

Editorial

This Edition of Cursus shows the depth of history within the Club and our wide readership.

We have articles on Tom Hancock OAM, the passing of two greats of the Club, Geoff Legge late last year and Joe Rikus OAM on 10/8/2026 and recognition of a quality Sydney marathon from David Greig.

As for competition, the past winter has been a successful Cross Country season for Ivanhoe Harriers. This Editor fellow has been absent for the greater part of the winter, watching from afar in Queensland. I have been receiving weekly briefings from fellow hard working Committee Members and in part celebrating my wife's 80th in the warmer weather. A nice break after all these years!

Really exciting results from our girls with our top team, Division 4, placing 2nd on the ladder and earning promotion to Division 3 next year. Sincere congratulations to the team. Not to be outdone, our Division 5 girls also managed a 2nd placing, earning them a promotion to Division 4.

This amazing result must have been assisted by my barracking from Queensland!!!

Seriously though, it is many years since I have missed the Cross Country season. I particularly thank the members of Committee who helped out during the season, Barry, Richard, Burkey, Bruce, Nick and Anne for their efforts and the reliable contribution from Cyril. However, we are still very thin with numbers, this showed up on the last Round, the Tan Relays. The Club needed to provide 2 Club Helpers and had to rely on Barry with an injured foot in a moon boot.

This is not acceptable support from the Club family. We should be capable of functioning efficiently in the absence key individuals. Club Helper numbers has always been a problem for all clubs, in both summer and winter competition, so we are not alone with this problem.

Our Men's Division 2 Team managed to sneak in to 9th spot on the ladder, safely ahead of relegation danger. Men's Division 5 placed 2nd earning promotion to Division 4 and Men's Division 7 a creditable 3rd spot.

Overall a really satisfying season, congratulations to all. Final League Ladders are shown later below.

Chelsworth Park News

This incredibly longwinded redevelopment project is still facing delays which places pressure on the Club and community activities. The Pavilion redevelopment is unlikely to commence until next year and users of the park will be well aware of the ongoing relining work to the sewer lines that cross directly under the parklands. These works are expected to continue into the new year. However, despite the handicaps, and resignation of Cyril Dixon, Club Training continues under Coach, Bruce Hutchins. Bruce is a specialist Middle Distance and Long Distance Coach with over 12 years of experience. Bruce holds Level 2 qualifications with Athletics Australia and ATFCA and was an experienced Australian representative in overseas competition.

Training times at Chelsworth Park over summer on Tuesdays and Thursdays from 4.15pm to 5.30pm, all Club members welcome.

Charles LaTrobe College – Scholarships

We have been working away on this project for some time to develop another recruitment stream other than IGS. The Committee has earmarked some funds for scholarship funding to assist the less, well-off or needy families with payment of AVfees etc. I have been working with the Principal and developed a Memorandum of Understanding to provide for a longer term scholarship arrangement. The MOU has been executed by both parties. In addition, I have submitted a request to our Banker, Bendigo Bank, for a grant of funds to be used solely for this purpose ie athletic scholarships. I am delighted to inform that the bank has confirmed its support and provided an initial grant which will deliver the overall deal with some momentum.

A great result, but much work to be done, the first step will be a coaching clinic on campus...watch this space.

The Club reputation in the community has never been better.

Tom Hancock OAM – Club Legend

Tom has been in touch to advise of his latest achievements.

After just turning 90. Tom set 4 Australian records against “Masters” competitors, including records that had stood for 30 years.

Tom now lives in Maclean, Northern NSW. He travelled to Melbourne to compete in the 90-95 year division in the Throws Pentathlon which consists of 5 traditional disciplines, hammer throw, shot put, discus, javelin and weight throw.

Tom broke the Australian record of 7.31m in the shot put, throwing 8.22m. In the discus, he threw 21.02 m eclipsing the previous record of 19.74m. In the weight throw, Tom was close to the World record of 12.00m with a throw of 11.25m beating the previous Australian record of 10.17m. He also set an Australian record in the Throws Pentathlon amassing 3403 points almost 300 points more than the previous record.

