	Division 5
265	Harley Mileto	38:12	
269	Glen Thomson	38:28	
279	Alex Gibson	38:51	Division 7
299	Matt Dooley	39:35	
347	Nicholas Dempsey	42:12	Division 7
358	Brenton Hall	42:48	
388	Simon Rigoni	45:32	Division 7
406	Matt Peterson	48:11	
413	Murray Playfair	49:00	

Male Under 16 – 3km:

22	Jason Zhang	10:26
25	Ethan Mellor	10:31

XCR Ladders after Round 7

Female Division 4 Ladder

		Pts by Round							Total
1	Box Hill 2	16	16	14	16	16	16	16	110
2	Ivanhoe	11	12	16	14	14	14	13	94
3	Diamond Valley 2	14	13	13	13	12	11	14	90
4	Collingwood 2	13	-	11	11	10	7	7	59
4	South Melbourne 3	10	-	12	12	-	13	12	59
6	Essendon 2	7	14	-	-	13	9	9	52
7	Western Athletics 3	12	11	-	-	11	-	10	44
8	Old Xaverians 2	9	10	-	-	9	12	-	40
9	Ringwood	5	-	9	10	-	8	6	38
10	Williamstown	8	-	10	-	-	10	5	33
11	Waverley 2	3	-	8	9	-	-	-	20
12	North East Region 2	4	-	-	-	-	-	11	15
13	Ballarat Region 2	6	-	-	-	-	-	8	14

Female Division 5 Ladder

	Pts by Round							Total
1 Ivanhoe 2	-	12	10	10	9	9	5	55
2 Melbourne Uni 3	12	7	9	-	12	-	3	43
3 Diamond Valley 3	7	9	4	5	7	-	9	41
4 Box Hill 3	10	2	-	-	4	12	12	40
5 South Melbourne 4	3	-	12	12	-	-	10	37
6 Wellington	8	-	-	8	-	10	4	30
7 Malvern 2	-	6	7	7	8	-	1	29
8 Knox	5	-	6	9	-	-	7	27
9 Coburg 2	-	10	-	-	10	-	-	20
10 Bendigo Region 3	6	-	8	-	-	-	2	16
11 South Melbourne 5	-	-	-	6	-	-	8	14
11 Western Athletics 4	-	8	-	-	6	-	-	14
13 Diamond Valley 4	2	4	-	-	-	-	6	12
14 Ivanhoe 3	-	5	-	-	5	-	-	10
15 Melbourne Uni 4	9	-	-	-	-	-	-	9
16 APS United 2	-	-	5	-	-	-	-	5
16 Mornington 2	4	1	-	-	-	-	-	5
18 Coburg 3	-	3	-	-	-	-	-	3
18 Malvern 3	-	-	-	-	3	-	-	3
20 Essendon 3	-	-	-	-	2	-	-	2
21 Glenhuntly 3	1	-	-	-	-	-	-	1

Male Division 2 Ladder

	Pts by Round							Total
1 Yarra Ranges	15	15	13	15	13	12	13	96
2 Geelong Region	9	9	15	13	15	15	15	91
3 South Melbourne	10	12	8	11	12	13	8	74
4 St Kevins	12	13	12	4	7	7	11	66
5 Collingwood	5	10	9	8	11	10	10	63
6 Diamond Valley	7	7	11	6	9	11	9	60
7 Melbourne Uni 2	13	5	4	10	8	6	12	58
8 APS United	11	11	3	2	10	3	2	42
9 Richmond	4	3	10	5	2	9	7	40
10 Ivanhoe	3	6	7	7	4	5	5	37
11 Mornington	6	4	6	9	1	4	6	36
12 Essendon	8	2	2	1	5	8	4	30
12 Frankston	1	8	1	12	6	1	1	30
14 Box Hill 2	2	1	5	3	3	2	3	19

Male Division 5 Ladder

	Pts by Round							Total
1 Yarra Ranges 2	14	16	13	18	18	18	18	115
2 Ivanhoe 2	13	15	14	16	15	16	15	104
3 South Melbourne 3	8	14	7	13	11	11	13	77
4 Ringwood	15	12	10	11	14	10	4	76
5 Waverley 2	10	8	16	10	7	15	8	74
6 Vic Cross Country 2	18	18	9	6	16	-	6	73
7 Coburg 2	7	9	15	15	10	13	3	72
8 Collingwood 3	4	6	11	14	5	14	10	64
9 Melbourne Uni 5	16	13	-	-	13	-	16	58
10 Western Athletics 3	6	10	12	5	12	-	7	52
11 Old Xaverians 2	3	11	6	-	4	12	9	45
12 Bendigo Region 3	5	-	18	-	9	-	12	44
13 Williamstown	9	7	5	4	6	8	5	44
14 Traralgon 2	2	4	8	9	8	9	1	41
15 Mentone 3	12	5	-	8	-	-	14	39
16 APS United 2	11	-	-	7	-	7	2	27
17 Box Hill 4	-	-	-	12	-	-	11	23

