

Athletics Waverley Winter Cross Country Season Rd 9 Summary – James Atkinson

Well done to the 9 tough Waverley athletes who survived the longest race of the season yesterday - the half marathon. And also thanks to John Hand for coming out to support us, even if he didn't bring the tent or the drinks or the bbq this time. Particularly well done to Shamila Muthia who toughed it out for twice as long as some of us and finished the longest event of her career.

There were a couple of best runs of the season with Steven Williams placing a sensational 24th (previous best 41st) and cracking the 90% points. Harvs ran a blinder, even though he did go out a bit hard, finishing in 103rd with his best % tally for the year, and I snuck in the top 10 again. In the club points trophy attached, I still lead, but Steven Williams picked up big points to leap to second place, with Martin and Youngy leaping ahead of injured defending champion John Hand to take 3rd and 4th spots.

With injuries to John Hand and Warren Holst, and Tony George unavailable, Shamila became the only Waverley athlete to have not missed a race this season. Can she recover sufficiently to make our last event and the complete tally of 10.

Waverley results were:

10 James Atkinson	1:11:03
24 Steven Williams	1:13:43
66 Martin Spiteri	1:19:41
103 Michael Harvey	1:22:38
122 Michael Young	1:23:52
133 Christopher Knott	1:25:31
150 Ash Snowden	1:27:06

52 Sally Atkinson	1:41:25
74 Shamila Muthia	2:22:12

Geelong took out the Division 1 teams event with 5 of the top 7 places, an awesome achievement. Glenhuntly have clearly given up and are now a shadow of their former might, finishing in 7th place. Our Waverley mens Division 2 team finished 3rd behind Essendon and Peninsula. Glenhuntly 2 also put in a shocker and Waverley now moves up to second overall in Div 2, leading Glenhuntly by 1.5 and Peninsula by 4.5. We are now almost certain to finish in the top 2 and move up to Division 1 next year. A fantastic effort. It would be great to finish off the season with a strong team for the tan relay in the last event.

Final Event

The final event of the Winter season is a relay around the Botanical Gardens on Saturday Sep 22 at 9am. This is your chance to run a fast time on Melbourne's premier running course with each runner completing the famous 3.8km lap. I know we have smashed plenty of records this season with 7 teams at Jells Park and 8 teams at Sandown. But this time I think we can do even better and aim for a massive 10 teams to finish off the season. I would love to see all of the winter runners out and some of the summer season runners giving it a go. But I do need to know numbers to enter teams so please let me know this week if you can run.

Presentation Night

The presentation night promises to be a big celebration on Friday night Sep 28 (Grand Final Eve), a fit way to end a successful season. We are keen to advise our caterers of numbers as soon as we can so please let me know if you and your family are coming. In a coup, Errol has snared Mark Fountain to appear as guest speaker. Mark is the Commonwealth Games bronze medalist for 1500m, and holds the national indoor mile record. He has just returned from representing Australia in the World Athletics Championships in Osaka and will give some great insight into athletics at the top level. You must come dressed in some black and red. A copy of the flyer is attached.

James