Congratulations Tom from all at the Club. Competing in throwing events for 75 years is quite an amazing performance. However, your contribution to Coaching others has been immense. Your coaching expertise and time taken with young athletes is still missed by the Club.

Regards Tom, from all at the Club.

Competition Results

XCR Round 8 – Ballarat Half Marathon

Sunday, 9th August 2026

Female Open Half Marathon:

Place	Name	Time	
42	Rachel Paterson	1:32:34	Div 4
78	Kristin Watkins	1:43:43	
92	Victoria Crane	1:52:27	

Female Open Short Course - 6km:

Place	Name	Time
23	Fiona Mitchell	32:56
24	Jen Jackson-Hall	33:03

Male Open Half Marathon:

Place	Name	Time	
110	Andrew Tieman	1:17:10	Division 2
112	Adam Watts	1:17:14	
172	Glen Thomson	1:24:40	
179	Jamie Blackburn	1:26:08	
189	Matt Dooley	1:28:02	Division 5
191	Peter Castaldo	1:28:05	
215	Brenton Hall	1:32:25	
257	Simon Rigoni	1:44:54	
260	Matt Peterson	1:45:28	Division 7
262	Nicholas Dempsey	1:45:45	

Male Under 16 – 6km:

9	Ethan Mellor	22:32
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XCR Round 9 – Burnley 15km Road Race

Sunday, 6th September 2026

Mary ran particularly well, placing 30th with Rachel not far back in 49th and Victoria rounding out the team in 108th. The girls were clear winners in Div 4. In Div 5 we placed a creditable 3rd thanks to fine runs from Chloe, Fiona and Jen.

In the Male Open 15km, a very even Div 2 team placed 7th of 14 Clubs with Jamie and Owen having exceptional runs. Div 5 team managed a solid 3rd and Div 7 an excellent 2nd.

A very young Jacob Link tackled the 4k event and finished 7th of 15 in the Under 14 boys event. Well done Jacob.

Female Open 15km:

Place	Name	Time	
29	Mary Lypourlis	1:00:06	Div 4
42	Rachel Paterson	1:03:38	
96	Victoria Crane	1:17:19	
100	Chloe Thomson	1:18:57	Div 5
114	Fiona Mitchell	1:31:57	
117	Jen Jackson-Hall	1:33:25	

Male Open 15km:

Place	Name	Time	
56	Jamie Blackburn	50:46	Division 2
58	Owen Dumsday	50:46	
91	Andrew Tieman	52:57	
153	Adam Watts	57:33	
168	Glen Thomson	58:56	
172	Brenton Hall	59:15	

188	Peter Castaldo	1:00:35	Division 5
199	Matt Dooley	1:02:06	
223	Nicholas Dempsey	1:03:54	
244	Alexander Gibson	1:06:11	
272	Stuart Hughes	1:09:20	Division 7
276	Simon Rigoni	1:11:29	
278	Matt Peterson	1:12:02	
293	Murray Playfair	1:16:04	

Male Under 14 – 4km:

7 Jacob Link 14:14



XCR Round 10 – Tan Relays

Saturday, 12th September 2026

A great day for the Club, we always seem to do well on the Tan.

Excellent times across the board.

Our leading female team in Div 4 placed 2nd and our number 2 team in Div 5 placed 9th.

Our leading male team in Div 2 placed 5th of 14 with an even spread of times. Jamie was quickest with 11:21 and Leonardo at Under 16 recorded a very competitive 12:04.

Division 5 team also placed 5th and Div 7 placed 2nd.

In addition, great to see 2 teams in the Under 16 category with our number 1 Team placing 7th.

Overall, a great result for the Club.