Male Division 7 Ladder

	Pts by Round							Total
1 Nunawading 2	3	8	-	11	11	11	-	44
2 Yarra Ranges 3	-	9	-	6	7	9	8	39
3 Ivanhoe 3	2	6	-	9	9	7	3	36
4 Melbourne Uni 6	11	1	-	-	8	-	9	29
5 Coburg 3	-	-	7	8	6	-	-	21
6 Melbourne Uni 7	9	-	-	-	-	-	6	15
7 Waverley 3	-	-	8	-	-	6	-	14
8 Melbourne Uni 8	8	-	-	-	-	-	5	13
8 Vic Cross Country 3	-	11	-	-	2	-	-	13
10 Diamond Valley 3	-	-	-	-	4	8	-	12
10 Mornington 3	5	7	-	-	-	-	-	12
:								:
31 South Coast	-	-	-	1	-	-	-	1
31 South Melbourne 4	-	-	-	-	-	-	1	1

Remaining XCR program

Date	Round	Event
Sunday, 9 August	Round 8	Lake Wendouree, Ballarat Half Marathon
Sunday, 6 Sept.	Round 9	Burnley 15km Road Race
Saturday, 12 Sept.	Round 10	Tan Relays, Kings Domain

Bendigo Bank Sponsorship

Bendigo Bank has once again sponsored Ivanhoe Harriers with a generous donation of \$2,000.00 to go towards our future weight training room.

The East Ivanhoe branch of the Bendigo Community Bank has an incredibly friendly staff led by Jon Hyatt offering a wide range of products and services. We encourage our members to call in should you wish to discuss current mortgage rates and/or current investment rates on Term deposits.

Please consider supporting Bendigo Bank, East Ivanhoe for your Banking needs and support the Bank that supports us.



Business Breakfast at Ivanhoe Grammar School

23rd July 2026

An excellent morning at Buckley Hall with the Club represented by: Michael Wallis, Richard Russell, Jeff Franklin and Bruce Hutchins.

Guest speaker, Mark Squirrel OAM, spoke on leadership and communication with insights on his successful climb of Mt Everest in 2006.



From left: Gerard Foley (Headmaster), Bruce Hutchins and Jeff Franklin.

Correspondence

A note from Bruce Meakin:

Hi Jeff,

Firstly, congratulations on taking on the Presidency for another 12 months. Where would the club be without you? You have just described Barry Greig as athlete extraordinary, well I would describe you as President extraordinary.

I would like to heartily endorse the Life Membership bestowed on Barry Greig. From memory, I first noticed Barry back in the 1970s when fun runs were king with a number being staged on any given weekend. The particular event that brought Barry to my attention was the Coca-Cola fun run, one of the big annual fun runs with starter numbers in the thousands. There were a number of us "seasoned" Ivanhoe Harriers distance runners competing, and somewhere during the course of the run this young

fella wearing an Ivanhoe singlet came striding past, disappearing into the crowd of runners ahead. I'm not sure of where he placed that day, but it was well ahead of me. It was a clear indication of the potential Barry held as a distance runner, and history confirms that we have not been disappointed. Despite back problems which eventually steered Barry into swimming for a time, Barry has had a fabulous career over many years, being one of our clubs best athletes, always staying true to the Ivanhoe club. So congratulations Barry on your Life Membership. Well deserved and well done.

Bruce Meakin.

Editor note: Thanks Bruce for the kind words, I know Barry will really appreciate your observations on his great career.

Received a nice note from Pam Brenner, mother of Marli:

Hi Jeff,

Just wanted to update you on Marli's progress. We moved to the US 12 months ago. Marli completed her first high school track season and absolutely loved it. We have just returned from the USA junior Olympic finals where Marli ran a 57.11 in the 400m to qualify for the semis. She has decided that Track is her focus over the next 2 years before college.

Thank you for being there for her when she first started.

Pam.

Editor note: Marli ran for the Club in 2021 and 2022 and was a pleasure to Coach. A member of our current Under 16 Club Record 4x400m relay team. Paige Bukovsan, Eliza Nelson, Marli Brenner and Kate Bukovsan.

Record of 4:38.10 set on 26-11-2022.

Hutch's High Performance Corner

Strength and Conditioning for Junior Athletes

Strength and conditioning is an important part of athletic development, but for junior athletes aged 13–16, the focus should be on building sound movement skills, coordination, and overall athleticism rather than lifting heavy weights.

At this age, simple bodyweight exercises such as push-ups, sit-ups, squats, lunges, planks, and skipping are excellent ways to develop strength safely. These exercises help improve posture, stability, injury resilience, and running efficiency while allowing young athletes to learn correct movement patterns.

It's important to remember that growth and development vary greatly during the teenage years. What works for one athlete may not be appropriate for another. The priority should always be good technique and consistency rather than resistance or load.

As athletes move into the 16+ age group, a more structured strength and conditioning program can become beneficial. However, any introduction to gym-based training or external resistance should be done under the guidance of both their athletics coach and a qualified strength and conditioning professional. Expert supervision ensures exercises are age-appropriate, technically correct, and aligned with the athlete's training and competition goals.

Done well, strength and conditioning can enhance performance, reduce injury risk, and help athletes build a strong foundation for future success in athletics. The key is to progress gradually, focus on quality movement, and ensure training is appropriate for the athlete's stage of development.

Train smart, move well, and the performance gains will follow.

— Hutch

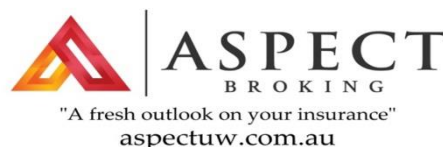


Miles

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FOODWORKS
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