Female Open – Division 4 (3 x 3.8km)

1	Mary Lypourlis	15:10
2	Victoria Crane	18:07
3	Rachel Paterson	14:45
		48:02

Female Open – Division 5 (3 x 3.8km)

1	Fiona Mitchell	20:49
2	Jen Jackson-Hall	20:15
3	Kate Bukovsan	18:39
		59:43

Female Under 16 (Invitation) (3 x 3.8km)

1	Allegra Tieman	15:02
2	Sarah Anand	17:27
3	Sadie Crane	17:27
		49:56

Male Open – Division 2 (6 x 3.8km)

1	Jamie Blackburn	11:21
2	Leonardo Donarelli	12:04
3	Alex Linke	12:50
4	Andrew Tieman	12:51
5	Ben Morrison	12:56
6	Owen Dumsday	11:38
		1:13:40

Male Open – Division 5 (4 x 3.8km)

1	Nicholas Dempsey	14:07
2	Peter Castaldo	13:56
3	David Greig	12:46
4	Brenton Hall	13:49
		54:38

Male Open – Division 7 (4 x 3.8km)

1	Oliver Gualano	13:47
2	Alexander Gibson	14:34
3	Simon Rigoni	16:53
4	Liam Furlong	15:05
		1:00:19

Male Open – Division 7 (4 x 3.8km)

1	Matthew Peterson	16:15
2	Murray Playfair	17:48
3	David Burke	19:47
4	Claude Aquino	18:09
		1:11:59

Male Under 16 (3 x 3.8km)

1	Jason Zhang	13:53
2	Ethan Mellor	14:18
3	Jacob Link	14:02
		42:13

Male Under 16 (Invitation) (3 x 3.8km)

1	Bochen Yang	16:25
2	Archie Welsh	15:09
3	Harvey Wood	14:48
		46:22

Final XCR Ladders

Female Division 4 Ladder

		Pts by Round											Total
1	Box Hill 2	16	16	14	16	16	16	16	9	9	7	135	
2	Ivanhoe	11	12	16	14	14	14	13	10	13	11	128	
3	Diamond Valley 2	14	13	13	13	12	11	14	13	11	13	127	
4	South Melbourne 3	10	-	12	12	-	13	12	11	10	9	89	
5	Collingwood 2	13	-	11	11	10	7	7	8	-	10	77	
6	Essendon 2	7	14	-	-	13	9	9	-	-	5	57	
7	Old Xaverians 2	9	10	-	-	9	12	-	7	-	8	55	
8	Western Athletics 3	12	11	-	-	11	-	10	-	8	-	52	
9	Williamstown	8	-	10	-	-	10	5	6	-	-	39	
10	Ringwood	5	-	9	10	-	8	6	-	-	-	38	
11	North East Region 2	4	-	-	-	-	-	11	-	-	6	21	
12	Waverley 2	3	-	8	9	-	-	-	-	-	-	20	
13	Ballarat Region 2	6	-	-	-	-	-	8	-	-	-	14	

Female Division 5 Ladder

Pts by Round												Total
1	Diamond Valley 3	7	9	4	5	7	-	9	9	10	9	69
2	Ivanhoe 2	-	12	10	10	9	9	5	-	9	3	67
3	South Melbourne 4	3	-	12	12	-	-	10	12	12	-	61
4	Melbourne Uni 3	12	7	9	-	12	-	3	-	-	12	55
5	Knox	5	-	6	9	-	-	7	8	8	6	49
6	Box Hill 3	10	2	-	-	4	12	12	-	-	-	40
7	Wellington	8	-	-	8	-	10	4	-	-	8	38
8	Malvern 2	-	6	7	7	8	-	1	-	-	5	34
9	Coburg 2	-	10	-	-	10	-	-	-	-	4	24
9	South Melbourne 5	-	-	-	6	-	-	8	10	-	-	24
11	Diamond Valley 4	2	4	-	-	-	-	6	-	-	7	19
11	Melbourne Uni 4	9	-	-	-	-	-	-	-	10	-	19
13	Bendigo Region 3	6	-	8	-	-	-	2	-	-	-	16
14	Western Athletics 4	-	8	-	-	6	-	-	-	-	-	14
15	Ivanhoe 3	-	5	-	-	5	-	-	-	-	-	10
16	APS United 2	-	-	5	-	-	-	-	-	-	-	5
16	Mornington 2	4	1	-	-	-	-	-	-	-	-	5
18	Coburg 3	-	3	-	-	-	-	-	-	-	-	3
18	Malvern 3	-	-	-	-	3	-	-	-	-	-	3
20	Diamond Valley 5	-	-	-	-	-	-	-	-	-	2	2
20	Essendon 3	-	-	-	-	2	-	-	-	-	-	2
22	Glenhuntly 3	1	-	-	-	-	-	-	-	-	-	1
22	Melbourne Uni 5	-	-	-	-	-	-	-	-	1	-	1

Male Division 2 Ladder

		Pts by Round											Total
1	Yarra Ranges	15	15	13	15	13	12	13	13	15	12	136	
2	Geelong Region	9	9	15	13	15	15	15	15	13	15	134	
3	South Melbourne	10	12	8	11	12	13	8	8	9	8	99	
4	Collingwood	5	10	9	8	11	10	10	11	12	11	97	
5	Melbourne Uni 2	13	5	4	10	8	6	12	9	11	9	87	
6	St Kevins	12	13	12	4	7	7	11	7	5	6	84	
7	Diamond Valley	7	7	11	6	9	11	9	10	2	4	76	
8	APS United	11	11	3	2	10	3	2	12	7	13	74	
9	Ivanhoe	3	6	7	7	4	5	5	4	8	10	59	
10	Richmond	4	3	10	5	2	9	7	6	10	2	58	
11	Mornington	6	4	6	9	1	4	6	2	4	5	47	
12	Essendon	8	2	2	1	5	8	4	5	3	3	41	
13	Frankston	1	8	1	12	6	1	1	1	1	7	39	
14	Box Hill 2	2	1	5	3	3	2	3	3	6	1	29	

Male Division 5 Ladder

		Pts by Round											Total
1	Yarra Ranges 2	14	16	13	18	18	18	18	18	18	18	169	
2	Ivanhoe 2	13	15	14	16	15	16	15	16	15	16	151	
3	Ringwood	15	12	10	11	14	10	4	11	7	15	109	
4	South Melbourne 3	8	14	7	13	11	11	13	6	13	6	102	
5	Waverley 2	10	8	16	10	7	15	8	13	10	4	101	
6	Vic Cross Country 2	18	18	9	6	16	-	6	7	5	11	96	
7	Coburg 2	7	9	15	15	10	13	3	5	9	10	96	
8	Collingwood 3	4	6	11	14	5	14	10	10	14	8	96	
9	Melbourne Uni 5	16	13	-	-	13	-	16	-	12	13	83	
10	Old Xaverians 2	3	11	6	-	4	12	9	15	11	9	80	
11	Williamstown	9	7	5	4	6	8	5	8	16	12	80	
12	Western Athletics 3	6	10	12	5	12	-	7	12	-	7	71	
13	Traralgon 2	2	4	8	9	8	9	1	9	8	5	63	
14	Mentone 3	12	5	-	8	-	-	14	-	6	14	59	
15	APS United 2	11	-	-	7	-	7	2	14	4	-	45	
16	Bendigo Region 3	5	-	18	-	9	-	12	-	-	-	44	
17	Box Hill 4	-	-	-	12	-	-	11	-	3	-	26	

Male Division 7 Ladder

Pts by Round												Total
1	Yarra Ranges 3	-	9	-	6	7	9	8	11	11	11	72
2	Nunawading 2	3	8	-	11	11	11	-	7	8	8	67
3	Ivanhoe 3	2	6	-	9	9	7	3	2	9	9	56
4	Melbourne Uni 6	11	1	-	-	8	-	9	-	-	2	31
5	Diamond Valley 3	-	-	-	-	4	8	-	8	-	6	26
6	Coburg 3	-	-	7	8	6	-	-	-	-	-	21

7	Mornington 3	5	7	-	-	-	-	-	-	7	19
8	Preston	-	-	-	3	-	4	-	5	5	17
9	Melbourne Uni 7	9	-	-	-	-	6	-	-	-	15
10	Waverley 3	-	-	8	-	-	6	-	-	-	14
:											:
28	Ballarat Region 4	-	-	-	-	-	-	4	-	-	4
28	Ivanhoe 4	-	-	-	-	-	-	-	-	4	4
28	Malvern 3	-	4	-	-	-	-	-	-	-	4
28	Old Xaverians 3	-	-	-	-	3	-	1	-	-	4
32	Knox 4	-	3	-	-	-	-	-	-	-	3
32	Traralgon 3	-	-	-	-	3	-	-	-	-	3
32	Williamstown 2	-	-	-	-	-	-	-	-	3	3
35	North East Region 3	-	2	-	-	-	-	-	-	-	2

Sydney Marathon

30th August 2026



David Greig after completing his first marathon in Sydney with the excellent time of 2:33.36.

David said the support out on course was amazing. Sydney turned out in force, with an official crowd of around 400,000 spectators lining the streets. "A special mention to my parents, Barry and Dora Greig, my best mate and fellow IH athlete Tom Langdon, and Mary Langdon (Tom's mum). They provided incredible support at multiple points along the course. Dad even getting a sodium drink to me at 30km and having spare gels in case required and Tom yelling out at the 39km mark "a couple more laps of the swamp (Chesworth Park) to go" – this helped me with that final push to finish. " Congratulations David, that time places you in 7th spot on the Club all time Rankings listing.

Splits shown below:

Distance	Race Time	Pos	5km Split/Pace
5km	0:17:53	135	17:53 3:35/km
10km	0:36:16	139	18:23 3:41/km
15km	0:54:58	140	18:42 3:44/km
20km	1:13:10	130	18:12 3:38/km
21.1km	1:17:10	131	3:38/km
25km	1:31:20	130	18:10 3:38/km
30km	1:49:25	122	18:05 3:37/km
35km	2:07:23	108	17:58 3:36/km
40km	2:25:38	103	18:15 3:39/km
Finish	2:33:36	103	3:38/km

Vale Geoff Legge

(From information supplied by Noel Burrows)

Geoff passed away in December 2025 in Sydney, where he had a long association with the Arts for over 40 years.

Geoff was a middle distance hero in the Club during the 1950s. His times from that era of cinder tracks remain in our all-time rankings to this day. He had a 3:49.9 1500m on 8th January 1958, he set a 4:12.4 time in the One Mile at Olympic Park on 30th Nov 1957, and then a few days later ran an 8:24.6 3000m at Olympic Park on 3rd December 1957.

A couple of anecdotes from Noel:

We went to Ararat for a road race that Geoff won convincingly. The afternoon tea and presentations were in the local Town Hall so fittingly the Mayor was MC.

When it came to trophy presentations Geoff was called up on the stage, the Mayor waffled on and then said "keep it up and soon you can become a professional."

This brought out a huge chorus of Boos from the assembled runners munching on afternoon tea, the poor guy just did not understand what he had said.

A sadder moment, several HOE guys were at Olympic Park watching either the State or National track titles. Having had a very successful winter Geoff decided to run the 5 mile in preference to the 1 mile.

We were spaced around the track cheering him on and with a good lead steadily increasing we couldn't believe shock horror the sure winner just leaving the track with a limp and in a few steps having great difficulty in walking.

Geoff had developed a knee problem that the then experts claimed was "irreparable" so he ceased even trying to run. About the same time he had a work transfer to Sydney and there he found enough help to get back to running.

He was scathing in his comments about Sydney Interclub and consequently quit the sport to pursue his developing interest in art.



The last lap of a feature 1 mile race at Melbourne Uni that Geoff stormed home to win.

Vale Joe Rikus

For those of the HOE back in 1960s and 1970s you will remember the Rikus family, Lawrie the sprinter, Joe the team manager plus wife Kath who helped in the canteen.

A great family contribution to the HOE and one that was a fine example of how the club enveloped everyone to become a strong vibrant organisation in those days.



In Loving Memory Of

THEODORE RIKUS OAM

Family and friends are invited to attend the service at
10am on Saturday, 5 September 2026 at The Chapel,
444 Pacific Highway, Belmont. Parking via Henry St.

Pettigrew

(Compiled notes from son Lawrie Rikus)

Joe passed away 10-08-2026 after an interesting life revolving around family, Army, Athletics. His involvement with Ivanhoe Harriers (team manager) along with wife Kath (canteen) and Lawrie (sprinter) was a great family contribution to the HOE for several years when competition was at the OVT.

Interest in athletics went back a long way with Joe competing in Inter School track coming 2nd on one occasion in a 440yd.

Always of a competitive nature in different sports he competed in some Canberra golf events in early adult life.

During his time with the HOE he was in the Army working in Signals at Watsonia. In 1979 he resigned from the Army to take a special assignment with the Dept. of Defence in Darwin where both he and Kath became accredited coaches and heavily involved in Little Athletics earning Life Membership there.

This was all repeated when in 1995 a move to Caves Beach in NSW saw heavy involvement and another Life Membership in Little Aths.

During these times both Joe and Kath became accredited Athletics Judges earning respect for their efforts and officiating at Commonwealth Games.

At this juncture it is unclear of the dates but Joe took up long distance running, plus for fun, walking.

A life capped with success; OAM from the Military, two Life Memberships, a Certificate of Appreciation from Athletics Australia thanking him for 30 years as a judge.

We all thank you Joe.

Condolences to Lawrie and the family from all at the Club.

Hutch's High Performance Corner

What I Know About Race Nerves

Race nerves are normal — even experienced athletes get them. For me, the key is not trying to eliminate the nerves, but learning to manage them.

I focused on what I could control: my preparation, my breathing, and my race plan.

Taking a few slow, deep breaths helps settle the body, while sticking to familiar routines gives you confidence.

You should remind yourself that nerves mean you care and that your body is getting ready to perform. Instead of fighting that feeling, try to use it as energy. You don't need to feel calm to perform well — you just need to trust your preparation and get started. I was nervous prior to every race. After I was finished the race, my first thought after the fatigue was, 'why was I so nervous'. It's normal and good to be nervous. Use it your advantage.

As Nike used to say, Just Do It.

Coach Hutch.

Run La Trobe 2026

Friday, 25th September 2026

(Report by Barry Greig)

Run Latrobe 2026 proved to be another successful community running event, attracting approximately 600 participants across the various race distances. The event was professionally organised and delivered, creating a positive experience for runners, volunteers and spectators a like.

Ivanhoe Harriers were well represented, with **18 club members** most running as Pacers over 5km and 10km distances, some racing and others volunteering with the day. Overall, the pacing team received positive feedback from participants (almost recruiting on the run) and organisers along with a number of enquiries about the club post run. Some potential new recruits in the making.

Special thanks to Anne for coordinating the Club's participation along with Jen for the suggestion to support the event and Richard helping with attendance at the club marquee.

A very positive and lively atmosphere, lots of displays, sponsors, give aways, music and entertainment.

The event is likely to grow in future years. **Ivanhoe Harriers**, we were definitely noticed.



2026-27 SUMMER CALENDAR as at 21/09/26

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

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



Miles

EST. 1924



FOODWORKS
EAST IVANHOE



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